

# The Basegram

Newsletter of RANCBA Victoria

Autumn 2007

Patron: CMDR G. Harle MBE RAN (Rtd)

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## ANZAC Day

Welcome one and all to the new year and what will be an exciting time for RANCBA Victoria leading toward finalizing the national reunion next year. Similarly to last year, RANCBA Victoria will form up in Flinders St, between Swanston and Elizabeth streets and are the **North** side of the street. Hopefully, the organizers will leave more distinct markers. Last year there was a little confusion as to where units were meant to be. The Naval section of the march will step off at 0900 hrs. We are in position 47 between the Naval Association of Australia and the Merchant Navy. The order of the march does not indicate where the bands will be, but hopefully they will be distributed equally throughout the march..

On completion, we generally repair to the Duke of Wellington in Flinders St. for a post march bracer.

## Sick Bay

I regret to report that one of our inaugural members here in Victoria, John Pennicuik, has had to move into full time care. John's new address is:

Villa Maria, 101 Lewisham Rd, Parahan, 3181. His health is not robust but he would welcome visitors.

## Newsletter

Regrettably, this will be my last issue as the editor of the Basegram. Home issues, personal health issues and ongoing commitments to the 2008 organising committee make it difficult to do as many things as I once could. In the unlikely event that a new editor does not step up, then the newsletter will be disappointingly be placed in abeyance until that situation is resolved

### The Value of a Drink

"24 hours in a day, 24 beers in a case. Coincidence? I think not." ~ *Stephen Wright*

"Beer is proof that God loves us and wants us to be happy." ~ *Benjamin Franklin*

"I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day. " ~ *Frank Sinatra*

## Asbestos

The following excerpt from a longer email, reports on the dangers of asbestos and more threateningly, asbestosis and other related diseases.

ASBESTOS IS AN EXTREMELY DANGEROUS SUBSTANCE and there is NO KNOWN SAFE LEVEL-OF-EXPOSURE LIMIT for exposure to it.

While I do not wish to unduly alarm anyone, the facts are as follow.....

ANYONE who has ever been exposed to asbestos fibres IS at risk of developing the following diseases:

1. Pneumoconiosis - a generic term which means any fibrosis (scarring) of the lung tissue as a result of exposure to, and inhalation of, a variety of mineral dusts - INCLUDING ASBESTOS.
2. Asbestosis - chronic lung disease resulting from the inhalation of asbestos dust over a period (of time). Thickening and scarring of the lung tissue occurs with reduced efficiency of oxygen and carbon dioxide interchange with the blood. The resulting breathlessness may progress to respiratory failure (and death).
3. Pleural Plaques - the Pleura is the thin double-layered membrane which separates the lungs from the inside of the chest wall. A film of liquid between the two layers provides lubrication to allow smooth movement during breathing. The membrane also prevents the lungs rubbing directly against the inside of the rib cage and causing 'wearing' damage to the lungs.

Plaques are the scar tissue calcification (thickening or fibrosis) caused by the mechanical action of the sharp asbestos fibres to the lung tissue during the movements caused by breathing. Pleural Plaques is irreversible and untreatable damage to the membrane between the lungs and the chest wall.

4. Mesothelioma - a benign or malignant tumour (a type of cancer) of the Mesothelium (lining cells) of the Pleura. Mesothelium occurs in the Peritoneum, Pleura and Pericardium. Pleural mesotheliomas are associated with the inhalation of asbestos dust.

ANYONE who has been exposed to the inhalation of asbestos fibres is at risk of developing each and any of the 'stages' of the conditions which I have briefly explained above.

All of these things appear to be influenced, to one degree or another, by a number of other factors.

1. Cigarette smoking appears to have a 'synergistic' (co-operative or increasing) effect upon the damage done to the human body by inhaled asbestos fibres.
2. The genetic make-up of the individual. It is possible for two individuals to be exposed to exactly the same environmental factors. One may die prematurely as a result of the exposure and the other may be either virtually unaffected or may develop one or more of the conditions above.
3. Exposure to a combination of asbestos fibres.

A combination of both Crocidolite (blue) and Chrysotile (white) asbestos fibres appears to have a synergistic effect upon the human lung tissue.

Combinations of Crocidolite and Chrysotile asbestos fibres were commonly used in industry for the manufacture of asbestos fencing sheets (Super Six) and the 'lagging' of a variety of industrial pipes - including air conditioning ducts.

Are you "still procrastinating" ?

If you served in the Navy, my advice to you is DON'T procrastinate (delay, put off, hesitate) any longer!

Get yourself checked out NOW.

