

# Veterans News

Newsletter of the Macarthur Veterans Information Service

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As a service to the  
veteran community

Editor

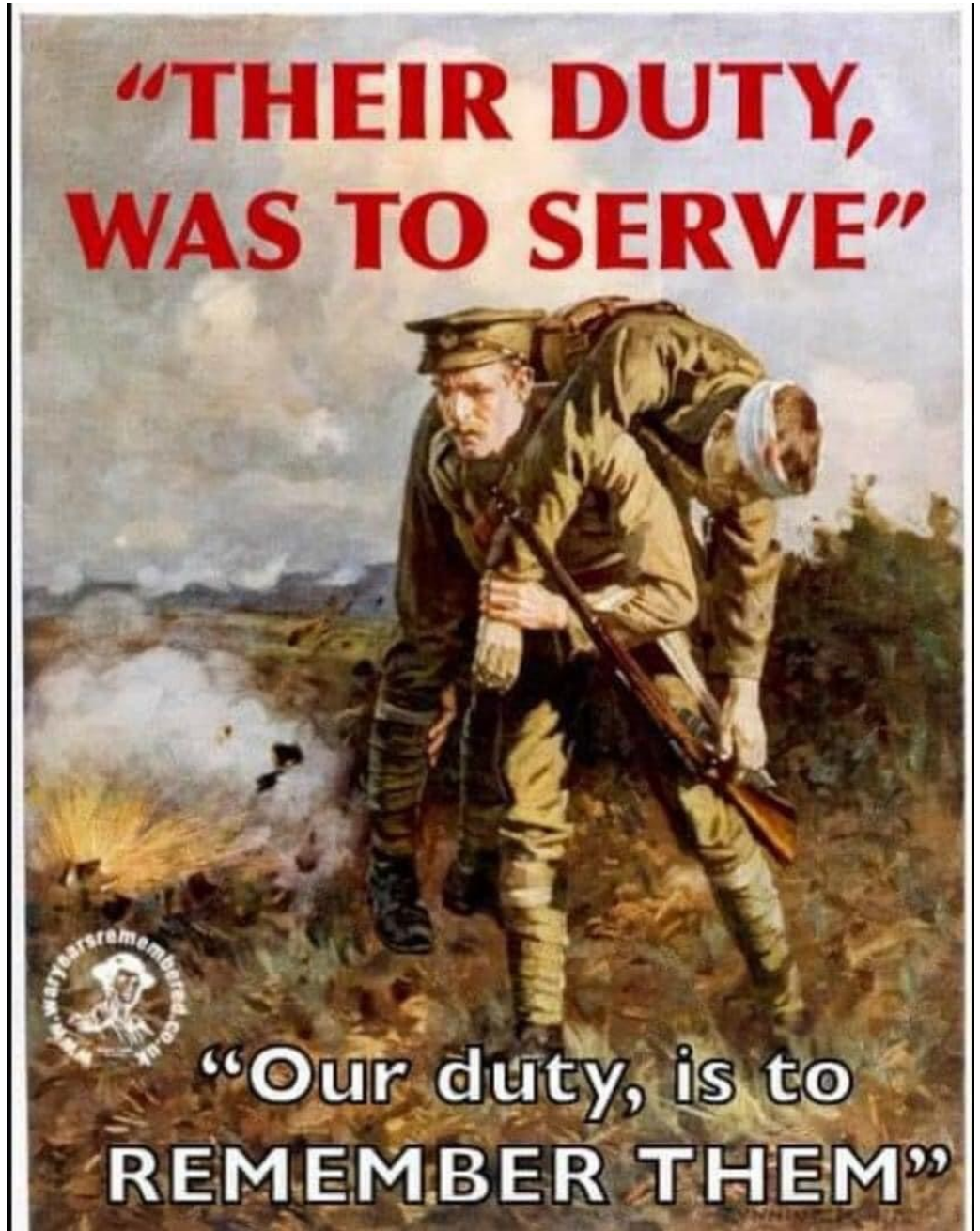
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1800 011 046



**LEST WE FORGET**

### Editorial Disclaimer

The material in this newsletter is in the nature of general comment only and neither purports nor is intended to be advice on any particular subject. The Editor disclaims all and any liability in respect to anything done or omitted, whether in whole or in part. No person should take or use any information contained herein without first considering the facts and possibly checking professionally that the advice is appropriate for their particular circumstances.

