

# Suncare Veteran Newsletter

## Suncare News

**Inside this issue:**

Suncare News	1
Welcome to 13 HEALTH	2
Home and Garden	3
ANZAC	4 5 6
Stoke Identifica- tion and Counselling Line	7
Book review	8

Welcome to the fifth edition of the Suncare Veterans newsletter.

As you are all aware, Melody went on maternity leave in January and in early March had a lovely boy weighing 8.5lbs, he is progressing very well. Melody has named him Luke and gave me this picture so you could all see how beautiful he is and share in her joy.



I have now settled in to the job and trust I can provide the same standard of service that Melody provided through the Veterans Home Care Program. Although not having met you, I have now spoken to most of you and I have to let you know that I don't sing as well as my namesake, so please don't request any songs.

Over the last few months some of you have had a change of staff, so I hope the new arrangements are working out satisfactorily. I want to especially thank the people in the Noosa -Tewantin area for their patience and co-operation while I re-jig the roster due to the resignation of a key worker. I am pleased to welcome 2 new staff members, Tracey in the Tewantin area and Karen in Palmwoods.

I will be on holidays from 10th to 26th April, so please speak to Brooke or Julie for any queries while I am away. I hope you all have a great Easter and ANZAC day

Regards  
Tony Bennett

*If anyone would like to add something, a joke, short story, information etc. please contact me on 5409 5994 or post to PO Box 5122, Maroochydore BC*



**WOMEN'S  
REVENGE**

'Cash, check or charge?' I asked, after folding items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote control for a television set in her purse. 'So, do you always carry your TV remote?' I asked. 'No,' she replied, 'but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally.'

# Welcome to 13 HEALTH

**It's not an emergency, but it could be serious...**



Queensland Health now has a phone line **13 HEALTH (13 43 25 84)** for all Queenslanders to help take the worry out of health concerns. You can phone 24 hours a day 7 days a week for the cost of a local call.\* Qualified staff will give you advice on who to talk to and how quickly you should do it. The advice is confidential, qualified and supportive. **13 HEALTH (13 43 25 84)** can ease your concerns.

**Concerned? Make the call.**

**13 HEALTH provides qualified health advice; it is not a diagnostic service and should not replace medical consultation. In an emergency always dial 000.**

If you are having difficulty connecting it may be useful to dial 13 HEALTH using only the first six digits of the phone number (13 43 25). If you are still unable to connect to 13 HEALTH then please contact your service provider to discuss the issue.  
\*Calls from mobile phones may be charged at a higher rate than local call charges. Please check with your telephone service provider.

Richard is out with his friends and stops by his grandmother's house for a visit. There's a bowl of peanuts on the coffee table...

So Richard and his friends start snacking on them.

When they're ready to leave, his friends say, "Nice to meet you, ma'am, and thank you for the peanuts."

Then Grandma says,  
"You're welcome.  
Eat all ya' want..."

Ever since I lost my dentures, all I can do is suck the chocolate off 'em."



Further limited services for veterans and war widow/widowers may be available through the HACC program. Veterans and war widow/widowers should contact FREECALL 1800 052 222 for details of their nearest Commonwealth Carelink shopfront.

## **DO YOU KNOW YOUR ENTITLEMENTS?**

### **Home & Garden Maintenance (H&GM).**

*You are entitled to a maximum of 15hrs per year of H&GM which might include things such as;*

- replacing light bulbs or tap washers*
- installing batteries in smoke alarms / security alarms*
- gutter, windows (internal and external) or fan cleaning*
- minor home maintenance (door/cupboard adjustment)*
- pruning, grass cutting or weeding (only where safety hazards exist)*
- clearing of debris after natural disaster or*
- other tasks agreed between you and your service provider.*

*The service is generally for safety related issues and doesn't include tasks that include tradespeople, for example plumbers, nor does it include things such as gutter replacement, painting or major home maintenance.*

*H&GM through your DVA entitlement does not include gardening or lawn mowing unless there is an environmental health or safety hazard.*

*Payment for services will be determined by your VHC assessment agency. In addition to a co-payment you may be required to pay for equipment such as tap washers, batteries or any associated costs.*

*To access a H&GM service, you will need to call the Veteran's Home Care Line on 1300 550 450 or alternatively, you may contact your Support Facilitator, Tony on 5409 5994.*

### **Be proud of your service for Australia**

Medal Mounting, Cleaning, Re-ribboning and Heritage Framing.

Also available for family members, replica medals, ribbon bars, medal mounting, dog tags etc.

### **Queensland Medals**

**PO Box 412, Mooloolaba 4557**

**Call Kym Presgrave: 5478 4830 or 0402 041 952**

**Or email - [kym@queenslandmedals.com](mailto:kym@queenslandmedals.com) or visit the website - [www.queenslandmedals.com](http://www.queenslandmedals.com)**

## 25th APRIL - ANZAC Day

Wreaths of red Flanders poppies are traditionally placed at memorials on ANZAC Day.



