

RSL WODEN VALLEY SUB-BRANCH ENEWS



Special edition weekly Lockdown eNews 24 September 21

Dear Members,

Another week at home in what should be getting to be quite routine or normal environment. That said, I appreciate that these restrictions greatly limit our routines our potential for enjoyment, and are likely to be testing some of you. If you are affected adversely, please call the office and speak with the Welfare Team who might be able to help. Perhaps, you could join the telephone calling roster or, if it is something more serious, the team might be able to help you.

On behalf all of us, I thank Alex Solecka for producing these Newsletters so well and so quickly; and Greg and Joyce who collect, collate and filter the news items. In this regard, their charter and workload increased this week as members accepted my invitation to send in items of potential interest or entertainment to others. You'll find a smattering of these items in this edition; and I know the Editorial Team has held some in reserve.

On a more serious note, you will see how quickly the Minister for Veterans Affairs and the RSL National President reacted to the recent defacement of the Melbourne Shrine.

Similarly, we have included current briefs on the ACT Government's policies on the COVID situation in the ACT and some support measures that are generally available. Please do not hesitate to use these resources and/or call our teams for support if you need to.

Behind the scenes, the Board has met several times to continue planning to manage our priorities and work practices during and immediately after the lockdown; and to prepare for the new year that will be with us before we know it.

Ross and some of his team continue to busy themselves with claims and appeals as best they can; and, the Welfare Team and Day Club are keeping in touch with our members as best they can and are dealing with any serious issues as they arise.

I have also been engaged in various workshops and liaising with people, including the Repatriation Commissioner, the National President and others who are keen and able to encourage and support us as best they can.

As we found with the bushfires last year and with other similar events, good things can develop through crises, especially as the Australian spirit that is prevalent in the Veteran Community, kicks in and we find new ways to help our mates.

Thanks to everyone for whatever it is you're doing to cope with your respective and our shared trials, please keep up the good work and don't hesitate to ask for help if you need it.

Best wishes to all, stay well and stay safe,

Jim Gilchrist

RESCHEDULING OF SUB-BRANCH ORDINARY GENERAL MEETING (OGM)

Dear members,

Following the ACT Government's decision to extend the lockdown restrictions until Friday 15 October 2021, the OGM scheduled for Tuesday 28 September 2021 is cancelled. The extension of the lockdown will also prevent the Sub-Branch having sufficient time to plan the scheduled dinner on Tuesday 26 October 2021, so it is also cancelled.

Assuming the Grant Cameron Centre reopens soon after 15 October 2021, the Board has decided to hold an OGM on Tuesday 26 October 2021 at 1400 hours in the Sub-Branch office at Holder. Following the OGM, refreshments will be provided.

Regards,

Greg



Woden Valley Sub-Branch

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The Hon Andrew Gee MP

Minister for Veterans' Affairs
Minister for Defence Personnel
Federal Member for Calare

22 September 2021

MEDIA STATEMENT – SHRINE OF REMEMBRANCE

Today's protest at Melbourne's Shrine of Remembrance was disgraceful and those who participated in it are to be condemned in the strongest possible terms.

They should be ashamed of themselves.

The Shrine of Remembrance is one of our country's most significant memorials and holy places.

That the Shrine is sacred was made clear to all Australians by Sir John Monash, who ensured that the inscription on the west wall declares that it is "HOLY GROUND".

It is a place of solemnity and quiet reflection. To use it as a protest site violates this sanctity and denigrates and disrespects the memory of those who have served and sacrificed so much for our nation.

There can be no justification for this outrage. Those who organised and attended the protest at the Shrine of Remembrance should acknowledge the hurt that their actions have caused and apologise to all Australians.

I hope we never live to see a repeat of it.

MEDIA CONTACTS
Minister Gee's office: 0459 966 944
DVA Media: 02 6289 6466



The Hon Andrew Gee MP

Minister for Veterans' Affairs
Minister for Defence Personnel
Federal Member for Calare

MEDIA STATEMENT SHRINE OF REMEMBRANCE

23 September 2021

I wish to extend my sincere appreciation to all those who have come together to restore the sanctity of Melbourne's Shrine of Remembrance following its appalling use as a protest site yesterday.

We have witnessed our veterans and community members volunteering their time to remove discarded glass, bottles and other debris abandoned during the protest.

I would like to recognise and congratulate their community spirit in undertaking this clean up.

They shouldn't have had to do it.

