



YOUNGDIGGERS

Advice for Serving and Ex-Serving
Military Personnel and their Families



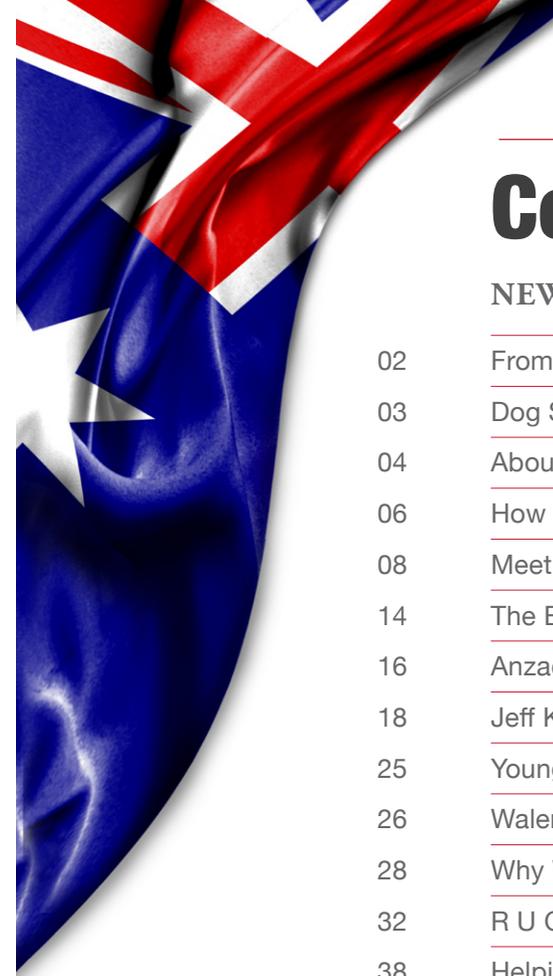
APRIL 2017



Advice for Serving and Ex-Serving Military Personal and their Families

WWW.YOUNGDIGGERS.COM.AU

Seeing who's struggling isn't always obvious.



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From the President

APRIL 2017

Hi All,

Well a lot has happened since our last magazine. There has been 2 handover's of dogs from the Bathurst correctional center, one in January and one in March. Seven highly trained dogs have gone to new owners and they are continuing their training and getting ready for their Public Access Test for assistance dogs. Well done Bathurst correctional facility.

New branches of Young Diggers are now operating in Tamworth NSW, and Melton in Victoria. The Melton branch is our head office for Victoria and Carole Doyle is heading up the administration of that office. Members meet at the Willows in Melton every Tuesday.

Dog Squad

Aaron is the national coordinator for the dog squad and can be contacted at aaron@youngdiggers.com.au.

Keith is in charge of all dog squad applications and can be contacted at applications@youngdiggers.com.au

Board of directors

John Jarret- Director and president.

Peter Walters- Director and vice president

Andrew Macarthur- Director and vice president

More Media continue to do a great job of producing the magazine and I thank Justin and Luke for their great efforts.

Bush Camps resume June this year and will be held in the Eastern States. Western Australia will start later in the year.

Equine Therapy and dog training is starting in Richmond, NSW, very soon so any interest can be addressed to john@youngdiggers.com.au

A number of dogs and handlers have completed the PAT since the last magazine and have passed with flying colours. Thanks Aaron and congratulations guys and girls.

ANZAC day is coming up again so soon, so take care and you know where we are if you need help or just have a chat.

Regards,

John Jarret

Raymond Black- Ex Army WO. Projects officer

Dianne Springolo- Secretary



Dog Sponsorship

APRIL 2017

Is your group or business interested in sponsoring a Dog?

The Young Diggers Dog Squad is training rescued dogs to become Assistance Dogs to support the rehabilitation of our serving and ex-serving Australian Defence Force members who are dealing with Post-Traumatic Stress Disorders (PTSD). This program is helping more than just the individuals. The Dog Squad helps Defence families to better cope with the effects of PTSD and saves the lives of abandoned dogs.

The Dog Squad is run entirely by the volunteers at Young Diggers and groups and businesses to sponsor dogs to continue running the program. It costs \$2,500 to Sponsor a Dog through the Dog Squad program. Your sponsorship will rescue an abandoned dog and cover its expenses whilst it is training to become an Assistance Dog. Your business or group can help by sponsoring a dog today.

Application Forms for sponsorship can be found at: www.youngdiggers.com.au/dogsponsorship

The Young Diggers

IT'S NOT ABOUT US - IT'S ABOUT YOU



Our mission

Our mission is to help you and your family make informed choices to enhance and maintain quality of life.

Our purpose

It's simple. Too many serving and ex-serving personnel and their families have difficulties coping with the stresses and fall-out of military service. Our purpose is to provide you with the help you need.

Our focus

Our motto is 'It's about YOU'. It is important to recognise you are and always will be a valued member of our community, irrespective of your

injuries and experiences you have endured. We are completely committed to providing exceptional help and advice. Our speciality is information and support and education - it is our core focus. We provide a personalised and professional information, support and training services, with 'quick results' and 'keeping you informed' being our main objective. We have an in-house Pensions Officer and a national network of pensions and advocacy contacts who can assist you with assessing and reviewing your entitlements, we have registered trainers in mental health care for families for free.



Our difference

We are innovative!

We listen!

We take action!

With your approval and assistance, we will investigate and pursue issues raised in an attempt to enhance your quality of life or right any wrongs.

We closely scrutinise government agendas and act as your voice to ensure welfare, pension and advocacy services and entitlements are maintained and improved for the future.

You are not alone!

We will listen and provide you and your family with information and assistance, so you can make informed choices about today and for your future, which will ultimately lead to securing and maintaining quality of life.

How to Join the Dog Squad

FOLLOW THESE SIMPLE STEPS

The Young Diggers Dog Squad trains dogs to become Assistance Dogs to support our serving and ex-serving Australian Defence Force members who are dealing with Post-Traumatic Stress Disorders (PTSD). This program helps more than just the individuals.

The Dog Squad helps Defence families to better cope with the effects of PTSD and saves the lives of many rescued dogs.

Throughout this program, Young Diggers provides members with help and practical support to enhance the quality of life for both the dog and the individual.

You can apply to receive a dog or have your dog assessed. Further information including suitable dogs can be found on the website.

Before you apply, we fully expect that you have already covered your bases with regard to therapy, medication, and reading up on your illness.

