

RSL WODEN VALLEY SUB-BRANCH ENEWS



July 2020

SOCIAL ART PROGRAM FOR VETERANS



ACT Government Veterans' Grant Scheme

The Veterans' Social Art Program run by Margaret Hadfield at the Artists Shed in Fyshwick was completed with ten graduates. The program was run over five sessions and lessons conducted by three teachers; Margaret, Julianne and Denis.

The course began 18 March however we were forced to put classes on hold until 27 May due to Covid 19. Observing social distancing, classes resumed and successfully completed 17 June. The friendly environment ensured that everyone felt at home and was free to express their talent under the guidance of excellent teachers.

Over the five weeks students were taught colour mixing, drawing methods and textures, positioning a composition, framing a section of work for focusing on and acrylic painting techniques.

Our graduates were presented their certificate of completion by Minister Gordon Ramsay, Minister for Seniors and Veterans and Minister for the Arts and Cultural Events. This was followed by a BBQ at the Artists Shed.

We all look forward to the next round of classes in the future.

Her Excellency Mrs Linda Hurley wrote a poem for the visit of some RSL Woden Valley Sub-Branch members to Government House late last year. She graciously sent the words to us recently and the poem is reproduced below.



Her Excellency Mrs Linda Hurley



The RSL is helping our Defence Force Women and Men
It began in 1916 and has been serving on since then
It has so many members Sub branches far and wide
The members wear their badge in service and with pride

The Anzac Day dawn service the League is always there
Remembrance Day is special with poppies they take care
They fight for rights of veterans and serving members too
Programs for wellbeing is another thing they do

The Woden Valley sub branch is always there to help
The veterans and the widows are not left by themselves
The volunteers are caring they always lend a hand
The members of the RSL really are quite grand
We thank you for your service we love what you all do
A lovely group of people great Aussies through and through



Dear All

Welcome to the July eNewsletter that follows a period in which we have all been challenged by the COVID-19 situation and our workloads have continued to grow across the two key areas of our VSC.

Firstly, congratulations to all of you for surviving the lockdown and other limitations imposed on us all over the past few months and good luck for the new challenges that will arise as the restrictions are eased. Thanks in particular to those who have supported their friends and others during this time, and who have thereby helped reduce the risks of social isolation in our members.

Thanks also to our staff who have worked under difficult conditions to keep the office ticking as it should and to help maintain a semblance of *normalcy*. Special thanks to our Board who have continued with their individual duties. We have gathered by teleconference each week to discuss issues and plan for the coming weeks, while holding a formal Board Meeting each month as normal.

For the past several months, we continued to attract referrals to each of the compensation and welfare teams that indicate we do our job very well. However, as these rates are close to being unsustainable, the Board is looking at options to enhance our capacity to maintain the momentum in all critical functions.

As you will see from other notices, we received several grants recently and our Board is planning activities to spend these funds accordingly. While these funds are exciting, they also put additional pressure on some of us to ensure we use them as they are intended. I can truly say that things are getting exciting and I remain cautiously optimistic that we will attract some new members and others to support our endeavours.

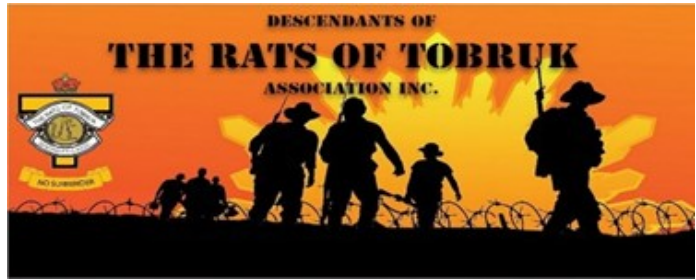
Lastly, please note the next OGM is scheduled for Tuesday, 28 July, in *The Corey Room* at the GCCC, Holder. The Board wishes to finalise the recommended changes to our Constitution and ask members to endorse Peter Eveille as our Deputy President to replace Peter MacFetters who recently moved to Tasmania. This meeting will be a good opportunity to outline some of the key activities of recent months and speak to those that are on the horizon.

Best wishes to all,

Jim



'No Surrender' Rose planting 2020 Eddison Park "The Rats of Tobruk"



What's so special about planting a rose?
From Vicki Monday.

