

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

17 November 2023



Dear members

RSL WV Sub-Branch needs Welfare Volunteers!

We need help assisting with the delivery of Christmas Cards and gifts to our oldest members.

If you can help us please contact our office on 6285 1931 or Peter Sutton on 0408 027 246





RSL Woden Valley Sub-Branch
is pleased to invite members and their guests
to the
ANNUAL CHRISTMAS LUNCH

Wednesday 6 December

12:00noon for 12:30pm

Orion Room Canberra Southern Cross Club Phillip

\$45 per person

Menu (alternate service):

MAIN

**Duo of roast turkey with herb stuffing and honey glazed ham,
potato gratin, roast vegetables, red currant jus (GF)**

**Mustard crusted lamb rump, sweet potato fondant, baby carrots,
roast asparagus, Madeira jus (GF)**

DESSERT

Traditional Christmas pudding, brandy custard, vanilla bean ice cream

Mini pavlova, fresh fruit, passionfruit puree, Chantilly cream (GF)

The charge includes soft drinks, selected wines and beers.

Spirits at own expense.

Please let us know if you have any dietary requirements

Please RSVP by 3pm 17 November 2023

Phone 62851931 or email admin@rslwoden.org.au

Direct Credit (Don't forget to include your name in transfer)

A/C name: Woden Valley RSL Sub-Branch

BSB 062-908, Account 1084 1897 (include your name)

Credit Card; Phone 6285 1931

Sorry, no refunds are possible after cob 21 November 2023.



WORKING WITH VULNERABLE PEOPLE CARDS

It is a legal requirement for all our volunteers to have a current Working With Vulnerable People Card. These cards are valid for 5 years but during COVID, the expiration dates of the cards were extended by Access Canberra.

Would Volunteers please check the expiry date of their cards and apply for a new card if required.

Please advise us of your registration number and the new expiry date of your card so we may update our records.

Information on renewing or applying for a Working With Vulnerable People Card can be found on the Access Canberra website :<https://www.accesscanberra.act.gov.au/business-and-work/working-with-vulnerable-people/apply-for-or-renew-a-wwvp-registration>

There is no charge for volunteers to have a Working With Vulnerable People Card.



Home > Business and work > Working With Vulnerable People

Working With Vulnerable People

Apply for or renew a
WWVP registration



Working With
Vulnerable People
scheme



WWVP compliance
and reporting



From Secretary Greg Kennett - The following was received from Sub-Branch member Lindsay Naylor and might be of interest.

I thought you would be interested in the Remembrance Day tale below which came from the UK. I understand that over one million horses served with the British Army during World War 1.

There is now an increasing interest in acknowledging the devotion and service of animals in wartime and while it doesn't yet seem to have taken on in Australia, some people – certainly in Britain – choose to remember the sacrifice of animals in war by wearing the purple poppy.

I imagine many of our World War 1 diggers would have related to the following story of what happened to the horses after 11 November 2018; and the poem at the end is a fitting conclusion to the story.

*"Article 238 of the Treaty specifically mentions the handing back of animals that had been taken during the war years. History tells us that only mounts that were owned by officers were guaranteed to return to Britain. The fate of the rest of the Army's horses and mules depended on their age and fitness. The healthiest and youngest animals were brought back to the UK – 25,000 remained in the British army while more than 60,000 were sold to farmers. Horses and mules in the next class down were auctioned off to farmers on the continent for an average of £37. The oldest and most worn out horses were sent to the knacker's yard for meat and fetched £19 – a necessary move when severe food shortages hit Europe at the end of the war. Further afield, thousands of Australian horses were used by the British Army in India. But the role of horses wasn't forgotten. Donations from the public to the Blue Cross Fund and other charities meant they could rescue thousands of war horses left to a life of hard labour on the continent. **The 'Old Blacks' – a team of six horses who survived the whole war** – were chosen to pull the carriage of the Unknown Soldier to mark the Armistice in 1920, and we know of others like Blackie in Halewood, Liverpool and Songster in Loughborough who went on to have long and productive lives."*

I SPOKE TO YOU IN WHISPERS Poem by Neil Andrew

compiled by adgrayvisions

I spoke to you in whispers
As shells made the ground beneath us quake
We both trembled in that crater
A toxic muddy bloody lake