## Pensions and allowances rise

Veterans' pensions will be increased from 20 March 2021 following the latest round of indexation adjustments.

As pension rates are calculated on a daily basis, the pension paid on payday 25 March 2021 will be paid partly at the old rate and partly at the new rate. The first full payment at the new rates of pension will be payday 8 April 2021.

The maximum rate of single service pension has risen by \$8.40 to \$952.70 per fortnight and the maximum rate for couples has increased by \$6.30 to \$718.10 per fortnight (each).

The Special Rate of Disability Pension (TPI Pension) has increased by \$12.90 to \$1464.70 per fortnight. Extreme Disablement Adjustment (EDA) has increased by \$7.20 to \$809.50 per fortnight and the 100 per cent General Rate of disability pension has increased by \$4.60 to \$520.80 per fortnight.

The pension paid to war widow(er)s has increased by \$8.50 to \$968.90 per fortnight (including the energy supplement), while the ceiling rate of the income support supplement has risen to \$286.80 per fortnight.

Payments have also increased for benefits under the Military Rehabilitation and Compensation Act 2004 (MRCA). The weekly MRCA wholly dependent partner payment has increased by \$4.25 to \$484.45 paid fortnightly.

The indexation factor used to index pensions each March and September can be based on either the Consumer Price Index (CPI), the Pensioner and Beneficiary Living Cost Index (PBLCI) or Male Total Average Weekly Earnings (MTAWE). For 20 March 2021, the indexation was driven by CPI, which is the one that results in the best outcome for veterans.

More information on the new pension rates is available from DVA on 1800 VETERAN (1800 838 372). Current and historical pension rates are available on the CLIK

My missus left me for another bloke. All that lies ahead now is a miserable, pointless life, with suicide seemingly the only way out. And while the poor bugger's going through all that, I'll be down at the pub with my mates every night!



## ANZAC DAY SPIRIT TO CONTINUE IN 2021

ANZAC Day is the most sacred day of commemoration on the Australian calendar.

It provides all Australians with the opportunity to remember and reflect on the service and sacrifice of our past and current service personnel as well as honour the more than 102,000 Australians who have given their lives in service of our nation.

On the health advice of Australian authorities due to the ongoing threat of COVID-19, Anzac Day services overseas will not go ahead as normal in 2021. This includes the Australian and New Zealand-led Anzac Day services in Turkey and the Australian services in France. The day will still be recognised in these countries however, with locally-based officials holding private commemorations in honour of all those who have served our country in uniform, and those who died in service.

This decision was made in the national interest for the protection of all Australians, at home and abroad, and on the advice of Australian health authorities, the Department of Foreign Affairs and Trade and in consultation with host nations.

Along with our own travel ban, we have taken into consideration a number of factors, primarily concerns about the welfare of Australians and other visitors travelling to Anzac Day services as well as views of host nations regarding visitors and large gatherings as well as the impact on health systems of overseas nations.

Here at home, every year on Anzac Day we pause and say 'thank you for your service' to our current and former serving personnel. Despite some limitations on numbers and events to ensure things are done in a COVID-safe way, we can again gather together to commemorate the day this year.

A COVID-safe national service will be held at the Australian War Memorial and broadcast nationally, with all Australians encouraged to tune in and watch on the day.

Around Australia, commemorative activities will be planned, managed and delivered by the RSL, exservice organisations and community groups, in line with public health guidance in each state or territory.

The Australian Defence Force will provide personnel to support as many services as possible around the country again this year.

Last year Australians came together like never before to mark Anzac Day during the onset of the coronavirus pandemic.

And this year, whether it's attending a local service or standing in your driveway and lighting up the dawn, I encourage all Australians to continue the tradition of honouring our service personnel in a way that is solemn and respectful.

The Department of Veterans' Affairs has a range of free resources available online for communities and individuals, to help them plan a commemorative service in their local area or at home. Visit the Anzac Portal for more information ([anzacportal.dva.gov.au](https://anzacportal.dva.gov.au)).

