



The Bosun's Call



Vol 25 No 7

Once Navy, Always Navy

August 2020

Operation COVID-19 ASSIST

Since the end of March, Navy has been contributing to Headquarters Joint Task Force 629 as part of the contribution to the whole-of-government response to COVID-19.

Twenty eight personnel ranging in rank from Seaman to Commodore, are assigned to the task force. Their skills and experience are filling crucial roles in operations, personnel, logistics, intelligence, health and gender advice.

Deputy Commander of Headquarters Joint Task Force 629 (HQJTF629) Commodore Paul O'Grady said Navy should be proud of its people and their role in this important operation.

"They are fulfilling key positions throughout the taskforce headquarters and making significant contributions to the national effort fighting COVID-19," Commodore O'Grady said.

Maritime Personnel Operator Seaman Jess Gould is working in the headquarters' personnel office, undertaking the processing of incidentals, mounting and demounting forms and health declarations.

"I joined the Navy for a challenge and since working here it has shown me how different it is working in a triservice environment," Seaman Gould said.

"I feel I'm contributing towards the

Sailors from HMAS Stirling naval base assist WA Police to slow the spread of coronavirus this Easter at traffic control points along main highways south of Perth.



greater good and strongly feel that what I do here has an impact on how the joint task groups on the ground do their work, which directly effects the public - it's a great feeling."

Lieutenant Green is an operational planner and was involved in the Australian Defence Force's response to help Tasmanian Health. She is also benefiting from the joint environment.

"It is good to see how other services do things differently. I feel like I have learnt a lot from this operation," Lieutenant Green said.

"In this role I focus on planning tasks that appear in the next two to seven days.

"Helping the medical team travel to and operate from the North West Regional Hospital in Burnie was a real highlight."

Navy's commitment to helping the community during the COVID-19 pandemic is continuing and is an example of the service's ability to work effectively in a joint team.

Imagery is available on the Defence Image Gallery: <http://images.defence.gov.au/S20201724>

Events coming up

7 Aug HMAS Canberra I Memorial Service Kings Park Memorial 1100

18 Aug Vietnam Memorial Service ANZAC Parade 1000



Newsletter of the ACT Section of the
Naval Association of Australia

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Naval Association of Australia ACT Section

Patron The Hon Sir William Deane AC KBE

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General Meetings Dates and Locations Programme

Should the pandemic be lessened over the next two months the following provisional meetings are advised. The Committee meetings are back. Venue is yet to be advised

3 Sep Place to be advised	1330
1 Oct Place to be advised	1330
5 Nov Place to be advised	1330

Tables are normally booked for drinks and lunch in the host club from 1200 prior to the meeting.

If you need assistance getting to the meeting and/or functions, call Alan Masters on 6281 5630 who will try to organise transport for you.

A/President's Note

Shipmates,

In past days we were saddened to learn that Carl Hyauiason's wife Beverley had passed away. Carl, we extend to you our heartfelt condolences and until we can meet in person we will keep in contact in this most difficult time. Later we saw the death notice for Shipmate Brian Courtier in the Canberra Times. It was Brian's wish that it be a private funeral; we extend our heartfelt condolences to his family and friends at this sad time.

Since my last report the Committee have progressed our search for a new Section Meeting Venue beginning with a visit to the CSCC at Jamison on the 23rd July. Afterwards we were joined for lunch by a small group of our members. It was wonderful to enjoy each other's company. Our next committee meeting will be on Thursday 06 Aug 20 at the Page Vietnam Veteran's Centre where we will look over their facilities as a possible site for our section meetings. I will report separately on our endeavours but suffice to say we are facing greater costs than in the past.

Please do not forget we will be conducting a 'modified' version of the HMAS *Canberra* Memorial Service down by the Lake on Friday 07 August 2020. We will provide further details on this shortly.

To all our members we extend our very best wishes at this challenging time wherein we know that some are having to deal with matters other than the coronavirus and are not necessarily up and about as much as you would like; please take good care of yourselves and be assured we are looking forward so much to being in your company again soon.

Yours aye,

David Manolas
A/President

**Committee meeting
Veterans Support Centre 9
Burkitt St Page
1100 Thursday 6 August 2020**

Operation COVID-19 ASSIST

Western Australia

Submarine Force personnel at [Fleet Base West](#) are stepping up to do their bit to assist [Operation COVID-19 ASSIST](#).

Ten Submarine Force members have been deployed to support the Task Force throughout Western Australia.

"Being one of the first groups of Navy personnel in Western Australia to be assigned to this role has been exciting and challenging.

"All the people here are keen to contribute to the national effort to flatten the curve of the spread of coronavirus," Warrant Officer Tony O'Rielly said.

Leading Seaman Christian Thom was one of the personnel assisting in Western Australia.

"It wasn't how I was expecting to spend my day a few weeks ago, but I am happy to do my part as a service person to help".

"It certainly shows that life in the services is never dull that's for sure," Leading Seaman Thom said.

The submarine force is continuing to operate as directed by Government while also contributing to Operation COVID-19 ASSIST.

