
CONCESSIONS

Totally and Permanently Incapacitated Veterans' Association of New South Wales Limited

2022



Front and Back Covers

Front cover

Cowra Japanese Garden, Cowra, NSW.

Taken on 28 November 2021

Victoria Dawson

Photographer

The Cowra Japanese Garden and Cultural Centre opened in 1979, to recognise the special relationship between the people of Cowra and the people of Japan. Cowra was the site of a major POW camp during WWII. At about 2:00 am on 5 August 1944, around 900 Japanese POWs armed with knives, baseball bats and other improvised weapons attempted to destroy or scale fences surrounding the prison camp. About 400 Japanese POWs escaped from the camp. A hunt for the Japanese escapees ensued, during which 234 of the escapees were either killed by Australian soldiers or died by suicide. The remaining escapees were recaptured. Four Australian soldiers also died during this episode, known as the Cowra Breakout.

The Japanese POWs who died in the breakout were buried at a site adjacent to an Australian war cemetery in Cowra. Later, all Japanese WWII graves in Australia were transferred to this site.

In 1977, Japanese Garden designer Ken Nakajima was commissioned to design a commemorative garden for a site near Cowra's Japanese and Australian war cemeteries. Opened in 1979, the Cowra Japanese Garden and Cultural Centre is an enduring symbol of peace and goodwill between Australia and Japan. At five hectares, the garden is the largest Japanese garden in the Southern hemisphere.

Victoria Dawson

Editor, TPI NSW Association

Email: editor@tpinsw.org.au

Back cover

Snow gum with roots on rocky boulders on a sunny winter day. Kosciuszko National Park, NSW. Taken on 22 July 2012. Alamy Stock Photo

Taras Vyshnya

Photographer

Concessions

All efforts have been made to ensure the correctness of the following concessions. If, however, you find any inconsistencies when applying for these concessions, it would be much appreciated if you would advise the Association's office.

Listed below are some government concessions for veterans in receipt of the TPI Pension. Several concessions are additional to service pension concessions.

Your **Gold Treatment Card** covers a large range of medical, hospital, dental and optical services. Refer to information with your pension grant. Contact DVA if you have any questions, Tel: 13 32 54; regional callers Tel: 1800 555 254, Website: www.dva.gov.au.

The TPI Association has identity cards for the wives/partners of members that can only be used in conjunction with a TPI photo ID Member Card. These cards are to be presented whenever a discount is claimed at any of the outlets that participate in the TPI discount scheme. The firms offering a discount are listed on the following pages. Remember that it always pays to ask for a discount in any shop where you are making a purchase.

DVA SERVICES

Australian Veterans' Children Assistance Trust (AVCAT)

AVCAT scholarships to help children and grandchildren of the Australian ex- service community with the cost of full-time tertiary education. The most deserving candidates are selected on merit and who, without our help, would be unable to start or complete studies without financial difficulty. For more information or to apply, Tel: 9213 7999, 1800 620 361

Email: avcat@dva.gov.au

Website: www.avcat.org.au

Community Nursing

DVA Gold and White Card holders may be able to receive nursing and personal care services provided in your home by qualified nurses and support staff. Services can include help with medication, wound care, hygiene, showering and dressing. For further information contact DVA.

Continuous Positive Airway Pressure (CPAP)

Air Liquide Healthcare (ALH): Approved supplier for DVA for CPAP equipment for eligible DVA clients.

For services across Australia Tel: 1300 360 202

BOC Limited: Approved supplier for DVA for CPAP equipment for eligible DVA clients.

Tel: 1800 050 999

ResMed: Approved supplier for DVA for CPAP equipment for eligible DVA clients, and offer assistance with introduction, education, compliance monitoring and servicing of equipment. Contact

ResMed Support Centre, Tel: 1800 625 088;

Email: supportcentre@resmed.com.au.

Coordinated Veterans' Care (CVC) Program

The CVC Program is a proactive coordinated care program for DVA Gold Card holders who have a chronic health condition and/or are at a risk of unplanned hospitalisation. It aims to improve participant quality of life and decrease the risk of unplanned hospitalisation.

The participant, their GP and a nurse coordinator work as a team to develop a care plan to meet the health needs of the participant and manage the participant's ongoing care. For information, Tel: 1800 550 457.

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Coordinated Veterans' Care (CVC) Social Assistance

A 12-week program to help you connect with your community. You may be able to receive assistance if you are enrolled in the CVC Program and are at risk of becoming socially isolated and/or are at risk of unplanned hospitalisation because of social isolation. Assistance will be included in your CVC Care Plan, and may include: a Veteran's Home Care (VHC) service provider visiting you regularly over the 12 week program period; activities or courses to help you connect with your community; assistance with making social contacts; your preference of connecting with a community or ex-service organisation, or both. Contact VHC Assessment Agency,
Tel: 1300 550 450 to arrange an assessment.

Defence Housing Australia

provides quality housing and related services for Defence members and their families.
Tel: 13 93 42, Website: www.dha.gov.au/home.

Defence Service Homes

If you need a loan for repairs, home modifications, renovations or other maintenance work around your home at subsidised interest rates
Tel: 1800 722 000. Insurance inquiries,
Tel: 1300 552 662, Website: www.dsh.gov.au

Men's Health Peer Education (MHPE)

The program raises awareness about men's health issues and encourages men to share responsibility for their own health and wellbeing. The program operates across all Australian states and territories, through a network of trained volunteers working with the veteran and ex-service community. For information Tel: 9213 7661 or contact DVA

Open Arms Veterans and Families Counselling

provides counselling and group programs to Australian veterans, peacekeepers and their families. It is a specialised, free and confidential Australia-wide service. Staff are professionally qualified counsellors with expertise and experience in working within the areas of war related trauma and service related mental health conditions.
Tel: 1800 011 046 (24 hrs)

Website: <https://www.openarms.gov.au>

Rehabilitation Appliances Program (RAP)

The RAP provides aids, equipment and modifications to help DVA Gold & White Card holders to live safely and independently. List of aids, equipment and modifications that are available: alarm (personal emergency response systems); assistance dogs; bedding; communication and hearing; chairs and seats; cognitive, dementia and memory; continence; cushions and supports; diabetes; eating, kitchen and household adaptive; falls prevention; footwear; tinnitus; home and vehicle modifications; lifting; low vision; mobility; orthoses; palliative care; personal hygiene, grooming and dressing; physiotherapy and movement; prosthesis; respiratory home therapy (oxygen and positive airways pressure); showering and bathing; speech pathology; stoma; TENS equipment; toileting.

Contact Health Provider Line, Tel: 1800 550 457 or DVA for more information.

Repatriation Transport Scheme (RTS)

Booked Car with Driver Scheme (BCWS)

DVA may arrange your travel by taxi or hire car from your home to approved medical treatment delivered by the closest practical provider. If DVA cannot arrange your taxi or hire car under BCWD,

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DVA may be able to reimburse you for fares when travelling for treatment. Book online using MyService or Tel: 1800 550 455.

NSW Country Taxi Voucher Scheme

A NSW country General Practitioner (GP) may, when medically necessary or at the request of DVA, issue taxi vouchers to entitled persons residing in NSW country areas who require assistance when travelling for treatment purposes. This scheme does not operate in the metropolitan areas of Sydney, Canberra or Wollongong, or for travel across the borders into Victoria and Queensland.

Veterans' Access Network (VAN)

offices have been established to provide personalised information and assistance to the veteran community. There is a VAN office in each state and territory office of DVA as well as a number of regional offices. VAN staff can advise you on pension and health and lifestyle issues; help you complete forms, to get the best from services and benefits offered either by DVA or by other government or community organisations; and find local health and community programs and use them to your advantage.

Veterans' Children Education Scheme (VCES) and Military Rehabilitation and Compensation Act Education and Training Scheme (MRCAETS)

These education schemes provide special assistance, student support services, guidance and counselling for eligible children to help them achieve their full potential in full-time education or career training. For information contact DVA.

Veterans' Home Care (VHC)

a DVA program designed to assist eligible DVA Gold

and White Card holders who need a small amount of practical help to continue living independently in their own home. Services include domestic help (internal house cleaning, unaccompanied shopping, bill paying); personal care (showering, toileting, eating); respite care (in-home respite, residential, emergency short-term home relief); safety-related home and garden maintenance (replacing light bulbs, cleaning gutters, cleaning windows, cleaning ceiling fans, and may include mowing and pruning if safety-related). VHC is not designed to meet complex or high-level care needs. Tel: 1300 550 450.

ACCOMMODATION

Choice Hotels Asia-Pac

Choice Hotels has more than 270 hotels across Australia and New Zealand including Ascend Hotel Collection, Clarion, Quality, Comfort and Econo Lodge.

For reservations call the Choice Hotels reservations centre and quote the TPI Federation Corporate ID number 00221830 for a 5% discount rate.

Tel: 13 24 00 or book online—enter the TPI Federation IC 00221830 into the Choice Hotels home page www.Choicehotels.com.au client ID search field.

Golden Chain

The free Golden Link Membership Card entitles you to 10% discount off accommodation at around 250 locations throughout Australia as well as locations in New Zealand, Bali, Norfolk Island and Vanuatu.

The card and directory can be obtained by ringing 1800 023 966, at any Golden Chain property around Australia, or apply online at:

www.goldenchain.com.au

Concessions

Best Western

rewards program is free to join. For more information contact Best Western Rewards Customer Service Centre, Tel: 1800 222 422, or apply online at www.bestwestern.com.au

NRMA

NRMA/RACQ/RACT/RAC etc. motoring cards offer discounts to their members for accommodation in Australia and overseas.

ACCOMMODATION—International

Victory Services Club—London, England

63-79 Seymour St, London, W2 2HF England. Easily accessible from all London mainline stations, the nearest of which is Paddington, a short walk from Marble Arch Underground Station at the west end of Oxford Street and at the bottom of Edgware Road. The club is also well served by a number of bus routes. The club has over 191 rooms including single, twin, double and family rooms. A variety of rooms are available in the Memorial and Centenary wings, including nine fully disabled-friendly suites. Membership from £26.95 per year. Full details and application forms are available at Tel: + 44 (0) 207 723 4474, Website: www.vsc.co.uk.

