



## ***DSNSG – Townsville August, September & October 2016 Newsletter***

Hi,

I hope you all survived the school holidays with trying to entertain your families for a fortnight as sometimes it can feel like a long 2 weeks as there is plenty to do in the NQ. I have included August, September and October in this newsletter as I am going away for a few weeks at the end of September.

The next couple months is the time to get out and explore the region before the heat and humidity starts to rise. It was refreshing to have had a few fresh mornings in July and it certainly makes it easier to sleep.

There are a few good events coming up;

**7<sup>th</sup> August – McDonald's Townsville Running Festival**, a worthwhile event that is also raising money for a good cause and it has an event of every fitness level.

**17<sup>th</sup> August – Townsville Cultural Festival** which is being held on the JCU grounds

**3<sup>rd</sup> September** – another good fun raising event;

### ***Lavarack Barracks Public Open Day & Trail Run***

Have you got what it takes to tackle the REAL Army obstacle course?

King and queen of Mt Stuart - 17km trail run,

Lavarack trail run - 5km

Military displays under canvas & demonstrations,

vehicle rides,

simulated range shoots,

amusements,

food & drink sales.

Featuring the 1RAR band.

**Saturday September 3rd 2016 8:30am - 3pm. Gold coin donation on entry - all funds donated to Townsville Legacy**, dedicated to supporting the families of deceased and incapacitated veterans. **Registrations close July 31st. Visit [www.trybooking.com](http://www.trybooking.com)**

Source: <http://www.star1063.com.au/community/community/55149-lavarack-barracks-public-open->

# NQ Defence Trail Run

## Sat 3rd Sep 2016



### King & Queen of the Mountain - \$35

17km Individual Event

- Must be 16 yrs and over
- 7.30am brief / 8am start

### Lavarack Trail Run - \$20

5km Individual Event

- 12 years and younger must have adult supervision
  - 8.15am brief / 8.30am start



Register before 31st July to ensure you receive an event t-shirt.

Fundraise with [everydayhero.com](http://everydayhero.com)

# LEGACY®

*Major fundraiser for Townsville Legacy, supporting veterans and their families who have given the ultimate sacrifice.*

**COURAGE INITIATIVE RESPECT TEAMWORK**



Lavarack Barracks, Townsville [www.trybooking.com/195972](http://www.trybooking.com/195972)

**THALES** **STAR 106.3** **ZINC 100.7** **Townsville Bulletin**

6<sup>th</sup> August – Australian Italian Festival, which held just up the road at Ingham

Source: <http://www.australianitalianfestival.com.au/home>



## 10<sup>th</sup> September – Rollingsstone Pineapple Festival 2016

<http://festival.paradisepines.com.au/>



### The Rollingsstone Pineapple Festival

The Rollingsstone Pineapple Festival is an annual event held in Balgal Beach, North Queensland. The Community Association, the local Lions club and local businesses including Pace Farming, Berra Farming and N.Q. Paradise Pines put on the event in 2016 on Saturday 10th September. With an ever evolving format, of markets, workshops and music throughout the day, plus kids activities and plenty of games it is a fun family day in support of local farmers and the local community. **It is FREE ENTRY or GOLD COIN DONATION.** The festival is a licenced event celebrating the pineapple harvest

### Plenty More happening

around Townsville and surrounding areas check out the links below;

<http://www.aroundyou.com.au/northern-qld/townsville-city/whats-on>

<https://www.townsville.qld.gov.au/about-townsville/whats-on>

<https://thegotownsville.com.au/events/?view=eventgrid>

<http://www.townsvillekids.com.au/events/>

<http://www.activeactivities.com.au/directory/location/qld/townsville/>

### Geckos @ Lavarack

have some wonderful programs running for Defence families, coffee mornings, play group, Spouse/Partner Gym session babysitting, check out their website or give Geckos call to find out what's coming up;

<http://www.geckostsv.net/>

## **The Reef HQ Aquarium and Billabong Sanctuary**

are great places to visit and have a hands on wildlife experience and they offer a 10% Defence discount on their entry fee.

### *October Events*

### *Not an event not to be missed*

**2nd September – 11th September 2016**

#### **The Spirit of Anzac Centenary Experience**

Townsville Entertainment and Convention Centre

Entertainment Drive, Townsville, QLD, 4810

The Spirit of Anzac Centenary Experience is the flagship community project of the Australian Government's Anzac Centenary national programme. The Experience allows Australians living in cities and regional areas around the country the opportunity to see first-hand an extensive collection of military artefacts and interpretive materials. The exhibition tells the story of Australia on the eve of the First World War, and follows the footsteps of our sailors, soldiers, airmen and nurses throughout the campaign and beyond. The Experience is driven by Australian stories and more than 200 artefacts from the Australian War Memorial, and is highly experiential, with interactive technology employed throughout.