**ALL DOG SQUAD MEMBERS
PLEASE REMEMBER
WHEN YOU ARE TRAINING
YOUR DOG ANYWHERE
PLEASE PUT ON THEIR JACKET.
THIS LETS THEM KNOW
THEY ARE WORKING.**

WHAT IS THE PROCESS TO JOIN THE DOG SQUAD.

Step 1: Apply to become a member online at www.youngdiggers.com.au.

To qualify as a Service Mbr, you need to be:

- ✓ A serving or ex-serving member of the Australian or New Zealand Army, Navy or Air Force, and Australian Federal Police who have served on peacekeeping missions, post-1975.
- ✓ If ex-serving, have an honourable discharge certificate.

To qualify as a Family Mbr, you need to be:

- ✓ An immediate family member of a serving or ex-serving man or woman who would qualify for membership as a 'Service Member'.

To qualify as an Associate Mbr, you need to be:

- ✓ An ex-serving member of the ADF or NZDF or their immediate family pre-1975. Serving and ex-serving military personnel and their immediate family from other Allied countries. Or be an individual or organisation who is interested in and supports Young Diggers and wants to be kept informed.



Step 2: Complete a dog squad application form.

Complete the one of the three Dog Squad Applications and submit it. All requirements are outlined in the Applications.

The three forms are:

1. If you would like to adopt a Young Diggers Dog Squad dog.
2. If you own a dog and you would like it assessed for the Dog Squad.
3. I would like to apply to become a Dog Foster Carer or Emergency Dog Carer.

Once your Application is received, it will be reviewed by the team at Young Diggers. One of our Dog Squad team members will then contact you as soon as possible.

Please note: The Dog Squad program is run entirely by volunteers and we are currently receiving a large number of applications and requests, so your patience is appreciated.

Some General Conditions

If for any reason you mistreat your dog (whether it was your own or supplied by Young Diggers), or if you fail to train it in this program, we will remove the dog from your care and report you to the RSPCA. The dog remains the property of Young Diggers until it completes its full PAT testing. The Young Diggers Jacket always remains the property of Young Diggers.

If you wish to take your dog on to base:

1. Your dog must be at least Level 1 and issued with a jacket and ID card.
2. You must complete the correct forms required by ADF and hand these to your CO for approval.
3. You must carry your vet card with you at all times and your dog's health checks and injections must be up to date.

Young Diggers Dog Squad

MEET SOME THE DOGS WHO SAVE LIVES



We are extremely honoured to have commenced an association with the Young Diggers Association through our recent donation of VON DARCOR MARSHALL to the Young Diggers Dog Squad, who will be trained and developed as an Assistance Therapy Dog for a “Young Digger” suffering with Post Traumatic Stress Disorder (PTSD) - a subject which is very close to our hearts - as it is to many of you who follow and support our dogs.

MARSHALL's training has been sponsored by the greater NSW community of Glenn Innis - who have raised funds to cover all costs associated with the training of MARSHALL for a local service member suffering PTSD, from the Glenn Innis New England Region.

MARSHALL's training will be conducted by Young Diggers Dog Squad NSW Manager, Peter Barsoum.

MARSHALL was named by our young son Riley, who is obviously a huge Paw Patrol fan, and despite being bought up with many interactions with Police and Police Dog Handlers, he wants to be a Fireman when he grows up...so his favourite Paw Patrol pup is none other than the Fire Dog, Marshall. MARSHALL's mother went into early labour and it was Riley who notified us while we were out working horses. Riley then assisted with MARSHALL's birth as the first born puppy and he selected a red identification collar for MARSHALL. Riley at just 6 years old, was extremely proud to be a part



of the hand over of MARSHALL to such a great cause and he hopes that when MARSHALL “grows up” he can “help someone” as he wants to do when he grows up.

Riley, Adam and I officially handed MARSHALL over to the Young Diggers Dog Squad on Friday, who's hospitality was greatly appreciated. We hold great admiration for Young Diggers Tamworth and Districts Manager Dave Schell and NSW Manager Peter Barsoum who both volunteer their time and services to this great cause. We would also like to thank Aaron Hutcho and Billy Keith for their contribution to our greater understanding of the positive impact the Young Diggers Dog Squad has on their members.

Young Diggers provides a variety of support services and programs to assist serving and ex-serving personnel and their families of the Australian Defence Force who have served on operational deployment or peacekeeping missions, as well as Australian Federal Police who have served in peacekeeping deployments abroad.

The Young Diggers Dog Squad is a program provided by the Young Diggers Association, training dogs to become Companion and Assistance Dogs to support our serving and ex-serving Australian Defence Force members who are dealing with PTSD. They are an organisation that does not stigmatise, pass judgement or devalue those living with and suffering from combat stress and mental illness. They provide a safe environment for their members to network with one another, exchange training tips and support one another through tough times. Family members are welcome and encouraged to get involved with the Dog Squad training.

If you, or if you feel someone you know, may benefit from the Young Diggers Association you can contact them through their website www.youngdiggers.com.au

Young Diggers can be located on Facebook.