New South Wales

Members of the Royal Australian Navy working in unique roles at Sydney International Airport and hotels to assist returning overseas passengers during the height of the COVID-19 pandemic have been thanked personally by Commander Shore Force Captain Stephen Bowater.

Captain Bowater also spoke to a group of Navy members who had just concluded 37 days working on Operation COVID-19 ASSIST.

"You all have been helping keep Australia safe, and I know it can be a tough gig," he told the group, encouraging them to share their stories about this unusual but crucial service to the nation.

Three members were awarded Commander Navy Shore Force commendations: Seaman Maritime Logistics - Steward Jack McArtney, of [HMAS Watson](#); Able Seaman Boatswain's Mate Carlie Briggs and Leading Seaman Maritime Logistics - Supply Chain Ayla Peacock, both of [NUSHIP Supply](#).

"I applaud these members for their devotion to duty and to Navy core values while performing these jobs," Captain Bowater said.

At Sydney International Airport, Able Seaman Daniel Sawaqed told Captain Bowater that it was rewarding to support tired families as they arrived after long overseas flights.

"Everyone has been very appreciative towards us," he said.



Commander Shore Forces, Captain Stephen Bowater, OAM, RAN, centre, speaks with Able Seaman Lincoln Matahau, left, and Able Seaman Daniel Sawaqed at Sydney International Airport during Operation COVID-19 ASSIST.

"I can't think of a single person who hasn't tried to thank me in one way or another as we load their bags and escort them to the bus."

Earlier this month, Captain Bowater also visited Navy members at Sydney hotels, where passengers were being taken for quarantine.

He said the Navy had, along with other Australian Defence Force members, been in the public eye as representatives during the operation.

"Shouldering this work in support of government has proven Navy capability and I have been proud to see the professionalism and positive attitudes of our sailors and officers as they uphold our reputation," he said.

"We continue to stand ready to support Australia in this situation."

Queensland

Royal Australian Navy personnel have been working alongside their Australian Army colleagues contributing to the whole-of-government response to the COVID-19 pandemic across country Queensland - in some cases hundreds of kilometres from the ocean.

While the majority of Navy personnel have been providing quarantine assistance to State authorities at the Brisbane and Cairns airports, and hotels in Cairns, the Gold Coast, and Brisbane; a number of sailors have been supporting the Queensland Police Service (QPS) at control points for border control operations around the State.

Reservist, Able Seaman Kirsty Waters, celebrated a milestone during her time supporting the QPS border control operations at Killarney on the Queensland and New South Wales border.

(Continued on page 4)

Operation COVID-19 ASSIST

(Continued from page 3)

"This deployment will be one to remember as I turned 30 out here and the Army boys bought me cupcakes, while my partner organised some balloons to be sent down," she said.

"Even the local café brought some morning tea and their puppy down to the checkpoint."

Chief Petty Officer Steven McClintock is very thankful for the opportunity to work with Army in support of the QPS, stepping into a leadership role with the Warwick-based TE3, coordinating personnel and logistics for a number of Police Check Points.

"I'm really enjoying working with Army to ensure the smooth running of our Area of Operations - it is very cold at the Police Check Points, so it is important for morale to ensure we do what we can to keep the members well fed and warm," Chief Petty Officer McClintock said.

Australian Defence Force personnel have been on the ground supporting the QPS since early April, and for the past few weeks Royal Australian Navy personnel have been working side by side with Army in various roles.

Petty Officer Combat Systems Supervisor Grant Ireland was deployed to the Goondiwindi Police Check Point and explained how different, yet interesting, this role has been from previous Navy tasks.

He said he plans to visit the region again when restrictions ease

"It has been a privilege to be a part of and witness how well Navy personnel are working with Army during this Operation," he said.

"For me, it is so different to be working away from a ship at sea or port.

"I felt appreciated by the locals, QPS and Army, and believe what I have been doing really matters.

"I have great respect for country Queensland - I've even been talking to some of my mates about doing a two week road trip, visiting a bunch of out-

back Queensland town when things ease, maybe around a rugby league match."

Victoria

Australian Defence Force personnel in Victoria have completed their supporting role as part of the contact tracing team with the Department of Health and Human Services Victoria.

The eight-member team did follow-up calls with members of the community diagnosed with COVID-19 and people with whom they had been in close contact.

Royal Australian Navy Doctor Lieutenant Commander Anthony Carpenter said the contact tracing work was highly successful.

"The prompt establishment of a large-scale contact tracing team requires recruitment of the right people, induction, training and coordination in a short space of time," Lieutenant Commander Carpenter said.

"Australian Army combat medical attendants have used their health knowledge and skills to provide effective support to the Victorian Department of Health and Human Services during the critical early phase of establishing an effective contact tracing operation.

"The team's efforts have been used to gain vital understanding of how this viral infection is spreading within the community and helping reduce the number of new cases of COVID-19 which have been recorded in Victoria."

Contact tracing involves interviewing members of the public to establish a travel history, their interactions with other people, any symptoms of COVID-19 and their current place of residence.

Lieutenant Commander Carpenter said he was proud of how the ADF team integrated with their partner agency.

