



# MARCHING ALONG



## *WRANS – Naval Women's Association (ACT) Newsletter*

Volume 9 Issue 4

August 2018



### **WRANS ACT – Informal lunch – Gungahlin Lakes Club – 19<sup>th</sup> August 2018**

Joan (Reynolds) Henstock & Merle (Storrie) Hare enjoying a conversation

Newsletter of the WRANS – Naval Women's Association (ACT)  
PO Box 402  
Woden, ACT 2606

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**WRANS – Naval Women's Association (ACT)**

**July - August 2018**

## **WRANS - Naval Women Association (ACT)**

### **Activities**

### **Events/Representations**

#### **July**

#### **Memorandum of Understanding (MOU) between the WRANS - Naval Women Association (ACT) and the Women's Veterans Network Australia (WVNA)**



#### **Memorandum of Understanding**



This Memorandum of Understanding (MOU) has been entered into by the Women Veterans Network Australia and the WRANS – Naval Women's Association (ACT). This partnership is established to provide a close cooperation between our Ex-Service Organisations to support our female veteran communities. The purpose of the partnership is to:

- Improve communication, cooperation and collaboration.
- To provide opportunities to discuss matters of mutual interest that will benefit defence and ex-service veteran communities, primarily for female veterans.
- To connect and network our members in a social setting no less than bi-annually.
- To promote and/or participate as appropriate in activities of mutual interest to our members.
- To assist in maintaining the history of WRANS through friendships established between members.

This partnership involves no financial exchange, costs or financial support agreements. It is purely a partnership of cooperation and friendship to mutually support WVNA and WRANS Naval Women's Association (ACT) members.

This partnership is enduring until either organisation withdraws or dissolves.

This Memorandum of Understanding was agreed to by the parties on this 3rd day of July 2018.

Signed for and on behalf of Women Veterans Network Australia

A handwritten signature in black ink, belonging to Kellie Dadds.

Kellie Dadds, WVNA Canberra Regional Coordinator

Signed for an on behalf of WRANS – Naval Women's Association (ACT)

A handwritten signature in black ink, belonging to Pauline Gribble.

Pauline Gribble President WRANS- Naval Women's Association (ACT)

On 14 May, the WRANS AGM agreed to enter into an MOU with the WVNA.

- This partnership is established to provide a close cooperation between our Ex-Service Organisations to support our female Veteran's communities.
- This partnership involves no financial exchange, costs or financial support agreements. It is purely a partnership of cooperation and friendship to mutually support WVNA and the WRANS – Naval Women's Association (ACT).
- This partnership is enduring until either the organisation withdraws or dissolves.

On 3 July, the MOU was signed by Kellie Dadds (WVNA representative) and Pauline (McCormick) Gribble (President WRANS – Naval Women's Association (ACT)).

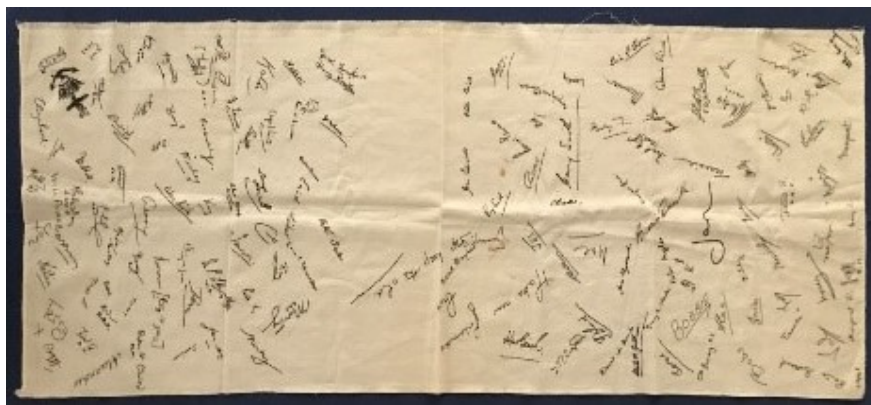
#### **Women's Royal Naval Service lunch (WRNS)**



