



# **Vietnam Veterans Association of Australia Far North Coast (NSW) Sub-Branch Inc.**

Affiliated with the Vietnam Veterans Association of Australia NSW Branch Inc.

P.O. Box 7350 LISMORE HEIGHTS NSW 2480

Phone: (02) 6624 4486 Fax (02) 6625 2895

E-Mail: [vvaalismore@bigpond.com.au](mailto:vvaalismore@bigpond.com.au)

ABN 62 437 693 075

## ***The Furphy* June/July 2018 Issue**

**Dear Readers:** Welcome to the third edition of the Furphy for 2018. Our next social functions will be the Vietnam Veterans Day Dinner 18 August 2018 See Page 14 of this newsletter for details.

Enclosed with this Newsletter is Vietnam Veterans Day raffle tickets, it would be appreciated if you could return them as soon as you can in the enclosed envelope See P 2

### **Inside this Newsletter:**

- Important Dates to Remember – Page 2
- Annual General Meeting held on 19 June 2018 – Page 3
- Assistance with Education cost and Scholarships - Pages 8 - 9
- VVCS update and programs – Page 10
- New Members and Last Post – Page 12
- Vietnam Veterans Day Lismore 18 August 2018 Bookings now open – Page 14

### **FNC Sub-Branch VVAA Committee 2018/19**



From Left: Cathy Maher - Secretary, Ray Collyer - Vice President, Tony Evans - Committee, Sheldon Maher - President, Murray Cooper - Treasurer, Brian Griffin - Committee.  
See Page 3 for a full report on the 2017/2018 Annual General Meeting Held on 19/6/2018

### **National VVAA publication of DEBRIEF.**

If you would like to have this publication emailed directly to you please forward your email address to the National Secretary VVAA at [secretary@vvaa.org.au](mailto:secretary@vvaa.org.au)

**This Sub-Branch welcomes Peacekeepers and Peacemakers to join and become involved in our activities.**

Print Post Approval 100005126 – June/July 2018 issue

## **IMPORTANT DATES TO REMEMBER STICK THIS ON YOUR FRIDGE!**

Member's Monthly meeting are held at 11am on the THIRD TUESDAY of the month. No meetings in **January**. The venue is the **Workers Goonellabah Sports Club, 202 Oliver Ave Goonellabah NSW 2480**. Check the clubs info board on 1<sup>st</sup> floor for meeting room. Tea and Coffee from 10.30am.

<b>Tuesday 17 July 2018</b>	11am Members Meeting at Workers Goonellabah Sports Club
<b>Saturday 18 August 2018</b>	Vietnam Veteran's Day Lismore. 5pm March and Memorial Service followed by dinner 7pm
<b>Tuesday 21 August 2018</b>	11am Members Meeting at Workers Goonellabah Sports Club
<b>Tuesday 18 September 2018</b>	11am Members Meeting at Workers Goonellabah Sports Club
<b>Tuesday 16 October 2018</b>	11am Members Meeting at Workers Goonellabah Sports Club
<b>Tuesday 20 November 2018</b>	11am Members Meeting at Workers Goonellabah Sports Club
<b>Sunday 2 December 2018</b>	Sub-Branch Charity of the Day at Lismore Car Boot Market.
<b>Tuesday 18 December 2018</b>	10.30am Short Members Meeting followed Sub-Branch Christmas Party 12 Noon The Grill Molesworth Street Lismore

**The Vietnam Veterans Association of Australia Far North Coast NSW Sub-Branch Inc ABN 62 437 693 075 is Endorsed as a deductible gift recipient under Sub division 30-BA of the Income Tax Assessment Act 1997**

### **Veteran's and Veterans Families Counselling Service**

**A Service founded by Vietnam Veterans**

**VVCS Lismore 6622 4479 - VVCS 24 hour 1800 011 046**

**Entrance Molesworth Street Lismore**

### **Department of Veteran's Affairs VAN Office Lismore 6625 8300**

**Suite 8 on Level 1 of Conway Court, 17 Conway Street Lismore.**

**Adjacent to the Australian Hearing Service – take the lift to the top floor.**

**Please make appointments for complex interviews.**

**National Regional Number 1800 555254 - Sydney office 133254**

We strongly suggest that those who have to travel long distances and / or have complex matters to be assisted with at the VAN Office, i.e. Service Pension Claims / Changes or other complex enquires that they should phone on **6625 8300** to make an appointment at the VAN Office as one would make if attending a Solicitor or Bank Manager.

