



Dunedin Returned Services Assn & Dunedin RSA Welfare Trust

Newsletter December 2013



Armistice Day Wreaths
Cenotaph Dunedin

Last Post

**In remembrance of all service and
ex service personnel who are no longer with us**

At the going down of the sun
and in the morning
We will remember them.



DUNEDIN RSA UPDATES FROM PRESIDENT JENEPHER GLOVER

Seasons Greeting to All

Well, we've got a last push until Christmas and then we can relax and enjoy ourselves with family and friends. And after a busy, but satisfying, year both at work and at the RSA, I am looking forward to just that.

I was thrilled to be elected to the position of District Vice President at the recent District meeting, which was held in Queenstown. Dave Geddes from the Queenstown RSA is the District President and Michael Blackstock from Upper Waitaki RSA is the other District Vice President. I hope that I can do you all proud.

I would like to thank Sally and the RSA Executive for their hard work and their support over the year, and to thank our members and sub-branches for their support also, and for their feedback and comments, particularly on the newsletter and the ladies lunch. We look forward to more ladies lunches next year, and other events that we are in the planning stages of.

Planning is well underway for Dunedin's WWI Centennial commemorations and the RSA Executive is very happy that the City is leading a steering committee to plan and implement events. In the New Year we will send something out that shows exactly what we are planning, and we will invite your input.

The last event on the RSA calendar for the year is the presentation of the Christmas cake to Montecillo. This will happen on Friday 20 December 2013 at 1 I am so if you're free and feel so inclined, come along for a cup of tea and a sing song.

Very best wishes to you and yours
Jenepher



ARMISTICE DAY 2013





PHOTOS—SUPPLIED BY JOHN COSGROVE

ARMISTICE DAY
Queens Gardens—Dunedin



The Service was led by - The Reverend Dr Tony Martin - Officiating Chaplain to Reserve Forces HMNZS TOROA and 2/4 RNZIR. This years speaker was Professor of History at the University of Otago; Tom Brooking.

Balmacewan & Tahuna Intermediate schools choir both sung at the service .

The recently refurbished RSA 25 Pound 105 Howitzer was fired to signal the end of hostilities at 11TH HOUR 11TH DAY 11TH MONTH 1918

Following the service the Dunedin RSA provided tea, coffee and a biscuit at HMSNZ TOROA This was attended by about 35 people .

Thank you to all involved who worked to making this a successful commemoration

DUNEDIN RSA LADIES LUNCH

Dunedin CASINO

On the last Thursday of the month

If you would like to attend

Ring Sally at the Dunedin RSA
office 03 4664886— dates

February 27th , March 27th

May –1st



Dunedin RSA Newsletter

Greetings from the RNZAF,

Instead of the traditional wind-down to Christmas the RNZAF goes into this Christmas with some significant changes ahead and appears to be doing anything but winding down!! The current Chief of Air Force (CAF) AVM Stockwell, opted not to put his name forward for CDF and is leaving the RNZAF after 41 years and taking up the management of a flight training centre in Hamilton. Given this rather sudden and out of sequence event, the selection panel is underway for the new CAF. This will in itself see a full reshuffle within the senior RNZAF ranks, all with a new CDF at the helm. The current CAF was down during 2013 and we are hoping to get the new CAF, and as many other RNZAF visitors as we can, down to Dunedin in 2014.

We were fortunate enough to host the RNZAF Rugby side in Dunedin in August- not a common occurrence but an enjoyable and memorable occasion for all. We did host the full squad at a civil function and we had a good turn out from local dignitaries. In attendance with the team were the Air Force Senior Officer (Air Component Commander, Air Commodore Mike Yardley); two sponsor representatives (Air Commodore (Rtd) Dick Newlands from CAE industries and WGCDR (Rtd) Brendon Pett from Becca) and the full RNZAF squad. While in Dunedin they visited Montecillo, Otago Boys, Kings High and played two games against a Sassenachs XV (thanks to Fred for this). They were very impressed with Dunedin, the hospitality and whole experience. All though the team made significant improvements in their time here, it was not enough for them to retain the King George.

Back to more standard Air Force operations, there have been some key events over previous months that have been significant to the service and wider Defence Force:

- Lightning strike- one of the new NH90 helicopters was struck by lightning and is undergoing in-depth engineering analysis to see if can be recovered.

