



Transport Modes available under the Repatriation Transport Scheme

Travel assistance is available to eligible veterans and war widows/widowers when they attend a health provider for medical treatment and travel by:

Private vehicle- Public transport -Community transport taxi -Booked Car with driver; and Air travel

Who is eligible?

Gold Repatriation Health Card for All Conditions are eligible for assistance towards travelling expenses for the treatment of all health conditions.

White Repatriation Health Card for Specific Conditions are eligible for assistance towards travelling expenses for the treatment of the following specific conditions, if these are accepted by the Department of Veterans' Affairs:

war or service-caused injury or disease - the following conditions whether war-caused or not:

1. malignant cancer (neoplasia), 2. pulmonary tuberculosis 3. post traumatic stress disorder PTSD
4. anxiety and/or depression.

A White Card is also issued to ex-service personnel who are eligible for treatment under agreements between the Australian Government and New Zealand, Canada, South Africa and the United Kingdom for disabilities accepted as war-caused by their country of origin. For more information contact John Simmons.

Concessions in Queensland As a veteran, war widow or a dependant you may be eligible for concessions for the following services:

Pharmaceutical benefits, National Diabetes Services Scheme, Hearing service, Spectacles, Medical Aids Subsidy Scheme, Ambulance – Community Cover Levy Exemption, First aid training, Patient Travel Subsidy Scheme, Dental, Transport concessions, Ferries, Taxi Subsidy, Free rail, Great Southern Railway Services, Household concessions, Australia Post, Telstra, Low cost Internet connection, Water Subsidy, Rates Subsidy, Land rent, Electricity, Electricity life support, Natural gas, Motor vehicle registration concession, Motor vehicle GST exemption, Vehicle registration duty exemption, Boat registration fees, Fire services levy, Fishing licences, Parks, QLD Art Gallery, QLD Museum Network, QLD Performing Arts Centre, State Library of QLD,

For more information contact John Simmons

An Anzac Poem I saw a boy marching, with medals on his chest, He marched alongside diggers, marching six abreast, He knew it was Anzac Day, he walked along with pride, And did his best to keep in step with the diggers by his side. And when the march was over the boy looked rather tired.

A digger said. "Whose medals son?" to which the boy replied, "They belong to my Dad, but he didn't come back. He died up in New Guinea, up on the Kokoda Track". The boy looked rather sad, and a tear came to his eye, But the digger said, "Don't worry son, I'll tell you why," He said, "Your old am marched with us today, all the bloom'n way, All us diggers knew he was here, it's like that on Anzac Day. The boy looked rather puzzled he didn't understand

But the digger went on talking, and started to wave his hand, "For this great land we live in, there's a price we have to pay, To keep Australia free, and fly our flag today.' 'Yeas we all love fun and merriment in this country where we live, But the price was that some soldier his precious life must give, For you to go to school, my son, and worship God at will."

"Somebody had to pay the price, so our diggers paid the bill." "Your dad died for us my son for all things good and true. " "And I hope you can understand these words I've said to you". The boy looked up at the digger and after a little while, His face changed expression, and he said with a beautiful smile,

I know my dad marched here today, this our Anzac Day,

I know he did, I know he did. all the bloom'n way!"

Author Anonymous



COOROY POMONA RSL SUB BRANCH NEWSLETTER



Presidents Message

Welcome to 2011. Wow, what a welcome. The 'WET' moved in with gusto unleashing a fury not seen for many years and is still inflicting discomfort on parts of QLD. Fortunately for our area there has not been any serious disasters. Our Tewanin Men's Shed moved quickly and advised of the availability of a house full of furniture to be distributed to an ex-service member who had suffered from flooding. Our WBB District President,

District Secretary and all zone Vice Presidents were E-mailed with the advice that further collection would make up a pantec load. The goods were finally distributed in the Gympie region as required. District was advised and subsequently a letter of thanks for our action came from the District President. This is a very good example of what a Men's Shed can achieve. Special thanks go to Vern

Johnston for his involvement. Our new Secretary Ian and Membership Officer Greg have settled into their positions and will make their marks on the performance of the Sub Branch. The Membership Management Solution has caused Greg no end of frustration from the flaws in the system. To us on the ground State has a long way to go to get the system to function properly. Kind regards, Ron Sutton.

