

The Bosun's Call



Vol 15 No 10

Each for All—All for Each

November 2010

CDT3 Finally receives USN Unit Commendations

Clearance Diving Team 3 who served in Vietnam between 1968 and 1970 was awarded two United States Navy Unit Commendations on 1 October by the United States Navy's Chief of Naval Operations, Admiral Gary Roughead. Chief of Navy, Vice Admiral Russ Crane, hosted the award ceremony in HMAS Waterhen

Forty-three members of Clearance Diving Team 3, one of whom was killed in Vietnam, are eligible for the commendations. The delay in publicly recognising the achievements of Clearance Diving Team 3 was due to the Government policy at the time that restricted the acceptance of foreign awards from the Vietnam War by Australia together with an administrative oversight by Navy.

When the National President of the Royal Australian Navy Clearance Diving Association, Mr Larry Digney, contacted me earlier this year asking for assistance to investigate the validity and history of these awards, we discovered that both Government policy at the time and latter administrative errors by Navy meant that these men had not been publicly recognised for their achievements." Vice Admiral Crane said.

The Vietnam veterans were delighted to have the commendations finally awarded to recognise their outstanding service in the Vietnam War alongside their American compatriots. They were equally pleased to receive the commendations in the presence of the current Chief of Navy, Vice Admiral Russ Crane, who is

also the Navy's most senior serving Mine Warfare and Clearance Diving Officer.

"I feel privileged to have been given the opportunity to correct the record for the Clearance Diving Association members to celebrate their 60th Anniversary in April 2011 under the banner of these prestigious awards." Vice Admiral Crane said.

Vice Admiral Crane concluded, "These men have received a rare honour from the United States Navy for conducting their explosive ordnance disposal duties with exceptional professional competence, disregard for their own safety and an unwavering devotion to duty. This sets the standard for not only our current Navy Clearance Divers, but for all those serving in today's Royal Australian Navy."



CN and CNO with award recipients at HMAS Waterhen on 1 October 2010

Events coming up
Thursday 4 November Meeting at
Vikings Football Club Erindale commencing 1330
Fish 'n Chips on Lake Burley Griffin by the Canberra Yacht Club 1700
31 October



Newsletter of the ACT Section of the
Naval Association of Australia



Printed by The Sports Club Kaleen

Naval Association of Australia ACT Section

Patron The Hon Sir William Deane AC KBE

Office Bearers 2010

President Peter Cooke-Russell 02 6258 6892
 Vice President Peter McNay 02 6282 2475
 Secretary Peter McNay 02 6282 2475
 Treasurer Sylvia Sinfield 02 6288 2350
 Assist Sec Pat McCabe 02 6291 9185

Committee Members

Welfare Alex. McGown 02 6258 6167
 Membership Peter Launder 02 6260 3843
 Alex Goodieson 02 6247 7306
 David Manolas 02 6265 1865
 Mike Hardwick 02 6453 6256
 John Small 02 6258 1216
 JJ Harrison 02 6258 4512

H/Social Secs Judith McNay and Bev Joce

Charitable Fund

Chairman Harry Beardsell

Contact Details

The Secretary
 NAA ACT Section
 PO Bo 265
 CURTIN ACT 2605
 wgn@optusnet.com.au
 Tel 02 6255 7872

President's Note

The last few weeks have been rather hectic. With a bit of luck things should quieten down before Christmas which brings us to two important events. Firstly subs for 2011 are due on 1 January 2011. A Form is included in this newsletter to accompany your payment. Secondly, the Annual General Meeting is due on 3 February 2011. A Nomination Form is also included for nominating office bearers and committee members for the coming year.

The Naval Memorial Service went well principally due to the tremendous effort put into it by HMAS Harman in preparing the Memorial area for the event, the Navy band from Sydney and the Catalque Party provided by the Federation Guard. Unfortunately the Chief of Navy was not able to participate but he was represented by RADM Peter Marshall who was detailed off about three hours beforehand because DCN RADM Thomas, who was meant to represent CN, was stranded in Broome WA due to his aircraft suffering a bird-strike.

The meeting in November will be the last for 2010. A demonstration of CPR will be given at that meeting.

