



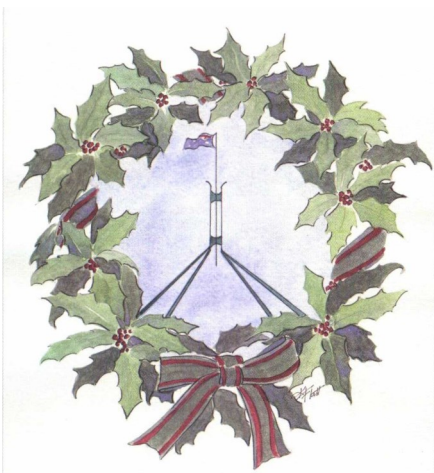
# The Bosun's Call



Vol 28 No 11

Once Navy, Always Navy

December 2023



*Event coming up*

*7 Dec Christmas lunch—Eastlake Football Club Gungahlin*



Newsletter of the ACT Section of the  
**Naval Association of Australia**

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**Naval Association of Australia****ACT Section****Founded 1 July 1944**

Patron The Hon Sir William Deane AC KBE

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**General Meetings  
Dates and Locations  
Programme**
**2023**

2 Nov	Eastlakes Club Gungahlin	1330
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**2024**

1 Feb	Eastlakes Club Gungahlin	1330
7 Mar	Eastlakes Club Gungahlin	1330
7 Mar	<b>AGM on completion of General Meeting</b>	
4 Apr	Eastlakes Club Gungahlin	1330
2 May	Eastlakes Club Gungahlin	1330
6 Jun	Eastlakes Club Gungahlin	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.

**President's Note**

*Dear members and families*

*May beautiful moments and  
happy memories surround you  
with joy this Christmas*

*Wishing you all a safe and merry  
festive season*

*David*

**Committee meeting  
Eastlakes Gungahlin  
1100 Thursday 1 February 2024**





## Royal Commission into Defence and Veteran Suicide

21 November 2023

The Chair of the Royal Commission into Defence and Veteran Suicide says new suicide monitoring data reinforces the need for urgent action to address the national crisis.

A report from the Australian Institute of Health and Welfare (AIHW) released today reveals there were at least 1677 deaths by suicide between 1997 and 2021 among serving, ex-serving and reservist Australian Defence Force personnel who served on or after 1 July 1985.

Disturbingly, the data shows ex-serving females are twice as likely to die by suicide than the general female Australian population whether they served in the permanent forces or only in the reserves.

Ex-serving males who were enlisted in the permanent forces are 42% more likely to die by suicide than the broader male Australian population; however, ex-serving males who served exclusively in the reserve forces are no more likely to die by suicide than the general Australian male population.

The AIHW also compared suicide rates for ex-service personnel based on whether they had left the ADF by choice or their employment was terminated.

The new data indicates ex-serving females who are involuntarily discharged on medical grounds are 5.2 times more likely to die by suicide, while those who are involuntarily discharged for reasons other than medical reasons are 2.44 times more likely to die by suicide.

Ex-serving males who are involuntarily discharged on medical grounds are 2.78 times more likely to die by suicide, while those who are involuntarily discharged for other reasons are 1.54 more likely to die by suicide.

Chair of the Royal Commission, Nick Kaldas, said the latest AIHW report reinforces the need for urgent action to stop the senseless loss of life.

"This report reinforces that we are dealing with a national crisis," Commissioner Kaldas said. "I urge the Government and its agencies to work with us to achieve better outcomes for serving and ex-serving ADF members, and their families."

Of the 1677 recorded suicide deaths, 1542 were men and 135 were women.

"Tragically, that's more than 20-times the number killed in active duty over roughly the same period," Mr Kaldas said. "And the problem is likely much more serious than the figures portray because they do not include serving and ex-serving members whose deaths were not officially recorded as suicide, such as incidents where intent could not be determined – nor do they include those who served before 1985, including our Vietnam Veterans, who died by suicide."

The Royal Commission continues to examine the many complex cultural and systemic issues, including within the ADF and Departments of Defence and Veterans' Affairs, that are failing past and present ADF personnel, and their families – and contributing to high rates of suicide and suicidality in our military community.

"We're determined to deliver robust, evidence-based findings and recommendations that will lead to improved mental health and wellbeing outcomes for past and present ADF members – and contribute to a stronger, more resilient and better ADF to meet Australia's future defence capability needs," Commissioner Kaldas said.

A final public hearing will be held in Sydney in March where senior Government and Defence leaders are expected to give evidence.