"The work of the Army combat medical attendants has helped prevent COVID-19 infections, preserved the Victorian health system capacity, saved lives and bought critical time for health services to prepare in case COVID-19 cases increase in the future," he said.

"The combat medical attendants contributed to the identification of more than 1300 cases of COVID-19 through access to testing and the recovery to date of over 1250 of these cases.

"Our ADF teams have helped Victorians access more than 90,000 tests for COVID-19."

RAN doctor, Lieutenant Commander Anthony Carpenter, and the Commander of Department of Health and Human Services Victoria operations, Merrin Benert, at the State Control Centre in Victoria.



Crossed the Bar

Sidney Brian COURTIER

12 November 1935-23 July 2020

Beverley Jean HYAUIASON
(nee Duffus)

8 October 1935-26 June 2020

Wife of Carl

Boost your retirement income without selling your family home

8 July 2020

Just like the Commonwealth Seniors Health Card, most older Australians don't know about the Pension Loans Scheme. Here's how it can help you pay for home care. A recent Macquarie University study showed increased home care significantly reduces both social isolation and hospital admissions.

However, for many seniors wanting home-based support and taxpayer subsidised services, including home care packages, it can be expensive.

Many older people end up having a service provider visit for just a few hours a week.

But there is a way to afford more hours. It's called the Pension Loans Scheme.

By using the equity in your property (home or any other property) older Australians can not only stay in their home but also get more hours of personal care.

Given around 75 per cent of older Australians are home and/or property owners, using the home to generate income to spend on health care as we get older makes sense.

A scheme for all

You might be forgiven for thinking that the Pension Loans Scheme (PLS) is just for pensioners.

However, changes to eligibility for the PLS, from 1 July 2019, means that ALL eligible Australians of pension age who own property can now drawdown part of the equity in their property to generate higher income.

Notably, this can be used to fund care in their own home. The maximum amount available is 150 per cent of the pension per year paid fortnightly. For a couple this is currently \$55,520 annually and for a single it is \$36,828.

Under the scheme, the government uses the equity in your home to loan you a fortnightly payment. The loan is ultimately recovered from your estate unless you pay this off through other means.

Importantly, PLS payments do not count towards the pension income test or affect the aged care means test. Amounts received from a PLS loan are also non-taxable.

The current rate of 4.50 per cent was lowered from 5.25 per cent from 1 January 2020 after campaign-

ing by National Seniors.

Here's an example of how it works

Bob and Alison Mayer* are 87 and 84 and they're on a full Age Pension. They own their own home outright. It's an older home on a large block and has been recently valued at \$780,000. Their combined Age Pension income is currently \$1,423.60 per fortnight (\$37,014 per year).

Alison has dementia and receives a level four package with a dementia supplement. Bob provides Alison's care needs together with the support of 11 hours per week from a provider.

Alison's care needs have increased significantly, and Bob is both exhausted and stressed. The children have suggested it is now time he looked at residential care for Alison. Bob is adamant he wants both of them to remain at home for as long as possible.

Bob has rung *My Care Solution* and asked to meet with him to discuss his options.

My Care Solution suggested he seek advice from Centrelink and/or his accountant to source additional funds from the equity/value of his home.

As a result of the changes to the PLS from 1 July 2019, Bob and Alison are now able to "drawdown" up to \$18,560 per year (paid fortnightly with their pension) without impacting on their fortnightly pension payments.

Bob decides to draw down \$16,000 per annum (\$615.38 per fortnight) to cover the additional costs of private care by topping up their government funded care package.

Benefits

This is a win-win for the borrower and for the government as it could generate budget savings, as less people will need to go into hospital or higher cost residential care.

The arrangement also provides more personal care hours than in an aged care home (4 hours per day compared to an average of less than 3 in a residential care home)!

It's worth noting that Bob and Alison, over 5 years, would build up a loan of \$94,765 including compound interest (the interest over five years would be \$10,664).

(Continued on page 9)

Extract from 2020 DEFENCE STRATEGIC UPDATE Chapter 1 Australia's Changing Environment

Strategic warning time for conventional conflict is the time a country estimates an adversary would need to launch a major attack against it, once the adversary's intent to do so has been established. This period is determined by indications of preparation and mobilisation of resources and capabilities. New capabilities, including longer-range missiles, ballistic missiles and offensive cyber and space capabilities, have reduced strategic warning times. It is also a less relevant concept for grey-zone activities, which can have little or no warning and occur below the threshold of armed conflict.

1.14 In this era of considerable change, the COVID-19 pandemic is creating even more uncertainty. The precise long-term security implications of the pandemic are not yet clear, but its impact on regional growth, trade and societies will have lasting consequences. The enormous economic impact of measures to contain the spread of the virus will set back development. This economic shock could undermine political and social stability. Far-reaching measures introduced in some countries to fight the pandemic could be used to reduce political freedoms.

1.15 It is unlikely that the pandemic will fundamentally alter either the longer-term shift in relative global economic and strategic weight to the Indo-Pacific or China's more active pursuit of greater influence in the Indo-Pacific. But it will have implications for how these trends develop. While collaboration and cooperation is expanding in response

to the pandemic, some countries are using the situation to secure greater influence. Strategic competition between the United States and China is unlikely to abate, and the pandemic has sharpened aspects of this competition. Military modernisation could slow in some countries but will continue to be prioritised.