The History -

Almost eighty years ago - on the 10th of April 1941, 14,000 Australians defending the Egyptian town of Tobruk found themselves surrounded by a German-Italian army commanded by General Erwin Rommel, in a siege that would last eight months. This was to become one of the most significant battles of WW2, "The Siege of Tobruk".

The men of the Tobruk garrison, mostly Australians, withstood tank attacks, artillery barrages and daily bombings. They endured the desert's searing heat, the bitterly cold nights and hellish dust storms. They lived in dug-outs, caves and crevasses. These defenders of Tobruk did not surrender, they did not retreat. Their determination, bravery and humour, became a source of inspiration during some of the war's darkest days. In so doing, they achieved lasting fame as the "Rats of Tobruk".

Of the 14,000 involved at Tobruk, Australian casualties from the 9th Division from 10th April to 25th October, 749 were killed, 1,996 wounded and 604 were taken prisoners of war. Today, we believe there are only around 30 Rats of Tobruk still living, all in their late nineties, some have turned 100!

The Rose -

In preparation for the 80th Anniversary of the Siege of Tobruk 80th Anniversary of the Siege of Tobruk – World Reunion – Brisbane April 2021 and in remembrance of our 'Rats', a rose was developed by Treloar Roses, Victoria, called "No Surrender". The beautiful blood-red and sandy gold 'No Surrender' rose was to be planted in each state in Australia at the same time, exactly a year before the anniversary, 10 April 2020, with a view to having the roses blooming and Official plaques being laid on the 2021 80th anniversary.

But COVID19 put a stop to that and sadly we could not gather at that time, so on Thurs 2nd July, at 11am we in the ACT will finally get to plant our "No Surrender" Roses at the Obelisk in Eddison Park, Woden at a small informal service, including at least one living Rat of Tobruk, Derek Holyoake.



On the photo from left:

Andrew Forster
Greg Kennett
Bob Cremer
Sue Windross
Les Cook
Frank Munday
Vicki Munday
Jim Gilchrist
Alice Blackshaw
Derek Holyoake (seated)



'No Surrender' Rose planting 2020 - Eddison Park "The Rats of Tobruk"



On the photos:

- Vicki Munday**
- Frank Munday**
- Greg Kennett**
- Andrew Forster**
- Alice Blackshaw**
- Rania Kalimeris**
- Jim Gilchrist (seated)**
- Less Cook (seated)**
- Derek Holyoake (seated)**





Australian Government

Be Connected

Every Australian online.



Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. We have online learning resources as well as a Network of community partners - the Be Connected Network - who offer support so you can develop your digital skills and confidence.



Be Connected - IT sessions with a knowledgeable volunteer tutor, Scott Powers.



On the photos above: Tutor Scott Powers, Mick O`Donnell, Bob Cremer, Peter Sutton

The Hon Darren Chester MP

Minister for Veterans' Affairs
Minister for Defence Personnel

Friday, 19 June 2020

Census night 2021 will count our veterans

The Federal Government welcomes the announcement of the Australian Bureau of Statistics (ABS) that the next Census will be held on 10 August 2021 and final confirmation that it will include a question about service in the Australian Defence Force (ADF).

Minister for Veterans' Affairs Darren Chester said the Census will provide a better understanding of how many veterans we have and where they live, allowing us to deliver the right services in the right areas to support their needs.

"Historically, just because a person served in the ADF doesn't mean they required services or support from the Department of Veterans' Affairs (DVA), making it hard to give a definitive answer on how many veterans are in Australia," Mr Chester said.

"The Census will provide better data to help guide services and support for Australia's veterans, and will help inform our policy response to issues facing veterans, such as health, housing and employment."

The resulting data will have the potential to help the federal, state and territory government agencies, and ex-service organisations better target and improve services and support.

Veterans' Affairs Ministers from across Australia recognised the importance of this issue, unanimously agreeing in 2017 that 'a question about veterans should be included in the next Australian Census'. This was reinforced in 2018, where Ministers recognised the need for robust data on veterans' issues and strongly endorsed the need for a veteran indicator in the 2021 Census.



Did you know?