- Boeing 757 landed on the ice in poor weather- carrying NZ MP as one of the pax, flew past the point of safe return and then had the weather close in at destination. Aircraft landed safely and returned safely.

P-3K2 in Korea- the first major exercise undertaken in operational conditions involving the new upgraded P-3K2.

Wide involvement in Southern Katipo using all platforms in conjunction with the other services and visiting nations.

A C-130 deployed to the Philippines and provided humanitarian support for the victims of the recent typhoon.

I toured the bases again in September and, as always, it was great to catch up with the guys on the floor and to see what is happening and how the morale is. For those that served at Ohakea, you will be amazed at the shape the new base is taking. There is a 'new' base on the East side of the runways with the new hangars for the NH90 and A-109 helicopters, their support facilities and simulator unit. There is also a massive new Maintenance Support Squadron complex that replaces all the older units at Ohakea and some from Auckland. The old AMS hangar and workshops on the 'old' base have been demolished and making way for an Air Movements complex. Its been many years, but it still seems strange and quiet when I return to Ohakea- no jet noise and helicopters around!!

I was very privileged to be invited to the Brevet Club Christmas function on Sunday 8 Dec and had a thoroughly enjoyable lunch at the Leviathan with a magnificent bunch of people (a crowd of over 30). Many thanks to Neville Selwood for the great work he does in keeping in touch with people and for organising these events.

In closing, on behalf of the RNZAF, I wish you all a Merry and safe Christmas and all the best for the New year

Regards

Andrew Rooney

SQNLDR (rtd)

Air Force Liaison Officer (AFLO)

Dunedin RSA membership discounts

The image is a promotional flyer for Dunedin Casino. It features a large '\$8' in black and 'RSA MEMBER LUNCHES' in red. Below this, it lists menu options: 'LAMBS FRY', 'MEAT LOAF OR', and 'CHICKEN SATAY!'. A photo of a plate of food is on the right. At the top right is a blue Dunedin RSA membership card with two red poppies. The casino's name and address '118 High St, Dunedin | R20' are at the top. Booking information and a shuttle service note are at the bottom.

DUNEDIN CASINO
118 High St, Dunedin | R20

\$8 RSA MEMBER LUNCHES

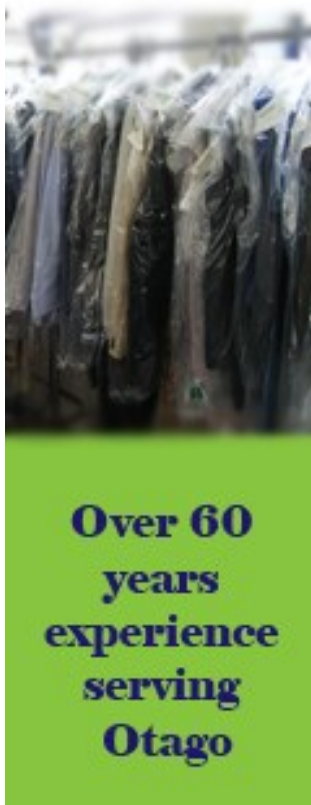
With your choice of:

- LAMBS FRY • MEAT LOAF OR
- CHICKEN SATAY!

BOOKINGS ESSENTIAL CALL REBECCA 03 470 0928
FREE SHUTTLE SERVICE AVAILABLE FOR GROUPS OF 5 OR MORE PASSENGERS.
Conditions apply. Subject to availability.

DUNEDIN

Brocklebanks Drycleaners gives
15% discount to all Dunedin RSA
members



The cutting bar offers RSA members
\$ 15.00 hair cuts .

RSA MEMBERSHIP BENEFITS



The Orchid Florist Ltd.

15% discount offered to Dunedin RSA members

(excludes interflora orders)

The Orchid Florist is well known in the industry and is at the forefront of design and originality.

We pride ourselves on offering friendly advice and a professional service to you.

