

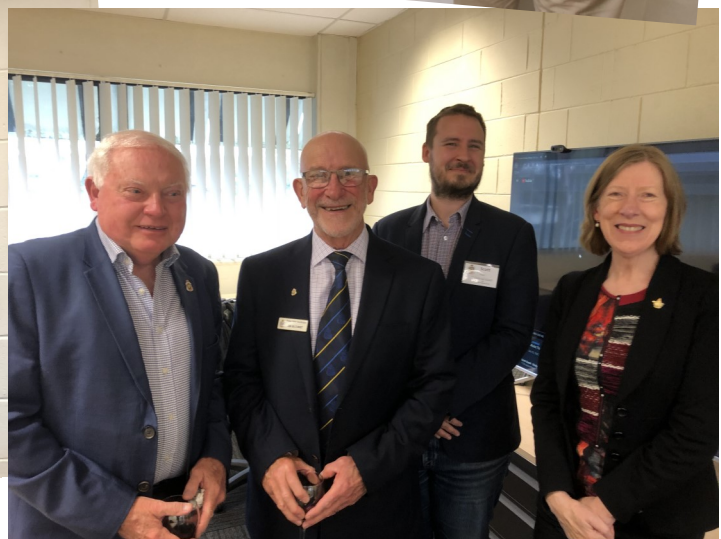
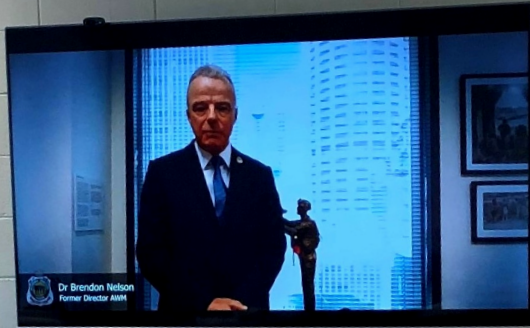
RSL WODEN VALLEY SUB-BRANCH ENEWS



November 2020

The launch of the video of the official opening of The Corey Room by Dr Brendan Nelson was held on Tuesday 27 October at the RSL WV Sub-Branch office. Given his work over more than 30 years to honour Corporal Corey, the video was dedicated to former Sub-Branch President, the late Alex Reynolds.





Photos from the top: Betty Eveille, Sandy Spencer, Bill Smith, Nichole Overall, Ian Gollings, Alan Spencer, Peter Sutton, Rania Kalimeris, Anthony John, Brendan Nelson, Peter Eveille, Bob Cox, Jill Kelly, Joyce O'Brien, Bill Kelly, Jim Gilchrist, Scott Powers, Kay Gilchrist.

Annual General Meeting RSL WV Sub-Branch

President's Message

Following a successful AGM last week at which members received papers relating to the 2019 financial year, approved several important motions and elected your representatives for the coming year, I offer the following notes.

Firstly, I iterate my thanks to all staff and volunteers who contributed to our success in 2019. And, to those who have maintained the momentum in 2020.

I also thank members for re-electing members of the Board for another term. While some of us have served for a long time, Sub-Branch members have endorsed the desirability of some continuity while concurrently encouraging our ongoing initiatives to consolidate our governance and management systems.

In welcoming Anthony John back to the Board, I thank all of our directors for their continuing commitment to our members and others in the veteran community.

I particularly thank members for approving the motion to review and enhance our information technology communications systems that are vital to our operations.

Lastly, I encourage all members to stay engaged with the Sub-Branch as much as possible. Stay alert for exciting, but measured, activities we are planning for the next couple of months. Above all, please do not hesitate to ask for help if you or any of your family or friends are struggling.



Earlier this year, the Sub-Branch conducted its annual ANZAC Essay Competition for years 5/6 students in primary schools within the greater Woden area. While the Essay Competition proceeded, the ANZAC and Peace Ceremony in early April was cancelled due to COVID-19 restrictions, so the essay prizes could not be presented at that time. It is only recently that restrictions were eased, allowing schools to hold assemblies, and Secretary Greg Kennett took the opportunity to visit the place-getters' schools to present the prizes to Skye Wilder of St John Vianney's PS, Waramanga and Brigid Norgrove of St Benedict's PS, Narrabundah (both equal first place), and Eleanor Graham of Chapman PS (third place). The photos show Greg with Skye and Brigid after they were presented with their prizes.