ACCOMMODATION—NSW

Amber Court Motor Inn

512 Oxley and Newell Hwy, Coonabarabran 2357. For a competitive price call and mention the NSW TPI Association. Located 3km from town centre, set on four acres in relaxing country surroundings amongst lovely trees, 21 ground floor units accommodate up to six people in each room. Tel: 6842 1188, Freecall: 1800 246 642 and speak to John or Jan Knight;

Website: <https://www.ambercourt.com.au/>.

Bulwarra Seaside Apartments

1 Barnhill Rd, Terrigal 2260. A registered not-for-profit cooperative whose charter is to provide affordable holiday accommodation for serving and former members of the Australian Defence Force and their families. Holiday apartments are fully self-contained, with kitchen and cooking facilities. BBQ, entertainment area, kids playground, swimming pools.

Tel: 4385 3914, Website: www.bulwarra.com.au.

Coogee Apartments

4-8 Edgecumbe Ave, Coogee 2034, apartments 4 and 18. Two-bedroom ensuite apartments close to public transport. Army Amenities Fund (AAF) Company holiday facilities are available to all serving and ex-serving ADF members. Retired ADF members are required to provide proof of service (service number) and or a current retired ADF superannuants identity number.

All enquiries and booking requests should be directed to: Eastside Realty,
201A Alison Road, Randwick NSW 2031
Tel: (02) 9314 7955;
Email: leonard@eastsiderealty.com.au
Website: www.armyholidays.com.au

Forster Holiday Village

1-5 Middle St, Forster 2428. Navy Canteens Defence discount: Up to 20% holiday discount available off all holiday accommodation prices. Valid for all cabin, van and campsite bookings. Request discount at time of booking, Service ID must be shown. (Discounts do not apply to annual/permanent sites.)

Concessions

Tel: 6554 6027,

Website: www.forsterholidayvillage.com.au

Harrigan's Irish Pub and Ibis Styles River Lodge Harrington

Josephine Blvd, Harrington 2427. Located on the mid-north coast. Would like to offer discounted accommodation room rates to TPI Association of NSW Members. When booking in please show your TPI Association of NSW photo ID card. (TPI members in other states may also be eligible for this discount, please phone to confirm). Stay mid-week and get 15% off best rate of the day Sunday to Thursday. Stay Friday or Saturday night and get 10% discount off best rate of the day.

Tel: 6556 0555,

Website: www.harrigansharrington.com.au

Hyde Park Inn

271 Elizabeth Street, Sydney 2000. Has introduced a new loyalty program, the Defence Family Loyalty Club. The club is free to join and available to all current and ex-serving members of the Australian Defence Force and their immediate family. For information and membership application form email: inforequest@hydeparkinn.com.au

Tel: 9264 6001, Website: www.hydeparkinn.com.au

Murraguldrie Veterans Retreat

is run by V.V.A.A. South West NSW Sub-Branch. Located in the Murraguldrie State Forest area. The entry is signposted 7 km east of the Hume Hwy on the Wagga-Tumbarumba Road and is only 100m off the main road. Open all year to veterans and their families, it offers bush camping with basic facilities. The shelter shed contains a kitchen area, tables, chairs, a bench and sink area. It has a rain water tank and a toilet/shower block. We ask for

donations. The gate is locked, anyone wishing to use the facility please ring or email in advance.

Tony 'Pop' Pearson: 0401 100 514,

Dave Abbott: 0466 553 552,

Jene Cowen: 0403 746 744, Les: 0428 226 097,

Email: [vvsouthwestnsw@gmail.com](mailto:vsouthwestnsw@gmail.com)

Website: <https://murraguldrie-veterans-retreat.com.au/>

Ramon Deed Veterans Retreat

63 Scout Rd, Dareton 2717, PO Box 397, Dareton NSW 2717. Maintained by the Wentworth and Coomealla Districts Sub Branch of the VVPPA of Australia NSW Branch Inc, Dareton town is located 2 km away. The retreat is situated on 22 acres of land. Open to all veterans, peacekeepers, peacemakers, serving and ex-serving personnel and their families. The retreat contains powered and unpowered sites, an air conditioned and heated club room which boasts Foxtel, TV/DVD player, pool table, darts, library and kitchen, undercover BBQ area, laundry, toilet and shower block which caters for the disabled and a work shed.

Tel: (03) 5027 4447,

Email: rdveteransretreat@iinet.net.au

Website: www.rdveteransretreat.com.au

Sunseeker Holiday Units

14 Lake St, Forster 2428. Owned by the Ingleburn RSL. Close to Wallis Lake, beaches, boat hire, scenic cruises, clubs, restaurants, CBD. Thirteen 1, 2 and 3 bedroom ground floor units. Great rates all year round. Tel: 6554 6818,

Email: sunseekerholiday@bigpond.com

Website: www.sunseekerholidayunits.com.

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TPI Association of NSW—Coffs Harbour Holiday Unit

Unit 5, 20 Boulwood St, Coffs Harbour 2450. Self-contained holiday unit, one double bed only available, kitchen, dining and lounge area, bathroom, laundry, car parking spot. Available to all TPI Association financial members to holiday stay, the member must occupy the unit (no sub-letting). No pets please. Five-minute walk to Park Beach Bowls Club, close to beach, shopping centre and eateries. \$50.00 per night, payment to be made to the TPI office; plus there is a small cleaning fee to be paid to the unit caretaker at time of stay. Keys for unit available from caretakers. For bookings and availability contact the TPI Association of NSW office. Tel: 9235 1466, 1800 649 216, Email: office@tpinw.org.au

ACCOMMODATION—NT

Roper River Veterans Retreat

Elsey Station, 28kms along Roper Hwy. Mataranka 35kms. Bitumen to station gate. A retreat for all ADF veterans, their partners and guests. Riverfront sites. Basic bush camping. Fresh river water. Boat launch sites. Caravan & campers OK. Camping is free, donations are expected. Open August 1-31 only. Register between Feb and 15 June each year.

Permit required, contact Roper River Veterans Group. Email: roperretreat@gmail.com

ACCOMMODATION—QLD

Alaric Outback Retreat

2665 Canaway Rd, Quilpie 4480. A working cattle station, 100kms NW of Quilpie. A rural and peaceful retreat for all Veterans, ex-servicemen, their family and friends. The Homestead is fully furnished, accommodates up to 18 guests, includes 3 double bedrooms. Caravans and tents are

welcome and power is available. Prior bookings essential. Travellers with dogs are welcome. Contact the Homestead and Manager. Postal address:

Alaric Outback Retreat Inc. 20 Oogar Street, Maroochydore QLD 4558

Tel: (07) 4530 1001.

Email: alaricoutbackretreat@gmail.com

Website: <https://alaricoutbackretreat.org/about-alaric/>

Ambassador Apartments

9-13 Parnoo St, Chevron Island, Gold Coast. Owned by the RAAF Welfare Recreational Company (RWRC), discounted rates available to:

Serving airmen and airwomen in the RAAF, including reservists,

Serving members of the Navy and Army, including reservists,

Ex Serving members of the Australian Defence Force, and

Australian Public Servants working in Defence, DHA, Defence Bank and Australian Defence Force Credit Union staff, Contractors working in Defence.

Proof of service is required when booking.

Inquiries or booking to: The Manager, Ambassador Holiday Apartments, 9-13 Parnoo St, Chevron Island QLD 4217

Tel: (07) 5531 5692 Mob: 0417 780 961

Fax: (07) 5538 1860

Email: aambassador@bigpond.com

Website: <https://raafholidays.com.au/ambassador-apartments-qld/>

Banks Creek Retreat

(BCR) is a private parcel of land owned by Nicole and Grant; located south-east of Somerset Dam in the Somerset Region of Queensland. The nearest town centre is Fernvale, which is located on the

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Brisbane Valley Highway. The retreat provides a place of relaxation, community support, assistance and recovery for emergency services and ADF personal (current and former) who have experienced Acute Stress Injury (ASI), Post Traumatic Stress Injury (PTSI), depression, stress and burn out.

In the short term, eligible people will be able to utilise the property for private camping, daytrips and gatherings. The property can support approx. 100 people at present. Approx. 15 Acres of land has been reclaimed from invasive Lantana and continues to be developed and rehabilitated. All visits MUST be booked through the Banks Creek Retreat website and approved before you arrive.

The retreat is a not-for profit organisation and DOES NOT charge for camping but please consider making a donation. For more information, contact: Grant: 0401 182 744 or Nicole: 0401 922 061
Email: bankscreekretreat@gmail.com
Website: <http://bankscreekretreat.org.au/>
Facebook: <https://www.facebook.com/groups/BanksCreekRetreat/>

Camp Gregory Veterans Retreat

168 Darville Rd, Woodgate 4660. Open to current and ex- service personnel, veterans and their family. Situated along the Gregory River, 15 minute drive from Woodgate. Free to stay, donations welcome, Life membership \$1.00. Single and double room Dongas available, bookings required, you need to bring own bedding. Camp kitchen with cooking equipment and utensils. Toilet blocks with hot showers and flushable toilets. Caravan, motorhome and camper access is by dirt road and no bookings required. Dogs allowed. Contact Kit (caretaker) Mob: 0499 728 800, Roger Dwyer (president) Tel: (07) 4129 4030.

Email: campgregoryveterans@gmail.com
Website: www.campgregoryveterans.com.

Cockscombs Veterans Bush Retreat

124 Camms Rd, Cawarral 4703. Open to all Service, Ex Service and Emergency Service people. Set in the hills on the southern side of Mt Wheeler, accessed by 2 or 4WD, 30 mins from Rockhampton. Accommodation is provided in Uc Dai Loi House, 4 beds Log Cabin and the Andawakey House, 4 beds, \$10 pp per night; or camp (own tent/van), \$8 pp per night. There is 12 volt lighting, TV, gas hot water showers, full camp kitchen and BBQ area.
Tel: 0475 591 027 Email: cockscombvets@gmail.com
Website: <http://veteranretreat.tripod.com>.