Further, I extend a special thank you to all our veterans who have taken the time to visit the Shrine and assist with this important work. I know for many veterans this would have been heartbreaking and caused enormous distress.

Yesterday's events were shameful and denigrated our service men and women, veterans and their families. I hope none of us will ever see this sort of disrespect again.

All of our memorials should be above any form of protest as they stand timelessly to remind all Australians of those who have served and sacrificed for our nation.

The Shrine of Remembrance is a solemn place of reflection and commemoration and is recognised as such around Australia and the world.

All those who have given their time to restore the Shrine have done Victoria and Australia proud.

MEDIA CONTACTS

Minister Gee's office: 0459 966 944

DVA Media: 02 6289 6466

Open Arms – Veterans & Families Counselling provides 24/7 free confidential crisis support for current and ex-serving ADF personnel and their families on 1800 011 046 or openarms.gov.au. **Safe Zone Support** provides anonymous counselling on 1800 142 072. **Defence All-Hours Support Line** provides support for ADF personnel on 1800 628 036 or defence.gov.au/health/healthportal. **Defence Member and Family Helpline** provides support for Defence families on 1800 624 608.

22 Sep



RSL CONDEMNS PROTESTERS DESECRATION OF SHRINE

MEDIA RELEASE

The Returned & Services League of Australia (RSL) has condemned the actions of the Melbourne protesters who occupied the Shrine of Remembrance in Melbourne.

RSL Australia President Greg Melick said the protestors' actions in effectively occupying a war memorial to promote their political views are a disgrace to the nation and must be condemned in the strongest manner.

"The Shrine of Remembrance honours those who have served and made the ultimate sacrifice for their country and the protestors' actions are nothing short of desecration of this revered site," Greg Melick said.

"Those involved in this lawless mob not only dishonour the men and women who fought and died for our country, they shame themselves, their families and all those involved in the protest.

"Places of memorial like Melbourne's Shrine should never ever be used as a location for protests.

"The RSL condemns the selfish behaviour of the protestors in the strongest possible terms, coming at a time when everyone across the nation should be working together to overcome the impacts of the COVID-19 pandemic," Greg Melick said.

Battle of Long Khanh and Nui Le coins

This year, the Royal Australian Mint released two commemorative collectible coins marking the anniversary of the Battles of Long Khanh and Nui Le.

These coins have been very popular and we thought your membership might be interested in purchasing one of these coins before they sell out.

Developed in collaboration with members from the 3rd Battalion, the Battle of Long Khanh coin depicts a scene inspired by the elements of the Battle, featuring a Centurion tank, manned by an Australian soldier, set deep in the Vietnam jungle.

Developed in collaboration with members of the 4th Battalion, the Battle of Nui Le coin also shows a scene inspired by the elements of the Battle. It features the iconic Iroquois helicopter, which was used to evacuate wounded Australian soldiers during the battle, which was part of Operation Ivanhoe.

Both coins retail at \$10 each and can be purchased from the Mint's [eshop](#) or call centre (1300 652 020).

I've included some images of the coins below including the packaging for your reference.

Regards, Nicolle

Royal Australian Mint





From ACCC website

Current COVID-19 (coronavirus) scams

Scammers are using the spread of COVID-19 (coronavirus) to take advantage of people across Australia.

About COVID-19 scams

Scamwatch has received over 6,415 scam reports mentioning the coronavirus with more than \$9,800,000 in reported losses since the outbreak of COVID-19 (coronavirus). Common scams include phishing for personal information, online shopping, and superannuation scams.

If you have been scammed or have seen a scam, you can [make a report](#) on the Scamwatch website, and find more information about [where to get help](#).

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers who have approached you.

Scammers may pretend to have a connection with you. So it's important to stop and check, even when you are approached by what you think is a trusted organisation.

Visit the [Scamwatch news](#) webpage for general warnings and media releases on COVID-19 scams.



Australian Government Department of Veterans' Affairs



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It's more important than ever to look after your mental health.

If the situation in Afghanistan is affecting you, you are not alone and help is available.

Safe Zone is free, anonymous, confidential and available 24/7 for current and former serving defence personnel.

Calls to Safe Zone are never recorded, and you do not need to identify yourself at any time during the call.

Contact Safe Zone on 1800 142 072.

Open Arms - Veterans & Families Counselling is available 24-hours a day, 7-days a week on 1800 011 046.

Families of serving personnel can also contact the Defence Family Helpline on 1800 624 608.

Please reach out and check on your mates.



