



**Robyn Collins**  
General Manager



This month I would like to extend our thanks to all those who have responded to our calls for donations. We have received donations from sub-Branches who have never donated before and some who haven't donated in over five years.

We have also received individual donations as well as donations from Registered Clubs, often initiated by sub-Branch members. Our sincerest thanks to you all.

Every donation helps us help veterans and families in need – so please continue to spread the word about our organisation and our need for donations.

This month, our hearts were saddened when we heard about the passing of an ex-serving Army veteran who was suffering terminal cancer. Sadly, medical bills became too much during this difficult time and we helped out by paying some utilities and his funeral costs. Our thoughts are with his widow, family and friends at this time.

It is families like these that are the direct beneficiaries of the generosity of our donors. I can guarantee you that no donation is too small – when a family is in crisis, even a small contribution can make a real difference.

It is not easy to work out when is a good time to call for donations, but as we ate into our reserves last year and saw interest rates fall, we knew the writing was on the wall if we didn't act soon.

This year we have seen record numbers of serving and ex-serving men and women and their families come to us for help – the growth is staggering and showing no signs of dropping. Matching the timing of donations with the needs of families

in crisis is hard, but regular donations help us better cater for surges in clients in crisis, so thank you for contributing before the end of the year.

It is wonderful to be able to help in times of injury, illness and crisis and great that people are reaching out for assistance. Sub-Branch members are welcome to contact us for assistance if they are in need – either through the sub-Branch or by calling or emailing DefenceCare (see the contact details in this article). We will do our best to help.

## PEOPLE WE HAVE HELPED

Tony Olive joined the Australian Army in 1972 when he was 19 years old. His father served in WWII in Darwin and Papua New Guinea. One of his great uncles served in Gallipoli and another great uncle served and was killed in Somme, France.

Tony is suffering from multiple health issues linked to his years of service for his country and finding it difficult to make ends meet.

He wanted to live closer to his daughter and five grandchildren but due to ill health, couldn't manage the 200km move himself. To pay for removalists, he would have



had to go without food for a fortnight. His daughter suggested he call DefenceCare for help. "I have nothing but high praise for the way DefenceCare helped me...my sincerest thanks".

Another client was a Vietnam veteran who was robbed by his carer. This left him with no funds to join his mates from Vietnam to commemorate ANZAC Day in another state. As he was suffering ill-health, DefenceCare assisted by paying his travel and accommodation expenses and sent him vouchers to assist with grocery shopping when he returned home.

DefenceCare joined with a sub-Branch to pay for the wake and funeral expenses for the wife of a veteran when he was unable to afford the cost. DefenceCare received a thank you letter from the client: "The death of a loved one devastates the immediate family. To arrange the necessary

## DEFENCECARE VETERANS' HEALTH WEEK FUN RUN-WALK

Veterans' Health Week will be held on 14–20 October 2013 and provides an opportunity for veterans, war widows, widowers, current and ex-Australian Defence Force members and their families to participate, connect and influence the health and wellbeing of themselves and their friends.

DefenceCare will be holding a Fun Run-Walk as part of Veterans' Health Week. We are encouraging people of all ages and fitness levels to join in and take part in the family event. There will also be a BBQ for a gold coin donation going to DefenceCare.

When: October 19

Where: Cronulla Park, Cronulla

Length of course: 6km with a 3km half-way point where participants can stop and turn around.

Cost: \$10 single and \$25 family

Registration: Call 8088 0388 or go to [www.defencecare.org.au/fun-run](http://www.defencecare.org.au/fun-run)

We are also looking for volunteers to help us promote the event or to be there on the day. Please call Xiong Luong, DefenceCare's Marketing and Sponsorship Manager, on 9264 8188 (ext 502) if you would like to volunteer.

arrangements for funeral services, the transfer of documentation and the costs involved are enormous. DefenceCare and my sub-Branch are the net to catch the fallen and help with the job at hand . . . you have been extremely helpful and I cannot thank you all enough.”

## FUNDING SUPPORT FOR VETERANS' HEALTH WEEK ACTIVITIES

Sub-Branches are encouraged to apply for funding support for any Veterans' Health Week activities they are organising. Go to [www.dva.gov.au/health\\_and\\_wellbeing/vhw](http://www.dva.gov.au/health_and_wellbeing/vhw) to download a funding application form.

## TESTS FOR PROSTATE CANCER

Caught in its early stages, prostate cancer can be cured especially when the cancer is still confined within the prostate gland.

Early detection is the key to better outcomes and a potential cure of prostate cancer. The Prostate Cancer Foundation of Australia recommends that men at 50 with no family history of prostate cancer, and men at 40 with a family history, should talk to their doctor about being tested for prostate cancer as part of their annual health check-up.