Cocos Holiday Apartments

Cnr Trinity Beach Rd & Moore St, Trinity Beach 4879. A Defence Holidays-Northern Queensland property open to all serving and ex-service personnel and their families. 15mins drive from Cairns. Trinity Beach is set at the foot of the Kuranda Range. 1 & 2 bedroom self-contained holiday apartments. 75m from the beach, close to restaurants, shops and Coast water shopping centre.
Tel: (07) 4725 3842 or (07) 4411 7096,
Office hours Mon to Fri 9am to 3pm.
Email: admin@defenceholidaysnq.com.au or bookings@defenceholidaysnq.com.au
Website: www.defenceholidaysnq.com.au

Gemfields RSL Veterans Retreat

Clinic Rd, Sapphire 4702. The retreat is open to all serving and ex-serving personnel and can be used for caravans and motorhomes. Facilities available include: Power and water, toilets, showers, coin operated washing machine, BBQ, pet friendly. \$15.00 per site per night or \$100 per week. RSL

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bar open Thursday, Friday, Saturday and Sunday afternoons. Tel: (07) 4985 4588.

Email: secretary@gemfieldsrsl.com.au

Website: www.gemfieldsrsl.com.au/veterans-retreat

Rocky Creek War Memorial Park

Rocky Creek, Atherton Tablelands. Located a few kilometres along the Kennedy Highway north of Tolga. Entry to the park is free. The Council runs a rest area adjacent to the War Memorial Park, maximum stay 72 hours, for fully self-contained RVs or caravans only. \$5.00 per night donation, this supports the maintenance of the War Memorial. Toilets are closed 6pm-8am. Every year in August, on the Sunday closest to VP Day, returned soldiers, their families and descendants gather to remember Victory in the Pacific and to take part in a dedication and unveiling ceremony.

St George's Defence Holiday Suites

192 Marine Pde, Coolangatta 4225. Operated by the Service Personnel Anglican Help Society. Affordable beachside accommodation for defence and ex-defence personnel and their families. Close to shopping centres, cinemas, restaurants and clubs. Day trips and tours can be booked through the office. Transport to facilities can be arranged and buses to many of the Gold Coast's attractions pick up at the door. PO Box 326, Coolangatta QLD 4225. Tel: (07) 5536 1261 Email: info@stgeorges.net.au Website: www.stgeorges.net.au

Standown Park

91 Radtke Rd, Kia Ora (Goomboorian) 4570. Originally set up as a Veterans Retreat, now open to the public. All veterans and their family are welcome. Discounts applies to veterans. Camp kitchen – BBQ, BBQ utensils, camp oven cooking

utensils, microwave, toaster, kettle, and saucepans. Bore & Tank Water provided. Powered slab, gravel & grassed sites & unpowered camp sites. Clean and quality amenities with a unisex / family / special needs bathroom and coin laundry with book & DVD library. Tel: (07) 5486 5144.

Email: info@standown.com.au

Tel: (07) 5536 1261 www.standown.com.au

Veterans' Retreat

Hartwig Road, Mothar Mountain 4570. The retreat is a registered charity care farm run by 20 year Army veteran Kylie and her young family. It is open to all serving members, veterans, first responders and their families/carers. Offering day visits, overnight accommodation, animal therapy and more. The retreat caters for everything from swags, tents, camper trailers, caravans and motor homes. An old military container has been converted into two-room accommodation for those unable to camp due to their injuries. Facilities include a large shed with a common room with couch, television, table, chairs, kitchenette; ensuite with shower, basin, toilet, laundry with tub and washing machine; gym. Outside area has communal BBQ, fire pits and pool. For more information and bookings please contact the retreat. Postal: PO Box 855, Gympie, QLD, 4570 Email: veteransretreat@outlook.com Website: www.veteransretreat.org.au

ACCOMMODATION—SA

Bublacowie Vietnam Veterans' Village

Bublacowie Rd, Yorketown 5576. Bublacowie Military Museum and Memorial Gardens. There is limited space for military members, serving or not, to park your caravan at the back of the property. Power, water, showers and toilets are available. Maximum stay is 3 days or as arranged. Cost per

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night is \$18 per site. Whilst you stay, if you can lend a hand in maintaining the establishment, it would be gratefully appreciated. Owned and operated by Chris Soar, bookings essential Tel: (08) 8853 4379 Email: bublacowie@intermode.on.net

Camp Andrew Russell (aka Alawoona)

Alawoona is situated 34km south of Loxton, the camp is located half a kilometre east of town, turn at the Alawoona hall, a short distance there is a large white tyre with CAR on it, turn in. Open to all War and Peacekeeping Veterans and their families. On arrival make a call to a member, name is on the wall, a code to unlock the key box will get you in and the rest will be explained on the phone. Camping fees apply, \$5 per day per vehicle. Camp kitchen with gas stove (donation for gas used), potbelly for warmth, fridge, running water (to be used sparingly), bathroom block (ramp access) with toilets and shower.

Website: www.vvfa.org.au/vor_alawoona.htm

Goolwa Holiday Homes

located 83kms south of Adelaide on the river Murray. The three holiday homes are located adjacent to the first fairway of the South Lakes Golf Course and feature three bed-rooms, kitchen, dining area, bathroom, toilet, laundry and carport. Guests are required to bring own sheets and towels. Army Amenities Fund (AAF) Company holiday facilities are available to all serving and ex-serving ADF members. Retired ADF members are required to provide proof of service (service number) and or a current retired ADF superannuants identity number. Bookings: Ms Deborah Edgerton, AAF Coy 13 Sexton St, Goolwa SA 5214. Tel: (08) 8555 0662 Fax: (08) 8555 0662, Email: deborah.edgerton@bigpond.com

Website: www.armyholidays.com.au

Rex Hotel

172 Richmond Rd. Marleston 5033. 10% discount on accommodation and meals (not drinks) on production of your TPI Association Membership Card. Tel: (08) 8443 8188 ask for Terri.

Website: www.therexhotel.com.au

ACCOMMODATION—TAS

Rydges Hotel

393 Argyle St, cnr Lewis St, Hobart 7000. Are offering all financial TPI Association members full corporate rates. Tel: (03) 6231 1588

Vietnam Veterans Memorial Bush Retreat

Dago Point, Interlaken 7030. The Bush Retreat was built in 1989/90 by the Vietnam Veterans of Tasmania, for the rest and relaxation of all Vietnam Veterans and their families. Situated in the Central Highlands and offers peace and quiet all year round. The Bush Retreat accommodates up to 15 people. The Hut consists of a Kitchen, Lounge, 5 Bedrooms, Bathroom /Laundry, Carport and undercover BBQ area. You will need to bring doonas, linen, towels, toiletries, food and drinks. Bookings contact Tamara Abbott at the Tasmania Branch RSLA, PO Box 147, Newtown TAS 7008, Tel: (03) 6242 8902 Mob: 0409 402 469 Email: tamara.abbott@rsltas.org.au

ACCOMMODATION - VIC

Cowes Caravan Park

164 Church St, Philip Island 3922. Two caravans are operated by the Watsonia Area Amenities Committee (WAAC) for the benefit of Australian Defence personnel. Tel: (03) 5952 2211

Website: <https://watsoniaaac.weebly.com>

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Docklands Apartments

Apartment 601/5 Caravel Lane (3 bedrooms) and Apartment 302/2 New Quay Promenade (2 bedrooms), Docklands. Kitchens, bathroom and laundry. Minimum two night stay. Bookings are to be made using the Managing Agent: Docklands Private Collection 7/198 Harbour Esplanade, Docklands VIC 3008 Reservations during Office Hours: (03) 9642 4220 (ask for Army Amenities Fund apartment at 601 Boyd Building/5 Caravel Lane). Army Amenities Fund (AAF) Company holiday facilities are available to all serving and ex-serving ADF members. Retired ADF members are required to provide proof of service (service number) and or a current retired ADF superannuants identity number. Website: www.armyholidays.com.au

Goorambat Veterans Retreat

21 Trewin Rd, Goorambat 3725. The Goorambat Veterans' Retreat Inc. is a NFP Charity located on the site of the old Goorambat Primary School in North East Victoria. It operates a Wellbeing and Compensation Advocacy program in the local region and also provides a Veterans' and Veterans' Families only Camp Ground for the purposes of providing Caravan and Camping facilities. Town Water, Some Powered Sites, Shower and toilet facilities available. Assistance and Companion dogs are welcome. Disabled ablution facilities, Communal Lounge and Kitchen Facilities available. Nearest petrol and dump point are located in Benalla. The Retreat provides a secure and safe location for Veterans to base themselves while visiting the region. The township of Goorambat sits on the NE Victoria Silo Art Trail, only: 10 mins West Benalla, close to Winton, Glenrowan and Violet Town. 40mins south of Yarrawonga and Lake Mulwala on the Murray River, 40 mins East

of Shepparton, 60mins West of Mansfield and the Victorian High Country. Bookings for up to 14 days, longer periods may be available off-season by arrangement. Fees are used to assist with the ongoing upkeep of the facilities: Powered Site - \$20 per day, Unpowered Site - \$10 per day, On-site Manager. Bookings Tel: (03) 5764 1468 or Email: bookings@veteransretreat.com.au
Website: www.veteransretreat.com.au
Facebook: www.facebook.com/VeteranRetreat

Grosvenor Family Biodynamics Farm

Gorton Dr, Mystic Park 3519. Mandy and Rick Grosvenor own and run a certified biodynamic (chemical free) fruit farm at Kangaroo Lake, between Kerang and Swan Hill in north west Victoria. They have available a self-contained cabin that they would like to offer respite accommodation to Returned Service personnel who may need somewhere restful to recover for a variety of reasons. The 47-acre farm is right beside the lake with walking tracks, and fishing spots. The cabin (approx. 8m x 5m) has a bathroom, kitchen, queen size bed & 2 bunk beds, air conditioning, heating, and driveway. It's completely lockable, safe and private. It does have 2 steps (with handrails). There is also a large shed with lots of tools, and people can potter in there to avoid boredom. There is no local public transport, but they are happy to assist with taking them to the supermarket or chemist as required.