Shop 14A, Centre City Mall, 133 Great King Street, Dunedin

Telephone: 03 474 0657 **Facsimile:** 03 474 0658

Email: orders@orchidflorist.co.nz www.orchidflorist.co.nz

OFFERING DISCOUNTED PRICES TO DUNEDIN RSA

MEMBERS ON THE PRESENTATION OF A CURRENT MEMEBERSHIP CARD. (NOT AVAILABLE ON SPECIALS, CONDITIONS APPLY)

408 Andersons Bay Rd

Dunedin . 03 455 3374



Mobility Scooters Otago

211 King Edward Street

Dunedin . Ph 0800 566 800

OFFER DUNEDIN RSA MEMBERS BEST

PRICE POSSIBLE

Vision Enhancement

22.5 % discount for

all RSA Members on

Panasonic & Sam-

sung products

Ph: 4664886 for info



E	E	G	G	N	O	G	I	U	E	F	N	S	E	D
H	C	D	I	R	Y	T	F	B	F	Z	P	Z	F	V
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R	A	R	D	U	X	P	X	T	D	P	F	F	T	N
F	C	Z	O	B	C	R	U	V	P	A	H	U	M	G

APPLECIDER	CANDYCANE	CHESTNUTS
COOKIES	CRANBER-	EGGNOG
FRUITCAKE	GINGERBREAD	MILK
MINCEPIE	PLUMPUDDING	ROAST

Christmas in New Zealand

In New Zealand Christmas is combined with summer holidays, so as well as present-buying and parties, families are preparing for trips to the beach. Shops are decorated with Father Christmas in his red cloak and white beard, as well as snow scenes.

The New Zealand traditions of Christmas have mostly come through the English settlers who began arriving there in the late 18th Century. In the last 20 or 30 years the persona of Father Christmas had changed and he is referred to as Santa Claus and has become much more like the Santa of the United States and Ireland. As well people have been forced to change as a result of the Maori culture. The spirits and creatures of the Maori culture resemble the elves and gnomes of European Christmas traditions.

They celebrate the story of the birth of Jesus Christ with a special service, which is appropriate to New Zealanders way of life as they had no motels, and they have many shepherds who take care of their flocks, in doing so they can see the true meaning of Christmas.

In New Zealand the traditional Christmas dinner is roast turkey with vegetables and sauces. For dessert it is rich, fruity Christmas pudding with brandy sauce. Mince pies, pastry cases filled with a mixture of chopped dried fruit.



Mock Champagne Punch

A great drink for serving to children or designated drivers at Christmas time, New Year's Eve or parties

Serves: 11

- 4 cups (1 litre) chilled sparkling mineral water
- 4 cups (1 litre) chilled ginger ale
- 3 cups (750ml) chilled white grape juice

1 Directions

2 Preparation: **5min** › Ready in: **5min**

In a large glass jug or carafe, combine sparkling water, ginger ale and grape juice. Serve immediately in champagne flutes.



Christmas Meringue Roulade

Serves: 6-8 Prep time: 25 minutes Cook time: 25 minutes

1 tsp cornflour	1 tsp vanilla essence
1 tsp white wine vinegar	4 egg whites
$\frac{3}{4}$ cup caster sugar	$\frac{3}{4}$ cup cream, lightly whipped
$\frac{1}{2}$ x 410g can Wattie's Peaches Sliced in light syrup, drained and diced	

Raspberry and Maple Coulis

500g bag frozen raspberries, thawed (or 2 cups fresh)

2 Tbsp Cottee's Maple Flavoured Syrup

1. Preheat oven to 160°C fan bake or 180°C conventional. Line a 23cm x 32cm Swiss roll tin with baking paper.
2. Mix together cornflour, vanilla essence and white wine vinegar.
3. Beat egg whites in a clean bowl until stiff peaks form. Continue beating, adding sugar a little at a time alternately with the cornflour mix. Continue beating until the meringue is stiff and glossy. The meringue will hold its shape when the beaters are lifted out of the bowl.
4. Spoon the meringue into the prepared tin and roughly spread out to fill the tin. Bake for 20-25 minutes. The meringue should be a pale golden colour and the top should feel crisp and dry to the touch. The centre will still be soft. Remove from the oven. Place a clean dry tea towel over the meringue and leave to cool in the tin.
5. Lay a piece of baking paper on the work surface and turn the meringue onto it with the short side closest to you. Spread with whipped cream, to within 10cm of the top of the meringue. Top with the diced Wattie's Peaches. Carefully roll the meringue away from you to enclose the filling, using the baking paper to help you. The meringue may crack slightly as you roll. Transfer to a serving platter. Dust with icing sugar. Serve with the Raspberry and Maple Coulis.

Raspberry and Maple Coulis

Purée the raspberries in a food processor or blender. Push purée through a sieve with a spoon to remove the raspberry seeds. Stir through the Cottee's Maple Flavoured Syrup.