RSL Woden Valley Sub-Branch members can earn up to \$20,000 per year for the Sub-Branch through the Community Contributions program at the Southern Cross Club. We thank you for your contributions last year and urge those who have not already done so, to link your membership cards to the **RSL Woden Valley Sub-Branch** as your nominated charity at the Southern Cross Club reception desk.

www.csccl.com.au



The Hon Darren Chester MP

Minister for Veterans' Affairs
Minister for Defence Personnel

MEDIA RELEASE

Thursday, 2 July 2020

VETERANS VIEWS SOUGHT TO SHAPE FUTURE ENGAGEMENT

VETERANS and their families are being asked to provide their views on how the ex-service community is consulted and engaged, and how this can be improved.

Minister for Veterans' Affairs Darren Chester said the views of the serving and ex-service community are essential as the Department of Veterans' Affairs (DVA) continues to change and to ensure veterans and their families can access the services they need, when they need them.

"The Government is committed to putting veterans and their families first, and part of this is consulting with the right groups in the ex-service community and seeking a broad range of views on services, support and commemoration," Mr Chester said.

"Along with DVA, ex-service organisations have played a critical role in supporting veterans and their families for more than 100 years, and this review ensures their changing views and requirements are heard. I encourage all those in the ex-service community to participate and provide their feedback."

The National Consultation Framework has been in place since 2009 and is reviewed every three years in consultation with the ex-service community. It aims to facilitate the needs of veterans and their families are voiced and listened to by DVA, through forum structures, membership of various forums, appropriate representation on fora and capacity of member organisations.

Repatriation Commissioner Don Spinks, who is responsible for Veteran Engagement at DVA, said everyone's suggestions will be heard and will play an important role informing the future consultation model.

"This review is essential to giving veterans a voice so I encourage everyone in the serving and ex-service community to get involved and have their say," Commissioner Spinks said.

Further information on the review, including participating in the survey, is available on the [DVA website](#).

The survey will be available until 26 July 2020 with the final report expected to be completed in late 2020.

Repatriation Commissioner Don Spinks is available for interview to discuss the National Consultation Framework. Please phone the DVA Media Team 02 6289 6466.

MEDIA CONTACTS:
Cedric Szigeti: 02 6277 7820
DVA Media: 02 6289 6466

Office of the Hon. Darren Chester, Canberra ACT.

Open Arms — Veterans & Families Counselling provides free and confidential support for current and ex-serving ADF personnel and their families. Help is available 24/7 on 1800 011 046 (international: +61 1800 011 046 or +61 8 8241 4546) or visit www.OpenArms.gov.au

New veteran cards are on their way!



Veterans will be receiving new Veteran Cards in the post from June as the old DVA health cards expire.

The new Veteran Cards are replacing the existing DVA health cards (Gold, White and Orange) that expire July 2020, with all health benefits and entitlements remaining unchanged.

The new cards have been issued since early 2019, so some veterans may have received their new look cards already as well as any Veteran who signed up to the Australian Defence Veterans' Covenant.

Look out for your new card in the post, and don't forget to destroy your old expired one (Gold, White or Orange).

Clients who have a DVA health card with an expiry date after July 2020, will be issued a Veteran Card later in the year.

The Veteran Card provides a way for the Australian community to recognise and connect with veterans and acknowledge service to the nation. As well as continuing to provide access to health services, the new cards also provide additional benefits from businesses, organisations and community groups who support the Australian Defence Veterans' Covenant.

For more information on the health benefits available to Veteran Card holders visit :
<https://www.dva.gov.au/health-and-treatment/veteran-healthcare-cards/veteran-card>

If you haven't received your new Veteran Card by the end of July please call us on 1800 555 254.

Defence Families of Australia

INDEPENDENT OF DEFENCE | PROVIDES ADVICE TO GOVERNMENT



Welcome to the Winter edition of the Advocate, an update from the team at Defence Families of Australia (DFA).

Welcome to the Winter edition of the Advocate, an update from the team at Defence Families of Australia (DFA).

So much has happened since our Autumn edition.

Where to start?

For many ADF families 2020 has not been what they expected. From a devastating bushfire season to a global pandemic all in the space of a few months.

As we write, many ADF families are still separated by border restrictions from members and families. Other families have spent more time than ever in their houses together. Some are now saying goodbye to loved ones for deployments. So many different challenges.

We know of partners that have lost their jobs, others juggling working from home and supporting children to learn from home. So many stories. Our Facebook page has been filled with stories from partners and family members.