Details of the national service will be publicised closer to the date. Enquiries relating to services in your state or territory should be directed to local organisers or the relevant health

## Saying goodbye to MyAccount

Services that veterans and their families currently use in MyAccount are being moved into MyService.

The need for better online services has never been more important. Over the next six months, we will increase the services you can access on MyService. We will also be moving to a single, modern online platform for veterans to manage their business with DVA. To do this, MyAccount services are being moved to MyService over the coming months and we will say goodbye to MyAccount later this year.

In addition to managing your income support needs, you can already use MyService to book transport and claim for travel reimbursements for approved medical treatment.

From March, you will be able to use MyService to access official letters that confirm your DVA payments and concession entitlements. If you use MyAccount, the same letters will be available to you in MyService.

When the new services become available in MyService you will notice that we ask some questions differently. That's because we have taken on board feedback and not only simplified the way we ask for information, but reduced the amount we ask for.

'The questions MyService asks are simpler because MyService makes better use of information that you have already told us,' said Glen Yeomans, DVA's Director for MyService. 'This means that you don't need to tell us your story every time you want to make a claim.'

'MyService will be the place for all your DVA online needs when MyAccount is no longer available. Of course, if you prefer to call us or submit a paper form you will still be able to do that. We are excited to be providing you with simpler ways to transact with us online.'

For more information and to register for a MyService account, visit [dva.gov.au/my-service](https://dva.gov.au/my-service)



### DVA Trial on Provisional Access to Medical Treatment

For more information go to;

<https://www.dva.gov.au/providers/provider-news/provisional-access-medical-treatment-trial-veterans>



### OPEN ARMS > Veterans and Families Counselling

24 hours a day across Australia for crisis support  
and free and confidential counselling.

Phone **1800 011 046**.

## Support for homeless veterans

DVA is able to provide support to veterans and their families who are homeless, or at risk of becoming homeless.

Many of the risk factors that can contribute to veteran homelessness are similar to those for the general population. These include negative life events such as relationship breakdowns, unemployment and mental ill-health.

DVA strives to ensure that these ex-serving Australian Defence Force (ADF) members have access to the services and support they and their families need. We can provide mental health support, social and peer support, and assistance with relationship or drug and alcohol problems.

DVA can also check to ensure that veterans are receiving all the financial support they may be entitled to, which can help ease other contributing pressures. Case management services may also be provided. If you know a veteran who is homeless or at risk of homelessness, please encourage them to contact DVA on 1800 VETERAN (1800 838 372).

Open Arms – Veterans & Families Counselling provides counselling and support services to current and former serving ADF members and their families, and operates a free telephone support line that is available 24 hours a day, 7 days a week, by calling 1800 011 046. Veterans and their family members can also talk with peers who have experienced military service, mental health issues, and recovery.

### Minister for Veterans Affairs interview related to; A Royal Commission into ADF and Veterans Suicide

Go to.

<http://minister.dva.gov.au/transcripts/2021/mar/210322-sky-news.htm>

Woman to husband: "Let's go out and have some fun tonight!" Husband: "Okay, but if you get home before I do, leave the hall light on."



*OPEN ARMS > Veterans and Families Counselling  
can be reached 24 hours a day across Australia for crisis support  
and free and confidential counselling.*

*Phone 1800 011 046.*

*Founded by Vietnam veterans, Now for all veterans and families*



**WARTIME POETS CORNER**  
Contributed by **Richard Echin of Camden**



**In Flanders Fields**

In Flanders Fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders Fields.

Take up our quarrel with the foe;  
To you with failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die,  
We shall not sleep, though poppies grow  
In Flanders Fields.

**Lieutenant –Colonel John McCrae**  
WW 1

**We Shall Keep The Faith**

Oh, You who sleep in Flanders Fields  
Sleep sweet – to rise anew;  
We caught the torch you threw,  
And holding high we kept  
The faith with those who died.

We cherish, too, the poppy red  
That grows on fields where valour led.  
It seems to signal to the skies  
That blood of heroes never dies,  
But lends a lustre to the red  
Of flowers that bloom above the dead  
In Flanders Fields.