1.16 The pandemic has disrupted globalised supply chains, which over time have become a critical element of many of Australia's national economic sectors and Defence capability planning. A new focus on independent sovereign industrial capability has emerged. In the first instance, this has manifested in a need to produce the equipment and supplies required for the health response to the pandemic. Over the longer term, the pandemic has highlighted the potential vulnerability of global supply chains in providing critical defence supplies and equipment.

1.17 Threats to human security – such as pandemics, and growing water and food scarcity – are likely to result in greater political instability and friction within and between countries and reshape our security environment, including in the Indo-Pacific. These threats will be compounded by population growth, urbanisation and extreme weather events in which climate change plays a part. Within Australia, the intensity and frequency of disasters – such as the 2019-20 Black Summer bushfires – will test Australia's resilience. Disaster response and resilience measures demand a higher priority in defence planning

Veterans can access Personal Monitoring Technology through DVA

DVA has a range of personal monitoring technologies available to eligible veterans and widow/ers.

Accessing and installing a personal monitoring system may be suitable for older veterans and widow/ers if they are self-isolating to protect themselves from exposure to COVID-19. 12 DVA veterans and widow/ers can access fully-monitored 24-hours a day, seven days a week personal response systems in their home or as mobile pendant personal response devices that are designed to keep them safe at home and when out and about. The initial and ongoing costs are covered by DVA if these devices are arranged through DVA. Personal response devices can be tailored to an individual's needs, giving the person being monitored the comfort that assistance is never far away and reassuring family and friends that their loved one is able to access help easily, if it is needed.

Technology has greatly improved these devices. Some have additional features like built-in fall de-

tector capabilities and GPS tracking that works where there is a mobile signal.

When a device is activated, these systems are supported by an emergency response centre, with someone who will talk directly with the person, if they can. As the emergency response centre is given the person's location they can arrange for the appropriate emergency service to attend. The emergency response centre can also notify a user's nominated family or friends to inform them of the situation.

Personal response systems can be prescribed by an occupational therapist, physiotherapist or a registered nurse following an in-home fall and cognitive assessment. The prescribing health provider will organise the supply and installation through a DVA-contracted supplier and will provide all training in the use of the device and equipment.

For more information go the DVA website or call **1800 VETERAN (1800 838 372)**.

Crossed the Bar

**Vice Admiral
Ian Donald MacDOUGALL
AC AFSM RAN Rtd**

23 February 1938-1 July 2020

**Rear Admiral
Andrew John ROBERTSON
AO DSC RAN Rtd**

11 April 1925-4 July 2020

Funding boost for veteran care

**The Hon Darren Chester MP
Minister for Veterans' Affairs
Minister for Defence Personnel**

Friday, 26 June 2020

Veterans' health and financial wellbeing has been given a boost with the Government announcing an additional \$17.3 million to support two pilot programs for a further 12 months and increased claims processing capacity at the Department of Veterans' Affairs (DVA).

Minister for Veterans' Affairs Darren Chester said the Government is committed to putting veterans and their families first, and this additional funding will continue to support their health needs.

"The Government is investing a further \$2.8 million into our Provisional Access to Medical Treatment (PAMT) pilot program, which delivers medical treatment to veterans for one or more of the top 20 most commonly accepted conditions while their initial liability claim is being considered," Mr Chester said.

"This program provides early access to treatment before a claim has been approved, which aids earlier recovery and delivers ongoing wellbeing outcomes for the veteran.

"To-date, this program has benefited more than 14,000 veterans by providing early medical treatment while they wait for the outcome of their claim, with more than 75 per cent of veterans ultimately having their claims accepted.

"Importantly, those veterans who do not have their claims accepted are not required to repay any of the costs associated with the treatment they have received.

"By extending this program for a further 12 months it will continue to support veterans to achieve better health outcomes."

Following the success of a pilot case management program supporting highly vulnerable veterans, the Government is also providing an additional \$2.8

million to extend the Wellbeing and Support Program for a further 12 months.

"The program provides intensive and supportive face-to-face case management services for highly vulnerable veterans who are either transitioning into civilian life after their ADF service, or who have complex care needs," Mr Chester said.

The extension of these two pilot programs — PAMT and the Wellbeing and Support Program — will allow time to fully evaluate the benefits of these programs and provide recommendations on how to further improve services and support for veterans and their families.

"The Government is also providing an additional \$11.6 million for claims processing to ensure veterans and their families continue to be able to access a range of compensation, income support, and other entitlements at this critical time during the pandemic.

"DVA has been investing over many years to simplify and improve the compensation claims process, which has seen an overall increase in the claims received of around 80 per cent across all claim types in 2018-19 compared to the previous financial year.

"This funding is vital to ensure we can process claims in an appropriate timeframe for our veterans and their families."

Australia's veteran community ranges from our Second World War veterans and war widows through to contemporary veterans with young families. They have all served our nation and the Government is committed to ensuring their needs are met.