The DFA team have also been working to advocate for families that have reached out to us.

Our business has not changed.

At the end of this newsletter is a list of important phone numbers. Please if you or someone you know needs support, reach out.

Take care,

The DFA Team

Defence Family Helpline (DCO)
1800 624 608



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

AVCAT SCHOLARSHIPS

*Tertiary scholarships for
children and grandchildren of
Australian ex-serving veterans*

Apply online

Applications open Vietnam Veterans Day
18 August 2020

Apply by midnight 31 October 2020

avcat.org.au

E MEMORIAL

Newsletter | June 2020

If you are having problems viewing this newsletter [click here](#) to view the web version.



WE OPEN 1 JULY

The Australian War Memorial will reopen to the public on Wednesday, 1 July.

You must have a ticket to visit the Memorial. As a valued eMemorial subscriber, we are offering you advance access to register a ticket to visit.

Thank you for your continued support of the Memorial, we look forward to welcoming you back.

The Australian War Memorial
Treloar Crescent, Campbell ACT 2612, Australia

Opening Hours
10 am – 5 pm daily
Closed Christmas Day



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AWM.GOV.AU



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GET A TICKET TO VISIT

Entry tickets are available to visit the Australian War Memorial museum galleries and to attend the daily Last Post Ceremony. Entry is free.

[REGISTER YOUR TICKET](#)



PLAN YOUR VISIT

Regular visitors will notice we have implemented some changes to our operations to ensure the health and safety of visitors, staff and volunteers. Visit our website for more information.

[PLAN YOUR VISIT](#)



DONATE

Please consider donating to the Memorial this financial year. The Australian War Memorial is an archive, museum and shrine, built upon the passion of people determined to honour the service and sacrifice of our servicemen and servicewomen. Please donate to help us to continue developing new projects, programs and activities for current and future generations. Donations have been used in the day-to-day running of the Memorial, to acquire and conserve collection items, fund publications, and deliver new digital outreach projects.



HEART HEALTH

GETTING VETERANS FITTER, HAPPIER AND HEALTHIER

Health & Fitness

The Heart Health program aims to increase your physical health, fitness and wellbeing by providing practical exercise resources, nutritional and lifestyle coaching for 12 months.

The Heart Health Program is free and open to all veterans and peacekeepers who have had operational service and who have not participated in the program before.

Physical health is vital to your mental health and your overall quality of life. There are a number of benefits for those taking part in the program.

Participants will:

- Increase energy levels
- Maintain a healthy weight
- Improve strength, flexibility and coordination
- Learn healthy eating practices
- Prevent chronic disease
- Increase mobility
- Manage Stress and improve sleep
- Create and maintain social connections

Fully Funded.



For more information and to check your eligibility contact CHM at hearthealth@chm.com.au
1300 246 262 | www.veteranshearthealth.com.au

www.veteranshearthealth.com.au

CHM
CORPORATE
HEALTH
MANAGEMENT





What do I do if ...

My hearing provider suggests that the devices from the HSP do not meet my hearing needs?

Check with your hearing provider that they have looked at all devices available through the Hearing Services Program.

The range of devices and technology available through the HSP is extensive – there should be hearing aids to meet your hearing needs.

Also ask your hearing provider to explore ALD options appropriate for your hearing needs. ALDs are available to you through DVA.

My hearing provider requests payment for a hearing device?

Ask your hearing provider if they have considered all the devices and combinations available through both the HSP and DVA-funded ALDs.

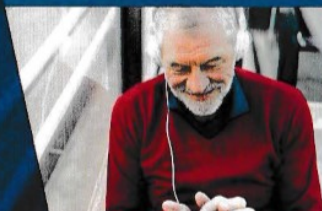
HSP and DVA-funded ALDs, are provided to you at no cost.

If a cost or payment is still required, ask your hearing provider to contact DVA to discuss your circumstances.

DVA does not reimburse for hearing devices already purchased.

I am unsure about using hearing aids and ALDs?

Your hearing provider will provide support and training for all devices prescribed to you.



