Paludrine Parade Issue 24



Patron:
David McLachlan AO,
MAJGEN (RL)

"We dedicate this newsletter to those who have been affected by the floods in Qld, NSW, Victoria, Tasmania and WA and also the cyclones in Qld and WA. Our thoughts and prayers are with you"

RAASC VIETNAM SUPPLY PLATOONS ASSOCIATION (VSPA) NEWSLETTER - FEBRUARY 2011

This newsletter is in PDF format – download FREE reader nowwww.adobe.com/products/reader/

IN THIS ISSUE

Dorrigo Reunion
Membership
Secretary's Absence
Continuing Goals
New Webpage
SERVICES TO HELP VETERANSNOTICES
DVA WEBSITE - TOUCHBASE

The Veterans' Home Maintenance Line FREE PHARMACEUTICALS
Home Maintenance
Preventing Falls
HOLIDAY:
Do you own a caravan and live in
Queensland?
Concessions for Qld Public Transport

Dear RAASC Veteran,

DORRIGO REUNION AUG 2011

Bob has been working solo to organise a wonderful reunion for us all to enjoy at Dorrigo (one of NSW hidden places) Aside from the AGM (participate in the decision making), mates to catch up with, we will be able to do visits to old WW2 sites, RSL, rainforest, golfing and games etc just to name a few-how about a few more blokes from the southern states showing up!! Some of us would like to have a get together further south next time.

Christina really needs to hear from you. Please sign up now for the reunion, complete the registration form enclosed, send it and the deposit to Christina via our mail box as below pronto. She will offer an accommodation brochure with your receipt so you can select your accommodation.

MEMBERSHIP

Thanks to those that have renewed their membership. A current paid up members list is enclosed.

SECRETARY'S ABSENCE The Secretary and his wife are away until further notice. Personal mail to dabblers2@hotmail.com in the first instance. All other mail to our PO Box in the interim for distribution to the action officer. Or call Christina, Ray or Dave – their numbers are shown below.

RAASC Vietnam Supply Platoons Association PO Box 207 Mitchell ACT 2911 President 0439 020 418 Secretary (absent on leave wef Feb2011) Treasurer 0419 011 597 Christina: Membership 02 6241 2358 or mobile 0430 125 195

CONTINUING GOALS

New year opportunities Well, the silly season has come and gone and 2011 can be a wonderful opportunity for new goals, hopes and dreams. Hope to see you at Dorrigo in August. Now the plaque laying is behind us, we will be refocusing our energies on some of our original goals such as our coffee table book.

NEW WEBSITE

The Exec agreed we would promote our presence and activities-a new site is being professionally built for us prepared for us. We have a heap of photos and we have digitized them and they are now on a separate site in Picasaweb. When the site is completed it will have a link to our RAASC VSPA Home Page.

To Log in, first paste this link into your browser: http://picasaweb.google.com/home?tab=mq

Then you will be asked for an email and password. Those details are:

Email: raasc.supplies11@gmail.com

Password: vungtau6970

Hit enter, and you should see a page which reflects 23 albums. Note we have set them up in the year in which the photos were taken, and generally the Album cover and name reflects the person that took the photos.

Got some photos you want to include? Look across the screen and you will see three tabs:

My Photos People Explore then "UPLOAD" CLICK THIS and you will be presented with another screen listing all the current albums and two lines of text which state;

Upload Photos: Create or Select Album

Choose an album below or create a new album.

If you are going to do this, please let Dave, our photo guru know first out of courtesy.

Along with our photo albums and documents from the era, we will continue to populate our site to enable us to produce our book. We feel our new invigorated look will enhance our activities and encourage our people to come forward. There's even links to other Veteran sites and some on the weapons we used in the conflict. There's a news link which will help to keep you abreast of things happening in the veteran community including early warning of DVA changes to policies.

SERVICES TO HELP VETERANS- NOTICES

DVA WEBSITE - TOUCHBASE

RAASC Vietnam Supply Platoons Association PO Box 207 Mitchell ACT 2911

Vice President 0421 468 352 Secretary 0408 947 935

Treasurer 0419 011 597 Membership/Welfare 0430 125 195

This is the address of the new Touchbase DVA website. Recommend you have a look at it and pass it on to others http://www.touchbase.gov.au

FREE PHARMACEUTICALS

Thank you for your e-mail of 4 November 2010 to the Minister for Veterans' Affairs, the Hon Warren Snowdon MP, concerning free pharmaceuticals for veterans with war caused disabilities. The Minister has asked me to respond on his behalf.

The Government's 2010 election commitment to introduce the Pharmaceutical Reimbursement Scheme (PRS) will provide relief for those veterans with disabilities arising from war service. The net effect of the PRS will be free pharmaceuticals for eligible veterans in receipt of a disability pension and who have qualifying service. Initial payments will be made in early 2013 for expenses incurred from 1 January 2012.

