



A message from the Minister



**Hon Michael Woodhouse,
Minister of Veterans' Affairs**

This year we will commemorate the 99th Anniversary of the Anzac Day Landings

As we head towards Anzac Day 2014, we reflect and remember those who have served our country and who have given their lives in the name of peace and freedom. The poppy has come to symbolise their courage, their commitment to duty and their sacrifice. This year we will commemorate the 99th Anniversary of the Anzac Day Landings and I will have the privilege of attending the Anzac Day services in Gallipoli. I have no doubt that it will indeed be a moving experience, to stand where so many New Zealanders fought, and died, for our country.

The commencement of the First World War Centenary later this year will also encompass the 100th Anniversary of the Gallipoli Landings in April 2015, and this will indeed be a significant occasion for all New Zealanders. The Gallipoli 2015 Ballot has now been completed and it would be fair to say that the response to the Ballot was overwhelming. Of the 950 double passes available, 251 (26%) were won by direct descendants of those who fought at Gallipoli, 149 (16%) by veterans, and 550 (58%) by members of the general public. This result reflects the public consultation undertaken in 2012 that a cross-section of contemporary New Zealanders are able to participate in these commemorations, with special places available for descendants of Gallipoli veterans, and veterans of other conflicts. There has been significant demand by many for places at Gallipoli in 2015 and for those who were successful in obtaining attendance passes to the commemorations, I am sure the significance of standing at the Anzac Commemorative Site and then at Chunuk Bair, will be forever etched in memory.

Preparations are also well underway to send an official delegation of New Zealand veterans to Italy in May, to commemorate the 70th Anniversary of the Battles of Monte Cassino. That will be followed closely in June by a group of veterans who will travel to France to commemorate the 70th Anniversary of the D-Day Landings. Our veterans will be well supported on these journeys by both Veterans' Affairs New Zealand and New Zealand Defence Force staff. These commemorative journeys are always very special – they are both reflective and emotional and for those who attend the national commemorations in Wellington, it too is a time to remember friends and colleagues who did not return.

I can also report that the Social Services Select Committee has now completed its deliberations on the Veterans' Support Bill, and has recommended to the House that the Bill be passed by Parliament. The Veterans' Support Bill represents the most significant rewrite of veterans' legislation in 60 years. It will provide a lasting legacy of support for thousands of current and future veterans and this government remains committed to ensuring that veterans have a modern piece of legislation that meets the needs of all our veterans.

Concurrently, and as part of the legislative process, the public has been invited to make submissions on the proposals outlined in the discussion document "Regulations to give effect to the new Veterans' Support Act".

I encourage anyone with an interest to make a submission – the consultation period is open until 5pm Sunday 13 April 2014.

Details on the submission can be obtained from VANZ website at www.veteransaffairs.mil.nz.

Email submissions should be sent to vanz@nzdf.mil.nz and include "Regulations Submission" in the email subject line.

Submissions by post are to be addressed:

Regulations Submission
Veterans' Affairs New Zealand
PO Box 5146,
Wellington 6145,
New Zealand

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CONTRIBUTIONS FOR
VANZ NEWS
ARE TO BE POSTED TO:
THE EDITOR
P.O BOX 5146
WELLINGTON 6145
OR EMAILED TO:
VETERANS@XTRA.CO.NZ

CASE MANAGER PROFILE - VICKY ASHTON



Vicky Ashton is a Case Manager and Acting Team Leader based in the Veterans' Affairs New Zealand (VANZ) Hamilton office. After studying journalism, she worked for the Ministry for Social Development for five years before transitioning into the VANZ team where she's worked for the last five and half years.

Vicky helps veterans maintain independence in their homes, administers pensions, and helps veterans through the claims panel process.

'I assist veterans by making sure they have all the support and services they need so they can be independent in their homes and make the most of life,' says Vicky.

A lot of Vicky's work is done over the phone so a highlight is getting to meet veterans at the Case Management in the Community (CMIC) meetings.

"It's really good to get out into the community and meet the veterans I help. It makes them feel more comfortable knowing the face of the person they're talking to and it helps me to talk with them in person," Vicky says.

"When I finally meet a veteran I've been working with for some time and you discover you've actually made a positive difference, that's the highlight of working for VANZ."

Vicky is busy outside of work as well, being mum to four year old daughter, Imogen, and 16 year old step daughter, Ayla. She also enjoys netball, Zumba and, when she can, relaxing.

Enquiries regarding case management should be made to:
Veterans' Affairs New Zealand
PO Box 5146, Wellington 6145
Freephone 0800 483 8372 (0800 VETERANS)
or +64 4 495 2070.

VIETNAM VETERANS ANNUAL MEDICAL ASSESSMENT (AMA)

The main purpose of the AMA is to assess the general health and well-being of Vietnam veterans. The medical assessment is also to ensure detection of recognised long term health effects of exposure to the toxic environment that existed in Vietnam. If you have any concerns about your current health status, you should raise them with your medical practitioner at the time of the assessment.

Your medical practitioner will discuss your current medical issues and list these on your AMA form. Following the examination by your medical practitioner, he or she may require you to have pathology, radiology or other investigations depending on your current health issue. Further investigations should be discussed with your case manager where any costs are involved. If you do not have a case manager, one will be assigned to you when you contact us.

If you have any queries about the AMA please contact your case manager or call the VANZ Enquiry Line on Freephone 0800 483 8372 (0800 VETERANS) or +64 4 495 2070.

CASE MANAGEMENT IN THE COMMUNITY (CMIC) PROGRAMME

The CMIC programme commenced in September 2009, when the first group meeting was held in Mount Maunganui RSA. Since that time, CMIC events have been delivered to most cities and towns in New Zealand, either through group meetings or more recently, individual meetings have been offered to veterans. All the case managers participate in the events and look forward to meeting with veterans in their respective communities.