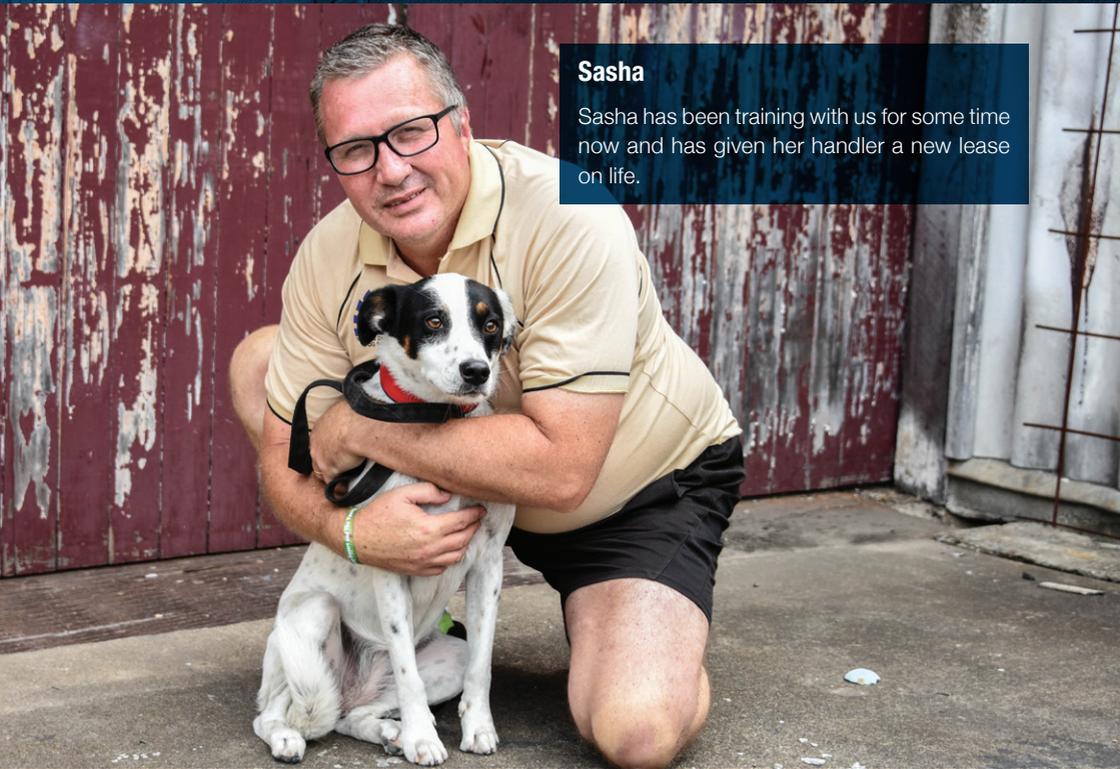
Max

Max is another beautiful story of a dog being a man's best friend after being surrendered because he was unwanted and Now he has a new lease on life caring for our veterans who are suffering from mental health issues as result of what they have as sacrificed to make our world a better place.



Lucy

Lucy came to us because she had a few to many cheeky behaviours for her old family to handle. After several weeks of intensive training she is now living with her new family that love her more then anything and She is helping them in more ways then they could ever imagine.



Sasha
Sasha has been training with us for some time now and has given her handler a new lease on life.



Boof
Boof and his handler are the most incredible team their bond is something that is truly inspiring.

Young Diggers Dog Squad



Muster
Muster is an amazing dog with the most amazing character and blue eyes!



Shadow
Shadow is a great example of how having an Assistance Dog can make the world of difference enabling his handler regain a better quality of life.

The Bunker

UPDATES, RENOVATIONS AND NEWS



Over the past few months our volunteers have been busy re-vamping the Bunker as the pictures show. We have with the help of a grant been able to purchase new board room furniture & Projector, office furniture and due to the generosity from Bunnings we now have a new kitchen which is almost completed just a few bits and pieces to do. And an extra Office!

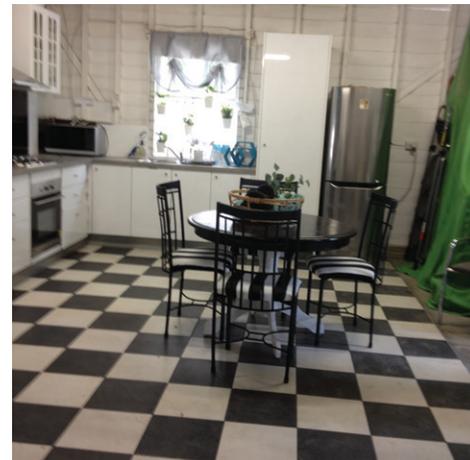
The old kitchen was not the best although it had served well for some time, we now have hot water, cupboard & bench space as well as tiled floor, there is a TV sitting area not quite finished a work in progress, but it's usable, which is the most important thing.



Whilst the new kitchen was being installed over a couple of weekends we were visited by a couple of possems who decided it was a nice place to make a home. They were removed humanely by one of our members, but boy oh boy did they leave a mess behind, phew!!

We have been given a new BBQ, yet to be installed, which will make our snags a little tastier and save the onions burning

So a big thank you to everyone who has contributed to the up date the Bunker is looking rather inviting these days and there will be more improvements as time goes on.



Anzac Day

A NATIONAL COMMEMORATION



Anzac Day is one of Australia's most important national commemorative occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

When is Anzac Day?

Anzac Day falls on the 25th of April each year. The 25th of April was officially named Anzac Day in 1916.

What does 'ANZAC' stand for?

'ANZAC' stands for Australian and New Zealand Army Corps.

On the 25th of April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as Anzacs and the pride they took in that name continues to this day.

Why is this day special to Australians?

On the morning of 25 April 1915, the Anzacs set out to capture the Gallipoli peninsula in order to open the Dardanelles to the allied navies. The objective was to capture Constantinople (now Istanbul in Turkey), the capital of the Ottoman Empire, and an ally of Germany.

The Anzacs landed on Gallipoli and met fierce resistance from the Ottoman Turkish defenders. Their plan to knock Turkey out of the war quickly became a stalemate, and the campaign dragged on for eight months.

At the end of 1915, the allied forces were evacuated. Both sides suffered heavy casualties and endured great hardships. Over 8,000 Australian soldiers were killed. News of the landing on Gallipoli and the events that followed had a profound impact on Australians at home. The 25th of April soon became the day on which Australians remember the sacrifice of those who had died in the war.

The Anzacs were courageous and although the Gallipoli campaign failed in its military objectives, the Australian and New Zealand actions during the campaign left us all a powerful legacy.

What does Anzac Day mean today?

With the coming of the Second World War, Anzac Day also served to commemorate the lives of Australians who died in that war. The meaning of Anzac Day today includes the remembrance of all Australians killed in military operations.

What happens on ANZAC Day?

Anzac Day remembrance takes two forms. Commemorative services are held at dawn – the time of the original landing in Gallipoli – across the nation. Later in the day, ex-servicemen and women meet to take part in

marches through the major cities and in many smaller centres. Commemorative ceremonies are more formal and are held at war memorials around the country.

A typical Anzac Day ceremony may include the following features: an introduction, hymn, prayer, an address, laying of wreaths, a recitation, the Last Post, a period of silence, either the Rouse or the Reveille, and the national anthem. After the Memorial's ceremony, families often place red poppies beside the names of relatives on the Memorial's Roll of Honour, as they also do after Remembrance Day services.

Rosemary is also traditionally worn on Anzac Day, and sometimes on Remembrance Day. Rosemary has particular significance for Australians as it is found growing wild on the Gallipoli peninsula. Since ancient times, this aromatic herb has been believed to have properties to improve the memory.



Remembrance Day Address

GIVEN BY THE HON JEFF KENNETT AC

Australian War Memorial Canberra, Friday 11 November 2016

For those in whose memory we gather here today...

For those who returned home, many with broken limbs, minds and spirits...

For the families who have lost loved ones in whole or in part...

For those who continue to serve...