Store in the refrigerator until ready to serve.

ENJOY



Father Christmas Calls

Alex was five; all his Christmas presents were always signed, 'from Father Christmas.'

A little while after Alex had opened all his presents on Christmas morning, we became aware that he was looking quite down in the mouth for no obvious reason.

'What's the matter, Al?' I asked.

'Ummmm, 'replied Alex slowly, 'I really hoped that you and Mummy would give me something for Christmas.'

Christmas Turkey

It was Christmas Eve in at the meat counter and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one.

In desperation she called over a shop assistant and said, 'Excuse me. Do these turkeys get any bigger?'

'No, madam, 'he replied, 'they're all dead.'



Useful Websites

TVNZ broadcasts closed captioning for Deaf and hearing-impaired viewers on TV ONE, TV2, TV ONE + 1, TV2 + 1 and TVNZ Heartland.

Turn closed captions on by pressing the subtitle button on your remote, or pressing Teletext, 8-0-1.

Audio description for blind and vision-impaired viewers is broadcast on TV ONE, TV2, TV ONE + 1 and TV2 + 1.

Turn audio description on by setting your audio language to audio description or Italian.

TVNZ's closed captioning and audio description is provided by Able, with funding from NZ On Air. Visit www.able.co.nz for more information.

Rest home information easier to find online

A new website that will make it easier for New Zealanders to find rest home information, including audit reports has been launched.

This website offers easy-to-access information on more than 650 aged care providers nationwide. This includes the types of rest home care, number of beds and length of time the provider is certified for.

Go to: www.health.govt.nz/resthomes

Home insulation for older low-income people

Many homes are cold and unhealthy because they don't have enough insulation. A warm, dry home with well-installed insulation is healthier and easier to heat. People aged 65 and over may be eligible for free

insulation through one of the Warm Up New Zealand: Healthy Homes projects underway in many parts of the country. Older people may qualify if their home was built before the year 2000, the homeowner or main tenant has a Community Services Card or there is someone with high health needs living in the home. Homeowners and tenants may be eligible for the free insulation. For more information go to the

ENERGYWISE website: www.energywise.govt.nz/funding-andprogrammes/insulation-programme



Services Golf

Burnham 11th-14th March 2014

National Army Museum Fundraising Tournament

1. ACCOMMODATION & MEALS IN BURNHAM MILITARY CAMP
2. TWO ROUNDS OF GOLF
3. OPEN TO FORMER & PRESENT MEMBERS OF ALL SERVICES
4. ALL INCLUSIVE ENTRY FEE OF \$175

This tournament has offered great golf, entertainment
& mateship for 32 years. It is restricted to 150 participants.

FOR AN INVITATION TO ATTEND CONTACT ANY
OF THE FOLLOWING MEMBERS OR DOWNLOAD A FORM FROM

www.armymuseum.co.nz

Tom Leighs (*Chairman*) 03 358 0573

Rob Hughes (*Secretary*) 03 338 7473

Paul Dale (*Treasurer*) 03 348 7527

Neville Reilly 03 348 6868

Chris Richards 03 355 7743

George Dimmock 03 347 8634

Bill Walker 03 960 8416

Gary Charmley 03 384 5201

Ian Short 03 327 3366

Colin Hodgkinson 027 825 6033

Norm Hardaker (*Winton*) 03 236 1143

Dino Cole (*Invercargill*) 03 234 9030

Mick Owers (*Dunedin*) 03 455 7551

Avon Caldwell (*Damaru*) 03 434 7636

Warwick Hewitt (*Timaru*) 03 684 5481

Clarrie Maskill (*Nelson*) 03 547 4181

Arnold Newman (*Blenheim*) 03 578 1453

Murray Sisson (*North Canterbury*) 03 315 8060

Phill Gardyne (*West Coast*) 03 768 7272

Bob Wood (*Mid Canterbury*) 03 615 9731

Walking is a great way to get around

Be safe and be seen: make yourself visible to drivers

- Wear bright/light colored clothing and wear reflective materials.
- Carry a flashlight when walking at night
- Cross in a well-lit area at night
- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you

Catch the driver's attention by making eye contact or waving.

