



April 2018

SIT-REP

CAIRNS RSL SUB BRANCH

Member Magazine



The price of liberty is eternal vigilance



KOKODA HALL

115 The Esplanade (Upstairs) Cairns

8:30am to 5pm, Monday to Friday

FREE ENTRY



The Returned & Services League of Australia **Cairns RSL Sub Branch**

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Cover

Veterans - Matthew Payne, Timothy Bell, Andrea Wheeler and Fi Gallacher

PRESIDENT'S REPORT



Recognition of Volunteers

I would like to thank our fantastic group of volunteers who continue to support

this great Sub-Branch, you could not put a dollar value on this support. Without this support and dedication from all of our volunteers the Sub-Branch would not be able to provide the service that it does.

The Cairns RSL Sub-Branch continues to provide a high level of support to our current and ex-servicemen and women, our Pensions and Welfare Service personnel provide a very high standard of service to an expanding number of clients. This group of volunteer undertaken 3,970hrs for the last twelve months, this includes PAWS work, Hospital visits, requiems, selling merchandise on ANZAC and Remembrance Days, attending meetings and the list goes on and on.

Our volunteers gladly give up their time to assist the Sub-Branch meet our commitments to those who have and those who continue to serve this great country of ours. To each and every one I say 'Thankyou'.

Draft State Constitution

The draft State constitution has been sent by email to members, if you have not received a copy one is available from the Sub Branch upon presentation of your Membership card. This constitution is to be voted upon at the State AGM in June. If you have any comments please forward them on to the Secretary (Mal) or myself. There was a presentation on the constitution at the District AGM at Mareeba.



2018 AGM Retiring Board Members

I would personally like to thank both Phil Warwick and Mex Cernez for their dedication and contributions to the Sub-Branch over the last 9 years for Phil and 5 years for Mex.

Thank you to Board Directors

To the Board of Directors I thank you not only for your support and guidance over the past twelve months, also the time and effort each of you have devoted to this sub-branch.

Staff Acknowledgement

I would like to acknowledge and thank the staff Mal, Rebecca and Cameron for your dedication, sincerity, care and genuine approach to all. It is greatly appreciated. I thank you all for your support and assistance.

Buster Todd, President

2017 Volunteer Support Hours Statistics

**Note: Welfare statistics are included in pensions.
In 2018 these will be reported separately.*

Day Club	507.4
Computer Classes	38
Memorabilia	406
Home & Hospital Visits	219.5
Admin	175
Transport	20
Meetings	8.45
Other	21.4
TOTAL	1345.9
Board	537.65
Pensions	1528.25
Welfare *	
TOTAL	3970.55



SECRETARY'S REPORT



Firstly, I would like to thank the Board for the trust they have shown in my appointment to the role of Secretary. I believe that the title of 'Secretary' of the Sub Branch is a time honoured position within the RSL and that the title itself has been highly respected since the RSL's original formation as the RSSILA in 1916. It is my duty to ensure that the role of 'Secretary' of the Sub Branch continues to demonstrate positive leadership of a standard that maintains the respect of the membership and wider Defence Family.

As we embark upon the celebration of the centenary of end of the 'war to end all wars', I feel it is fitting that we reflect upon the eight (8) objects of the RSL and ask ourselves individually, as members of the League and as an organisation, "Do our all of our actions support the objects?" In undertaking this self-reflection, we ensure that our obligations to preserve the integrity, success and relevance of the League is maintained in what the founding fathers set in 1916 as their aim at the time, '... to continuing to provide the camaraderie, concern, and mateship shown among Australian troops while they were at war.' (www.awm.gov.au)

I would like to recognise the commitment and dedication that both Rebecca Milliner (Marketing and Events Coordinator) and Cameron Vonarx (Administration Assistant) have shown during 2017 and early 2018 in ensuring that the Sub Branch continued to provide a professional service to the members. I have found both Rebecca and Cameron to be efficient, approachable and caring professionals both in their respective roles and as a team.

My heartfelt recognition to all the Volunteers in all service areas of the Sub-Branch, without their dedication to the Defence Family the positive reputation, the great work and good name of the Cairns Sub-Branch would not exist.

Looking forward, there are many exciting events and enhancements to our direct service delivery planned for the ongoing support of members and their families. I look forward to marrying my extensive direct community service management background with my own military experience as well as belonging to a family with a long and rich military history from WW1 to present day conflicts. Bringing these two worlds together will provide long lasting positive social, economic and community outcomes not only for Defence Family individuals and their families but for the membership of the Sub Branch overall.

Mal McCullough, Secretary

NEWS BRIEFS



ARMY BIRTHDAY

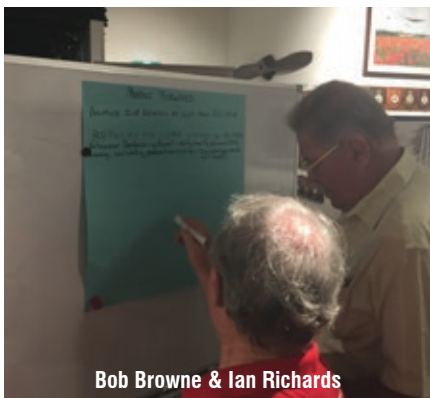
On Thursday 1 March we celebrated the 103rd birthday of 51st Battalion Far North Queensland Regiment & 117th birthday of the Australian Army. It was an honour to be invited to join in the celebrations and give thanks to all the men and women who over the past 117 years have served and defended our country for the safety and freedom of others.





MEET & GREET

Sunday 25 March we held a volunteer meet and greet to find out what their thoughts are on moving forward. Having these discussions with the people that are out there day in and out has brought about some great ideas and highlighted areas for improvement. We would like to thank all our volunteers for their contributions. We greatly appreciate the feedback and ideas. If you have an idea or perhaps an area you think the Sub Branch needs to improve please don't hesitate to contact the Secretary Mal McCullough.



Bob Browne & Ian Richards



Barbara & Les

SCOOTER DONATION

Our wonderful volunteer Les donating this scooter to Barbara who was in desperate need of a new one. After having had five knee replacements, grocery shopping and attending medical appointments meant relying on friends and a great deal of pain. Now with her new scooter life has become much easier - "This scooter gives me freedom and independence... It truly is a wonderful gift and I will be forever grateful for the Cairns RSL Sub Branch" B.McArdell. If you are someone you know needs assistance give us a call (07) 4051 5254 or drop by and see us.



VOLUNTEER BILL MACONACHIE

Congratulations Bill "Slim" Maconachie on your new appointment as Curator of the Kokoda Hall.

Bill has been a Sub Branch volunteer for over four years. Originally volunteering his time to maintain and care for the commemorative rosemary, he has since gone onto being a key member of the memorabilia team. Bill does an outstanding job and is often seen walking around picking up the rubbish and cigarette butts around the building and on the streets.