### DVA Advice—21 November 2023

The important ongoing work of the Royal Commission into Defence and Veteran Suicide remains critical to deeper understanding and addressing the unacceptable rates of deaths by suicide in our Defence and veteran community.

Help is available. There are a range of services and supports available to those who need it. All current and former serving members of the ADF who have completed one day of full-time service (and some reservists) are eligible for fully-funded mental health treatment through the [Non-Liability Health Care](#) program. Proof your condition is related to military service isn't required to access treatment.

Veterans can access health treatment for 20 of the most commonly claimed physical conditions while their health claim is being considered, and immediate financial assistance is available to eligible veterans

submitting a mental health claim through [The Veteran Payment](#).

If you're a veteran or their immediate family member or know someone in the veteran community struggling with their mental health, please encourage them to reach out for support.

- Defence personnel can contact their local health centre, the All Hours Support Line on 1800 628 036 or the Defence Member and Family Helpline on 1800 624 608.
- Open Arms – Veterans & Families Counselling Service provides free and confidential mental health support available 24 hours a day, 365 days a year for veterans and their immediate families on 1800 011 046.

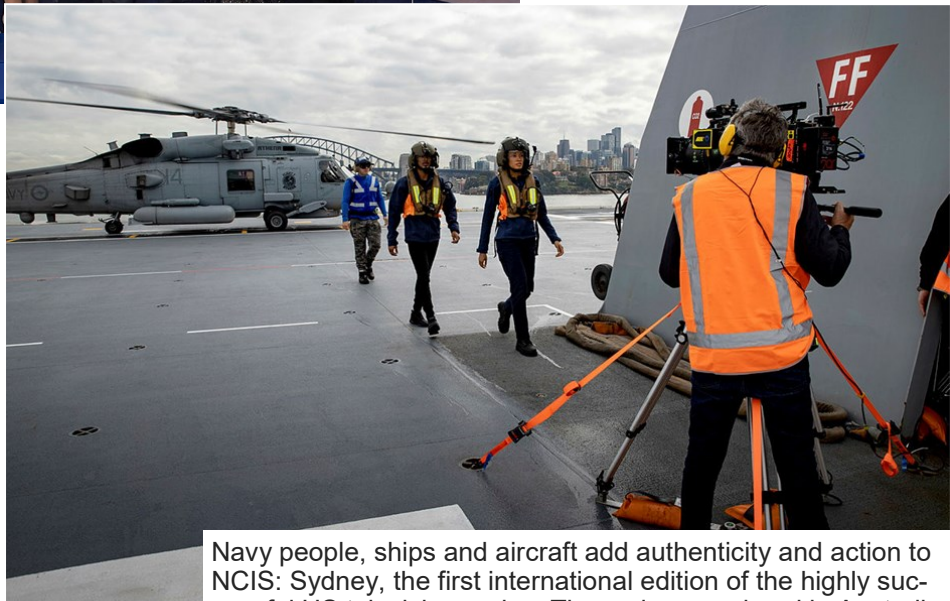
The report can be accessed by visiting the [AIHW website](#).



*Above* Chief of Navy, Vice Admiral Mark Hammond, AO, RAN, and his wife Jodi Hammond with NCIS Special Agent Trevor Moss and NCIS: Sydney actors, at the NCIS: Sydney Launch

*Right:* Actors from the TV show NCIS Australia disembark a MH-60R aircraft on the flight deck of HMAS Canberra during filming of the TV series in Sydney Harbour, NSW

*Below:* An MH-60R aircraft flies over Sydney Harbour during an action scene by Braddley's Head



Navy people, ships and aircraft add authenticity and action to NCIS: Sydney, the first international edition of the highly successful US television series. The series premiered in Australia on 10 November and in the United States on 13 November. For Navy, NCIS: Chief of Navy, VADM Mark Hammond, AO, RAN and Executive Vice President, Chief Content Officer and Head of Paramount+, Paramount ANZ, Beverley McGarvey were guests of honour at the series launch in Walsh Bay, Sydney on 10 November, 2023

Ms McGarvey said Navy's provision of access to facilities, fleet and personnel amplified the production value of *NCIS: Sydney* beyond measure.

"We are extremely grateful for the Defence's support of Endemol Shine Australia's production of the first international iteration of this iconic franchise, which will take the majesty of Sydney Harbour to the world, with all the intrigue and heart that NCIS audiences have come to love," Ms McGarvey said.

A spectacular helicopter boat chase off Garden Island in episode one required weeks of planning and coordination and plenty of Navy talent.

