

Summer Edition  
December 2011

**"DCO – Providing Support and Building Community"**



**Australian Government**  
Department of Defence  
Defence Support Group

# Preparing for moving



Australian Government  
Department of Defence  
Defence Support Group

Australian Government  
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Defence Support Group



**Defence Family Forum**  
DEFENCE COMMUNITY ORGANISATION

**DCO Canberra are moving. Please see page 18 for more details.**

**DEFENCE COMMUNITY ORGANISATION CANBERRA**

# Capital Interest

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Welcome to our Summer edition of the Capital Interest.

In this issue the theme is "Moving". We hope that you will find some useful information in relation to postings and preparing to move. There are also lots of ideas about social activities you can enjoy over the summer holidays. Thank you to contributions from Defence Family Australia, St Clare's College, Canberra Grammar and the Child Support Agency.

On behalf of Defence Community Organisation Canberra we would like to wish you all a very Merry Christmas and best wishes for the New Year ahead.

Susan Moran and Emma Russell

**Family Liaison Officers**

# Postings

## About Postings

Once initial training has been completed members will be posted to a ship, a base, or some other Defence establishment where they will be employed as per their job classification. Generally, each posting will last for 2 to 4 years. However, a posting may be shorter or longer depending on Service requirements.

Defence posting policy reflects the need to fill current vacancies and to rotate Service men and women through operational, staff and training appointments to develop skills and experience. Members are given the opportunity to express a preference of the localities to which they may be posted. While Defence will try to fulfil all posting preferences, members may be posted to any locality if there is a service requirement.

For detailed information about a particular posting location, go to the Accessing DCO page, click on the State and then the area you are posting to. Copies of the DCO "Welcome to the Area" information booklets are provided to download. For further information contact the Family Liaison Officer (FLO) in the local DCO Area Office.

## Member and Family Support

Defence offers a broad range of support services to assist members and their families effectively to manage a mobile lifestyle.

**Counselling**—for ADF members, their partners or family members who have a problem they wish to discuss with a professional.

**Partner Employment Assistance**—for ADF members with partners, a variety of initiatives are available to help partners secure employment in a new posting location.

**Education Assistance**—Defence offers a comprehensive support package to assist ADF members with dependants attending primary, secondary or tertiary educational institutions upon relocation to a new location.

**Assistance for dependents with Special Needs**—Defence recognise that a mobile lifestyle can be challenging for families with a dependent who has special needs. A range of assistance is available and the Defence Special Needs Support Group can also be a helpful resource.

## Longer Term Compassionate Issues

In circumstances where the nature of a problem might be ongoing rather than a "crisis" or emergency, there may be a need for compassionate consideration on the part of ADF commanders. This may involve (usually for a specified period) the cancellation or alteration of a posting order. In the Navy and Army this is referred to as a **Compassionate Posting**, and in Air Force a **Request for Preferential Treatment**.

Members should approach their Commanding or Divisional Officer for compassionate posting consideration.

These and other services offered by DCO are detailed on the website [www.defence.gov.au/dco](http://www.defence.gov.au/dco)



# The Relocation Process

ADF personal are entitled to a full removal when they are posted out of a location. Defence removals are carried out by Toll Transitions and housing is managed by Defence Housing Australia (DHA). Removal entitlements are available and details can be found in the Pay and Conditions Manual (PACMAN) Chapter 6.

## Removal Helpful Hints

- Relocating as a Defence requirement, can be a very stressful time so you are encouraged to be prepared. Even though this might not be your first relocation, you need to read all the information you are provided with, in your relocation pack from Defence and Toll.
- Complete all the forms and return them to Toll as soon as possible or by the due date you are given.
- Keep a copy of the documents you submit and make sure that you keep detailed information to assist you in following up any issues you may have.
- No matter how professionally Toll Transitions organise your relocation, hiccups can occur with a removal contractor—if so, ring Toll immediately on **1800 819 167**. If Toll cannot be contacted, contact your Relocations and Housing Manager.

## Defence Relocations and Housing Managers

The Defence Support Group has a dedicated Relocations Manager based in each Regional Office. At the local level the Defence Relocations and Housing Manager is the primary Defence representative with Defence Housing and Toll Transitions. They are employed to assist you and liaise with DHA, Toll Transitions and the Defence Community Organisation in each Region to make your relocation easier for you and your family. The ultimate aim of the Defence Relocations and Housing Manager is to make sure that ADF members and their families experience high quality customer service as they move. In summary the key services offered are:

- Providing Relocation and Housing advice to members and their families;
- Maintaining customer/provider relationships by meeting with DHA and Toll Transitions managers to sort issues and identify trends;
- Resolution of difficulties about finding housing, maintenance, itinerary management and removals; and
- Providing advocacy on behalf of members and their families to resolve disputes with DHA and Toll Transitions.

For contact details of the local Defence Relocations and Housing Manager call the Defence Service Centre on **1800 020 031**

## Defence Housing Australia

Defence Housing Australia (DHA) assists Defence members and their families when they are posted by providing housing in their new locality. DHA provide assistance with all aspects of housing, such as:

- provision of housing
- allocation of housing
- maintenance responsibilities

For detailed information about housing visit the DHA website or contact DHA via email at [info@dha.gov.au](mailto:info@dha.gov.au) or phone **139 342**.

