



MARCHING ALONG



WRANS – Naval Women's Association (ACT) Newsletter

Volume 9 Issue 2

April 2018



2018 WRANS-RAN Women's Reunion NSW – Hunter Region

Newsletter of the WRANS – Naval Women's Association (ACT)

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WRANS – Naval Women's Association (ACT)

January – March 2018 Overview of the WRANS - Naval Women Association (ACT)

Activities

Events/Representations

January

Nil events

February



67th Anniversary WRAAC Association ACT

On 10 February, Pat McCabe, Heather Milward (Gunner), Janice Stewart (Odgers) and Pauline Gribble (McCormick) attended the 67th Anniversary lunch for the WRAAC Association ACT at the Jamison Southern Cross Club.

During the lunch the Women's Veteran Network Australia (WVNA) signed an MOU of friendship and support with the WRAAC Association ACT.

WRANS Annual General Meeting

On 12 February, the annual general meeting was held and a new committee was elected.

2018 Committee:

President	Pauline Gribble (McCormick)
Vice President	Pat McCabe
Secretary	Kerry Holmes (Wallis)
Treasurer	Margaret Smith
Assistant Secretary	Rae Milfull (Cooper)
Assistant Treasurer/Membership	Christine Lamb (McNicol)
Committee Member	Sarra-Jane Gill
Flowers	Christine Lamb (McNicol)
Event Co-ordinators	Kerry Holmes (Wallis)
	LCDR Sue Wheeler RAN
DVA Liaison Welfare	Pat McCabe
Website Manager	Pat McCabe
Facebook	Rose Van Dijk

Ex Officio

Scrapbook & Librarian	Sigi Kropp (Engel)
Historian	Joan Henstock (Reynolds)

March

2018 WRANS-RAN Women's Reunion NSW – Hunter Region



From 01-04 March, WRANS NSW Hunter Region hosted the 2018 reunion with 439 attendees. Everyone enjoyed the events and tours. Women and some spouses attended from all over Australia with some ladies attending for the first time. Joan Henstock (Reynolds) was part of the Wellness day and sold the History of the WRANS books.



Facebook has many photos of the attendees and some women ordered a USB stick with the photos of the reunion.

On 04 March, I passed four WWII WRAN badges to a representative of the NSW WRANS to be given to their remaining WWII WRANS. As well one badge was given to a Western Australian WWII WRAN. These badges were given as a gift from WRANS ACT.

The next WRANS reunion will be held in Perth between 27 - 30 August 2020.

WRANS-RAN Women's Association WA

warmly invites you to Perth for the 2020 National Reunion
27th August – 30th August 2020.

Expressions of interest to be returned by email to: - reunion2020@bigpond.com

Or post to

Reunion 2020, PO Box 3094,
Mandurah East. 6210

Registrations will commence in January 2020.

Name:.....

Maiden Name:.....

Service No:.....

Years of Service:.....

Contact Details: (Address, email or phone no)

.....

.....

.....

Theatre Party – Oh, What a lovely War!



On 10 March, Margaret Smith organised tickets for a performance by the Canberra Repertory Company in Theatre 3 for *Oh, What a lovely War!* The audience enjoyed the performance and the ambiance of the theatre.

Building 115 - 1RS (Number 1 Receiving Station)

On 16 March, Sue Mathams, Defence Estate and Infrastructure Group contacted the President of WRANS ACT to advise building 115 (Number 1 Receiving station) will be demolished in the near future because it is unsafe (asbestos etc.). The cost to repair the building could not be supported. However, building 115 is identified with heritage values and therefore Defence is required to undertake a heritage impact assessment (HIA) to be compliant with Commonwealth legislation (EPBC Act).

One recommendation of the HIA is to develop an interpretation of building 115 and stakeholders agreed to refurbish the Gate House and use it as the interpretive/educational signage/information about building 115.