Pilot Lieutenant Commander Ben Martin said it was a privilege for his crew, 816 Squadron Flight 7, the Fleet Air Arm and Navy to be involved in the activity.

"Flying the Seahawk in Sydney Harbour was one of the best days flying I have had in my 18 years as a RAN pilot," Lieutenant Commander Martin said.

"The profiles flown were similar to profiles flown during the RAN's previous roles in the Middle East during Operations Slipper and Manitou, which I did as a lieutenant..

*Reported by Lieutenant Brendan Trembath*



## Navy shines in NCIS: Sydney spotlight

*Photos: ABIS Lucinda Allanson  
LSIS Susan Mossop*



## Launch ANC Youth Development Program

The ANC has modernised its youth development program for cadets to experience an enjoyable, contemporary and consistent national curriculum. The redesign of the youth development program is a major Navy led initiative to reform the ANC and expose cadets to a range of maritime capabilities. It aims to encourage and support cadet growth and retention.

The Cadet Youth Development continuum (CYDC) will deliver a program that connects Navy to the community, providing an environment where young Australians can develop and grow. The CYDC has been designed to promote a positive disposition of Navy while contributing to the community by providing youth development that is consistent with ADF values.

The CYDC incorporates new Science, Technology, Engineering and Mathematics (STEM) features to motivate cadets and make the program more attractive and relevant to the Australian labour market

*Top Cadets from TS Darwin on board HMAS Childers pose on the foc'sle under the 25mm main armament.*

*Right: The cadets get a feel for the ship's propulsion system and relaxed machinery spaces during their visit to HMAS Childers*

*Photos: AB Jordon Hyde*



*Left: Assistant Minister for Defence and Assistant Minister for Veterans' Affairs The Hon. Matt Thistlethwaite, Deputy Chief of Navy, Rear Admiral Jonathan Earley, CSC, RAN, and CO of HMAS Adelaide, Captain Troy Duggan, RAN, with Australian Navy Cadets during a youth development program held onboard HMAS Adelaide*

*Photo: LSIS Abdus Chowdhury*



## Record graduation for technical course—23 November 2023

A record number of Technical Charge Qualification Common Course (TCQCC) students have graduated from the Technical Training Faculty at HMAS *Cerberus*, thanks to a newly revised course structure and delivery.

Eight marine technicians and five electronics technicians successfully passed their oral examination board (OEB), along with an additional four marine technicians and two electronics technicians from previous TCQCC's, all overseen by members of the fleet engineering community.

TCQCC course implementation officer, Warrant Officer Craig Daly, said the number was unprecedented.

"Never before in the Navy's modern era, have we successfully graduated 19 petty officers in one session of Engineering TCQ OEB's here at HMAS *Cerberus*", he said.

Warrant Officer Daly designed and implemented the recent course structure changes alongside TCQ instructors, Chief Petty Officer David Stow and Chief Petty Officer Jeffree Dillon.

Under the new remote delivery method, students complete three separate phases over a seven-month period, completing online assignments and sitting three mandatory training examination boards at the end of each phase.

When students receive the final board recommendation they spend a week conducting an engineering roadshow in Sydney and Canberra, followed by a period of board preparation before completing their OEB at *Cerberus*.

Since this change from the initial structure, where students had four months to complete online and face-to-face components before a six-month period to complete their OEB, there has been a significant increase in success rates.

Director Training Authority-Engineering Captain Thomas Doherty highlighted the immediate positive impact these technical qualifications will have on

capability for all Navy platforms.

"The recent changes to the TCQCC will afford further posting opportunities as well as bolstering the promotion prospects for our senior technical ranks," Captain Doherty said.

"It will also ensure candidates are able to remain posted in their home locations while completing the majority of the course, affording a better work/study balance and further enabling technicians to achieve this technical career milestone."

Warrant Officer Daly said the developments were made possible thanks to the hard work of the Navy engineering community.

"The new course structure represents the culmination of 18 months of hard work from the instructors, with support from engineering community, in particular the fleet engineering command warrant officers, to ensure the revised structure is delivered in the best method possible," Warrant Officer Daly said.

"The last time HMAS *Cerberus* conducted this style of course was back in the early 1990s under the old 'Phase Four Course.'"

The graduation was attended by Director Fleet Engineering Captain Ben Hurst and Deputy Director Training Authority Engineering Commander Stefanie Curic.