## **VIETNAM VETERANS DAY RAFFLE - TICKETS ONLY \$2 EACH TICKETS ARE ENCLOSED WITH THIS NEWSLETTER!**

Enclosed with newsletters sent to our members are five raffle tickets at \$2 each. This is not a hard sell thing, just an opportunity for those who wish to sell or purchase a few tickets in our Vietnam Veteran's Day raffle that will be drawn on Saturday 18<sup>th</sup> August at the dinner. It would be appreciated that sold tickets could be returned by Monday 13<sup>th</sup> August, A return envelope is enclosed. If you should require additional tickets just enclosed payment and we will post the tickets out to you.

### **Prize \$300.00 Harvey Norman Voucher for any section any store**

This voucher can be used in any Harvey Norman store, any section of any store. This type of prize has been requested by several of our regular ticket buyers.

To be drawn at the Lismore Workers Club 18<sup>th</sup> August 2018. Please post tickets to P.O. Box 7350 Lismore Heights NSW 2480. Your support is greatly appreciated.

## OFFICE BEARERS FOR 2018/2019

Following the well attended 32<sup>nd</sup> Annual General Meeting of the Vietnam Veterans Association of Australia, Far North Coast (NSW) Sub-Branch Inc., was held on Tuesday 19<sup>th</sup> June 2018 at the Lismore Workers Goonellabah Sports Club. We advise the following;

Our Postal Address remains as PO Box 7350, Lismore Heights N.S.W. 2480. All correspondence should be addressed to the Secretary at that address.

The following Office Bearers were elected for the year 2018/2019

<b>President:</b>	Sheldon Maher OAM	02 6624 4486
<b>Vice President:</b>	Ray Collyer AFSM	
<b>Secretary:</b>	Cathy Maher	02 6624 4486
<b>Treasurer:</b>	Murray Cooper	02 6624 4750
<b>Committee Members:</b>	Brian Griffin Tony Evans, John Remyense,	
<b>Welfare/Senior Advocate:</b>	Sheldon Maher OAM	02 6624 4486

**Patrons:** Brig Dr Brian Pezzutti, Mr Thomas George MP State Member for Lismore, , Ms Tamara Smith MP, State Member for Ballina, Mr Kevin Hogan MP Federal Member for Page and Ms Justine Elliott Federal Member for Richmond.

**Chaplains:** Rev {Maj Retd} Graeme R Davis OAM CSM Bthol. Dip.S. Thol JP  
Rev Geoff Vidal MID (LCDR RAN Retd)  
Rev Richard Brown MM

**Accountant:** WCA Accountants Lismore

The Sub-Branch meets at the **Workers Goonellabah Sports Club, 202 Oliver Ave Goonellabah** on the Third Tuesday of each month. (No meeting in January) There is tea and coffee served from 10.30am. The meeting commences at 11am and is followed by a social get together; lunch is available at the club. The venue has access for disabled veterans including those in wheel chairs. New members and visitors are always most welcome.

We are pleased to advise that our membership is currently **469** members. Over the last year we have provided a large number of veterans with pension advocacy service free of fee.

This Sub-Branch welcomes Peacekeepers and Peacemakers to join and become involved in our activities.

**The Vietnam Veterans Association of Australia Far North Coast NSW Sub-Branch Inc ABN 62 437 693 075 is Endorsed as a deductible gift recipient under Sub division 30-BA of the Income Tax Assessment Act 1997**

## Major Flood Damage Far North Coast Vietnam War Memorial Still no word on request for Grant from Canberra DVA

We advise that an inspection was made and many photos were taken of our flood-damaged memorial on Sunday 2 April 2017.

Prior to the flood, the Memorial was in a very good condition. This is the first time since the memorial construction in 1991 it has had floodwater over it.

We are currently seeking a grant from Department of Veterans Affairs Canberra, The Ministers office was advised of the flood damage in April 2017 and a grant application was lodged on 27 September 2017. **We still can not get any advice on our application despite many emails, phone calls and support representations to the Hon Darren Chester, Minister for Veterans Affairs from Kevin Hogan Member for Page.**

## Many over 70 years of age missing out on DVA Gold Card

**About 14,000 of Vietnam Veterans** have never accessed DVA often due to the way they were treated by the public, Government and RSL on their return from Vietnam. Many Vietnam and other Returned from Active Service Veterans who are over 70 years of age are not aware to their entitlement to a DVA Gold Card, which is not means or assets tested.