And now the torch and poppy red  
Wear in honour of our dead.  
Fear not that ye have died for naught;  
We've learned the lessons that ye taught  
In Flanders Fields.

**Moina Michael**  
WW 1

## The Anzac Portal

### A modern approach to learning about our military history

A core focus of DVA's commemorations work is to share Australia's military and service history through the experiences of our veterans. One way we do this is through the Anzac Portal.

Our website audience is diverse, but during school terms it includes a very high proportion of teachers and students in Australian schools.

The Anzac Portal has a library of resources. It includes all the educational materials we designed for primary and secondary schools. We've digitised all printed books, classroom guides and posters we've sent to every school in Australia. Online, some of our most popular resources relate to the Australian Curriculum. These include:

**Here They Come** picture book, which we've also released as a digibook for smartboards

**We Remember Anzac** workbooks for primary and secondary

Women in War, which we've revised as Australian Women in War: Service, Courage and Care

**Why We Remember** slide deck for primary teachers.

In time for the new school year, we published an updated version of a very popular web page, **The Anzac Legend**. We worked with a secondary school teacher and a historian to review and respond to all the user feedback we have received from students and teachers.

The web page now presents a more balanced and modern approach to the story, with multiple links to great source material that teachers can cover in the classroom. We hope it will help young Australians uncover the origins of the Anzac legend, what it means today and its relevance for the future.

While it's not on our Anzac Portal, we've also got some education resources for our Nominal Rolls, including an activity guide for teachers and parents and an activity sheet. With the activity guide, students will work through the process used to access and search for veterans using the DVA Nominal Rolls. Meanwhile, the activity sheet aims to assist in building student understanding and appreciation of the concept of commemoration and to broaden knowledge of Australia's wartime experiences.

**THE VIETNAM VETERANS  
ASSOCIATION OF AUSTRALIA**  
Honour the Dead but fight like hell for the living.



## ANAO report on DVA reform program welcomed

Minister for Veterans' Affairs Darren Chester and Secretary of the Department of Veterans' Affairs Liz Cosson have welcomed the Australian National Audit Office's (ANAO) report Effectiveness of the Department of Veterans' Affairs' planning and management of Veteran Centric Reforms (VCR).

The Minister and Secretary thanked the Auditor-General for the work in preparing the report and committed to prioritising the implementation of the four recommendations.

Australia has a world-class veteran support system. The Government is always looking for ways to build upon changes made to-date, providing simpler, faster and better outcomes for veterans and their families.

The report acknowledges that this has been the most comprehensive reform to Australia's veteran support system in decades and that DVA's planning and management of the program has been largely effective. Significant initiatives have been implemented as well as improvements to DVA's culture, service delivery and reputation over the life of the program.

Key successes of the VCR program to date include:

increased recognition by veterans of the support and services available to them – leading to a more than doubling of compensation claims received since the program's inception.

simpler and faster claims lodgement online through MyService.

early engagement with current members of the Australian Defence Force so they are aware of benefits and entitlements available to them on transition back to civilian life.

improved veteran experience with DVA through upgrades to its telephone system, website, digital record keeping and other ICT tools.

The report comes at a critical stage of DVA's reforms and the findings and recommendations will assist with the next phase of changes.

The Government committed more than \$500 million to improve DVA over the past four years, transforming service delivery and benefitting veterans and their families for generations to come. Now is the time to look at what is working, focus on what needs to be improved, and optimise the system of support for veterans and their families now and into the future.

The Australian people rightly expect the Government to support those who have served in the defence of our nation and we are committed to delivering a system that empowers veterans and their families to improve their health and wellbeing, stay well and age well.

As a grateful nation, for what they have done, this we will do.