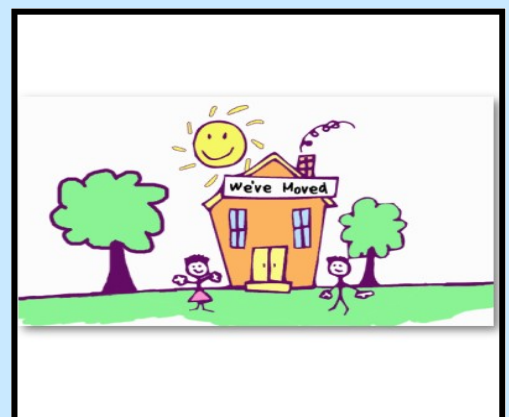
## Further information and Useful Links

The People Strategies and Policy Group Portal provides links to a wide range of information, services and resources. Visit [www.defence.gov.au/dco](http://www.defence.gov.au/dco)

More detailed policy advice and guidelines on relocations and related entitlements can be found in the Pay and Conditions Manual (PACMAN) Chapter 6.

Or call the Defence Service Centre in 1800 020 031 for further information about housing entitlements and administrative processes.

[www.defence.gov.au/dco](http://www.defence.gov.au/dco)



# Moving with Children

Undertaking a relocation with children creates many additional considerations. DCO has been involved in the production of a number of publications which provide valuable information on moving with children. These include:

## Home is Where the Family Is: Moving house with young children

Written with the assistance of families and staff from ADF, author Pam Linke helps parents support their children to develop skills and understanding to know how to manage change—which is a lot of what life is all about—and to manage the changes involved in moving house. With a positive, practical approach, this book examines different ways that children can react to change and how parents can maintain their child's feeling of security and wellbeing.

**Home is Where the Family Is** contains valuable chapters on

- Change and children
- Change and parents
- Preparing children for the Move
- Settling In
- Moving to a new School
- Moving to new Child Care
- If children have problems
- Parent at Home
- If you move often



This excellent guide for families on subjects encountered in the posting/ of many ADF families and DCO

the move addresses all the main areas and sub-moving process and draws upon the experiences staff.

## Travelling Teens: A parents' guide to family relocation

Provides expert advice on how to support teenagers during the process of moving, to make what is often a difficult situation into a positive one. The practical strategies offered are based upon research through surveys of parents and teenagers in families of Australian Defence Force Members.

Travelling Teens contains information about

- Tips for parenting teens
- When to be concerned about your teenager
- Some facts about change
- Moving house with young people
- Finding your feet in a new place
- When your teen needs more help



## Parenting at Home and Away

Also written by Pam Linke with support from ADF families, this book provides helpful information and observes that:

" .... Families may experience situations where one parent is away for extended periods of time and discusses how parents can learn to cope with being away from their children and how they can be comfortable integrating back into family life. Likewise it has many useful tips on how to help children understand and adapt to changing family environments".

These publications can be obtained by contacting your local DCO Office.

# Handy Tips When Moving Children

Although moving house is a stressful time for the whole family, it can be very traumatic for children who often feel anxious, scared and helpless about leaving their friends and familiar surroundings. To make the move as easy as possible it is important that you include your children in the preparation. By encouraging your children to express their concerns you can discuss any negatives and alleviate many of their fears.

Consider the following to make the move less upsetting for your children and therefore less stressful for you!



- ☺ Treat the move as an adventure
- ☺ Let the children see the new house as soon as possible
- ☺ When packing, let children pack a small box of things that are important to them, especially for the first night in the new home
- ☺ Make sure you give children an opportunity to say goodbye to all their friends
- ☺ Explain what is going to happen on moving day
- ☺ If children are going to be present on move day, let them have some involvement in the move
- ☺ The move is likely to be a major disruption to your children, so don't be surprised if there are tears, tantrums, or sullenness
- ☺ As early as possible help your children set up their new bedrooms and then work to get into a household routine as quickly as possible
- ☺ Explore your new neighbourhood with your children as soon as possible, so that they can develop a sense of familiarity



[www.movingservices.com.au/plan](http://www.movingservices.com.au/plan)

## Defence Family Forum 2012

In April-May 2012, the Defence Community Organisation will hold a Defence Family Forum. This three-day event held at Sydney's Darling Harbour gives Defence families an opportunity to explore the relationship between their families and the broader community and to consider ways in which the community can assist Defence families to thrive. Defence families, senior stakeholders from the military and civilian communities, international guests and representatives from Defence Families of Australia and Defence Special Needs Support Group will all be present. DCO will use the thoughts, ideas and information gathered at the Forum to engage Defence and civilian community organisations in collective support of Defence families.

**When: 30 April to 2 May 2012**

**Where: Sydney Convention and Exhibition Centre, Darling Harbour**

All Defence members and partners are encouraged to register their interest in attending the Defence Family Forum using the registration available at [www.defence.gov.au/dco>DefenceFamilyForum>Registration](http://www.defence.gov.au/dco>DefenceFamilyForum>Registration)

To find out more visit [www.defence.gov.au/dco](http://www.defence.gov.au/dco) or contact your local DCO office. Defence will cover the air travel and accommodations costs for forum participants.