Please note: November to March on some days during harvest time gas fired scatter guns are used to scare away birds in a non-lethal manner and that if hearing what sounds like gunfire would hinder your recovery, it may be better to come at a different time of year. They are not used every day, only when the bird population tries to

Concessions

consume the farm's income. They nickname them sharefarmers. There is no cost to rent the cabin only a contribution of \$10 per week towards the electricity bill. For bookings and further inquiries please contact Mandy and Rick, Mob: 0414 620 803 Facebook: www.facebook.com/GrosvenorFamilyBiodynamics

TPI Victoria Inc. Rye Respite and Holiday Units

34 Daly St, Rye 3941. Located in the heart of the Mornington Peninsula and bayside regional beaches. 'The Barracks' provides accommodation for up to four adults in each of the three units. For bookings and information Tel: (03) 9329 8844 Email: tpioffice@tpihqvic.org.au

TPI Victoria Inc. Wahgunyah Respite and Holiday Units

23 Blanche St, Wahgunyah 3687. Located in the heart of the Rutherglen Region on the banks of the Murray River. 'The Retreat' provides comfortable accommodation for up to 4 adults in each of the 3 units. For bookings and information Tel: (03) 9329 8844. Email: tpioffice@tpihqvic.org.au

ACCOMMODATION—WA

Amblin Holiday Park

583-585 Bussell Hwy, Busselton 6280. Navy Canteens Defence discount: Navy & ex-Navy 30%, Army & Airforce 20%. Request discount at time of booking, Service ID must be shown, Block out periods apply, (discounts do not apply to annuals/permanents sites). Tel: (08) 9755 4079. Website: www.amblin-holidaypark.com.au Website: www.navycanteens.com.au/holidays

Avalon Homestead

381 Julimar Rd, Toodyay 6566. High on the hill

overlooking the picturesque Avon Valley on 5.8 acres. 16 rooms available, each with own bathroom. Provide a current TPI Association membership card to receive a 10% discount. Tel: (08) 9574 5050 Website: www.avalonhomestead.com.au

Camp Hart

Available for use by ADF Veterans and the Local Community. Situated on a farm. From Kulin, travel east along the Tin Horse Highway. Turn left at the Bush Races sign (Jilakin Rock North Rd) and follow the road for approx 2 km past Jilakin Rock. Approx. 200m past Jilakin Rock turn left (just before the bend). Facilities include toilet and shower blocks, disabled shower/toilet. There is a fully enclosed 'Meet and Greet' area with gas BBQ, pot belly stoves and a generator. Prior to using the camp please contact one of the people below:

President Barry Todd Tel: (08) 9404 8428, Mob: 0427 471 541

Email: barry_todd@bigpond.com

Vice President Gary Williams Tel: (08) 95812681 Mob: 0148 945 785.

Email: pecky82@bigpond.com

Secretary Terry Gott Mob: 0458 064 337

Email: terry-lynn3@bigpond.com

Point Peron Beach Cottages

Memorial Dr, Point Peron. Two units available. Motor vehicle required. Half hour drive from Perth. Close to beach. Required to bring own linen, pillows, blankets, sleeping bags, toiletries and food. Contact TPI Association WA Tel: (08) 9332 4999. Fax: (08) 9332 6633. Email: tpiwa@tpiwa.org.au

Veterans Retreats of W.A. Inc, Meentheena Retreat

Located at Meentheena Station, 5km off the

Concessions

Rippon Hills Road, 75km east of Marble Bar, approx. 280km from Pt Hedland. Areas for caravans and camping at the main campsite and along the river. Main camp has 24 hour solar/battery/generator power, portable drinking water, showers and toilet facilities. Shade for vans, a basic DIY workshop, camp kitchen & club- house. A donga is available mainly for use by disabled veterans. Limited mobile phone coverage. Outside main site is 4wd only.

Take it in take it out policy applies. No firearms.

Tel: 0497 004 491 before arrival (this will enable the camp host to be on- site when you arrive).

PO Box 15, Mandurah WA 6210.

Email: veteransretreats.wa.inc@gmail.com

Website: www.vrwa-meentheena.org

Facebook: www.facebook.com/MeentheenaVeteransRetreat

[MeentheenaVeteransRetreat](http://www.facebook.com/MeentheenaVeteransRetreat)

AMBULANCE SERVICES

Ambulance Service of NSW

In NSW free ambulance transport is available to all holders of DVA Gold Repat or Pensioner Concession cards. The card should be presented to the Ambulance Service. Prior approval is not needed. If it is clinically necessary, an ambulance can be arranged by a Local Medical Officer or a hospital staff member.

Website: www.ambulance.nsw.gov.au

Ambulance Service When Interstate

Free ambulance travel while interstate is available to DVA Gold Card holders. Please ensure that the ambulance is given your DVA File Number and sight your DVA Gold Card.

APPLIANCE REPLACEMENT OFFER

The NSW Government Office of Environment & Heritage is offering discounts on new energy

efficient fridges and TVs so you can replace your old inefficient models. To receive this offer you must be a holder of a DVA Gold Card, PCC or Centrelink HCC; own a fridge 6 years old, or older and/ or own a plasma or cathode ray tube (CRT) television and want to replace it. For more information, conditions and to apply online see website: www.environment.nsw.gov.au/households/appliance-replacement-offer.htm or call our retail partners at The Good Guys on 1300 601 795

AUSTRALIA POST

Will redirect mail at a discounted rate after certain Pensioners (including TPIs) change their address.

Contact your local Post Office or Tel: 13 13 18.

Get domestic stamps at a concession rate with a MyPost Concession Account if you are a holder of a PCC, Health Care Card, Commonwealth Seniors Health Card, DVA Card, Veterans' Repatriation Health Card. Application forms available at Australia Post outlets or online

Website: <http://auspost.com.au>

BOATING LICENCES

General Boat Driving and Private Mooring Licence

You may be eligible for a 50% discount on the licence fees if you hold a NSW PCC, DVA Gold card endorsed with TPI, EDA, war widow/er or have evidence from the DVA confirming you receive a disability pension of 70% or higher or an intermediate pension, or you've been assessed at 50 or more impairment points. Apply online through Service NSW, Tel: 13 77 88

Website: www.service.nsw.gov.au

Concessions

BOOKSHOPS

Abbey's Bookshop

131 York St, Sydney 2000. Show your TPI Association of NSW membership Card for 10% off all books.

Mailed Australia-wide. Great military, crime and general books. Manager—Mr David Hall.

Tel: 9264 3111, 1800 426 657.

Website: www.abbey.com.au

CHIROPRACTOR

Gerry Rosanove, Chiropractor, Osteopath and Yoga Teacher

two locations on the NSW Central Coast:

57 Canton Beach Rd, Toukley, 60 Karalta Rd, Erina.

All Gold and White Card Holders. Chiropractic,

Osteopathic, Neurological and Orthopaedic

examinations & treatment. X-rays if necessary. Call

Gerry 0416 202 802

CINEMAS

Arcadia Twin Cinemas, Ulladulla

Rowens Arcade Boree St, Ulladulla 2539. One

complimentary ticket will be given on production of the TPI Association of NSW membership card.

Tel: 4454 1224, Website: www.arcadiatwin.com.au.

Birch Carroll and Coyle Cinemas

Upon presentation of the TPI Association of NSW membership card, the cardholder will be permitted

one complimentary ticket, when accompanied by a guest, one guest will be admitted at a discounted

pensioner price of that cinema location. (Note:

guest does not have to be a pensioner). The benefit

will only be available once a day, and is subject to

the following restrictions:

Admit one complimentary/admit one at pensioner price.

Valid Monday to Friday only.

Not valid for "No Free List" films, Gold Class

Marathons or as part of any other voucher or offer.

This benefit is available to the cardholder only and is not transferable to family or friends.

Event Cinemas (NSW and WA only, not other states)

Upon presentation of the TPI Association of NSW membership Card, the cardholder will be permitted

one complimentary ticket. When accompanied by a guest, one guest will be admitted at the discounted

pensioner price of that cinema location. This benefit will only be available once per day and is subject to

the following restrictions:

Valid Monday to Friday only.

Valid once per day only.

Not valid for "No Free List" films.

Not valid for Gold Class.

Not valid for Movie marathons.

Not valid with any other offer or voucher.

Not transferable to family members or friends and

is available to the cardholder only.

Hayden Orpheum Picture Palace, Cremorne

380 Military Rd, Cremorne 2090. Upon presentation of your TPI Association of NSW membership Card

and/or DVA TPI Gold Card, members will receive a complimentary ticket for weekday sessions before

6pm. Not Valid for No Free List or during school

holidays.

Forum 6 Cinemas, Tamworth

374 Peel St, Tamworth 2340. One complimentary

ticket given to DVA TPI Gold card holders only. Offer

not available for special events, No Free List. \$3.00

charge for 3D glasses. Tel: 6766 3707

Website: www.tamworth.forum6.com.au

Concessions

Forum 6 Cinemas, Wagga Wagga

77 Trail St, Wagga Wagga 2650. Offer concession price tickets to DVA Gold and White card holders.

Tel: 9621 6863

Website: www.wagga.forum6.com.au

Hoyts Cinemas

The TPI offer is an adult's ticket for \$1.00 (maximum of 1 ticket per day) when TPI Association of NSW membership card is presented at box office. It is valid for all session in all Hoyts cinemas subject to the following conditions:

Not valid No Free List.

Not valid all day Tuesday.

Not valid Saturday night after 5pm.

Not valid School Holidays & Public Holidays.

Not valid Special Events (including 3D films and gala screenings).

Not valid Hoyts La Premiere, Directors Suite, Bean Bag Cinema, Xtremescreen, and IMAX.