We suggest that all that have rendered qualifying service and do not have a Gold Card contact your pension officer or DVA without delay, you may need to complete the DVA form Number D3057 "Application for a Gold Card for Veterans of Australia's Defence Force. Those who are under 70 years of age and who are not in receipt of any DVA payments should complete a DVA form Number D0506 "Claim to Determine Qualifying Service by Current or ex-Member of the ADF. This is partially important for those who have recently returned from overseas service

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## Over 60 and still working, you may be eligible for a Service Pension! Is your Age Pension being paid by Centrelink?

From 20 March 2018, the Service and Age pensions income cut off limit changed to **Single Pensioners \$1,983.20 p/f (\$51,563 pa) and Couples (Combined) \$3,036.40 p/f (\$78,946 pa) these rates are updated every 6 months.** This will be good news to those whose partners are working and/or are in receipt of DFRB pensions (classed as Superannuation).

**Returned ex-service personnel can apply for the age service pension at 60 years of age, even if they are still working!** Contact the Lismore VAN or Sydney DVA and they will be able to discuss with you the service pension eligibility criteria.

Readers are reminded that subject to the generous income and asset tests, male veterans can obtain the Service Pension (same rate as old age pension) at the age of 60 even if they are still working. It is important to have your super and investments in order prior to turning 60. Those under this age and cannot work more than 8 hours per week may be eligible under the Permanently Incapacitated provisions.

Persons who receive Centrelink Age Pension **and** a DVA disability pension at any rate can have their age pension paid via DVA so that you only need to deal with one government Department. It is quite simple to transfer just complete the DVA form D0664 "**Claim to transfer of payment of Centrelink age pension to DVA**". For detailed information refer to DVA Factsheet IS47 "**Eligibility for Social Security Age Pension paid through DVA**".

If you are over 60 and cannot meet the income and assets test for the Service Pension, look at the **Commonwealth Seniors Health Card (CSHC)**. Veterans with qualifying service need to be 60 years of age and have to meet an income test in order to receive this card. Applications forms are available on line or can be requested from local DVA office. Different age criteria applies to a CSHC for partners of veterans with qualifying service. War widows/ers have the same age criteria as veterans with qualifying service for the CSHC.

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## Pharmaceutical Benefits Scheme (PBS and RPBS) 2018 Update.

The Government now allows Chemists to discount scripts charge as low as \$5.40 or the normal \$6.40 per script. However, **Repatriation Pharmaceutical Benefits Scheme (RPBS)** and other concession card holders will have to accrue \$384.00 (60 x \$6.40) to reach the Safety Net in order to get free prescriptions.

There have been some changes made to some Pharmacy Medicines scripts but this does not apply to those under the **RPBS**, if you should have any problems ask your Doctor to contact DVA. Hence, changes will not have any effect of the **Veterans' Pharmaceutical Reimbursement Scheme (VPRS)** the fifth annual VPRS reimbursements will be deposited to eligible veterans' bank accounts late March 2018. **In 2017 DVA paid out \$4.2 Million under the VPRS**



## St Vincent's Lismore Rehabilitation Services

When you need rehabilitation, ask your doctor for admission to the St Vincent's Lismore Rehabilitation Unit.

St Vincent's Lismore is committed to excellence in rehabilitation. Our multidisciplinary team strives to ensure your time in rehabilitation is a positive experience. We offer both inpatient rehabilitation services and a day rehabilitation program to meet your needs.

The private rehabilitation unit provides excellent care with staff committed to restoring patient's quality of life to optimum potential. The service encompasses the skills of many health specialists including, doctors, physiotherapists, occupational therapists and specialist rehabilitation nurses.

The unit has access to a hydrotherapy pool where patients can enjoy the benefits of exercising in heated water, an excellent form of treatment for a range of conditions.

### Inpatient Rehabilitation

The rehabilitation unit, located within the hospital, has a fully equipped gym and hydrotherapy pool for your use when required. The service is fully integrated to ensure a holistic approach to your care giving you the best possible results. Discharge and follow-up services are planned from the time of admission to ensure all services and equipment have been organised for your return home.

