

RSL WODEN VALLEY SUB-BRANCH ENEWS



Special edition weekly Lockdown eNews 10 September 21

Dear members,

Welcome to the fourth edition of this Special edition weekly Lockdown eNews:

Four weeks down and don't be surprised if we have some more *at home time* to follow after the 17th!

Just in case the lockdown is extended, we are consolidating some of our key practices so that we can continue to support members and others as best we can.

The phone calls from the Welfare Team and the Day Club are working well, and, as of last Wednesday, 11 callers have joined the team. Rania and Trish are following up any matters that arise and, so far, they have resolved quite a few little niggles. Feel free to contact Rania or Trish and volunteer to join in if you'd like something to do with your spare time.

We're also still handling some more serious welfare cases and are liaising with DVA and other organisations to find good solutions.

While I haven't surveyed the compensation advocates, I note that Ross is continuing to set a good example and that some of our new volunteers are ploughing through their online training. We're also still attracting some new clients, most of whom have been referred by satisfied clients.

Joyce and Alex continue to work with the Executive to manage the correspondence, especially that related to the evolving COVID situation in the ACT, and general business.

The Board is preparing for a telephone meeting next Tuesday to ensure we're all as involved in general business as we need to be.

Please note Greg's notice about the OGM and dinner. We'll continue to monitor the rules to see whether we will be able to hold either. If we can't have an OGM, we'll do our best to provide a more detailed brief to members about the matters we would normally discuss at an OGM.

We'll also give plenty of notice of what we might be able to do about the dinner.

Thanks again to everyone who is helping in any way and please keep up the good work up.

Stay safe, stay in touch with family and friends, and please call the office if you need a hand with anything.

Kind regards to all,

Jim Gilchrist

Dear members,

The Sub-Branch Executive has decided to hold the OGM scheduled on Tuesday 28 September 2021 at 1400 hours in the Sub-Branch office at Holder. This will be contingent upon the ACT Government's decisions about lockdown/restriction arrangements and the Grant Cameron Centre being reopened by that date.

Should it not be possible to hold that OGM, we have a dinner scheduled for 26 October 2021 and an OGM scheduled for 30 November 2021.

Regards,

Greg



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Curtis McGrath - Athlete defends his crown, winning gold again at the #Tokyo2020 Paralympics! What an exceptional performance Congratulations to Curtis on behalf of all RSL members.

Royal Commission into Defence and Veteran Suicide

Department of Defence and Department of Veteran's Affairs background papers

Royal Commission background papers prepared by Department of Defence and the Department of Veteran's Affairs

For Your Information

Background papers prepared by the Department of Defence and the Department of Veteran's Affairs have been published by the Royal Commission into Defence and Veteran Suicide for the information of the public.