Recently appointed as the Curator, he was asked why he decided to dedicate his time to the museum: "I have a great love for history and the preservation of it. Cairns has a rich military history and it's important to keep it alive. If we don't keep it alive who will? We can't have thousands of people die for our country and then be forgotten about because no one cares. It's

our culture it's part of who we are, and we can't let it be lost in history. Also, I do it because I CAN! A lot of my mates are either in hospital or dead. I'm fortunate enough to be healthy and fit so I will continue making the most of everyday until I can't. We won wars because we didn't stop." Bill was also asked why he goes around picking up rubbish and cigarette butts on the streets. His response was simply - Because I CAN!

Come in and visit our museum! Entry is FREE and we are open Monday - Friday 8:30am - 5:00pm. The memorabilia team are very passionate about keeping our museum local.



**Rebecca Milliner, Bill Maconachie,
& Regan O'Neill**

NEW WHITE CARD RATES

On Friday 9th February, 2018 Minister for Transport and Main Roads The Honourable Mark Bailey released the following media statement informing all white card holders of the new rates regarding Public transport concessions for veterans:

"About 19,000 veterans can now access cheaper public transport in Queensland thanks to the Palaszczuk Government's introduction of a white card concession scheme.

Under the scheme, white card holders will receive a 50 per cent discount on public transport fares across the state, bringing them into line with concessions for current DVA gold card (All Conditions) holders.

Transport and Main Roads Minister Mark Bailey said the introduction of white card concessions were in addition to more than 35,000 existing veterans who hold gold cards and can access public transport discounts across Queensland.

Most Department of Veterans Affairs (DVA) white card holders, who may not currently receive transport concessions, are under 64 years old and have sustained an injury or a condition from their service.

"This is an opportunity to acknowledge the service of our veterans by extending travel concessions to those who may not currently receive them," Mr Bailey said.

"This is also an election promise made by the Palaszczuk Government that is now delivered."

Mr Bailey said the Palaszczuk Government already provided fare concessions to a number of groups, including students, seniors/pensioners and people with a disability and their carers who used TransLink services.

"We understand there are people who are experiencing disadvantage and offering concessions in areas such as public transport is a significant way for the government to help ease cost of living pressures," Mr Bailey said.

"We want to ensure public transport is affordable for all Queenslanders, regardless of their personal circumstances."

Extending concessions to white card holders allows even more Queenslanders to access affordable public transport and follows the introduction of discounts for job seekers and asylum seekers earlier in 2017 and the Fairer Fares scheme, in December 2016.

It also brings Queensland more closely in line with other states such as New South Wales and Western Australia.

White card concessions are now available and will apply on TransLink bus, rail, tram, and ferry services, regional Qconnect bus services and approved regional ferry services."

For more details on concessions fares, visit www.translink.com.au (external site) or phone 13 12 30, anytime.





Bob Browne & Marion Hayton

BOOK DONATION

Marion Hayton, Cairns and District Ex-Servicewomen's Sub-Branch President, *(above)* donating books to the Memorabilia Museum. The subject of the books relates to Servicewomen and the books had been stored by the Ex-Servicewomen for many years. This was an opportunity to make information available about the role that women played in the services

MUSEUM DISCOUNT

The Cairns RSL Sub Branch has formed a partnership with The Australian Armour and Artillery Museum. All Sub Branch members will receive 10% discount when they present their membership cards upon entry.

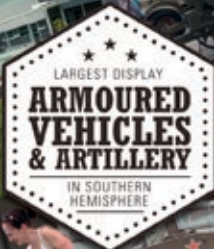
SUPPORT BOOST

On March 22nd 2018 The Hon Darren Chester MP Minister for Veterans' Affairs announced that Veterans and their families will receive increased support services and income support payments after the Senate passed new legislation. The legislation follows a \$31 million boost to mental health services which was announced late last year. Mr Chester said anyone who has served one day in the Australian Defence Force can have access to free mental health treatment for any mental health condition.

WWII SHOOTING
GALLERY NOW OPEN!

TAKE A STEP BACK IN TIME TO REMEMBER

TANKS • WEAPONRY • ARMoured VEHICLE EXHIBITS • WWII SHOOTING GALLERY



**APC
RIDES!**
11AM & 2PM DAILY
*Conditions apply

KIDS CORNER • RETAIL STORE & REFRESHMENTS

ANNUAL PASSES
AVAILABLE ON SITE



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**ARMOUR &
ARTILLERY**
— MUSEUM —

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T: 07 4038 1665 E: info@ausarmour.com W: ausarmour.com
Open 7 Days 9:30am - 4:30pm*

*Closed Christmas Day, Boxing Day, New Year's Day and Good Friday



PAWS NEWS

Homeless Initiative

Jan 17 saw the partnership of The Salvation Army and RSL to provide short term emergency accommodation. The Homelessness Program is designed to support members of the military family (current and former ADF members and their dependants), who are homeless or are at risk of becoming homeless or are living in circumstances which are detrimental to their wellbeing. TSA will also facilitate transition to appropriate long term self-managed accommodation and associated welfare support.

Volunteer Support Hours from December - March:

Number of Clients seen by Advocates	177
Home and Hospital Visits	42
Welfare	10
Pensions	378



IN 2017, WE SUPPORTED OUR DEFENCE FAMILY WITH:

219

home & hospital visits



\$3,000+

donated to **PARTNER ORGANISATIONS**



Assistance with

460

DVA claims



4,000+

hours completed by a team of

65

dedicated volunteers



FAR NORTH QUEENSLAND'S LARGEST

research project into
YOUNGER VETERANS
and their needs



100+

cases of welfare assistance

DID YOU KNOW?

OUR SERVICES ARE AVAILABLE TO ALL

former and current service men and women, not just RSL members

At our **SUB BRANCH**

we have highly skilled Advocates that can assist you with DVA Claims

We have a **WAR MUSEUM**

which is open
Monday - Friday
8:30am - 5:00pm

FREE ENTRY

7 OUT OF 8

of our board members are **YOUNGER VETERANS**

FOLLOW US ON



@CairnsRSLSubBranch



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CAIRNS RSL SUB BRANCH | 115 The Esplanade Cairns | admin@cairnssrlsubbranch.com.au | (07) 4051 5254

MEMORABILIA REPORT

Bob Browne

Kokoda Hall Museum

Had various meetings with Museum volunteers where group meeting always happens on Thursdays which is the normal volunteer activity day. Bob Browne has stood down as Curator of the Museum with Bill Maconachie taking over. I would like to thank Bob for his outstanding work as Curator for the Museum, his assistance has made for a great working relationship within the Museum.

