

# RSL WODEN VALLEY SUB-BRANCH ENEWS



February 2020



**Australia Day Medallion awarded to Greg Kennett for his work as the Secretary of the Woden Valley Sub-Branch since May 2013 presented by ACT Minister for Seniors and Veterans Gordon Ramsay.**



**In 1998, Greg Kennett's assiduous work for the Department of Defence earned him his first Australia Day medallion**

**Fortunately for RSL Woden Valley Sub-Branch, Greg became our Secretary in May 2013. Greg's work was just as outstanding in this demanding role, as he applied his knowledge, skills and experience across a wide range of areas, and provided high quality advice and support to the Board and members.**

**As well as the normal secretarial duties associated with meetings, grant applications and processes, oversight of staff and more than 600 members, Greg ensured that we met an evolving list of governance and management requirements. This support was particularly necessary and evident as the Sub-Branch raised a Veterans' Support Centre. He has ensured we met essential compliance requirements as we planned and managed our growth.**

**Greg also assists with arrangements for the ANZAC and Peace Ceremony the Sub-Branch conducts annually for local primary schools, including taking a leading role in conduct and judging of the essay competition.**

**Overall, Greg's work and commitment across a range of tasks has contributed significantly to the overall governance and management of the Sub-Branch; his example reflects admirably on the ACT Branch and, more generally, on the League as a whole.**

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# RSL Woden Valley Sub-Branch OGM Dinner 1830 for 1900 Tuesday 25 February 2020

Southern Cross Club



The Woden Valley RSL Sub-Branch is pleased to invite members and their guests to our next OGM Dinner.



After Dinner speaker:

RSL Woden Valley Sub-Branch member Terry Colhoun AM.

Terry will speak about his RSL Activities with three national presidents from 1994-2007 including "The Hand of Friendship" and, for the first time, his experiences as MC with the ANZAC Day Dawn Service, an oral history project and the Canberra-Nara Peace Park.

Terry grew up in Victoria and Tasmania. He joined the RAAF on his 18<sup>th</sup> birthday in December 1942. During his service, Terry served with Signal School Point Cook 1943-44, in 79 Wing HQ Operations Room at Batchelor and at RAAF Station Darwin in the

Northern Territory 1944-45 and finally at RAAF HQ in Melbourne. Discharged 1946, Terry joined the Citizen Air Force with the rank of Pilot Officer (Admin) during the Cold War 1953.

Terry started a career in broadcasting at a Victorian country radio station in 1946 and then joined the ABC as Gippsland Regional Manager in 1949, Newcastle in 1956 and Branch Manager for the ACT in 1966. He was the ABC's North American representative 1979-84. Terry retired with wife Jean to Canberra after 35 years with the ABC.

Terry served two Governors-General as honorary music advisor and was appointed a Member in the Order of Australia in 1989. For services to Australia-Japan understanding, the Emperor of Japan appointed him to the Order of the Rising Sun in 1993. In 2005 Terry was nominated for ACT Senior Australian of the Year for services to the community as a writer and interviewer of distinction. Jean died in 2011 after 60 years of marriage. Terry has a daughter Diane, two married grandchildren and two great grandchildren who live in Melbourne.

*Menu: Bread Roll and Butter;*

*Main: Seared chicken breast, roast potato, pumpkin and tomato Bacon relish;*

*Dessert: Chefs selection;*

*Freshly Brewed Coffee and tea selection*

**Where:** Corinna Room 2, Southern Cross Club, Phillip

**When:** 1830 for 1900, Tuesday 25 February 2020

**Cost:** \$32 per head; drinks at own expense

RSVP with payment by cob 18 February with any of these options:

EFT: (Don't forget to include your name and please note our bank account has changed to A/c

Woden Valley RSL Sub-Branch: BSB 062 908 Account 10841897

Cheque: Mail to 14/27 Mulley Street HOLDER ACT 2611

Or call us to pay by credit card, call in for cash payment.

Note that the club does not allow refunds for cancellations after 18 February 2020.