The ANAO report can be accessed online at [www.anao.gov.au](http://www.anao.gov.au)

The Lions Club of Ingleburn is offering persons with a passion  
an opportunity to serve their community

To learn more contact Lion Wayne Franshaw on 0407 358 693





# 11 Weird Things

## YOUR ANXIETY MAKES YOU DO

1. You always imagine the worst in every scenario.
2. You overthink about the smallest of things.
3. You have trouble falling asleep even when you are sleep deprived.
4. You reject invitations even if you want to go out.
5. You constantly feel scared of saying something stupid and wrong.
6. You always compare yourself with others.
7. You are easily worried with words of concern.
8. You get very nervous when you think about the future.
9. You blame yourself when others don't reply to your messages.
10. You feel unwell physically and mentally, most of the time.
11. You find it difficult to forgive yourself for the mistakes you make at work.

LEARN MORE IN ARTICLE

MINDJOURNAL



I saw my mate Charlie this morning, he's only got one arm bless him.

I shouted - "Where are you off to Charlie?"

He said, "I'm off to change a light bulb."

Well I just cracked up, couldn't stop laughing, then said, "That's gonna be a bit awkward init?"

"Not really." he said. "I still have the receipt, you insensitive bastard."

I spent a couple of hours defrosting the fridge last night.

Or "foreplay" as she likes to call it.



### Spouses of PTSD Veterans

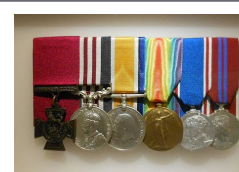
1. Learn everything you can about PTSD.
2. Don't treat them like they are broken or crazy.
3. Don't treat him like a child or be Mom.
4. Change your expectations.
5. Get counseling for yourself even if he will not.
6. Learn what triggers them.
7. Don't be judgmental.
8. Don't be emotionally manipulative.
9. Understand you can't fix them.
10. Accept they are wounded and changed.
11. Treat them with love and respect.

[www.facebook.com/MilitarywithPTSD](http://www.facebook.com/MilitarywithPTSD)



DO YOU NEED MEDALS MOUNTED, RESTORED OR FRAMED.

Contact John Shay Phone 02 4625 2089  
Or Jeff Foster 0419 461 854



## VETERAN FOUNDED ORGANISATION DELIVERS FIRST ASSISTANCE DOG

THE first Psychiatric Assistance Dog trained by veterans, for veterans, has moved home with her veteran handler in Canberra.

The veteran founded not-for-profit specialist service, Integra Service Dogs Australia, helps veterans manage their post-traumatic stress disorder (PTSD) and has delivered its first dog under the Federal Government's Psychiatric Assistance Dog Program.

Minister for Veterans' Affairs Darren Chester welcomed Belle to the ranks of these amazing assistance dogs who are helping change the lives of veterans and their families.

"Belle will be an amazing help to her veteran handler, Ben Jones," Mr Chester said.

"The dogs provided through this program, like Belle, play an important role for veterans and their families living with PTSD as they are trained to the individual needs of their veteran and perform specific tasks to help them with their recovery and general wellbeing."

As Belle and Mr Jones have completed their intensive training program and passed the Public Access Test, they will now spend each day together. The bond formed during Integra's training program means that Belle has insight into Mr Jones' condition and knows his unique triggers allowing him to reclaim his place in the community and rebuild his life.

"I have greatly appreciated the professionalism and support provided by Integra. They have worked closely with me to match me with a highly suitable and intelligent Labrador and developed us as a bonded team," Mr Jones said.

Mr Chester said this was a life changing program for so many veterans managing PTSD as part of their ongoing mental health plan.

"These dogs have such a profound impact on the day-to-day lives of our veterans and it is so encouraging to hear the stories of success and of veterans overcoming challenges with their dogs by their sides," Mr Chester said.

"Thank you for your service Ben. I wish you and Belle all the very best on your journey together."

Integra joined three other organisations as a provider of psychiatric assistance dogs in early August 2020 and they have since supported veterans through the matching, placement and training of these amazing companions. Belle is the first of four Integra dogs to pass their Public Access Test and take up residency with their veteran handlers this month.

Twenty-one psychiatric assistance dogs have now passed their intensive training program across the four providers and are helping veterans every day, and an additional 89 dogs are in training across Australia.

