



The Partners of Veterans Association of Australia -  
Victoria Branch Inc.

## **Newsletter – March 2024**

P.V.A. Victoria Newsletter is sent out via email to all our listed Branch/Group Contacts. Any member who would like their own copy can email our Victorian State Secretary, [vicsecretary@pva.org.au](mailto:vicsecretary@pva.org.au) and she will arrange for it to be distributed directly to you. Generally, our Newsletters will be emailed in March/April and September/October each year. Additional email notices will be sent to those on our list when any vital news is available between Newsletter editions that has ramifications for our members.

**Make yourself a priority  
once in a while. It's not  
selfish.**

**IT'S NECESSARY**



# **Welcome!**

**to all members, new and  
current.**

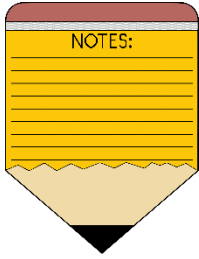
**Your membership  
flourishes friendships and  
allows P.V.A. to continue to  
lobby for benefits needed  
by partners and families.**

**You can find our  
achievements on our  
website, [pva.org.au](http://pva.org.au). You  
can also interact with other  
members in Victoria on our  
private facebook page,**

**Partners of Veterans  
Australia - Victoria or  
national public page  
[partnersofveteransaus](http://partnersofveteransaus)**

***Unity is strength***

Disclaimer: This Newsletter is produced by The Partners of Veterans Association of Australia – Victoria Branch Inc. It is written in good faith from sources believed to be accurate at the time of writing. However, readers should not act solely on the basis of information contained in this publication on any matter. In regard to their own particular circumstances, readers should consult the relevant authorities or other advisers with expertise in that field. Neither the P.V.A of Australia Inc – Victoria Branch nor the editor accepts any responsibility for actions taken by readers. The views expressed by authors contained in this Newsletter are not necessarily the views of this Association.



## From President

- Visiting sub branches/groups sometime within the year
- Attending Open Arms and DVA Deputy Commissioner forums representing partners and families
- Organising of a joint activity in October such as the Tramboat cruise in 2023
- Visiting Worthaggi RSL and Horsham RSL to promote P.V.A.
- P.V.A. National Conference is being hosted in Frankston from 1<sup>st</sup> May to 5<sup>th</sup> May

**P.V.A. Support Line**  
**1300 553 835**

Your link to support, friendship,  
 Information and understanding –  
 Call us

(\*Local call cost only from a landline)

 Find us on:  
**facebook.**

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

**Facebook:**  
[facebook.com/partnersofveteransaus](https://facebook.com/partnersofveteransaus)



## to attend your sub- branch/group

### Melton –

Meet third Tuesday monthly at 1 pm at  
 Melton Country Club, 28-30 Reserve  
 Road, Melton  
 P.V.A. morning coffee group,  
 Second Tuesday monthly at Jolly Millers,  
 Opalia Weirs, Melton South  
 Contact: Chris Burgess – 0415 806 866

### Frankston –

Meet second Monday monthly at 11 am at  
 Frankston R.S.L., 183 Cranbourne Road,  
 Frankston.

Contact: Rhon Tempest – 0410 566 709  
 or Lyn Westhead – 0408 122 802

### Kilmore –

Meet the third Thursday monthly at R.S.L.  
 Room at Memorial Hall, Kilmore.

Contact: Sue Meldrum – 0407 739 706 or  
 Gwenda 0402 096 227

### Geelong/Lara-

Meet the third Monday monthly at 11:30  
 am at Geelong R.S.L., 50 Barwon Heads  
 Rd, Belmont

P.V.A. morning coffee group meet first  
 Monday monthly at 10:30 am at The Edge  
 Geelong, 6-8 Eastern Beach Road,  
 Geelong.