Museum Volunteers

Director - Peter Hayton

Curator - Bill Maconachie

Museum Coordinators

- Museum Records-Archives/
Catalogue/Inventory/Donations/
Loan-Out Coordinator - Bob Browne
- Museum Display Design, Fabrication
Coordinator – Murray O'Neill
- Museum Digital Hard Copy and
Video Images & Audio/IT/Web
Coordinator – Dave Clifton
- Museum Medals, Awards, Historic
Artefacts and Library Coordinator
– Roy Hartman
- Museum Refurbishment and
Preservation Coordinator
- Craig Maher
- Museum General Facilitator
- Tony Perry
- Museum Programs, Exhibitions
and Marketing Coordinator
- Bill Maconachie

Support Staff

- Fred Van Luyk, Ralph Gradidge,
Matthew Payne, Allan Jamieson

Grants

The grant application, Museum Completion Project, was submitted in mid 2017. In short this was not successful, and this was disappointing to all the volunteers as they had been waiting for the funding for approximately 6 months.

This means that we will practically restart projects from that date as new quotes may be required. In addition to this some aspects of project preparation have gone on hold while the coordinators have been concentrating on doable projects.

Some Projects will not commence until after ANZAC DAY due to the limited timeframe to get works completed.

HMAS Manoora Display initiative

The proposed HMAS Manoora display that is being fostered and funded by the NQ Independent Living Organisation is proceeding. The NQ Board of Directors approved the alternate proposal which entails a one 1M x 1M display board featuring a central ships lifebuoy with several other narrative banners, photos, and suitable artwork. Tolly Signs have been assisting the selection of materials, the design and artwork possibilities and practical advice. The History Narrative part is still being verified before seeking final quote. The display will be primarily about HMAS Manoora but will have a narrative banner dedicated to Les Kennedy whose legacy makes its all possible.



Murray O'Neill

Windows on South Wall

We received a great donation for the plywood for the windows on the South Wall. Ben Hemphill organised the ply through the Laminex Group with all materials collected and the windows are now covered in and painted ready to add more framed items & plaques on the window covers. The plywood was cut to size, painted and installed by Murray O'Neill with assistance from Allan Jamieson & Matthew Payne.

Sword Cabinet

Murray O'Neill has mounted the swords inside the glass case and they look great. The Cabinet lighting still needs to be installed as the contractor is waiting for parts. Electrical works will coincide with an upgrade to the security system/lighting

though it's been sitting in a paddock for decades. Because of its heritage the anchor project is a joint effort by the Sub Branch Kokoda Hall Museum and the Club. Regardless of this it is "Catalogued Sub Branch property". The Club have already arranged to have it polished and it will soon be mounted on strong brackets in an external alcove located on the left-hand side of the building. The Club are footing the bill for all this work. The Club will also arrange for a story board using the wording provided by Museum volunteers.



Anchor Outside Rsl Club

Catalina Aircraft Anchor Donation

The Catalina aircraft anchor that has been donated is now in our possession. This is a wonderful artefact, it's about 1 meter long and weighs about 25 Kg. It was manufactured in stainless steel by Northill Manufacturing Co in California.

The anchor is in perfect condition even

Storage

Work to reduce the quantity of non-memorabilia items and Catalogued memorabilia items in storage is nearing completion. This work means that we will need far less storage space. To this end a much smaller and cheaper offsite storage space has been found and hopefully the arrangements will be firmed up on 7 March

2018. This is timely as the current storage unit is not available from June 2018.

Now that the louvre windows are blanked over we will be able to hang many more framed items for display.

There are still boxes of stuff that came out of the old Paws offices and several boxes of historic membership record cards that should be digitised and the old cards could then be discarded.

Recently a volunteer working bee prepared boxes of books for transport to the Museum where they will be reviewed to determine condition and suitability. Books considered damaged or surplus to our requirements will be offered to others or disposed of. There is a process for this.

Library

Roy Hartman and Ralph Gradidge have been making improvements to the library. Roy mentioned that a recent donation is a Journal containing the hand typed names of almost every person that enlisted for WW II FNQ. This journal needs to be digitised to preserve the records. Once digitised we can display the information in different ways, electronically and hard copy. There are still hundreds of books in storage that need to be reviewed and catalogued.

Warhaven request

The current manager of Warhaven John Martin contacted Bob Browne asking for the return of memorabilia items that originated from Warhaven when their building refurbishment project commenced. He was following up for a Warhaven group that had recently discussed this matter and desired the return of the items for

display in the common room.

These items included some framed photos of the original Warhaven and several display weapons.

It was agreed that we would unreservedly return these items in goodwill. We have only been able to return the display weapons and arrangements will be made to return the framed photos when they can be found in storage. The transaction is subject to a formal return letter conjointly signed by Bob Browne & John Martin. The signed document is now on file in the Museum Cabinet. In time we will return the framed photos.



Bob Brown returning memorabilia to Warhaven

Recent exhibitions and refurbishments of framed items

Bill Maconachie has been extremely industrious in the past several months facilitating several standalone exhibitions in the Museum. There exhibitions include the following exhibitions; -

- Vietnam Veterans Day Exhibition
- The 75th Kokoda Anniversary Exhibition
- The Battle for Australia Exhibition
- The Battle for Britain Exhibition
- The Beersheba battle exhibition

Bill has also facilitated the refurbishments, enhancements, name corrections and amendments to several existing framed items of memorabilia. This included the negotiations with the service provider and the transporting of the items. Bills efforts and generosity needs special mention. In this work Bill practices economical restraints, artistic flair, diligence, utilisation of existing memorabilia and for making available the many items from his own extensive collection for these exhibitions, many of these items he has generously donated to the Museum collection.

Loan of Memorabilia for external exhibition

We have once again loaned some items of memorabilia for an external exhibition. Heather Cochrane of “Our Lady Help of Christians School Balaclava” requested and received a loan of items relevant to “Peacekeeping and the United Nations efforts”. Roy Hartmann selected appropriate items for Heather to collect. The exhibition was displayed in the school library as part of the schools “Remembrance Day” studies.

Australian National Maritime Museum Exhibition

The Kokoda Hall Museum is currently displaying, and exhibition made available by the Australian National Maritime Museum. The Exhibition is titled “War Sea-

The Navy in WW 1.” This is a first-class exhibition which includes a set of banners and digital educational material that can be shown on the screen in the interpretive Bunker. The set was delivered by ANMM at their cost. They will be on display for several days before “Remembrance Day” and for the remainder of the next week.

Cairns Arts and Culture Map

The Cairns RSL Sub Branch Kokoda Hall Museum is featured in the arts and culture map. This promotional publication features many other significant sites throughout Cairns. The map is a Cairns Regional Council initiative that is created and maintained by a Team within the Cultural Services section of the Council. We support their initiative and the details have now been added to our Facebook.