David & Tricia Woodcock 1 Antaries Avenue Coffs Harbour NSW 2450

Phone: 02) 66523630

Tricia's Mobile: 0414257132

David's Mobile; 0400257132

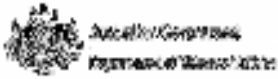
RSL Pensions Tuesday 10am-4pm

Coffs harbour RSL Sub Branch

PO Box 180 Coffs Harbour NSW 2450

Ph: 02)66919237 Fax 02)66518968

## DVA Funded Services



### DVA F FUNDED HEALTH SERVICES IN VICTORIA

Mar 2006

Veterans and war widow(er)s with a **Gold** Repatriation Health Card are entitled to treatment for all conditions.

**White card** holders are entitled to treatment for conditions *accepted* by the Department. **Orange cards** are for **pharmaceuticals only**.

**Note that some services are restricted or unavailable to residents in aged care facilities, particularly those classified as high care.**

DVA SERVICE	WHO CAN REFER?	ON WHAT FORM?	SEND REFERRAL TO:	ANY SPECIAL INSTRUCTIONS?	CONTACTS
<b>Chiropractic</b>	Treating doctor* or discharge planner	D904 form or letterhead	DVA-registered chiropractor	Treatment of musculo-skeletal conditions only	<b>Tel:</b> 1300 550 457 <b>Fax:</b> 03 9284 6574
<b>Community Nursing</b>	Treating doctor*, discharge planner or VHC assessor	D904 form or letterhead	DVA-contracted community nursing agency	The referral must include the referrer's provider number	<b>Tel:</b> (03) 9284 6444 <b>Fax:</b> (03) 9284 6574
<b>Continence supplies</b>	Treating doctor*, RN (Div 1), continence adviser	D0988 Direct Order form	Independence Solutions	See <b>RAP schedule</b> for detail. D0988 form available at <a href="http://www.dva.gov.au/clientforms/">http://www.dva.gov.au/clientforms/</a>	<b>Tel:</b> 1800 816 233 <b>Fax:</b> 1300 788 811
<b>Convalescent Care</b> (for <b>Respite</b> see VHC below)	Treating doctor*, discharge planner or other clinical staff	D904 form or letterhead	Mail/fax to DVA for prior approval	ACAT assessment required prior to admission to residential care facility. 21 days per financial year	<b>Tel:</b> 1300 550 456 <b>Fax:</b> 03 9284 6440
<b>Dental</b> (veteran has own choice of dentist or technician)	<b>Only</b> required for dentist to refer to dental specialist	D986 or letterhead	Mail/fax to DVA	Financial limits/some conditions apply. <i>Contact DVA for advice</i>	<b>Tel:</b> 1300 550 457 <b>Fax:</b> 03 9284 6574
<b>HomeFront (falls prevention)</b>	Card holder or health professional	No form required	Telephone 1800 801 945 and ask for HomeFront	One environmental assessment in calendar year. Up to \$163 assistance. For <i>clinical needs</i> refer to RAP.	<b>Tel:</b> 1800 80 1945
<b>Nutrition and Dietetics</b>	Treating doctor* or discharge planner	D904 form or letterhead	DVA-registered dietitian	Supplements: authority prescription on dietitian recommendation. Equipment: see RAP schedule	<b>Tel:</b> 1800 552 580 <b>Fax:</b> 07 3223 8651
<b>Occupational Therapy</b> ^^Scooters/Electric wheelchairs	Treating doctor* or discharge planner (^^treating doctor only)	D904 form or letterhead ^^Prelim scooter eligibility	DVA-registered occupational therapist ^^DVA RAP	^^ Scooters and electric wheelchairs: DVA eligibility determination required <b>prior to</b> OT assessment	<b>Tel:</b> 1300 550 457 <b>Fax:</b> 03 9284 6574
<b>Optical</b>	1. Treating doctor* 2. Not required for optometrist	1. D904 form or letterhead 2. No form required	1. Ophthalmologist 2. No form required	1. No special instructions 2. Limits and DVA contract arrangements apply	<b>Tel:</b> 1300 550 457 <b>Fax:</b> 03 9284 6574
<b>Osteopathy</b>	Treating doctor* or discharge planner	D904 form or letterhead	DVA-registered osteopath	Treatment of musculo-skeletal conditions only	<b>Tel:</b> 1300 550 457 <b>Fax:</b> 03 9284 6574
<b>Oxygen: Domiciliary Oxygen Therapy</b>	Specialist or respiratory clinic. If unavailable – treating doctor*	Domiciliary Oxygen Request form	Dept of Respiratory Medicine, Austin Health	Supplied according to A&NZ Thoracic Society guidelines. DVA contract arrangements apply	<b>Tel:</b> 03 9496 3669 <b>Fax:</b> 03 9496 3723
<b>Pharmaceuticals</b>	Treating doctor*	Tick RPBS on prescription form	For authority prescriptions	For mailed authorities: Reply Paid 372 VAPAC GPO Box 9998 Brisbane 4001	<b>Tel:</b> 1800 552 580 <b>Fax:</b> 07 3223