MEDIA CONTACTS:

Rachel Tharratt: 02 6277 7820
DVA Media: 02 6289 6466

Office of the Hon Darren Chester, Canberra ACT

Free suicide prevention training for the veteran community

The Hon Darren Chester MP
Minister for Veterans' Affairs
Minister for Defence Personnel

Tuesday 7 July 2020

Support for veterans' health and wellbeing has been strengthened with the introduction of a free online suicide prevention training program, delivered in partnership with Open Arms – Veterans & Families Counselling and the Returned and Services League of Australia.

Minister for Veterans' Affairs Darren Chester said *Suicide Prevention Start* is available to anyone who has contact with, or supports the veteran community.

"Veterans' mental health and wellbeing is everyone's business—governments, families, friends, employers, community organisations, ex-service organisations and the broader veteran community—and we must all work together," Mr Chester said.

"Suicide is a national tragedy that affects many of us and this free, self-paced program provides practical guidance on the signs that someone may be contemplating suicide, and how to connect them to help and support.

"Providing access to this free online training is an example of our commitment to improving the men-

tal health and wellbeing of our veterans and their families, and I encourage all those in the ex-service community to complete this potentially life-saving training."

The online training is open to all current and former ADF members with one day continuous full-time service, their family members and anyone who has contact with or supports the veteran community.

In addition to *Suicide Prevention Start*, Open Arms has also developed a suite of introductory online training options that includes, *Doing Anger Differently*, *Understanding Anxiety*, *Recovery from Trauma*, and *Managing Pain*.

For more information on Open Arms programs and services, visit [Open Arms website](#) or call 1800 011 046.

MEDIA CONTACTS:

Rachel Tharratt: 02 6277 7820
 DVA Media: 02 6289 6466

Office of the Hon Darren Chester, Canberra ACT

Open Arms — Veterans and Families Counselling provides support for current and ex-serving ADF personnel and the

Navigate DVA Aged Care Services with two new books

At Department of Veterans' Affairs (DVA) we understand that as we get older we may need a little assistance to do some of the tasks that we used to take for granted.

DVA has a comprehensive range of services that can provide you the support you need to keep you active, independent and living in your home. So, whether it's a hand with household tasks such as vacuuming, washing or preparing meals, assistance with your medication or wound care. Or you may need to access equipment or home modifications to help you move about your home easily, DVA has services and programs that may be able to help.

To make it easier for you to locate and access the DVA support you require, DVA has developed a book:

A veteran's guide to living independently – Accessing DVA services

This book details the services, eligibility requirements and how to access each service.

DVA has also developed a book to help you understand the support DVA can provide as you move into an aged care home:

A veteran's guide to moving into an aged care home – Accessing DVA services

This book steps you through the process of moving into an aged care facility, outlines the support and services DVA can provide as you consider aged care homes and once you have moved in.

These books are available for you to download or order a hardcopy on the DVA website www.dva.gov.au/ac or by calling the DVA on **1800 VETERAN (1800 838 372)**.



Midshipman Carina Forsyth of HMAS Albatross prepares breakfast supplies for delivery to the local Homeless Hub.

Local organisations receive funding to support veterans' health and wellbeing Round 43

Twenty-eight local organisations that provide activities to boost the health and wellbeing of veterans and their families across Australia were today announced as recipients of the Veteran and Community Grants (V&CG) program.

Minister for Veterans' Affairs Darren Chester said the more than \$470,000 in funding would support these organisations to run activities to help reduce social isolation, purchase essential equipment and improve existing programs and services for veterans and their families.

"These organisations and communities are committed to putting veterans and their families first, and these grants help them to run programs at a grass-roots level that provide real benefits," Mr Chester said.

"The health and wellbeing of veterans and their families is a top priority for the Government and social connectedness is a vital part of improving the mental health of veterans and their families.

"Congratulations to all participating community and ex-service organisations that have been offered

funding. I encourage other local organisations to apply for future DVA grants programs."

The Government is committed to supporting and collaborating with local veteran organisations so they can continue to deliver essential, on the ground services to veterans and their families to meet the changing needs of their local veteran communities.

DVA recognises the potential impact coronavirus may have on recipients completing their projects with social distancing and other public health measures in place across the country. The grants offer will be available for the initial 12 month period, however if the organisation requires more time to complete their project due to coronavirus, DVA will consider extending the length of the agreement on a case by case basis. This flexibility will ensure all of the successful organisations can deliver their projects within a reasonable timeframe and continue to deliver great support their local veteran community.

You can view ACT and NSW list of the latest announced grants below.

Veteran and Community Grants 2019/20 Batch 4			
ACT			
Recipient	Location	Funding description	Amount \$
The Cuppacumbalong Foundation Limited	Tharwa	To conduct traditional blacksmithing and metalcraft classes for regional veterans and their families	\$57,600.00
NSW			
RSL Sussex Inlet Sub-Branch	Sussex Inlet	To replace an air conditioner in the Sub-Branch memorial hall	\$9,980.00
National Diggers Bowls Carnival	Dubbo	To hire buses to transport veterans to the 13th Annual National Diggers Bowls Carnival	\$3,630.00
Tweed Valley Murwillumbah National Servicemen Sub-Branch	Murwillumbah	To undertake a series of bus trips to reduce social isolation	\$19,580.00

Boost your retirement income without selling your family home

(Continued from page 5)

If the PLS rate went down to 3.25 per cent as we think it should the interest over 5 years would be only \$7,717.