Be alert: avoid dangerous behaviour

- Use footpaths where provided. Where there is no footpath, walk facing oncoming traffic, as far off the road as possible.
- Plan your trip to avoid hazardous conditions and busy traffic times.
- Be predictable.
- Watch out for reversing vehicles especially in residential and urban communities. Look for reversing or brake lights and listen for engine noise.
- Take additional care in parking areas, especially supermarkets and malls where cars are reversing and there are many distractions. Be alert to engine noise or reversing lights on cars.
- Wear shoes that give you a good footing.
- Stay sober; walking while impaired increases your chance of being struck.
- Don't assume vehicles will stop; make eye contact with drivers, don't just look at the vehicle.

Don't rely solely on pedestrian signals; look before you cross the road.

Be careful crossing: look before you step

- If the pedestrian crossing is controlled by lights, only cross at the beginning of the green pedestrian light. If you are concerned about the length of time traffic lights allow for crossing then watch one light cycle to ensure you know the time available to cross. If you want to cross diagonally consider crossing two separate roads (two shorter crossings).
- If there is a pedestrian refuge, or traffic island, in the middle of the road, cross to halfway then check traffic from the left.
- Be especially careful when crossing roads with several lanes going in the same direction. It may be difficult for drivers in the inner lane to see you, if a car in the outer lane has crossed.
- If crossing where there are no pedestrian crossings be especially vigilant. Always stop on the kerb and check traffic in both directions (even when crossing one-way streets). Remember to look and listen for traffic from all directions.
- Watch for turning vehicles; make sure the driver sees you and will stop for you.
- Don't wear headphones or talk on a mobile phone while crossing.
- Use extra caution when crossing multiple-lane, higher speed streets.

Happy walking



The ballot for passes for the 100th anniversary commemorations of Anzac Day at Gallipoli, Turkey, In 2015 is now open.

Attendance passes for the commemoration are limited due to anticipated high demand and safety considerations. Each person who is successful in the ballot will be entitled to two attendance passes.

Direct descendants of Gallipoli veterans and New Zealand Defence Force veterans are eligible for special ballot categories with the majority of passes available for the general public.

The ballot is open to all New Zealand citizens and holders of a New Zealand permanent residents visa, regardless of where they currently live, aged 18 or above at 25 April 2015.

Attendance passes grant the bearer entry to the Dawn Service at the Anzac Commemorative site and the New Zealand service at Chunuk Bair.

To enter the ballot and learn more about Gallipoli 2015 commemorations, visit

www.Gallipoli2015.govt.nz. You can also call 0800 336 547 or 04 8010162 from mobile phones

The ballot closes on 31 January 2014.

Maniototo Sub-Branch RSA

The Maniototo Sub-Branch RSA enjoyed their Christmas function on Sunday 8th December topping it off with two special presentations. Stewart McKnight was presented with his NZ Defence Force Service Medal by Dunedin RSA Executive member Stewart Grant. Also receiving recognition was Margaret Lockhart, secretary for the past 20 years. Margaret was presented a Certificate of Appreciation and a 'Least We Forget' rose from the Dunedin RSA Welfare Trust along with a Dunedin RSA Branch Life Membership for her on-going work and support of the Maniototo RSA.

Colin Smith the Maniototo Sub-Branch RSA President said "I was so pleased to be able to incorporate these two presentations with our Christmas function. To have everyone there and have Stewart Grant come across from Dunedin was a very nice touch".

The function being held in Dunc'n Inn Ranfurly was well attended by existing members as well as welcoming some new members too. Although the Maniototo RSA does not have their own rooms they are well supported by their local community when holding functions and meetings.



Photos 'Left to right

Stewart Grant presenting Stewart McKnight with his Defence Service Medal.

Colin Smith, President of Maniototo Sub-Branch RSA congratulating Margaret Lockhart on her Life Membership.

Dunedin RSA Welfare Trust Newsletter

Chairman Report

I took over as Chairman of the Welfare Trust in April this year after joining the Trust in 2012. One of my first duties as Chairman was to be involved with this year's Poppy Day collection, and would like to personally thank all those involved. I enjoyed meeting up the NZ Cadet Force Units who also collected on the Saturday morning, and at the Highlanders Game. These young people each year do a tremendous job assisting the RSA Welfare Trust with the Poppy collection. A special mention also to the Cadet Leaders who ensured this all happened.

The Bill King award was presented to Lynne Fegan on Armistice Day in Wanaka. Lynne has been involved with the RSA, Senior Citizens and many other community groups in the Upper Clutha area. About 35 people attended the function, the award was presented by Lois King.