In order to redeem this, TPI members **must present identification at the box office** to verify their eligibility.

This information is current to date. However Hoyts reserve the right to alter this arrangement without prior notice.

Limelight Cinemas, Ipswich QLD

Riverlink Shopping Centre, cnr Down St and The Terrace, North Ipswich QLD 4305 T

el: (07) 3447 1100. Accepts DVA TPI Gold Cards for only one complimentary ticket (excludes The Lounge).

Limelight Cinemas, Tuggeranong ACT

Level 1, Tuggeranong Hyperdome, Anketell St, Greenway ACT 2900

Tel: (02) 6293 6100. Accepts DVA TPI Gold Cards for only one complimentary ticket (exclude GOLD).

Metro Cinemas, Bathurst

144 Piper St, Bathurst 2795. One complimentary ticket given to DVA TPI Gold card holders only. Offer not available for special events, No Free List.

Tel: 6331 8000

Website: www.metrocinemas.com.au

Metro Cinemas, Lake Haven

70 Chelmsford Rd, Lake Haven 2263. One complimentary ticket given to DVA TPI Gold card holders. Offer not available for special events, No Free List. Tel: 4393 6000

Website: www.metrocinemas.com.au

Odeon 5 Cinemas, Orange

43 William St, Orange 2800. One complimentary ticket given to DVA TPI Gold card holders only. Offer not available for special events, no free list.

Tel: 6362 0213, Website: www.odeon5.com.au

Palace Cinemas

All Palace Cinemas offer a complimentary ticket to DVA TPI Gold Card holders and concession discounts to other DVA card holders.

Reading Cinemas

All Reading Cinemas. One ticket at the cost of \$1 may be purchased on presentation of DVA Gold and White cards. **Conditions apply:** Valid all day every day; on school and public holidays. Not Valid on No Free List (NFL); special events; Gold Lounge, Premium or Titan; 3D glasses not included.

Concessions

COMPANION CARD— New South Wales

The Companion Card is for people with a significant and permanent disability who will always require an attendant carer to support participation in community activities and venues. The Card provides free access to venues and events for the companion of a person with a disability. Companion Cards will be issued in the name of the person who has a lifelong disability. The card will be issued to people who are assessed as meeting the following criteria:

- You are a resident of NSW.
- You have significant and permanent disability.
- You are unable to participate in most community-based activities without significant assistance with mobility, communication, self-care and planning.
- Your level of support is lifelong.

Freecall: 1800 893 044 for an application form.

CONCERT TICKETS

Sydney Opera House

The TPI Federation has been able to obtain some concessions for concerts held at the Sydney Opera House. They would like to offer ad hoc discounts on a selection of shows several times a year. You need to register your details with Sydney Opera house using this special link:

<https://www.sydneyoperahouse.com/events/whats-on/other/subscribe.html?eventId=203237>

This will also sign you up for the standard weekly newsletter. When offers are available you will be sent an email and to redeem offer you will have to purchase tickets through the link given in the email. Offers will **not** be available through the Sydney Opera House website search or by phoning up.

COUNCIL RATE REBATE

The rebate is a fixed concession for eligible Centrelink and DVA pensioners Contact your local Council for more information.

CRUISE LINERS

Cunard Line, P&O Cruises Australia and Princess Cruises

offers up to \$250 free onboard credit for serving and ex-serving members of the Australian and NZ Defence Forces who are:

1. Active personnel currently serving by providing their PM KeyS number, Regiment number or Service Number, and
2. Ex-serving personnel, including discharged and retired personnel, by providing relevant documentation which shows evidence of having served in the ADF or NZDF, such as military superannuation/pension statement from the Military Super scheme, the DFRDB scheme, the DFRB scheme, or the DFSS scheme (NZ) or Certificate of Service.

The benefit is available on any cruise, any time of the year. 14 nights or longer \$250, 7 - 3 nights-\$100, 6 nights or less-\$50

After making a booking send through your details including name, booking number, ship and sailing date with relevant proof of identification and/or documentation (i.e. military superannuation/pension statement or certificate of service) no **later than two weeks prior to sailing.**

Cunard & P&O Cruises

Email: defencebenefits@carnivalaustralia.com

Princess Cruises download and send benefit application form (found on their website) to benefits@princesscruises.com.au or Mail: Princess Cruises Booking Support Dept.

PO Box 1429 Chatswood NSW 2057

Concessions

DENTAL SURGEON

Dr Andrew V Bomba BDS (Hons) Syd. Uni

Suite 1, Level 1, 28 President Ave Caringbah 2229
Over 30 years experience. Quality General Family & Cosmetic Dentistry. Dentures & Denture repairs/relines. Veterans & Pensioners welcome. Pensioner's & Senior's Discounts. Lift & wheelchair access.
Tel: 9524 3262

Dr Paul A Matusko BDS (Hons) Uni. Syd

435B Hume Hwy, Yagoona 2199 (opposite Yagoona Station). No charge for any work for TPI Gold Card holders. All areas of General Dentistry and Denture work performed. Health Fund Rebates accepted for most procedures. Tel: 9790 3458.

DIABETES SERVICES

National Diabetes Service Scheme

A range of Government Approved products are available at subsidized prices for persons who are registered with the National Diabetes Services Scheme. Tel: 1300 136 588.
Website: www.ndss.com.au

DISCOUNT LOYALTY CARD

DEFCOM

A Discount Loyalty Card that provides members with point-of-sale discounts and benefits from a large number of companies and businesses across Australia. TPI Association members are entitled to discounted DEFCOM membership. Associate membership for former ADF personnel normally costs \$27.50pa and DEFCOM reduced this to just \$12.00pa for TPI Association members. You receive an ID card and the DEFCOM directory is mailed to your home address.
Tel: (07) 3879 0911, Email: info@defcom.com.au

Website: www.defcom.com.au

ELECTRICAL SERVICES

North Coast Electrical Services

Licensed electrician providing a full range of electrical services, including repairs to TV reception & antennas. Professional service at excellent rates. 10% discount to TPI Association of NSW members. North Coast area including Lismore, Casino, Kyogle & Ballina. Contact Ryan Windon, Mob: 0413 547 434

RK Solar & Consulting Services Pty Ltd

Unit 21/6 Gladstone Road, Castle Hill 2154. TPI Association of NSW members can get 20% discount on the full recommended retail price for solar systems purchased from RK Solar. As RK Solar does electrical work as well so we can offer 10% discount on all electrical work. Tel: 1800 338 809, 9659 1034 - Mob: 0430 505 107. Email: info@rksolar.net,
Website: www.rksolar.net

ENERGY REBATE

Low Income Household Rebate

The NSW Government Low Income Household Rebate is intended to assist eligible customers with all their household energy costs (gas and electricity) but is applied on the electricity bill only. To be eligible, the account holder must hold a DVA TPI, EDA, War Widows/ers Gold Card, PPC or DHS Health Care Card. Contact your electricity provider.

EXERCISE PHYSIOLOGISTS

Aevum Physiotherapy & Exercise Physiology

D904 referral required, Sutherland Shire and Helensburgh locations. We offer both private one-on-one and group session for all Gold and White card holders. Qualified Exercise Physiologists

Concessions

and Physiotherapists will assess your needs and design a personal program for you. Our Sutherland Shire clinic is equipped with a state of the art AlterG treadmill allowing walking with minimal body weight. Sutherland Shire Tel: 8544 3231 Helensburgh Tel: 4294 9990
Website: www.aevumhealth.com.au

AquaPhys Revesby

D904 Referral Required

Max Parker Leisure and Aquatic Centre, Marco Ave, Revesby 2212. AquaPhys is a Physiotherapy practice, which specialises in Hydrotherapy and is the leading provider in the South West Sydney area. The team consists of both Physiotherapists and Exercise Physiologists. Hydrotherapy services include:

- Individualised sessions
- Complex care sessions

In addition to this, AquaPhys offers:

- Physiotherapy
- Exercise Physiology
- Gym Programs
- Massage Therapy
- Dry Needling
- Real Time Ultrasound/Core Muscle Training.

Tel: 9774 3555, Email: info@aquaphys.com.au

Website: www.aquaphys.com.au

Fitten Up

D904 Referral Required

Exercise Physiology Services for eligible veterans, with a Gold or White card and a specific chronic health condition which can be treated by exercise. Examples includes PTSD, Arthritis, Diabetes, Heart Disease, chronic back pain and depression. We continue to prescribe and supervise your exercise sessions until you reach your clinical health goals & can independently maintain your health. Burleigh,

Tweed Heads, Lismore, Ballina, Yamba, more areas coming soon. Contact Samuel Pethebridge, Accredited Exercise Physiologist. Tel: 0488 963 730.
Website: www.fittenup.com

Healthy Balance Allied Health Services

D904 Referral Required

One of the largest networks of mobile allied health professionals providing allied health services to veterans. Healthy Balance has a team of allied health professionals consulting veterans throughout NSW in the following allied health professional areas:

- Dietitian
- Physiotherapist
- Speech Pathologist
- Exercise Physiologists
- Podiatry
- Occupational Therapist

Covers every suburb within the Sydney metropolitan. Tel: 8221 0230

Website: www.healthybalance.com.au

MetroRehab Hospital

275 Addison Rd, Peter sham 2049

A private rehabilitation hospital providing both inpatient and outpatient therapy. Our DVA liaison officer will coordinate various aspects of your stay in hospital. We provide a range of services to eligible veterans and war widows, including:

- Pre-admission and discharge planning support
- Expert multidisciplinary therapy including physiotherapy, occupational therapy, nursing, dietetics, speech therapy and clinical psychology.
- Assistance in the co-ordination and streamlining of your care.
- Referrals to appropriate services and resources.

For further information contact our Rehabilitation Coordinator Tel: 0417 200 128 or 9569 5622.

Website: www.metrorehab.com.au

Concessions

NJF Exercise Physiologists

D904 Referral Required

This program is tailored specifically for the veteran community and encourages long term sustainable self-management.