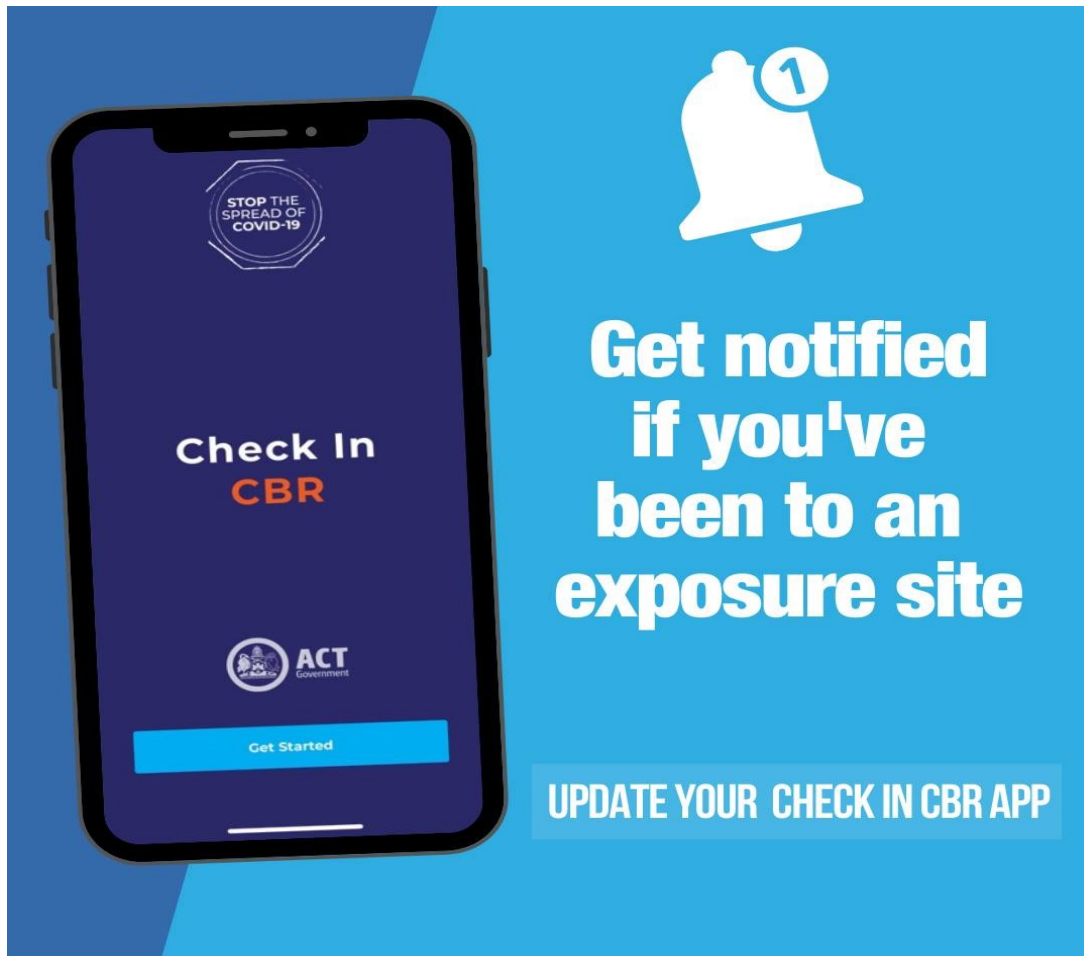
A link to the page hosting these papers is available below:

<https://defenceveteransuicide.royalcommission.gov.au/publications/department-defence-and-department-veterans-affairs-background-papers>

The documents are:

- Department of Defence background paper [PDF] 51 pages;
- Department of Veteran's Affairs background paper [PDF] 34 pages; and
- Department of Veteran's Affairs background paper - Annexures [PDF] 21 pages.

Please note that the views expressed in these papers are not necessarily the views of the Commissioners.



ACT Health

Happy 1st birthday to the Check In CBR app. Over the past 12 months the app has been downloaded more than 950,000 times and used for 47 million check-ins at nearly 20,000 registered businesses and venues across the ACT.

To mark this milestone, the app has been upgraded to include a new exposure location alert.

Users who have check-ins that match an exposure location during the relevant date and timeframe will be directly notified via SMS or push notification, as well as be notified by messages on the home screen's message bar, and with coloured identifiers in the check-in history page. The app will indicate if they're a close or casual contact so that they can quarantine and get a COVID test, or if they need to monitor for symptoms.

Users are encouraged to update their app at the relevant app store to ensure they are using the latest version.

The ACT Government is also launching a new Check In CBR card to make checking in even more accessible. The card will provide an alternative check-in method for people who don't have a smart phone or are unable to download or use the Check In CBR app.

Each Check In CBR card – which is the same size as a standard credit card – will include a QR code unique to the card holder. To check in to a business or venue, the customer simply presents the card to the venue staff to be scanned using the Check In CBR business profile.

Information for individuals and businesses about the Check In CBR card, including an online application form, is available at <http://www.covid19.act.gov.au/stay-safe.../check-in-cbr-app> or on (02) 5124 5000

Members

The ACT Government has given those without a smart phone another option for the CBR Check-in app. Those Members who do not have an Android or I-phone are now able to obtain a credit-card sized personal QR code that can be scanned by Canberra's businesses and service providers.

Below is an extract from the ACT Government website on this. To apply for the card go to <https://www.covid19.act.gov.au/stay-safe-and-healthy/check-in-cbr-app/check-in-cbr-app-form> or if you can't go there then call 5124 5000 for assistance.