Photo on the left: Greg Kennett; Rachel Smith (Principal); Brigid Norgrove (Yr.6); Linda de Salis (Defence School Mentor); Hannah & John Norgrove (Brigid's parents)

Photo on the right:
Greg Kennett and
Skye Wilder



Vulnerable Aussies suffering from digital inequality

A new report says COVID-19 has underlined the critical importance of digital inclusion in Australia



Many older and low-income Australians are missing out on the benefits of being online, putting them at greater risk of social isolation amid COVID-19 restrictions, new research shows.

The 2020 Australian Digital Inclusion Index (ADII) found that the rapid acceleration of the digital economy has occurred while some people still face real barriers to getting online.

The annual study – produced by RMIT University’s Digital Ethnography Research Centre and Swinburne University’s Centre for Social Impact in partnership with Telstra – explores digital inclusion in terms of access, affordability and digital ability.

It found Australians with lower levels of income, employment, and education were significantly less digitally included – signifying a substantial digital divide between richer and poorer Australians.

Researcher Dr Chris Wilson told Pro Bono News that while the overall level of digital inclusion has improved, the rate at which that improvement has occurred this year has slowed slightly.

He said under COVID-19, there has been a fairly rapid and expansive transformation of economic services and social practices into the online space.

“This has helped many Australians to cushion the blow of COVID-19,” Wilson said.

“But [there is] a whole range of people that the index identifies as more likely to be missing out on the benefits of this digital transformation.”

People aged 65 and above remain Australia’s least digitally included age group, which the report said was of major concern given the high prevalence of older Australians living alone.

Older Australians who are digitally excluded are also at high risk of social isolation during COVID given they need to be particularly vigilant in reducing their physical social contact.

Telstra group executive Lyndall Stoyles said there were still too many Australians facing real barriers to online participation.

“Those most vulnerable to COVID-19 are also most likely to be digitally excluded and with that comes very real health and mental health risks,” Stoyles said.

Distinguished Professor Jo Barraket, the director of the Centre for Social Impact Swinburne, said the events of 2020 have shone a light on how vital digital inclusion is.



Australian Government

Be Connected

Every Australian online.

Network Partners

RSL Woden Valley Sub-Branch has joined the national network of community organisations helping older Australians thrive in a digital world. We know it’s not easy keeping up with new devices, new services, and new applications.

As a Be Connected Network Partner, we are able to access resources, grants and collaborative opportunities to help improve your digital skills.

So far, around 30 Sub-Branch members have benefitted from attending classes led by member and tutor Scott Powers, assisted by Marion Kossatz.



You are invited to attend these classes, held fortnightly from noon to 2pm in our new training room at the Sub-Branch. Bring your own device if you have one, or borrow one of ours. Call the office on 62851931 to enroll.



As part of the 2020–21 Budget, the Australian Government is providing two additional Economic Support Payments to continue its support of the Australian community through the coronavirus pandemic.

The one-off payments of \$250 each will be automatically paid to around 5 million eligible Australians from 30 November 2020 (with a test date of 27 November 2020) and 1 March 2021 (with a test date of 26 February 2020). There is no need to lodge a claim.

Eligible veterans and family members who reside in Australia and receive certain DVA benefits on the test dates will receive the payments to assist with essential living expenses and help them through this uncertain time, particularly in the lead up to the festive season. The eligible DVA benefits are:

- Service Pension, Partner Service Pension, Income Support Supplement or Veteran Payment
- Disability Pension (separate to the \$6.20 fortnightly payment)
- Special Rate Disability Pension
- Permanent Impairment compensation (including lump sum payments taken in the past)
- War Widow(er)'s Pension or Wholly Dependent Partner payment
- Gold Cards, Commonwealth Seniors Health Cards and Pensioner Concession Cards
- Age Pension paid by DVA

REMEMBRANCE DAY 2020

As a nation we unite for our fallen

On 11 November 2020, the Australian War Memorial will host the Remembrance Day National Ceremony for a limited number of invited guests in compliance with COVID-safe rules.

The ceremony will be broadcast live across Australia by the ABC and available later on ABC iview. We encourage everyone to safely pause in their homes or workplaces to observe the minute's silence at 11 am.

The Memorial will be closed on the morning of Wednesday 11 November and will reopen to the public at the conclusion of the National Ceremony. Free timed tickets will be available to visit the galleries from 12.40 pm onwards.



Yes- vember

DOUBLE REWARDS

for all our Community Rewards partners during November



Yes-vember beginning this weekend!

Yes- vember

IN NOVEMBER WE'RE SAYING
YES TO OUR COMMUNITY

All our Community Rewards partners will earn

DOUBLE REWARDS

That's 15c for every dollar you spend on eligible food and beverage purchases donated to your preferred community group.