On 25 April every year, Australians commemorate ANZAC Day. It commemorates the landing of Australian and New Zealand troops at Gallipoli on 25 April 1915. The date, 25 April, was officially named ANZAC Day in 1916.

ANZAC stands for Australian and New Zealand Army Corps. In 1917, the word ANZAC meant someone who fought at Gallipoli and later it came to mean any Australian or New Zealander who fought or served in the First World War. During the Second World War, ANZAC Day became a day on which the lives of all Australians lost in war time were remembered. The spirit of ANZAC recognises the qualities of courage, mateship and sacrifice which were demonstrated at the Gallipoli landing.

Commemorative services are held at dawn on 25 April, the time of the original landing, across the nation, usually at war memorials. This was initiated by returned soldiers after the First World War in the 1920s as a common form of remembrance. The first official dawn service was held at the Sydney Cenotaph in 1927, which was also the first year that all States recognised a public holiday on the day. Initially dawn services were only attended by veterans who followed the ritual of 'standing to' before two minutes of silence was observed, broken by the sound of a lone piper playing the 'Last Post'. Later in the day, there were marches in all the major cities and many smaller towns for families and other well wishers.

Today it is a day when Australians reflect on the many different meanings of war. Gatherings are held at war memorials across the country.

### **Australia and New Zealand's Involvement in the War**

Australia and New Zealand were involved in the war from 4 August 1914 when Britain declared war on Germany. Both Australia and New Zealand, and other colonies and dominions of the British Empire, supported Britain, France and the Russian Empire (later known as the Allied Powers) against Germany, the Ottoman Empire and Austria-Hungary (later known as the Central Powers) when the Ottoman Empire entered the war on 29 October 1914.

The plan was that the Allied fleet (British and French) pass through the Dardanelles Straits to lay siege to Constantinople (now Istanbul) to help the Russians. It was intended that the navy seize the Turkish batteries on both sides of the Strait, sweep away the Turkish mines and allow the Allied fleet safe passage through the Dardanelles. The initial British war plans against the Ottoman Empire in Turkey did not involve a land invasion of Turkey at Gallipoli. The need for such a major landing in force at Gallipoli was only finally endorsed after the failure of the great naval attack on the Dardanelles defences of 18 March 1915.

As part of the larger Imperial Force, the ANZACs were brought in from training in Egypt to participate in the Gallipoli landings. The ANZACs comprised the 1st Australian Division and the composite New Zealand and Australian Division. Unlike the European armies of the period, the Australian Imperial Force was formed from volunteers. Most of the volunteers came heeding duty's call. Others looked for excitement or were escaping drought conditions at home.

The ANZACs landed on the Gallipoli Peninsula at dawn on the 25th April and met fierce resistance. Instead of finding the flat beach they expected, they found they had been landed at an incorrect position and faced steep cliffs and constant barrages of enemy fire and shelling. Around 20,000 soldiers landed on the beach over the next two days. They faced a well organised, well armed, large Turkish force determined to defend their country - led by Mustafa Kemal, who later became Atatürk, the leader of modern Turkey.



1st Australian Division near Broodseinde, Belgium. Image courtesy of the Australian War Memorial: AWM-E833.

Fighting on Gallipoli soon settled into a stalemate. The ANZACs and the Turks dug in - literally - digging kilometres of trenches, and pinned down each other's forces with sniper fire and shelling. Thousands of Australian and New Zealand men died in the hours and days that followed the landing at that beach. The surviving diggers, as the Australians called themselves, hung on waiting for reinforcements. The stalemate ended in retreat with the evacuation of the ANZACs on 20 December 1915. By then, 8,141 had been killed or died of wounds and more than 18,000 had been wounded.

Following the Gallipoli campaign, Australian soldiers went on to France to participate in some of the major battles of the First World War, including the battles of Pozieres and the Somme. Soldiers at Gallipoli and at the other trench battles in France and Belgium suffered conditions such as typhus, lice, poor food, poor sanitary conditions and lack of fresh water as well as the all encompassing mud.

### **The ANZAC Legend**

The landing at Gallipoli was seen as a story of courage and endurance amongst death and despair, in the face of poor leadership from London, and unsuccessful strategies. War correspondents, such as Charles Bean, hailed the Australians for their dash in attack and doggedness in defence and the ANZAC legend was born.

“It is a legend not of sweeping military victories so much as triumphs against the odds, of courage and ingenuity in adversity. It is a legend of free and independent spirits whose discipline derived less from military formalities and customs than from the bonds of mateship and the demands of necessity.”

*Former Prime Minister of Australia, the Hon Mr Paul Keating, at the Entombment of the Unknown Soldier at the Australian War Memorial, 1993*

“Australians make heroes of noble failures.”

