



Australian Government
Department of Defence



Defence Community Organisation South Australia Bulletin

March - April 2019

Building 60 Keswick Barracks, Anzac Highway, Keswick

T 08 8305 6231 | E dco.southaustralia@defence.gov.au

Office open Monday to Friday 8.30am to 5pm

WELCOME EXPO



The weather was perfect and the crowd came in record numbers to the 2019 DCO SA Twilight Welcome Expo, held at the Adelaide Zoo. Throughout the night, DCO welcomed approximately 1,400 attendees through the gates, a mixture of Defence members and their families. An extensive array of community organisations gave their time to attend the Expo. The 50 stall holders armed with information, regarding support, services and activities available to Defence families in South Australia were kept very busy all evening!. The children enjoyed the Yellow Brick Road and the winners have been notified. Thank you to Latitude Aerial Park for the amazing prizes. The Army band and Military Choir helped entertain everyone with their amazing live music and there was plenty of opportunities to take family snaps using the DCO selfie Frame. DCO hope the information provided is of great assistance especially to those newly posted to South Australia, making settling into your new state a little bit easier. We hope you enjoyed the zoo experience and hope to see you at future DCO events.

DCO would like to thank Defence Health & Defence Housing for providing the water for our guests.



Walk, Talk & Coffee



Join Defence Community Organisations Walk, Talk & Coffee Group

WHERE Carisbrooke Park – Main North Rd, Salisbury Park (opposite Old Spot Hotel) Meet in the carpark.

WHEN Monday March 25th at 10am -12pm

RSVP through Eventbrite at
[DCO-Adelaide.eventbrite.com.au](https://dco-adelaide.eventbrite.com.au)
by Wednesday 24 April 2019

For more information dco.southaustralia@defence.gov.au

Partner Employment



Partner Employment information sessions

Are you a partner of an ADF member and looking for work? Find out about help available to you

Defence Community organisation is running two information sessions for partners looking for work now and into the future. Learn about Partner Employment Assistance Program including eligibility criteria, funding available and ideas for making the most of it. We will cover the local job market and aligned community program tips to boost your employability.

These session will only go ahead if we have minimum numbers of Attendees

Day Session

WHERE DCO SA, Keswick Barrack, Anzac Highway,

WHEN Wednesday 20th of March at 10am -12pm

RSVP dco.southaustralia@defence.gov.au
by Wednesday 13th March 2019
Please indicate the session time.

Evening Session

WHERE Uni SA Mawson Lakes. P2.04 Tutorial room in building P which houses the Planetarium.

WHEN Wednesday 20th March 19 at 6.45pm-8.15pm

RSVP dco.southaustralia@defence.gov.au
by Wednesday 13 March 2019
Please indicate session time

For more information dco.southaustralia@defence.gov.au



Australian Government
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FamilySMART



Dealing with military life

Defence Community Organisation is hosting a workshop on dealing with challenging aspects of Defence life.

The FamilySMART program helps partners of ADF members identify and build on their strengths, learn techniques to cope with the stressors of the military lifestyle, and become more resilient, self-reliant and proactive. The workshop targets deployment, relocation, partner absence from home, or reuniting with a partner after absence.

WHERE The Playford Civic Centre, meeting room 1, 10 Playford Blvd , Elizabeth SA 5112

WHEN Wednesday 27 March 2019, 10.00am–12.00pm

RSVP by Wednesday 20 March 2019 through Eventbrite at [DCO-Adelaide.eventbrite.com.au](https://dco-adelaide.eventbrite.com.au)

MORE INFO www.defence.gov.au/dco



Follow Defence Community Organisation to receive updates.

Defending Australia and its National Interests:
www.defence.gov.au





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South Australia Easter Celebration

Defence Community Organisation invites you to join us for a morning of fun.

All Permanent ADF members & personnel on CFTS & their immediate families are invited to join us for Easter in the Gardens at Keswick Barracks. Come along and enjoy Easter celebrations with Easter Bunny, chocolate eggs for the kids, face painting and much more. Bring your picnic rug, indulge in a hot cross bun and an essential morning coffee for the adults. Take the opportunity to visit the Army museum on base and to meet with other Defence families.

WHERE	Keswick Barracks, Anzac Highway, KESWICK
WHEN	Sunday 14 April 2019, 9.30am–11.30am Please don't be late as the celebrations will commence at 9.30 sharp
RSVP	by 8th of April 19 to DCO.SouthAustralia@defence.gov.au Please indicate number of Children & unit. Please meet in tennis courts on the day of event
MORE INFO	www.defence.gov.au/dco



LIKE Defence Community Organisation to receive updates.