## Member and Family Support

Toll Transitions has been the complete relocations partner for Defence members and their families for over half a century. Toll Transitions works closely with the Department of Defence and Defence Housing (DHA) to ensure that your move is conducted smoothly and professionally.

Toll Transitions manage the relocation of your household, personal effects and vehicles. This is done by quoting your move to a panel of over 150 service providers. All the providers are pre-qualified and work to Toll Transitions high standards of service delivery. Toll transitions ensures that all aspects of the removal from the carton kit to a complete unpack is managed thoroughly.

To further assist Toll Transitions has developed the EASYMOVE KIT specifically for Defence members and their families. The kit contains helpful information and all the forms you will need to start your relocation. Toll provide you with a hard copy of the kit when you are relocating and it is also available at the Toll Transitions website [www.tolltransitions.com.au](http://www.tolltransitions.com.au)

The Toll Transitions Defence Website [www.tolltransitions.com.au/defence](http://www.tolltransitions.com.au/defence) also enables you to request a removal and input your inventory online. Your inventory will be stored and for all subsequent moves you can simply logon, using a secure password, to update your inventory as required. Also it has a "track and trace" feature so that at any time you can check the progress of your removal.

The Toll Transitions website has undergone a series of changes due to input from Defence members to become a useful, user friendly tool to input your removal in just four easy steps. Additionally, it allows you to monitor where your move is up to in the system or to lodge a Notice of Loss and Damage if necessary , after your removal. For 24 hour assistance all year round, you can contact Toll Transitions on Freecall **1800 819 167**.

### ELECTORAL ENROLMENT

Whether you are posted in Australia or overseas, each time you move house you need to update your electoral enrolment to vote in federal and state/territory elections. For details, including enrolment forms, visit the Australian Electoral Commission website

[www.aec.gov.au](http://www.aec.gov.au)

You can call your local AEC office on 13 23 26 for enrolment forms. Or you can pick them up at any Post Office, Medicare office, Centrelink office, Australian Taxation Office shopfront and from some Rural Transaction Centres.



More detailed policy advice and guidance on relocations and related entitlements can be found in the Pay and Conditions Manual (PACMAN) Chapter 6.

Or call the Defence Service Centre on 1800 020 031 for further information about housing entitlements and administrative Processes.

[www.defence.gov.au/dco](http://www.defence.gov.au/dco)

# Members with Dependants Unaccompanied

## Circumstances where member with dependants (unaccompanied) categorisation may be available

The term 'personal location' means a place where the member's dependants choose to live that is away from the place where the member lives.

A member may be categorised as a member with dependants (unaccompanied) (MWDU) in the following circumstances:

- The member's dependants elect to remain in the losing posting location after the member is posted to a new location.
- The member relocates their dependants to a personal location at the member's own expense.
- Two members are a Service couple living apart and are not able to form a common household for Service reasons.
- The member's dependants are moved at Commonwealth expense to a personal location when the member is deployed on operations for six months or more. The member may be able to access some benefits if they choose to leave their dependants in the personal location when the member returns from deployment.
- The member's dependants accompany the member to their new posting location and subsequently return to the member's losing location at their own expense.
- The member is recruited from another country, the removal is at Commonwealth expense and the member's dependants live in a personal location in Australia.
- Approval is given for the member's dependants to move to a personal location at Commonwealth expense for compassionate reasons.
- The member's spouse/partner moves to a personal location which is closer to the new posting location than the old posting location, for employment or study when the member is posted.
- The member is posted to and moves to a remote location for six months or more and their dependants move to a personal location at Commonwealth expense.
- The member's dependants have relocated to the member's discharge location up to 12 months prior to the member's discharge date.

## Frequently asked questions about MWD(U)

All of these questions and answers should be read in conjunction with [PACMAN](#).

**What assistance do my dependants get with removal costs if they want to move to a personal location?** If your dependants decide to move to a personal location they may have to do so at their own expense. No removals assistance is provided unless they are using the existing provisions for a discharge removal, compassionate removal or removal on deployment. The normal eligibility criteria apply to these removals.

**What if my dependants later decide they want to move back to my posting location?** If your dependants decide to move back to live with you in your posting location you will revert to being categorised as a member with dependents (MWD) and you will be eligible for housing assistance appropriate for your family composition.

**What assistance do my dependants get with removal costs if they want to move back to my posting location?** This will depend on whether your dependants were given any assistance by Defence to move to the personal location. If they moved away from the posting location at their own expense they are given no removals assistance if they later wish to live with you in a posting location. If they received a Defence funded removal to the personal location they will receive a second removal to join you in your posting location.

If your dependants remained behind in your old posting location when you were posted to a new location the policy regarding removals assistance for your dependants to join you in the posting location has not changed. Your dependants are eligible for assistance to join you in your posted location as long as you have more than six months remaining tenure in the location.

**Will my dependants get housing assistance if they move to a personal location?** Depending on the circumstances, probably not. If dependants choose to move to a personal location it is a personal choice and is not driven by Service requirements.