24/7
Mental Health Services

<p>Defence all-hours Support Line 1800 628 036</p>	<p>OPEN Veterans & Families Counselling ARMS 1800 011 046</p>	<p> SAFE ZONE SUPPORT FREE ANONYMOUS COUNSELLING LINE CALL 1800 142 072</p>
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Emergency Food Relief

Members

The following has been received from the ACT Government's Office for Seniors and Veterans –

“I understand this may not always be the most suitable option nor does it address the social and psychological barriers we discussed. However, I wanted to let you know that there are no hard and fast financial thresholds to access the Emergency Food Relief. Although the food relief option is mainly in response to financial and affordability issues people and families may be facing, it is available as a stopgap for people who have no viable access to food. When you place an order over the phone for it, there will be some questions about affordability and the situation of the person requiring it, however, as I said, there are no hard and fast rules that someone has to meet in order to qualify for it.

To this end, I wanted to share the Emergency Food Relief details below:

The Access Help section on the COVID-19 page includes the emergency food relief information. Emergency food relief can be accessed through a phone call to VolunteeringACT on 1800 43 11 33 (Mon-Fri 9am-5pm): <https://www.covid19.act.gov.au/community/access-help#Emergency-food-relief>

The COVID site also includes information on other grocery delivery options local to Canberra:– [Access help - COVID-19 \(act.gov.au\)](https://www.act.gov.au/covid-19/access-help)

Warmly,

Hannah

Hannah Gissane (she/her) | A/g Assistant Director

Email: hannah.gissane@act.gov.au

Ph: 02 620 52598

Office for Seniors and Veterans | Inclusion and Participation | Community Services Directorate | ACT Government

GPO Box 158 Canberra ACT 2601 | www.act.gov.au”

Update to lockdown restrictions

The following changes come into effect from 11:59pm on Friday 17 September 2021.

Lockdown Extension

- Lockdown to be extended for a further four weeks, until 11:59pm on Friday 15 October 2021.

Changes for real estate agents

Real estate agents are allowed to conduct in-person house inspections by private appointment. Only household members will be permitted to attend an appointment with one agent.

Changes to social and recreational sport

Social and recreational sport will be allowed to go ahead with up to 5 people permitted to gather together.



- This will enable recreational or social sporting activities to recommence (e.g. social tennis, golf, or rowing) but does not include coaching, training or competition activity.
- Indoor sport remains not permitted at this time

Changes for small businesses

Small businesses who are currently permitted to operate a click and collect or click and deliver service can to have up to 5 staff in the business at any one time, or one person per four square metres (whichever is lesser).

- This is an increase from 2 people.
- Activities must accord with COVID-19 requirements for click and collect services for non-essential retailers.

Phased return to face-to-face learning

- **From 4 October 2021:** Year 12 students can return to face to face learning (if the situation does not deteriorate).
- **From 18 October 2021:** Year 11 students can return to face to face learning (if the situation does not deteriorate).

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

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 11:59pm Friday 15 October 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.**

You can view more details on the reasons you can leave home below.

We encourage all Canberrans to buy only what they need, maintain social distancing and be considerate.

Anyone aged 12 years and over must wear a mask at all times upon leaving home. For some people this is not possible. For full details on [face masks and exemptions](#) here.

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



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

The Pet Parrot – One night in Singapore, the CPO Stoker entered the Mess “three sheets to the wind” with a parrot sitting on his shoulder. The parrot was fully-grown, had a bad attitude and even worse vocabulary. Every other word was an expletive. The Chiefs in the mess for the next few weeks tried to change the bird’s attitude, e.g. polite words, soft music, but nothing worked. They yelled at the bird and it just got worse. Finally, in a moment of desperation, the Mess President put the parrot in the freezer. For a few minutes you could hear it squawking, kicking & screaming and then suddenly, all was quiet. The President panicked and opened the freezer door: the parrot calmly stepped onto his extended arm and said, “I am sorry that I offended you all with my language and behaviour. I ask your forgiveness and will try to check my behaviour...” We were all astounded at the parrot’s change of attitude and were about to ask what changed him when the bird continued, “May I ask what that chicken in the freezer did?”

Notice from the Association of Psychiatrists

Dear citizens,
During the quarantine it is considered normal to talk to your plants and pets. Kindly contact us only if they reply.

Thank you



**Wearing a mask 🤔
inside your home is now
highly recommended.
Not so much to prevent
Covid-19 but to stop eating.**

**To all the grandparents
who are missing their
grandchildren.
When this is over you can
have them for a month.
Promise.**