On 8 July, Rae (Cooper) Milford, Trish (Thurston) Goddard and Pauline Gribble attended the WRNS lunch at the Southern Cross Club Woden. It was a relaxed enjoyable atmosphere and conversation flowed on a cold winter's day. It is worthy to note many of the ladies meet each other at other activities such as the Defence Widows



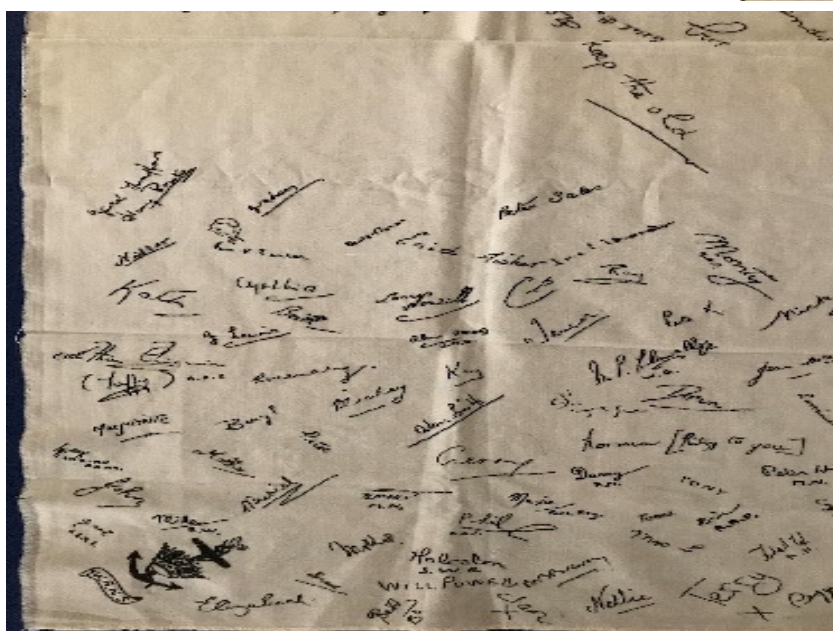
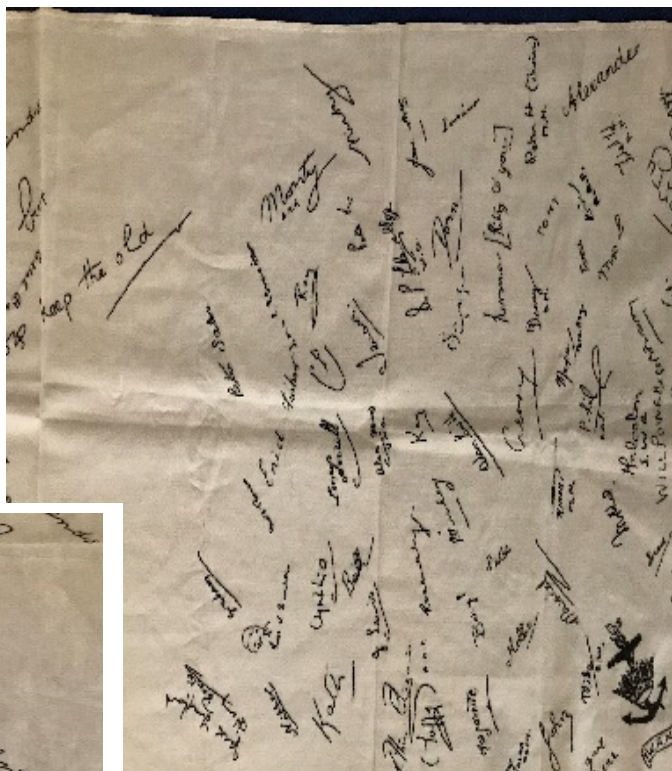
## WWII embroidered signatures material



On 11 July, Pauline Gribble received the WWII embroidered signatures material from Mrs Valerie Pitman, from England. Valerie contacted the WRANS earlier this year because she had found a piece of embroidered material with WRANS signatures from WWII. Valeria explained that her father had served during WWII and had the material in his possession.