### Day Rehabilitation Program

St Vincent's Lismore Day Rehabilitation Program is designed for patients who require a coordinated approach to rehabilitation in a day therapy setting. The service offers patients a high quality comprehensive program with a multidisciplinary team, including physiotherapy, exercise physiology, hydrotherapy and occupational therapy. The program is designed to improve functional ability, enhance recovery and help regain or improve independence and mobility. The program runs for 4-6 weeks depending upon the patient's individual needs with each patient attending a session of 3 hours a day, two times a week. The therapy sessions are conducted in a small group environment.

For further information regarding these services contact (02) 6627 9600



**SPEAK TO YOUR GP TO ARRANGE REFERRAL TO  
ST VINCENT'S LISMORE REHABILITATION UNIT**



# Vietnam Veterans Association of Australia

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ABN 62 437 693 075

MEMBERSHIP PERIOD 1<sup>st</sup> January – 31<sup>st</sup> December

### 2018 Membership Application / Renewal Form

SURNAME:		FIRST NAME:		SECOND NAME:	
ADDRESS:					
CITY/TOWN			STATE:		POST CODE:
PHONE (H)			PHONE (W)		PHONE (M)
E-Mail :			Dept of Veterans Affairs File No.		
UNIT:			SERVICE NO:		
SIGNATURE: <span style="float: right;">I agree that I will bond by the Constitution and By-laws of the Association</span>					
NEXT OF KIN SURNAME :		GIVEN NAMES :		RELATIONSHIP :	
ADDRESS :		CITY/TOWN		STATE :	POST CODE:

SUBSCRIPTION .....	<b>\$30.00</b>	<b>\$30.00</b>	<b>All costs Inc. Post and Packaging Cheque / Money Order/ Credit Card</b>  Please make payable to: FNC Sub-Branch VVAA and post to PO Box 7350 Lismore Heights NSW 2480.  <i>Please note initial membership applications are subject to committee approval.</i>
ASSOCIATION BADGE .....	@ \$10.00	.....	
ASSOCIATION STICKER .....	@ \$8.00	.....	
CAP WITH PATCH .....	@ \$17.50	.....	
LARGE 4 RIBBON STICKER	@ \$8.00	.....	
NASHO 5 RIBBON STICKER	@ \$8.00	.....	
PLASTIC MEDAL HOLDERS...	@ \$8.00	.....	
LANYARD 4 RIBBON	@ \$10.00	.....	
DONATION TO ASSIST WITH WELFARE .....			
AMOUNT ENCLOSED		\$	GST INCLUSIVE

CREDIT CARD PAYMENT METHOD (tick one box only)    ☐ MASTER CARD    ☐ VISA

CARD HOLDER NAME: .....

CREDIT CARD NUMBER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiry Date:

/
---

Amount \$

Signature:.....

OFFICE USE ONLY	
RECEIPT DATE :	MEMBERSHIP CARD NUMBER
RECEIPT No :	<b>18/</b>



## 'Australia's Vietnam War' Website



[vietnam.unsw.adfa.edu.au](http://vietnam.unsw.adfa.edu.au)



## 'Australia's Vietnam War' Website

See 6500 combat incidents involving Australian and New Zealand troops from the 1RAR battalion group and the 1st Australian Task Force displayed as red dots on interactive maps. Clicking on an incident reveals detailed information including the date, time, location, unit involved, friendly and enemy strength, casualties and a description of the event. Vietnam veterans can add their accounts by uploading their recollections, photos and other digital material to build the website into an expanding archive of details about the campaign.

Also plotted on the website battle map are about 2.2 million air sorties involving USAF, USN, USMC, Vietnamese, Australian and other aircraft, and 900,000 naval gunfire missions by ships of the USN, the Vietnamese and the Australian navies. A range of filters can be applied to select air sorties by aircraft type, target description, mission function and launch base, etc., and, for the naval data, ship name, target description and other functions.