Dependants may receive housing assistance in the following circumstances:

- in conjunction with a deployment
- for compassionate reasons
- if they elect to remain in the member's losing location or to return to a losing posting location
- if the member is recruited from overseas
- if the dependants move for employment or study
- if the member moves to a remote location,
- if the dependants are removed before the member's discharge, or
- if both members are a Service couple living apart.

The member is required to make a contribution in some circumstances. Conditions and time limits may also apply to the housing assistance available to dependants.

**Why can't my dependants get housing assistance in a personal location in all circumstances?** Housing assistance is made available to facilitate the mobility of the ADF by providing assistance in posting locations where a member and their dependants do not own a home. It is intended to compensate for the housing disabilities that arise from the requirement for a member to regularly relocate. If a member's dependants move to a personal location it is a personal choice and may not be driven by the member's service. It is therefore not appropriate for the Commonwealth to assist in housing the dependants in a location where they have chosen to live in some circumstances.

More information and questions answered at [www.defence.gov.au/dpe/pac/mwdu](http://www.defence.gov.au/dpe/pac/mwdu)

## Member and Family Support

### The ADF and the Child Support Agency

Separation can be a tough time for all involved, especially when you're also juggling Defence responsibilities. The CSA can provide products, services and referrals to help you with aspects of your separation.

One of those products includes our new factsheet – *Being deployed? Tips to help you manage your child support*. This free factsheet lists the things you need to tell us about before deployment, like updating your mailing address and lodging any outstanding tax returns.

It also explains some options for making payments. Redeployment can affect your payments and this could have an impact on your child support. That's why it's important to make sure your details are updated before you go.

We know it can be hard to find the time or get access to a phone to let the CSA know if your situation has changed. One easy way to do this is by enrolling to use CSAonline at [www.csaonline.gov.au](http://www.csaonline.gov.au). It means you can check your account details and send us messages when it's convenient for you.

Other things to think about are:

- \* having child support deducted from your salary by your employer. It's one less thing for you to worry about while you're away.
- \* depending on your circumstances, you may be able to apply for a Change of Assessment . Check [our website](#) or call us on **131 272** first, to find out what options are available.

The CSA can also send you support products about parenting from a distance, tips to make your dollar stretch further and a storybook or computer game about separation for your kids.

Visit the 'publications' or 'separation resources' section of our website [www.csa.gov.au](http://www.csa.gov.au) to view, download or order free copies of these and other products..

*Call 131 272 if your circumstances have changed or you'd like to chat to us about any of these options.\*+*

\*Call charges apply

† Please note: your call may be recorded

### Defence Housing Australia

Defence Housing Australia (DHA) assists Defence members and their families when they are posted by providing housing in their new locality. DHA provide assistance with all aspects of housing such as:

- ☺ provision of housing
- ☺ Allocation of housing
- ☺ Maintenance responsibilities

For detailed information about housing visit the DHA website or contact DHA via email at [info@dha.gov.au](mailto:info@dha.gov.au) or phone: 139 342.

## SCHOOL HOLIDAY FUN FOR ALL

### Read, relax and play at the brand new Gungahlin Library

There are dedicated zones for children and youth, touch screen computer catalogues, a media zone and learning rooms for the community, the Gungahlin Public Library is a wonderful place to relax and learn.

The library offers free wireless internet for library members, a café and special areas for children and young people. The learning areas provide good space for community activities and events for people of all ages whether it is creative writing, playgroups, seminars or workshops. Gungahlin Public Library is home to around 70,000 books, magazines, CD's and DVD's. It can be found on the corner of Hiberson and Gozzard Streets, Gungahlin.



#### MORE INFORMATION

Web: [www.library.act.gov.au](http://www.library.act.gov.au)

### Tidbinbilla—Tidbinbilla Visitor Centre

Tidbinbilla Visitor Centre provides up-to-date information about walks and ranger guided activities and there is also a gift shop. It is a great idea to bring a picnic when you visit Tidbinbilla and enjoy the outdoors and picnic facilities. Walking trails offer an active way to explore the natural world of Tidbinbilla. With 22 marked trails, ranging from an easy 15 minute stroll to an all day bush walk there is something to suit everyone.

**MORE INFORMATION** email: [info@tidbinbilla.com.au](mailto:info@tidbinbilla.com.au)

Web: [www.tidbinbilla.com.au](http://www.tidbinbilla.com.au)



### The Australian Institute of Sport

Find out what it takes to become an elite athlete with a behind the scenes tour of the AIS. Families, school groups and the general public are invited to experience the world-class sporting precinct led by an elite athlete. You may see gymnasts in training or some of Australia's top swimmers doing their laps. Ninety-minute public tours depart daily at 10:00am, 11:30am, 1:00pm and 2:30pm. Costs apply.

**MORE INFORMATION** Ph: 6214 1932

Web: [www.ausport.gov.au](http://www.ausport.gov.au)

# SUPPORT SERVICES IN CANBERRA

Gungahlin Regional Community Service provides services and linkages for the Gungahlin community, including a family and community support program, children's services, community development, a home community care program, job vacancies, volunteer opportunities and youth programs.

GRCS has facilities available for use by the community including rooms for hire that have wheelchair access and amenities supplied.