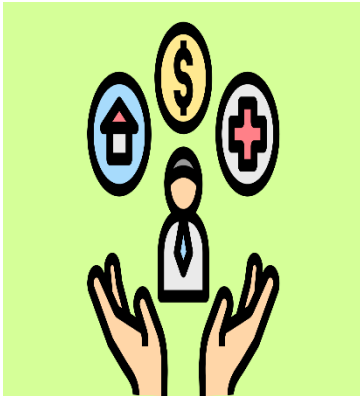
Contact: Robin Turner – 0417 499 599

### Bendigo –

Meet weekly for coffee at Rex Espresso  
 Café, Market Place, Bendigo.

Contact: Sherold Kelleher – 0417 571 656

## POSITIONS VACANT – WELLBEING ADVOCATES AND SUPPORT OFFICERS



Due to a recent decrease in the number of Wellbeing Advocates and Support Officers working with our Association we are now limited in the amount of Welfare assistance we are able to offer our Members. Any member who may wish to volunteer their time so that we can continue giving the qualified support that our Membership deserves can do so by offering support in either of these roles. If you are interested in allocating one or two hours a week/fortnight/month to assist with the wellbeing of partners and their families, please contact: [vicpresident@pva.org.au](mailto:vicpresident@pva.org.au)

### *Role of a Wellbeing Advocate*

As a Wellbeing Advocate (WA) you are accredited through the Advocacy Training and Development Program (ATDP). While providing services, assistance and support to clients Advocates are provided with Public Liability Insurance coverage by the Partners of Veterans Assoc. Inc. (PVA)

through the Veterans' Indemnity and Training Association Inc (VITA) once you pass the course and throughout your tenure in the position. Currently, there are over 35 organisations that are members of VITA.

Regular courses are available through ATDP to assist you in establishing what you will need to know in order to fulfill your Wellbeing Advocacy role.

### *The Role of a Wellbeing Support Officer*

Whilst the Advocacy Training & Development Program (ATDP) does not provide formal training for Wellbeing Support Officers (WSOs) as is the case for Wellbeing and Compensation Advocates, PVA NSW will ensure that you are provided with some initial skills, mentoring support.

A WSO is unaccredited and whilst working for the veteran community under the auspice of PVA is covered by the Volunteers Insurance under the PVA National Insurance.

As a WSO your role is to assist the Wellbeing Advocate which generally means that you are required to undertake straightforward tasks, work under routine direction against established priorities and procedures while exercising some autonomy.

WSOs may be required to undertake procedural, clerical, administrative support and operational tasks and provide basic assistance and support to Advocates for Partners, Veterans and their Families.



## ANZAC DAY



Listen to the stories of our brave military by clicking on the link below or typing it into your browser.

[Veterans' Stories oral history interviews - Anzac Portal \(dva.gov.au\)](https://www.dva.gov.au/veterans-stories)

In this peaceful place take a moment to reflect on the sacrifices of the heroes  
Of the other side of war.  
The women of war.



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## INTERNATIONAL WOMEN'S DAY

*In February 2024, the Australian War Memorial unveiled a new sculpture, 'For Every Drop Shed in Anguish'.*

*Thank you, Australia RSL, for sharing a touching poem they found about the Women of War - befitting to be posted on International Women's Day*

The women who served.  
The women who nursed.  
The women who remained at home and waited.  
They bore the long and terrible years of uncertainty and grief.  
They took up the baton passed by their men away at war and shouldered the load, Both in the workplace and at home.  
They then cared for the damaged minds and bodies of those who returned.



## Services Australia

# When and where to find us

Our mobile service centres (MSCs) travel around Australia, stopping to provide services in rural and regional communities.