Cairns Centenary Time Capsule

We had a meeting with the Cairns Regional Council Cultural people regarding the eventual placement of the Capsule in the foyer of the new Cairns Performing Arts Complex. They showed us the design of the cabinet, informed that there is a drawer to hold the objects and photos that will not be display. This includes the original RSL bronze plaque.

They also asked if we could provide appropriate wording for a display plaque. This was limited to 100 words. To this end we approached Gordon McKauge and he agreed. Gordons words were accepted by the CRC and will be featured in the display. Gordon did a particularly good job of it.

I believe the new complex will open late in 2018.

more
than
money



NAB DEFENCE FORCE HOME LOANS

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your commitment.
We've made ours.**

For over 25 years, NAB has helped countless members of the Australian Defence Force with home loan expertise and discounted rates. We're committed to serving those who serve.

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**To find out more visit
your local NAB branch
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At NAB, we've been providing Defence Force Home Loans since 1991. For over 25 years, NAB has assisted countless members of the Australian Defence Force with home loan expertise and discounted rates.

So, you want to buy your first home, but you don't know where to start? Here's a quick guide.

How much deposit do I need?

Ask yourself one simple question, 'How quickly do I want to get into my first home?' This will not only determine how much you need to save but also how long it will take you.

Use a budget to help you save

Once you know how much you can afford to spend – and how big your deposit needs to be – you can look at getting a savings plan together. A budget allows you to see how much you can afford to save, so you can see how much you need to put away each pay.

What costs are involved with buying a home?

Before you can pack up and move into your new home there are a number of costs you need to know about:

- Stamp duty
- Bank and government fees and charges
- Solicitor or conveyancer costs
- Lenders Mortgage Insurance premium

These fees and charges can be expensive so you should add an additional amount to cover these into your budget. As an ADF member you may also be eligible for other employment benefits so speak with your commanding officer. You can also talk to your local NAB Defence Specialist to get an idea of the likely costs involved.

Choose the best home loan for you

Once you know what you can afford, your deposit amount, and have a savings plan, you'll need to research home loans. At NAB, we know that choosing a home loan can be daunting. When the time comes, don't feel like you have to do it on your own. Talk to one of our Defence Specialists at your local NAB branch today.

PROFILE OF CURRENTLY SERVING MEMBER



SIMON FOLEY

WARRANT OFFICER CLASS ONE

1. **Who are you currently serving with (RAAF, RAN, Army)?** I am currently serving with the 51st Battalion, the Far North Queensland Regiment. The unit is a long-range reconnaissance and surveillance unit in the Australian Army.
2. **What do you think is the biggest opportunity for the Cairns RSL Sub Branch in the future?** I think the biggest opportunity not only for the Cairns RSL Sub Branch but for RSL Australia is trying to embrace the growing amount of contemporary veterans. They will be the future

membership of the RSL if they are educated about the value of the RSL, encouraged to participate and made to feel welcome.

3. **What is your philosophy or value that you hold dearest in life?** This may not answer the question directly as it is not a value or philosophy, but what I value most in my life is quite simply my family.
4. **What is your best advice to someone who has just left the service?** Don't sell yourself short or let others do the same. The ADF has invested a lot of resources in you and you have developed some excellent skills which are transferable. Remain connected through other types of service if applicable or through ex-service organisations. If after you have left the service and you are in a position to espouse the benefits of military service then do so.
5. **What is good leadership?** It is easier to first describe what leadership isn't. It doesn't have anything to do with seniority or your position relative to others. It has nothing to do with titles, being granted a specific title doesn't automatically make you a leader. It is not a personal attribute nor is it an adjective. You don't need

to be extroverted or charismatic to practise leadership and being charismatic doesn't automatically make you a leader. Leadership isn't management, managers mostly manage things, leaders lead people. In short leadership is the ability to turn vision into reality through social influence. How that's achieved by people recognised as good or great leaders is wide and varied but I would suggest actions and example are at the core of their leadership style.

6. If there were no rules in your life for one day, what would you do?

The first thing I would do is make some rules. I have to say I am a fan of structure. If it was for one day only I might make those rules not applicable to me. Probably not the best statement given what I just said about actions and example, but it is just one day.

7. What was the highlight of your military career?

I would have to say at this stage in my career being the Company Sergeant Major of a Combat Team on Operations is the highlight. If you asked me again at the end of the year I have the impression being RSM of 51 FNQR will be my new answer.

8. How will you know you have been a success in twelve-month's time in your current role?

My Commanding Officer will tell me.

9. What is your role in the Military?

I am the Regimental Sergeant Major of the 51st Battalion, the Far North Queensland Regiment. That means I am the senior enlisted soldier in far north Queensland in the area North of Tully and East of the Northern Territory. My job description is very broad, however basically my role is to support the Commanding Officer in achieving the goals set for 51 FNQR by Army and the ADF. I provide advice at all levels which is underpinned by in excess of 22 years' service.

10. Why did you enlist?

There is nothing noble or idealistic about why I enlisted. It was at the time something I thought would be cool, which turned out to be the case. The reason I have continued to serve for over 20 years comes down to the job and the men and women I have served with. I have found it to be rewarding and relevant. I have seen more of Australia and the world than most thanks to Army. If I had my time again and being a rock star wasn't an option I would choose the Army again.

DAY CLUB REPORT

CHRISTMAS PARTY

The Cairns RSL Day Club kicked off the year on a wet Tuesday the 8th February. The day however did not dampen the enthusiasm of a good roll up or the fun had by all. There was much exciting conversation as we all exchanged best wishes for the New Year and the stories of the travels and family gatherings over the Christmas season.

All the volunteers arrived early to set up for the first mornings activities and we had time to talk ourselves on the coming year. Norma had once again been busy in the kitchen and cooked a large batch of very tasty scones for the morning tea.

With three of our regular volunteer stalwarts taking a few weeks holiday. Namely Norma, Les and Russell, we have recruited Mr Chris Courtney to our list of volunteers to assist in pickups and drop off of Day Club members.

The Day Club group will be undertaking several day trips, luncheons and activities over the year as well as conducting the weekly morning teas and games. So if anyone is interested in joining our happy band please contact Cameron at the Cairns RSL for further details.

In closing we wish all Day Club participants and Ex-servicemen and women the best for 2018.

By Andrew Scott-Bohanna



LEGACY NEWS

Cairns Legacy and Far Northern District RSL have combined resources to support an elder Veteran and partner, upon his release from care after a long stay in Cairns hospital.

The Veteran and his partner live quite a distance out of Cairns and were required to stay close to medical facilities whilst in Cairns, and this aided a sharp improvement in his health to allow them to return home to familiar surroundings.