We used to complete the year with a dinner on the first Thursday of December, however, due to a lot of age old reasons, that has been changed to a Lunch at the Gungahlin Lakes Golf Club.

See you.

Cheers

Peter Cooke-Russell

Fresh faces, fresh ideas needed for the future, don't stand back and leave everything to somebody else

**Committee meeting
 Vikings Erindale
 1200 Thursday 4 November 2010**

General Meeting Dates and Locations

4 Nov Erindale Vikings Football Club	1330	7 Apr Kaleen Sports Club	1330
2 Dec Lunch Gungahlin Golf Club	1200	5 May Erindale	1330
2011		2 Jun Kaleen Sports Club	1330
3 Feb Erindale	1330	7 Jul Erindale	1330
2 Mar MV Southern Cross AGM	1930 Wed	4 Aug Kaleen Sports Club	1330
		1 Sep Erindale	1330

NAA ACT Section Event/Social Diary

31 Oct Fish n Chips Grounds Canberra Yacht Club 5.00—7.00 pm approx BYO drinks or buy at CYC

21 Nov Sunday Christmas BBQ at Don & Bev's backyard 12.00—4.00 pm approx. See the menu and other information on page 5

28 Nov Fish n Chips Grounds Canberra Yacht Club 5.00—7.00 pm approx BYO drinks or buy at the CYC

2 Dec Christmas Lunch Venue Gungahlin Lakes Golf Club, commencing at 1200



*Left
SMN BM
Tony
Worso,
part of
the Cata-
falque
Party
resting
on his
arms re-
versed.*

Naval Memorial Service

Vietnam and two Gulf Wars and continues today to be on watch - conducting maritime security and counter piracy patrols in the Middle East, border protection in our northern waters, stability operations in the Solomon Islands, acting as members of the United Nations Missions in Sudan and East Timor, and undertaking joint exercises with our regional partners.

This year, for example, marks the sixtieth anniversary of the historic landings at Inchon, the turning point in the Korean War. The Chief of Navy attended a re-enactment and memorial last month, at which navies gathered to remember the sacrifice of the many who fought valiantly but didn't return. HMAS *Warramunga* was also there, representing HMAS *Warramunga (I)*, which was one of the nine Australian ships and 4500 Australian Naval personnel who served in Korea.

On a sunny spring day a small company of men and women paused to remember the service and sacrifice of the people of the RAN have made for their country.

In the words of Rear Admiral Peter Marshall, "The seventh of October is a fitting one, because it marks the anniversary of the first arrival of the Australian Fleet in Sydney Harbour in 1913. Led by the battle cruiser *Australia (I)*, with the cruisers *Sydney (I)*, *Melbourne (I)* and *Encounter (I)*, and the destroyers *Warrego (I)*, *Paramatta (I)* and *Yarra (I)*, it was the first time the Australian people received their own Navy."

Since that time, the Royal Australian Navy has served in 2 World Wars, the Korean War, the Malayan Emergency,

*Peter Burn (left) and JJ Harrison talking with SMN WTR
Laura Johnson from HMAS Harman*

Among our people's exploits was HMAS *Murchison's* show of naval force in the Han river estuary in May 1951; the eight days of shore bombardment she conducted under fire helped restart cease-fire negotiations and earned her Commanding Officer, then-Lieutenant Commander Allan Dollard, a DSC and the US Legion of Merit.

RADM Peter Marshall AM RAN giving the Occasional Address on behalf of the Chief of Navy



WORRIED ABOUT YOUR MEMORY? (Feeling forgetful or confused?)

Here's what you can do...

Finding out if there is a problem is the first step to getting help.

Have you become concerned about increasing lapses in memory, or other changes in thinking or behaviour for yourself, a family member or friend?

Changes in memory and thinking have a number of possible causes that may include stress, depression, pain, chronic illness, medication or alcohol and sometimes it is a sign of early dementia. Major changes in memory are not normal at any age and should be taken seriously.

If you or someone you know is experiencing these kinds of difficulties it is better to see your doctor sooner rather than later.