## RUNNING TO RAISE AWARENESS OF DEFENCECARE

Urbanathlon, an obstacle race through the city of Sydney, took place on June 16. Members from the 6th Aviation Regiment took part in the race to raise awareness about DefenceCare. Participants on the



## MULTI NATIONAL BASE COMMAND - TARIN KOT (MNBC-TK) ROTATION SIX FUNDRAISES FOR DEFENCECARE

DefenceCare is Multi National Base Command - Tarin Kot (MNBC-TK) Rotation Six's chosen charity. They have held fundraising activities to help current and ex-serving members of the Australian Defence Force and their families in times of injury, illness or

crisis. Before returning to Australia, MNBC-TK generously donated funds to DefenceCare.

DefenceCare is pleased to have the strong support of the Royal Australian Air Force (RAAF).



day were also encouraged to donate their spare change to help current and ex-serving members of the Australian Defence Force and their families in times of injury, illness or crisis.

## LIGHTING THE WAY HOME FOR CORPORAL CAMERON STEWART BAIRD

Corporal Cameron Stewart Baird was killed by small arms fire on 22 June 2013 - the 40th

Australian soldier to die in Afghanistan. Chief of Army Lieutenant General David Morrison described Corporal Cameron

Stewart Baird as a “courageous soldier and a first-rate leader” and added, “. . . his death is a tragedy for his family and is deeply felt by the extended Army

family.”

DefenceCare's “Lighting the way home for Corporal Cameron Stewart Baird, MG” Facebook campaign encouraged Australians to join with our organisation by turning on a light for the fallen soldier as he made his journey home. Our thanks to those who joined our tribute and took photos of their light and posted them on DefenceCare's Facebook page.



## CALLING FOR VIETNAM VETERANS TO TAKE PART IN A STUDY ABOUT ALZHEIMER'S DISEASE

Alzheimer's disease affects 50% of adults over the age of 85. Traumatic brain injury and post-traumatic stress are common combat related problems and may be associated with a greater risk of Alzheimer's disease. Current evidence is largely anecdotal and there are no definite tests or clear evidence to prove or disprove the links.

A brain imaging study is being conducted at the Melbourne Brain Centre, University



of Melbourne, to examine the possible connections between traumatic brain injury and post-traumatic stress, and the signs and symptoms of Alzheimer's disease on veterans as they age.

If you are a Vietnam veteran, please consider taking part in this study. For more information, go to [www.brainpet.org/read-me](http://www.brainpet.org/read-me) or call Rob Williams on (03) 9035 8217 or 0410 347 661.

## PROCEDURE FOR OBTAINING HEARING AIDS

Veterans with gold cards are advised to take note of the following procedure to ensure they do not pay for hearing aids.

1. Apply to the Office of Hearing Services for a voucher on 1800 500 726.
2. Make an appointment with a hearing aid provider.
3. Download a copy of the DVA Fact Sheet HSV 22 from [www.dva.gov.au](http://www.dva.gov.au) or call DefenceCare on (02) 8088 0388 if you have no access to a computer and we can post it to you.
4. Attend your appointment with your Gold Card, a copy of these procedures and a copy of the DVA Fact Sheet HSV 22.
5. If the hearing aid provider says you cannot be fitted with a free hearing aid, ask to use the telephone and ring DVA on 1800 637 816. Ask for the DVA Audiologist to speak to the person you

are dealing with and explain that you are entitled to a free hearing aid.

6. If the hearing aid provider still cannot provide you with a free hearing aid, go to another hearing provider.

Please note that if you do pay for a hearing aid, you will place yourself outside of the care of DVA and you will need to pay all ongoing costs such as maintenance and batteries.

If you have any questions, please call John Vincent OAM (Veterans Consumer Advocate, Hearing Services Consultative Committee, Department of Health and Ageing) on 0487 755 136

## LEAVE A BEQUEST

You can help DefenceCare continue our work with a gift in your will. If you would like to leave a lasting legacy, please consider a bequest and contact your solicitor for advice.

## DEFENCECARE ON FACEBOOK

DefenceCare shares information about our services, the people we help and other news on our Facebook page:



[www.facebook.com/DefenceCare](http://www.facebook.com/DefenceCare). The page attracts an active online community passionate about helping current and ex-serving members of the Australian Defence Force and their families.

## CONTACT US

**DefenceCare. Always there.**

DefenceCare is a charity helping current and ex-serving members of the Australian Defence Force and their families in times of injury, illness and crisis. DefenceCare is part of RSL Welfare and Benevolent Institution and is a Tier 1 RSL NSW recognised charity. ABN: 61 603 206 488. DGR: 752 766 491. CFN: 12317.

If you would like to discuss how DefenceCare can assist you and your family, please contact us.

ANZAC House,  
245 Castlereagh St,  
Sydney NSW 2000

**Phone:** 8088 0388 (Monday to Friday 8.30am to 4.30pm)

**Fax:** 9261 4558

**Email:** [defencecare@rslnsw.org.au](mailto:defencecare@rslnsw.org.au)

**Website:** [www.defencecare.org.au](http://www.defencecare.org.au)

**Facebook:** DefenceCare

**Twitter:** DefenceCare