Program includes:

- Individualised and/or group exercise sessions for veterans with our highly qualified NJF Exercise Physiologists
- Home visits (if necessary)

Transport to and from each practice (if necessary)

Operates in many locations Australia wide. For your nearest location please contact Central Reception on 1300 890 507.

Peakwork

D904 Referral Required, Gold Coast and Northern NSW. Our Exercise Physiologists are skilled in all areas of exercise and rehabilitation.

Tel: (07) 5679 5234

Email: mark.peak@me.com

Website: www.peakwork.com.au

Recovery Station – Enabling the community

are a community-based company and have been working successfully with the veteran and war widow communities for many years. Our caring and professional therapists assess you in your home and provide interventions and follow up to ensure your health goals are met. Our extensive services, advice and interventions help make life changes so you can do the things that are most important. Occupational Therapy, Physiotherapy, HomeFront assessments. For referrals, more information or to schedule an appointment, please contact our offices:

- Hunter & Central Coast Tel: 4959 2211
- Sydney Tel: 1300 588 851

Westmead Rehabilitation Hospital – Keep You Active

D904 Referral Required, 7 Coleman St, Merrylands 2160. Offering you the following services: Day Programs, Physiotherapy, Occupational therapy, Hydrotherapy, Balance classes, Speech pathology, Cardiac program. Tel: 8833 3555

Website: www.westmeadrehab.net.au

VIDA Exercise Physiology

D904 Referral Required

Individualised Gym Rehabilitation Programs (with Accredited Exercise Physiologist). In addition VIDA offers and fully funds:

- Exercise sessions for Veterans and partners
- Gym membership offered to both Veteran and their partners
- Hydrotherapy.

For your nearest location call Tim

Mob: 0432 572 909

Website: www.vidaexercise.com.au

FISHING LICENCE

Exemption from the recreation fishing licence

DVA TPI Gold, EDA & Pensioner Concession Card holders are exempt from paying the NSW recreation fishing fee to fish in fresh and salt water in NSW. If asked for licence ID show your DVA or PC Card. Inquiries Tel: 1300 369 365

FLOOR COVERINGS

Waratah Floor Coverings

U4/6-8 Mitchell Road, Moorebank 2170. For TPI Association of NSW members a 5% discount on floor coverings, carpets, rugs and vinyls, on stock items. On wall to wall a higher discount may be negotiated with the Managers, Ian, Bruce or Joe. Tel: 9759 6511

Concessions

FOOD PRODUCTS

Kios Fine Foods

108-B Deepfields Rd, Catherine Field 2557. Provides old fashioned service to their customers and would like to offer 5% discount on our chicken products to members of the TPI Association of NSW, please show your TPI Association of NSW membership card at time of purchase.

Open: Monday to Friday 7.30am-4.30pm

Saturday 7.30am-2.00pm.

Tel: 9606 2216

Website: www.kiosfinefoods.com

FUNERAL SERVICES

Caring Funerals Pty Ltd

"Proudly Australian Family Owned and Operated", 160 Great North Rd, Five Dock 2046. 15% off all funeral costs. Contact Adam J. Lee J.P. Director
Tel: 9699 7877, Head Office Tel: 9713 1555.
Fax: 9713 1400, Pager: 9937 2478.
Email: carefunerals@ozemail.com.au.

Heavenly Celebration Funerals

A funeral is "a necessity and not a luxury" and we treat your loved one as one of our own. Heavenly Celebration Funerals is a family-owned funeral home located in Sydney's West. We understand that we have your nearest and dearest in our care and we see it as an honour and privilege to provide your loved one a truly fitting final celebration of their life. Our dedicated, caring and compassionate team are available to assist you and your family at any time of the day or night.

We are proud supporters of The TPI Association of NSW, so please be sure to mention TPI when contacting us. Heavenly Celebrations are able to provide Cremation Celebration Services, Dignified Burials, RSL Services and Memorial Services at all

crematoriums and cemeteries – Sydney wide, with all cultures being catered for. Pre-Planning and Pre-Paid Funerals now offered. Tel: 9623 6656.

Mob: 0418 250 242.

Email: michelle@heavenlycelebrations.com.au

Website: www.heavenlycelebrations.com.au

Southern Cross Funeral Directors

Our Family Caring For Yours. 24 Hour Caring Service. At Southern Cross Funeral Directors we believe that a funeral service should be a celebration of life for those that we love, honouring their memory and the contributions they have made in making Australia what it is today. Our family are here to help make a final farewell special, something to be remembered and cherished. We are proud to offer discounted rates to TPI's and their families. Being 100% Australian family owned and operated, we understand the importance of community and caring. Please feel free to contact us anytime for more information, including pre-paid funeral options. Our family are happy to provide caring advice and information to you. Tel: 1300 087 937
Website: www.scfd.com.au

GARDEN SERVICES

Western Mowers & Chainsaws

3-7 Toongabbie Rd, Toongabbie 2146. 10% discount on new products (not sale price items), repairs and spare for garden maintenance products.

Tel: 9631 1696.

HEARING SERVICES

Office of Hearing Services

provides vouchers which enable you to get hearing assessments and devices from hearing service providers of your choice. This includes the cost of fitting the device. Concession available to DVA Gold

Concessions

Card & PCC holders. Tel: 1800 500 726,
TTY 1800 500 496
Website: www.health.gov.au/hear.

HOME RENOVATIONS

HV Aluminium

is a family business with over 35 years' experience designing and installing beautiful outdoor living spaces in Newcastle, the Central Coast and the Hunter Valley areas. (This company comes highly recommended by one of our TPI Association members).

10 Myra Street New Lambton NSW 2305 Australia.
BLN 322844C
Tel: (02) 4903 3300 Fax: (02) 4957 7880
Email: info@hv.com.au
Website: www.hv.com.au

HOSPITAL SUPPLIES

Life Health Care Hospital Supplies

4 Noonan Pl, Ingleburn 2565, Tel: (02) 9618 5000.
Shores Retail Centre, 4 Bay St, Port Macquarie 2444,
Tel: 65841766.
21 Dowe St, Tamworth 2340, Tel: 6766 9253.
Offers 10% discount to all TPIs but not in conjunction with any other offer.

LAWYERS

Matthews Folbigg Lawyers

Level 7, 10-14 Smith St, Parramatta 2150. Having over 50 years' experience, Matthews Folbigg Lawyers, based in Parramatta, have earned a reputation for finding solutions and delivering exceptional results. We pride ourselves on our friendly yet professional approach and we strive to establish long term relationships with our clients. Our services include:

- Conveyancing
- Compensation Law
- Family Law
- Wills and Estate Planning

We provide a 10% discount on our services to all TPI Association members who mention this ad. Please contact Phillip Brophy, Director on (02) 9806 7452 or at phillipb@matthewsfolbigg.com.au to discuss your legal needs. Tel: 9635 7966. Fax: 9635 9499.
Website: www.matthewsfolbigg.com.au

LEISURE & ENTERTAINMENT

Time Out Adventures

TPI Association of NSW members will receive a 10% discount off any package offered by the Time Out Group. Quote offer code TPI at time of booking and at the time of taking the activity your TPI Association membership card must be produced. Segway tours, laser clay shooting, bumper balls, splash golf, giant water balls and more.
Tel: 1300 090 767
Website: www.timeoutadventures.com.au

MEALS ON WHEELS

Meals on Wheels Association of NSW. Meals delivered at a low cost (average at around \$9 to \$12 a meal), delivery complimentary.
Tel: 8219 4200 / 1300 679 669
Website: www.nswmealsonwheels.org.au.

MEDAL MOUNTING

Heritage Medals

7 Royce Ct, Joondalup WA 6919. Excellent service and high-quality products. A minimum discount of 10% given to DVA TPI Gold Card holders. They hold most Australian (and commonly awarded to Australians) honours and awards, badges and

Concessions

memorabilia. They also do tribute framing and a raft ion military oriented memorabilia. They will also order in Service Medals and products for customers' requirements.

Tel: (08) 6202 1025

Email: service@heritagemedals.com.au

Website: www.heritagemedals.com.au

MUSEUMS

Australian National Maritime Museum

Darling Harbour, 2 Murray St, Sydney. Commonwealth Superannuation Corporation has partnered with the Museum to provide every single Defence Force veteran, serving member and current cadet with a complimentary pass to the museum and 10% discount in the ANMM Store and Yots Café.

All you need to do is show the Front of House team a valid ADF ID card, DVA-issued card, service medals or arrive in uniform – to receive free entry to the museum. Included in your free ticket is access to all permanent galleries and special exhibitions including: Under Southern Skies; Sydney Harbour Gallery; The Navy Gallery; Action Stations; Wildlife Photographer of the Year. You also get access to all museum vessels including: The top deck of HMAS Vampire. HMB Endeavour and Bark James Craig; Steam Yacht Ena. Tel: (02) 9298 3777

Website: www.anmm.gov.au

NATIONAL PARKS

National Parks and Wildlife Service NSW Concession Pass

A Concession Pass is available to Australian Pensioner Concession (PCC), DVA TPI Gold, Gold or EDA card holders on providing a letter from DVA stating that you receive a disability pension of

70% or higher, or minimum 50 impairment points. Application forms are available online to fill out or download from the NPWS website

Enquiries Tel: 1300 072 757

Email: annual.passes@environment.nsw.gov.au.

Website: www.nationalparks.nsw.gov.au

The TPI Association office and website also have these application forms available to members.

OUTDOOR/WORKWEAR

Ray's Outdoors (All Stores)

For 6½% discount on BBQs and 15-30% discount on workwear. Show TPI Association of NSW membership card and mention card number D108679. Tel: (03) 5278 7633,

Freecall: 1800 641 867.

Website: www.raysoutdoors.com.au

PLUMBING

Waterfront Plumbing

Newcastle area plumber, drainer and gas fitter. Specialising in Slimline Tanks. Must produce current TPI Association of NSW membership Card. Call Glenn Pollard Tel: 4971 5278. Mob: 0418 236 325.