## MORE INFORMATION

Web: [www.grcs.org.au](http://www.grcs.org.au) or Ph: 6288 9200



## Practical Support for children and families

The ACT Government provides a range of important services to help parents, and their children to feel supported, safe and happy. A major service is the ACT Government's Child and Family Centres, which provide free services and programs for young children and their families. Parents and families are encouraged to drop in to a centre to talk to a qualified worker. No issue is too small or too big. The Child and Family Centres can help by providing drop in parenting information, speech and physiotherapy drop in clinics and relationship counselling provided by Relationship Australia. They also provide supported playgroups and parenting groups. There is also a service called ParentLink designed to enhance parenting skills and link parents to a network of information, ideas and community services.

## MORE INFORMATION

Web: [www.mychild.gov.au](http://www.mychild.gov.au)

Web: [www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)



## Connecting Canberra

Do you need to pay an ACT Government bill, find out how to get a bin for your new residence, change your drivers' licence, work out where to catch a bus or simply ask a question about an ACT Government service???

You can do all this through **Canberra Connect**. Canberra Connect is a one-stop gateway for ACT residents to access a wide range of information, payments and other services offered by the ACT Government.

### You can use Canberra Connect by:

- Phoning 13 22 81 for inquiries;
- Visiting [www.canberraconnect.act.gov.au](http://www.canberraconnect.act.gov.au) to pay bills or find online information; or
- Dropping into one of four Canberra Connect shopfronts throughout the ACT for vehicle registration and drivers' licence matters.

# Remembrance Day with St. Clare's College

On Remembrance Day this year a small group of year 8 students from St Clare's College were chosen to represent the ACT for the National Ceremony at the Australian War Memorial. The St Clare's students were selected as part of a total of 102 students from all over Australia, to lay poppies at the Stone of Remembrance to symbolise the 102,000 Australian servicemen and women who have died in all wars. This was a privilege and honour for our students, who all have parents in the Australian Defence Force.

The day began with much anticipation; there were 3 rehearsals prior to the poppy laying ceremony as the poppies had to be placed in a certain way. There were dignitaries from all over the world including ex-service men and women, current serving members and of course the Prime Minister Julia Gillard and Governor General Quentin Bryce. The arrival of these dignitaries was spectacular in itself - the motorcade, the greetings, and of course for us girls – the clothing, you have to admit the Governor General always looks so stylish.

The Prime Ministers speech was very moving as she spoke of the last Anzac who had sadly recently passed and of all the sacrifices the current soldiers and their families are making. It was a very solemn speech, knowing that we had recently lost serving members in Afghanistan and it was one that the youth could really relate to.

We were very lucky to meet Mark Donaldson, the Victoria Cross recipient. He was very generous with his time and was happy to chat and shake hands with all of the students who participated in the ceremony – he is a very humble man.

One of our girls Clare, was in search of the names of her relatives who she believed were on the wall of remembrance. We were lucky enough to find them and she was able to place a poppy on the wall in their memory. This was a thrill for us but especially for Clare.

We had the most wonderful morning in so many ways and I have to acknowledge the magnificent work of the staff at the War Memorial; they worked tirelessly on the day and for the weeks preceding. Managing 102 students of all ages was not an easy task, but it all ran like clockwork.

**Belinda Darcy**  
**Defence Transition Mentor**  
**St Clare's College**



# Remembrance Day at Canberra Grammar School

It was a moving service on Remembrance Day at Canberra Grammar School. The School Chaplain, Fr. Chris Welch pointed out to me that the meaning of remembrance comes from Greek – ‘anamnesis’ – to not forget. But more than that, it hints at bringing the past into the present. With the whole school of 1580 boys in attendance as well as staff and Old Boys there was a great sense of community and common concern. Students and guests were offered red ribbons to tie on the rosemary hedge outside the chapel. Defence Students presented a banner to the school in memory of the four boys of Manaro Grammar who were killed in the First World War. The large silk banner features images of four Memorial Plaques each with the name of the fallen soldier. Bronze Memorial Plaques were presented to the next of kin of all British and Empire service personnel killed as a result of the First World War. Students sat in silence as The Gubbay Bell was struck 32 times for each of the Old Boys lost in all wars. School Houses presented Care Packages that they had created for deployed soldiers. It was a time of remembrance – things past brought alive in the present moment.

**By Nathalie Ross**

**Defence Transition Mentor**

**Canberra Grammar School**



L-R Keenan Piazza, Campbell Tilley, Christopher Milford and Matthew Williams.



**Are you interested in a career in early childhood?**

Mum, Chantal & Hayden 18 Months



B4Kids has been working with Defence families for many years, so we understand the unique challenges that you face. One of those challenges is that you may be posted to different locations, and we understand this is an uncertain time for your family. Moving around may also impact on the careers or professional development paths of Defence spouses.

B4Kids operates Defence's 21 child care centres around Australia and the majority of these are located on or around Defence bases or housing areas. B4Kids currently employs many Defence spouses and have been happy to support them transferring between the Defence centres, when their family has been posted. Many of these people have also successfully obtained or are studying for early childhood qualifications through their employment with B4Kids.