TALKING TO YOUR DOCTOR

There is no single specific test that can show whether someone has dementia. A diagnosis is made by talking to you and perhaps a relative or friend to find out more about your difficulties with memory and thinking. You will also need a physical and neurological examination which will look at all other possible causes.

During the visit

- Take your list of concerns with you – it will provide a useful basis for further discussion and tests
- Talk to your doctor about your concerns honestly and openly, including how long you have been experiencing these problems

Bring a list of the medications that you are taking including the doses (or bring all your tablets in a bag). Don't forget inhalers, creams, herbal medications and vitamins

Remember you can...

- Ask for a longer appointment
- Take a relative, carer or friend with you
- Ask questions and request further explanations if you don't understand
- Take notes during the visit

Discuss the option of further assessment by a specialist

THE EARLIER YOU ACT THE BETTER

The symptoms may not be caused by dementia but, if they are, earlier diagnosis will be helpful. An early diagnosis means that you can have access to support, information and medication. People with a diagnosis should have an opportunity to participate in planning the rest of their lives and their finances as well as indicating their wishes regarding future care.

WHAT IS DEMENTIA?

Dementia is a general term to describe problems with progressive changes in memory and thinking. Alzheimer's disease is the most common type of dementia. Dementia can happen to anybody, but it becomes more common over the age of 65, and especially over the age of 75. Early signs may not be obvious – only a doctor or specialist can properly diagnose dementia.

More Information

Further information about dementia and dementia risk reduction is available from *Alzheimer's Australia* at www.alzheimers.org.au or 1800 100 500.

NATIONAL PUBLIC TOILET MAPS

If you are looking for public toilet facilities across Australia, you can search the national public toilet map that shows the location of more than 14,000 public toilets. The map is convenient for people with young families and those holidaying or travelling to new locations or, if you are one of the many people affected by incontinence, the toilet map can improve your independence and quality of life by providing:

- the location of the nearest public toilet
- details of opening hours, accessibility, parking and other features
- the capacity to plan toilet breaks for short or long journeys
- the ability to save toilet information and plan trips
- access any time using a mobile phone

How do you use this service?

Go to [http://www.australia.gov.au/service/public-](http://www.australia.gov.au/service/public-toilet-map)

toilet-map

- browse the map in a particular State/Territory
 - search for toilets by post code, town or suburb, near a specific address or location such as a sports ground
- plan a trip with the Trip Planner and enter your starting and end address to get turn by turn directions for the quickest route and toilets along the way

The Toilet Map Helpline provides assistance to users of the National Public Toilet Map. You can contact the Helpline by online form, email, telephone and fax. You can also contact it via the National Relay Service and Translating and Interpreting Service.

Phone 1800 990 646 from 0800 – 1700 AEST and AEDT Monday to Friday, excluding national public holidays. Email helpline@toiletmap.gov.au. Fax (03) 6211 3222.

CHRISTMAS BBQ

WHEN: Sunday 21st November 2010

WHERE: Don & Bev Joce's Backyard...
30 Marsden Street
Dickson ACT

TIME: 12.30pm 'til whenever

COST: \$15 per person for members and family
\$18 per person for other guests



For the price of entry you will be offered a feast of
Christmas nibbles,
a 3 course meal of Christmas fare
(which will include Ham and Plum Pudding).
Non-alcoholic Fruit Punch,
Tea, coffee and Christmas Cake.
You may bring your own drinks
but \$2 will get you a glass of wine or a stubby of beer.

RSVP by Monday 15th November to 62497230
or SMS to 0412732768
or email joce1936@optusnet.com.au

or by filling in the attached form and posting it to
D & B Joce. 30 Marsden St. Dickson ACT 2602

Money is to be paid by Wednesday 17th November. Unfortunately no refunds
will be available after 18th November.

CHRISTMAS BBQ

Name _____

No of persons attending ____

Amount paid \$____ **Method of payment: Cash or Cheque.**

Cheques to be made out to B & D Joce or NAA ACT Section

PENSIONS RISE

Veterans' pensions increased from 20 September, following the latest round of indexation payments. Your first full payment at the new rate of pension was paid from payday 7 October 2010.

