

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

17 February 2023

Dear members,

Some members of the Sub-Branch and Eddison Day Club DO NOT have an email address. We send out an email each Friday, called the "Items of Interest". This has been going out each Friday since March 2020 when COVID-19 struck.

The Board of the Woden Valley Sub-Branch has organised a combined luncheon to replace an evening dinner, normally held in late February, with the 19th birthday of the Eddison Day Club.

Following the luncheon, we intend to have a show of hands to decide if there is sufficient interest to continue with the Eddison Day Club in its current form, amend it to accommodate the changed environment, and arrive at a day that suits those who wish to return. Our volunteer base has been severely eroded in the last three years, with many not being able to continue. Some will only return at a reduced level, and others are not able to resume at all.

We have received a reasonable response so far, but we would like to have a large turnout. With this in mind, we ask you to contact the Woden Valley Sub-Branch on **6285 1931** or email your details to admin@rslwoden.org.au to register your intention to attend the luncheon on **Friday, 3rd March 12.00pm for 12.30.**

The luncheon will comprise a hot main course and a surprise sweet. We intend to invite Mrs Mary Collier, who is the President of the Canberra Irish Club to cut the birthday cake for the celebration of the 19th birthday of the Eddison Day Club.

The cost of the luncheon is \$15.00 which can be paid by EFTPOS at the Sub-Branch or paid by cash or EFTPOS on the day. We will have an EFTPOS machine there at the Canberra Irish Club and those who wish to can pay cash.

Mrs Liz Lumb has agreed to attend and play some music on the keyboard purchased by the Sub-Branch many years ago.

Please consider coming out to reconnect with friends or to meet new ones.

Peter Sutton

War Widows Family Day on Saturday 4 March 23 at Robert Poate Centre, Bellenden Street, Crace ACT.

Please register your interest and find further details on the registration link in the flyer.



REGISTER NOW

.....
SATURDAY 4TH MARCH
ROBERT POATE CENTRE, BELLENDEN STREET CRACE ACT



featuring free activities for the kids,
free ice cream for all ages



Marist College Canberra - Footsteps Day Information - Defence Service Day 22/3/23

Dear members,

Marist College Canberra has again invited the Sub-Branch to participate in its Footsteps Day program at the Ex-Service section of the Woden Cemetery on Wednesday 22 March 2023. Last year several of our members participated and overall considered it a worthwhile activity. For those who participated last year, your comments have been passed on to Marist College.

Attached is the Footsteps Day program. Note that our involvement is proposed for the Sessions 1 and 2, and Sessions 3 and 4 which are between 0930-1145 hours and 1245-1440 hours, respectively. Members who wish to participate can choose to do so for all or any of those sessions. I would be grateful if those members who intend to participate could advise me accordingly by no later than Friday 3 March 2023.

The following paragraphs are extracted from the Marist College email to me, for your additional information:

Marist College Canberra will be hosting another Footsteps day (Year 9 College program) devoted to giving students a detailed understanding about our Defence Forces and the sacrifices that our veterans have made.

Similar to last year we would love to invite members of the Woden Valley RSL to attend as guides at the Defence section of the Woden Cemetery, which would include:

- *Paying our respects at the Defence Service section, including a short 20min ceremony*
- *Students learning about the story of Corporal Ernest Corey*
- *Discussing with students what 'Defence service' is by a veteran (Woden RSL volunteer) who is on-site, spending time with our Year 9 students at the cemetery*

Finally, the students placing small Australian flags at each grave, to recognise that individuals service to Australia.

Whilst this is earlier than Anzac day, it is necessary to complete this on Wednesday 22 March due to the impending school holidays. The flags will be regathered later in the week and will be relaid by volunteer Marist College staff before Anzac Day, to protect them from the weather (and the Cockatoos).

Please note that there are 8 Houses (divided into 4 groups) that attend four separate sites over the course of the day on a rotational basis.

Kind regards,

Greg



Greg Kennett
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Footsteps: Defence Service Day Itinerary 22/3/23

	Session 1 9:30am -10:15am (45 minutes)	Session 2 11am – 11:45am (45 minutes)	Lunch	Session 3 12:45pm -1:30pm (45 minutes)	Session 4 2pm – 2:40pm (40 minutes)	
Grp 1 Conway & Darlo	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time 	First World War presentation by Historical Society (Theatrette)	12:15pm- 12:45pm	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection 	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 	
Grp 2 Lavalla & Haydon	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time 		12:15pm- 12:45pm	First World War presentation by Historical Society (Theatrette)	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection
Grp 3 Crispin & Patrick	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection 	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 		12:15pm- 12:45pm	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time 	First World War presentation by Historical Society (Theatrette)
Grp 4 Mark & McMn	First World War presentation by Historical Society (Theatrette)	Woden Cemetery <ul style="list-style-type: none"> • Introduction • Flag planting • Personal reflection 		12:15pm- 12:45pm	War Memorial <ul style="list-style-type: none"> • Outside guide of memorials and Lone Pine 	Soldier On Visit <ul style="list-style-type: none"> • Introduction • Guest speaker • Question time

Effective Phone Communication with the Hearing Impaired

Maintaining effective and engaging communication is key to health and wellbeing.