We were fortunate to gain two new Trustees this year. Firstly, Paul Galloway, who is ex New Zealand Army, 1981-2011 and has served both around New Zealand and overseas. Secondly, David Abercrombie, Air Training Corp, has spent many years with the ATC and had been the secretary for the Otago Officers' Club for close to 20 years. Both bring valuable skills to the Trust.

On Tuesday 10 December the Trust held a thank you morning tea for rest home & hospital visitors and Poppy Day delivery people. With the assistance from the Lotteries Community Organisation Grants Scheme a small gift of chocolates and voucher was presented to these much valued helpers. Commander Margaret Eskrick, past Chair, and long standing Trustee of the Welfare Trust was also presented with a gift for her many years of service to the Trust. Margaret leaves the Trust early next year after 7 years' service with us.

Also announced at the morning tea were this year's Scholarship recipients. Awhina Lesley Clark-Tahana has been awarded a \$1500 scholarship and Charlotte Olivia Geddes Steel has been awarded a \$1000 scholarship. Both have family service connections and promising futures. I hope that the Trust can meet both these young ladies and hear how they progress with their studies.

I wish each and every one of you and your families a very merry Christmas, and a happy and successful 2014.

Will Martin





RSA WELFARE TRUST ACKNOWLEDGES LYNNE FEGAN & MARGARET LOCKHART.

**Lois King presents
Lynne Fegan with
the Bill King Award
In Wanaka 11
November 2013**



Above: Lyal Cocks, Lois King & Lynne Fegan



**Margaret Lockhart was
presented with an certificate of
appreciation and a
Least We Forgot Rose .
Margaret has been the Poppy
Day coordinator and welfare
Officer for the Maniototo Sub
Branch for over 20 years.**

THANK YOU LADIES

Above: Colin Smith, Margaret Lockhart and Stewart Grant

Dunedin RSA Welfare Trust Newsletter



CHIEF OF NAVY

Te Rangatira o Te Taua Moana

Rear Admiral J.R. Steer, ONZM

Easing the Burden – Have Your Mates Re-enlist

Following feedback from the August Whakaaro, we have created a project team under CFPT who are focussed on re-enlistment. We need your help to highlight personnel who have left and who may be interested in returning to the Navy family.

We want to bring competent people back to ease the burden. We have gone through a period of significant change, but we are in a position to now focus on regeneration and growth. Recently released former sailors are people who can hit the ground running and provide us with the support and front-line experience we need.

Do you know anyone that we should be getting in contact with? If you do, I would ask you give their names and contact details directly to our reenlistment team, LT Chloe Stanton or LWTR Jo Stewart. You can reach them on reenlist@navy.mil.nz or DTeLN (397) 8132. Alternatively, you may know someone who you could forward this WAD to who you think may be interested in it.

We all maintain links with sailors who have left. Using these informal networks is the best way to spread the word that the Navy remains interested in them and that if the desire is there, we want to hear from them about returning to a unique and very special profession.

WE VALUE YOUR THOUGHTS

NEXT YEAR THE NEWSLETTER WILL BE
PUBLISHED THREE TIMES.

IF YOU HAVE ANYTHING YOU WISH TO
CONTRIBUTE OR HAVE ANY IDEAS ON WHAT
YOU WOULD LIKE TO SEE PUBLISHED

PHONE SALLY AT THE OFFICE

034664886 OR PHONE 0800 664 888

Vietnam Veterans' Medical Assessments

The 2006 Memorandum of Understanding (MOU) entered into by Vietnam Veterans and the Government provided for a one-off comprehensive medical assessment for Vietnam Veterans. To date, only 770 of approximately 2400 Vietnam Veterans have taken advantage of this valuable, possibly life-saving, check up.

This year the Government is funding an extension of the one-off assessment to become an annual ongoing assessment. Those veterans who are yet to have their initial assessment are strongly encouraged to have it done as soon as possible and for those who have had the initial assessment start planning to have your follow up annual check up.

Veterans wishing to take advantage of this assessment are encouraged to make contact with VANZ to obtain details on how to have the checks conducted. To make contact with the Enquiry Team at VANZ simply phone 0800 4 VETERANS within New Zealand (0800 483 8372) or from overseas 64 4 495 2070.

E-mail requests can be made to veterans@xtra.co.nz.