The Veteran and partner were housed at the Legacy Units at Earlville with the rent and Bond paid for by FND RSL Welfare Fund.

Cairns Legacy has emergency accommodation available to eligible Veterans and War Widows, and they were very keen to help their friends at the RSL to support the Veteran and his partner.

This issue was bought to Far Northern District's notice when a request for short term emergency accommodation was made from the hospital. After many discussions between Legacy and FND RSL a support plan was established and this resulted in a great outcome for all concerned.

The Veterans health has improved and has since been allowed to return home to family and friends.

Legacy 57th Wollongong Camp 2018 – Catherine Murillo

The first day of camp consisted of travelling to Wollongong, where I greeted great friends after a whole year apart. It was good to finally be back together as a family after being away from each other for so long. Later that Friday afternoon, we went to the Lord Mayor's Office, where he welcomed us to his great city, Wollongong. The second day of camp was filled with exciting activities such as Dragon Boat Racing, where our skills to work together as a team were tested in order to build up the momentum of the boat. We then visited Port Kembla Beach, which was a perfect way to finish off the afternoon as Dragon Boat Racing was a little tiring. The beaches in Wollongong are beautiful, however they are much different to what I am use to in FNQ. The water was very chilly for me, much like out ocean temperatures in winter, so relaxing on the beach was my go to. After a relaxing day, we went to a basketball game where the Illawarra Hawks were defeated by Melbourne United.

Throughout camp there were a variety of activities that allowed myself and other campers to bond and become closer each day. On the third day of camp, we visited one of the most beautiful lookouts Wollongong has to offer, such as Seacliff Bridge with a stunning view of the ocean and the bridge. We also went Bowling

for an afternoon, which was great fun and allowed all of the campers to bond some more. One of the activities was a movie night, where we went and watched Jumanji. It was a hilarious way to end a great day.

The rest of camp consisted of exciting activities that were organised for us campers. We spent the day in Sydney at Taronga Zoo and explored what the zoo has to offer. We were also lucky enough to visit the Sydney Powerhouse Museum as well as the Sydney Aquatic Centre. Laser tag was one of my favourite activities as it is somewhat daunting but extremely fun. We all explored through the tree tops at the Nowra Tree Adventure. It was a frightening experience for me as I am very scared of heights. However, by accomplishing the hardest course of the tree adventure, it helped me to conquer my fears, and allow me to have more confidence when it comes to heights. Without the help of my fellow campers, there is no way I would have completed the course without their support. Another activity that also tested my fears was Hangdog, rock climbing. After having accomplished the tree adventure I was more confident with this activity however my nerves were an issue. After having such a great bond with my fellow campers, each and every one of them were like my brothers and sisters, just like a family. The amount of support and encouragement from everyone gave me so much confidence to accomplish some difficult and problem solving walls which became more and more daunting the higher I got.

The summer heat did become very warm, however, the beach was a great way to cool off. We visited a number of beaches including, Kiama Surf Beach and Towradgi Beach which was a lovely change of atmosphere in comparison to the beaches in Far North Queensland. Jamberoo Action Park was also a nice way to cool off, with a variety of rides and pools to swim in. The Action Park also has other non-water activities and rides such as the toboggans and mini golf which was great fun.

A disco and roast dinner was organised for all the campers to come together and have a good time before we all head back home. The end of camp was my least favourite part of camp, not only because I had to go home back to reality but because I had to say goodbye to my family for another year. The bond that you create with each and every other camper becomes stronger and stronger as camp goes on. This never makes it any easier for goodbyes. Not only were the activities fun, but I couldn't have asked for a better group of people to have shared the ten days with.

MATES4MATES



Mates4Mates Equine Therapy Program

For many Mates when they first hear about the Equine program their first response is, “I don’t ride horses”, or “I’m not familiar with horses” amongst other similar comments. But what we are seeing is positive shifts in those who undertake the program.

If you too have had these thoughts, let’s put you at ease.

Participants in the Equine Therapy Program interact and engage with horses through an educational and emotional experience, in a safe and calm environment, learning basic natural horsemanship while developing a trusting relationship.

During the Equine Program, you do not ride the horses. It is purely an interactive experience.

Equine Therapy can help people with anxiety, depression and other emotional challenges to build trust and confidence, improve physical wellbeing and enhance social skills. The bond between horse and human has proven highly therapeutic for many people who may otherwise find it difficult to communicate with others.

There is also the Equine Therapy Couples Program. Not your traditional marriage intervention, but a chance to spend time away together where the focus is on well-documented, therapeutic gains of working with animals. This program is modified to assist couples to build stronger relationships and develop healthier patterns of communication.

Here in Cairns we are fortunate to have the Equine Therapy Programs run locally, with two planned for this year.

- Couples Equine Therapy Program
– Cairns – 15-20th July 2018.
 - o Expression of Interest closing date is 27th April 2018
- Mates Equine Therapy Program
– Cairns – 19-24th August 2018.
 - o Expression of Interest closing date is 11th May 2018

All information and paperwork can be found at www.Mates4Mates.org – upcoming events.

For further information about Mates4Mates visit www.mates4mates.org or contact local VLO’s Rikki Bradley at Rikki.Bradley@Mates4Mates.org or 0437 203 464, Niki Bebonis at Niki.Bebonis@Mates4Mates.org

INTERNATIONAL WOMEN'S DAY



ALL FOR A GOOD CAUSE

We auction off houses, art and even antiques but at this year's International Women's Day guest placed bids on Veterans! In the first ever event of its kind, the Cairns RSL Sub Branch auctioned off four veterans who are currently in the process transitioning or have recently transitioned from the Australian Defence Force. This innovative idea was aimed at promoting and maximising support for veterans in our local business community, while starting to change the perception

of a veteran. This initiative raised over \$2,000.00 which is being used to support veterans in the local Cairns community that have fallen on hard times.

The first ever Cairns RSL Sub Branch female board member and Pensions, Advocacy and Welfare (PAWS) Director Katherine Young had the following to say in her address to the audience:

"One of our welfare clients was a young veteran who enlisted in The Australian Army straight out of school. He served for over four years and as a result of a family

crisis he made the decision to discharge and relocate to be closer to his family. After leaving the Army he was unable to gain employment in the civilian world due to his “lack of experience”. The Cairns RSL Sub Branch was able to employ him in an administration role thanks to the government's youth boost – back to work program. He is now currently completing his Certificate III in Business and has been working at the Sub Branch for over 12 months.