However, on closer inspection the embroidered material showed that the signatures are a mixture of WRNS and other British Services and not WRANS from WWII.

Chris (McNicol) Lamb gave the embroidered material to the Canberra based WRNS for inspection. The WRNS said if agreeable by the WRANS, they would be willing to accept responsibility for the material and discuss with HMS Portsmouth. They will discuss the possibility of displaying the material with the WRNS items already on display there at the Royal Naval Museum, which is a museum of the history of the



Royal Navy located in the Portsmouth Historic Dockyard section of HMNB Portsmouth, Portsmouth, Hampshire, England.

At the August AGM, the WRANS agreed the material to be given to the WRNS. When this occurs, Pauline will write a letter to Valerie and thank her for her thoughtfulness.

## Informal lunch – Top Pub - Queanbeyan

On 22 July 2018, we had our first informal lunch at the Top Pub in Queanbeyan. The attendance while small was a success. It was a friendly and relaxed atmosphere, which allowed everyone to catch-up. Eight WRANS and two spouses attended.



## New activities

At the mid-winter lunch in June, members requested more informal daytime events to be held on a regular basis. These activities will be advertised on Facebook and an email will be sent as a reminder.

- Therefore, we will have an informal lunch on the **3<sup>rd</sup> Sunday** of the month somewhere in Canberra or Queanbeyan.
- A catch-up coffee morning is planned for the **1<sup>st</sup> Wednesday** of the month. The first coffee morning will be held on **5 September 2018** at 1030 hours at Tulips in Pialligo.
- If you require a lift to the lunch or coffee mornings please let me know.
- Everyone is welcome to come.

Feedback please:

- Please advise if Wednesday is not the right day.
- In addition, if you would prefer Poppies at the Australian War Memorial instead of Tulips because of parking let me know.

## Happy birthday – Norma Jolly



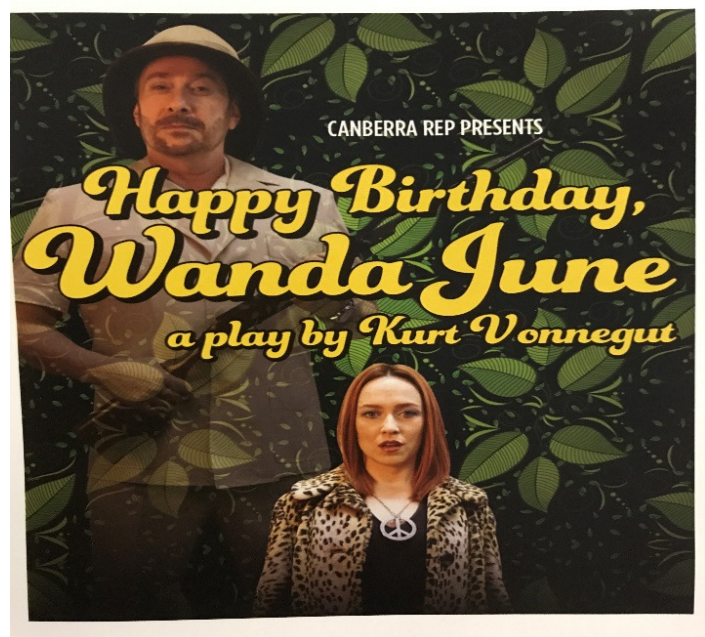
On 24 July 2018, Norma (Maynard) Jolly celebrated her 89<sup>th</sup> birthday. Norma served in the WRANS between 1954 to 1959. Norma paid off as a POWRSTD.

Chris Lamb visited Norma and gave her a bunch of pink roses and gypsophilas on behalf of the Association. Chris said that Norma seems cheerful and enjoys reading the newsletter to keep up with what the WRANS are doing.

## Theatre 3 outing

On 4 August, Margaret Smith, Chris Lamb and Pauline Gribble and Judy Hughes all enjoyed an afternoon at Theatre 3 to enjoy the local production of *Happy Birthday Wanda June*. The play is written in the 1960s/70s. It is a product of the era, and reflects and explores ideas and issues that were important at the time. Many of the issues are still relevant today.

