



The Partners of Veterans Association of Australia
South Australia Branch Inc.

National Patron: Lady Lynne Cosgrove
State Patron: Mrs Liz Scarce, AM

ABN: 60 397 660 253



FOR THOSE WHO STAND BESIDE THEM

PRESIDENT'S REPORT



Hi to all,

I hope you are all over the Christmas Celebrations and back to normal whatever normal is. The year started off slowly which was good so I could catch my breath and gather my thoughts and energy for 2024.

As our organisation grows not only in membership but in recognition within the Veteran community so more opportunities arise for me and other Board members to represent P.V.A. I continue to express my concerns regarding Aged Care for Veterans where ever I can. Recently I attended a workshop hosted my S.A Health, looking at health services for veterans in the Southern suburbs. My issue is that all official forms (My Aged Care, Centrelink etc) do not list Veterans as a special needs group. How can veterans and their families get the care and support they need if a veteran is not recognised right from his/her contact with any health clinician? Just one of the many issues P.V.A. is addressing. We are always working behind the scenes to make the lives of partners of veterans better. Thank you for your support. If you have concerns, please do not hesitate to mention them to me or other Board members. In May Angela and myself are attending the National Conference in Frankston Victoria, this is where we can bring you concerns to the National Board.

Thanking all



Celebrating International Women's Day

On the 18th of February 2024 the South Australia Women's Memorial Playing Fields Trust Inc held an event to commemorate the **82nd Anniversary of Banka Day**, remembering nurses whom lost their lives at Banka Island, 1942.

Her Excellency the Honourable Francis Adamson AC Governor of South Australia and Hon Peter Malinauskas MP Premier of South Australia were present, with COL Annette Summers AO RFD as guest speaker acknowledging the women's lives lost shortly after the outbreak of war in the Pacific, and those impacted by the sinking of the SS Vyner Brook.

The Catafalque Party was made up current service personnel – Nurses of the Australian Army: Chris Goodfellow was honoured to lay a tribute on behalf of PVA SA.

Vivian Bullwinkel, (*pictured*) a then-Lieutenant from South Australia, was the only Australian nurse to survive.

See the full story here:

<https://www.awm.gov.au/vyner-brooke-and-banka-island>

Rest in Peace, beautiful Women.



A statue of a nurse tending to a wounded soldier in Caloundra on the south coast of Queensland depicts Faye (Stella) Clark and her husband Jack, both veterans of WW II.

At 23 years of age, Faye commenced her career in medical support as a 'Voluntary Aid Detachment' (VAD worker).

Before she was deployed to a military hospital in Palestine, her father gave her some sound advice, telling her that if she wanted to be respected as a young lady she should never smoke or drink alcohol!

Faye nursed in Gaza, Borneo, Egypt, and Papua New Guinea; however, she found it difficult to adjust to life in Australia.

Marrying Jack in 1948, they raised their children in New Zealand until returning to QLD in 1988.



ADF Family Information Night Zoo Expo

PVA were invited to hold an information stall at the ADF Family Information Night at the Adelaide Zoo. Both Pauline and Angela represented PVA. It was a very fun filled night with many children and parents following the Yellow Brick Road collecting information and getting stamped by us and other stall holders.

We attracted the children with a free Lucky Dip Bin which had them leaving us with a big smile.

Over 1500 families attended and most of our information folders were happily taken. This is an annual event to welcome the ADF families to SA. Legacy was one of the stalls in the Rotunda. The weather was perfect and it was great to have so many partners ask questions and take information.

A big "Thank You" to Angela and Pauline for being the smiling faces of PVA SA, driving the message forward.

Please let Liz know if you would like to represent PVA at event stalls!

sa.secretary@pvasa.org.au



Meet Raelene Hill, President of PVA South Australia Branch



We asked to know a little bit more about Raelene, what makes her smile, and how she ended up with PVA SA. Here's her story...

I have been married to my Vietnam Veteran for over 50 years, we have two children and one precious granddaughter. My daughter resides in Adelaide with her husband and our son lives in New Zealand with his partner and daughter.

When joining P.V.A. (2012) we were living in country South Australia, where there was little support for partners of Veterans. After attending a retreat, I was referred to another Veteran's partner who lived not far from me. From that one meeting it was obvious that we had so much in common and we were able to talk openly and honestly. From there on our friendship grew and I became a member of P.V.A. We are still friends even though we have both moved. The group in the country was supportive and it helped me so much just to have someone to talk to who understood with no judgement.'

In 2019 we moved back to the suburbs as my husband's health had drastically deteriorated and we needed to be nearer family and doctors. That move was very difficult for me as I left behind friends. As you get older it is harder and harder to make friends.

