

RSL WODEN VALLEY SUB-BRANCH ENEWS



JUNE 2022



PRESIDENT'S MESSAGE

June 30

Dear Members,

Six months down and six to go! I hope you've all successfully made the transition from the first to the second half of 2022 and are looking forward to some warmer and perhaps dryer weather soon.

While some of our current operations and opportunities to gather with friends continue to be somewhat limited, the pictures of our afternoon tea last Tuesday prove that we can meet and have some fun. Thanks to all of those who contributed in organising his function and for attending.

Please let us know if you're interested in having more of these informal sessions as they are really quite easy to organise and yet they bring good vibes to those who are able to take advantage of them.

Please see the membership of our Board that was elected last month. As individuals and as a group, we look forward to continuing to support our members and others who seek our assistance, and to ensure that we meet the objects of our Sub-Branch. Feel free to contact any of our Directors if you have any issues that you or people you know might have; or, better still, if you have suggestions as to how we might be able to 'spread some joy'. In this regards, please stay alert to information about some excursions we're planning to hold in the coming months.

In noting the range of other items in this newsletter, I highlight Greg Kennett's recent visit to St Edmund's College. Although we've been unable to hold the ANZAC and Peace Ceremony for the past two years, Greg and his small team have continued with the Essay Competition that allows us to engage with schools and their students.

If anyone is interested in attending or even learning more about the GEARS Program we will be hosting from 15 August, please call the Office or me for more information. This is an excellent course that has helped many veterans who have had operational experience, especially as they are or are preparing to transition from the ADF.

As always, I thank Alex for her role in preparing and releasing this newsletter.

Best wishes to all and please stay, or get, in touch, even if it just for a chat.

Jim Gilchrist

President

Afternoon tea in the Corey Room on Tuesday 28 June replaced the cancelled OGM dinner.



Dear members,

For your information, following are the members of the Sub-Branch's new Board of Management for 2022-23, elected at the AGM on 31 May 2022:

President	Jim Gilchrist
Deputy President	Anthony John
Secretary	Greg Kennett
Treasurer	Jan Properjohn
Vice President Welfare	Peter Sutton
Board Members	Les Bienkiewicz
	William Kelly
	Rob Macaulay
Editor – <i>The Serviceman</i>	Bob Cremer

Please note that several Board positions remain vacant and can be filled at any time. Please contact me if you might be interested in joining the Board.

Regards,

Greg



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Australian Government

Department of Veterans' Affairs

OFFICE OF THE SECRETARY
PRESIDENT REPATRIATION COMMISSION

Mr Jim Gilchrist
President
RSL Sub-branch Woden
president@rslwoden.org.au

Dear Mr Gilchrist,

Refurbishment of collocated Veterans' Access Network office in Woden Canberra at 2-6 Bowes Street, Woden ACT.

When you next visit the Department of Veterans' Affairs (DVA) Veterans' Access Network (VAN) office in Woden Canberra, you will notice it has been renovated as part of the refurbishments occurring across all Services Australia service centres.

The Woden service centre has been refurbished with a new contemporary look and feel, as well as upgraded facilities that will make it easier to access services. While the refurbishment has resulted in an updated office layout, please be assured that these changes have not reduced the presence of DVA staff onsite or the service offering and assistance that DVA clients currently receive at the service centre. The office hours will continue to be Monday to Friday from 8.30am to 4.30pm.

In addition, you can continue to contact DVA through all of the usual channels and if you have any questions about this letter you can go to www.dva.gov.au/general-enquiries or www.dva.gov.au/my-service and follow the prompts to send us a message. You can also call us on 1800 VETERAN (1800 838 372).

Yours sincerely,

Liz Cosson AM CSC
Secretary
29 June 2022



MEDIA RELEASE

22 June 2022
For immediate release

RSL Condemns Greens' Move on Flag as Disrespectful to Service Personnel, Veterans and Community

The Returned & Services League of Australia 's (RSL) has condemned the move by Greens' Leader Adam Bandt and other Green MPs to remove the Australian flag from media conferences and other events.

The RSL says the Greens' action is disrespectful to Australia's service personnel, its veterans and to the entire community.

RSL Australia president Greg Melick said while the RSL was reluctant to engage in political controversy, the issue of the flag should be important to each and every Australian and its misuse was unacceptable.

He said while some may regard the actions of Mr Bandt as little more than a political stunt, it was particularly hurtful to the thousands of Australian men and women who had served or who are still serving under that very flag, as well as to the families of those who had sacrificed their lives in the service of our country.

"The RSL condemns the actions of Mr Bandt in the strongest possible terms.

"Australians have served under our national flag, irrespective of their race, religion or political views and it and all our present and past service personnel deserve the highest respect.

"Mr Bandt's move was disrespectful to all these people and the RSL rejects it as unfitting of a member of our national parliament," Greg Melick said.