From we who remain, who live, and on behalf of those who will follow...

We salute you.

We are now and forever in your debt.

It is incumbent upon us to use your service and your sacrifice to build a better, safer Australia. An Australia where our democracy is secure, where people are meaningfully occupied and where, as a result of our economic strength, we can – with compassion – provide comfort and dignity to those in genuine need. As we gather here today at this great Memorial... As Australians around the country come together in numbers large and small – in cities and country towns – to pause and remember those who put their lives on the line so that we could enjoy the opportunities we have today... I ask myself why this grateful nation lets down so many servicemen and women, who on surviving the threats and brutality of conflicts and war, take their own lives on returning home.

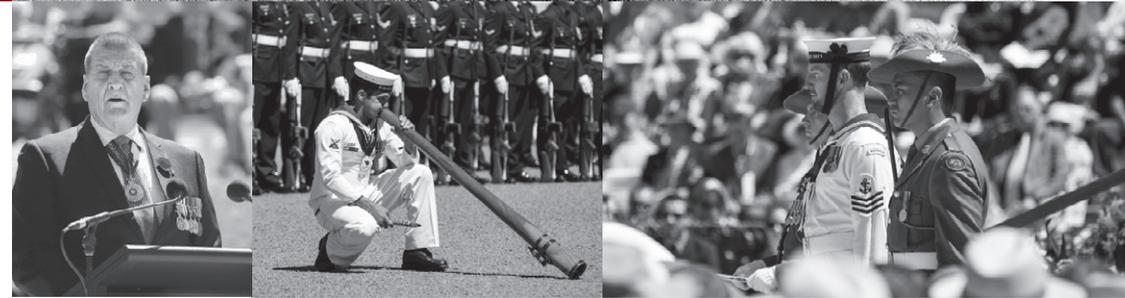
Why is it that we as a nation have not been able to provide sufficient help – the services – that might have prevented all or some of the suicides of our armed forces personnel.

Just this year alone, more military personnel and veterans have died by their own hand – on Australian soil – than lost their lives during 13 years of Australia's involvement in the Afghanistan conflict.

Surely, our obligations to those who return, should be, must be, that they are safer here, on home soil, than when away.

We know that many who return don't leave those battlefields behind. They bring the battles home with them, but they carry them inside. Too often these internal battles against depression, anxiety, Post Traumatic Stress Disorder and suicide are fought and lost alone. Mental Health issues and alcohol abuse are on the rise, particularly among younger veterans. Their private battles must become our cause.

People in positions of authority – governing and leading from the safety of Australian turf – have made and will continue to make decisions in all our interests to send younger men and women to war. Our service personnel volunteer for careers that place them at the pinnacle of the country's First Responders. They knowingly put themselves at great risk, willingly entering theaters of conflict from which they may never return.



But most do return. Some come home heroes. Some with a renewed commitment to family, friends and country, keen to forge new careers in civilian society. But some, unfortunately, return damaged physically and mentally as a direct result of the job we ask them to do. Many who return home are unable to adjust to family life or put aside the grief of losing friends in battle. They carry with them excess baggage of fear, stress, anger and nightmares which if not addressed can lead to anxiety, depression and even suicide. That's no surprise. In fact, it is a common, natural human reaction. We have known about post-traumatic symptoms for more than 3000 years. It was first reported in the epic poem, The Tale of Gilgamesh, when confrontations with death in battle changed the lead character's personality. Gilgamesh was the first reported case of chronic mental health symptoms caused by war. It has been called many things such as "soldier's heart", "hysteria", even "nostalgia". It was "shell-shock" in World War I and "combat fatigue" in World War II and Korea.

So why – after all this time – are we still so ill-prepared for the damaged home-coming veteran? No-one will ever know the number of suicides of those who returned home from service in Vietnam, except it was tragically large, and has subsequently included many of their family members.

Records are much more precise today, but that so many servicemen and women and ex-service personnel have felt they have no alternative but to end their lives should be a national sorrow and is unacceptable.

In 2013 around 150,000 veterans with service-related disabilities were being supported by the Department of Veterans Affairs and, of these, up to 46,000 had 'an accepted mental health disorder'. Common conditions included anxiety disorder, depression, stress disorder and alcohol dependence.

Put simply and tragically, many veterans struggle to adjust to civilian life and without the proper support they can spiral into deep depression and take their own lives.

If Australia cannot find the resources to provide the care necessary to help our servicemen and women re-adjust to life at home then perhaps we should not put them at risk in the first place. We do not have the right to ask these people to risk their lives for us only to abandon them when they need us most.

It is not just an obligation, it is our duty, to care for our servicemen and women and to extend that support to their families. It was encouraging to see the Federal Government announce in August a trial suicide prevention initiative in Townsville to help Australian Defence Force personnel there.

Remembrance Day Address

At the launch the Prime Minister said we have to go beyond the memorials and the monuments and focus on the men and women, the real challenges they face. I whole-heartedly concur. But this must be just the first of many initiatives deployed without delay.

These are complex issues requiring a multifaceted response, not least of which is action to change the culture of the defence forces so that seeking support for mental health is seen as strength rather than a weakness.

We have to fight the stigma – some of it self-imposed, some imagined and some very real – that discourages people from acting early to protect and improve their mental health.

It should be seen as a public health first line of defence.

At beyondblue we know that early intervention and peer-to-peer support works and that it is possible to recover from many mental health conditions. We can all play a part, especially those former defence force personnel who have first-hand experience. So I call on those veterans to mobilise again to assist in destigmatizing mental ill-health in your community. We need you to step up once more; speak out about your journey and help others.

Talking about suicide does not make it happen and could well save a life. More must be done, urgently, to address this trend. We may not

prevent all such deaths, but we should be able to prevent most. Australia must declare war on veteran suicide. This has to be a zero tolerance campaign.

This wonderful War Memorial, is more than just a historical record of past deeds. It is correctly and increasingly a place that does and should explain our current military involvements overseas. It is a living place as well as a place of history and remembrance.

As a National Serviceman of the '60s, I value my service, and what that period taught me. I respect those men and women who have in the past and today proudly worn the Australian uniform. But I am so saddened that our nation leadership, in a bi-partisan way, cannot make the welfare of those who returned from service a top priority.

At services such as this we repeat the words Lest We Forget. We should never Forget. We will never Forget. But let us also remember our obligations to those who served. To those who return from conflicts with broken bodies and minds we must commit ourselves as a nation to work with them to ensure their return to Australia is a happy, worthwhile and lasting experience.