### Contact the team:

**Dr Robert (Bob) Hall**

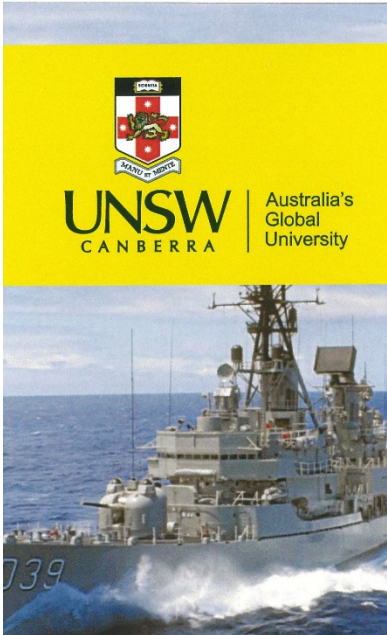
**Telephone:** (02) 6268 8848

**Mobile:** 0439 887 580

**Email:** [b.hall@adfa.edu.au](mailto:b.hall@adfa.edu.au)

Or use the website feedback system

[vietnam.unsw.adfa.edu.au](http://vietnam.unsw.adfa.edu.au)



**Photo Above: Vietnam Veterans Association of Australia Executive and State Presidents New South Wales, Victoria, Queensland, South Australia, Tasmania & Western Australia at National Congress in Canberra May 2018.**



# Veteran's Children Education Scheme (VCES), MRCA Education and Training Scheme

## CHANGES IN EDUCATION SCHEMES FOR APPRENTICES AND TRAINEES

If meeting all other eligibility criterion for the Education Scheme - Apprentices and Trainees may be considered eligible students under the VEA or an eligible young person under MRCA, and so are eligible for benefits under the Education Schemes. All apprentices and trainees must agree on a training plan with their employer, which the employer is required to lodge with an Australian Apprenticeships Centre. In both instances, off-the-job study is complemented by on-the-job instruction which together may be viewed as engaging the apprentice or trainee in full-time education.

All those in receipt of a Special Rate pension (T&PI) or MRCA, War Widows pension and Extreme Disablement Adjustment pension (EDA) who have children **under the age of 25**, who are attending school, TAFE or University are eligible for assistance from the VCES regardless of their income, assets or children's income. Veteran grandparents with custody of grandchildren students who are eligible can make applications for assistance under VCES.

We are aware that some new TPI's / War Widows / EDA's may not be aware of these Education Schemes. There are several important financial benefits that the VCES has over AUSTUDY and ABSTUDY.

VCES eligibility has been extended to the children or former children of **veterans with Vietnam service**, where the child is diagnosed by an appropriately qualified professional as having a depressive disorder, or in the opinion of an appropriately qualified professional, is vulnerable. This involves having the child assessed by either the local family doctor, the VVCS or another appropriately qualified professional. The assessment is a one question form, asking whether the student meets the criteria.

Once eligibility is confirmed, the student is eligible for the Education Allowance until he or she finishes full-time study which includes tertiary study.

**The VCES provides support and counselling for parent and student as well as financial assistance for education and tutorial assistance if required.**

**Education allowance Payable from 1 January 2018 are;**

**Primary Students:** The education allowance for primary students is \$ 270.30 (per year)

### **Secondary / Tertiary Students (per fortnight)**

<b><u>Students</u></b>	<b><u>At Home</u></b>	<b><u>Living away from Home</u></b>	<b><u>Homeless</u></b>
Under 16	\$ 56.00	\$380.20	\$452.80
16-17	\$248.00	\$452.80	\$452.80
18 & over	\$298.20	\$452.80	\$452.80

### **Secondary / Tertiary double orphans (per fortnight - applies VCES students only)**

Under 16	\$248.20	16 – 20 years	\$444.50	21 years and over	\$540.20
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**If you would like more information, phone the DVA National Line on 133254 and ask for the VCES State Secretary or contact your local DVA VAN Office. Or e-mail [vcес@dva.gov.au](mailto:vcес@dva.gov.au)**

Sheldon Maher OAM is a representative on the NSW V.C.E.S. Board. He can be contacted by phone on 02 6624 4486 or fax 02 6625 2895. Feel free to phone him should you need his assistance. We remind you that **you must** make application for these Education Allowances and get prior approval for tutorial assistance or special financial assistance.

**See DVA Factsheet MRC47 for detailed information and DP43 and MRC04 for rates.**



# SCHOLARSHIPS



## AUSTRALIAN VETERANS' CHILDREN ASSISTANCE TRUST

The Australian Veterans' Children Assistance Trust (AVCAT) is a national independent charity.

AVCAT helps the children and grandchildren of Australian ex-service men and women to a better future by providing tertiary education scholarships. Through the generous support of the Australian Government Department of Veterans' Affairs, ex-service organisations and individual donors, AVCAT offers up to 90 new scholarships each year for students enrolled at an Australian University, TAFE College or Registered Training Organisation.