Join Defence Community Organisation at the Watershed Function Centre & Café

If you are an ADF lateral recruit partner or family you are invited to join us for a coffee. Make new connections, share experiences and enjoy a chat and a laugh over a coffee.

WHERE	The Watershed Function Centre & Café 665 Salisbury Highway Mawson Lakes SA 5095
WHEN	Tuesday 2 April 2019, 10.00am–11.30pm
RSVP	by Monday 1 April 2019 through Eventbrite at DCO-Adelaide.eventbrite.com.au
MORE INFO	www.defence.gov.au/dco

Follow Defence Community Organisation to receive updates.



ConnectiviTEA



Coffee Morning

Connect with Defence Partners over morning tea – it's informative, supportive and lots of fun. Bring a friend, food to share and the kids.

Where: Community Centre, RAAF Base Edinburgh

When: Mondays Time: 10am -2pm

1st Monday of the month 10am-2pm (incl. lunch)

For more information call: Gai Cathart 0421 111 304



YMCA



DEFENCE COMMUNITIES MINI SLEEPOVER

DATE: APRIL 6TH TO 7TH (12PM to 11AM)

Cost
\$20pp

VENUE: MONASH CTR, RAAF BASE, EDINBURGH

The Mini Sleepover is a whole lot of fun for 5-7 year olds from Defence families! Come along to base for a day and night of giant games, arts and crafts, new friends and tasty food!



8200 2514



www.sa.ymca.org.au



sayouth@ymca.org.au

Contact us to register by **March 8th**



Australia Military Choir



We are a choir, but we are also a support group to each other and organise social events as well as singing performances. First we sing for our hearts, second we sing for our voices and third we sing for others.

Choir website www.amwchoir.com



Centenarian's Celebrations,
Government House, Sydney, April 2017

HOW IT FEELS TO
SING WITH THE
AMWCHOIR



WE SING IN



ADELAIDE

BRISBANE

CANBERRA

DARWIN

PERTH

SYDNEY

TINDAL

TOWNSVILLE

PUCKAPUNYAL

WAGGA WAGGA

ALBURY-WODONGA

Beginning in Nowra and Sale from July 2018

connect with us

amwc.coordinator@gmail.com

Facebook

amwchoir.com

The AMWChoir is powered by FSFP & **DHA**



loyal strong resilient
flexible portable
independent
understanding friendly
dependable caring
courageous hopeful
capable confident organised
interested kind committed

Proudly Sponsored by



AMWC Cont.



Partners of Veteran's Association reception,
Admiralty House, Sydney, 2015

Membership

Open to women of all ages with a significant connection to a serving Australian, or foreign, Defence Force member.

That means: wives, partners, girlfriends, mothers, daughters, sisters, grandmothers etc.

We also welcome female serving members, women connected to reservists, and women whose connection may recently have changed.

First - we sing for our hearts

Second - we sing for our voices

Third - we sing for others



AMWChoir Principles and Values

INCLUSION, FLEXIBILITY, SERVICE AND EXCELLENCE

Ideals and Hopes

Social inclusion: all feel welcome.

Flexibility allows different life demands to be catered for. We assume that all members want to enjoy rehearsal and singing for others as often as possible.

Service fosters a desire to help share the benefits of singing with others; serving as volunteers in choir activities; and extend service beyond Choir rehearsals.

Excellence comes with the unifying influence that inclusion, flexibility and service provide. As we focus on these values a beauty of sound and excellence in singing develops naturally.

The Character We Inspire

The AMWChoir welcomes women of all backgrounds, life experience, and musical knowledge to feel safe and supported as the musical director nurtures different levels of singing experience, committee members actively approach new women with a welcome, and choir members support one another.

The character of the Choir is what people 'hear' whenever we sing.

Purpose of our Work

Cervantes said, "He who sings scares away his woes."

Our purpose is to provide women who share the common bond of supporting serving ADF members an opportunity to leave all cares behind for a few hours each fortnight and strengthen themselves and others through singing.

[© AMWCC Inc] October 2015, *Guide to Establishing an AMWChoir*, p.5

Community Groups



North East Defence Community Inc.

The North East Defence Community Inc. (NEDC) is a tri-service group based at RAAF Base Edinburgh – NEDC organise events and activities to help Defence families & couples develop a support network. It's all about making new friends and enjoying Defence life in Adelaide.