B4Kids is committed to having the most qualified and dedicated educators in our team, and welcome you to let us know if you are interested in joining our team. While you may not have a recognised qualification just yet, that's OK – we can support you to achieve this.

If you have ever considered a career in early education, now is a perfect time to do so, as there are many scholarships and other incentives currently available. Whether you are looking for full time, part time or casual employment, we have options to help you obtain a qualification, working in a supportive, fun and rewarding environment, providing education and care of the highest quality to children. B4Kids supports our educators to be the best they can be.

Please contact our Support Centre on 1300 265 600 or [info@b4kids.com.au](mailto:info@b4kids.com.au) for more information.



**be 4 love | be 4 smiles | be 4 families**  
**[www.b4kids.com.au](http://www.b4kids.com.au)**

## Get into the Spirit of Christmas

Are you looking for the perfect Christmas gift? Why not visit one of these local markets where you are sure to pick up something unique and special.

**Handmade Christmas Market**— brings together talented artists, designers, craftspeople and gourmets all in one location.

Venue: National Convention Centre 31 Constitution Avenue Canberra City ACT .

Days: Saturday 17th—Sunday 18th December

Times: 10am—4pm with free entry

Web: [www.handmadecanberra.com.au](http://www.handmadecanberra.com.au)

**FREE A Christmas Carol (G)** - Families can enjoy this film of the Christmas classic by Charles Dickens.

Venue: National Library of Australia, Theatre LG1, Parkes Pl. Parkes

Day: Tuesday 20th December

Time: 1-2:30pm

Web: [www.nla.gov.au/events](http://www.nla.gov.au/events)

**Canberra's 67th Carols by Candlelight**— Families can light candles and sing along with the Woden Valley Youth Choir, accompanied by the Hall Village Brass Band.

Venue: Stage 88 Commonwealth Park, Barrine Drive, Canberra City

Day: Wednesday 21st December

Time: 7-9pm

Web: [www.visitcanberra.com.au](http://www.visitcanberra.com.au)

### LOCAL EVENTS

#### New Year's in the City

Welcome in 2012 with a giant street party. See fireworks over City Hill 9:00pm and midnight. Enjoy live, family friendly entertainment in Civic Square or dance the night away at a dance party in Garema Place.

**When:** 31 December

**Where:** Garema Place and Civic Square, Canberra City

**Web:** [www.events.act.gov.au](http://www.events.act.gov.au)

#### Summernats Car Festival

Australia's ultimate car show. See street machines, show cars, traders' pavillions, live bands, the Kids' Zone and much more.

**When:** 5-8 January

**Where:** Exhibition Park Canberra, Mitchell

**Web:** [www.summernats.com.au](http://www.summernats.com.au)

#### Australia Day Live

The lawns of Parliament House are the place to be as Canberra celebrates with a large concert showcasing some of the hottest names in Australian music and the announcement of the Australian of the Year awards.

**When:** 26 January

**Where:** Federation Mall, Parliament House

**Web:** [www.australiaday.org.au/events](http://www.australiaday.org.au/events)

#### Australia Day Celebrations

Don't miss out on all the Australia Day celebrations in the national capital, including the Great Aussie Breakfast, Children's Festival, Australia Day in the Park and a fireworks display over Lake Burley Griffin.

**When:** 26 January

**Where:** Various

**Web:** [www.australiaday.gov.au/act](http://www.australiaday.gov.au/act)

#### National Multicultural Festival

Celebrate Australia's cultural diversity in Canberra as the city comes alive with exhibitions, craft, films, dance, music, theatre and a world of delicious foods.

**When:** 10-12 February

**Where:** Various

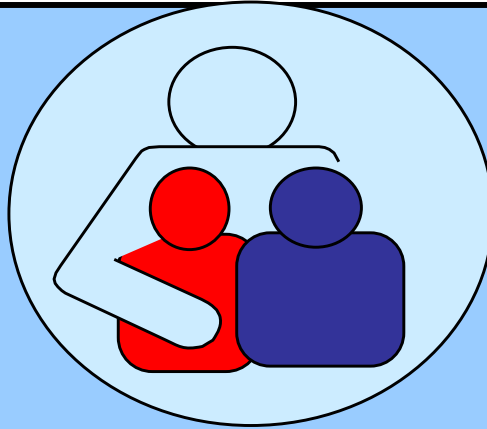
**Web:** [www.multiculturalfestival.com.au](http://www.multiculturalfestival.com.au)

#### ActewAGLRoyal Canberra Show

Come along and be entertained, excited and educated by the hundreds of attractions at the Royal Canberra Show.

**When:** 24-26 February

**2012  
Playschool  
Enrolments**



**Merry  
Christmas  
to all of our**

# **DUNTROON COMMUNITY CENTRE**

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**[www.duntrooncommunitycentre.org.au](http://www.duntrooncommunitycentre.org.au)**

## **2012 INFORMATION NIGHT AND SPECIAL GENERAL MEETING**

Tuesday 24th January at 7.30pm  
At the Centre  
Gymkhana Rd, RMC Duntroon

**The DCC Office will be closed  
from 17 Dec 11—31 Jan 12 (inclusive)**

*To find information about the Centre during this time,  
please look at our Website*

Duntroon Community Centre Incorporated  
Phone 02 6265 9411



Defence Families of Australia (DFA) is a Ministerially appointed group that represents the views of Defence Families. Its aim is to inform Government and Defence on the needs of the family. Its goal is to ensure quality of life for all Defence Families by providing a recognised forum for their views and by reporting, making recommendations and influencing policy that directly affects families. In turn, this enhances the capability of the Defence Force.