Not long after moving I became more involved with P.V.A. going to group meetings more regularly and establishing new friendships. I was asked to join the Board by another Board member; I had been asked several years before but it wasn't the right time. I have always enjoyed a fresh challenge and I was feeling like no-one really needed me. The children were settled, healthy and happy, and by this stage my hubby was in an aged care facility. The timing was perfect for me.

Since being on the board, I have learnt so much, it has certainly challenged me in every way known.

Now being President of the South Australian branch has brought another lot of challenges. I'm not usually an up-front person and would rather be in the kitchen doing the dishes, but as a dear friend said to me recently "No more dishes for you!". I am enjoying every new challenge.

My greatest passion is aged care. I have worked in aged care all my working career, and with my husband in a care facility, I have seen numerous changes. However, there is still a long way to improve.

The process of accessing appropriate aged care for our veterans is an "absolute nightmare", which unless you have been through it you have no idea of the stresses associated with this decision.

I have had the opportunity to express these concerns at several forums I have attended both within our state and nationally.

"I am enjoying every new challenge; Life is about giving."

In my spare time I enjoy sewing, crocheting, and knitting; I belong to a charity group whom donate to those in need; I have been a member of that group for over 8 years. It gives me great joy and satisfaction to give to others in need; you don't know where it goes. Nothing is sold the whole cycle depends on donations.

Life is about giving.

Raelene Hill

sa.president@pvasa.org.au

PVA SA updates

Cathy Dyer, Board Member from November 2023, has stepped down from her PVA SA role due to professional work commitments, however Cathy remains with the PVA SA as an advisor to the board. Thank you for your support, expertise and contributions, Cathy. It has been our privilege to have you on board.

Chris Goodfellow (PVA SA Vice President and former President) has been nominated as a Local Hero with the Westfield Local Heroes Program. Let's send luck and acknowledge her contribution to our Veteran Partners, her commitment to PVA, and Community. **Good luck, Chris!**

A very warm welcome to newly nominated PVA SA Board Member **Pauline Cameron**, filling the casual vacancy from 12th March 2024. Profile to come!

PVA SA Postal Address:



- Partners of Veterans Assoc. SA (PVA SA)
c/o Legacy Club of SA,
GPO Box 1367, Adelaide
SA 5001

PVA SA Annual Subscription Renewals

Due by 30th June each year. Your annual invoice is included with this newsletter.

Direct Debit:

- Beyond Bank**
- Account Name:** Partners of Veterans Association of Australia-SA Branch Inc.
- BSB:** 325 185
- A/C Number:** 03603892

As of 1st July 2024, banks are no longer accepting cheques as payment. If you have any concerns with this, please contact:

- Treasurer Linda Staszynski**
- Mobile:** 0417 081 150
- Email:**
sa.treasurer@pvasa.org.au



KEEP YOUR EYE ON IT!

Protecting ourselves from scams

Do you avoid being on social media? Worry about not recognising scams online or over the phone? Hearing stories about Artificial Intelligence (AI), and not understanding what it's all about?

There are places we can go to educate ourselves.

<https://www.choice.com.au/consumer-s-and-data/protecting-your-data/data-privacy-and-safety/articles/ai-voice-scams>

<https://www.esafety.gov.au/seniors/online-scams>

<https://www.esafety.gov.au/seniors/staying-safer-online>

<https://beconnected.esafety.gov.au/>

If it doesn't feel right, trust your gut. Reach out to a trusted person and yarn (talk) with them. Two heads are better than one!

Monthly Pic(k)s

How Rural Children Learn to Swear Properly



Resolute Ready

Resolute Ready, One Stop, One Call, One Life provides an online directory of verified and community recommended support services dedicated to supporting current and ex-serving personnel, veterans, families, friends and community members of Military and First Responders.

Established by Lidia Hall, state, national and global links include crisis support, domestic and family violence, housing, counselling, suicide intervention, therapeutic support, financial guidance, transition, and education.



The site is a great referral tool for expanding on existing, well-known support services.



Mount Barker Food Support Services

Are you living in the Mount Barker region and being impacted by the cost-of-living crisis?

Reach out to the [Mount Barker Community Centre](#) for support, activities, and community connection, (08) 8391 2747, 3 Dumas Street, Mount Barker.



Upcoming free events for PVA members

Financial Wellbeing Session, Gawler

- A free, online 1 hour session for people and organisations supporting the Veteran Community
- Book on: [Free Financial Wellbeing Workshop](#)

Open Arms is holding a 2-day "Managing Pain" Workshop in the Riverland, 30th April & 1st May, open to current and ex-serving ADF members, partners, and adult children. Understand the link between physical and psychological aspects of pain, learn strategies to challenge/change unhelpful thoughts and behaviours, and discover important lifestyle factors for managing pain.