Inquiries: Call us on 62851931 or email [events@rslwoden.org.au](mailto:events@rslwoden.org.au)

**Save this date - Note the day has changed to Thursday this year.**



**Don't forget 10.30 on 2 April 2020 Thursday**

**RSL Woden Valley Sub-Branch**

**31st ANZAC AND PEACE CEREMONY COMMEMORATION,  
EDDISON PARK, LAUNCESTON STREET, PHILLIP**



## **ACT Seniors Week**

23-29 March 2020

## **ACT Chief Minister's Concert**

Tuesday 24 March 2020

## **ACT Seniors Week Expo**

Thursday 26 March 2020

## **Positive Ageing Awards**

Friday 27 March 2020

*Nominations are now open!*

**Do you know someone who does an amazing job working with older people, or an older person who has made a contribution to the ACT Community?**

**Why not nominate them for a Positive Ageing Award!**

Award categories are:

**Senior Achiever:**

*An older person who has contributed to the ACT Community*

**Intergenerational award:**

*A person or group who has worked to bring together multiple generations (can include an older person working with young people, or a young person working with older people)*

**Age Friendly Canberra:**

*A person or group who has worked to make Canberra a more age friendly place, or has worked to help older people be more active in the community*

**Transport Services award:**

*A person or group who provide exemplary transport services to older people*

## **Nominations can be completed online**

<https://www.cotaact.org.au/events/seniorsweek2020/awards2020/>

or you can email [events@cotaact.org.au](mailto:events@cotaact.org.au) for a nomination form.

# ACT Seniors Expo

**Date:** 26 March 2020

**Time:** 10:00am - 3:00pm

**Location:** Exhibition Park in Canberra

**Cost:** Free

**Uncategorised**



Held from 10am-3pm at Exhibition Park in Canberra the Expo brings together more than 120 exhibitors to inspire, inform and connect older Canberrans to the groups, activities and organisations available to them.

The Expo is designed to showcase businesses and organisations, giving Canberra seniors information on:

- lifestyle options
- retirement and aged care advice and options
- travel opportunities
- investment ideas
- government services
- community links
- social and leisure activities
- health and fitness
- and more!

## Media release on suicide commission

On Wednesday, 5 February 2020, the Morrison government announced it will establish a permanent National Commissioner for Defence and Veteran Suicide Prevention. The National Commissioner will have the enduring power, scope and resources to investigate suicides and related issues as they arise, rather than being restricted by a one-off review looking at past practices.

Prime Minister Scott Morrison said the independent Commissioner would also have the power to compel witnesses to give evidence.

The National Commissioner for Defence and Veteran Suicide Prevention will be empowered to perform two roles:

The Commissioner will be an independent and permanent public accountability body, with the same powers of a Royal Commission to compel the production of evidence and summon witnesses, and make findings and recommendations to Government.

The Commissioner will also provide an ongoing investigative function of individual cases of suicide, working with each state and territory coronial office, making recommendations to Government.

The Government will invest an initial \$40 million to support the Commissioner's work and this will be expanded to ensure they have whatever resources they need.

The Government will also establish an immediate, independent review of historical veteran suicide cases, conducted by the Commissioner, focusing on the impact of military service and veterans' post service experience.

An interim report will be delivered within 12 months. Families will be engaged in this process if they wish, with an opportunity to participate and tell their stories openly and safely.

The Australian Institute of Health and Welfare and the Australian Commission on Safety and Quality in Health Care, along with coronial and legal experts, will provide technical expertise in support of this work.

Minister for Veterans and Defence Personnel Darren Chester said the Commissioner would also deliver an Annual Veteran and Defence Suicide Death Report to the Parliament.

"This will be a transparent report directly to the Parliament on an annual basis on suicides within the defence and veteran community, including an update on the implementation and evaluation of measures to reduce suicide risk factors," Mr Chester said.

A Veteran Family Advocate will also be appointed to directly engage with the families of veterans, to improve the design of all veteran programs and services, including mental health supports and services.

"The new Veteran Family Advocate will focus on mental health and suicide prevention, and contribute to our understanding of risk factors relating to the wellbeing of veterans and their families, particularly during transition from the ADF," Mr Chester said.

"The Advocate will represent the views of veterans and their families by engaging and advocating to help shape policy and the administration of veteran benefits and support.