*By Richard Wilkins*

### Note

*The photo below was taken in front of the Engineering Faculty building in HMAS *Cerberus* which is named the Sir William Clarkson Building.*

*Curiosity got the better of me.*

*Editor*



## Who was Sir William Clarkson?

**William Clarkson** was born 26 March 1859 at Whitby, Yorkshire, England. Educated at a private school in Whitby, he was articled to the ship-building firm of R & W Hawthorn of Newcastle-upon-Tyne and later worked there as a marine engineer.

In May 1884 Clarkson joined the South Australian Naval Service as an Engineer Lieutenant, coming to the colony in HMCS *Protector*. Serving under Captain W R Creswell, he shared his enthusiasm for the development of an Australian naval force. Clarkson was a staff engineer aboard *Protector* during the Boxer Rebellion in 1900-01, before transferring to the Commonwealth Naval Forces (CNF) upon Federation. He was promoted to Engineer Commander in October 1905 and two years later visited Japan, the USA and the UK to study naval dockyards and ship construction. He remained in the UK in 1908-11 overseeing the construction of destroyers for the CNF.

Clarkson was promoted to Engineer Captain in July 1910 and, upon the establishment of the Royal Australian Navy in 1911, was appointed Third Naval Member of the Australian Naval Board, a post he held until his retirement in 1923. He was responsible for the construction and engineering of ships, for ships' repairs, and for control of naval dockyards and bases. In 1913 he was appointed CMG and on the outbreak of World War I became controller of shipping for Australia as well as director of transports. He was promoted to Engineer Rear Admiral



*Officers of HMCS Protector, 14 September 1897, in front of one of the ship's 6-inch guns. Standing from left: Warrant Officer James White, Chief Gunner Edwin Argent, Lieutenant Patrick Weir; Seated: Chief Engineer William Clarkson, Captain William Creswell and Lieutenant Marshall Smith. Photos; SPC RAN*

in 1916 and appointed KBE in 1918. That year he was appointed chairman and controller of the Interstate Central Committee to operate coastal shipping requisitioned for Imperial service.

The royal commission on navy and defence administration in 1918 lamented the effect on Clarkson's naval duties of the many other activities with which he was entrusted, yet recommended that in a reconstituted Naval Board he be appointed business member with wider naval responsibility. Cabinet later refused to accept the commission's recommendation so that he could concentrate solely on his naval duties.

In 1919-22, under Clarkson's guidance, the RAN developed a modernisation programme, including construction of ships, submarines and a fleet air arm. He was promoted to Engineer Vice Admiral in November 1922 and transferred to the retired list. On the formation of the Commonwealth Shipping Board in August 1923, he was appointed chairman, serving until 1927.

Clarkson died at his home in Darling Point, Sydney, on 21 January 1934 and was survived by his wife and two sons

He was cremated at the Rookwood Crematorium and a funeral with full military honours was held. His ashes were then transported back to his hometown, where they were interred in the family memorial at the Church of Saint Mary, Whitby.

He is remembered in Canberra with the naming of Clarkson Street in Pearce.

### One of his many other activities

Prior to federation the Australian states' ties to England were strong and military expeditions were sent to various overseas conflicts to aid the Mother



*(Continued on page 8)*





The Department of Veterans' Affairs is pleased to announce that tickets are now available to attend the 2024 Anzac Day Dawn Services in France and Türkiye.

The Anzac Day Dawn Service in Gallipoli, Türkiye will take place at the Anzac Commemorative Site within the Gallipoli Peninsula. This will be followed by a mid-morning Australian Memorial service at

## Tickets for international 2024 Anzac Day services now available.

Lone Pine Cemetery, the site of one of the fiercest battles that the Australians fought during the First World War.

The Dawn Service in France will be held at the Australian National Memorial near Villers-Bretonneux, France, followed by a service at the Digger Memorial, just outside the town of Bullecourt. The local French government will hold a series of smaller services in Villers-Bretonneux and Bullecourt throughout the day.

Those planning to attend the Dawn Services can get their free attendance passes online at <https://commemorations.teg.com.au>. Early registration is essential. For entry requirements and travel advice for France and Türkiye, visit [smartraveller.gov.au](https://smartraveller.gov.au).

For those unable to travel, the services in France and Türkiye will be broadcast live on the ABC.

#AnzacDay2024 #LestWeForget

## Who was Sir William Clarkson?

(Continued from page 7)

Country. It was a significant achievement in 1900 when the South Australian warship "Protector" sailed to China to assist in quelling the Boxer Rebellion. Protector's Engineering Officer William Clarkson was later instrumental in the foundation of the Lithgow Small Arms Factory.