At the Annual General Meeting of 13 February 2011 the following Office Bearers were elected for the following twelve months:

President	Ron Sutton
Deputy President/Pensions Officer	John Simmons
Vice President	Daryl Miller
Vice President	Col Carruthers
Welfare Officer	Don Scott
Hospital Visitor	John Diprose
Property Officers	Vern Johnston & Geoff Roach
Membership Officer	Greg Holmes
Commemorative Officer	Bill Edwards OAM
Library Officer	Jim Dunstan MBE

COOROY POMONA RSL

March 2011

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Planning is something you do while you're doing something else.

Quote by John Lennon



Email us at
subbranch@
cooroyrsl.com.au

www.cooroyrsl.com.au

Veterans in Profile

It is proposed to profile our local veterans in future newsletters. Those profiles will generally include a photo of the veteran taken during their service life and a short overview of their service. If you would like to feature please contact John Simmons.

Treasurers Trivia

Banana plants are the largest plants on earth without a woody stem. They are actually giant herbs of the same family as lilies, orchids and palms.

Graham Wearne

From The Membership Officer

Sub Branch cards are now in the process of being mailed to members but because of the backlog it may take a couple of weeks for them to arrive.

Should members not receive their cards by 31 March please contact the Membership Officer.

Greg Holmes

Welfare Officers

The Sub Branch is looking to identify potential Welfare Officers for the future, training is available.

Members who may be interested please contact John Simmons on 5485 5342.

ANZAC DAY 2011

Monday 25th

Dawn Service 5.00am Memorial Park followed by the Gunfire Breakfast at the Club.

Parade forming up at the Library at 10.00am and stepping off at 10.30am.

The Memorial Service will be held in the Hall commencing at 11.00am

ANZAC Luncheon in the Club at 12.00am. **Bookings are essential.** Cost \$30 per person, Veterans and community members welcome.



From The Welfare Officer

I have conducted Drop in Sessions at Cooroy RSL every Monday since we stood down before Christmas 2010. These Drop in Sessions are becoming quite popular, 10.00am – 12.00am every Monday. In the last month or so I've been able to assist several veterans and their spouses.

Bereavements – Unfortunately we've lost two of our number in the last month or so, our hearts go out to their families – they were Michael Martin and Ron McClymont – Lest We Forget.

If you or someone you know needs some help let me know at the RSL Club 10.00am – 12.00am Mondays or call me on 5474 3507 or 0407 649 286.

Don Scott



From the Hospital Visitor

I have been asked on a number of occasions how I am able to constantly visit sick people. Well I want to assure you that I find it a most enjoyable task, I look forward to it each week, and at times I find it an uplifting experience. However, I should point out that most of the folk I visit are not suffering life threatening illnesses but are recovering from broken bones, replacement joints etc. But all are receiving therapy so they are able to live independently as possible for as long as possible. Staff at Eden Hospital does a great job of this.

During the past twelve months I have made many visits and it has been a real pleasure to walk beside these people for just a little while to encourage them and assure them that help is only as far away as the telephone. Some have needed a little more assistance than that but between staff at Eden, DVA and welfare workers at our own and other Sub-Branches a good outcome has been achieved.

While visits to Eden Hospital form the main part of my agenda there have also been a number of visits made to folk at Kabara and Carramar Hostels, Nambour, Selangor, Buderim and Noosa Hospitals and also follow ups by telephone at Greenslopes and Wesley Hospitals in Brisbane.

John Diprose

Major Anniversaries

Below are a few examples of the major anniversaries which will occur between 2014 and 2018 and which the Sub Branch may wish to commemorate:

2014

- 6 June 70th Anniversary of D-Day, France
- 4 August 100th Anniversary of the commencement of WWI
- 9 November 100th Anniversary of HMAS Sydney sinking the SMS Emden

2015

- 28 January 70th Anniversary of the commencement of the first Sandakan death march, Borneo
- 28 March 70th Anniversary of the Battle of Slater's Knoll, Bougainville
- 25 April 100th Anniversary of the Gallipoli Landings
- 10 May 70th Anniversary of the victory at Wewak, New Guinea
- 6-9 August 100th Anniversary of the August Offensive, Gallipoli
- 15 August 70th Anniversary of the end of WWII