Lest We Forget. But let us Remember.

Lest We Forget. But let us Remember.

Lest We Forget. But let us Remember and meet our Obligations.

Young Diggers Updates

STAY IN TOUCH



Keep up to date by joining
The Young Diggers Facebook page.



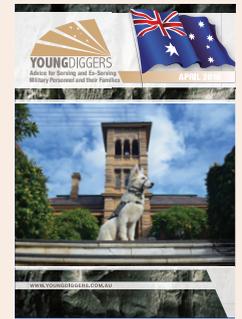
Scan here to join today. →



For further information visit:
youngdiggers.com.au



Contact us on:
info@youngdiggers.com.au



WANTED. Qualified Dog Trainers

Young Diggers need qualified trainers all over Australia.

If you are an experienced Dog Trainer and would like to help our Diggers a couple of times each week, please send your resume (including your qualifications, experience and location).

Our volunteer application form can be found at:

www.youngdiggers.com.au/become-volunteer-application-form

Waler Horses

AN AUSTRALIAN LEGEND

The Waler Horse story begins in 1788 when the first horses arrived in Australia on the First Fleet. In the following years a large number of horses were imported from around the world. Breeds such as British native ponies, trotters and coaching horses, heavier horses like the Suffolk Punch, Clydesdale, Percheron and the Shire horse. Thoroughbreds, Arabians, Timor pony and Cape horses were also used.

By using the desired attributes of each breed and crossing them, a distinctive breed was developed. A quality all round horse noted for its temperament, stamina and hardiness that could do anything asked of it. These colonial bred horses became known as WALTERS.

The Waler played an important role in the exploration and settlement of the newly developing colony. Duties included carrying early explorers and their equipment, pulling a plough, droving stock and other station work, carrying children to school, in harness transporting people and supplies - a unique horse suitable for all tasks.

It was because of the Walers temperament, ability and hardiness that they became sought after by the military as cavalry mounts. As the years went by and demand grew, many station owners began breeding these horses, quite often in the outback and remote areas where conditions were not ideal, but this added to the hardiness of the breed. Approximately, 487,000 Walers were exported from Australia, most for military use and only ONE ever returned.

Over the years four types of Waler were developed based mainly on their role in the military and these types still exist today:

1. The officer's horse, now known as "Light" – generally a showier type;
2. The trooper's horse, now known as "medium" – a more sturdier horse for carrying a soldier and his kit;
3. The artillery horse now known as "heavy" – used for pulling guns and ammunitions;
4. The scout horse now known as "pony" – used for riding ahead of the main troop and relaying messages quickly.



After the export trade died out, around the early 1930's, many of the stations used these horses for everyday station and stock work.

This left a surplus, so many of the horses were released and left to their own devices to survive in the rugged Australian conditions and they bred in large proportions. This resulted in major culling operations on some stations and outback areas - nearly to a point of extinction.

In the late 70's and early 80's a devoted group of people realised the Walers place in history and began rescuing a number of horses from remote areas that had been free from the influence of other breeds for many decades.

In 1986, the Waler Horse Society of Australia was formed and a stud book was established. Waler's are slowly making their way back into recognition as "Australia's Own" – The All Australian Horse.

Walers are an important part of our past as a nation and hold a special place in history. They are also horses for today and can be found successfully competing in a wide range of activities such as endurance, dressage,

eventing, show jumping, campdrafting, cutting, roping, harness, polocrosse, pony club as well as pleasure and trial riding. Simply, a terrific all-round horse for any discipline. Walers do it all.



Why Worry?

HEALTHY WORRYING AND UNHEALTHY WORRYING

Article by Gail Marshall

I was invited by Young Diggers to prepare an article for the journal on a topic of my choice. What to write about? As a psychologist with many years experience there were innumerable stories I could share.

In thinking about what I might write I found myself awake early one morning worrying about what to say. What would Young Diggers readers want to hear?

So I decided to write about worry. For me that early morning thinking reminded me of what I ask my clients when they talk of worrying.

“Is that a helpful worry?” “Is it a worry you can do something about?” Was I going to remain “stuck” in my worrying thoughts.

There was something I could do about it. Young Diggers had requested an article which I had agreed to write, so I got on and planned what to say and submitted it for publication.

That worry was what I call a “helpful” worry. It promoted problem solving towards a goal which removed the procrastination, and by breaking the task into manageable units I was able to complete the article.

This kind of worry is normal and something we all experience regularly. Its value is that it generates action towards a desired goal and moves us away from the initial worrying. This is healthy worry. It is usually short term and produces an outcome.

The other kind of worry is the one I regularly see in my clinical practice. It’s the worrying that is repetitive and does not have a goal that can be worked towards, so it’s considered unhelpful, especially by those who are plagued with it long term.

Worry that is unhelpful and often excessive is a common symptom in people who suffer from a mood disorder such as anxiety or depression.

If you suffer from social phobia for example, you worry about whether people are going to like or accept you. The ongoing and excessive worry about being accepted, combined with a focus on the physiological symptoms of social phobia - sweaty palms, increased heart rate - create a fear that others will notice these and judge you harshly.

Guess what? Mostly no one notices. However the fear that people will notice often results in social avoidance, where the sufferer stays home avoiding contact with others. This is what we call a “safety behavior”. It’s what the socially phobic person does to not have to face their anxiety or worry. While it reduces the anxiety in the short term, it keeps them stuck with their social phobia.

By choosing not to go out and socialise, the client doesn’t get to discover that their fear of being rejected doesn’t get to be challenged. The treatment program for someone with social phobia may include having the client



collaborate on a treatment plan which exposes them to their feared situation over a number of sessions. Exposure therapy structures a series of behavioral experiments from less to more challenging. They might agree to start by saying hullo to the checkout person and gradually working up to delivering a 5 minute speech.

What they learn is that the fear can be overcome by facing it incrementally and by learning to accept their worry they are able to recover from their social phobia. Such therapy teaches a client that by changing what they do as well as how they think about their worry, they can overcome their fear.

People who suffer from an excess of worry or anxiety often have mistaken beliefs – “In order

to go to the party I need to have no anxiety”. This is false. We all worry. It’s about helping a person to understand that a little bit of worry is normal – ask any actor or public speaker. Initial anxiety is common. The difference is in the sense we make of it. If we think anxiety is bad, that thought needs to be corrected to one that is more realistic. Some anxiety is normal, but if I don’t focus on the symptoms of physiological arousal, and pay attention to the other person, most people will see their anxiety diminish.