Eligible veterans who have a diagnosis of PTSD can access the Psychiatric Assistance Dog program, by contacting the Department of Veterans' Affairs (DVA). Veterans currently accessing treatment for PTSD may wish to speak to their mental health professional to see if a psychiatric assistance dog would be a suitable adjunct to treatment. For more information, visit the Psychiatric Assistance Dog Program page on DVA's website at [www.dva.gov.au/dogs](http://www.dva.gov.au/dogs).

Want to know if your medical conditions may be linked to military service?  
Check out the Statement of Principle at the  
Repatriation Medical Authority web site  
[www.rma.gov.au](http://www.rma.gov.au)

**We all know that Aussie Bush Etiquette is recognized throughout the civilized world but we all need to be reminded from time to time.**

In General:

1. Never take an open stubby to a job interview.
2. Always identify people in your paddocks before shooting at them.
3. It's tacky to take an Esky to church.
4. If you have to vacuum the bed, it's time to change the sheets.
5. Even if you're certain you're included in the will, it's rude to take your ute and trailer to the funeral.

Eating Out:

1. When decanting wine from the box, tilt the paper cup and pour slowly so as not to bruise the wine.
2. If drinking directly from the bottle, hold it with only one hand.

Entertaining at Home:

1. A centrepiece for the table should never be anything prepared by a taxidermist.
2. Don't allow the dog to eat at the table, no matter how good his manners.
3. Never, ever fill your kettle with the used water from your bath tub.

Personal Hygiene:

1. While ears need to be cleaned regularly, this should be done in private, using one's OWN ute keys.
2. Even if you live alone, deodorant isn't a waste of money.
3. Extensive use of deodorant can only delay bathing by a few days.
4. Dirt and grease under the fingernails is a no-no, it alters the taste of finger foods and if you are a woman it can draw attention away from your jewellery.

Theatre/Cinema Etiquette:

1. Crying babies should be taken to the lobby and picked up after the movie ends.
2. Refrain from yelling abuse at characters on the screen. Tests have proven they can't hear you.

Weddings:

1. Livestock is a poor choice for a wedding gift.
2. For the groom, at least, rent a tux. A tracksuit with a cummerbund and a clean football jumper can create a tacky appearance.
3. Though uncomfortable, say "yes" to socks and shoes for the occasion.

Driving Etiquette:

1. Dim your headlights for approaching vehicles, even if your gun's loaded and the roo's in your rifle sight.
2. When entering a roundabout, the vehicle with the largest roo bar doesn't always have the right of way.
3. Never tow another car using panty hose and duct tape.
4. When sending your wife down the road with a petrol can, it's impolite to ask her to bring back beer too.

**WE SUPPORT THE  
WAR WIDOWS GUILD OF AUSTRALIA**



## SERVICES DIRECTORY

Campbelltown RSL Sub branch Carberry lane Campbelltown NSW 2560 Phone 02 4626 8340

Ingleburn RSL Sub Branch Chester Road Ingleburn NSW 2565 Phone 02 9765 7700

Camden RSL Sub Branch 23 Cawdor Road Camden NSW 2570 Phone 02 4658 0049

Sydney Legacy—02 9248 9000

Vietnam Veterans Association of Australia, Macarthur Sub Branch Inc Campbelltown Phone 02 4628 0684

N.S.W. National Servicemen's Association & Affiliates Inc. Phone 9759-3629, or 9759-3624

Bravery Trust, Supporting those who serve. [braverytrust.org.au](http://braverytrust.org.au) phone 1800 272 837

### Financial Service

Austax, Accountants & Financial Planners Pty Ltd, Oxford Rd Ingleburn Phone 02 9605 8350

### Health Services

South West Sydney Area Health Service, Campbelltown Hospital / Camden Hospital Phone 02 4634 3000

Campbelltown Private Hospital, Parkside Crescent Campbelltown 02 4621 9111

Greenhill's Community Nursing, 82 Menangle Road Camden Robert Wilson Phone 02 4655 2522

Vital Home Health Services, Phone 02 9703 5661 or Hoda Al-Hayek on 0425 227 862

Regal Home Health, Community nursing services [www.regalhealth.com.au](http://www.regalhealth.com.au) Phone 02 9264 4555

Mental Health -Northside Macarthur Clinic, 92-96 Dumaresq St Campbelltown 1300 652 627