<b>Physiotherapy</b>	Treating doctor* or discharge planner	D904 form or letterhead	telephone VAPAC DVA-registered physiotherapist	Referrals valid for six months only	8651 Tel: 1300 550 457 Fax: 03 9284 6574
<b>Podiatry</b>	Treating doctor* or discharge planner	D904 form or letterhead	DVA-registered podiatrist	Also for medical grade footwear	Tel: 1300 550 457 Fax: 03 9284 6574
<b>Prosthetics: non-surgical</b> ^^Limb prosthetics	LMO or medical specialist ^^ Medical specialist	D904 form or letterhead	Prosthetic Clinic at hospital or prosthetist	Refer to RAP schedule	Tel: 1300 550 458 Fax: 03 9284 6217
<b>Psychology – Clinical and Counselling</b>	Treating doctor*, VVCS, discharge planner, current psychologist	D904 form or letterhead	DVA-registered psychologist, clinical counsellor or neuropsychologist	One referral only per patient in 12 month period. Financial authorisation required for neuropsychology	Tel: 1300 550 457 Fax: 03 9284 6574
<b>Rehabilitation Appliances Program (RAP)</b>	<b>Refer to RAP Schedule</b>	Direct Order Form or specific DVA Application Form	If 'non prior approval item' send RAP form direct to contracted supplier	<b>Refer to RAP Schedule for special instructions</b> <a href="http://www.dva.gov.au/health/rap/rap.htm">http://www.dva.gov.au/health/rap/rap.htm</a>	Tel: 1300 550 458 Fax: 03 9284 6217
<b>Social Work/Clinical counselling</b>	Treating doctor* or discharge planner	D904 form or letterhead	DVA-registered social worker	Small numbers only of DVA-contracted Social Workers/Clinical counsellors	Tel: 1300 550 457 Fax: 03 9284 6574
<b>Speech Pathology</b>	Treating doctor* or discharge planner	D904 form or letterhead	DVA-registered speech pathologist	Thickeners: refer to Nutrition/Pharmaceutical above. Supplement request faxed to both LMO and VAPAC.	Tel: 1300 550 457 Fax: 03 9284 6574
<b>Transport (arranged by DVA)</b>	Treating health provider	No form required	<i>Treating provider</i> rings Repatriation Transport to obtain authorisation	Destination restricted subject to medical criteria and location – refer to DVA for details	Tel: 1300 550 455 Fax: 03 9284 6781
<b>Transport (Reimbursement of Travel Expenses)</b>	Treating doctor*/health provider must sign form	Veteran/doctor/allied health complete DVA D800 form	Veteran to submit form to DVA (within 3 months) to claim reimbursement	Travel to approved treatment episodes &/or locations only	<b>Mail:</b> GPO Box 87A Melbourne Vic 3001
<b>Veterans' Home Care (VHC) (including Respite)</b>	Self/family, health professional, discharge planner, treating doctor*	Not required from client	Ring National Veterans' Home Care Assessment Agency 1300 550 450	Services provided according to assessed need only. Some agencies prefer referral form.	Tel: 1300 550 450
<b>Vietnam Veterans Counselling Service (VVCS)</b>	Self/family, health professional, discharge planner, treating doctor*	Written or verbal referral	VVCS Melbourne, 290 Burwood Rd, Hawthorn 3122.	<b>Statewide</b> services available to <b>ALL veterans</b> . Also partners/some children with service-related issues.	Tel: 9818 0388 AH/Rural 1800 011046

Further information detailing how to access DVA services is contained in the **DVA Health Services, Benefits and Concessions** booklet, the **Discharge Planners' Resource Kit**, and the relevant Provider notes and Fact Sheets at [www.dva.gov.au](http://www.dva.gov.au)

**Country callers: substitute 1800 for 1300 above**

\*The term 'treating doctor' refers to local medical officers, hospital medical officers and specialists. 'Letterhead' means practice or clinician letterhead with Provider Number. **Note** that some allied health services (eg psychology, OT) allow only one referral in 12 months: referral to another Provider *may* be authorised by calling 1300 550 457. D904 and other **stationery** enquiries call Leigh-Marden P/L on 1800 067 307.

**Mailing address: Department of Veterans' Affairs, GPO Box 87A, MELBOURNE VIC 3001**

Enquiries about the full range of DVA programs and other services for veterans in your area can be directed to your local **Veterans' Affairs Network (VAN)** office on 1300 55 1918.