If you are thinking seriously about this option, you should first check out the [Pension Loans Scheme](#) page on the Services Australia website.

We also recommend that you seek independent financial advice before making any final decisions.

Fighting for a fairer retirement system

The pension loan scheme rate is currently 4.50 per cent. However, we're campaigning to have it dropped further to create a fairer system that better reflects current interest rates.

If you are interested in helping to fight for a fairer retirement system, check out and sign up to our [Fairness in Retirement Income](#) campaign.

nationalseniors.com.au

1300 765 050

Father and son, achieving the family dream

Many sons and daughters follow in the footsteps of their parents, particularly those with long, proud family military histories. In the case of the Inglis family from Woree in Queensland, dad has chosen to follow his son's journey into the Royal Australian Navy.

General Entry Class 381 - Rogers Division graduated from the [Royal Australian Navy Recruit School](#) in June 2020. Among the graduates was 48-year-old Recruit Paul Inglis.

Recruit Inglis had watched his son Seaman Electronics Technician James Inglis graduate in similar fashion in May 2019.

Impressed with what his son had achieved, he chose to chase his own long-desired dream and enlist into the Royal Australian Navy himself.

"From a very young age, I had always wanted to join the Navy," Recruit Inglis said.

"Things change and life sort of got in the way, and I found myself as a father wanting to be at home supporting the raising of my children."

"We have deep family links that have served in the Navy since WWII, with my grandfather, my father and uncle all serving."

"Seeing their photos, wearing their uniform, and then grabbing one of their hats, I use to say that one day I will also wear this."

Before his enlistment, Recruit Inglis worked in the construction industry, achieved a degree in Health and Science and went on to conduct tutoring at the Queensland University of Technology.

"I always dreamt of wearing the uniform, but I thought time had passed me by. It wasn't until my

son shared stories of his journey through Recruit School, that he told me I should give it a go," Recruit Inglis said.

"I thought I was too old to achieve this, but now that I've graduated Recruit School, I just can't wait to live out that dream."

Both father and son will now continue their training as Electronic Technicians at [HMAS Cerberus](#), and will then take up a position either on a ship or at one the Royal Australian Navy's Fleet Support Units around the country, to consolidate that training.

While they will continue to support each other with their Naval careers, it is likely that we may see yet another Inglis family member march through the Recruit School doors.

"My oldest brother is now considering his options, he has gone through his paperwork and initial testing so we will have to wait and see," Seaman James Inglis said.

"My father and I have always been very close, but this experience has strengthened those bonds between us.

"I feel very proud to have had the opportunity to watch my dad graduate, just as he watched me do the same last year.

"Who knows where our future career paths will take us, but the opportunity to share in this part of the journey together is pretty special," he said.

For further information about a career in the Royal Australian Navy, visit <https://navy.defencejobs.gov.au/>.

*Published on 22 July 2020 LEUT Dave Devlin (author),
ABIS Bonny Gassner (photographer)*



Recruit Paul Inglis stands proudly with his son Seaman James Inglis on completion of his graduation ceremony from General Entry 381 Rogers Division held at Recruit School of HMAS Cerberus, Victoria.

Committee Meeting 7 July 2020—Melba

Present: David Manolas, Peter Cooke-Russell, Dennis Lyons, Alex McGown and Alan Masters

Apologies: JJ Harrison and John Small.

Here are my memories of what we discussed at our meeting at PCR's office on Tuesday, 7 July.

1. **HMAS Canberra Commemorative Service.** Arrangements are in place and invitations issued to dignitaries. Responses have been received from CN, CAF, CO HMAS Harman, USN Attaché and WRANS and Naval Womens' Association. All will be represented with, at this stage, CN making an appearance. Agreement was given to including in the Order of Service after the Naval Ode the Ode to Naval Veterans. I have written to the NSW Section of the HMAS Canberra / Shropshire Association and asked them to give favourable consideration to having their plaque dedication for HMAS Canberra (1) at the AWM start at 1200 to enable our members to attend and also for their members to join us at the HMAS Canberra Memorial at 1100 on Friday, 7 August.
2. **NAA Centenary Events in Canberra.** David invited the committee to consider a number of activities for celebrating the NAA centenary. Agreement was given to:
3. Making contact with the HMAS Sydney Association and the WRANS so as to include them in any of the activities
4. Purchase two wreaths for ceremonies at the AWM and Navy Memorial
5. Secretary to check availability of Navy Chaplain to contribute to the above services.