2016

- 24 April 65th Anniversary of Kapyong Day, Korea
- 1 July 100th Anniversary of the Battle of the Somme
- 18 August 50th Anniversary of the Battle of Long Tan, Vietnam

2017

- 14 September 70th Anniversary of the first deployment of Australian peacekeepers
- 31 October 100th Anniversary of the Battle for Beersheba, Palestine

2018

- 30 January 50th Anniversary of the 'Tet' Offensive, Vietnam
- 25 April 100th Anniversary of the Battle at Villers-Bretonneux
- 18 June 70th Anniversary of the commencement of the Malayan Emergency
- 11 November 100th Anniversary of Armistice Day WWI



**The Spirit of Anzac
Art Exhibition**
Now showing at the
Bowls until May 2
Purchase a piece of Art
where a percentage of all
sales goes to our Sub Branch

Pictured left (top) are guests who attended opening night and enjoyed a sing-along with Joanie Boyce, and (bottom) artists from the Tinbeerwah Art Group with some of the memorabilia that was on display for the night.

Kennedy McGrath born in Cooroy on Monday 27th April 1936, his Mum & Dad operated a dairy farm at West Cooroy until about December 1943. They moved into town, where they lived in the building which later became the premises of the 'Cooroy Saddlery' in Diamond Street. Kennedy left school on the day of his 14th birthday and got a job in a small grocer shop in Maple Street where 'Hinternoosa' is now located. A short time later a position of apprentice motor mechanic became vacant with Page Motors in Diamond Street, he was lucky to get that position, he enjoyed the work, but he never completed his apprenticeship preferring instead to become a member of the 'Defence Forces'. During his period with Page Motors he was an Army Cadet, and enjoyed the training and weekends away with the cadets, and CMF members.

In 1952 the family moved to live near the Noosa River at Tewantin. However, travelling back and forth to Cooroy for work on a daily basis was a bit of a drag, and the sparkling blue waters of the Noosa River and Laguna Bay took his fancy convincing him that a life in the Navy was for him. So on his seventeenth birthday his dad agreed that he could make an application to join the Royal Australian Navy, he eagerly posted the application and shortly after was invited to go to Brisbane to undertake a medical examination, the medical officer said he was colour blind and was not suitable. But, advised him to come back in September.

In the meantime he got a job as 'Post Man' at Tewantin riding a big heavy PMG bike around the gravel and sandy streets of Tewantin twice a day and also on Saturday mornings delivering mail to the households and businesses. After his next medical he was accepted into the navy, but as it was late in 1953 there would be no intakes so he had to wait until February 1954.

After completing his basic training in Flinders Naval Depot (HMAS Cerberus), and the Corvette HMAS Gladstone; he was drafted to the Aircraft Carrier HMAS Vengeance. On 27th Oct 1954 Vengeance departed Sydney for Korea to pick up and return to Australia the RAAF 77 Squadron of 'Gloster Meteor Jets', the aircraft were loaded in Japan at Iwakuni, and the crews in Kure, and Yokosuka. Although it was Post Armistice Korean waters were still an operational zone, and because the ship had a number of National Service Trainees on board it caused some concerns within the civilian community, and there was some media debate about sending those Nashos into an Operational Zone. However, they and the ship were returned unharmed to Sydney in December.

From 1955 to 1957 Kennedy served in HMAS Wagga, HMAS Harman, HMAS Penguin (Boom Depot), and from July 1957 until December 1959 in the Tribal Class Destroyer HMAS Warramunga during that period he spent months on operational duties in South East Asian waters in the Malayan Emergency conflict (1955/1960). In the photo at left (far left), he enjoys leave with some mates in Singapore, and above he poses for his mother at home in the winter of 1955 at Tewantin.



In the photo at left (far left), he enjoys leave with some mates in Singapore, and above he poses for his mother at home in the winter of 1955 at Tewantin.

Kennedy has a son and a daughter and 4 grand children, after 30 years of happy marriage he lost his wife Judy to cancer in May 1991. He also has an older brother Alan, and 4 older sisters, Marie, May, Jean & Dorothy. He now lives in Cooroy with his lovely partner, Margaret Dawson.



From the Pensions Officer

HomeFront Assessment – Free Assessment Every Year for DVA White/Gold cardholders.