ENDS

National Media contact: Tony Harrison – 0417 318 178; tony@wearebright.com.au

From St Edmund's Collage Canberra facebook page:



St Edmund's College Canberra

23 June at 19:02 · 🌐

Today at our Junior School Academic Assembly we celebrated many wonderful achievements by our Junior School students. Included amongst the celebrations was an amazing result for one of our students in the ANZAC essay writing competition. This year we had a finalist in the ACT ANZAC Essay Competition, Henry Page (Year 6). Greg Kennett from the RSL Woden sub-branch addressed the assembly today to let our community know that Henry had, in fact, won the entire competition. Henry read out excerpts from his wonderful essay and received a plaque, a medallion, and \$250 towards his future education. Congratulations Henry.



Photos above from left: Henry Page, Principal Joe Zavone and Greg Kennett.

Release of McKinsey Report

Dear Colleagues

As you may be aware, last year, the Department of Veterans' Affairs engaged McKinsey and Co. (McKinsey) to undertake a Claims Process Diagnostic. McKinsey completed their work and provided a detailed diagnostic, which is now publicly available here [Claims Process Diagnostic](#).

The report is detailed and comprehensive. In summary, the report identifies 11 priority initiatives for implementation to address the claims process and the claims backlog. These initiatives were selected based on the modelled impact by December 2023. A further 26 ideas were considered and not prioritised due to the need for significant legislative change, significant and/or costly information system changes, or a limited impact on the backlog within the required timeframe.

The main areas of focus for the initiatives are in:

supporting veterans to submit complete claims, particularly for conditions that are likely to be approved;

helping medical providers to supply accurate, timely and complete information to support claim decision-making;

establishing dedicated tiger teams to complete claims;

rebalancing the workforce to address movements in claims from initial liability to permanent impairment as required; and

improving claims processing once complete information is received.

Some initiatives have interdependencies with actions DVA has in train, and actions relating to the Commonwealth Ombudsman's report of January 2022, on DVA communication with veterans.

Recommended actions from the McKinsey findings that do not require Government approval and are within DVA's current resources have been progressed, aligned to transformation and other initiatives DVA has in train.

We have been actively planning and implementing initiatives for which we have funding and resources.

It is important to note that the initial forecasts by McKinsey estimated the backlog would be removed by December 2023 if all initiatives were implemented according to the timeline proposed. Some initiatives require additional resources, funding and/ or legislative change which require Government decisions and the department will work closely with the new Government on this. The focus of the initiatives may change as a result of the commitment by the new Government to provide additional resources for the department. As you may be aware, the new Government has announced an additional 500 staff for DVA to assist with current backlogs in service delivery.

We look forward to providing an update on DVA's work to implement these initiatives at future meetings.

Regards

Liz



Liz Cosson AM CSC
Secretary
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The Eddison Day Club

“The Eddison Day Club has been meeting for a lunch only during the last several months. We have only attracted a small crowd. If we can increase numbers attending we can then arrange for guest speakers or entertainers to attend, whereas at present it is not possible to have any attend due the small numbers coming to lunch. COVID is not going to go away any time soon. We realise it is a Catch 22 situation, but unless we have more people attend each Friday, we can't expect to have speakers/entertainers to come to us. We have had enquiries from people interested in coming to entertain us but they feel it is not worthwhile while our numbers are so low. We do need to increase interest in the Day Club to reduce isolation and interaction with others.”

Regards

Peter Sutton

Vice President Welfare



Woden Valley Sub Branch



Curtin University Honours Research Project - Female Veterans



RESEARCHERS PARTICIPANTS REQUIRED

The number of women in the Australian Defence Force is increasing; however, there is limited understanding of women's experiences once they leave the defence force and transition to civilian life.

This study is focused on the experiences of women veterans accessing suitable health, mental health and other well-being services whilst transitioning from the ADF to civilian life.

The proposed study aims to explore the suitability of existing services and any gaps in service provision for women veterans.

The research will contribute to addressing gaps, and improving the suitability of existing health, mental health and wellbeing services for women veterans.

What	60 min interview
Who	If you are a woman who has transitioned from the ADF in the past 15 years. You have experience of accessing health, mental health and wellbeing services after transitioning from the ADF. You are aged over 18 years old
Where	Either at Curtin University (WA) Online via Teams App Telephone

This research is being conducted by Bronwyn Tierney-Power, a social work Honours student at Curtin University, under the supervision of Dr Lynelle Watts, Paula Clough and Sophie Ridley. For further information please contact bronwyn.power@student.curtin.edu.au or Dr Lynelle Watts - lynelle.watts@curtin.edu.au

Curtin University Human Research Ethics Committee (HREC) has approved this study (HRE2022-0246)



Sleep is essential for good health.

Problems can often seem bigger and harder to deal with when you're tired, so getting a good night's sleep is essential in helping you overcome the challenges you're facing.

A restful sleep can help reduce stress, improve your immunity, lower blood pressure and improve your mood.

Most adults need between 7 and 9 hours sleep a night. We know this isn't always easy but it's a good target to aim for.

For more tips on how to get the best rest, visit 🖱️

<https://www.openarms.gov.au/living-well/sleep-well>

Tips for a healthy sleep pattern



Sleep and wake at consistent times



Avoid caffeine late in the day



Exercise regularly



Do something relaxing before bed



Reduce screen time before bed





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.

Please note that the Eddison Day Club is currently meeting on only a very casual basis for lunch at midday Fridays.



Contact Us

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

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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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