I spoke to you and pulled your ears
To try and quell your fearful eye
As bullets whizzed through the raindrops
And we watched the men around us die

I spoke to you in stable tones
A quiet tranquil voice
At least I volunteered to fight
You didn't get to make the choice

I spoke to you of old times
Perhaps you went before the plough
And pulled the haycart from the meadow
Far from where we're dying now

I spoke to you of grooming
Of when the ploughman made you shine
Not the shrapnel wounds and bleeding flanks
Mane filled with mud and wire and grime



Image "Goodbye Old Man" by Fortunino Matania

I spoke to you of courage
As gas filled the Flanders air
Watched you struggle in the mud
Harness acting like a snare

I spoke to you of peaceful fields
Grazing beneath a setting sun
Time to rest your torn and tired body
Your working day is done

I spoke to you of promises
If from this maelstrom I survive
By pen and prose and poetry
I'll keep your sacrifice alive

I spoke to you of legacy
For when this hellish time is through
All those who hauled or charged or carried
Will be regarded heroes too

I spoke to you in dulcet tones
Your eye told me you understood
As I squeezed my trigger to bring you peace
The the only way I could

And I spoke to you in whispers.....



Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

Run on behalf of the DVA by Corporate Health Management, the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.



Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

To check your eligibility visit

<http://www.veteranshearthealth.com.au/eligibility>



How it works: Individual Heart Health Program

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 each individuals 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 to exercise the way they like to or provide an opportunity to try something that's different than the usual.

Resources can take the form of:

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



Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.com.au/eligibility> and follow the steps.

Call the program phone number 1300 246 262 at any time to speak to one of our team.

Heart Health Team - DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:

CHM Corporate Health Management Pty Ltd

Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142

Direct: 1300 246 262

Email: hearthealth@chm.com.au

Web: <http://www.veteranshearthealth.com.au>



1 November 2023

Veterans to receive better access to a GP

The Albanese Government is committed to ensuring the veteran community is provided with the best possible services and supports.

With increasing costs of living and rising costs for business, the veteran community has told us they are finding it harder to find GPs who will treat them without out of pocket costs.

That changes today.

From today it will be easier to access a GP for more than 276,000 Australian veterans.

In line with the tripling of the bill billing incentive, the Albanese Government is investing \$33.3 million to triple the Veteran Access Payment (VAP) for certain GP services.

The VAP is an incentive payment GP's receive, in addition to the Medicare rebate, when treating veterans who hold a DVA Gold or White Card.

The tripling of this payment will help to ensure GPs continue to service veterans with no out of pocket costs.

These changes will see payment for a GP consultation of up to 20 minutes (Level B) increase by more than \$16 in metropolitan areas and more than \$31 in the most remote areas of Australia.

Payments apply to general face-to-face and telehealth GP consultations, including home visits for people who are homebound, and consultations in residential aged-care facilities.

In an effort to further reduce the burden on medical practitioners, a review is currently underway to simplify and consolidate the Department of Veterans' Affairs forms that medical professionals are required to complete.

The first package of the 19 most frequently used forms has been consolidated down to 7, while a process is underway to significantly reduce the remaining 54 forms by mid-2024.

MEDIA CONTACT: STEPHANIE MATHEWS - 0407 034 485

Who will benefit?

This measure will incentivise GPs to treat the more than 276,000 veterans and eligible dependents who hold Veteran White or Gold Cards.

From 1 November 2023, GPs who treat Veteran Card holders will receive increased VAP fees: Modified Monash category	VAP as at 1 July 2023 (pre 1 Nov indexation)	VAP as at 1 November 2023
1 – metropolitan areas	\$8.05	\$24.25
2 – regional centres	\$12.20	\$36.90
3-4 large and medium rural towns	\$12.95	\$39.20
5 – small rural towns	\$13.80	\$41.65
6 – remote communities	\$14.55	\$43.95
7 – very remote communities	\$15.45	\$46.65

Notes: Indexation of 0.5 percent applied on 1 November ahead of VAP increase.

RSL AUSTRALIA WELCOMES GP'S VETERAN ACCESS PAYMENT INCREASE



MEDIA RELEASE

The Returned & Services League of Australia (RSL) has applauded today's lifting of the Veteran Access Payment for certain general practitioner services and says the incentive should improve access to medical services for many veterans.