**DFA Infoline - 1800 100 509**

#### IMPORTANT

The office is only funded part-time, so phone messages are checked Monday, Tuesday and Thursday. For immediate help please call the 24 hour National Welfare Coordination Centre: 1800 801 026.

[Contact DFA with an enquiry](#)

#### National Office

Office Phone: (02) 6266 2768

Office Fax: (02) 6266 3712

**DFA's Mailing Address:** CP2-1-11, Building 2 Campbell Park Offices, PO Box 7910, Canberra BC ACT 2610

All media enquiries should be directed to the DFA National Convenor - Julie Blackburn on **0410 626 103**.

#### National Convenor

**Julie Blackburn**

[convenor@dfa.org.au](mailto:convenor@dfa.org.au)

Ph: 02 6266 2334

Mobile: 0410 626 103

[Join Defence Families of Australia now. It's free!](#)

It is your involvement that ensures that we truly are 'A voice for Defence Families'.

When you become a DFA Member you will have access a wealth of resources:

- My Home and My Calendar with local News and Events in your posting location;
- News about important changes that affect Defence Families;
- Expert advice and tips from other partners in the areas of Moving, Absence from Home, Education, Health, Employment and Money.
- An opportunity to give Defence and Government feedback on important family issues in My Voice.

Members also receive quarterly newsletters and email alerts.



### Your Local Delegate

Hello, I am Christina Saladino and I am very pleased to be taking on the role as your National Delegate.

I've been married to an Air Force Member for over 12 years and have three school-aged children. I've experienced moving as a Defence family from Adelaide to Wagga Wagga, to Melbourne and to Canberra at the beginning of 2010.

I understand that being part of the Defence Community can have its ups and downs. I'm thankful that I do not have to think of a family move this year. If you are moving, once you have semi-settled into your new surroundings, contact your local DCO Office and find out what Defence Groups are running in your area. There are a variety of groups on offer including coffee groups, playgroups, craft, walking groups, monthly dinners and more. If my schedule permits, I try to attend the following around Canberra:

- ☺ DCO Floating Coffee Club– National Museum and Gungahlin Marketplace
- ☺ Saturday Coffee Club– New group at the National Museum, once a month
- ☺ Military Mums and Women at Home Business Owners Group– 2nd Tuesday of the month.

Email [Jodie@mmwah.com.au](mailto:Jodie@mmwah.com.au)

Although I am in Canberra, my area includes Wagga Wagga, Nowra and Albury-Wodonga.

We are looking for some Local Family Representatives in all areas, please contact me if you would like to be a part of DFA.

Warm regards,  
Christina Saladino

### Defence Community Organisation Canberra are Relocating Offices

From Monday 16th January 2012 you  
will find DCO Canberra at  
8 Thesiger Court Deakin  
CANBERRA ACT 2610

DCO Canberra will be located in the same building as  
DCO Headquarters. We apologise for any  
inconvenience while we are in the process of relocating.

### COUNSELLING

Centacare: 6162 6100

Quality support and counselling services, including  
mediation, advocacy and social education.

Lifeline Telephone Counselling Service: 13 11 14

Staffed by trained telephone counsellors 24-hour a  
day, any day of the week from anywhere in Australia.

Salvation Army Counselling Service: 6248 5504  
Professional counselling for individuals, couples and  
families.