THREE VETERAN SERVICES (DVA) YOU SHOULD KNOW ABOUT

The Veterans' Home Maintenance Line

The Veterans' Home Maintenance Line (VHML) is a toll free telephone service for members of the Veteran Community which:

- Provides advice on general home maintenance matters;
- Provides local referral to reliable and efficient tradespeople with appropriate qualifications, and both professional indemnity and public liability insurance cover;
 - Provides 24 hour access for emergency repairs;
 - Offers a home inspection service to identify current or possible future maintenance problems and is available during weekdays in business hours; and
 - Provides links to Government subsidised services where possible.

How to apply?

It's easy! Just ring 1800 80 1945 and ask for home maintenance advice or a referral to a tradesperson, or Visit the link below or call your local VAN office.

http://www.dva.gov.au/health_and_wellbeing/health_programs/homefront/Pages/intro.aspx

Preventing Falls

Falls are not an inevitable part of ageing. Most falls can be prevented. One in three people aged 65 and over report falling at least once each year.

- One quarter of these people sustain significant injuries and 5% sustain a fracture (usually humerus, wrist, hip or pelvis).
- Strength and balance exercise has shown to reduce falls by older people.
- Falls and accidents are a key factor in causing otherwise avoidable admissions to hospital.

HomeFront

HomeFront is a falls and accident prevention program available for all Department of Veterans' Affairs (DVA) gold and white card holders. A free **HomeFront** assessment is available each year

RAASC Vietnam Supply Platoons Association PO Box 207 Mitchell ACT 2911

Vice President 0421 468 352 Secretary

Secretary 0408 947 935

Treasurer 0419 011 597

Membership/Welfare 0430 125 195

and the department makes a financial contribution towards the cost of recommended items and modifications.

The recommended minor home modifications and/or aids and appliances are generally low cost items such as the provision of non slip treatment on steps or floors or extra lighting. The **HomeFront** assessor also provides information about local community and Government services that are available to assist veterans and war widows to remain living in their own home for as long as possible. A **HomeFront** assessment can be arranged by telephoning 1800 80 1945.

There are currently around 272 000 Australian veterans that are eligible for the **HomeFront** program. More information, including interesting statistics, are available on DVA's website - http://www.dva.gov.au/health and wellbeing/health programs/homefront/Pages/intro.aspx

NOTICES For QUEENSLANDERS

Do you own a Caravan and live in Queensland? Want to avoid a toll fine? From the Combined Caravan Clubs of Queensland-please ensure that anyone who is going to use a trailer or caravan should register that vehicle on their Govia account. From interstate and own an E-Tag? To avoid the admin fee, write to www.govia.gov.au and give them your account and Tag number and travel details, and drop an info copy to your RTA-it pays to help them link up and will save you a heap of hassles you don't want or need.

Keep in touch! If you know someone who might like to join us, let us know-we'll send them a free Association badge when they take up membership.

Bruce, Christina, Ray, Russ and Dave VSPA Association Executive

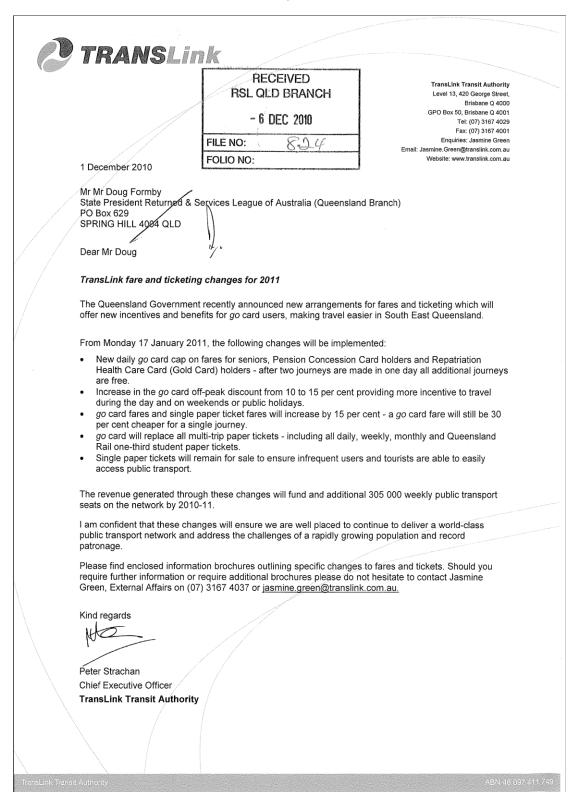
Enclosures:

Dorrigo Reunion 2011 Registration Form Letter to QLD President RSL re Public Transport Concessions Current Members List

RAASC Vietnam Supply Platoons Association PO Box 207 Mitchell ACT 2911

Vice President 0421 468 352 Treasurer 0419 011 597

Secretary 0408 947 935 Membership/Welfare 0430 125 195



If you know of any other similar services available to veterans in your state, let us know.

RAASC Vietnam Supply Platoons Association PO Box 207 Mitchell ACT 2911

Vice President 0421 468 352 Treasurer 0419 011 597 Secretary 0408 947 935 Membership/Welfare 0430 125 195