The focus of the project is on three main areas:

- HMAS *Harman*'s establishment
- Role in World War II, and
- Communicators and the Women's Royal Australian Naval Service (WRANS).

A consultant will be engaged to develop the display in the Gate House. WRANS – Naval Women's Association (ACT) was invited to provide a point of contact (POC) to liaise with the consultant and members to ensure the WRANS story is told. Kerry Holmes (Wallis) is the POC and will contact members to provide further information as required. I suggested the Electrical Technical Communications (ETC) 'Greenies' be contacted as they also worked in building 115.

I would like to express my thanks to all the members who were willing to help with the project.

Cowra bus trip



On 21 March, the HMAS Sydney Vietnam Association invited members of the WRANS – Naval Women's Association (ACT) to join them on a day trip to Cowra. Beth and Les Roberts (Cozens) and Pauline Gribble (McCormick) accepted the coach trip to Boorowa and Cowra.

The travellers visited the Japanese War Memorial, Japanese Gardens and Cultural Centre. Members from HMAS

Sydney Vietnam Association, WRANS – Naval Women's Association (ACT), Legacy ACT and the Naval Association made up the travellers. Everyone enjoyed the broad topics of conversation and laughter filled the day along with a trivia quiz.

Women's Veteran National Association (WVNA) lunch

On 25 March WVNA held a lunch at Tulips in Pialligo to which all women Veterans past and current serving were invited. Janice Stewart (Odgers) and Pauline Gribble (McCormick) attended the lunch and met new and old friends. A small group attended lunch but all three Services were represented. It is hoped that a lunch will be held on a monthly basis.



Women's Veteran National Association (WVNA) - Hearts and Minds tour – AWM



On 26 March, the WVNA organised a private tour of the Hearts and Minds display at the Australian War Memorial. Ladies from the three Services attended but the majority were ex WRAAF ladies. Everyone enjoyed the tour and the explanation of the use of posters in propaganda during the two world wars.

After the tour, we adjourned to Poppy's café for afternoon tea. The Last Post Ceremony, honoured Sister Hilda Mary Knox who is one of the women on the Roll of Honour. Sister Knox served as a nurse in WWI and served overseas. Sister Knox had various postings overseas but fell ill and died in France in 1917 where she remains.



Upcoming events

April

Note: The President is not available for any ANZAC Commemorative Services, including the National Service, as I will be overseas.

ANZAC Commemoration Service – The Canberra Hospital

On 18 April, Margaret Smith will represent the WRANS – Naval Women's Association (ACT) and lay a wreath at The Canberra Hospital ANZAC Commemorative Service. This Service is held in the Veterans Remembrance Garden at the entrance to the hospital and will commence at 1030 hours. Everyone is welcome to attend.

War Widows Field of the Remembrance

On 20 April, Rae Milfill (Cooper) will represent the WRANS – Naval Women's Association (ACT) and lay the Association Cross during the War Widows Field of Remembrance ANZAC Day Commemorative Service at the El Alamein Village in Lyneham.

ANZAC Day march

On 12 February, during our Annual General Meeting, it was agreed we would support '*By the Left*' initiative on ANZAC day meaning WRANS – Naval Women's Association (ACT) will march with the women's Veterans contingent. The Order of the March is all women Veterans will march as the 2nd Veteran contingent behind the Army Apprentices, but 5th in Order of March (behind the Official Party, flag bearers etc).

Order of March

Form up by 1000 hours for a 1030 march off. The women's contingent will meet in the vicinity of the Australian Army National Memorial. Contingents will gather on the red gravel parade area in between the planter boxes. The WRANS, WRAAC and WRAAF Association banners will be visible.

The three Presidents will command their own group, in front of the women's contingent. As the senior service WRANS – Naval Women's Association (ACT) will lead the women's contingent and will march in four columns.

The command 'EYES RIGHT' will be given when passing the Reviewing Officer. This will be followed by 'EYES FRONT'. The command may be difficult to hear so members are asked to ensure that they acknowledge the Reviewing Officer when passing their immediate front.