NEDC offer many fun activities. For more information please email the Coordinator Lyndsay at nedc.edinburgh@rocketmail.com or find them on Facebook at www.facebook.com/groups/nedcfamily

North East Defence Community Playgroup meets on Wednesday and Friday from 10-12 at the Community Centre on Base. Children from birth up to school age and their parent are welcome to join us for themed craft, free play and morning tea.

Schedule Term 1:

Week 1: Australia Day

Week 2: Summer

Week 3: Valentine's Day

Week 4: Ocean

Week 5: Clean up Australia Day

Week 6: Autumn

Week 7: Red Nose Day

Week 8: St. Patricks Day

Week 9: Farm

Week 10: Farm

Week 11: Easter Messy Play

NEDC Open Day:

On January 30th the North East Defence Community (NEDC) held their annual Open Day at the Community Centre on Base. During the Open Day NEDC provided information about their ongoing programs and special events, including Playgroup, Bump to Baby, Book Club and PC Gaming Club. Around 50 people were in attendance along with special guests' representatives from Defence Families of Australia and Defence Health. Information about NEDC can be found by searching NEDCFamily on Facebook.



WDFA update



The Woodside Defence Families Association (WDFA)

provides support to Defence families in many ways, offering a variety of activities, events, information and support. The association welcomes new and current unit members and their families to the Adelaide Hills area.

Where: Buildings 125/126 Woodside Army Barracks .For more information: Call the WDFA on 0467 805 707 or DCO SA on 8 8305 6231. Or email wdfa10@gmail.com, visit www.woodsidedefencefamilies.com.au or look us up on Facebook



Easter Party

April 6th

4pm - 6:30pm

Woodside Barracks

\$10 per family - WDFA members
\$15 per family - non members



Easter Egg hunt

Jumping Castle

Sausage Sizzle

See you there!

Please RSVP via the facebook event or email wdfa10@gmail.com by the 22nd March

Open Arms



HELP IS AVAILABLE TO REDUCE ANXIETY AND STRESS

Understanding Anxiety is an education and skills based group program. The program is delivered over 2 hours every week for six weeks.

Wednesdays, 6 Mar - 10 Apr
Adelaide, SA

All current and former ADF personnel, as well as anyone in their immediate families, are able to attend this free program.

"Hearing others stories really helped in opening my thinking and showed me how I can manage things better"
- 2018 program attendee

OPEN
Veterans & Families
Counselling
ARMS

INTERACT

PURPLE DAY

It's here! Interact Christies Beach – First Social BBQ for 2019

Interact Australia would like to invite you to our 'Go Purple' BBQ Event to help raise awareness for people living with Epilepsy.

Free BBQ lunch kindly cooked by The Rotary Club of Seaford
Tuesday 26th March 2019
Interact Australia Carpark
67 Beach Road, Christies Beach
Between 11am – 2pm

As always our BBQ's are a great way to network within our community with businesses, organisations, community members and general public.

Come join us and **Go Purple!**

Please RSVP by Friday 22nd March
claire.kolver@interact.com.au or 0436 691 458

We looking forward to seeing you on the day
The Interact Australia SA Team
Rebecca, Karishma and Claire

DFA

Defence Families Australia
Advocating for Defence Families
South Australia Delegate
Keeley Marrs
Mb: 0428 555 147
sa@dfa.org.au

Autism Support Group

Group for Members with Dependents with ASD

1. Members with dependents on the Autism Spectrum are invited to gather regularly to support one another, share experiences and knowledge.
2. Meetings are held on the first Thursday of each month
3. Bring your lunch. Tea & coffee provided.
4. For more information, or to offer suggestions, please contact
CHAP Sue Page: susan.page2@defence.gov.au or 0410 584 322,
or
FLTLT Phoebe Youd: phoebe.youd@defence.gov.au or
extension 91413,
or FLTLT Rachel Welsh: rachel.welsh@defence.gov.au on
extension 32356.

RSL – SA Women's Sub Branch

The Women's Sub-branch welcomes all women and men associated with Defence (not just veterans) to become members or associate members. We exist "to provide advocacy, advice, companionship, welfare support and information for women associated with Defence". We are regularly contacted by DVA to provide advice on women's specific issues associated with ADF service so we have the ability to voice issues at a high level if/when required.

We currently meet every two months for meetings, held at different RSL Sub-branch venues each time IOT support the Sub-branches and foster our community spirit. We would welcome any of your membership if they are interested. If you are interested please contact person is our Secretary (currently Connie Jongeneel) via email on secretary.womenssb@gmail.com.