### **ANZAC quick facts**

- ANZAC is an abbreviation for Australian and New Zealand Army Corps.
- AIF is an abbreviation for Australian Imperial Force.
- April 25, ANZAC Day, was the day the Australian and New Zealand Army Corps landed on the Gallipoli Peninsula in 1915.
- The ANZACs were on the Gallipoli Peninsula for only 8 months and around 8,000 of them died there.
- The ANZACs were all volunteers.
- The Gallipoli Peninsula is very near the famous ancient city of Troy.
- The first dawn service on an ANZAC Day was in 1923 and first official dawn service was held at the Sydney Cenotaph in 1927.
- The ritual of 'standing to' for soldiers is when they take up their assigned posts in readiness for inspection or battle usually before dawn, so that by the time the first dull grey light crept across the battlefield they were awake, alert and manning their weapons.
- The 'Last Post' gave one last warning to any soldiers still at large that it was time to retire for the evening. The 'Last Post' is incorporated into funeral and memorial services as a final farewell and symbolises that the duty of the dead is over and that they can rest in peace.

## **Women in action - nurses and serving women**

In the First World War, nurses were recruited from both the nursing service and the civilian profession and served as an integral part of the AIF. They served in Egypt and Lemnos during the Gallipoli campaign, in England, France and Belgium in support of the fighting on the Western front, and in Greece Salonika, Palestine, Mesopotamia and India. At least 2139 nurses served abroad between 1914 and 1919, and a further 423 worked in military hospitals in Australia, while 29 died on active service. *The Oxford Companion to Australian Military History, page 62.*

The first bravery awards for Australian women were given to four nurses. Sisters Clare Deacon, Dorothy Cawood and Alice Ross-King and Staff Nurse Mary Derrer each received the Military Medal for risking their lives to rescue patients trapped in burning buildings after a German raid on the Western Front in France in 1917.

One nurse, Sister Narrelle Hobbs, was with Australian forces at Gallipoli. She wrote:

“I’ve been a soldier now for nearly three years, and please God I will go right to the end ... if anything happened, and I too passed out, well, there would be no finer way, and no way in which I would be happier, than to lay down one’s life for the men who have given everything.”

**She died five months later, in May 1918.**

**STROKE IDENTIFICATION:**

**A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.**

**RECOGNIZING A STROKE**

**Thank God for the sense to remember the '3' steps, STR . Read and Learn!  
Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.**

**STROKE:** Remember the 1st Three Letters....S.T.R.  
Four letters...S.T.R.O.

**Now doctors say a bystander can recognize a stroke by asking three simple questions:**

**S** \*Ask the individual to SMILE..

**T** \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)  
(I.e. It is sunny out today.)

**R** \*Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick **OUT** Your Tongue

NOTE: Another 'sign' of a stroke is: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

**VETERANS COUNSELLING LINE**

The Veterans and Veterans Families Counselling Service on 1800 011 046, provides counselling and group programs to Australian veterans, peacekeepers and their families. It is a specialised, free and confidential Australia-wide service.

The service now connects after hours to Veterans Line, a national after-hours crisis counselling service, which complements the Veterans and Veterans Families Counselling Service

Seniors Enquiry Line is an information and referral service for Qld Seniors, proudly sponsored by the Qld Government Department of Communities and operated by Lifeline Brisbane

Phone **1300 135 500** □ Fax (07) 3250 1929 □ TTY (07) 3250 1928  
Email [sel@lccq.org.au](mailto:sel@lccq.org.au) □ Website [www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)

## Book Review

## "SOLDIER BOY"

As we approach ANZAC day I would like to share about a book I recently read called "Soldier Boy" written by Anthony Hill — the true story of Jim Martin the youngest Anzac. On the 28th June 1915, James Martin sailed from Melbourne on the troopship Berrima - bound, ultimately for Gallipoli. He was just fourteen years old. I was amazed by his bravery and stoicism. In spite of insufficient food and water, heat, fatigue, swarms of flies, vermin, sickness and disease, he wrote home "Dear Mother and Father.... Don't worry about me... I am doing splendid over here....".

Four months after leaving Australia he would be numbered among the 8.5 million (estimated) soldiers killed from both sides during the war.

## What is ANZAC

In many places they still lie amid the ridges of Gallipoli and the terraced hills of Palestine; in the lovely cemeteries of France or the shimmering haze of the Libyan desert; amid the mountains and olive groves of Greece and in the Middle East; and the jungles of Malaya, Borneo, New Guinea, and in the Pacific Islands, rugged Korea, and the unhappy land of Vietnam. Many of them payed the ultimate sacrifice for our freedom they paid for it with their lives.

That is why across the country, there is numerous Services held in honour and memory of the many men during and since World War I who gave the ultimate sacrifice for our freedom.

We're on the web.  
[www.suncare.org.au](http://www.suncare.org.au)

*"They shall not grow old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun, and in the morning  
We will remember them. Lest we forget."*