Where and when **Blue Gum** is visiting:

| Where  | When                   |
|--|------------------------|
| <b>Foster</b> , opposite the visitor information centre, Main Street | 14 March, 9 am to 4 pm |
| <b>Fish Creek</b> , opposite Home Hardware, Falls Road               | 15 March, 9 am to 4 pm |
| <b>Venus Bay</b> , near the shopping hub, Jupiter Boulevard          | 18 March, 9 am to 4 pm |
| <b>Tarwin Lower</b> , opposite the service station, River Drive      | 19 March, 9 am to 4 pm |
| <b>Meeniyan</b> , opposite Moo's Café, Whitelaw Street               | 20 March, 9 am to 4 pm |
| <b>Mirboo North</b> , opposite the shire hall, Strzelecki Highway    | 21 March, 9 am to 4 pm |
| <b>Leongatha</b> , Woolworths car park, Smith Street                 | 22 March, 9 am to 4 pm |

|  |                              |
|--|------------------------------|
| <b>Korumburra</b> , at the rear of Kelly's Bakery Café, Commercial Street      | 25 March, 9 am to 4 pm       |
| <b>Poowong</b> , opposite the swimming pool, Ranceby Road                      | 26 March, 9 am to 4 pm       |
| <b>Neerim South</b> , opposite the hardware store, Main Neerim Road            | 27 March, 9 am to 2 pm       |
| <b>Queenscliff</b> , near Queenscliff Hub, Hesse Street                        | 9 April, 9:30 am to 4:00 pm  |
| <b>Anglesea</b> , Anglesea Shopping Centre car park, Great Ocean Road          | 10 April, 9 am to 4 pm       |
| <b>Aireys Inlet</b> , Aireys Inlet Community Centre car park, Great Ocean Road | 11 April, 9 am to 4 pm       |
| <b>Lorne</b> , near Lorne Baths, Grove Road                                    | 12 April, 9 am to 4 pm       |
| <b>Apollo Bay</b> , near the skatepark, Great Ocean Road                       | 15 April, 9:00 am to 3:30 pm |
| <b>Port Campbell</b> , near the Port Campbell Baptist Church, Lord Street      | 16 April, 9 am to 4 pm       |
| <b>Timboon</b> , Timboon Shopping Hub car park, Main Street                    | 17 April, 9 am to 4 pm       |
| <b>Cobden</b> , near Bendigo Bank, Curdie Street                               | 18 April, 9:00 am to 2:30 pm |



## Resolute Ready International News

**One Stop. One Call. One Life.**

Resolute Ready International celebrates its one-year anniversary of operation, expressing gratitude to partners, government dignitaries, service providers, and families for their support. The organization aims to break down digital borders and support the global serving community, connecting military, first responders, and families with support services and 15 countries engaged through its Virtual Hub. An upcoming event titled "Why am I always angry?" will feature speakers including US Congressman Frank Mrvan, Judge Julie Cantrell, and Lidia Faranda Hall, founder of Resolute Ready International, discussing strategies for managing emotions. The event will stream live on Friday, April 5th, 8:30 AM Adelaide, Australia time.

For more information about Resolute Ready virtual hub go to the website, [resoluteready.com](http://resoluteready.com). If you wish to contact Lidia Hall, CEO and Founder, use the Contact button on the website.

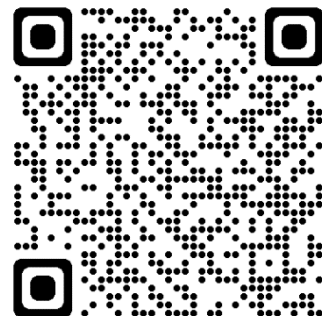
**One Stop. One Call. One Life.**



## Volunteer with Kookaburra Kids!

At Kookaburra Kids we appreciate, support and thank our volunteers for the assistance they provide on our programs. Volunteers form an integral part of the Kookaburra Kids team, as we couldn't run our programs without them. Our volunteer program provides an opportunity for people from diverse backgrounds to participate in programs that are engaging, fun and contribute towards the positive well-being of young people's lives in their community. In addition to the passion and energy our volunteers bring in supporting our young people, a key point of difference in the success of our program is in the flexibility we are able offer our volunteers in how they would like to volunteer.