PVA



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

South

What a fantastic way to outreach and help all Defence families, including those that will transition into civilian life. We provided information and raised awareness of existing services Partners of Veterans support is available in each Australian state.

Contact 1300 553 835.

YOU DON'T HAVE TO DO IT ALONE.....WE ALL CARE.



HIGH TEA



**THE PARTNERS OF
VETERANS ASSOCIATION
OF AUSTRALIA—SOUTH
AUSTRALIA BRANCH INC.**

WHEN: Wednesday, 3rd April 2019

TIME: 1:00 pm to 3:00 pm

WHERE: Legacy House, Franklin Street, Adelaide

COST: \$30

Tickets available from:

Linda, 0417 081 150

Carmen, 0410 929 979

Mandy (Legacy House), 8231-9812

**GARDENS—a beautiful place to spend time
with friends**

Please bring a photo of your garden, or your favourite garden to display. Prizes for:

- * Most popular garden photo voted by coin donation
- * Funniest object in a garden

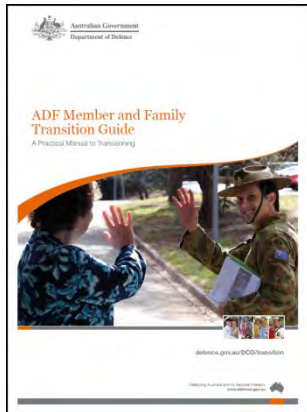
Highlights

- Trading table
- Merchandise for sale

If you have any special dietary requirements, please contact Rosemary, 0418 422 183 OR mention at the time of purchasing your ticket



TRANSITIONS



ADF Member & Family Transition Guide

Transitioning from military to civilian life is a significant decision and one that impacts not only on the ADF Member but on their partner and/or family. The ADF Member & Family Transition Guide provides a comprehensive and plain language guide to transitioning which can be accessed online at your convenience. You can also visit the ADF Transition Centre to pick up a copy for you and your family.

The key tips from the Adelaide ADF Transition team are:

- Start planning as early as possible.
- Visit the Website and read the Guide.
- Attend an ADF Transition seminar.
- Contact the ADF Transition centre.
- Involve your Family in your transition.

To access an online copy of the ADF Member & Family Transition Guide please visit:

www.defence.gov.au/DCO/transition/

Air Force Cadets



“In the Air, and On Air”

No 6 Wing, Australian Air Force Cadets

The Australian Air Force Cadets (AAFC) is a youth development organisation set in a military and aviation environment, administered and actively supported by the Royal Australian Air Force.

The AAFC offers a wide range of activities for young adults including drill & ceremonial, aviation, aircraft recognition, fieldcraft and radio communications. As Cadets progress in seniority, they may be selected to undertake leadership courses toward promotion, gaining skills in management, public speaking and operational planning.

All cadets can get up to three opportunities a year to pilot a light aircraft for free (under the supervision of a qualified flying instructor). Cadets can undertake formal flying training courses, and can qualify to fly an aircraft solo at 15 (for gliding) and 16 (for power) – the minimum legal ages. Scholarships are available on a competitive basis to support flying studies.

In 2018, a total of nine South Australian cadets and four staff went from flying a glider or light aircraft (under supervision) to speaking about their experiences on air.

They had interviews broadcast on Radio Adelaide 101.5FM, talking about how the AAFC challenges them and gives them opportunities not found elsewhere. And to promote the value of what for them has become a way of life.

Most were interviewed on the ‘Service Voices’ program. ‘Service Voices’ gives news, views, perspectives and memories from the veterans, Service, volunteer and defence communities – embracing oral history and contemporary perspectives and giving a voice to a sector of our community that is not available elsewhere on air.

Continued



The program would be of interest to members of the Service and veteran communities. 'Service Voices' is broadcast on 101.5FM between 6 and 7 pm (SA time), and can also be listened to live on the computer:

<http://radioadelaide.org.au/program/service-voices/>
'LISTEN LIVE ON AIR'.

The individual Podcasts of the interviews can be found by clicking on 'listen back' on the website after 7 pm on the day of broadcast. 'Service Voices' is also broadcast Australia-wide every Monday, Tuesday and Friday by the Community Broadcasting Association of Australia's Community Radio Network.

For the cadets' interviews, just go to:

<http://radioadelaide.org.au/program/service-voices/> and search "Air Force Cadets".

In the lead up to Remembrance Day last year, two Cadets gave 'Service Voices' some insight into why they consider it important to participate in these ceremonies.