The Spirit of Anzac Centenary Experience is a **FREE** event, but booking is essential, as places are limited. Tickets are only available online and can't be arranged at the venue. The experience normally takes around 60 minutes to complete, but there is no time limit.

#### **Audio Guide**

The audio guide plays a major role in the Spirit of Anzac Centenary Experience. All visitors will receive an iPod Touch and headphones upon arrival for use during the Experience.

The audio guide features a simple on-screen tutorial on how to use the device that you should review before you enter the Experience. However, the guide is set up so that there is no need to touch it at all to receive the automatic narration.

As you move through the Experience, the audio guide will automatically provide a narration of the history on display, as well as sound effects and music to enhance the visitor journey in each gallery. (Note: The narration can be turned off at any time if preferred.)

#### **Accessibility**

The Experience has been designed to cater to visitors of varying abilities. There are no stairs and only mild inclines within the Experience although other parts of the venue have stairs or accessible

ramps. Prior to visiting, please contact us at [enquiries@spiritofanzac.gov.au](mailto:enquiries@spiritofanzac.gov.au) should you have any specific concerns.

**Wheelchairs** - The Spirit of Anzac Centenary Experience is designed to be wheelchair accessible. If a group member requires disabled access or any extra help at the Experience please include details when making your booking and have the group leader notify check-in staff at the Group Bookings desk when you arrive at the Experience.

**Hearing Impaired** - The audio guide can be connected directly to hearing aids that support a 3.5mm audio jack interface.

**Safety Guide** - If you have any concerns about this experience, please consult the safety guide on this site, which details the areas that may cause alarm due to noise, imagery, lighting and confined spaces.

### **General Warnings And Advice**

Visitors are advised that the Experience contains content that children may find confusing or upsetting. The guidance of parents and guardians is recommended.

Prior to visiting, please be aware that the Spirit of Anzac Centenary Experience contains elements that some people may find disorienting or disturbing. These include:

- Loud and sudden noises
- Flashing lights
- Confined spaces
- Dark spaces with minimal lighting

There are three **FREE** Defence-related major events coming up in Townsville over the next three months that you may wish to include in your newsletter. I am part of the team organising the T150 Air Show and RAAF Townsville Open Day, and I also work on the Spirit of Anzac Centenary Experience when I am not working on Air Shows. I would highly recommend all three.

## **15th October 2016**

### **T150 Defence Force Air Show (The Strand Foreshore)**

The sky over Townsville's The Strand foreshore will be abuzz with aircraft for the Defence Air Show which will commence at around 2pm on Saturday, 15 October. This aviation spectacular will feature a range of Air Force's latest aircraft in addition to iconic historic aircraft and warbirds from the past. As aircraft are confirmed, we will add them to this page. The flying programme for the Air Show will also be published closer to the event. All aircraft are subject to operational requirements, weather and aircraft availability and may change. The Air Show will be followed by the Townsville Bulletin Sky Show which will commence after dusk and feature breathtaking fireworks that will ignite the sky. More information on the Townsville Bulletin Sky Show is available on the [Townsville City Council website](#).



**16<sup>th</sup> October 2016**

## **T150 RAAF Base Townsville Open Day**

Get a close and personal insight into one of the Air Force's most important forward operating bases, RAAF Base Townsville, on Sunday, 16 October. Entry to RAAF Base Townsville will be via the Ingham Road/Duckworth Street entrance. Gates will open at 10am with the Open Day concluding around 3pm.

There will be **FREE** parking available with signs and parking attendants giving directions on the day. The Open Day is a family friendly event. There will be fairground type rides and other activities for children to enjoy. Pack a picnic or buy lunch from one of the many food and beverage stalls at the Open Day.

A number of military and historic aircraft involved in the Air Show will be on static display for the Open Day. There will be no flying displays. However, some aircraft may depart at the conclusion of the Open Day. A wide variety of equipment used by members of the RAAF to support Air Operations will be showcased as well as interactive displays.

Facebook: <https://www.facebook.com/RoyalAustralianAirForce/>

Twitter (#T150AirShow, #T150OpenDay and #AusAirForce): @Aus\_AirForce

Instagram (#T150AirShow, #T150OpenDay and #AusAirForce): [http://instagram.com/aus\\_airforce](http://instagram.com/aus_airforce)

YouTube: <https://m.youtube.com/c/airforcegovau>

- Slight inclines
- Large moving images
- Graphic photographs of injury and death
- Depictions of shell-shock
- Weapons, including guns and knives

Aboriginal and Torres Strait Islander visitors are advised that the Spirit of Anzac Centenary Experience contains images and voices of deceased persons.

The Experience is open to the general public and, while volunteers and security personnel will be present on-site, children must be supervised at all times.