As a result of federation of the Australian states and establishment of the Commonwealth in 1901, the new Government faced responsibility for the country's defence. The Government resolved to make Australia independent of British munitions and armament supplies. In 1907 the decision was made to establish a factory for the manufacture of small arms in Australia. In 1903 the Lithgow Progress Association and the local member of Parliament Joseph Cooke (who was later to become Prime Minister) began lobbying for the consideration of Lithgow as the site for the proposed small arms factory.

In 1907 Clarkson was sent by the Australian Government to investigate arms manufacture in the United Kingdom, Europe, the United States of America, and Canada. Part of his report stated:

*The object to be aimed at in establishing a small arms factory is to produce a perfect arm at the least possible cost. This can only be attained by using automatic machines, attended by human beings working with almost automatic precision. ... The only skilled labour required for the manufacture of small arms is that for straightening rifle barrels. The remainder of the work is done by boys tending automatic machinery."*

Clarkson also stated that he preferred the outstanding precision and modern machines of Pratt & Whitney which was not a firearms manufacturing company, but made machine tools capable of producing any component requiring repetitive precision manufacture. Doubts were expressed that a rifle could be manufactured to British standards by any foreign machines. After tenders closed Clarkson was sent back to Pratt & Whitney for another look, which only convinced him that his earlier impressions were correct.

In November 1908, resulting from Clarkson's report and subsequent specification, tenders were called for the supply of a complete plant for the manufacture of small arms and accoutrements. The rifle to be manufactured was the Short Magazine Lee-Enfield (SMLE), the standard military weapon of British and Empire forces.

The Department of Defence agreed with Clarkson, and in a highly controversial decision at the time, in some eyes close to treason, Pratt & Whitney's tender of £68,000 was accepted for the new Lithgow factory. Pratt & Whitney offered the quicker delivery time of 1 year; much less reliance on skilled tradesmen; lower production time and costs; and training for the new factory foremen in their Connecticut factory.

Information gathered from

RAN Sea Power Centre, Wikipedia and  
Lithgow Small Arms Factory Museum—A factory  
history—a people profile



## I can't catch the bus — what else is there?

Community transport is available for people who are isolated due to lack of transport.

### ACT Community Bus Service

The Community Bus Service is operated by the ACT's regional community services Monday to Friday. They provide flexible (usually door to door) transport for ACT residents who are eligible for Commonwealth funded aged care

services, or who are isolated, have mobility problems, are living with a disability, or have limited access to other transport options. This is not available if you live in an aged care facility or retirement village which usually has its own transport.

Transport is available for both medical and social purposes, but high demand and limited resources mean that services sometimes prioritise medical transport (visits to hospital, doctors) ahead of social transport needs.

Transport is provided by paid drivers and by volunteers, often driving their own cars. There may be a small cost involved.

- Seniors with mobility or confidence problems
- People living in nursing homes/retirement facilities
- People with a permanent or temporary disability
- People with health problems who cannot use regular Transport Canberra bus services
- People who are eligible for CHSP and CASP transport but cannot access them for various reasons eg cannot self-transfer
- Carers accompanying a person described above
- Parents with young children who are socially isolated and lack transport options
- People from culturally and linguistically diverse backgrounds who lack support networks and have limited transport options

Many of the regional community service organisations organise social outings on a regular basis, as well as offering a range of other support services. You can always ask what is available. Trips are enjoyable and a good way to make new friends.

Contact MyAgedCare on 1800 200 422 to commence the referral process to a Community Transport Service.

Contact your regional community service for an assessment and to register to use this service. They can provide you with details on how to make a booking, eligibility requirements, any associated costs, and answer any further questions you may have.

Community cars provide an ACT-wide door-to-door transport service for eligible people requiring transport support to participate in eve-



## A guide to getting around in Canberra

**2024** edition



ryday activities. Car transport can be provided to medical and health related appointments, social and recreational activities, group activities and shopping outings. It includes a range of vehicle options available including a wheelchair accessible vehicle.

Car transport is an ACT wide transport service for people aged over 65 and for Aboriginal and Torres Strait Islander people over 50. People who are under 65 and who have a temporary or episodic health condition may also be eligible for Community Car transport. There may be a small cost involved.

**Bookings:** Monday to Friday 9:00 am to 5:00 pm

**Transport:** Available daily 7am-7pm excluding public holidays

The buses operate between 9:30am and 3:00pm Monday to Friday.