Cadet Sergeant Tegan Thomas of No 622 (Rural City of Murray Bridge) Squadron was on duty last year for Australia Day, the Macclesfield RSL Anzac Twilight Service and the Anzac Day service at Mount Pleasant. In her interview, CSGT Thomas said that for Remembrance Day she was planning to honour the service of her great-grandfather, Bomber Command veteran Flight Lieutenant Cyril Kroemer DFC, who was captain of a Lancaster with No 625 Squadron RAF. Listen to her interview here:

<http://radioadelaide.org.au/2018/11/05/cadet-sergeant-tegan-thomas-the-aafc/>

Over the last two years, Cadet Corporal Erika Gardner from No 602 Squadron (Adelaide Hills) has participated in a Remembrance Day activity at Littlehampton, Anzac Day activities in Echunga and Canberra, and activities in support of Legacy. In September, she was Honour Guard Commander for the RAAF Association (SA) Battle of Britain Memorial Service in Adelaide. CCPL Gardner said she was planning to honour the service of her grandfather Kevin Gardner of the Royal Australian Navy Reserve, who was mobilised for active duty in 1944-46 with HMAS *Gawler* in the Admiralty Islands and then served aboard HMAS *Warramunga*. Listen to CCPL Gardner's interview here:

<http://radioadelaide.org.au/2018/11/05/cadet-corporal-erika-gardner-the-aafc/>

It is significant to note how many ex-Service and related organisations are not only active in supporting surviving veterans, but are now starting to look to the future by promoting the volunteer service of our cadets. No 6 Wing, AAFC thanks 'Service Voices' for giving these cadets the opportunity to share their experiences.

Welcome to SA

Your Local DCO Team



A group of professionals who have extensive knowledge of the local area and Defence. The team is made up of military personnel and civilian staff, providing a range of assistance and information including support for children to settle into new schools, partner employment and help for families experiencing crisis or emergency.

The team includes:

Military Support Officers are uniformed officers who help with advice and assistance with military matters and support local ADF commanders with member welfare support.

Defence Social Workers are qualified professionals who are knowledgeable about the ADF and the lifestyle of its members. Defence Social Workers are able to help members and their families address personal, relationship or Service related issues. They can provide assessment, short term counselling services or referral to support and resources in Adelaide and the local area.

Regional Education Liaison Officer (REDLO) is an experienced teacher who provides education support and advice to Defence families as they move around the country. The REDLO has an extensive knowledge of aspects of the South Australian education systems and overview of the different state education systems.

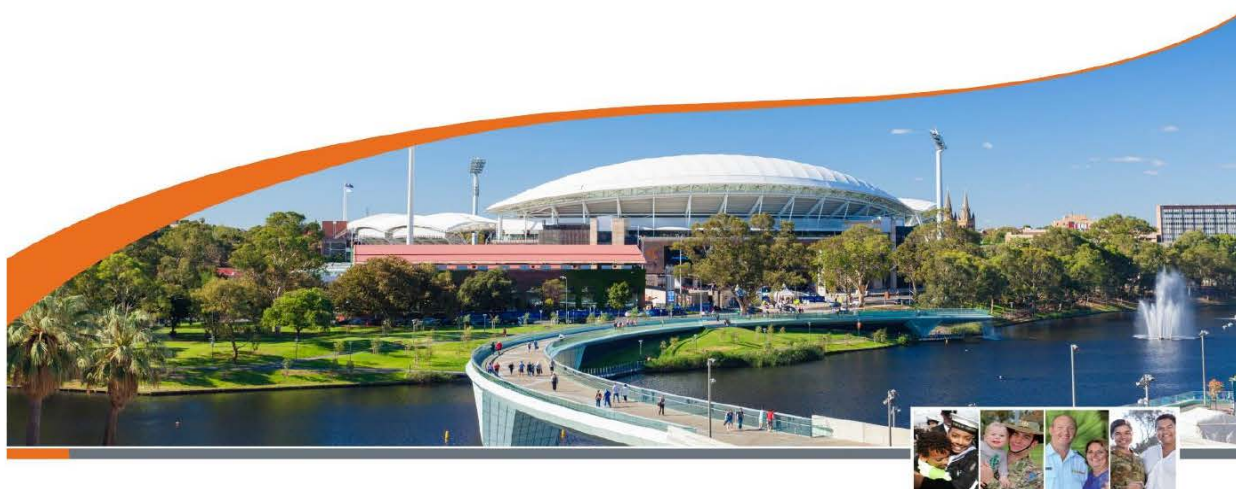
Family Liaison Officer (FLO) has an extensive knowledge of the Adelaide area and helps members and their families connect with the services and support they need. The FLO is also proactive regarding welcome activities and assisting families settling into a new location.