In some anxiety disorders such as Generalised Anxiety Disorder, worry is perceived as a coping strategy designed to avoid future unwanted events or serves to prepare the person for worst case scenario – a mistaken

Alison Lovett's Holistic Counselling

~ for emotional care & wellbeing

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Holistic Counselling supported by:
Bach & Australian Bush Flower Essences
Certified Australian Bush Flower Ess's Teacher

WHY WORRY?

belief that worry is useful. Some clients need to be challenged in their beliefs about the benefits of worry.

Teaching a client about the benefits of mindfulness and breathing equips them with the skills they need to face the situation they worry about without it leading to an avoidance. They need to practice this skill so that when the feared situation occurs they can accept it as an opportunity for practice, to get better at it. With this acceptance of their worry, they can then use the analogy of floating – moving through the anxiety without the tense resistance as if floating on gently undulating water. And letting it pass as it always does. This is the basis of Acceptance and Commitment Therapy.

Changing mood directly isn't possible. Being told to "stop worrying" doesn't work to calm the anxious mind. Cognitive Behavioural Therapy (CBT) is a recognised form of treatment which identifies and challenges the cognitions - how people think about themselves, their world and their future. Clients are encouraged to develop more realistic beliefs and by assisting them to then change their behaviour an improvement in their mood will follow and their anxiety diminishes.

Therapy helps people to seek out and experience more positive situations as well as reducing the amount of time they spend worrying about and avoiding difficult situations.

By assisting people to find alternatives to unhelpful habitual behaviours we indirectly change the mood.

Treating anxiety or depression can be done without using drugs, so if worry feels like it's taking over your life, you might benefit from consulting a mental health professional who is experienced in dealing with mood disorders and in using such techniques as Mindfulness, Cognitive Behavioural Therapy or Acceptance and Commitment Therapy.



Article and photo provided by Gail Marshall

Alison's main objective: to enhance and maintain your quality of life during your transition from military to civilian life, and to help you overcome the difficulties you are facing. If you or a family member has any concerns, you do not have to face them alone. Early support and a preventative approach increases your coping skills and functioning, so talk through your emotional, practical and family issues in safety and with confidence.

I address short & long term Counselling needs:

Post Traumatic Stress Disorder, Loss & Grief, Anxiety & Depression, Sleep Disorders, Relationship Issues, Crisis Intervention, Addictive behaviour; alcohol and drug abuse.



Australian Bush Flower: Sunshine Wattle

Sunshine Wattle's message: To help you see the light at the end of the tunnel. Sometimes we don't see the 'light at the end of the tunnel' because things just seem too bad. This flower helps foster optimism and helps you to envision a positive outcome - no matter how dire a situation may seem, and what we think does influence every situation we perceive or are involved in.

R U OK?

CALLS ON AUSTRALIA TO RECONNECT TO PREVENT SUICIDE

This R U OK?Day, R U OK? is calling on all Australians to reconnect with someone they've lost touch with, as new research from the suicide prevention charity reveals one third of us have unintentionally lost contact with four or more family members or friends.

Released on the 8th national day of action (Thursday 8 September), the research shows that 24 per cent of us have stopped talking with four to eight loved ones, and a further 10 per cent of us with nine or more people.

R U OK? Campaign Director Rebecca Lewis said that today's the day to make a promise to change that.

"As a community and as individuals, we're stronger together and it's important that we make more time for the people we care about," Rebecca said. "Use today as an opportunity to start a conversation with someone you were once close to, as well as reach out to anyone you're worried about. Then, make a commitment to be there for one another throughout the year."

Adding his voice to the call for regular, meaningful conversations between family and friends is Prime Minister Malcolm Turnbull.

"The more we talk, the more people are encouraged to seek help," Prime Minister Turnbull said. "Checking in with each other is something we can all do to help those around

us. So if you think someone you know might need help, ask the question: 'Are you ok?'"

R U OK? Conversation Expert Professor Nick Glozier said we've all got what it takes to be there for one another – because it ultimately comes down to listening and not judging what someone wants to share.

"Once you start a conversation and a mate opens up, don't rush in or leap to conclusions," Nick said. "It's important that you listen to what they have to say and guide the conversation with more open questions. Don't try and fix their problems - or provide the answers - but help them to identify what they can do to better manage the load."

For support at any time of day or night, call Lifeline on 13 11 14. For more info, visit ruok.org.au.

R U OK?™

A conversation could change a life.

1. Ask R U OK?

Help them open up by asking "How are you going?"



Start a conversation using these 4 steps

4. Check in

Make time to catch up soon.



2. Listen without judgement

Take what they say seriously.



3. Encourage action

Urge them to commit to doing one thing that might help them.



Visit us at ruok.org.au

VIOLENCE AGAINST WOMEN DOESN'T JUST START. IT GROWS.

On average, one woman is killed every week at the hands of a current or former partner. One in three women has been a victim of physical or sexual violence, since the age of 15, from someone known to them. One in four young people are prepared to excuse violence from a partner.

This is a cycle of violence, which starts with disrespect.

Not all disrespect towards women results in violence. But all violence against women starts with disrespectful behaviour.

When we make excuses like *"It's just boys being boys"*, we allow boys to develop attitudes that can lead to violence. We raise girls to expect ridicule from boys when we tell them *"He's only doing it because he likes you"*. When we do confront unacceptable behaviour, we play it down by saying *"Don't worry, it wasn't that bad"*.

We're allowing disrespect to become a normal part of growing up.

By doing so, we are unintentionally part of the problem. We can all become part of the solution.

STOP the excuses.
START a conversation about respect with boys and girls.

LEARN more at australia.gov.au/respect

VIOLENCE AGAINST WOMEN LET'S STOP IT AT THE START



Australian Government

A joint Australian, state and territory government initiative.



Support WHEN YOU NEED IT



24/7
SERVICE

1800 011 046

FREE & CONFIDENTIAL COUNSELLING

Veterans | Families | Eligible ADF



Australian Government
Veterans and Veterans Families
Counselling Service



Veterans and Veterans Families Counselling Service
A service founded by Vietnam veterans



www.vvcs.gov.au

Anxiety

What is anxiety?

Anxiety is like 'worry'. It's an unpleasant emotion that most people feel when something might be risky, frightening or worrying. Everyone experiences mild anxiety when faced with stressful situations, like just before a sporting match or an exam. This kind of anxiety is normal and is our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by revving us up and helping us feel alert.



Anxiety can become a problem when it is **very intense, happens a lot of the time, feels overwhelming or it interferes with your daily living.**

What are the symptoms of anxiety?