"Check In CBR card

In addition, a Check In CBR card is now available. This is designed for those people who do not own a smartphone or who are unable to download and use the Check In CBR app. This free card contains a unique QR code which can be scanned at the majority of businesses and venues across the ACT. This will make checking in a quick and private process for card holders. Note that the Check In CBR card cannot be used at those locations where there is no-one to assist with scanning of the card (for example on public transport).

Applying for a Check In CBR card is a quick and simple process and can be done on behalf of an individual if they are unable to do so.

Apply for a Check In CBR card

If you are unable to apply for a Check In CBR card online, please contact the ACT Health Digital Solutions Support team on (02) 5124 5000 for assistance.

If you are unable to check in on public transport, please ensure that you have a registered MyWay card or keep good records of the services you have used."



Read more [ACT Government COVID-19 website](#).

ACT lockdown extended



The ACT lockdown has been extended until midnight Friday 17 September 2021.

There will be some amendments to restrictions, including for lower risk outdoor activities.

These amendments came into effect from 5:00pm Thursday (2 September), and include:

- one household (any size) or up to 5 people can gather outdoors for up to 2 hours for exercise or non-organised recreation.
- outdoor playgrounds, fitness stations and dog parks will reopen. Canberrans are asked to ensure they maintain physical distancing wherever practicable.
- the number of people able to attend a funeral increased to no more than 20 people (excluding the people necessary to conduct the funeral).
- the number of people able to attend a wedding increased to no more than 10 attendees (excluding the celebrant, but including persons being married and two witnesses).
- other religious ceremonies which are time critical are permitted to go ahead with no more than 10 people (excluding those conducting the service).
- the recommencement of services that operate outdoors and where physical distancing can be maintained, such as outdoor maintenance and gardening and dog grooming services.
- ACT schools will continue with remote learning for the rest of Term 3. All ACT public schools and Early Childhood Education and Care services, including out of school hours care, will remain open for children of parents and carers who cannot work from home and vulnerable children.

There will also be a staged reopening of the construction sector under stringent COVID safe requirements from Friday 3 September 2021.

This webpage will be updated with further information on these changes prior to them coming into effect.

The ACT is currently in lockdown and Canberrans are being asked to stay at home to assist in our response to positive cases of COVID-19 in the ACT.

The lockdown commenced at 5:00pm Thursday 12 August 2021 and will continue until midnight Friday 17 September 2021.

These restrictions are to help slow the spread of the virus and allow contact tracers to do their work. Essential reasons you can leave your home during this lockdown include:

- to buy essential groceries and medicine
- to access essential healthcare including in-home care
- for essential work
- to exercise outdoors for two hours per day in your region
- to get a COVID-19 test
- to get a COVID-19 vaccination.

Read more : <https://www.covid19.act.gov.au/act-status-and-response/lockdown>



Read more:

[Latest news for veterans | Department of Veterans' Affairs \(dva.gov.au\)](#)

1800 011 046	1800 142 072
1800 624 608	1800 628 036

Welcome to the latest edition of *e-news*, which includes snapshots of articles that you'll find on the [Latest News for Veterans](#) page on the DVA website.

News

[Supporting our veteran community](#)

[Updates to our COVID-19 vaccination FAQs](#)

[Disability Pension changes](#)

[More face-to-face services for Australian veterans and their families](#)

['Claim travel expenses' function improved on MyService](#)

[Entitlements for those who served in the former Yugoslavia or the Tanker War](#)

[Stuart Smith appointed Defence Engagement Commissioner](#)

COVID-19

[Telehealth services extended to 31 December](#)

[COVID-19 Disaster Payment](#)

Health and wellbeing

[Veterans' Health Week 2021](#)

[Changes to exercise physiology arrangements](#)

[Mental health support for White Card holders](#)

[AIHW report helps paint a picture of the veteran community](#)

[Expressions of interest open for Adaptive Sports Program](#)

[Managing chronic pain with mind and body](#)

Transition

[#OurVeterans – Pete Nugent](#)

[#OurVeterans – Shamiso Rahman](#)

Features

[Entitlements and services for veterans living overseas](#)

[Volunteering to support research](#)

Commemorations

[Vietnam Veterans' Day](#)

[Additional commemorations](#)

ESO News

[From Commando to business success](#)

From Australian Services website - Covid-19 Vaccination

<https://www.myhealthrecord.gov.au/for-you-your-family/howtos/log-in>

As at 31 August 2021

Get free online proof of your COVID-19 vaccinations

Don't be scammed. Getting proof is free once you've had all required doses of a vaccine approved

for use in Australia .