Veterans who have their yearly HomeFront assessment could be eligible for many items including: Cordless telephones, installation of telephone/power/lighting points, retractable hose reels, sensor lights, relocation of clothes lines, installation of hand rails, flooring repairs, non slip matting, lowering or raising of microwaves or ovens, application of nonslip treatment to pathways and slippery areas and repair or replacement of worn or broken steps. *To see if you are eligible and to book an appointment phone Kimberley Strahan Occupational Therapy on 0428 804 510*

Asbestos Screening Program

The Department of Defence operates the Defence Asbestos Exposure Evaluation Scheme (DAEES).

If you have been exposed to asbestos during your service call 1800 333 362 to register your details and for an assessment. For more details call John Simmons on 5485 5342.

Alternative Therapies for Gold and White Card holders

Gold and White card holders can access funding for a wide range of medical and allied health services – such as physiotherapy, chiropractics, osteopathy, dietetics and podiatry plus many more. For details call John Simmons on 5485 5342.

Progress on New Health Program for Veterans

Significant progress is being made towards introducing a new program to improve the health of chronically ill veterans and war widows who have complex care needs and are at risk of hospitalisation.

The Minister for Veterans' Affairs, Warren Snowdon, said service partners had been selected for the innovative Coordinated Veterans' Care (CVC) Program, which starts on 1 May. Bupa Health Dialog has been selected as the Primary Service Provider. Bupa Health Dialog, the Australian arm of Health Dialog, is a wellness, prevention and chronic disease management company with expertise in analytics. It will analyse client data to identify and contact the veterans and war widows who are DVA Gold Card holders and are most likely to benefit from taking part in the CVC Program. The Australian General Practice Network, the nation's peak body for general practice networks, will provide training in chronic disease management to General Practitioners (GPs) and nurses, and produce program resources such as templates and guidelines. Grosvenor Management Consulting will monitor the program and provide an independent evaluation of its effectiveness.

"The signing of contracts with these organisations means we're on track to introduce a new health care program for our most vulnerable veterans and war widows," Mr Snowdon said.

"The key element of the CVC Program is its coordinated approach. GPs and nurses will work even more closely with DVA Gold Card holder veterans and war widows to improve their quality of care, and ultimately reduce unplanned hospital admissions.

"In recognition of the increased time GPs and nurses will spend on planning and coordinating veterans' care, new payments will be introduced to cover this extra work.

"The Australian Government sees this as a positive step towards improving the wellbeing and quality of life of those who proudly served our nation and their dependants.

"This initiative aligns with key Gillard Labor Government health reform priorities such as increasing the focus on primary health care and investing in prevention. In the future, the Personally Controlled Electronic Health Record System will also support the CVC Program by helping to streamline communication between the various health professionals involved in a veteran's care," Mr Snowdon said. The Coordinated Veterans' Care Program was formerly called the 'Preventable Admissions and Improved Community Care Program' and was renamed after consultation with GPs, nurses and veterans. More information about the program is available from www.dva.gov.au/cvc.htm

Australian peacekeepers study has started.

Australian peacekeepers have played a key role in dangerous and unstable locations around the world for many years now. However, little is known of the long-term effects of peacekeeping on the individuals involved. Although there has been a number of Australian studies on the impact on military personnel deployed to conflicts such as Vietnam, Korea and the Persian Gulf, to date none have specifically targeted the long term effects of peacekeeping and peacemaking operations. This is set to change. The University of Melbourne has commenced recruitment for a major study of the long term effects on mental health and the quality of life of Defence Force peacekeepers who were deployed from the 1990s to 2002. The researchers have randomly selected former peacekeepers deployed during the 1990s to Namibia, Western Sahara, Cambodia, Rwanda and Somalia, and to East Timor during 1999-2002. Chief Investigator, Associate Professor Graeme Hawthorne, said these deployments have been selected because they are a good representative sample of Australian deployments during the 1990s and early 2000s, both geographically and environmentally – covering a range of stresses and traumatic exposure

Continued from page 3....

Some 2250 veterans have been asked to participate in the study which asks them to complete a questionnaire either on-line or by phone. To date, responses have been slow and only 38 per cent of possible study participants have contacted the University of Melbourne and consented to participate in the study. This may be because of the Christmas-New Year holiday season. It may also be due to the floods and fires across many States during the initial mail-out phase. It may also be because the people contacted to participate just do not see how another survey can possibly help or change anything. My view is that we don't know what we don't know. When we're young and fighting fit, we tend to believe not much can hurt us and if it does, we can deal with it. As we get older, we start to feel differently about these things.