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:

- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life.

What are panic attacks?

Panic attacks can occur as part of any anxiety disorder, but not everyone with anxiety problems will experience them.

Panic attacks are when you are suddenly overcome by strong fear and experience physical symptoms of anxiety, like a pounding heart, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are short (about 10 minutes) and usually feel frightening and intense. Someone having a panic attack might feel like they're having a heart attack or an asthma attack, or they might fear they're losing control.



Depression

Normal feelings vs. depression

We all feel sad or 'down' from time to time – it's part of being human.

For young people, it's normal to have occasional mood swings, feel irritable sometimes, and to be sensitive to rejection and criticism.

This can make it harder to tell whether you're experiencing "normal" feelings or whether you are becoming depressed.



What is depression?

Depression is one of the most common health issues for young people in Australia¹.

Depression ("major depression") is a mental illness characterised by feelings of sadness that lasts longer than usual, affect most parts of your life and stop you enjoying the things that you used to.

Symptoms of depression

You may be experiencing depression if, for more than two weeks, you've felt sad, depressed or irritable most of the time, or you've lost interest or pleasure in your usual activities. Other symptoms may include:



Loss of interest in food or eating too much, leading to weight loss or gain



Having trouble sleeping (getting to sleep and/or staying asleep), or oversleeping and staying in bed most of the day



Feeling tired most of the time, or lacking energy and motivation



Difficulty concentrating and making decisions



Feeling worthless or guilty a lot of the time



Feeling everything has become 'too hard'



Having thoughts of death or suicide





Helping Heroes is a specialist provider of rehabilitation, injury management and assessment services to the veteran community. With over 10 years of experience in supporting the needs of injured veterans and their families, our dedicated, tertiary qualified professionals are committed to providing proactive, empowering and evidence based rehabilitation that delivers life changing impact. We are a Comcare approved rehabilitation provider and Veterans with entitlements to rehabilitation services via the Department of Veteran Affairs can request a referral for the services of our dedicated team.

Helping Heroes was started by Managing Director Craig Rivett, the son of a 30 year full-time and reservist Army Veteran, who after working within the general rehabilitation service industry within various sectors, identified the critical need for a specialised understanding and approach to better support the specific needs of the injured veteran community. Helping Heroes has an awareness that the needs of the contemporary Veteran require a far more holistic view of rehabilitation interventions and outcomes, with goals

ranging in focus from medical facilitation and management, family support and community engagements, to supporting the transition back to medically appropriate, sustainable civilian employment. By providing support, direction and facilitation between sometimes many and varied stakeholders, Helping Heroes can assist in navigating even the most difficult circumstances and accessing all eligible and required supports available via both the Department of Veterans' Affairs or its wide network of ex-service organisations including RSL, VVCS, Bravery Trust, Soldier On and Legacy. Helping Heroes has a robust, engaging and evidenced based approach to assessing the needs of each individual veteran. It is not necessarily the service Helping Heroes can offer, but the way in which these services are offered that is a point of difference. When working with Helping Heroes, you will be linked with a consultant who cares about your story, your individual needs and those of your immediate family, and the implementation of a plan that will assist to achieve your outcomes. We acknowledge that understanding processes can cause significant stress and impact veteran health when engaging in their

THE FACTS

23% of homeless population are veterans

33% of male homeless population are veterans

47% Vietnam Era

17% post-Vietnam

15% pre-Vietnam

67% served three or more years

33% stationed in war zone

25% have used VA Homeless Services

85% completed high school/GED, compared to 56% of non-veterans

89% received Honorable Discharge

transition. Questions relating to transition entitlements, claim acceptance, incapacity benefits, Comsuper eligibility, DVA contacts, treatment availability, rehabilitation processes and support timeframes are common and can be addressed via our service.

Helping Heroes understands what is well evidenced in literature; that there is a rise in the prevalence of mental health conditions in discharging members. These commonly include major depression, stress & anxiety and increasingly post-traumatic stress disorder (PTSD). Causation of these conditions vary, however the consultants at Helping Heroes increasingly manage these conditions as well as various other influencing factors such as the loss of a defence career, isolation from friends in the ADF, change in self-perception resulting from injuries and uncertainty regarding the future. Helping Heroes' initial approach is to ensure the optimal civilian treatment team is in place, which will usually involve a General Practitioner, Psychiatrist (for prescription of medications if needed) and Clinical Psychologist (for clinical cognitive therapies). In many cases, utilising available VVCS services for general

counselling and support needs is beneficial. Your consultant will also assess the impact on family relationships as a result of the medical condition, and encourage the engagement of immediate family, particularly the spouse to ensure maintenance of domestic relationships. Implementing strategies to support optimum medical management is crucial, which can involve other goals associated with local community engagement, vocational strategies and peer-to-peer support. In order to positively address the health needs of the contemporary veteran, rehabilitation strategies and goals influencing psychosocial factors to support medical interventions are crucial. These factors are appropriately assessed utilising a thorough rehabilitation assessment, life satisfactions questionnaires and client self-reporting. Our rehabilitation programs are holistic, medically supported, individualised and tailored to ensure the best outcomes and goals are achieved for the Veteran and Veterans' family.

For any questions relating to our services, please feel free to contact Managing Director Craig Rivett on 0400 669 689.

The Aintree Walk of Honour



On Friday 31/3/2017 the Victorian branch of Young Diggers attended the opening of The Aintree Walk of Honour at the Woodlea Estate Rockbank. The walk is part of the Centenary of Anzac commemoration 2014-2018. We attended with our first Bathurst trained dog for the new Melton branch. Ron and Yogi were the highlight of the day for the many people who attended.

Ron had many in the room well up with tears as he told us of his journey and how Yogi has given him his life back. We were privileged to listen to many stories of other Veterans and how they were finding it hard to get back into civilian life.

Woodlea Estate has embraced modern technology for the younger generation by using a smartphone app, as well as providing a more traditional reflective experience for those who were not raised in the digital age.

Thank you to Woodlea Estate we received a very generous cheque for \$2,500 which will help another Young Diggers

Cheers Carole xxxx

Reggie the Black Lab

A FEEL GOOD STORY

They told me the big black Lab's name was Reggie, as I looked at him lying in his pen. The shelter was clean, no-kill, and the people really friendly.



I'd only been in the area for six months, but everywhere I went in the small college town, people were welcoming and open. Everyone waves when you pass them on the street.