The maximum rate of single service pension, including pension supplement, has increased by \$15 to \$716.10 per fortnight and the maximum rate for couples has increased by \$11.30 to \$ 539.80 per fortnight (each).

The Special (T&PI) rate of disability pension has increased by \$23.60 to \$1092.90 per fortnight.

Extreme Disablement Adjustment has increased to \$603.30 per fortnight and the 100 per cent General rate of disability pension has increased to \$388.30.

The pension paid to war widows has increased by

\$15.50 to \$725.10 per fortnight, while the ceiling rate of the income support supplement, which is paid to some 78,000 war widows, has risen to \$216.60 per fortnight.

Payments have also increased for some benefits under the *Military Rehabilitation and Compensation Act* (MRCA). The MRCA wholly dependent partner death benefit is now \$362.55 per week, paid fortnightly.

The quarterly instalment of seniors supplement (\$201.09 if single and \$151.80 if a member of a couple) was paid on 23 September 2010.

More information on the new pension rates is available from DVA on 133 254 or 1800 555 254 (for regional callers) or visit www.dva.gov.au.

SERVICE PENSION	Old rate	New rate	Increase
Single person	\$701.10	\$716.10	\$15.00
Couples (each)	\$528.50	\$539.80	\$11.30
Single person – transitional	\$634.30	\$643.80	\$9.50
Couples (each) – transitional	\$512.30	\$520.00	\$7.70
WAR WIDOWS			
War widow's pension	\$709.60	\$725.10	\$15.50
Income support supplement	\$211.90	\$216.60	\$4.70
DISABILITY PENSION			
TPI (Special Rate)	\$1069.30	\$1092.90	\$23.60
EDA	\$590.20	\$603.30	\$13.10
100 per cent	\$379.90	\$388.30	\$8.40
10 per cent	\$37.99	\$38.83	\$0.84
MRCA			
Wholly dependent partners death benefit	\$709.60	\$725.10	\$15.50
Special rate disability pension (SRDP)	\$1069.30	\$1092.90	\$23.60

CHANGES TO SENIORS PARKING AT WESTFIELD WODEN

Westfield was pleased to offer a bonus 1 hour validation parking to Senior Citizens at Westfield Woden and at other centres around Australia. This offer was originally made as part of a national campaign implemented by Westfield centres that operate paid parking facilities. This campaign, whilst highly successful, ceased to be in effect as of 1 May 2010.

The service provided as a result of this campaign

has been well received since its introduction in October 200. However, the campaign was not intended to remain active permanently and it was expected that it would ease. Westfield Woden will still offer a 1 hour free validation for all disability card holders.

No changes have been made to parking at Westfield Belconnen; they still offer the first 3 hours free.



NAA ACT Section

Nomination Form

2011 Committee Elections

Position

Nominee

Proposer: Name (Block Letters)

Signature

Seconder: Name (Block Letters)

Signature.....

Date:.....

Endorsement by Nominee

Nominations are to be delivered to

The Secretary,
NAA ACT Section

not less than 7 days before the date fixed for the Annual General Meeting to take place; ie by 7.30 pm Thursday 27 January 2011

Subscription and Records Update 2011

Annual Subscription for 2011 \$25.00 (Due now)

Surname.....

Given Names

Signature

Please complete any of the following details if there has been a change in the last 12 months

Preferred Title.....Post Nominals.....

Home Address.....

Town/Suburb.....State/Territory.....

Post Code.....

Telephoner (H)

Fax

Email

Spouse/Partner Given Name

Note

When completed please return this form together with your payment to; The Membership Registrar, either at a General meeting or by post to

3 Peake Place, CURTIN ACT 2605

Reunions

HMAS *Arunta* Association Reunion.

28 November 2010, HMAS *Cerberus*, Westernport Bay Vic. 70th anniversary of the launching of HMAS *Arunta*. Transport (most likely bus) will be provided for those needing assistance and will leave and return to a central point in Melbourne. For further information contact Bruce Robertson, Secretary HMAS *Arunta* Association (secretary@arunta-assoc.com or 03 9764 0336).