For the study to tell us anything meaningful, response rates will need to increase considerably. If you are feeling strong and healthy, physically and mentally, that's great. Maybe some of your mates are not so well. You can help them by participating in the study yourself, fit or not, if you were one of the 2250 approached. If you weren't you can help also by encouraging anyone who was asked to join the study to contact the research team and sign up.

The study will run this year and recruitment should be finalised by mid 2011. The findings will be used by the Department of Veterans' Affairs to gain a better understanding of the future health needs of peacekeepers and peacemakers and ensure they get the support they need.

Major General Mark Kelly, Repatriation Commissioner, said 'I support this study and I urge you to participate. This study will give us the best possible information to understand the various health effects of peacekeeping operations, now and into the future'.

For more information on the study, or to accept the invitation to participate, contact the research team at the University of Melbourne on (03) 8344 5511.

District Welfare and Community Grants

These grants are for projects that will raise the profile of the RSL in the community; they focus on youth, schools, community projects and community welfare projects. Our Sub Branch has been successful in gaining grants for the following projects:

- Noosa District Pipe Band – A new base drum. - \$1,814;
- Eden Rehabilitation Centre – a drive simulator for the rehabilitation car - \$5,000;
- Kabara Hostel – an electric wheel chair - \$3,195, and
- Cooroora United Soccer Club – a set of new goal posts - \$3,250.

Applications for the next round of grants close in July, if you have any ideas of worthy recipients please let me know.

John Simmons

Veteran and Community Bus Timetable

The following timetable is being operated:

- Tuesdays 9am – 2pm – Shopping
- Wednesdays 8.30am -2pm – Shopping at Maroochydore Plaza, and
- Thursdays 8.30am – 1pm – Shopping and medical appointments locally.
- Bookings 24 hours in advance 5447 6131 "Priority is given to the elderly and disabled"



Calendar for 2011

Calendar for 2011

Monthly Meetings	Second Monday of each month - 5.00pm
ANZAC Day	Monday 25 April
Service Widows Lunch	Saturday 11 June
Vietnam Veterans Day	Thursday 18 August
WW2 & Korean Veterans Day	Saturday 03 September
Annual Sub Branch Dinner	Saturday 08 October
Remembrance Day	Friday 11 November
Annual General Meeting	Sunday 12 February 2011

THANK YOU FOR YOUR TIME

(ONCE YOU READ THIS YOU WILL UNDERSTAND!)

A young man learns what's most important in life from the guy next door. It had been some time since Jack had seen the old man.... College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him. Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days. "Jack, did you hear me?" "Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said. "Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him. "I loved that old house he lived in," Jack said. "You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said. "He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important...Mom, I'll be there for the funeral," Jack said. As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away. The night before he had to return home Jack and his Mom stopped by to see the old house next door one more time. Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture....Jack stopped suddenly. "What's wrong, Jack?" his Mom asked. "The box is gone," he said "What box?" Mom asked. "There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was "the thing I value most," Jack said. It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it. "Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom." It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read. Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read. Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside. "Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filling his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch. Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved: "Jack, Thanks for your time! -Harold Belser." "The thing he valued most was...my time" Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days."Why?" Janet, his assistant asked. "I need some time to spend with my son," he said. "Oh, by the way, Janet, thanks for your time!" "Life is not measured by the number of breaths we take but by the moments that take our breath away," Think about this. You may not realize it, but it's 100% true.

1. At least 15 people in this world love you in some way.
- 2 A smile from you can bring happiness to anyone, even if they don't like you.
- 3 Every night, SOMEONE thinks about you before they go to sleep.
4. You mean the world to someone.
5. If not for you, someone may not be living.
6. You are special and unique.
7. When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait on His time, sooner or later, you will get it or something better.
8. When you make the biggest mistake ever, something good can still come from it.
9. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.
10. Someone that you don't even know exists loves you.
11. Always remember the compliments you received. Forget about the rude remarks.
12. Always tell someone how you feel about them; you will feel much better when they know and you'll both be happy
13. If you have a great friend, take the time to let them know that they are great.

We can only give away to others, what we have inside ourselves.

Author unknown