6. National Council initiating the creation of a postal stamp, suitably designed to reflect the centenary of the NAA.
7. **Enhanced Liaison with HMAS Sydney Association and WRANS.** David suggested we explore the establishment of an "informal" relationship with both the HMAS Sydney and the WRANS Associations whereby they could join us at Section lunches/functions/commemorative events. Another consideration is that we all advise the OIC of the Canberra ANZAC Day march that we wish to march under our own banners but in one navy group. No objection was given to these suggestions and further action will be undertaken to progress these matters.
8. **Meeting / Lunch Venue.** The permanent closure of the Kaleen Sports Club has created a dilemma for us. We need to find a new location. After consideration of a number of possible venues a short list was created. Criteria for such a venue included: restaurant availability, space for meetings, ease of car parking, central location and preferably free of charge. Two venues were considered worthy of further investigation. The Southern Cross Club at Jamieson heads the list and the Veterans facility at Page, although not having a restaurant does have kitchen and bar facilities. Dennis and David will report on their findings at our next meeting.

Next Meeting. Our next meeting will be at the Jamieson Southern Cross Club at 1100 on Thursday, 23 July 2020.

Alan Masters

ACT Section Secretary/Treasurer

Two careers are better than one for dedicated Submarine officer

A common challenge faced by HR departments the world over is the modern trend of people wanting to have several careers over the course of their working lives - and this is a challenge shared by Defence Forces.

Many Officers in the Navy will have commenced their career after identifying a particular job on the [Defence Jobs website](#) or through a session with Defence Force Recruiting. For many Officers this leads to a long and rewarding career in their chosen profession.

However in today's Navy, along with more flexible employment options there is an increasing number of opportunities to have more than one career, particularly to fill priority roles and capability needs. Active career management is encouraged and Lieutenant Steven Ashworth is evidence of that.

Lieutenant Ashworth grew up around Navy due to his father being a Maritime Aviation Warfare Of-

ficer, so it may have been no surprise when, after completing a mechanical engineering degree at the University of Newcastle, he enlisted into Navy as a Maritime Warfare Officer Submariner.

However, in the not too distant future he will be looking to qualify as both a Warfare Officer and an Engineering Officer aboard our submarines.

A conversation with the head of the Submarine profession, himself a dual stream as a Maritime Warfare Officer and Marine Engineering Officer Submariner, lead to an exploration of how both Lieutenant Ashworth and the Navy could benefit from a broader set of qualifications.

Note

Perhaps VADM Ian MacDougall was a forerunner of the change in going from the RAN's Supply and Secretariat Branch to the Executive Branch in 1963.

**Notes from Committee Meeting 23 July 2020
held at Southern Cross Club, Jamison**

Present: David Manolas, Alan Masters, Peter Cooke-Russell, Alex McGown, JJ Harrison, Dennis Lyons

Apology: John Small

The following are brief notes of the discussion matters.

1. **NAA Centenary Wreath Laying.** David informed the committee he would be meeting with a representative of the AWM to discuss arrangements for the wreath laying on 20 Nov 20.
2. **World War 2 Veteran's Medallion.** Advice has been received from DVA that it is producing a medallion for WW 2 veterans. Our Section has four such members, viz, Lionel Mead, Ed Bryant, Tim Holt and Doug Blake. Confirmation will be sought from John Cruickshank and Merle Hare as to their WW 2 status.
3. **HMAS Canberra Commemorative Service.** Responses from invitees are due on Friday, 31 July. Already, we have replies from CN, CAF, USN, WRANS, NSW Section of the HMAS Canberra/Shropshire Association and Naval Historical Society of Australia (ACT Section), whose representatives will lay wreaths. The Canberra/Shropshire team will include their patron, RADM Guy Griffiths, RAN (Retired). David will be MC, Alan will lay the Section's wreath, John Small will provide the naval flavour with his Bosun's pipe. The Section wreath will need to be provided by the present custodian of it. It was agreed that a printed Order of Service similar to previous issues will be printed, Peter to organise following a review of the draft OofS by David.
4. **HMAS Canberra/Shropshire Plaque Dedication.** A dedication of a plaque for HMAS Canberra will take place on the lawns of the AWM following our service, starting at 1200. David and Alan have volunteered to attend this ceremony but anyone else interested in joining in is welcome to do so.
5. **Canberra Vietnam Veterans' Remembrance Service.** This service will take place at the Vietnam Memorial on 18 August and Alex will represent the Section at this event.
6. **Ted Sheehan Announcement.** David is contemplating contacting the Prime Minister's Office to ascertain where and when the PM might promulgate the outcome of the Expert Panel's deliberations on the award of a VC to Ted Sheehan. If it is during a parliamentary session then it is worthy of consideration that some of us attend to demonstrate NAA support.
7. **Ted Sheehan Petition Option.** David has advised the National President and National Secretary of the possibility of using an electronic means of gathering signatures, that is, the *Go Petition* option.