Dunedin RSA Welfare Trust Newsletter



Well it is that time again and Christmas is just around the corner. I would like to take this opportunity to thank all the volunteers we have been helping us throughout the year with all the hospital and rest home visits and also all who helped to make Poppy day such a success. A big thank you to all the welfare officers at our sub branches as well for the wonderful job you all do.

We have had a number of successful outcomes for our clients and our thanks goes to the Dunedin RSA Welfare Trust, RNZRSA and The Charles & Ella Elgar Trust for their support.

Grants and assistance we can help with include, taxi vouchers, War Disablement Pensions, financial assistance towards glasses, hearing aids, dentures, funeral grant applications, medals applications, Service and Medical file applications and veterans affairs forms.

The Veterans Support Bill is currently at the Select Committee phase. Once the Bill has been through the Select Committee hearing stage it will be returned to the full Parliament along with any amendments that the Committee has made for full discussion and eventual passing for royal assent and enactment.

Prostate Cancer awareness campaign, The Government has unveiled plans for a nationwide prostate cancer awareness programme – one of the first in the world – that aims to see men getting diagnosed sooner and improving the rate of survival.

Men are being urged to pick up a new booklet from their GP and complete a checklist of symptoms.

It is the first part of a \$4.3 million programme to raise awareness for prostate cancer.

There will also be additional information given to medical practitioners and more guidance on testing and referrals for specialist treatment.

Prostate cancer is the most common cause of cancer in men in New Zealand.

Once again thank you for all your help and assistance over the past year and I look forward to being of assistance to you next year.

All the best for the coming festival season and I hope you have an enjoyable time with family and friends over this special time of the year.

I will be thinking of you all while I enjoy my first white Christmas in Korea.

Merry Christmas Marie Marshall

Dunedin RSA Welfare Trust Newsletter

Hospital Visitor

Karen Robertson is one of our newest volunteers visiting the hospitals on a weekly basis for us. Karen comes from a Service background having served in the Royal New Zealand Naval Volunteer Reserves for nearly 22 years at HMNZS TOROA.



Maritime is in her blood, as she has a number of Coastguard qualifications and gives the harbour master a hand with boating education over the busy holiday season on Lake Dunstan. She has a passion for the outdoors; camping, hunting, fishing and a life time affair with ice and snow sports, especially following her sons ice hockey.

We welcome Karen to the team and thank her for assisting us with this very important function. If you know of anyone that might be in hospital, please give the office a call.

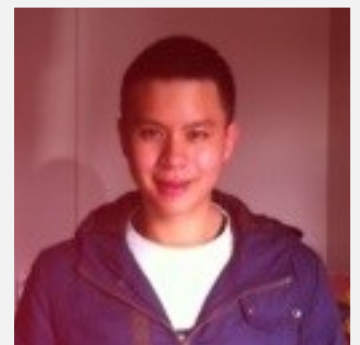
0800 664 888

JOEL HOO—

has been a hospital visitor for the past 5 months . Joel has been studying at University of Otago and this year completed his BSc in Psychology.

He has now moved back to Auckland

We wish Joel all the best for the future and thank him for his time as a hospital volunteer for the Dunedin RSA Welfare Trust .



60th anniversary of the Korean War Armistice.

My trip to South Korea was a great experience (a once in a life time one) and I felt proud and honoured representing NZ. I was lucky enough to have my name drawn out in the ballot to go and I wouldn't have known about the trip luckily a friend emailed me about it so I rang Veteran Affairs to put my name down for the trip. We all had to have a thorough medical by our GP and Veteran Affairs were sent the report which I was lucky enough to pass.

We flew to Auckland and met at the airport by Veterans' Affairs people then taken by shuttle to our hotel in Takapuna Spencer on Byron a very nice place. There we were briefed on the trip and had further medical checks with one poor guy from Whakatane failed and had to go home making a total of 29 Veterans going. Veteran Affairs were well organised and we couldn't be better looked after as we had careers, Defence Force medics even doctors coming with us.

We took off from Whenuapai air base in an Air Force Boeing 757. We flew Business Class to Cairns having 4 Air Force hostess looking after us on the 5 hour flight. We were then taken by bus to our 5 star Hotel accommodation which I shared with an ex army guy from Wanganui. We kept to the same person all the time we were away, he was 86 so I was one of the younger ones.