To be eligible to apply, students must meet the following criteria:

- A child, step-child, foster child or grandchild of an ex-serving Australian Veteran
- An Australian citizen or permanent resident
- Enrolled, or planning to enrol in 2019, in a full-time course at an Australian University, TAFE College or Registered Training Organisation
- Receiving, or eligible to receive, Centrelink Youth Allowance or an equivalent means tested educational payment

Scholarships managed by AVCAT provide up to \$4000 per year, for three years, to full-time students at university, TAFE College or Registered Training Organisation.

Scholarships are awarded to students based on financial need and academic merit. Visit [www.avcat.org.au](http://www.avcat.org.au) for more information.

**Applications for 2019 scholarships open on  
August 18, 2018 and close on October 31, 2018**

For information about how to apply contact the AVCAT team!

T: (02) 9213 7999 E: [avcat@dva.gov.au](mailto:avcat@dva.gov.au) W: [www.avcat.org.au](http://www.avcat.org.au)

## **VVCS – Veterans and Veterans Families Counselling Service A Service founded by Vietnam Veterans**

### **VVCS Lismore - Here to Help**

VVCS provides free and confidential, nationwide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger.

### **At Ease**

DVA's *At Ease* portal can help veterans, ADF personnel, and family members identify the symptoms of not coping. *At Ease* is also full of handy resources including tips and treatment options. Check it out: [www.at-ease.dva.gov.au/veterans/](http://www.at-ease.dva.gov.au/veterans/)

### **VVCS COMMUNITY WEBINAR – PEER SUPPORT**

When experiencing an emotionally difficult time, most people will seek support from a friend or loved one prior to seeking help from a mental health professional or counsellor. It is not unusual for friends and loved ones to be unsure of how to best help someone in this situation.

Peer support is assistance provided from one person to another from a position of similarity and common ground. This can be through sharing similar identifying factors (e.g., gender, nationality, age) or lived experience (e.g., military experience, postings, deployment history). To put it simply, peer support is about standing shoulder to shoulder with our mates and their families.

The Veterans and Veterans Families Counselling Service (VVCS) employs Peer Advisors who have been in the Australian military and understand the psychological challenges that can be uniquely associated with that experience.

The Peer Advisors are able to draw upon their own experiences to offer support and hope to individuals and their families who are dealing with their own military related concerns.

### **VVCS Group Programs**

In addition to offering free counselling and support for the ex-service community and their families, the Veterans and Veterans Families Counselling Service (VVCS) provides clients with a range of group programs to improve mental health and wellbeing.

Group programs provide a safe and supportive environment to:

- learn about issues impacting on your mental health and wellbeing
- obtain treatment and support for mental health concerns
- connect with others with similar experiences; and
- develop self-management skills to enhance wellbeing.

Group programs are an important part of VVCS' evidence-based treatment services. Whether participants are veterans, partners or other eligible family members, they often say that being in a group helps them understand that others may share their experiences.

Upcoming group programs in your area

<b>Beating the Blues</b>	<b>10-11 September</b>	<b>Northern NSW</b>	<b>2-day workshop</b>
<b>Sleeping Better</b>	<b>22-23 October</b>	<b>North Coast</b>	<b>2-day workshop</b>

All programs are free to eligible participants. To express interest in attending a group program or to make any further enquiries please call VVCS on 1800 011 046 during business hours.

VVCS can be accessed 24/7 on 1800 011 046. For more information visit [www.vvcs.gov.au](http://www.vvcs.gov.au) or follow VVCS on Facebook, Twitter or LinkedIn.

**Lismore VVCS Centre on 1800 011 046 or 6622 4479.  
Entrance Molesworth Street Lismore**



## Live Comfortably at Home with Crowley's Veterans' Services

**Crowley's Veterans Services supports our local veteran community, (including Veterans, War Widows and Widowers) to live comfortably at home.**

- **Veterans' Home Nursing** - Our Veterans' Home Nursing Service provides qualified nursing support in the comfort of your own home
- **Veterans' Home Care** - Our Veterans' Home Care service comes to your home delivering assistance and services tailored individually to suit your needs.

Our friendly Home Care Team can answer questions you may have about eligibility and access to Veteran's Services.

**Call us on 1300 139 099**



[www.crowley.org.au](http://www.crowley.org.au)



## Computer Sales and Service

At *Compu-K Computers* we believe that technology should make our lives better and not more complex.

Our mission is to supply the right equipment for the job and partner with our customers for the best results.