See the website for further information: <http://www.spiritofanzac.gov.au/>

## **DCO**

Defence Community Organisation offers a broad range of programs and services to help Defence families make the most of the challenges and opportunities provided by the military way of life.

The best way to access any of these services is to contact the all-hours Defence Family Helpline on [DefenceFamilyHelpline@defence.gov.au](mailto:DefenceFamilyHelpline@defence.gov.au) or 1800 624 608.

## DSNSG

**Now it's that time of the year again that posting orders are coming out and remember that DSNSG can assist you in the planning and accessing of, information and services before you even get to your new location.**

There is a lot more that DSNSG can offer, we not only provide support, information and assistance we also do the following:

- Posting Plans
- Parent-to-Parent Link
- Bi-Quarterly National
- DSNSG Web site providing comprehensive special needs information for each State/Territory, including local information for each DSNSG area
- Local newsletters containing information on relevant events, courses and information from local organisations, news of family outings, guest speakers and local meetings, Defence initiatives and related news.
- Regular meetings, family outings, parent retreats and general social contacts with families in similar circumstances. In addition some groups offer Mums' weekends away, teen programs and special needs playgroups.
- An advocate on your behalf in dealings with health, education and government organisations including the Defence Force.
- Policy development relating to special needs issues whether it is within the Defence Department or other government departments.
- **Access to special DSNSG programs like the Special Needs booklet, Emergency Care Plans, Computers4kids. (Note eligibility criteria applies for some programs.)**
- Access to our 1800 037 674 support and information line, email [national.coordinator@dsnsg.org.au](mailto:national.coordinator@dsnsg.org.au)
- A caring and objective contact for when the days are tough and you need someone to talk to who may be able to help, especially when that someone understands what you are going through.

**DSNSG provides support, information, assistance and advocacy for all ADF families who have a dependent (child, spouse or other dependent) with a special need or it may be the ADF member with a special need. You do not need to be a current serving member to be a member of DSNSG. Our group provides support to both serving ADF members and ex-ADF members and their families.**

There are many different types of special needs and your involvement with the Defence Special Needs Support Group can be as little or as large as you like.

### What are SPECIAL NEEDS

The term special need basically covers the full range of medical, disability, therapy and education needs, It includes:

- Chronic illness or medical condition like asthma, diabetes or arthritis
- Intellectual disability
- Physical disability
- Sensory disability
- Mental illness

- Speech and language disorders
- Epilepsy
- Autism spectrum
- ADD/ADHD
- Development delay
- Anxiety
- Gifted and talented
- Depression
- Post Traumatic Stress Disorder PTSD
- Learning disabilities/difficulty
- And many other special needs

The benefits come to you in many different ways. There might just be one article in a newsletter that pertains to you and your family and gives you some valuable information, or even one phone call or conversation with another family or your coordinator that makes a difference and opens new doors for you and your family.

For more information on Support and programs run by DSNSG please see our web site;

<http://dsnsg.org.au/region/queensland/townsville/>

## **SPARK –pilot program**

Spark The NeuroCare Network is a new service located on Level 4 of the JCU Clinical Practise Building that can assist people that are living with a diagnosis of progressive neurological disease, their family members and carers .

Our service can assist people with:

- Advice, information and resources
- Referral to appropriate physiotherapy, occupational therapy, speech therapy and other allied health services
- Help to get ready for the NDIS
- Links to local service providers and aids and equipment suppliers
- Referral to wellness programs and other useful educational events
- Managing service provider relationships

Spark is an innovative non-profit organisation delivering coordinated care services to people living with progressive neurological disease (PND). We are dedicated to enabling better outcomes for them their families and their carers'. We are supported by a collective of not for profit organisations who are experts in delivering specialised support and care.

Spark NeuroCare offers community-based, coordinated care for people living with epilepsy, Huntingtons, motor neurone disease (MND) multiple sclerosis (MS), Parkinson's and other progressive neurological diseases.

If you require any further information, please feel free to contact;



**Angie Morio**  
Service Coordinator

**Spark NeuroCare**  
Clinical Practice Building  
James Cook University, Townsville Campus Mount Stuart Street, Douglas QLD 4814  
PO Box 192 Townsville QLD 4810

**T** 07 4412 7703 **F** 07 3840 0853 **M** 0439 788 331

**E** [angie.morio@sparkneurocare.com.au](mailto:angie.morio@sparkneurocare.com.au)

**W** [www.sparkneurocare.com.au](http://www.sparkneurocare.com.au)

I hope that you enjoy your posting to Townsville and have the opportunity to get out and about before the heat comes. For those of you who are being posted if you need a hand with posting plans etc. Please contact us and remember to update your details with memberships.

Hopefully you we can catch up at a coffee morning or if you prefer one on one that too can be arranged.

Regards

Cherie & Sarah