They were all a good crowd mostly ex army there was about 8 exnavy guys I knew 3 of them. We flew from Cairns to Manila, refuelled, then on to Korea and the new airport Incheon the port for Seoul. When I was last there in 1957 and 1962 the place was a mess, the airfield was at Kimpo near to Seoul. The new airport was big and great they had levelled some of the islands in Incheon to build it and they are still expanding it today. We drove by coach to Seoul via a big modern highway but they even have trains to the airport now.

Seoul is a big clean modern city and our 5 star hotel Lotte was handy to everything with a shopping mall and train station underneath it. On the first day we went to Panmunjon demilitarised zone on the border, it had not changed much since I was there in 1962 except the South Korean army has a bigger presence there plus some new buildings up even on the North Korean side.

We had a good look around and taken to another part for a look, it was very interesting. Another day we went to Kapyong for a ceremony where a famous battle was fought where the NZ artillery was there plus Aussie army and Canadians and we forced the Communists back. We went to a big ceremony on the day that the fighting stopped and the armistice agreement was signed. There were Veterans from all the other countries who fought there with the Turkish soldiers sitting next to our group, it was a big day.

Another day we went down from Seoul on the bullet train to Busan at the bottom of South Korea. It was a fast and smooth trip with lots of mountains with tunnels through them. I was last in Busan in 1957 and it has gone ahead as it is the second biggest city in South Korea. We had a big ceremony at the United Nations cemetery visiting the NZ graves and the other countries who fought there, it was a sad and moving day.

We visited another cemetery a war memorial one in Seoul. The whole time we were there we only had a half a day to ourselves so it was a busy programme but well worth it. The day before we flew home we had another medical check-up at our hotel. The time seemed to go so fast and the Korean people were so friendly to us once they knew who we were and what we were there for. The children at some of the ceremony's gave us little bunches of flowers which had magnets on them and stuck them on our medals.

So it was a trip I won't forget, I took lots of photos and Veterans' Affairs sent us a CD of our trip. We flew back home via Manila, spent a night in a hotel there then on to Cairns, spent a night in the hotel we stayed at on our way up and we flew to Wellington. The South Island guys got off there to fly home then the plane flew back to Whenuapai with the rest of the guys. Thanks to Veteran Affairs who helped make the trip a success and a trip of a life time.

Bill Mulhall

Veterans' Support Bill – RNZRSA's final submission

RNZRSA, led by RSA Life Member Robin Klitscher, has made the following submission on the Veterans' Support Bill to the Social Services Select Committee. The next step will be for Robin and RSA National President Don McIver to make an oral representation to the Select Committee.

You can download a copy of the submission at

www.dn-rsa.org.nz/files/407/file/RNZRSA-Submission-pdf

Health expectations of New Zealand veterans since 1991

The Veteran's Support Bill was recently introduced into Parliament, to modernise the War Pension scheme. This modernisation is based around the principles of disability management, and rehabilitation, rather than compensation.

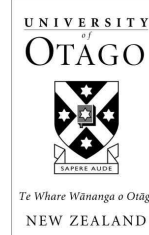
This research is being carried out to investigate how younger veterans will respond to the proposed changes in the Veterans Support Bill. The current bill enjoys widespread support and is likely to be adopted into Law within the next 12 months. Younger veterans in New Zealand have been exposed to a largely different set of experiences than their older counterparts (World War 2, Korean War, Vietnam War). It thus follows that they may identify with the term 'veteran' differently to their predecessors, and that their health will be affected to a different degree by their service. We hope that this project will provide useful insights as to how veterans will respond to these changes

Participants will be eligible to participate if they have had any military deployments since, and including the Balkans conflict in 1991.

We would like to warmly invite potential participants to take part in a short, 20 minute interview, either by phone, or in person.

If you are interested in participating, please email Researcher Mike Peebles at peemi248@student.otago.ac.nz, or call 027 283 4345.

[This project has been reviewed and approved by the Department of Preventive and Social Medicine, University of Otago]





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**Supporting all ex-service people, men and women,
Young and old, in our community.**

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Or 0800 664 888**

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SALLY TURNER - ADMINISTRATION MANAGER 03 4664886

MARIE MARSHALL - WELFARE OFFICER 03 4664888

Hours of work

MONDAY to THURSDAY 8.00am - 4.00PM

or phone 0800 664 888

Christmas Hours

**The office will be closed from the 20th December
& re open again on the 6th January**