In our latest article, we present some effortless, respectful and cost-effective strategies for communicating meaningfully with people who are Deaf or hard-of-hearing -- strategies for yourself, your friend / family member, or your Audiology client.

Read now: [On the Phone to Someone Who is Hearing Impaired](#)

Hearing loss: how to communicate



There are a number of communication techniques you could use to enhance the efficiency of your conversation.

The Department of Health and Aged Care recommends the following strategies for respectful and empathetic communication around hearing loss:

- Be assertive
- Use visual cues
- Make use of contextual information
- Normalise repeats and clarification
- Make use of purpose-designed communication technologies

Check out [our new article](#) for more detailed instructions

How to video-call someone hard-of-hearing?



Our Top Tips:

- Use integrated captioning
- Ensure your loved one has access to a very large screen for ease of communication

Explore the use of assistive communication devices like the [Konnekt Video-phone](#), designed specifically for impaired hearing
Ensure your video-calling device includes support for sound devices (3.5mm jack, USB and Bluetooth connections)

How does a Deaf person make a phone call?



Some people prefer to sign. Others prefer voice converted to small or large text.

Some like to use a loud handset, but others are binaural.

Most prefer face-to-face contact, to enable reading of lips and faces, but others prefer regular phone calls.

A flexible assistive technology or captioning phone like the [Konnekt Captioning Videophone](#) can help serve these varied needs. By combining multiple features with an extremely easy-to-use user-interface, it allows you to stay connected in a way that's empowering, respectful and effective.

To find out more about our products and to use technology to facilitate your communication, contact our friendly and experienced team today!

[Contact Us To Learn More About Our Videophones - Konnekt](#)

The Reinvigoration of the Eddison Day Club

The Eddison Day Club is one of over 70 Day Clubs that were initially formed in 1977 on the initiative of the Department of Veterans' Affairs as a way of having veterans, their partners and other older members of the general community to meet others to share ideas, do light exercise, be educated and informed, have morning tea, a light lunch before returning home. Our Club met for the first time on 6th February 2004 at the Canberra Irish Club in Weston. Our Club was promoted to the Board of the Woden Valley RSL Sub-Branch by Mr Ian Gollings who was the initial coordinator. There has been a succession of coordinators over the years as well as other volunteers who were once able to coordinate raffles, arrange transport for those who can no longer drive, leading exercise, prepare quizzes etc.

The Eddison Day Club has been fortunate to be able to have available a multitude of guest speakers, entertainers and musicians come to our club. Previously we were able to attract between 40 and 55 persons each week This had to cease on 8th March 2020 due to COVID-19 which forced the Canberra Irish Club to close until being able to open once again in July of that year. Further lockdowns occurred in the latter months. During 2021 and 2022, there were many attempts to restart the attendance at the day Club, but have so far failed to regain the attendance required to attract both members and guest speakers or entertainers.

To this end the Board of the Woden Valley Sub-Branch and others have agreed to combine the usual Ordinary General Meeting Dinner planned for late February and the 19th Birthday of the Eddison Day Club. The kitchen of the Canberra Irish Club is currently undergoing renovations and is not expected to open again until late January or early February.

Plans are well advanced for a lunch on **3rd March 2023**, where members of the Eddison Day Club and Sub-Branch members will hold a combined lunch. The cost of this lunch is expected to be no more than \$20.00 per head. There will be a two-course meal as well as some light entertainment and a raffle. The main purpose is to talk and have fun.

Following the meal, we intend to gauge the interest of those attending in having the Eddison Day Club meeting on a regular basis – maybe not meeting initially each week, and maybe not on a Friday as was usual in previous years. New members will be required from all.

The Eddison Day Club is a vital activity of the Woden Valley Sub-Branch and is the only one in the Canberra district. Due to COVID-19 and the aging of veterans, out of the 70 Day Clubs in 2020, only 40 have survived. The Day Clubs are an outlet for our older, and sometimes isolated members of the community to get together.

One thing under consideration is to have residents of local Aged Care Facilities attend the Day Club. The facilities will provide transport and support workers. Our volunteer base has been vastly depleted over the last few years. We will need to recruit some new volunteers to assist with several positions to have the Day Club proceed efficiently.

Save the date of 3rd March 2023 to attend the luncheon of the combined membership of the Woden Valley RSL Sub-Branch and the 19th Birthday of the Eddison Day Club.

1200 for 1230 at the Canberra Irish Club.



Calling all Vietnam Veterans: Your Museum Needs Your Help

At a cost of over \$1M, your museum now has a Development Approval for the new museum building. However, the DA is being challenged by residents who do not want to see the new museum on our land.

So, now we must fight the objections at the
Victorian Civil and Administrative Tribunal

At a cost of around \$140K!

Vietnam Veterans Have Never Walked Away From a Fight,

***So we are appealing to all Vietnam Veterans (and friends)
to donate \$10 (more if you can afford it) to a fighting fund.***

Every cent raised will go towards the legal costs of fighting the objections. Donations are tax-deductible and can be made by direct debit until the end of March to the museum as follows:

National Vietnam Veterans Museum Trading Account

Bendigo Bank BSB: 633 000 Account: 149 738 577

Identify the donation as “VCAT FUND” along with your name.