For more information

For more information about the Hearing Services Program, please contact:

Australian Government Hearing Services Program

Phone: 1800 500 726
Email: hearing@health.gov.au
Website: www.hearingservices.gov.au

If you would like more information about ALDs, Tinnitus treatment or other DVA services, contact:

DVA General Enquiries

Phone: 1800 555 254
Email: GeneralEnquiries@dva.gov.au
Website: www.dva.gov.au



DVA health provider enquiries

Hearing providers can contact DVA if they have any queries:

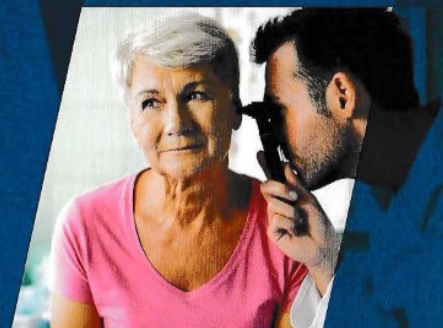
Phone: 1800 550 457
Email: Health.Approval@dva.gov.au

Hearing or speech impairment assistance

TTY users: 1800 555 677
ask for the 1800 numbers above
Speak and Listen user: 1800 555 727
ask for the 1800 numbers above
Internet relay users connect to the National Relay Service for the 1800 numbers above



Australian Government
Department of Veterans' Affairs



Guide to Hearing Services

Hearing loss and tinnitus are two of the most common conditions experienced by former Australian Defence Force personnel.

Hearing services for veterans

The Australian Government provides hearing services to veterans in two ways. The first is the Hearing Services Program (HSP), administered by the Department of Health. The second is via the Department of Veterans' Affairs (DVA).

Hearing Services Program

The HSP offers more than 250 high-quality hearing aids. It is available to all eligible Australians, including veterans. These hearing aids meet the needs of the vast majority of DVA clients.

Devices through the HSP are free.

For more information, and to find a hearing provider in your area, go to the HSP website (www.hearingservices.gov.au).



DVA's hearing services

DVA supports veterans with service-related hearing loss and tinnitus by funding:

- tests to determine if your hearing loss or tinnitus is service-related
- Assistive Listening Devices (ALDs)
- replacement batteries and hearing aid maintenance
- treatment for tinnitus.



Assistive Listening Devices (ALDs)

ALDs work in combination with hearing aids and are designed to help you hear better in specific circumstances, such as watching television or being out in social situations. ALDs must be prescribed by your hearing provider.

Using ALDs and hearing aids together has been shown to provide superior hearing when compared to using hearing aids alone.

Types of ALDs include television listening devices, microphone/FM listening systems and wireless streaming devices.

Ask your hearing provider whether you need an ALD, particularly if you're finding your hearing aid isn't very effective.

For more information, and to find a hearing provider in your area, go to the ALD page on the DVA website (www.dva.gov.au/ALDs).

REMEMBER

You can arrange an appointment with the hearing provider of your choice.

Take your DVA Gold or White Card to the appointment and let your hearing provider know you have a DVA card.



Tinnitus treatment

DVA funds a range of services and devices for tinnitus.

Your GP can refer you to a hearing provider, such as an audiologist or an ear, nose and throat (ENT) specialist, for an assessment and possible treatment. This might involve:

- a rehabilitation plan
- devices to help with sleep
- hearing aids with tinnitus settings.

They will need to seek approval for funding from DVA before they treat you. Otherwise, you will have to pay for it.



Exceptional circumstances

Your hearing provider may feel that your hearing needs are exceptional and cannot be met by HSP hearing aids and/or DVA-covered assistive listening devices. If so, ask them to submit a request to DVA.

Check with your hearing provider to make sure DVA has approved the request **before** they sell you any devices that are not part of either the HSP or DVA-funded ALDs.

DVA does not reimburse you for hearing devices you've already bought without our approval.

For more information, go to the hearing services page on the DVA website (www.dva.gov.au/hearing).



Don't forget our Coffee Club is still open from 10-12 every Friday in The Corey Room, Level 2A, of the Grant Cameron Community Centre, 27 Mulley Street, Holder.



Any member or prospective member is most welcome to join us for a chat and enjoy freshly brewed coffee with former service mates.

- **Eddison Day Club meetings**
- **Carers Friendship Group**
 - **Burrangiri**

**SUSPENDED UNTIL
FURTHER NOTICE**

Did you know?

E-News and The Serviceman are also readily available to read on our website www.rslwoden.org.au



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

Or drop in for a coffee
Fridays at 10.00am

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