# Resource Guide

<p><b>ACT Playgroups</b> 6251 0261 or 1800 171 882 <a href="http://www.playgoupastralia.com.au/act">www.playgoupastralia.com.au/act</a> Helps families with young children, including those with special needs, to have fun and learn together through play.</p>	<p><b>Canberra &amp; Queanbeyan ADD Support Group Inc.</b> 6290 1984 or 6287 4708 <a href="http://www.addact.org.au">www.addact.org.au</a> Provides information and reference material for people dealing with the impact of attention-deficit disorder.</p>	<p><b>National Council on Intellectual Disability</b> 6296 4400 <a href="http://www.ncid.org.au">www.ncid.org.au</a> Provides advocacy at a national level for people with an intellectual disability.</p>
<p><b>Anglicare Canberra and Goulburn</b> 6245 7100 <a href="http://www.anglicarecg.org.au">www.anglicarecg.org.au</a> Provides practical assistance to families struggling with poverty, disability, illness or other issues.</p>	<p><b>Defence Special Needs Support Group</b> 1800 037 674 or 9395 9634 <a href="http://www.dsnsng.org.au">www.dsnsng.org.au</a> A non-profit volunteer organisation for ADF families and individuals with a family member who has special needs. The group provides support, information, assistance and advocacy.</p>	<p><b>Parentline ACT</b> 6287 3833 <a href="http://parentlineact.org.au">http://parentlineact.org.au</a> A confidential telephone service providing counselling and support for parents and carers of young children.</p>
<p><b>Asthma Foundation</b> 6282 4186 or 1800 645 130 <a href="http://www.asthmaact.org.au">www.asthmaact.org.au</a> Provides information and support for people with asthma and their carers and promotes community awareness of asthma.</p>	<p><b>Mental Health Foundation ACT</b> 6282 6658 <a href="http://www.mhf.org.au">www.mhf.org.au</a> Aims to reduce the stigma of mental illness, and provides support for people experiencing mental illness, their family, carers and friends.</p>	<p><b>Pegasus– Riding for the Disabled ACT</b> 6254 9650 or 6254 9190 <a href="http://www.pegasusact.com.au">www.pegasusact.com.au</a> Provides horse riding instruction and other activities for people with a disability.</p>
<p><b>Redkite</b> 9219 4000 or 1800 334 771 <a href="http://www.Redkite.org.au">www.Redkite.org.au</a> Supports children affected by cancer, their families and carers, by providing emotional guidance, hospital and community based support, financial assistance and educational services.</p>	<p><b>SANE Australia</b> 1800 187 263 <a href="http://www.sane.org">www.sane.org</a> Conducts programs and campaigns to improve the lives of people living with mental illness, as well as those of their family and friends. Also operates a website and telephone helpline.</p>	<p><b>Siblings Australia</b> <a href="http://www.siblingsaustralia.org.au">www.siblingsaustralia.org.au</a> A national organisation focused on the wellbeing of the siblings of children and adults with disabilities, chronic illness and mental health problems. Website includes resources, information on workshops and a directory of services.</p>
<p><b>Vision Australia</b> 1300 847 466 <a href="http://www.visionaustralia.org.au">www.visionaustralia.org.au</a> Offers a range of services, specialist knowledge and skills to enhance the participation in life of people who are blind or have low vision and their families.</p>		

Defence Community Organisation presents

# Canberra Expo 2012

Showcasing Canberra for  
Defence Members & Families

Saturday 18 February  
Duntroon Community Centre,  
Gymkana Road, Duntroon  
10am - 1pm  
RSVP to [dco.canberra@defence.gov.au](mailto:dco.canberra@defence.gov.au)  
Or contact 02 6266 6360

Cadet displays | fly ball dogs | balloon modelling | dance groups | face painting | RMC band | sausage sizzle  
community group activities | clubs | interest groups and more.



## Need some further info?

If you would like some further information on DHA's Singles Choice Accommodation, contact us on **139 DHA (139 342)** or visit our website ([www.dha.gov.au](http://www.dha.gov.au)).

Singles Choice Accommodation is currently available in Canberra and Brisbane.



Defence Housing Australia –  
Singles Choice Accommodation

DHA information line **139 DHA (139 342)**  
[www.dha.gov.au](http://www.dha.gov.au)

**139 DHA**  
[www.dha.gov.au](http://www.dha.gov.au)



## Singles Choice Accommodation

Canberra and Brisbane

## a hassle-free housing solution? ... it's your choice!

Singles Choice Accommodation is DHA's latest housing solution. It provides a range of quality off-base properties for single Defence members.

Singles Choice Accommodation is a hassle-free alternative to Rent Allowance (RA). It offers a simple move-in move-out process and does not require you to pay bond or rent in advance.

Properties are available in convenient locations either close to base or close to the city and with easy access to amenities such as shopping centres, cafes, entertainment, sporting grounds and public transport.

So, what do you think? A hassle-free housing solution? ... it's your choice!

The benefits:	What does this mean for you?
Pre-allocation of properties	You are not required to attend a viewing prior to securing the property of your choice, meaning you can move from A to B with ease.
Great locations - properties have been pre-selected with your needs in mind	Contact your DHA Case Manager to enquire on the availability of Singles Choice Accommodation in your location. They will send through a list of available options and other relevant property information such as photographs, a list of features, floor plans and dimensions.
A simple process - one application	Once you have decided on a property of your choice, contact your local DHA Case Manager. You will be sent the documentation that will need to be signed and returned to secure the property.
Avoid competition in the open rental market	These properties are only available to ADF members.
Minimal financial outlay	Unlike renting in the open market, Singles Choice Accommodation properties do not require payments of bond or rent in advance.
Easy payment arrangements	To keep the process as hassle-free for members as possible, rent payments will be deducted from your pay on a fortnightly basis through the Defence Pay System – ADFPAY.
No fixed-term lease	If you need to break your lease, all you need to do is submit notification to DHA 28 days (or more) before you plan to move. Where it is necessary to break the lease for service reasons beyond your control (e.g. short notice posting), simply submit the notification together with evidence of the new posting.
One point of contact for all maintenance issues	You will have access to a 24-hour maintenance service by contacting 139 DHA (139 342).





Interested in a new direction for your working life?

**Communities@Work's Family Day Care Scheme gives you the chance to start up your own home-based child care service, gain practical small business skills and earn valuable income.**

You will be provided with excellent training and professional support, including access to a range of resources to help you deliver high quality child care.

If you're interested in caring for children, working flexible hours and operating your own business from home, contact Communities@Work today!

Call **6293 6590**  
or visit **[www.commsatwork.org](http://www.commsatwork.org)**

*It's about you. Always!*  
**Communities@Work**