[1]

Your vaccination provider first needs to add your vaccination details to the Australian Immunisation Register (AIR) so you can get proof. This can take up to 10 days. You can then go online to get either:

- **an immunisation history statement or COVID-19 digital certificate .**

Your immunisation history statement shows all the immunisations you've had that are on the AIR. This includes your COVID-19 vaccinations.

The COVID-19 digital certificate shows only your COVID-19 vaccinations.

You can use your device to show proof. You can also add your COVID-19 digital certificate to either your Apple Wallet or

Google Pay for easy storage. If you're using an iOS device, you can use the Safari or Chrome browsers. If

you're using an Android device, you need to use the Chrome browser.

Next steps

Use our handy tool to help you find out how to get proof of your COVID-19 vaccination . It can help you to set up online accounts if you haven't already.

If you have myGov linked to Medicare, you can sign in and follow the links to access either:

- **your immunisation history statement
COVID-19 digital certificate.**

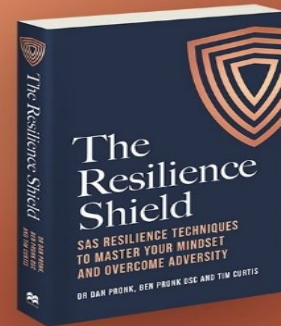
For the latest COVID-19 updates and advice , go to the Australian Government website <https://www.myhealthrecord.gov.au/for-you-your-family/howtos/frequently-asked-questions>

Hard copy: Australians who cannot access their vaccination certificates online can have their immunisation history printed and mailed to them. Call the Australian Immunisation Register on 1800 653 809 (Monday to Friday 8 am to 5 pm) and ask them to send your immunisation history statement to you. It can take up to 14 days to arrive in the post. You can also contact the Australian Immunisation Register through

[Australian Immunisation Register - Services Australia](#) or email: air@servicesaustralia.gov.au

‘When three ex-Special Forces blokes sat down to write a guide on resilience for the general public, it was always going to be **more than just a self-help book**. It doesn’t disappoint...Dan, Ben and Tim teach us how to deal with the inevitable hurdles that life will throw up...this a powerful text that will benefit any reader.’

– DR RICHARD HARRIS SC, OAM,
Australian of the Year 2019
and hero of the Thai cave rescue



FROM ACT HEALTH

Accessing healthcare services in quarantine



covid19.act.gov.au



We want to make sure all Canberrans are receiving the healthcare they need during lockdown.

Telehealth remains the best option for people who need health care in quarantine – whether that’s with their GP, through CALMS or the National Home Doctor Service.

If you’re unwell or need medical care during lockdown or in quarantine, there are options available to find the right care for you:

GP Care

You can contact your local GP to arrange a Telehealth appointment. If you don’t have a regular GP, you can find one near you at healthdirect.

CALMS

If you can’t make an appointment with your regular GP you can contact CALMS, the Canberra After-hours Locum Medical Service, to speak to one of their GPs. CALMS clinics are open after hours on weekdays and weekends. A fee applies for consultations.

healthdirect

If you feel unwell, but aren’t sure what to do, you can call healthdirect for advice.

healthdirect is staffed by registered nurses who can give you information on the type of treatment you need. healthdirect is available 24/7.

Call 000 in an emergency

If you experience a health emergency while you’re in quarantine, call 000 immediately, and inform the operator that you are in quarantine.