QANTAS CARER CONCESSION CARD

The card is issued to people with disability and high-level support needs who require the full-time assistance of a carer whilst they are on the aircraft. A person is eligible if they need to have one-on-one support when seated on the aircraft for assistance with meals/drinks, transferring to the bathroom, orientation, communicating with the flight staff etc. A person is not eligible if they only need assistance boarding the aircraft, or when they arrive at their destination. Qantas Carer Concession

Concessions

cardholders and their nominated carer will receive the following discounts for Qantas domestic travel within Australia.

Economy Travel for Qantas Carer Concession

Cardholders: 10% discount on Domestic Red e-Deal and Flex Economy Class fares

For Nominated Carers: 50% discount on Domestic Red eDeal and Flex Economy Class fares **Business Class Travel For Qantas Carer**

Concession Cardholders: 50% off Full Cost Domestic Business Class Fares (subject to availability)

For Nominated Carers: 50% off Full Cost Domestic Business Class Fares (subject to availability) This card is a photo ID card, valid for three years, administration fee \$49.50. Application form and information package can be downloaded at the website below. Inquiries Tel: 1800 422 015, Email qccc@pwd.org.au Website: www.pwd.org.au

REAL ESTATE

Stone Real Estate

4/47-49 The Esplanade, Ettalong Beach 2257 & 2/168 Central Coast Hwy, Erina 2250. Residential & Commercial Real Estate Sales, Property Management and Strata Management. Stone Real Estate will offer a discount of 20% off the normal commission rate to TPI Association of NSW members. Contact Christel Renton, Tel: (02) 4369 6000 Mob: 0417 208 314 Website: www.stonerealestate.com.au

SENIOR CARD

Holders of a NSW Seniors Card are eligible for discounts and special offers from many businesses in NSW. For more information

Tel: 1300 364 758

Website: www.seniorscard.nsw.gov.au

SPORT EQUIPMENT

Peter Wynn's Score Sports Store

197 Church St, Parramatta 2150. 10% discount on presentation of photo identification on all sporting equipment and clothing.

Tel: 9891 2655.

SPORTING FIXTURES

The STC, Newcastle and Gosford Jockey Clubs

admit TPIs on presentation of their ID card at the turnstile. Country race tracks often admit TPI Gold Card holders free of charge.

TRAVEL CONCESSIONS

Country Pensioner Excursion Travel Tickets

NSW, Victorian or ACT PCC or War Widow/er transport concession card holders and Senior Card holders are entitled to book one-way Economy trips to Regional NSW and the ACT for \$2.50 (but not interstate or Intercity destinations). You need to book your ticket in advance. Tel: 13 22 32

Website: www.nswtrainlink.info

Pensioner Concession Card Travel Voucher

NSW or ACT residents with a Pensioner Concession Card (PCC) are entitled to four one-way Pensioner Travel Vouchers each calendar year for trips to Regional NSW and beyond. If you travel in Economy, your voucher fully covers your fare. If you travel in First Class, you only pay 15% of the full adult peak season fare (minimum \$10). If your trip takes you over the NSW border, you pay half the interstate portion

Concessions

of either the Economy or First Class fare. You can catch a Sydney Trains or NSW TrainLink Intercity service to get to or from your NSW TrainLink Regional service at no extra charge as long as you book it with your NSW TrainLink Regional service.

Before you book your first ticket, you need to register your Concession Card with NSW TrainLink. You can do this by calling 13 22 32.

Bookings can be made online or phone 132232.

Website: www.nswtrainlink.info

Seniors Card Travel

Senior card holders are entitled to unlimited \$2.50 Country Pensioner Excursion tickets. 50% off ordinary adult peak season Economy and First Class fares on all NSW Train-Link Regional services. You need to register your concession card before making your first booking.

Tel: 13 22 32

Website: www.nswtrainlink.info

NSW Government Transport Concession Entitlement Card For Ex-members of the Defence Forces with a disability (NSW residents)

This card entitles you to free travel on public transport services in NSW except NSW TrainLink Regional services, fast ferry services between Manly and Circular Quay, event shuttle buses, chartered bus services and Great Southern Rail services. If you're travelling in the Opal network you can use your free travel Opal card or show your Transport Concession Entitlement Card to staff. You will need to pay a concessional station access fee at Sydney Domestic and International Airport train stations. If you live outside the Sydney and Newcastle suburban areas, you are also entitled to a combined

total of three return or six single free journeys on NSW TrainLink regional services each calendar year, for travel within NSW or the NSW portion of an interstate journey. On rural and regional buses you'll need to show your card to the driver. The driver will check that you have 'TRAVEL PASSED' printed on the back of your card. When travelling interstate, you pay the applicable fare from the NSW border to the interstate destination. To book these journeys you need to present your Transport Concession Entitlement Card at any NSW TrainLink ticket office or accredited travel agency.

Apply online for both the Entitlement and Opal card

Website: <https://apps.transport.nsw.gov.au/cec/selfService>

If you already have your Transport Concession Entitlement Card, call 13 15 00 to get your free travel Opal card.

TRAVEL CONCESSIONS FOR VISITORS TO: ACT

ACTION Buses offers DVA TPI And EDA Gold card holders free travel. Their companion or carer also travels free. Present the DVA card on the bus, or apply for a free travel pass by phoning 13 17 10 or emailing TCCS myway@act.gov.au.

Website: www.transport.act.gov.au

NSW

Transport NSW Senior/Pensioner Opal Card for Interstate residents. The Gold Opal card is available if you are eligible and have a Pensioner Concession Card issued by any Australian state or territory.

Apply online at www.opal.com.au

For Senior card holders an Interstate Seniors

Concessions

application form will need to be filled out from the Transport NSW website: https://transportnsw.info/document/1435/application-for-interstate-seniors-gold-opal-card-5341_0.pdf

You will need to apply 2-3 weeks before travelling to NSW. **Please note** that the Airport line will charge an extra fee and some special bus and ferry services will not be covered by the Opal card.

NT

Travel on the Territory's urban public bus network is free for DVA Gold Card holders. Show your card to the bus driver Tel: (08) 8924 7666.

Website: <https://nt.gov.au/driving/public-transport-cycling>

QLD

Australian residents with a current Pensioner Concession Card or Senior Card from any state or territory are eligible for a 50% concession fare on TransLink services. Pensioners & Seniors are not eligible for concession fares on Airtrain services. Tel: 13 12 30, Website: www.translink.com.au

SA

Holders of a PCC, DVA Gold and DVA TPI Gold card are eligible for concession fares on Adelaide Metro services. You can buy a metroCARD at many locations across metropolitan Adelaide or online. Tel: 1300 311 108

Website: www.adelaidemetro.com.au

Anyone who holds a valid Australian State or Territory Seniors Card is eligible for FREE Adelaide Metro public transport Monday to Friday before 7.00am, between 9.01am and 3.00pm, after 7.01pm and all day Saturday, Sunday and public holidays. Simply visit the following locations and show your interstate Seniors Card and you will be issued with

a temporary MetroTicket which will be valid for a max. of 14 days. Adelaide Airport's Information Booth; Adelaide Hills Visitor Information Centre at 68 Mount Barker Road, Hahndorf; Adelaide Metro InfoCentre; Glenelg Visitor Information Centre at 1 Moseley Square, Glenelg; Visitor Information Centre at shop 9 James Place, Adelaide (just off Rundle Mall)

TAS

Free travel on Metro buses for DVA Gold TPI & EDA card holders (provided they have applied for and use a Greencard) You can apply for a Greencard online or in person by visiting a Metro Shop, a Metro depot or Metro agent, or by calling Tel: 13 22 01 and requesting that an application form be mailed to you.

Website: www.metrotas.com.au

Spirit of Tasmania

TPI and EDA recipients will always be allocated a cabin at pensioner rate no matter whether the allocated pensioner cabins are filled or not. If booking online and no pensioner fares appear available call the Customer Contact Centre on 1800 884 305 for further assistance.

Tel: 1800 634 906

Website: www.spiritoftasmania.com.au

VIC

Pensioner Concession Card holders are eligible for a 50 percent concession on travel. Buy a MYKI card online at www.ptv.vic.gov.au or train stations and many other shops or call 1800 800 007.

WA

DVA TPI, EDA, TTI, OIP, POW, INT and Disability pension 70-100% recipients may be eligible for a

Concessions

Veterans SmartRider for free travel on Transperth bus, train or ferry services and regional town services. Apply in person at the Elizabeth Quay Bus Station InfoCentre on Mounts Bay Road, Perth. Please bring identification that verifies your entitlement. While you are there, your photo will be taken and your Veterans SmartRider card will be issued on the spot. Application form can be downloaded online.

Tel: 13 62 13, Website: www.transperth.wa.gov.au

VEHICLE CONCESSIONS

Disabled Parking Permits

application forms are available from the RMS.

Motor Cycle GST Rebate Scheme

contact DVA, Tel: 13 32 54,
regional Tel: 1800 555 254.

Motor Vehicle GST Exemption

on the purchase of new and used cars, (once every 2 years or 40,000 kms), whichever comes sooner. Forms are available from TPI Head Office or contact ATO Tel: 13 28 66, or download forms from website: www.ato.gov.au (enter in search section: 3418 for form, 4325 for information). This form should be provided to the dealer at the time of purchasing your vehicle.

Motor Vehicle GST Exemption—Car Parts

TPIs are also entitled to purchase car parts GST-free, car parts include items such as: batteries, disc brake pads, tyres, oil filters, petrol filters, liquid petroleum gas (LPG) conversion kits, spark plugs, water and fuel pumps, radiator hoses, windscreens, air conditioners, head and tail light globes. Forms are available from TPI Head Office or ATO website: www.ato.gov.au (NAT number 3418).

Registration and Driver's Licence

is free of charge. Apply at your local Motor Registry office. Don't forget to ask for a refund of any unused portion of your Licence or Registration. Show your DVA Gold Card when applying for the concession.