Margaret organises these outings on a semi regular basis.





## HMAS Canberra Memorial



On 10 August 2018, Pauline Gribble laid a wreath on behalf of the WRANS - Naval Women's (ACT), at the Memorial Service to commemorate the loss of HMAS *Canberra* (I).

Representatives from the ACT Government and representatives

from the US and UK navies, the Australian Defence Force, ex-Service Organisations and children from the Torrens Public School. The children laid rosemary on the memorial in memory of lost ships. It was well attended on a fine but windy day.



## Farewell lunch for WVNA member



On 12 August, a few of our members attended the farewell lunch for Kellie Dadds. Kellie met many of the WRANS on ANZAC Day during the *By the Left campaign*''.

All who have dealt with Kellie will miss her. Kellie and her family are moving to Victoria for the next phase of her life.

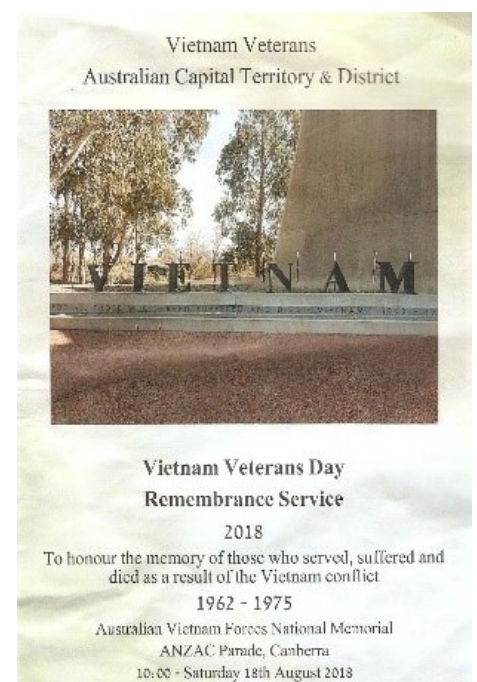
## Vietnam Veterans Day Remembrance Service



On 18 August, Pat McCabe and Pauline Gribble attended the Vietnam Veterans Day Remembrance Service. Pat laid a wreath on behalf of the Totally and Permanently Incapacitated Federation (TPI) and Pauline laid a wreath on behalf of the WRANS - Naval Women's Association (ACT).

It was well attended, by the Governor-General and representatives of the US and UK embassies, the Australian Defence Force and ex-Service Organisations.

The attendees sat through rain, hail, snow and wind – it was very cold day.



## ACT Government proposed changes to Community Clubs funding – WRANS submission

On 12 August, Pauline Gribble submitted the following submission:

*The WRANS - Women's Naval Service (ACT) wish to express our concern over the proposal by the ACT Government to change the existing community contributions scheme that provides donations to community organisations. The WRANS - Naval Women's Association (ACT) receive valuable assistance from the Southern Cross Club Woden by way of using their meeting facilities. Any change to this assistance would affect the ability of the WRANS - Naval Women's Association (ACT) to provide support for members, all of whom are Veterans with many suffering from service-related medical conditions.*

*The WRANS - Naval Women's Association (ACT) also provides comradeship among all former and current serving Naval Servicewomen. The WRANS - Naval Women's Association (ACT) helps to foster fellowship, social contact, and support for each other through networking and sharing of information. Membership includes a number of generations, from World War II WRANS to servicewomen currently serving.*

**On 22 August, Pauline received the following email from the Justice and Community Safety Directorate**

*Good evening*

*I am writing to inform you that on Wednesday, 22 August 2018, the ACT Government will be making an announcement on the future of the community contributions scheme.*

*The Attorney-General has asked me to confirm with you that there will be no reduction in the amount of community contributions that are administered by clubs. The Government has considered the feedback provided in this process, and has ruled out any reduction in the 8 percent community contribution amount or any change to the ability of clubs to make decisions about that amount.*

*The Government will be looking to increase community contributions on top of the 8 percent, with a portion of that increase going to the Chief Minister's Charitable Fund. The focus of this reform will be to maximise the community benefits of the scheme, and to this end, the Government will be pursuing options to increase the community contributions that come from gaming machine revenue, rather than reducing them.*