This veteran is not alone – every year on average there is 5,500 veterans that leave the Defence Force. A significant number of these veterans find it difficult to gain employment once they have transitioned for many reasons. Three of the major contributing factors are:

- HR professionals/hiring managers often lack sufficient knowledge about military service and/or the skills that veterans have acquired during their time
- Many civilians have misperceptions about military service and whether veterans, suffer from invisible injuries, such as PTSD, or if they will be able to adjust to a civilian work environment
- For most veterans, their only work experience is the military and that service, unlike a civilian job, is highly structured with a very linear career progression

Our goal is to start bridging the gap between employers and the veteran workforce. With attributes like discipline,

loyalty, work ethic, timeliness, and their ability to work in a team a veteran should be valued for their tremendous work ethic and integrity alone. They are team players and know how to get the job done – these are attributes that cannot easily be taught but are essential to business success. If more businesses across the country understood these values, there would be a fight to recruit them into their business.”

Our guest speaker Natalie Colbert made the trip from Canberra to inspire and motivate a room full of over 240 men and women. Natalie told tales of her successful career in the previously male dominated Australian Defence Force, and what it takes to become a successful business woman – to lead and inspire other women.

Natalie served in the Royal Australian Air Force for twenty-two years’ as a Logistics Officer, including a deployment to East Timor. During her career, Natalie was exposed to the many unique aspects of the Defence industry, mainly within the logistics/engineering and financial environments. She has gained substantial experience in tactical, operational and strategic logistics management, the development of Defence capability requirements, and the Defence acquisition process. Natalie now has eight years of corporate experience as the founder and CEO of CanPLAY Pty Ltd, which employ 42 staff.

In her spare time Natalie continues to advocate for the welfare of veterans as a member of The Industry Advisory

Committee on Veterans' Employment. This board was established to develop practical measures to embed veterans' employment strategies into the recruitment practices of Australian businesses.

Cairns RSL Sub Branch President Buster Todd was overwhelmed by the support from the community for the event. "Natalie Colbert is an amazing woman and just one example of the exceptional leaders who are moulded in the Defence force. Extraordinary women like Natalie are an inspiration and role model for young girls and boys everywhere" commented President Todd.

A special mention must be given to the following people, whom thanks to their support, and volunteering their time and resources, made the day the success it was:

- President Peter Sterling from Far Northern District RSL for sponsoring 30 tickets that were given to veterans, war widows and legatee's that under normal circumstance could not afford to attend
- The Veterans – Timothy Bell, Fiona Gallacher, Matthew Payne and Andrea Wheeler
- The Auctioneer – Michael Skuse from LJ Hooker Marlin Coast who did an outstanding job in raising \$2,000.00 for the Sub Branch
- The women from Cairns Business Women's Club who worked tirelessly behind the scenes to help us run a successful sold out event

– Vlasta Eriksson, Helen Tait, Karen Donato and Samantha Clotworthy

- The winning bidders of the auction – Lesley Van Staveren from FNQ Plastics, Susan Marie Percy from Red Energy Promotions, Nicole Belle from Face Today Mediclinic and Jenni Jefferis from The Cotton Club
- Darrell Baker from 3d's Joinery for custom making the auction paddles and Regan O'Neill who kindly painted



Ex-Service Women Sub-Branch members



Natalie Colbert



Veterans Matthew Payne, Tim Bell, Andrea Wheeler and Fi Gallacher



Cairns RSL Sub Branch volunteers Lance Armstrong Waters, Eunice Neale and husband John



Cairns RSL Sub Branch board members John Paterson and Kristen Rice



Auctioneer Michael Skuse, Veterans for auction Timothy Bell and Matthew Payne



Katherine Young - Sub Branch Board Member



President Buster Todd, Cairns RSL Sub Branch Volunteer Adrian Pearson



Janette Todd, Cairns RSL Sub Branch Secretary Mal McCullough, Cairns RSL Sub Branch President Buster Todd, Cairns RSL Sub Branch Volunteer Adrian Pearson



Guest speaker Natalie Colbert and Cairns RSL Sub Branch Treasurer Ben Hemphill



Andrea Wheeler



Veterans Matthew Payne, Fi Gallacher, Timothy Bell and Andrea Wheeler



Far Northern District President Peter Sterling

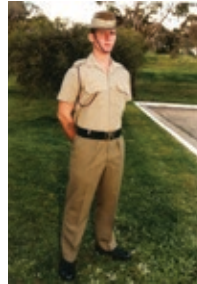


Natalie Colbert



Veterans Matthew Payne and Timonty Bell

MEET THE VETERANS WHO VOLUNTEERED TO BE AUCTIONED OFF



VETERAN ONE: Matthew Payne aka "the Donk"

Matt served in the Royal Australian Navy from 2005 - 2017 and prior to that was in the Australian Army from 1998 - 2004. Whilst serving Matt was deployed to East Timor.

1. **Why did you volunteer to be auctioned off?** The Cairns RSL Sub Branch does amazing work in our community supporting veterans and their families. They are also passionate about leading the way in change. This auction is a great example of the Sub

Branch implementing an initiative to broaden what people think of when they think veteran. I believe in what the RSL stands for and this is my way of giving back.

2. **Why should someone bid for you?** Why wouldn't they???? I always give 110% no matter what. I'm very reliable and not afraid to get down and dirty. Believe it or not, common sense and initiative still exists - in me! Also, I have heaps of great stories.
3. **What are your passions and core values?** My kids are my passion and I firmly believe in loyalty, honesty and being reliable.



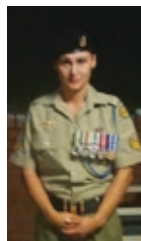
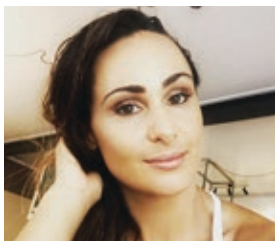
VETERAN TWO

Andrea Wheeler

aka “the Promo Queen”

Andrea served in the Australian Army for eleven years and was deployed to Solomon Islands, three tours to Afghanistan and one tour to the Netherlands/Ukraine.

1. **Why did you volunteer to be auctioned off?** Because I wanted to advocate for current members transitioning out to showcase that we are highly trained, professional and can be an asset to a variety of civilian employees.
2. **Why should someone bid for you?** Because I can bring qualities and attributes to their business that they may not have experienced before. I’m adaptable to new learning outcomes and can visualize an end state to achieve any tasks that are sent my way.



3. **What are your passions and core values?** First and foremost, honesty and integrity is a massive part of military culture. I still live by and uphold these values; initiative, courage, teamwork to name a few. I have a strong passion for fitness and health and to always look forward in life. We are here to learn, grow and gain as much experience as we can to fulfil a purpose.