State Stamp Duty and Transfer Fee

You do not have to pay these fees if you receive a DVA disability pension of 70 per cent or higher, An Intermediate, TPI, EDA pension or have been assessed under MRCA 2004 at 50 or more impairment points. For more information, contact Roads and Maritime by calling 13 22 13

E-Toll/Easy Toll Account Concession

If you are in receipt of a PCC, DVA Gold Card endorsed with TPI, EDA, Widow/er or a DVA letter or statement/determination that states you receive a disability pension of 70 percent or higher, an Intermediate or EDA Pension, or have been assessed under MRCA 2004 at 50 or more impairment points; you may be eligible for certain concessions on a new or existing E-Toll account or Easy Toll account.

- receiving a quarterly account statement by post, free-of-charge
 - reduced registration and monthly account fees on an Easy Toll account
 - exemption from paying an E-Toll tag deposit fee (TPIs and drivers of modified vehicles with hand controls only), or
 - exemption from the Sydney Harbour Bridge and Sydney Harbour Tunnel tolls (TPIs and drivers of modified vehicles with hand controls only).
- You'll need to apply in person at a Service NSW Centre.

Concessions

VEHICLE DEALERSHIPS

Fleet Avenue

Level 6, 15 Help Street, Chatswood, 2067. Accessing Fleet discounts for Defence members and their families since 2011. Initial car buying advice of all new vehicles. TPI, DVA and pensioner discounts apply. New cars organised delivery to your home Australia wide. Tel: 1300 730 772.

Website: www.fleetavenue.com.au

Newcastle Mazda at Crossroads

359 Lake Rd, Glendale 2285. Would like to offer members of the TPI Association of NSW on top of the discounts already applicable any accessories towards the vehicle purchase to the value of \$300.00. Please show your TPI Association of NSW membership card to receive this offer. Tel: (02) 4028 3000

VEHICLE FLEET DISCOUNTS AND PARTNER PROGRAMS

Vehicle National Fleet Discount

The TPI Federation has negotiated with a number of Motor Vehicle Manufacturers who have agreed to apply National Fleet Discount prices to new motor vehicles purchased by Association members.

Note: at this stage this concession only relates to new vehicles purchased through Mitsubishi, Hyundai, Suzuki, KIA, Nissan, Volkswagen, Subaru and Isuzu UTE dealerships. Mazda also offers fleet discount but only for light commercial vehicles.

Policy: The Association appreciates any concession private enterprise grants it, in this case it also recognises how extremely generous this concession is to members and that it could be easily lost if abused, therefore strict controls are being put in place to ensure it is only obtainable by

authorised financial members of this Association. Any member found abusing this concession will face disciplinary action by the Association and may well be dismissed and refused any further membership.

Procedure: A member intending to purchase a new vehicle and seeking a National Fleet Discount must comply with the following:

- The vehicle must be purchased and registered for the exclusive use of the member concerned.
- Must be a financial member of the Association.
- Provide the Association with the details of the dealership involved, contact person, including their fax, telephone number and/or email address.
- Request that a completed "Letter of Introduction" be faxed or emailed from the Association to the dealership. **Under no circumstances is the letter to be handed to the member.**
- The "Letter of Introduction" must contain the National Fleet Discount Certificate Number. This number will only be provided by the TPI Office.
- The office staff member's name must be clearly printed at the bottom of the "Letter of Introduction" and it must also bear their signature.
- Once the "Letter of Introduction" has been faxed or emailed to the dealership concerned the original document will be kept for record purposes.
- As proof of entitlement to this concession, the member involved must produce to the dealership a TPI Association Membership Card (with the members photograph displayed on it).

Concessions

Defence Car Connect

Offers a car buying service focused on supporting the Australian Defence Force personnel Australia Wide. With an extensive dealer network Defence Car Connect will negotiate the best deal, have the car delivered to your door and can also help with the disposal of your current vehicle. This service is for current and ex serving members including families and is absolutely free. Contact John Masters Tel: 0420 202 580

Website: www.defencecarconnect.com.au

Ford Business Fleet Plan Pricing Program

TPIs who are members of State TPI Associations are entitled to this program. This means a set pricing is not established for this program, rather assistance is given to individual Dealers to enable them to quote a preferential price to TPI Members (there is no Fleet Discount on Ford vehicles and it is up to the Dealers to contact Ford Motor Company for Discounts). To confirm eligibility to Business Fleet Plan pricing, Members of State TPI Associations will be required to provide a letter of introduction from their Association outlining that they are financial members, as well as producing proof at the time of the transaction. The Dealer will take a photocopy of the Gold Card for reimbursement purposes and the Member must provide a GST Exemption Form and any other documentation required prior to confirming the sale.

Please note that that this program is subject to change by the Ford Motor Co. at any time.

Holden GM Partner Program

The GM Partner Program offers members of TPI Associations discounts on a wide range of new Holden Vehicles, in 2020 the pricing and procedure of this program will be adjusted slightly.

Discount amounts will vary from carline to carline and will change on a quarterly basis. Show your membership card at any Holden dealership and they will be able to access one of our more premium fleet pricing structures (Club Gold) which is a greater discount than partner program pricing. Additionally, members will no longer be able to purchase Demo Models under the Club Gold pricing structure.

NCB National Car Brokers

TPI Partner Program. This program offers TPI Association of NSW members use of our service free of charge; Corporate fleet discounts; Depending on eligibility (access to corporate free servicing and loan car programs); Car buying advice and reviews; Nationwide dealer networks covering all manufacturers; Free delivery to your home with a full tank of fuel; Industry leading finance packages tailored to your needs; Free trade-in valuations.

STEP 1 Choose your car

STEP 2 We get you the best price

STEP 3 Delivered to your door

Tel: 1300 922 022

Email: info@nationalcarbrokers.com.au Level 40, 100 Miller St, North Sydney 2060

VEHICLE RENTALS

Budget Car and Truck Rentals

The TPI Federation has been fortunate in being offered Corporate Rates on the hire of vehicles from Budget which represent a good saving and the opportunity to get a free upgrade when available.

The TPI Federation Budget Customer Discount (BCD) number is **N012597**. Members should use this BCD number when making bookings

Tel: Freecall: 1800 111 102.

Website: www.budget.com.au

Concessions

Members should show their TPI Association Membership Card when picking up the vehicle. Please be aware that this concession only applies for vehicles used in Australia.

Please note: Corporate Rates may be high at certain times of the year, check the specials and general rates for the best available pricing when making your booking.

Hertz

Tel: 13 30 39 or book online and quote national discount program number 1251957.

For Australia and overseas. When overseas you need to log onto Web: www.hertz.com. The national discount program entitles financial members of a TPI Association special concession rates throughout Australia and overseas. However you will be required to present your financial membership card when picking up vehicle. It is recommended that anyone who intends to travel overseas should consider joining the Hertz Gold Card Club 1# as your 10% discount will be honoured when making a booking. Additionally your reserved vehicle will be available as soon as you arrive and you won't need to line up, this can save you considerable waiting time.

Please note: Corporate Rates may be high at certain times of the year, check the specials and general rates for the best available pricing when making your booking.

Windscreens O'Brien

Upon presentation of your TPI Association membership card member is entitled to a \$20 discount. Discount applies to windscreen, side, (excluding quarter glass) and rear replacement and also windscreen repairs. Repairs in branch only. Card must be sighted by branch/ glazier. Not valid with any other offer or promotion. Tel: 13 13 16.

WATER REBATE

May be available to PCC holders and TPI, TTI, EDA, War Widow/er Gold Card holders. Contact Sydney Water, Tel: 13 20 92.

Hunter Water, Tel: 1300 657 657,

Rous Water Tel: 6621 8055.

Shoalhaven Water, Tel: 4429 3214, or your local council to apply for the rebate.

ZOOS

Australia Zoo

1638 Steve Irwin Way, Beerwah QLD 4519. Show your DVA TPI embossed Gold Card for 50% off an Adult Ticket price. Tel: (07) 5436 2000.

Website: www.australiazoo.com.au.

Dolphin Marine Conservation Park

65 Orlando Street, Coffs Harbour.

Bookings 02 6659 1910.

Experience dolphins, Australian sea lions, Little Blue Penguins and sea turtles up close. Tour the animal rescue and rehabilitation facility and discover how to protect oceans for marine wildlife. Marine presentations daily. Open - 2pm. Free general admission for DVA TPI Gold Card holders. Please show card on entry.

Free 12 Month Health and Fitness Program

for Returned Veterans & Peacekeepers

Did you know the DVA provides a free 12-month health and fitness program that can be delivered to returned veterans and peacekeepers with overseas operational service? This program is available throughout Australia, and can accommodate participants living in metropolitan, rural or remote areas. The program is also flexible, and people who are retired or still working, studying, or with other time constraints can take part. Run on behalf of the DVA by Corporate Health Management, the program aims to help increase your physical health and wellbeing through practical exercise support and 12 months of health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all *returned veterans and peacekeepers with overseas operational service* who have not previously done the Heart Health Program. To check your eligibility visit: <http://www.veteranshearthealth.com.au/eligibility/>.

Individual Heart Health Program—How it works

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via *fortnightly health coaching calls* with information and advice tailored to your specific health and fitness goals. The health coach will use their extensive knowledge, along with health surveys and food diaries, to guide you through the program. The

program covers a range of topics including:

- setting healthy goals
- nutrition and diet advice
- advice on lowering alcohol consumption
- developing better sleep patterns
- stress management
- managing diabetes
- taking care of your body
- managing your weight
- maintaining a healthy heart

Program Exercise Resource—Exercise how You Like to

The program can provide an exercise resource to help participants exercise the way they like to or provide an opportunity to try something that's different from the usual.

Resources can take the form of:

- assistance with the cost of a gym or pool membership
- providing a piece of exercise equipment for use at home
- providing assistance with accessing new exercise or training gear

Registering Your Interest

Registering your interest or checking eligibility is easy. Simply visit: <http://www.veteranshearthealth.com.au/eligibility/>, and follow the steps. Or please call the program phone number, **1300 246 262**, at any time to speak to one of our team.

Kind regards,
Heart Health Team, DVA Heart Health Program