For other donation options please contact the museum Tele:03 5956 6400

Authorized by R W Elworthy AM, NVVM Secretary M: 0402106262



Australian War Memorial

National Service Day, honouring the hundreds of thousands of young Australian men who served our nation through compulsory military service after the Second World War.

National Service Day, 14 February, marks the date the first Nasho marched into a training camp in 1951.

The National Service Memorial fountain, located in the Eastern Precinct of the Australian War Memorial, features a sandstone plinth which symbolises the Army; the reflection of the sky in the black polished granite represents the Royal Australian Air Force and the water in the bronze bowl represents the Royal Australian Navy.

Learn more: <https://fal.cn/3vQko>

Image: National Service memorial lit up at night, with the Memorial's main building and dome in the background. Photographer: Steve Burton, PAIU2010_028_09_1





8 Feb

RSL AUSTRALIA OUTLINES BUDGET WINS FOR GOVERNMENT TO IMPROVE VETERAN HEALTHCARE AND TO ADDRESS ROYAL COMMISSION OUTCOMES

MEDIA RELEASE: Australia's largest ex-service organisation has outlined a list of critical budget policy initiatives to immediately improve access to services and entitlements for veterans and their families.

RSL Australia has made a detailed pre-budget submission to the Australian Government calling for financial provisions to break down bureaucracy in the Department of Veterans' Affairs and for funding to be made available for the prompt implementation of recommendations of the Royal Commission into Defence and Veteran Suicide.

RSL Australia President Greg Melick says the 2023-24 Budget is the starting point in securing funding and addressing policies that will make a material difference to the health and wellbeing of veterans and their families in Australia.

"The forthcoming Budget provides the Australian Government with the opportunity to comprehensively change the way Australia treats its veterans," Mr Melick said.

"An appropriate Budget response will ensure that our service men and women are able to experience a healthy transition from service, engage in fulfilling civilian careers and continue to make positive social and economic contributions to our nation."

The budget submission calls for the Government to work towards merging the three veterans' entitlements Acts, which will have an immediate impact on the claims backlog within the Department of Veterans' Affairs (DVA).

The RSL has also made suggestions for the removal of significant barriers currently faced by veterans when accessing timely and appropriate healthcare, particularly by reviewing and increasing the DVA fee schedule to better align it to the actual cost of healthcare. If implemented, this will also result in a reduction in the administrative burden placed on healthcare providers in accessing DVA remuneration.

Mr Melick said it is critical that the Government invests in the enhancement of the DVAs Advocacy Training and Development Program for volunteer and paid advocates to assist veterans navigate the DVA claims process.

'RSL Australia is urging the Government to comprehensively change the way Australia treats its veterans,' Greg Melick said.

“The RSL’s submission calls for the next Federal Budget to provide funding to support this process.”

According to the 2021 National Census, one in 20 Australian households include at least one person who has served or is currently serving in the Australian Defence Force, representing a significant cohort of the general population.

RSL Australia welcomes the National Cabinet’s commitment to making health its first priority for 2023. The RSL stands ready to work with all levels of government to ensure that the men and women who have served our country can access the healthcare the Prime Minister says they deserve.

Overview of RSL Australia submission:

- **Prompt implementation of the recommendations of the Royal Commission into Defence and Veteran Suicide, including funding for the establishment of an independent body to oversee this, led by a National Commissioner for Defence and Veteran Wellbeing.**
- **The Government to simplify and bring together the three current legislative Acts for a cohesive approach to veterans’ entitlements – with the end goal being a reduction in the Department of Veterans’ Affairs (DVA) claims backlog to ensure veterans and their families are not left waiting for entitlements designed to support their health and wellbeing.**
- **The immediate extension of non-liability healthcare for mental health treatment to ADF reservists on completion of the enlistment process.**
- **Veterans to have the support of trained advocates to help them navigate the DVA claims process through the provision of funding to enable DVA to enhance its Advocacy Training and Development Program for volunteer and paid advocates.**
- **The removal of significant barriers currently faced by veterans when accessing timely and appropriate healthcare, particularly by reviewing and increasing the DVA fee schedule to better align it to the actual cost of healthcare.**
- **A tangible reduction in the administrative burden placed on healthcare providers in accessing DVA remuneration.**

RESOURCES:

Link to [RSL Australia Pre-Budget Submission 2023](#)

National Media

contact:

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**COFFEE CATCH UP
EVERY FRIDAY 10-12**



Members and guests are welcome to join us for a chat and enjoy freshly brewed coffee & cake with former service mates. Every Friday from 10 to 12 in The Corey Room, Level 2A, of the Grant Cameron Community Centre, 27 Mulley Street, Holder.

Please note that the Eddison Day Club is currently meeting on only a very casual basis for lunch at midday Fridays.



Contact Us

Give us a call for more information
or access to our services
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Visit us on the web at
www.rslwoden.org.au

Office hours are
9am-3pm Mon-Fri

PS.

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