Please follow DCO on Facebook, the DCO website, Twitter and Instagram as we regularly advertise DCO SA events and activities.





Australian Government
Department of Defence



Welcome to Adelaide!

Contact Defence Community Organisation

Email: dco.southaustralia@defence.gov.au

Phone: 08 8305 6231 or 1800 624 608 all-hours

Location: Building 60, Keswick Barracks, Keswick SA 5035

Web: www.defence.gov.au/dco

Other key contacts

ADF FamilyHealth | 1300 561 454 | www.adffamilyhealth.com

ADF Transitions SA | 08 7383 0320

Australian Military Bank | 1300 132 328 | www.australianmilitarybank.com.au

ADF Mental Health and Psychology Services (MHPS) | 08 7389 3626 or 08 7383 2168

Australian Military Wives Choir | amwc.adelaide@gmail.com | www.amwchoir.com

Australian Army Band | Peter.bell4@defence.gov.au

Australian Red Cross Blood Service | 13 14 95 | www.donateblood.com.au

Cadets RAAF Edinburgh | paul.rosenzweig@airforcecadets.gov.au

Defence Bank | 08 8259 6100 | www.defencebank.com.au

Defence Chaplains | duty number 0438 761 403

Defence Force Recruiting | 131 901 | www.defencejobs.gov.au

Defence Health | 1800 184 047 | www.defencehealth.com.au

Defence Housing Australia | 133 342 | www.dha.gov.au



Contacts continued

Defence Shed Port Adelaide | 0459226502 | www.defenceshedportadelaide.teamapp.com
Department of Veteran's Affairs | 1800 555 254 | www.dva.gov.au
Defence Families Australia | Keely Marrs | 0428 555 147 | sa@dfa.org.au
Defence Special Needs Group | Kristina Rawlinson | 0430 304 998 | kristina.rawlinson@dsnsq.org.au
EDN Formation Welfare Group | 0408 492 281
Girl Guides SA | 1300 447 548 | reception@girlguidessa.org.au | www.girlguidessa.org.au
Goodstart Early Learning | 1800 222 543 | www.goodstart.org.au
Job Prospects | SWhitmore@jobprospects.com.au | www.syc.net.au
Legacy | 08 8231 9812 | www.legacy.com.au/adelaide
Mission Australia (NDIS) | www.missionaustralia.com.au
National Australia Bank | 132265 | www.nab.com.au
Navy Health | 1300 306 289 | www.navyhealth.com.au
North East Defence Community | nedc.edinburgh@rocketmail.com
One Tree Community Services | information.dcu@onetree.org.au | www.onetree.org.au
Open Arms (formerly VVCS) | 1800 011 046 | www.openarms.gov.au
Partners of Veterans Association of Australia SA | 1300 553 835 | www.pva.org.au
Port Community LTD | 08 8447 4044 | www.portadelaidefc.com.au/community
RAAF Association | 08 8227 0980 | www.raafasa.org.au
RSL SA | 08 8100 7300 | www.rslsa.org.au
South Australian Cricket Association | 08 8300 3800 | www.saca.com.au
South Australian Rugby League | 08 8244 4497 | www.sarugbyleague.com.au
Salvation Army | Vaughan Agnew | 0417 553 471 | Gai Cathcart | 0421 111 304
Service SA | rego and licence 131 084, govt enquiries 132 324 | www.sa.gov.au
Soldier On | 1300 620 380 | www.soldieron.org.au
Smart Salary | 1300 476 278 | www.smartsalary.com.au
Toll Transitions | 1800 819 167 | www.tolltransitions.com.au/defence
Volunteering SA and NT | 08 8221 7177 | www.volunteeringsa-nt.org.au
Woodside Defence Families Association | wdfa10@gmail.com
YMCA | 08 8200 2500 | southaustralia@ymca.org.au

Need support, advice or connection with your local community?

Defence Community Organisation can connect you to a broad range of programs and services that help Australian Defence Force members and their families manage the military way of life.

To access any of our support services, contact the all-hours Defence Family Helpline on 1800 624 608.



@defencecommunityorganisation



@DCO_AusDefence



@dco_ausdefence

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Follow Defence Community Organisation to receive updates.