But something was still missing as I attempted to settle in to my new life here, and I thought a dog couldn't hurt. Give me someone to talk to. And I had just seen Reggie's advertisement on the local news. The shelter said they had received numerous calls right after, but they said the people who had come down to see him just

didn't look like "Lab people," whatever that meant. They must've thought I did.

But at first, I thought the shelter had misjudged me in giving me Reggie and his things, which consisted of a dog pad, bag of toys almost all of which were brand new tennis balls, his dishes and a sealed letter from his previous owner.

See, Reggie and I didn't really hit it off when we got home. We struggled for two weeks (which is how long the shelter told me to give him to adjust to his new home). Maybe it was the fact that I was trying to adjust, too. Maybe we were too much alike.

I saw the sealed envelope. I had completely forgotten about that.

"Okay, Reggie," I said out loud, "let's see if your previous owner has any advice."

The letter read as follows...

To Whomever Gets My Dog: Well, I can't say that I'm happy you're reading this, a letter I told the shelter could only be opened by Reggie's new owner. I'm not even happy writing it. He knew something was different.

So let me tell you about my Lab in the hopes that it will help you bond with him and he with you. First, he loves tennis balls. The more the merrier. Sometimes I think he's part squirrel, the way he hoards them. He usually always has two in his mouth, and he tries to get a third



in there. Hasn't done it yet. Doesn't matter where you throw them, he'll bound after them, so be careful. Don't do it by any roads.



Next, commands. Reggie knows the obvious ones ---"sit," "stay," "come," "heel." He knows hand signals, too: He knows "ball" and "food" and "bone" and "treat" like nobody's business. Feeding schedule: twice a day, regular store-bought stuff; the shelter has the brand.

He's up on his shots. Be forewarned: Reggie hates the vet. Good luck getting him in the car. I don't know how he knows when it's time to go to the vet, but he knows.

Finally, give him some time. It's only been Reggie and me for his whole life. He's gone everywhere with me, so please include him on your daily car rides if you can. He sits well in the backseat, and he doesn't bark or complain. He just loves to be around people, and me most especially.

And that's why I need to share one more bit of info with you... His name's not Reggie. He's a smart dog, he'll get used to it and will respond to it, of that I have no doubt. But I just couldn't bear to give them his real name. But if someone is reading this ...well it means

that his new owner should know his real name. His real name is "Tank." Because, that is what I drive. I told the shelter that they couldn't make "Reggie" available for adoption until they received word from my company commander. You see, my parents are gone, I have no siblings, no one I could've left Tank with ... and it was my only real request of the Army upon my deployment to Iraq, that they make one phone call to the shelter ..in the "event" ... to tell them that Tank could be put up for adoption. Luckily, my CO is a dog-guy, too, and he knew where my platoon was headed. He said he'd do it personally. And if you're reading this, then he made good on his word. Tank has been my family for the last six years, almost as long as the Army has been my family. And now I hope and pray that you make him part of your family, too, and that he will adjust and come to love you the same way he loved me. If I have to give up Tank to keep those terrible people from coming to the US I am glad to have done so. He is my example of service and of love. I hope I honored him by my service to my country and comrades. All right, that's enough. I deploy this evening and have to drop this letter off at the shelter. Maybe I'll peek in on him and see if he finally got that third tennis ball in his mouth. Good luck with Tank. Give him a good home, and give him an extra kiss goodnight - every night - from me.

Thank you, Paul Mallory



I folded the letter and slipped it back in the envelope. Sure, I had heard of Paul Mallory, everyone in town knew him, even new people like me. Local kid, killed in Iraq a few months ago and posthumously earning the Silver Star when he gave his life to save three buddies. Flags had been at half-mast all summer. I leaned forward in my chair and rested my elbows on my knees, staring at the dog. "Hey, Tank," I said quietly. The dog's head whipped up, his ears cocked and his eyes bright.

"C'mere boy."

He was instantly on his feet, his nails clicking on the hardwood floor. He sat in front of me, his head tilted, searching for the name he hadn't heard in months. "Tank," I whispered. His tail swished.

I kept whispering his name, over and over, and each time, his ears lowered, his eyes softened, and his posture relaxed as a wave of contentment just seemed to flood him. I stroked his ears, rubbed his shoulders, buried my face into his scruff and hugged him.

"It's me now, Tank, just you and me. Your old pal gave you to me." Tank reached up and licked my cheek.

"So whatdasay we play some ball?" His ears perked again.

"Yeah? Ball? You like that? Ball?"

Tank tore from my hands and disappeared into the next room. And when he came back, he had three tennis balls in his mouth.

If you can read this without getting a lump in your throat or a tear in your eye, you just ain't right.

"The true soldier fights not because he hates what is in front of him, but because he loves what is behind him." G.K. Chesterton

To ALL the veterans, I THANK YOU for your Service to our great County!!





A VVCS summary for veteran support officers

Key messages:

- **VVCS is available 24/7 by phoning 1800 011 046** (free calls from landlines and some mobile phones).
- **VVCS is not just a crisis hotline**, it offers ongoing counselling and support for war and service-related mental health and wellbeing conditions i.e. anxiety, depression, anger, sleep difficulties, PTSD, alcohol or substance misuse, relationship and family issues.
- **VVCS services are free**, offered nationwide to either individuals, couples and/or families.
- **VVCS services are delivered by experienced mental health counsellors who understand military culture.**
- **VVCS conducts group treatment programs**, and offers case management services if required.
- **VVCS has a strong commitment to protecting the client's right to confidentiality and privacy.** Clinical information is not released to the Department of Veterans' Affairs, Department of Defence or other agencies without informed client consent.

Further information on confidentiality and privacy can be found at: www.vvcs.gov.au

VVCS is available to:

- Current and former serving Australian Defence Force veterans and peacekeepers;
- Current and former Australian Defence Force members who have: served in domestic or international disaster relief operations; served in border protection operations; served as a submariner; been medically discharged or have been involved in a training accident that resulted in serious injury to any person;
- Partners and dependent children (aged 5 to 26) of members listed above;
- Partners, dependent children and parents of members killed in service-related incidents;
- The ex-partners of Vietnam veterans within five years of separation;
- Sons and daughters (of any age) of Vietnam veterans;
- War Widow[er]s;
- Holders of a DVA Health Card – for All Conditions (Gold) or a DVA Health Card – for Specific Conditions (White) for specified mental health conditions; and
- Participants in the Study of Health Outcomes in Aircraft Maintenance Personnel (F-111) scheme.

Complete list of eligible clients can be found at: www.vvcs.gov.au or call 1800 011 046.