VETERAN THREE

Timothy Bell

aka “the man of many talents”

Tim joined the Royal Marines three days after leaving school in 1982. Since then he has served with the Australian Army and is currently serving with the Royal Australian Navy. He has seen deployments to Northern Ireland, Cyprus, Falkland Islands, Middle East, Somalia, Solomon Islands and Border Protection Operations. A little fun fact about Tim - he can speak fluent Arabic and is a translator.

1. Why did you volunteer to be auctioned off? First to spotlight the Cairns RSL Sub Branch in its work with the veteran community. Secondly, as a member who is

shortly leaving the Defence, after 36 years of service, I viewed it as an excellent opportunity to meet people in the wider world.

2. Why should someone bid for you?

A buyer will be getting far more than meets the eye. My skill set reaches across a large canvass and I think any buyer will be surprised.

3. What are your passions and core values?

My passion is education and training for all. The core values of military life are honesty, integrity and loyalty. After serving in the Defence Force for 36 years these values are ingrained in me and are a part of who I am today. I also strongly believe in fighting for the underdog.



VETERAN FOUR

Fi Gallacher

aka “The energiser bunny”

Fi served in the Australian Army over 12 years and was deployed to East Timor and Afghanistan. Although no longer serving full time she is a reservist for 51st Battalion, The Far North Queensland Regiment.


She is currently employed as a personal and group fitness coach at Total Fitness Management and has volunteered her services to the winning bidder for one day. The winner will get a corporate wellness package for one day. This will include: health assessments, one-on-one sessions, group fitness and educational seminar.

Qualifications:

Certificate III & IV in Fitness
Level 1 Strength and Conditioning Coach
Metafit Instructor



1. **Why did you volunteer to be auctioned off?** To raise awareness for the veterans struggling to get civilian work since leaving the Australian Defence Force. Many of us don't get formal qualifications during service but we do have other qualities instilled in us from the very first day of our training. Teamwork is one of them, you never let anyone struggle with a task alone and often never have to ask for help, your mates just step in when they see it's needed.
2. **Why should someone bid for you?** I'm extremely adaptable, ready to be challenged and passionate about helping others achieve their fitness goals.
3. **What are your passions and core values?** A good attitude. It's infectious and can bring a team together. I love keeping fit and will drag anyone along if they show the slightest interest!



Nu-Self Nutrition
BE YOUR BEST SELF WITH NU-SELF

Karen Gaugg
Nutritionist
Location: Freshwater, Cairns QLD 4870
Mobile: 0452 232 828
Email: nuselfnutrition@gmail.com
Website: nu-selfnutrition.com.au

As a Nutritionist, understanding contributors of eating behaviours, in the appropriate context, is essential in providing effective strategies. I have previously consulted ADF members on several occasions and quickly became aware of the unique set of challenges, that impact their health and well being. One of my clients reflected on his experience as a Soldier and shared his story with me;

1. When did you do join the Army, what was your position and how long did you serve for?

I joined in 1988 as a Rifleman with the 1st Battalion, Royal Australian Regiment and went into the role of Field Engineer until 1994. In 1997, I joined the Army Reserve as a Patrol Man with the 51st Battalion, for 2 years. I re-entered in 2010, with the Royal Australian Ordnance Corps, for 2 years.

2. What were your food choices?

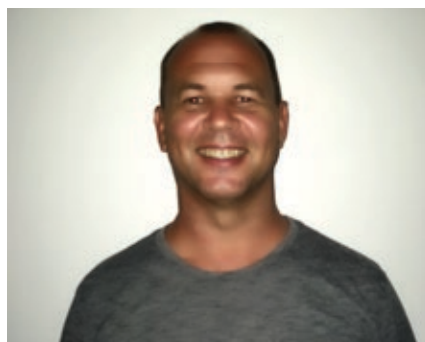
Ration packs, MESS, Cooking my own meals, Take away, stews, spaghetti, bbq and cheap cut meats.

3. What were your barriers?

As all meals were prepared for an army of soldiers they were bulk, cheap, flavourless, overcooked and potent with salt, condiments or peanuts. Variety with main meal choices was also lacking. Fruit was available for soldiers to collect when exiting the MESS, but it was very limited quantity and quality. Ration packs were problematic with things that didn't even resemble food, were full of preservatives and high in kilojoules. You ate what you were given and suggestions weren't welcome. Now there is better OH&S in place.

4. How did it impact your eating habits and health and how did you handle them?

If I didn't see anything I liked at the MESS, I would buy my own groceries or buy take away food. I really enjoyed Sizzler as a young soldier, but you can't afford to buy it often. Looking back now, I think my choices were poor. I began by making my own breakfast – Weetbix with fruit. I'd make my own lunch - if time permitted or went to the MESS. Dinner was visiting the mess and conducting a reconnaissance of what was available. If it wasn't appetising then I simply made my own or visited a take away outlet. I really enjoyed a home-made meal.



6. If you could have given yourself some advice back then regarding your health what would it have been?

I would have liked to have consulted the advice of a health professional eg Nutritionist.

7. How has seeing a Nutritionist helped you improve on physical health and eating habits?

I have been educated on the benefits of healthy food choices for me as an individual – and me alone. After completing a food diary for 12 weeks, Karen was able to understand and identify my eating habits both good and bad. I had regular consultations to discuss my food choices and any barriers I am currently experiencing. Karen provided me with a nutritional plan (which I had input) to help me overcome these barriers and educated me about kilojoules with my food selection - very important. Karen always provided me with helpful information and instructions to assist me with my health and wellbeing goals. Karen's ongoing support and motivation helps me during difficult times. It has been 4 months now since my first consultation, and my health and wellbeing goals have been well and truly exceeded. I could not have done this by myself.

If you want to improve in nutritional areas of physical health, mental health, weightloss, food allergies,

intolerances, chronic disease, disabilities and more contact me to book an appointment.

MEET A SUB BRANCH VOLUNTEER – LES BASSETT



'Every day is a chance to help or change someone's life. Even if it is only in a small way.' This is the motto that our volunteer Les Bassett lives by.

For Les, this year marks 10 years since becoming a Sub Branch volunteer. Originally a client with one of our Advocates, Les saw the amazing work that was being carried out through the Sub Branch and wanted to be a part of it.

Les started out as a Welfare officer and since then has become heavily involved with our Day Club. Les is the man that shows up when many others can't and is happy to get in and help where ever he can.

We are extremely grateful for his service in support of the Sub Branch and Veteran community over the past 10 years! We look forward to seeing what the next 10 years will bring.

10 QUESTIONS WITH LES

1. **What is the essence of good leadership?** Just making sure the job you do is done right. And giving people the respect that they deserve from the position that they hold.
2. **Who are you currently / did you serve with? RAAF, RAN, Army What was your role in the Military?** Nasho, RAEME, Craftsman. 12months in Australia and 12 Months in Nui Dat in 3 Cav.
3. **What do you now?** Retired now, apart from the voluntary work that I participate in.
4. **Best part about your job?** The best part about the voluntary work just keeping it going. And trying to get new members and helping the old ones, and assist them with any of their issues that arise.
5. **How will you know you have been a success in 12 months' time in your current role?** Keeping the same number of members of the day club and other functions that we do, being up to scratch with the amount of people that turn up.