The Government's initiative to triple the bulk billing incentive payment for GPs was announced in this year's Budget, with the extra payments to begin on 1 November 2023.

The payment, in addition to the Medicare rebate, is available for veterans who hold a Department of Veterans' Affairs (DVA) Gold or White Card and applies for a range of consultations and treatments.

President Greg Melick said the RSL welcomed the introduction of this measure, which would increase veterans' access to health care.

"It is an important advance, but much more is still to be done to improve the health and wellbeing of more than 580,000 veterans and their families.

"For example, the current Royal Commission into Defence and Veteran Suicide is painting a disturbing picture of the health challenges facing our defence and veteran community, particularly in the area of mental health," Greg Melick said.

"We are continuing to work with the Federal Government to ensure the full implementation of all recommendations of the Royal Commission and the establishment of a permanent implementation body.

"This will require a significant and ongoing funding commitment."

Greg Melick said the RSL had made a detailed [pre-budget submission](#) this year to secure funding to address the inequities and barriers that continue to be experienced by the veteran community.

"The tripling of the Veteran Access Payment is an important advance, as has been the increased DVA staffing, which has reduced the number of unprocessed claims and substantially reduced processing times for payments to medical practitioners.

"The RSL's submission also called for the [extension of non-liability healthcare to all reservists](#), further initiatives to reduce administration for healthcare providers treating veterans, the [harmonisation of funeral benefits for veterans](#), [funding to enhance our Advocacy Training and Development Program](#) and as well as a commitment to implement demand-driven funding to support veterans' welfare, rather than having to fight for funding each budget year.

"These measures were [missing from the Budget](#), and we will continue to advocate for their implementation.

"Our veterans are skilled and capable people who make significant contributions to the Australian community post-service. Investing in services, support systems and wellbeing programs to strengthen their health and welfare remains a core focus for the RSL," Greg Melick said.

Energy Bill Relief for Households

“Energy rebate to provide bill relief

The Commonwealth, state and territory governments are working together to provide targeted and temporary electricity bill relief to eligible households.

You can get bill relief if you are the primary electricity account holder or, for some energy providers, another named account holder on your electricity account. You must also hold a Pensioner Concession Card, a Commonwealth Seniors Health Card or a Veteran Gold Card.

Your household can only get one bill relief rebate, even if there is more than one eligible person living there. You can only get this bill relief for your principal place of residence. How much you get depends on where you live, with between \$175 and \$500 available to targeted households and \$325 to \$650 available to small businesses.

If you are eligible, are not named on the bill and you pay for electricity, contact your electricity provider to discuss your options.

If you live in Queensland or Western Australia, you do not need to take any action because these state governments are including this energy bill relief in their state rebate programs, which are being given to all households.

If you currently receive energy concessions, in most cases the electricity provider will automatically apply the bill relief to your electricity account and you do not need to do anything. This will reduce the amount you owe on your next bill. How and when this happens depends on where you live as each state and territory may do things a little differently.

If you don't receive energy concessions, please go to energy.gov.au/bill-relief to find a link to your state or territory with instructions about what to do. This could be to contact your energy provider or your state/territory government with your concession card type and the DVA file number on it. Give them consent to check your card online for payment of the rebate.

If you get your electricity from your strata or landlord in a caravan park, apartment building, retirement home or village and your household is eligible for the bill relief, you will not automatically receive the rebate. However, you will be able to access a direct payment through your state or territory government.

Please check www.energy.gov.au/bill-relief for the latest information.”

The rebate can be obtained by going through MyGov (if you have it) or by calling your energy provider in your State or Territory. There are different payment methods for this rebate for each State and Territory.

The information for your State can be found at –

[Energy bill relief for households - ACT | energy.gov.au](http://Energy%20bill%20relief%20for%20households%20-%20ACT%20|%20energy.gov.au)

Should you require any further information please call your local energy provider.



**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.

The Eddison Day Club will continue to meet for a lunch each Friday at noon until we can once again meet at a reinvigorated Day Club.

Come and join us for lunch at Canberra Irish Club 6 Parkinson St, Weston ACT 2611



Contact Us

Give us a call for more information
or access to our services
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Sub-Branch
14/27 Mulley Street
HOLDER ACT 2611

62851931

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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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