Future CMIC events are being planned for the next few months and include:

April

- Auckland Central based at the Ranfurly Residential Home
- Christchurch in conjunction with the South Island Korean Veteran Reunion at the Papanui RSA on 14 April 2014

May

- Mount Maunganui
- Tawa/Johnsonville/Porirua area

June

- Auckland West/Henderson
- Featherston/Greytown/Carterton area

All veterans are welcome to attend an event in their local area. If you are interested, please contact your case manager directly or call our Enquiry Team on Freephone 0800 483 8372 to indicate your interest.

NEWS FROM THE VANZ MEDICAL DESK

By Doctor Anne Campbell, VANZ Medical Adviser

Mental Health of individuals has been given a lot of attention in recent years; especially with the high rates of suicide in New Zealand and the high incidence of Post Traumatic Stress Disorder post the conflicts in the Middle East. The television advertisements featuring retired All Black John Kirwan, show it can happen to anyone, but help is available when the symptoms are recognised (www.depression.org.nz).

Most people will experience mental unwellness sometime in their lifetime or know someone who has problems. Life is complex in the 21st century and can be complicated by current experiences and those from the past.

Common Conditions

Anxiety - when you feel worried or anxious all the time, about many aspects of daily life.

Depression - when you feel sad and miserable most of the time and your mood persistently is very low, feeling tired, feeling worthless and helpless, loss of pleasures in everyday activities.

Bipolar Disorder - often called Manic Depression where an individual has extremes of high mood and low mood, manic phase is where the person becomes over-excited, talks a lot, and is unable to sleep.

Panic Attacks and panic disorder - someone suffers sudden episodes of intense anxiety where they feel they might be in danger or overwhelmed by a situation they want to avoid.

Post Traumatic Stress Disorder (PTSD) - where someone has been through a traumatic event and suffers poor mental health, for some months after the exposure in which they can't relax, have bad dreams or flash backs of the incident and avoidance of anything related to the event.

Alcohol and Drug addiction - using alcohol and/or drugs (prescribed or illegal) in excess to assist in daily living, in an attempt to improve mood with these substances.

Dementia - is the term used where there is gradual loss of brain function due to physical changes in brain structure, which can affect memory, reasoning, and daily living skills.

If you recognise any of the above and have not been assessed please contact your general practitioner or VANZ on Freephone 0800 483 8372 (0800 4 VETERANS).

HELP is ALWAYS there, JUST TELL SOMEONE how you REALLY FEEL

There is a lot of information available on the Ministry of Health website www.health.govt.nz



The 92nd Poppy Day Appeal. Midland Park on Lambton Quay being covered in poppies by staff from Westpac.

WAR PENSION RATES TO INCREASE

On 1 April 2014, War Disablement Pension and Surviving Spouse Pension rates will increase by 1.38% in line with the Annual Consumer Price Index.

WAR DISABLEMENT PENSIONS: WEEKLY RATES FROM 1 APRIL 2014

(a) Ordinary Rates	
Disablement	Weekly Rate \$
Percentage	New
5%	10.85
10%	21.70
15%	32.54
20%	43.39
25%	54.24
30%	65.09
35%	75.93
40%	86.78
45%	97.63
50%	108.48
55%	119.32
60%	130.17
65%	141.02
70%	151.87
75%	162.71
80%	173.56
85%	184.41
90%	195.26
95%	206.10
100%	216.95

(b) Rates for those with Severe Disablement	
Disablement	Weekly Rate \$
Percentage	New
105%	227.80
110%	238.65
115%	249.49
120%	260.34
125%	271.19
130%	282.04
135%	292.88
140%	303.73
145%	314.58
150%	325.43
155%	336.27
160%	347.12

Note: War Pensions are not subject to income tax.

(c) Rates for those with Severe Disablement: Aged 60 Years and over	
Disablement	Weekly Rate \$
Percentage	New
105%	250.58
110%	262.52
115%	274.44
120%	286.37
125%	298.31
130%	310.24
135%	322.17
140%	334.10
145%	346.04
150%	357.97
155%	369.90
160%	381.83

Note: Those with severe disablement aged 60 years and over receive an additional 10% of their pension.

(d) Surviving Spouse Pension	
Surviving Spouse Pension	160.04
Surviving Spouse Pension	160.04

KEEPING IN TOUCH WITH VETERANS' AFFAIRS NEW ZEALAND

Please tell us as soon as you

- Change your address
- Change your bank account
- Change your marital status
- Plan to go overseas to live
- Move to a rest home or hospital
- Have someone come to live with you

In the sad event of your death, your family or the executor of your estate, needs to tell us as soon as you pass away

- There may be entitlements for your partner or family in respect of
 - A Funeral Grant
 - A ex-services memorial (plaque or headstone) for your grave in a public or private cemetery
- You may be receiving help that needs to be cancelled or reassessed
- Your pension will be paid until the date of your death. If it is not stopped immediately after death it can quickly build up a debt that your estate will have to repay

We suggest you leave this note with your Will or personal papers so the person looking after your affairs knows to get in touch with us.

MOVING HOUSE? CHANGE OF ADDRESS?

Have you moved or are about to move?

If so, please do not forget to let VANZ know your new contact details so we can keep all your details up to date.

Please call us on Freephone 0800 483 8372 if in New Zealand; +64 4 495 2070 if calling from overseas; or email us at veterans@xtra.co.nz to advise of any changes.

Veterans' Affairs New Zealand • Freephone: 0800 483 8372 (in NZ)
Phone: +64 4 495 2070 (from overseas) • Email: veterans@xtra.co.nz