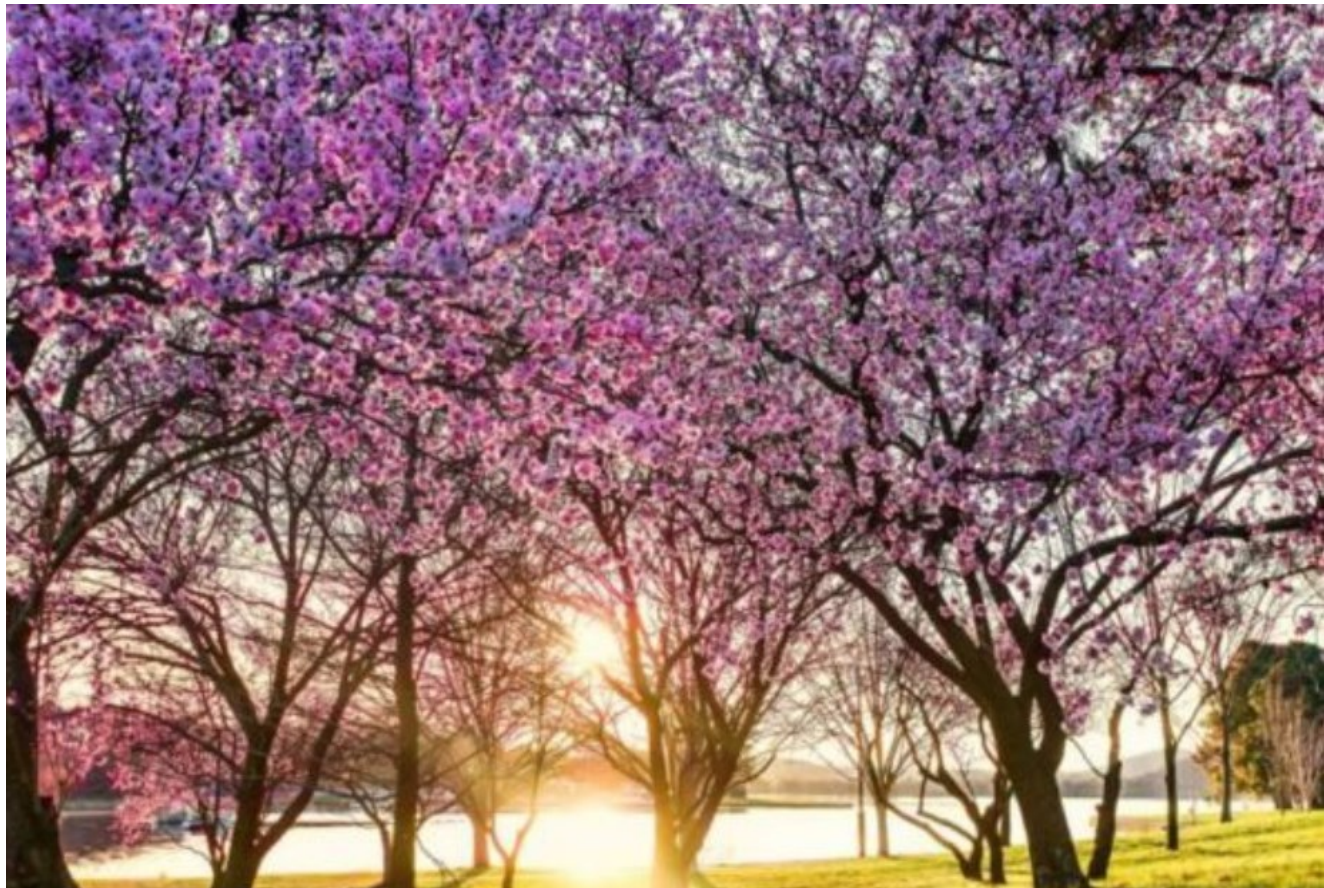
Remember, medical support is always available. For more information on any of the services listed, visit

<http://covid19.act.gov.au/.../accessing-care-and-support>

From the RSL Archives: A photo of the delegates who attended the first RSSILA [Returned Sailors & Soldier's Imperial League of Australia] National Congress held in Brisbane in September 1916.



SPRING HAS SPRUNG



Ed Weyler CagleCartoons.com