### Regional Community Services

Capital Region Community Service

26 Chandler Street,  
Belconnen, ACT 2616

Phone: 6278 8124

Email: [transport@crs.com.au](mailto:transport@crs.com.au)

Communities at Work Gungahlin

Gungahlin Community Centre 47 Ernest  
Cavanagh Street Gungahlin, ACT, 2912

*(Continued on page 10)*

## I can't catch the bus — what else is there?

*(Continued from page 9)*

Phone: 6126 9090

Email: [transport@commsatwork.org](mailto:transport@commsatwork.org)

### **Northside Community Service**

Majura Community Centre,

Rosevear Place,

Dickson, ACT 2602

Phone: **6171 8000**

Email: [reception@northside.asn.au](mailto:reception@northside.asn.au)

**Community Services #1** 63 Boolimba Crescent, Narrabundah, ACT 2604 Phone: **6126 4700**

Email: [bus@sscs.org.au](mailto:bus@sscs.org.au)

### **Tuggeranong**

245 Cowlshaw Street

Greenway ACT, 2900

Phone: **6293 6500**

Email: [transport@commsatwork.org](mailto:transport@commsatwork.org)

### **Woden Community Service**

26 Corinna Street

Phillip ACT 2606

Phone: **6282 2644**

Email [info@wcs.org.au](mailto:info@wcs.org.au)

### **How much does it cost?**

Some services ask for a gold coin donation, while others might have a set fee. **How far ahead do I have to book?**

Some services require two to three weeks' notice for bookings but some only need to be booked a day or two before the planned trip.

Contact your regional community service organisation above to book or for more information.

### **Flexible Buses**

The Flexible Bus Service is an ACT Government initiative which provides free bus services to Seniors Card holders aged 70 years and above, Seniors Card holders with mobility issues, people living in a nursing home and/or retirement village, and people with a disability or health problems, Monday to Friday.

The aim of the service is to increase mobility for people who cannot use regular public transport for reasons of physical or other limitations.

This service operates within a number of zones in Canberra. This includes services for people living in nursing homes and/or retirement villages.

The Flexible Bus Service operates weekdays (excluding public holidays) and is designed to pick people up from their homes, providing a return service to major shopping centres and medical appointments.

Services are provided from 9.30am to 1.30pm off a basic timetable which is flexible. The Flexible Bus Service includes a fleet of wheel-

chair accessible minibuses with low steps and an electronic booking system.

Some travel may be determined on a case by case basis. Group bookings are also available within zones.

Bookings should be made two days in advance by contacting Service on 6205 3555 or by email [fbs@act.gov.au](mailto:fbs@act.gov.au). Booking office hours are 9am-4pm Monday to Friday with an answering machine after hours.

### **The Canberra Hospital Courtesy Bus**

The Canberra Hospital has a Courtesy Bus that loops the campus every 15 minutes.

From 8am to 5pm Monday to Friday the Courtesy Bus makes its way around the hospital collecting and dropping off patients, carers, and visitors. Look for the pick-up and drop-off signs to help navigate to each stop.

The bus stops are:

- Emergency Department, Bateson Road
- Canberra Region Cancer Centre, off Bateson Road
- Southern multi storey car park, Bateson Road
- Building 15, Outpatient Services, Hospital Road
- Centenary Hospital for Women and Children, Hospital Road near Gilmore Crescent
- Gilmore Crescent (for a pick up from this stop, please phone
- **(02) 5124 5145**. Operates 8am to 5pm Monday to Friday, excluding public holidays)
- Yamba Drive (for a pick up from this stop, please phone **(02) 5124 5145**. Operates 8am to 5pm Monday to Friday, excluding public holidays).

You can wave down the bus, even if it's not at a bus stop. Where it's safe, the driver will stop and collect you.

The bus will also pick you up from the Transport Canberra bus stops. These bus stops are:

- On Yamba Drive, near the entry to Canberra Hospital
- On Gilmore Crescent, near Centenary Hospital for Women and Children
- On Bateson Road, close to Palmer Street, outside the Woden Valley Child Care Centre and
- On Bateson Road, behind the Multi-storey car park.

### **Other options**

Some organisations that provide home support to older people also provide transport for any purpose either privately on a fee-for-service basis. These include:

*(Continued on page 11)*



## I can't catch the bus — what else is there?

*(Continued from page 10)*

- Just Better Care: 6280 4070
- IRT Home Care: 134 478
- Kinicare: 1300 702 319
- Wellways Australia: 1300 111 400
- Community Options: 6295 8800
- Life Without Barriers: 6213 1600

- Mercy In Home and Community Care: 1300 478 776
- Southern Cross Care: 1800 870 426
- Uniting: 1800 864 846
- Goodwin: 6175 5650

You will need to contact the service directly to enquire about their rates, eligibility and booking re-

## Useful numbers and websites

### Transport Canberra

For information about getting around in Canberra on public transport.