Australian Unity Home care Services, Shop 3 5-7 Lithgow Street Campbelltown 02 4629 1620

Macarthur Care T: (02) 4204 8252 | M: 0478 051 063 W: <http://macarthurcare.com.au>

Macarthur Disability Services, Phone 1800 683 232

Southern Cross Occupational Therapy 02 4655 3559

Exercise physiology— Ontrac Lifestyle Management 02 4655 2266 and [www.ontrachealth.com.au](http://www.ontrachealth.com.au)

Exercise physiology—Macarthur Natural Health Clinic, 12-14 Queen St Campbelltown, Phone 02 4627 8215

Podiatrist: Geoffrey Crichton 171-179 Queen street Campbelltown NSW phone 02 4628 6030

Podiatrist: Corinna Tracey, 20 Macquarie Road Ingleburn NSW, Phone 02 9829 7525 or 0419 618 502

Podiatrist Camden Foot Clinic 26 Broughton St, Camden NSW 2570 Phone 02 4655 5600

Podiatrist Wendy Satara Podiatrist 26 Murray Street Camden 2570 Ph: 02 4655 7390

Hearing service; Hearing Australia Ground floor Shop R9 4 Hyde parade Campbelltown 02 4621 6300

Physiotherapy: Ingleburn Physiotherapy 02 9829 3281

Physiotherapy: Lifestyle and Sports Physiotherapy 02 4647 3373

Physiotherapy HM Home Physiotherapy (Mobile Physiotherapy Service) ph: 0404 076 778

Chiropractor: Campbelltown Chiropractic Centre. Bradbury Professional Centre Phone 02 4628 7227

Chiropractor: Macarthur Natural Health Clinic, 12-14 Queen St Campbelltown, (near Tim's) Phone 02 4627 8215

Optometrist:: Eyecare plus, 21 Dumaresq St Campbelltown Phone 02 4628 3651

Dentist:: Family Dental Care -level 6, City Centre, 171-179 Queen St Campbelltown 02 4625 4897

Dentist: Dr Dejan Ilic -Suite 122, 4 Hyde Parade Campbelltown 02 4626 1541

Dentist; Dr Warwick Hinds 44 Argyle St Camden 02 4655 6036 or 02 4655 9848

Dentures; Aesthetic Denture Clinic, Shop 22/23, 180-186 Argyle Street Camden 02 4655 4438

Dietician: Rosemary Mifsud, PO Box 671 Goulburn 0431 375 839

Dietician Cameron McLean ONTRAC Camden and Bowral phone 02 48622444

### Federal Members of Parliament

Macarthur: Dr Mike Freelander MP. 37 Queen Street Campbelltown NSW 2560 Phone 02 4620 0293

Werriwa: Anne Stanley MP— Shop 7, 441 Hoxton Park Road Hinchinbrook 2168 phone 02 8783 0977

Hume: Angus Taylor MP – 18 Hill Street, Camden NSW 2570 phone: 02 4658 7188

### State Members of Parliament

Campbelltown: Mr Greg Warren MP - 3/72 Queen Street Campbelltown NSW 2560 Phone 02 4625 3344

Camden: Mr Peter Sidgreaves MP- 66 John Street Camden 2570 Phone 02 4655 3333

Macquarie Fields: Mr Anoulack Chanthivong MP Shop 3, 2-6 Oxford Road, Ingleburn Phone 02 9618 2077

### Government Services

Department of Veterans Affairs Phone 133 254 from regional areas Phone 1800 555 254, internet [www.dva.gov.au](http://www.dva.gov.au)

“OPEN ARMS” Veterans and Veteran Families Counseling service 1800 011 046

Veterans Line after hours crisis counseling phone 1800 043 503

Veterans Home care 1300 550 450

### Miscellaneous

Seniors Information Service Phone 13 12 44

South West Community Transport enquiries 02 9426 8999 or Bookings 1300 138 794

Campbelltown Senior Cyber Seekers. (The Computer club for the adventurous.)

Secretary Nanette Peters 02 4628 0484 [www.cyberseekers.org.au](http://www.cyberseekers.org.au)