From the initial setup to ongoing support, we want our customers to have a good experience.

- ✓ New desktop and laptop computer systems from \$ 595
- ✓ Upgrades to existing desktop and laptop computers
- ✓ Repairs and service to desktop and laptop computers including:
- ✓ Replacement laptop screens, RAM and hard drives
- ✓ Data recovery, virus removal and performance enhancement
- ✓ Expert advice on the best solution for your needs

### *Veterans Special* **Speed up your computer**

<i>\$25 off SSD upgrades</i>	<u>RRP</u>	<u>Special price</u>
256gb	\$ 249	\$ 224
480gb	\$ 335	\$ 310
1 tb	\$ 649	\$ 624



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**83 Union St. South Lismore 2480**

**Ph : (02) 6621 8180**



**Compu-K Computers**

[info@compuk.com.au](mailto:info@compuk.com.au)



**DISCLAIMER** “*The Furphy*” is produced for the membership of the Far North Coast (NSW) Sub-Branch of the VVAA, and complimentary copies are forwarded to allied ex-service organizations, members for various departments and interested parties. It is written with care, in good faith and from sources believed to be accurate at the time of writing. However, readers should not act, nor refrain from acting, solely on the basis of information in *The Furphy* about financial, taxation or any other matter. Readers, having regard to their own particular circumstances, should consult the relevant authorities or other advisers with expertise in the particular field. Neither the Far North Coast (NSW) Sub-Branch Inc. of the VVAA, nor the Editor, accepts any responsibility for actions taken by readers.

## ***DADD Heirloom Displays & Medals***

**303 ANZAC Ave, Kippa Ring, Queensland, 4021**

**Phone: 07 3284 3805 Fax: 07 3885 4289**

**Email: [info@medals-displays.com](mailto:info@medals-displays.com)**

**Please feel free to phone for a quote.**

**All medals should be posted by Registered mail**

### **NEW MEMBERS**

The following new member/s joined our Sub-branch since the last edition of the “Furphy”

**Mr Gary Lee of Goonellabah NSW - Ex Army Associate Member**

#### ***Last Post***

**We deeply and sincerely regret to report the death of the following since our last issue.**

**Rev Robert Rutherford on 9 May 2018 – Sub-branch Chaplain**

***Lest We Forget***

Welcome to you all and we look forward to seeing you all at our various meetings and social activities.

The sub-branch meets at the **Workers Goonellabah Sports Club, 202 Oliver Ave Goonellabah** on the Third Tuesday of each month (**No meeting in January**). The tea and coffee is on from 10.30am and the meeting commences at 11am. Lunch is available at the Club. Please note that this venue has access for disabled veterans including those in wheel chairs. New members and visitors are always most welcome.

If you would like to join write to P.O. Box 7350 Lismore Heights NSW 2480 or Phone Cathy or Sheldon Maher 6624 4486, Murray Cooper 6624 4750. Email: [vvaalismore@bigpond.com](mailto:vvaalismore@bigpond.com)

### **Veteran's and Veterans Families Counselling Service**

**A Service founded by Vietnam Veterans**

**VVCS Lismore 6622 4479 - VVCS 24 hour 1800 011 046**

**Entrance Molesworth Street Lismore**

### **Department of Veteran's Affairs VAN Office Lismore 6625 8300**

**Suite 8 on Level 1 of Conway Court, 17 Conway Street Lismore.**

**Adjacent to the Australian Hearing Service – take the lift to the top floor.**

**Please make appointments for complex interviews.**

**National Regional Number 1800 555254 - Sydney office 133254**



## Providing Treatment for Mental Health for Veterans

**Inpatient Treatment for Depression, Anxiety (including PTSD) and Addictions (e.g. Alcohol and Drugs)**

### **DVA Approved Day Programs**

- **Mastering Anger and Effective Communication**
  - Every Thursday for 12 weeks
- **Cognitive Behaviour Therapy (CBT) for Anxiety Disorders**
  - Every Tuesday for 8 weeks
- **Addictive Disorders**
  - Every Friday for 8 weeks

**Enquiries: 1800 119 118**

**Curumbin**  

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**Clinic**

**37 Bilinga Street, Currumbin QLD  
4223**

Enquires and table bookings: Secretary Phone 6624 4486 - [vvaalismore@bigpond.com](mailto:vvaalismore@bigpond.com)  
Murray Cooper 6624 4750

[illegible]