Register your interest here: [Managing Pain Open Arms](#)

Health n Harmony

We are the heart of the home, with fun and fellowship with one another.

Health n Harmony is an informal group of wives/widows and/or partners of any War Veteran and Ex Defence Force and Peacekeeping Personnel.

However, we also welcome ladies who are veterans themselves.

We meet on the fourth Thursday of the month, at Torrens Parade Ground in the Memorial Room. With the exception of December. TPG is accessed by public transport with limited parking, from 10.30am to 1.30pm.

We are supported by Legacy as we are under their umbrella as an organisation.

We enjoy a shared lunch, bringing a plate to share or if you choose, BYO lunch. We donate a gold coin as we are a self-funded not-for-profit group, going towards any costs we incur. We also have a lucky square where you can win \$10 at any meeting.

We aim to provide:

- Links to government and local agencies
- Speakers on current issues, health, support or any interest that is requested
- A balance between our lives and those of our families
- Networking to meet our needs
- Encouragement to make time for ourselves
- Fun and Fellowship

Contact Anne H: 08 8262 3974 for further information.

WE ARE NOT A COUNSELLING SERVICE but a group of ladies supporting each other.



Coffee and Chat Groups

NORTH EASTERN, MODBURY:

- 2nd Thursday each month, 10.00am
- The Modbury Plaza Hotel
- 989 North East Rd, Modbury
- Contact Ann S, 0415 052 041

SOUTHERN SUBURBS, REYNELLA

- 2nd Thursday each month, 10.30am
- Café Buongiorno
- 93 Main South Rd, O'Halloran Hill
- Contact Margaret C, 08 8326 8577
- Contact Margaret E, 0439 142 221

RIVERLAND

- 2nd Tuesday of February, April, June, August, October, December, 10.30am
- Alba Café
- 19 Riverview Drv, Berri
- Contact Bev H: 0438 507 606

CLARE

- Various times and venues for either coffee/chat or lunch
- Contact Wendy L: 0417 823 558

SOUTHERN FLEURIEU

- Various times and venues
- Contact Rosemary P: 0418 422 183
- Contact Kathie V: 0438 877 709

HEALTH AND HARMONY

- 4th Thursday each month, 10.30am to 1.30pm
- RSL Memorial Hall
- Torrens Parade Ground, Adelaide.
- Contact Anne H: 08 8262 3974

A Nationwide support network for partners of past and present members of the Australian Defence Force (ADF) and their allies.

P.V.A. believes it is imperative that no partner should ever feel deserted, defeated or most of all, totally isolated and/or alone.

Shout out to our immediate networks and support services!

• Aged Rights Advocacy Services (ARAS)

ARAS Advocates are available at the Strathalbyn Library on the 1st Tuesday of each month, answering questions on aged rights. Services are free, confidential, and culturally safe. No need to book, simply attend the Strathalbyn Library at 1 Colman Tce between 10.00am to 12.00pm.

<https://www.facebook.com/photo/?fbid=782084460621543&set=a.618629213633736>

• Real Estate

Thinking of selling? Do you need an up-to-date appraisal of your property? You may be thinking about renting your investment property out. Debbie Glastonbury is a PVA SA member that contributes to the cause of supporting partners of veterans through her work in real estate.

Contact Debbie

- Ph: 0432 209 355
- Email: debbie@magain.com.au
- Website: <https://www.magain.com.au/staff/debbie-glastonbury/>



• Murray Bridge JP Services:

- Flexible with times and places to meet:
- Melanie Bassham, JP for South Australia,
- Ph: 0401 552 250



• Seniors Card Fuel Discount

You can receive a 4c p/ltr discount on your fuel purchase with United Petroleum service stations if you hold a [Seniors Card](#). To register online for a digital or physical United Petroleum fuel discount card go to [United Petroleum](#) or call the United Customer Solutions team on 1300 383 587.

• PVA Support Line: 1300 553 835

Your nationwide link to support, friendship, information and understanding.

Local call cost from landline, mobile call costs according to your mobile phone provider rates.

• Legacy: 08 8231 9812 or 1800 534 229.

Legacy offers Financial Hardship, Social Connection, and Developmental (Educational) Opportunities programs to the families of Australian Defence Force men and women who have lost their lives or their health as a result of their service.

Website: [Legacy](#)

Email: reception@legacysa.org.au



CAN YOU HELP?

- PVA SA are seeking a person to offer their assistance in **Grant Writing Education** to a couple of the Board Members.

Please contact Chris on sa.vicepres@pvasa.org.au