*The Government is still considering the full extent of reforms it might make to the scheme, as it reviews all the feedback received from stakeholders.*

*Further details on the future of the scheme will be outlined by the Attorney-General in a Ministerial Statement on gambling reforms which he will give in the Legislative Assembly on 23 August 2018.*

*Thank you for your contribution to the review.*

*Yours sincerely*

*Alison Playford  
Director-General  
Justice and Community Safety Directorate*



### *Defence Widows Group*

Will be holding their next lunch

On the 20<sup>th</sup> September 2018

For further information contact

Chris Lamb - [lambcr67@gmail.com](mailto:lambcr67@gmail.com) or 6286 4617



## Informal lunch at Gungahlin Lakes Golf Club



On 19 August, the informal lunch was held at the Gungahlin Lakes Golf Club. It was a pleasant lunch with most taking out club membership.



A surprise attendee, and a favourite of all, was Merle Hare at the lunch.

Eleven people attended lunch. Our next lunch is on 16 September in the Woden area. Any suggestions?

Everyone is welcome to come.

## A World War II WRAN living in London - FLORENCE HELLER

In late 2017 an application was received from Florence Heller (nee St John), a WWII WRAN, living London. In October 2017, Beth (Cozens) Roberts wrote a letter to the *Canberra Times* in which she described the interaction between WWII WRANS and the TS *Canberra* girls at our Annual Memorial Service. Her nephew who lives in Canberra forwarded the letter. This piqued Florence's interest in learning more about the WRANS and their activities since WWII.

Florence began an email correspondence with our Secretary, Kerry (Wallis) Holmes, who met Florence in London in February and July 2018. Florence is a very fit 94-year-old who is still living independently in the family home, and has just completed a forty-page article on one of her ancestors. Florence walks daily (without assistance) in the woods next to her home and travels regularly to Cambridge to visit family and friends. She is never bored or without visitors or an activity.



Florence was the daughter of a vicar who grew up in country NSW. She joined the WRANS in 1942 and served at HMAS *Harman* with Eleanor (Douglas) Swan and Jean (McKenzie) Nysen. She saw it as an adventure after a sedentary life in the country. After WWII, she moved to Sydney to attend university and shared a flat with Eleanor for a time. In the early 1950's she moved to London, intending to stay for a couple of years. She met her husband, Frank and the rest as they say is history! Florence and Frank led an interesting life. Frank was a noted Social scientist and Florence followed him to Argentina, Chile and the USA for his work before returning to the UK to raise their three children. Florence had her own career, maintains an active interest, in the social sciences.

Florence returned to Australia every few years until about five years ago. She maintains an interest in all things Australian, and was very keen to hear the history of the WRANS and the achievements of women in the Navy today.



## **Veterans and Veterans families Counselling Services (VVCS) – Regional Consultative Forum**

On 21 August, Pat McCabe and Pauline Gribble attended the VVCS forum held in Canberra.

The VVCS provides mental health and wellbeing services for the Australian veteran community and their families. The aim of the VVCS is to:

- Utilise the Regional Consultative Forum to strengthen the relationship between VVCS and regional stakeholders,
- Promote two-way communication about mental health and well-being within the wider veteran support community, and
- Improve service delivery outcomes and long term service planning.

## **Group Programs**

Group programs provide a safe and supportive environment in which to learn about issues impacting on mental health and wellbeing, obtain treatment and support for mental health concerns, connect with others with similar experiences and/or develop self-management skills to enhance wellbeing.

Group programs are an important part of VVCS evidence-based treatment services. Whether they are veterans, partners or other eligible family members, group program participants often report that being in a group helps them understand that others may share their experiences. Others feel more comfortable learning in a group than in counselling.

An important benefit of group program treatment is the chance to learn about and address mental health concerns in a supportive environment. All VVCS group programs are conducted by facilitators experienced in working with veterans and their families.

The length of VVCS group programs varies from 2-day workshops to sessional programs, run over a number of weeks.

