



## MEDIA RELEASE

**Amanda Rishworth MP**  
Federal Member for Kingston

30 March 2011

### **ANZAC Day care packages for our troops overseas**

Federal Member for Kingston, Amanda Rishworth MP is encouraging residents in Southern Adelaide to support Australian troops serving overseas by sending them care packages this ANZAC Day.

Ms Rishworth said "ANZAC Day is a day to remember the sacrifices our troops have made for our nation. It is also a day for us to show support to troops currently serving overseas.

"We are all proud of the work the men and women of the Australian Defence Force do in places like East Timor, Solomon Islands and the Middle East."

Ms Rishworth said "A great way to show your support is by sending a care package with things to remind our troops of home such as magazines and books. This Government understands the value of this show of support and so we are covering the cost for members of the public to send care packages to Australian troops this ANZAC Day."

Ms Rishworth said that members of the public are able to send care packages through Australia Post or, alternatively, people can drop care packages at her office on Main South Road and she will be happy to process them. Items weighing up to 2kg and posted in a 'BM' size Australia Post carton can be posted without cost to the sender. Parcels exceeding this limit will incur full postal charges.

Ex-serviceman and Seaford resident Darryn Moyle knows just how valuable a show of support from back home can be for troops serving overseas. Mr Moyle said "I think the care packages are a fantastic idea because they can really lift spirits and let troops know that people are thinking about them back home."

"Local residents in our community may also wish to send a message of support through [messagesothetroops@defence.gov.au](mailto:messagesothetroops@defence.gov.au)", said Ms Rishworth.

Ms Rishworth said that the Australian Defence Force has set up special postal addresses for the care packages. They are active from now until 15 April 2011. For postal security reasons, parcels must be posted in person with presentation of photograph identification and can be lodged at any Australia Post outlet, using the following addresses:

<b>Middle East:</b>	<b>East Timor</b>	<b>Solomon Islands</b>	<b>Office Amanda Rishworth MP</b>
An Australian Soldier/Sailor/Airman/Airwoman Anzac Day Mail Middle East Operations AFPO 60 Australian Defence Force NSW 2890	An Australian Soldier/Sailor/Airman/Airwoman Anzac Day Mail East Timor Operations AFPO 61 Australian Defence Force NSW 2890	An Australian Soldier/Sailor/Airman/Airwoman Anzac Day Mail Solomon Islands Operations AFPO 62 Australian Defence Force NSW 2890	232 Main South Road Morphett Vale SA

Ms Rishworth said that another way of showing our troops support this ANZAC Day is to donate to the RSL Australian Forces Overseas Fund (AFOF). Twice a year the AFOF provides packages to Australian Defence Force, Australian Federal Police and AusAID personnel serving overseas. Further information regarding the AFOF is available on the RSL web site (<http://www.rsl.org.au/>).