Phone **13 17 10**

Website [transport.act.gov.au](http://transport.act.gov.au)

### Access Canberra

Staff will be able to answer queries, make a referral or put you through to the right person in the ACT Government.

Phone **13 22 81**

Website [accesscanberra.act.gov.au](http://accesscanberra.act.gov.au)

### MyWay

For information on ticketing on public transport, including transfer of funds between MyWay cards phone **6207 7711**

### Seniors Information Service (managed by COTA ACT)

Information and referral service for Canberra seniors. Get information and advice on a range of topics – if we do not know the answer we will find out for you.

Phone **6282 3777** (Monday to Friday, 9am – 5pm, closed public holidays)

### CONTACT Canberra

Staff can provide information and referrals on a wide range of services and concerns.

Phone **6251 4060**

Website [volunteeringact.org.au/  
community-info-hub/](http://volunteeringact.org.au/community-info-hub/)

### MyAgedCare

MyAgedCare is the start point to access Australian Government Services. MyAgedCare can help you find out about:

The types of aged care services available (including help in your home)

- Your eligibility for services
- Service providers in your area
- Costs you may need to pay
- Quality in aged care
- Advocacy services
- How to make a complaint

Phone **1800 200 422**

Website [myagedcare.gov.au](http://myagedcare.gov.au)

### National Toilet Map

You can find a map showing the location of all Canberra's public toilets at [toiletmap.gov.au](http://toiletmap.gov.au)

**Advice from COTA ACT Older Drivers Handbook 2023****Available from the COTA ACT Office Hughes Community Centre**

# A Conversation about Driving

Many people experience situations where they are concerned about another person's driving. It could be a family member, parent, or a close friend. A conversation with the driver is a good starting point. Successful conversations begin with good preparation, and not all conversations about driving go smoothly. Some people may worry that retiring from driving is a reflection of their competency and fear the potential loss of their mobility and independence.

**Why** are you concerned about the person's ability to drive safely?

You may have noticed their driving skills have deteriorated, or others might have expressed concerns to you.

Think about some specific examples. Keep these examples in mind for the conversation.

**Who** will participate in the conversation? Some people may be more receptive to talking one to one; other conversations may work better when they involve other family and friends or a health professional.

**What** would be the best way to approach the subject sensitively and tactfully to avoid blame?

**What** are some of the ways that changes in their health may have created a decline in driving ability, and can they be accommodated? For more information contact an Occupational Therapist Driver Assessor through the Occupational Therapy Australia website. ([otaus.com.au/](http://otaus.com.au/))

**What** would be some of the practical issues for the person to overcome when planning for alternative modes of transport, for some or all journeys? Identify any issues and be prepared with some suggestions to respond to any barriers that the person presents that may stop them from changing their driving patterns.

**What** services or concessions are the person eligible for (if any)?

**When** would be the most suitable time to talk? It is best to avoid having the conversation during or after a driving incident. Did you know that drivers who hold a class 'C' (car) licence only and do not have a medical condition are sent a self-assessment in the mail annually, to complete from the age of 75 years? This may be an opportunity for a conversation and could also prompt a visit to their doctor.

**Where** would be a comfortable place to have the discussion?

If you have concerns that another person's driving ability has deteriorated to the point that they are putting themselves and others in immediate danger, encourage the person to speak with their doctor, or go with the person and speak with their doctor together. If a medical condition that affects their ability to drive is identified, the person may still be able to continue to drive with appropriate treatment, support or restrictions.



## Minutes of NAA (ACT) General Meeting held at the Eastlakes Gungahlin Club on 2 November 2023

**Meeting** started at 1330 with the Odes recited by David Manolas.

**Present:** 13 members and one visitor as per attendance book.

**Apologies:** M. Hardwick, J. Small, K. Reid-Smith, A. Vickers, W. Lissing, P. Gribble, P. Gillin, J. Wolford, A. McGown

**Minute of Last Meeting.** The minutes of the General meeting on 5 October 2023 appeared in the November 2023 edition of the Bosun's Call

*Motion: The minutes of the General Meeting held on 5 October 2023 be accepted.*

*Moved: D. Lyons      Seconded: A. O'Neill  
Carried.*

**Business arising from the Minutes.** Nil  
**Reports.**

**President.** The last month has been a quiet one in relation to Section activities.

**Vice President.** Nil report.

**Secretary.** Business as usual.

**Treasurer.** Section funds remain in a healthy financial state and incoming subscription renewals are matching expenditure.