All group programs are provided free to eligible participants.

### **VVCS Group Programs**

- Beating the Blues
- Building Better Relationships
- Doing Anger Differently
- F-111 Lifestyle Management Program (residential)
- Lifestyle Management Program (residential)
- Mastering Anxiety
- Operation Life
- Sleeping Better
- Stepping Out (ADF transition)

**Group program calendar\*** is available.

### **Registrations and enquiries**

- Phone VVCS on 1800 011 046
- Complete and submit the [Online Registration of Interest form](#).

VVCS provides local courses and group activities at no cost. Please note that the Residential Lifestyle Management Program in November is fully booked. Registration for the other programs is online at <https://bit.ly/2MMiapz>



## New South Wales and Australian Capital Territory

Programs, dates and locations

Program	Date	Location	Structure
Doing Anger Differently	25 August & 1 September	Canberra	2-day weekend workshop
Anxiety Management	19–20 November	Sydney	2-day workshop
Beating the Blues	4–5 September	Canberra	2-day workshop
	18–19 October	Newcastle	2-day workshop
	Rescheduled to 5–6 November	New England (TBA)	2-day workshop
Building Better Relationships	10–11 September	Sydney	2-day workshop
Operation Life: Applied Suicide Intervention Skills Training (ASIST)	Rescheduled to 17–18 September	Canberra	2-day workshop
	27–28 September	Sydney	2-day workshop
	25–26 October	Central Coast	2-day workshop
Residential Lifestyle Management Program	5–9 November	Bowral	5-day residential program
Sleeping Better	22–23 October	North Coast	2-day workshop
Stepping Out	28–29 August	Sydney	2-day workshop
	15–16 November	Canberra	2-day workshop
	26–27 November	Sydney	2-day workshop



The Veterans and Veterans Families Counselling Service (VVCS) is getting a new name and a new look.

From October, VVCS will become *Open Arms*, with the tagline *Veterans and Families Counselling*.

“This new brand better represents how the service has evolved and is more recognisable,” National Manager Dr Stephanie Hodson said.

“Open arms are a very powerful symbol of support, safety, and security, particularly for Vietnam Veterans, whose lifeline was the Huey helicopter.

“The Hueys would either take them out to safety, or provide critical supplies. But to let the pilot know where to land, one soldier had to stand in a field with open arms, completely vulnerable.

“Our new logo reminds us of those brave soldiers, while also representing so much to contemporary Veterans — families welcoming soldiers home, land crew directing planes — and, of course, our policy to welcome those who need support.

“This brand change comes at a time when we are expanding eligibility to anyone who has served for one day or more and their immediate family, who can now seek counselling about any issue they face.

“It was developed after extensive consultation with Vietnam and contemporary Veterans, current personnel, Reservists, partners, families, and peer network advisers across Australia.”

The nationally accredited service has been the cornerstone of the Australian Government’s Veteran mental health support for more than 35 years, when it was established to support Vietnam Veterans.