8. **ACT Section Meeting Venue.** Discussion on a range of venues took place, led by Dennis who had undertaken research on this matter. The options seem to fall down to:

- * *Southern Cross Club, Jamison.* This venue has a meeting room and restaurant facilities for dining. Costs are involved and for a meeting room and catering the cost could be \$450. This is made up of room hire, \$150 and a guaranteed expenditure of \$300 for dining.
- * *Veterans' Rooms, Page.* There is a meeting room for which the hire of it could be \$130 but this could be negotiable. A kitchen facility lends itself for self catering and in the summer months use could be made of a BBQ facility. *Car parking in the street is available.*
- * *Eastlake, Gungahlin.* \$120 is the hire rate of a meeting room for four hours. A restaurant is available for meals. Good car parking is available.
- * *Eastlake, Kingston.* Limitations on car parking are bad.
- * Eastlake facilities, of which the Kaleen Sports Club was one, will have given us an intro to their management. This may work in our favour in contrast to the other big clubs. Dennis thinks that many of the clubs are going to take a more business approach to room hire and the days of free room hire may have conditions attached to them. Further research will be undertaken by Dennis but in the meantime we will meet at the Vet's centre in Page for our next meeting to further consider its viability for us. Their was a view that if we have to pay for a room that it would be better to support a kindred organisation. A return to mixed sandwiches and party pies, such as was the case in the days of RSL HQ meetings, could provide for more conviviality and enhanced camaraderie.

Next Meeting. We will meet on Thursday, 6 August at the Vet's Centre, Page from 1030 with the meeting to start at 1100. After the meeting we may be able to join in lunch with the veterans. The menu for the day will be meat pies, two for \$5.

Alan Masters
Secretary/Treasurer



MEMBERSHIP RENEWALS38 2020

Action to renew membership for 2020 can now undertaken in a number of different ways. The following, in order of preference for the Treasurer, are listed below, but any of them can be utilised.

The use of e-banking provides for ease of payment and your bank records act as your receipt. The annual subscription for 2020 is \$38

1. **Direct transfer of funds to the NAA (ACT Section).** Using e-bank facilities, transfer funds to Naval Association of Australia –ACT Section Account **BSB: 633 000 . Account Number 162 834 097** *Please ensure you have identified yourself as the payer in order that the Treasurer can correctly credit your payment.*
2. Payment using the mail system. Please do not send cash through the mail system. Cheques can be forwarded to Membership Registrar, 4 McEachern Crescent, MELBA ACT 2615. Receipts will NOT be mailed to payers.
3. Direct payment to Treasurer. The Treasurer will gladly accept cheques or cash from members at General Meetings. A receipt will be given to payers.

IF YOU HAVE CHANGED ANY OF YOUR CONTACT DETAILS SUCH AS HOME ADDRESS, E-MAIL ADDRESS, TELEPHONE NUMBERS PLEASE ADVISE THE MEMBERSHIP REGISTRAR.

Social Program

Fish 'n Chips is on the program, Snapper has reopened.

20 Aug	Fish 'n Chips CYC 1200
17 Sep	Fish 'n Chips CYC 1200
15 Oct	Fish 'n Chips CYC 1200
19 Nov	Fish 'n Chips CYC 1200
3 Dec	Christmas lunch
17 Dec	Fish 'n Chips CYC 1200

Bus trip program is in abeyance

***Bev Joce
Social Secretary***

DVA CONTACTS

Information on health services may be obtained from DVA. The contact numbers for health care providers requiring further information or prior financial authorisation for all States & Territories are listed below:

PHONE NUMBER:

1800 550 457 (Select Option 3, then Option 1)

POSTAL ADDRESS FOR ALL STATES AND TERRITORIES:

Health Approvals & Home Care Section department of Veterans' Affairs

GPO Box 9998

BRISBANE QLD 4001

DVA WEBSITE:

<http://www.dva.gov.au/providers/allied-healthprofessionals>

DVA email for prior financial authorisation: health.approval@dva.gov.au

The appropriate prior approval request form can be found at: <https://www.dva.gov.au/providers/servicesrequiring-prior-approval>

CLAIMS FOR PAYMENT

For information about claims for payment visit: www.dva.gov.au/providers/how-claim

Claim Enquiries: 1300 550 017
(Option 2 Allied Health)



HAPPY BIRTHDAY

**A Happy Birthday to you in
August 2020**

16 Jim Quick

16 David Campbell

21 Toby Selby

22 Mark Fullick

Older Persons ACT Legal Service (OPALS)

The new Older Persons ACT Legal Service (OPALS) is a specialist service within Legal Aid ACT offering flexible legal assistance to older people. OPALS can help in many situations, such as if you:

- have concerns about your safety
- are being pressured to change your living arrangements, sign documents, or provide details of your finances
- are having money taken from you without your permission
- owe money and are not sure how you will pay
- are being abused, threatened or bullied
- are being denied access to grandchildren, other members of your family or support services
- are being discriminated because of your age

If you think you need legal advice, please feel free to contact OPALS:
Address: 2 Allsop Street, Canberra, ACT; or
Telephone: (02) 6243 3436 or 1800 353 374
Email: opals@legalaidact.org.au
www.legalaidact.org.au/opals

OPALS has a strong community legal education and outreach component and provides information and referral services to concerned family, friends and workers. OPALS draws on the expertise of other practices in Legal Aid ACT when providing advice and representation services.

OPALS is a **free** service and all cases are treated in confidence. We can also help make referrals to other specialist services if you choose not to take legal action.



If undeliverable return to
NAA ACT Section
26 Nelson Place
Curtin ACT 2605

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