6. **What do you think is the greatest challenge facing veterans today?** Keeping up with the members that we have and doing hospital visits when they don't have family members close and handy.
7. **Are you a member of the Cairns RSL Sub Branch?** How do you stay involved with the Cairns RSL sub branch? Yes, I am a member of the sub branch, I stay involved through the Day Club, Anzac Day, Remembrance Day and other similar occasions
8. **Who is your hero / mentor?** Peter Turner, (former President)
9. **What is your best advice to someone who has just left the service?** Seek help, or talk to older veterans just to see if they can help keeping you on track with transitioning to civilian life.
10. **Why did you enlist?** How do you define a winner? I was called up for National Service. Basically, having a goal and making sure that it is completed by the end of the year.

VOLUNTEER CHRISTMAS PARTY

On Friday 8 December 2017 the Cairns RSL Sub Branch hosted our annual Volunteer Christmas Party. With a combined total of nearly four thousand hours this year in welfare, advocacy, hospital and home visits, requiems, memorabilia, day club and commemorative service - it's fair to say that the Cairns RSL Sub Branch is beyond lucky and honoured to have this group of volunteers! Without each and every one of them we would not be able to support and provided the veteran community with all the free services we currently carry out.









VVCS North Queensland Group Programs January – July 2018

123 Magic & Emotion Coaching Parent Course

Veterans, Eligible ADF and Partners

3 day workshop (2 hours /day)

TOWNSVILLE

Thursdays 22 Feb, 1 & 8 Mar, 2:30pm–4:30pm

Building Better Relationships

Veterans, Eligible ADF, Partners

3 day program

CAIRNS

Wed 13, Thurs 14, Fri 15 June, 9am–5:00pm

Mastering Anxiety

Veterans, Eligible ADF, Partners, Family

2 day workshop

TOWNSVILLE

Tues 24 & Wed 25 July, 9:00am– 4:00pm

CAIRNS

Thurs 17 & Fri 18 May, 9:00am– 4:00pm

Relaxation and Stress Management Workshop

Veterans, Eligible ADF, Partners, Family

1 day workshop

TOWNSVILLE

Wed 9 May, 9:00am– 4:00pm

Understanding PTSD-for Carers and Families

Partners, Family

1 day workshop

TOWNSVILLE

Tues 29 May, 9:00am– 4:00pm

Operation Life

Veterans, Partners, Family, Friends, Volunteers

safeTALK—half day workshop

TOWNSVILLE

Wed 21 Mar, 9:30am– 3:00pm

CAIRNS

Tues 20 Mar, 9:30am– 3:00pm

ASIST - 2 day workshop

TOWNSVILLE

Mon 18 & Tues 19 June, 9:00am– 5:00pm

MACKAY

Mon 25 & Tues 26 June, 9:00am– 5:00pm

Sleeping Better

Veterans, Eligible ADF, Partners, Family

2 day workshop

TOWNSVILLE

Tues 13 & Wed 14 Mar, 9:00am– 4:00pm

CAIRNS

Thurs 19 & Fri 20 April, 9:00am– 4:00pm

Stepping Out - ADF Transition

All ADF members & partners who are in the process of or who have separated from the ADF in the last 12 months

2 day workshop

TOWNSVILLE

Tues 15 May & Wed 16 May, 9:00am– 4:00pm

Residential Lifestyle Management Program

(early promotion—register now to avoid missing out)

Veterans, Eligible ADF, and Partners

5 day residential program

TOWNSVILLE

Mon 29 Oct – Fri 2 Nov

What are VVCS group programs?

VVCS group programs aim to improve the quality of life of veterans, eligible ADF members and their families and complement counselling and other services that promote recovery through prevention, early intervention and treatment. All group programs are provided at no cost to eligible participants.

To register for group programs, or to make further enquiries please contact VVCS North Queensland on

1800 011 046 or email vvcsnorthqld@dva.gov.au



VVCS North Queensland Group Programs

VVCS Group Programs

123 Magic & Emotion Coaching Parent Course

This is a 3-session program to assist parents and carers to develop strategies to manage difficult behaviour in children aged up to 12 years old.

Building Better Relationships

This program is designed to help emotionally committed couples enhance their relationship. The program explores what makes a good relationship and aims to increase partners' understanding of each other, improve communication, enhance intimacy and help couples plan ahead.

Mastering Anxiety

Anxiety is a normal reaction to stress, however when anxiety becomes severe and interferes with our capacity to cope effectively, it is no longer considered normal. This program helps participants to understand anxiety and the factors that maintain it. It aims to promote a sense of wellbeing through developing strategies to reduce anxiety and associated stress.

Operation Life ("ASIST" 2 day workshop and "safeTALK" half day workshop)

Operation Life workshops provide a framework for action to prevent suicide and promote mental health and resilience across the veteran community. These workshops aim to help members of the veteran community to recognise someone who might be having thoughts of suicide and to link them in with appropriate assistance.

Relaxation and Stress Management Workshop

This workshop is an educational and skills based program assisting participants to understand the importance of relaxation, signs and symptoms of stress and overcome barriers to relaxation.

Residential Lifestyle Management Program

This program is designed for veterans and their partners who would like to improve their wellbeing and enhance their relationship. It provides an opportunity to take time out from the daily routine and focus on a range of lifestyle subjects, such as stress management, communication and relationship building.

Sleeping Better

The quality of your sleep directly affects the quality of your waking life, including your mental alertness, efficiency, emotion regulation, creativity, energy levels, and even your weight. Sleeping Better introduces long term solutions for insomnia that involve changing sleep habits to promote good sleep.

Stepping Out

The Stepping Out program is about helping you improve your transition from the ADF to civilian life. Making the move to civilian life can be challenging and the changes you experience may have an impact on your personal life, work life and family life. Stepping Out will give you information and skills to manage your transition to civilian life.

Understanding PTSD—for Carers and Families

This workshop is an educational program which aims to provide partners, carers and families with a knowledge and understanding of PTSD with a focus on the impact of PTSD on individuals and relationships, promotion of health and well-being in carers and an outline of resources and services available.

To register for group programs, or to make further enquiries please contact VVCS North Queensland on 1800 011 046 or email vvcsnorthqld@dva.gov.au. Visit www.vvcs.gov.au for more detailed information on group programs, eligibility, or to register your interest.

CAIRNS RSL SUB BRANCH

WE ARE HERE
FOR YOU

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