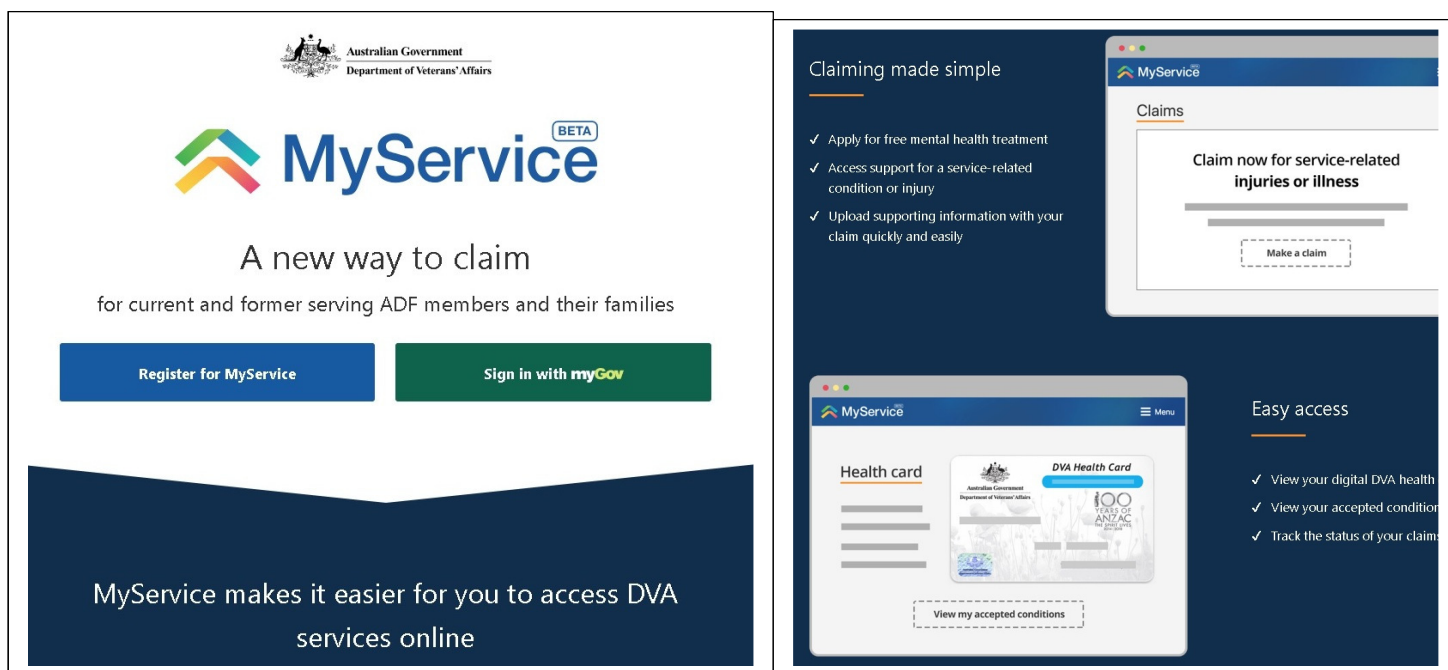
It provides 24-hour free and confidential counselling to former and current Australian Defence Force personnel and their families.

“As a contemporary Veteran, I fully understand and appreciate the amazing legacy the Vietnam Veterans have provided to my generation.

“Since 1982, we have provided more than 1.6 million counselling sessions to close to 300,000 Veterans and family members,” Dr Hodson said.

“With this more memorable brand that clearly represents what we do, we hope to better connect with current and former ADF personnel and their families, so that even more can get the support they need.”

If you need support, call 1800 011 046 any time of day or night. Or for more information, go to [www.openarms.gov.au](http://www.openarms.gov.au)



### Any mental health condition now covered under NLHC

As announced in the 2017–18 Budget, current and former members of the Australian Defence Force (ADF) (*in the 2018-19 budget now includes direct families*) are now able to access treatment for any mental health condition through DVA’s Non-Liability Health Care (NLHC) treatment arrangements. There is no need to prove the condition is related to their service.

NLHC does not depend on lodging a compensation claim and is open to all current and former members of the ADF who have rendered at least one day of permanent or continuous full-time service. A formal diagnosis is not required to seek treatment under NLHC.

NLHC treatment is accessed through a DVA White Card and may include services provided by a general practitioner, medical specialist, psychologist, social worker, occupational therapist, psychiatrist, hospital services or specialist PTSD program. You can also access counselling services through the Veterans and Veterans Families Counselling Service.

*VetAffairs – Spring 2017*



### **Ceremony to honour women's service and sacrifice**



Interest in acknowledging the role of women and families in the defence of our nation is so high that the Honouring Women United by Defence Service dinner next month sold out weeks in advance, but all are welcome to attend a Last Post Ceremony marking the occasion on Tuesday, 11 September.

The ceremony at the Australian War Memorial will pay tribute to Norma Violet Mowbray, who served with the Australian Army Nursing Service and died of pneumonia in Egypt in 1916, aged 32.