HMAS QUIBERON Reunion 2011

Penrith NSW 7—9 October 2011

Contact Dean Sando 02 4732 3083
Email quiberon2011@optusnet.com.au

RAN Communications Branch Association

Adelaide SA
23 – 26 April 2011

808 NAVAL AIR SQUADRON

808 Squadron seeking past members.

The RAN will recommission 808 Naval Air Squadron in January 2011 with new MRH90 helicopters at Nowra NSW. Past squadron members are requested to contact LCDR Col Cook on 02 4424 1940 or colin.cook@defence.gov.au

HMAS HOBART Biennial Reunion 2011

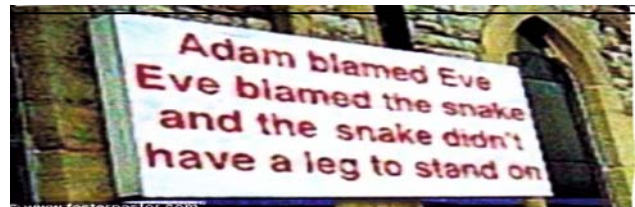
Where: Canberra ACT

When: 10 – 13 October 2011

Contact: Mike Taylor on 02 6288 3393 or mbt@netspeed.com.au

Website:

<http://www.hmashobartassn.com/reunion.html>



NAA (ACT Branch) Social Calendar 2010

Sunday 31st Fish & Chips in the grounds of the Yacht Club, Yarralumla.

5.00 pm to 7.00 pm approx.

You may need to bring a chair,
You can BYO drinks or purchase them from the yacht club.

November

Sunday 21st Christmas BBQ in Don & Bev Joce's backyard in Dickson.

12.00 noon to 5.00 pm approx.

Sunday 28th Fish & Chips in the grounds of the Yacht Club. Yarralumla.

5.00 pm to 7.00 pm approx. You may need to bring a chair,
You can BYO drinks or purchase them from the yacht club.

December

Thursday 2 December Christmas Lunch at the Gungahlin Lakes Golf Club From 1200.



Doing Anger Differently

This program will help participants to recognise and manage and learn positive stress management and coping strategies

WHEN:	November 17 and 18
TIME:	9.30am to 4.30pm
WHERE:	VVCS Office Deakin

**To register your interest for this program
please call 1800 011 046.**

Programs are open to peace keepers, veterans and their partners, as well as sons and daughters of Vietnam veterans and are provided at no cost to eligible participants.



Rivers Dining

At the Sports Club Kaleen
(sponsoring the printing of Bosun's Call)

...relax and enjoy yourself!!

Open 7 Day Lunch and Dinner

Lunch 12–2.00 pm (Fridays 11.30 am)

Dinner 6.00 –9.00 pm

**Daily Lunch Specials
\$7.50 Saturday to Thursday**

**Friday Lunches
Chicken Schnitzel, T. Bone, Rump or
Fish (crumbed or battered) \$9.50**

**Sunday Evening Roast
Adults \$13.50,
Children \$6.00**

The Sports Club Kaleen Your Function Venue

**Complimentary Room Hire (NPO)
Its an ideal venue to suit all
occasions.**

**Birthday, Engagements, Family
Reunions, Farewells and
Christmas Parties**

**For Bookings , Please call
Meighan or Liz on
02 6241 1560**

**Let us take the stress out of your
next Function**

ITEMS FOR SALE

NAA Ties	\$15.00
NAA Name Badges	\$15.00
NAA Key Ring	\$ 5.00
RAN Key Ring	\$ 5.00

See Secretary Peter 02 6282 2475



HAPPY BIRTHDAY

A Happy Birthday to you all.

Geoffrey Cannon, Brian Courtier,
Timothy Hayden ,Viv Littlewood ,
Andrew Masters, Allen Palmer, Dick Perryman,
Graeme Quinn, Patricia Robinson,
Maurice Tiffen and Ray Walters.



The NAA ACT Section is very grateful
for the support provided by the
Canberra Southern Cross Club

Answers to Five Minute Quiz:
11. A bird (duck); 2. Bauxite; 3. Earth; 4. Amethyst;
5. Gulf of Mexico; 6. Darkness; 7. Helen; 8. Peacock;
9. Snakes; 10. Green