For more information use the QR code



**Here's a simple and quick pizza dough recipe using Greek yogurt. You'll be amazed at how easy it is to make your own pizza crust with just two ingredients. Let's get started:**

## **Two-Ingredient Greek Yogurt Pizza Dough**

### **Ingredients:**

- 1.5 cups self-rising flour
- 1 cup plain Greek yogurt (authentic Greek yogurt, not Greek-style)

### **Instructions:**

1. In a bowl, combine the self-rising flour and Greek yogurt until a shaggy dough forms.
2. Transfer the dough to a floured work surface and knead it for 8 to 10 minutes. Add more flour if needed to prevent stickiness.
3. Preheat your oven to 230°C (450°F).
4. Grease a pizza pan with cooking spray or olive oil.
5. Roll out the dough to your desired thickness and place it on the prepared pan.
6. Top the dough with your favorite pizza toppings.
7. Bake in the preheated oven for about 10-12 minutes or until the crust is golden brown.
8. Keep an eye on your pizza while it cooks and adjust the time as needed.

Enjoy your homemade pizza with this easy and delicious crust! You can customize it with your preferred toppings and get creative in the kitchen. 🍕😊



**It's time to renew your membership**

## **New Bank Account**

**Renew Your Membership**

**Due 1<sup>st</sup> July Annually**

**Cost \$25**

To renew your Vic Branch membership via Internet Banking, the bank account details are:

**Bendigo Bank**

**BSB: 633 000**

**Account: 194287561**

For identification purposes you must quote your surname and membership number in the bank details area. **This is important.**

If paying by Internet banking, please advise by either email or text to:

Robin Turner –

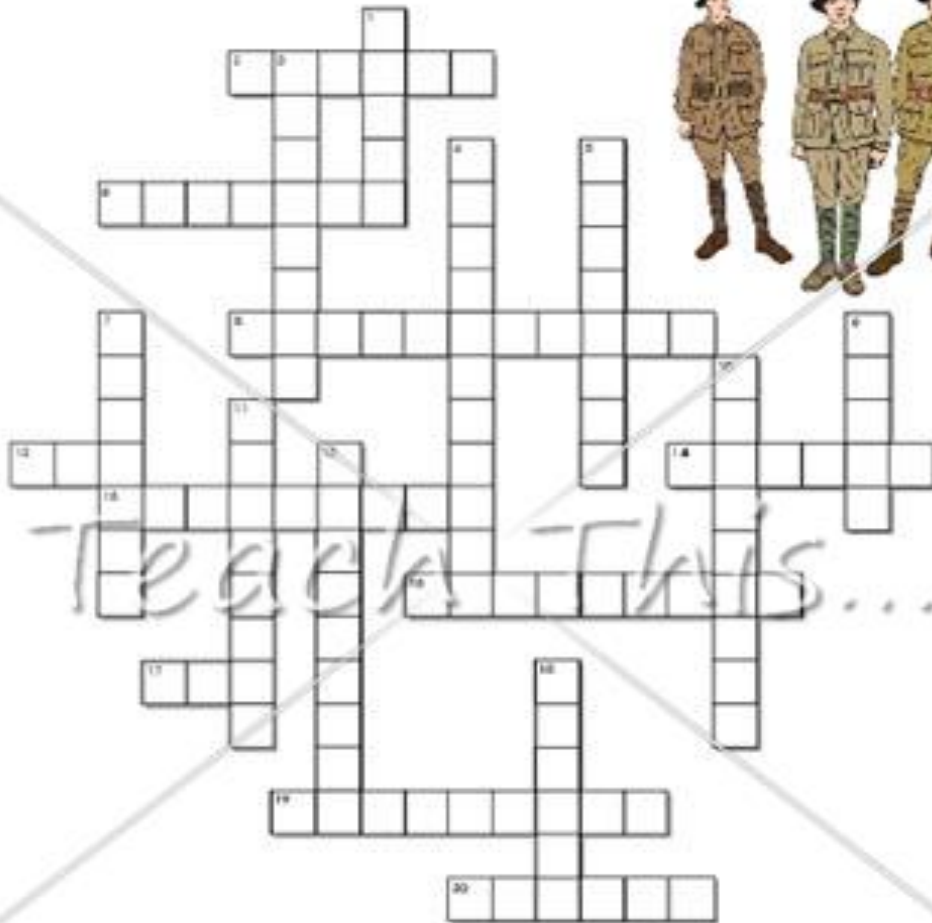
[robin.turner@bigpond.com](mailto:robin.turner@bigpond.com)

Phone: 0417 499 599

For those who prefer to renew by mail just fill in the renewal form and send with your payment as usual.