The Honouring Women United by Defence Service collaboration is supported by the War Widows' Guild of Australia NSW, Legacy, RSL NSW, the TPI Federation of Australia, Women Veterans Network Australia, the Australian Defence Force (ADF), DVA and The Australian War Memorial.

The events will bring together for the first time widows of ADF members, current and ex-serving women, and mothers and families whose lives have been affected by the service of a loved one, highlighting the increasing involvement of women in the ADF and the consistent support and unique capability provided by Australian women and families in the defence of Australia.

The collaboration will ensure the continued influence of and advocacy for these women into the future.



From 22 to 30 September community groups and ex-service organisations will be conducting a range of Veterans' Health Week (VHW) events across Australia.

The events support this year's theme of 'Nutrition'. There are a range of events to choose from including cooking classes, talks by specialists on nutrition and visits to community gardens to learn about the importance of nutrition while enjoying new and delicious foods.

To find an event in your state or territory visit the [Veterans' Health Week web page](#).

The goal of VHW 2018 is to help veterans, current and former members of the Australian Defence Force and their families, eat better and smarter.

We look forward to seeing you at a VHW event in September.

Further information can be found at – <https://bit.ly/2wc8Wtb>.

Further information can be found at – <https://bit.ly/2l7cRnZ>.

## Hearing services for DVA clients



If you are a DVA client with an accepted hearing disability, including chronic or severe tinnitus, you have access to fully funded devices and services to help manage your hearing loss.

The Australian Government Hearing Services Program provides comprehensive hearing assessments and prescriptions for over 160 hearing devices, as well as fitting of the device, ongoing training and support to DVA clients. These services come at no cost if you have a DVA Gold or White card.

You also have access to assistive listening devices (ALDs) through the DVA Rehabilitation Appliances Program at no cost. ALDs are used with hearing aids to enhance hearing in specific situations such as watching television with family or eating out with friends. Using ALDs with hearing aids can provide greater benefits.

If you are experiencing hearing loss, speak with your local doctor for advice. Providers know the devices and services available to DVA clients and are best placed to help you on your journey to better hearing.

More information can be found on the [DVA Hearing Services Factsheet 22](#) or by visiting the [DVA Hearing Services webpage](#).

Remember, you **NEVER, EVER** pay for your hearing aid DVA entitlements. The Audiologists **MUST** always request prior approval for any requirement over the basic needs provided by the Department of Health.

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  
**27<sup>th</sup> August – 30<sup>th</sup> August 2020.**

Expressions of interest to be returned by email to: - [reunion2020@bigpond.com](mailto: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)

.....

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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
Sat 20 Oct	1100	Annual WRANS Commemoration Service	WRANS Memorial at HMAS HARMAN	To <a href="mailto:secretary@wransact.org">secretary@wransact.org</a> Ph: 0412 122 527
Sat 20 Oct	1230	Lunch following Memorial Ceremony	HMAS HARMAN – Bonshaw Mess	To <a href="mailto:secretary@wransact.org">secretary@wransact.org</a> Ph: 0412 122 527
Mon 12 Nov	1800	General Meeting and Dinner	Southern Cross Club Woden	To <a href="mailto:secretary@wransact.org">secretary@wransact.org</a> Ph: 0412 122 527
Wed 5 Dec	1830	Christmas Dinner	TBA	To <a href="mailto:secretary@wransact.org">secretary@wransact.org</a> Ph: 0412 122 527

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

### Upcoming events

- 5-Sep Pauline Gribble to attend the Battle for Australia at the Australian War Memorial
- 5-Sep Informal coffee morning 1030 at Tulips in Pialligo. All welcome.
- 11-Sep Last Post Ceremony at the Australian War Memorial and Honouring women dinner at the Hotel Realm
- 16-Sep Informal lunch in the Woden area. All welcome
- 3-Oct Informal coffee morning 1030 at Tulips in Pialligo. All welcome.
- 20-Oct WRANS Memorial Service at HMAS Harman. All welcome
- 7 Nov Informal coffee morning 1030 at Tulips in Pialligo. All welcome.
- 18 Nov Informal lunch in the Tuggeranong area. All welcome.

## **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!**

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**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) .....

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