"We want to assure defence and veterans' families that help is available now and it can make a difference. Open Arms – Veterans and Families Counselling provides support and counselling to current ADF members, veterans and their families and can be contacted 24/7 on 1800 011 046."

## PET ASSISTANCE AND WELLBEING SERVICE

# PAWS

PET ASSISTANCE AND WELLBEING SERVICE

**What happens  
when a pet  
owner is unable  
to care for their  
pet in the same  
way they used  
to?**

# PAWS

PET ASSISTANCE AND WELLBEING SERVICE

**Run by volunteers, PAWS supports pet owners by:**

- Arranging regular walks for pets
- Providing transport to vet appointments

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**If you or someone you know could benefit from PAWS, please contact the Northside team on:**

**02 6171 8000**

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**Did you know:**

**Pet owners:**

- Visit the doctor less often and use less medication
- Have lower cholesterol and blood pressure
- Recover more quickly from illness and surgery
- Are less likely to be lonely and isolated



**(02) 6171 8000**  
[northside.asn.au/paws](http://northside.asn.au/paws)  
[intake@northside.asn.au](mailto:intake@northside.asn.au)



# DVA disaster assistance- bushfire crisis

The impact of the bushfires is being felt across the nation, including by members of the veteran and defence communities. Health and safety is the priority during this time, and we encourage you to listen to the experts on how to be prepared.

The ABC, as the national broadcaster, provides [up-to-date information on all alerts and warnings](#).

Further information is also available on each of the state government websites.

Members of the veteran and defence communities can also access:

**The Australian Government Disaster Recovery Payment** – one-off financial assistance to eligible Australians adversely affected by the bushfires. For more information on eligibility, and how to claim, visit the [Department of Human Services website](#) or call **180 22 66**.

**Defence Service Homes Insurance** – to lodge a claim or for assistance please contact **1300 552 662** or visit the [Defence Service Homes Insurance website](#).

[Open Arms counselling support](#) (24/7) – veterans and their families requiring emergency counselling support can call **1800 011 046**.

**Crisis payments** – a one-off payment to financially assist eligible people following a range of defined circumstances. For information about

the crisis payments and eligibility please read [Factsheet IS121 - Crisis Payments](#)

•**Other assistance** – DVA's Veterans' Access Network (VAN) can be contacted on **1800 555 254** to assist with a wide range of issues, including replacement of aids and appliances, ensuring availability of pharmaceuticals, and arranging transportation to medical appointments.

•**Veteran's Home Care** – assists you to continue living independently by providing a small amount of practical help including safety related home and garden maintenance that can help prevent health and safety hazards around the home. For program clients affected by the fires please contact your service providers or assessment agency. For eligible, affected veterans that need new services or services in a new location contact a VHC Assessment Agency on 1300 550 450.

If any other services or support you receive from the Department are being impacted by the fires, or if you need extra support in requesting these services, you can call DVA on **1800 555 254** for assistance.







# Burrangiri

***Social and recreation  
support.***

***Next RSL Woden Valley  
Sub-Branch***

***day visit and lunch***

***takes place 20 February  
2020 - 10.30 am***

***Call Rania on 02 62851931  
to book.***

## **RSL WODEN VALLEY SUB-BRANCH**

**Next Carers Friendship Group 24 February 9.30 am**

**Call Rania on 02 6285 1931 to book.**

### **Carers Friendship Group**

**Open to all carers of our veterans. Please contact Rania**

## ***Volunteers information Day***

***11 March 10-12am***

***Call Rania***

***on 02 62887470 to book***

## **Contact Us**

Give us a call for more  
information or access  
to our services

***RSL Woden Valley  
Sub-Branch  
14/27 Mulley Street  
HOLDER ACT 2611***

**62851931**

**admin@rslwoden.org.  
au**

Visit us on the web at  
[www.rslwoden.org.au](http://www.rslwoden.org.au)

Or drop in for a coffee  
Fridays at 10.30am

Our office hours are  
9am-3pm Mon-Fri

## **Did you know?**

**E-News and The Serviceman are  
also readily available to read on  
our website [www.rslwoden.org.au](http://www.rslwoden.org.au)**