Dress of the day is smart dress or trousers in black or navy with a white shirt and white hat if you have one. Serving members may wear uniform if permission is granted by their Commanding Officer.

Post event function

Please note Members of the WRANS – Naval Women's Association (ACT) are invited to the below functions

- WRANS – Naval Women's Association (ACT) and their families are invited to attend the WVNA function at the Catchpole room, Jamison Southern Cross Club for lunch and drinks. Bookings are not required. You will be able to purchase food and there is a playground for children. The address is the Cnr Catchpole & Bowman Streets, Macquarie ACT 2614.
- WRANS – Naval Women's Association (ACT) are also invited to the RAN Communications Branch drinks at the Canberra Bowling Club, Hobart Avenue, Forrest ACT.

Current Repatriation Benefits for Gold Card Veterans - As of 01 Jan, 2018:

*Here is the list of Pharmacy Medications available to Gold Card Veterans - but let me say that when you go to your doctor make sure you take the list with you as he/she may not be aware of all these medications being available to Veterans under the RPBS scheme; if you should have any problems ask your Doctor to contact **DVA Pharmacy approvals on 1800 552 580** for an Authority.*

Repatriation Benefits List

(The following is a list of products, that are available on a Doctors prescription, for Gold Card Repatriation Patients)

Skin Care:

Sorbolene and Glycerine Cream, Calmurid Cream, Pinetarsol Solution, Hamilton Skin Therapy Wash, QV Bath Oil, QV Cream -- (DVA Authority required)

Hair Care:

Sebitar Shampoo, Sebi Rinse Conditioner, Selsun Nizoral Shampoo, -- (DVA Authority required)

Sun Care:

15+ Cream, Lotion, and Solarstick, Ego Sun Sense 50+, Aquasun.

Oral Hygiene:

Savacol Aquae Spray for Dry mouth

Allergies:

Telfast, Claratyne, Zyrtec, Phenergan, Drixine Nasal Spray, Beconase Nasal Spray, Rhincort Nasal Spray, Sudafed, Demazin Tablets

Cough Mixtures:

Senagar & Ammonia, Durotuss

Fibre Supplements & Laxatives:

Nucolox, Normacol, Metamucil, Coloxyl with Senna, Senokot, Movicol powder sachets, Glycerine Suppositories.

Dressings:

Micropore Tape, Cutilfilm Plus Waterproof Dressings, Melolin Dressings, Handy Banages, Cotton Wool, Betadine Antiseptic, Solugels, Barrier Creams, Disposable Gloves, Prantal Powder, Bactroban Cream or Ointment.

Antifungal Agents:

Lamasil cream, Canesten Cream, Loceryl Nail Paint,
Hydrozole Cream -- (DVA Authority required)

Haemorrhoidal Treatments:

Proctocedyl Ointment -- (DVA Authority required)
Suppositories, Anusol.

Ear Preparations:

Ear Clear for Wax, Waxsol, Ceromol Ear Drops,

Eye Drops: Ircal Eye Ointment, Refresh Tears Plus 15 mil.

Vitamins & Minerals:

Calcium sup Tablets, (Caltrate), Vitamin B1 (Betamin),
Magnesium Tablets (Mag-Min), Accomin Liquid Tonic,
OsteVit-D – (Vitamin D) -- (DVA Authority required)
Multivitamins – (DVA Authority required)

Joint Pain & Arthritis:

Metsal Cream or Liniment, Arthro-Aid (Glucosamine).
Osteomol 665 Paracetamol (*replaces Panadol Osteo Tablets*)
Voltaren Emulgel -- (DVA Authority required)
Fish Oil Capsules 1000mg -- (DVA Authority required)

Sexual Health:

Viagra, Cialis, Caverject

Pain:

Asprins - Cartia, Astrix Capsules, Cardiprin, Paracetamol,
Ibuprofen, Panamax Co, Panadeine Forte.