All enquiries to Membership Secretary, Christine Burgess – 0415 806 866.

# ANZAC CROSSWORD



## Across

2. A collective noun for soldiers.
6. The quality that enables a person to face danger without showing fear.
8. The island country to Australia's South East
12. Conflict between countries, states or regions.
14. The name given to the hat worn by Australian soldiers.
15. The name of our country.
16. A monument to someone buried somewhere else.
17. The badge worn by Australian soldiers - Rising \_\_\_\_\_
19. Completing a period of 100 years.
20. A circular arrangement of flowers or leaves which is placed on a grave or cenotaph.

## Down

1. A red flower symbolising remembrance.
3. Bring to mind an event from the past.
4. Mark or celebrate an event by doing or producing something.
5. A person who is killed or injured in war.
7. Strength in the face of danger, pain or grief.
9. Walk with a regular step.
10. Place the Turkey where the ANZACs landed.
11. A former member of the armed forces.
13. Give something valuable for the good of others.
18. A public procession celebrating a special day or event.






# VETERANS & their Families EXPO



**18 MAY 2024**  
**FRANKSTON RSL**

-  Learn about the support services available for Veterans and their Families.
-  Enjoy an informative afternoon, pick up brochures, and chat with professionals and organisations operating in this space: see over for more information.

 Complimentary refreshments at 12 & 1PM as well as a coffee/tea/water station. The Frankston RSL offers a variety of Food and Beverage options for lunch: Bistro (bookings are essential), Café and Sports Bar (both free seating).

 Little ones will receive a show bag (first 150) with a kids activity pack, and an ice-cream voucher redeemable on the day. **PLUS**, free kids entertainment: face painting, roving magician and balloon artist, in addition to three playgrounds on site.

 **INFORMATION**  **TIME**  **WHERE**  **PARKING**

|  |         |  |                             |
|--|---------|--|-----------------------------|
| Wellbeing Coordinator<br>wellbeing@frankstonrsl.com.au<br>0492 820 743 | 11- 3PM | Simpson Room<br>183 Cranbourne Road, Frankston<br>(03) 8792 4400 Reception | 500 space<br>onsite parking |
|--|---------|--|-----------------------------|

 **BISTRO BOOKINGS** Contact Reception or make an online booking at [www.frankstonrsl.com.au/dining/four-seasons-bistro](http://www.frankstonrsl.com.au/dining/four-seasons-bistro)

**ALL VETERANS WELCOME**  
Veterans include those who serve or served in Australian Defence Forces (ADF), National Service, Reservists, Allied & Commonwealth forces, and with or without overseas service.





## P.V.A. Members Day Invitation

The Partners of Veterans Association of Australia – Victoria Branch Inc. are hosting the May conference this year. As a P.V.A. member, you are cordially invited to attend this special time set aside for you to meet directors of the National Board, directors of the Victorian State Board, and other P.V.A. members.

**Date:** Saturday, 4<sup>th</sup> May

**Time:** 11:30 am

**Location:** Frankston RSL

There will be a Guest Speaker starting at 11:30 am, followed by lunch at noon. The cost of lunch is \$15. It's a great opportunity to relax, chat, and enjoy some delicious food while socializing with friends, old and new.

For catering and dietary preferences purposes, please contact [vicpresident@pva.org.au](mailto:vicpresident@pva.org.au) or Cheryl, 0409 962 545 by Monday, 22<sup>nd</sup> April.

Let's make this a memorable day! See you there!

For those who stand beside them