**Membership.** Numbers remain static.

**Welfare.** News unchanged from last report.

**Social:** Fish'nChips has resumed. See social notes for dates. Christmas lunch on 7 December at Eastlakes Gungahlin Club.

*Motion: The reports be received.*

*Moved: G. Quinn    Seconded: P. Cooke-Russell  
Carried*

### General Business:

The President addressed some of the issues arising at the next National Council meeting. Those requiring voting action were discussed and endorsement was given to voting in favour of the changes proposed.

**Meeting Closed.** There being no other business the President closed the meeting at 1402.

Next meeting will be on Thursday, 1 February 2024 at 1330 at the Eastlake Football Club Gungahlin.

Alan Masters

Secretary

NAA (ACT)

## Notes from the Committee 2 November 2023

**Present:** David Manolas, , Peter Cooke-Russell, Dennis Lyons, Alan Masters, Alaric O'Neill, Stewart Gordon' Joe Slaats

**Apologies:** Alex McGown

A range of items was discussed with the focus on items for the general meeting.

**Next Meeting.** The next meeting will be at the Eastlakes Gungahlin Club on 1 February 2024 at 1100.

Alan Masters

Secretary NAA ACT



# CHRISTMAS LUNCH

## 7 DECEMBER 2023

COMMENCING 1200

# EASTLAKE FOOTBALL CLUB GUNGAHLIN

**NAA ACT Section  
Nomination Form  
2024 Committee Elections**

## Position

\_\_\_\_\_

## Nominee

\_\_\_\_\_

**Proposer:** Name (Block Letters) .....

Signature .....

**Second:** Name (Block Letters) .....

Signature.....

Date:.....

**Endorsement by Nominee .....**

**Nominations are to be delivered to**

## The Secretary, s NAA ACT Section

not less than 7 days before the date fixed for the Annual General Meeting to take place; ie by 1.30 pm Thursday 22 February 2024

**Subscription and Records Update 2024**  
**Annual Subscription for 2024 \$40.00 (Due now)**

Surname.....

**Given Names** .....

**Signature .....**

**Please complete the following details to bring our records up to date**

**Preferred Title.....Post Nominals.....**

Home Address.....

**Town/Suburb.....State/Territory.....**

Post Code.....

Telephoner (H) .....

Fax .....

Email .....

**Spouse/Partner Given Name .....**

## Note

**When completed please return this form together with your payment to; The Membership Registrar, either at a General meeting or by post to**

**4 McEachern Crescent MELBA 2615 or pay via the banking system to Nav Direct transfer of funds to the NAA (ACT Section). transfer funds to Naval Association of Australia –ACT Section  
Account BSB: 633 000 Account Number 162 834 097**



## MEMBERSHIP RENEWAL

### \$40 for 2024

Action to renew membership for 2024 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 2024 is \$40

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 REGIS-

### *Social Program*

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

**7 Dec Christmas Lunch 1200**  
**Eastlake Football Club Gungahlin**

**2024**

18 Jan	Fish 'n Chips CYC 1200
1 Feb	Lunch Eastlakes Gungahlin 1200
15 Feb	Fish 'n Chips CYC 1200
7 Mar	Lunch Eastlakes Gungahlin 1200
21 Mar	Fish 'n Chips CYC 1200
4 Apr	Lunch Eastlakes Gungahlin 1200
18 Apr	Fish 'n Chips CYC 1200
2 May	Lunch Eastlakes Gungahlin 1200
16 May	Fish 'n Chips CYC 1200
6 Jun	Lunch Eastlakes Gungahlin 1200
20 Jun	Fish 'n Chips CYC 1200

**Social Secretary**  
**Joe Slaats**

## 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:

Telephone:  
1800 VETERAN (1800 838 372)

International callers:

+61 2 6289 1133

### POSTAL ADDRESS FOR ALL STATES AND TERRITORIES:

Health Approvals & Home Care Section epartment 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](mailto: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](http://www.dva.gov.au/providers/how-claim)



**A Happy Birthday to you**  
**December 23 to January 24**

### December 2023

None recorded

### January 2024

James Sanderson

Brendan O'Hara

David Manolas

Merle Hare



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

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