Weight Loss:

Optifast, Xenical.

Various:

Nicorette Patches (Quit Smoking), Vermox, Imodium,
Gastro-Stop, Ural Sachets (Urinary Alkalinizer)

** Always check with your GP, as this list changes from time to time. (You could have been paying full price for any of these items without realising you could have them on a prescription, thereby reaching the Safety Net of **\$384.00** sooner. Remember after your **60 prescriptions per annum, at \$6.40 each** your prescriptions are free.)*

*Some Pharmacies are charging discounted scripts at \$5.40 each, be aware if you take the discounted price you will need to accrue **\$388.80 (72 scripts)** to reach the Safety Net,*

Please pass this Newsletter along to your Navy friends for information.

WRANS – Naval Women's Association (ACT)

Proposed - EVENTS PROGRAM 2018

DATE	TIME	FUNCTION	VENUE	RSVP
Mon 12 Feb	1800	General Meeting followed by the AGM and Dinner	Southern Cross Club Woden	To secretary@wransact.org Ph: 0412 122 527
Mon 25 Apr	1000	ANZAC Day March Please arrive prior to 1000.	Placement 2, ANZAC Parade	To secretary@wransact.org Ph: 0412 122 527
Mon 25 Apr	1230	ANZAC Day Lunch	CSCC Jamison or Canberra South Bowling Club	To secretary@wransact.org Ph: 0412 122 527
Mon 7 May	1800	General Meeting and Dinner	Southern Cross Club Woden	To secretary@wransact.org Ph: 0412 122 527
Sat 18 June	1230	Mid-Winter Lunch	Harcourt Inn, Gold Creek	To secretary@wransact.org Ph: 0412 122 527
Mon 8 Aug	1800	General Meeting and Dinner	Southern Cross Club Woden	To secretary@wransact.org Ph: 0412 122 527
Sat 22 Oct	1100	Annual WRANS Commemoration Service	WRANS Memorial at HMAS <i>HARMAN</i>	To secretary@wransact.org Ph: 0412 122 527
Sat 22 Oct	1230	Lunch following Memorial Ceremony	<i>TBA</i>	To secretary@wransact.org Ph: 0412 122 527
Mon 7 Nov	1800	General Meeting and Dinner	Southern Cross Club Woden	To secretary@wransact.org Ph: 0412 122 527
Wed 7 Dec	1830	Christmas Dinner	<i>TBA</i>	To secretary@wransact.org Ph: 0412 122 527

The above Events Programme is to be confirmed but please note the meeting dates in your diary.

MEMBERSHIP DUES 2018

Membership renewals are now due so if you have not already done so, could you please pay your annual membership subscription of \$20.00 before the next Annual General Meeting either by

cash or by cheque made out to the WRANS – Naval Women's Association (ACT) and forwarded to

The Treasurer,
WRANS – Naval Women's Association (ACT),
PO Box 402,
WODEN ACT 2606

or if you prefer you could pay online by direct transfer. The account details are

BSB Number *633000*

Account number *120 827 027*

Account name *WRANS - Naval Women's Association (ACT)*

Payee Reference – your Surname/Mship 2018

**NEW MEMBERS ARE ALWAYS WELCOME JOINING FEE IS \$10.00
PLUS THE ANNUAL \$20.00 SUBSCRIPTION
(Application Form on website)**

INVITE YOUR NAVY FRIENDS ALONG TO OUR MEETINGS!

Personal Details - New email address – moved?

We need to continually update our contact details so if you have changed address, email etc., would you please complete the following and either return it to the Membership Secretary, PO Box 402, Woden ACT 2606 or hand it in at the next General Meeting.

PERSONAL DETAILS – UPDATE

Surname Given Names

Address

Telephone (Home) (Work)

(Mobile)

(Email address)