With November upon us, we're replacing the 'NO' with a big YES to our Community by doubling Community Rewards. This means that throughout November, your group will earn 15c from every dollar spent on food and beverages!

Please help us spread the word by promoting Yes-vember to your Community. This will help generate greater rewards for you while also helping us recover from the impacts of the Pandemic.

We would love to hear how the Community Rewards Program is helping your group and to share these stories with our Members - if you'd like your group highlighted as part of the program, please get in touch!

Canberra Southern Cross Club



The Hon Darren Chester MP

Minister for Veterans' Affairs
Minister for Defence Personnel

MEDIA RELEASE

6 October 2020

SUPPORTING VETERANS' MENTAL HEALTH AND EMPLOYMENT

The Morrison Government is continuing to provide mental health and employment support for veterans and their families as part of our economic recovery plan to guarantee the essential services Australians rely on.

The 2020-21 Budget measures are aimed at ensuring veterans and their families continue to have access to the support they need by helping them find a job after service, and supporting their physical and mental health needs.

Minister for Veterans' Affairs Darren Chester says, "the Government continues to put veterans' and their families' first with our record investment in funding for mental health services and support for those in the ex-service community."

The Government has provided \$101.7 million over four years to further bolster mental health support.

The funding for veteran mental health and wellbeing includes:

\$94.3 million over four years to improve mental health outcomes and ensure high quality care for our older veterans and their families, and to better support their transition to civilian life by increasing fees paid to mental health, social work and community nursing providers.

\$2.4 million over four years to expand eligibility for the Coordinated Veterans' Care program, which provides GP-led team-based care, to White Card holders with an accepted mental health condition.

\$5.0 million over four years to expand the 24/7 Open Arms – Veterans & Families Counselling (Open Arms), especially in regional and remote areas.

The Government has long recognised that the transition process from leaving the Australian Defence Force (ADF) and re-entering civilian life, including finding meaningful employment, is a crucial step. Building on successful initiatives to-date, the Budget will invest \$23.7 million for increased transition and employment support.

"This funding includes \$17.7 million over four years to establish a Joint Transition Authority (JTA) in Defence, which will ensure all transition services and supports are working together for ADF members and their families during this critical phase," Mr Chester said.

"While most ADF personnel experience a smooth transition and go on to contribute to the community in their civilian lives, we know that this period can be quite challenging for some and the JTA will give all transitioning ADF members the best opportunity for success."

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

In addition, the Government is continuing its investment in veteran employment with \$6 million to increase civilian employment opportunities for veterans and provide support for ADF personnel considering starting their own business.

“Through the successful Prime Minister’s Veterans’ Employment Program we have seen some incredible examples of veteran entrepreneurship and we know veterans bring many sought after qualities to the civilian workplace,” Mr Chester said.

“Funding provided in this Budget will help those veterans interested in starting their own business with training, advice and resources, giving them the support they need to get their ideas off the ground.”

The Morrison Government is also continuing the Prime Minister’s Veterans’ Employment Program, which promotes the wide ranging skills of our ADF personnel to employers and rewards businesses for initiatives that support veteran employment.

The Budget also includes responses to two important reports.

First is the Independent Review into the Totally and Permanently Incapacitated (TPI) Payment by Mr David Tune AO PSM.

The Government is responding to issues identified in this report and providing \$25.9 million over four years to deliver additional assistance, including increased support for those TPI veterans that live in rented accommodation.

Second is the Productivity Commission’s report, *A Better Way to Support Veterans*.

Minister Chester says “the Productivity Commission report is one that I know has been of great discussion in the ex-service community and since the Government tabled it, I have received a wide range of feedback about its recommendations and findings.

“An interim response to the Productivity Commission will be tabled in the Parliament in the coming days, however, the ex-service community can be assured that recommendations relating to the Gold Card will not be accepted by this Government. I trust this provides certainty about our commitment to the ex-service community.”

“This year has been a difficult one and I want to assure veterans and their families that they are at the forefront of the Government’s thinking and urge anyone who is struggling to reach out. Help is available and you don’t have to go it alone,” Mr Chester said.

More information on all of the Department of Veterans’ Affairs’ (DVA’s) 2020–21 Budget measures is available on the DVA website.

ENDS.

MEDIA CONTACTS:

Cedric Szigeti - cedric.szigeti@dva.gov.au
Rachel Tharratt - Rachel.Tharratt@dva.gov.au

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The Hon Darren Chester MP

Minister for Veterans' Affairs
Minister for Defence Personnel

MEDIA RELEASE

27 October 2020

REISSUED

UNMARKED FIRST WORLD WAR GRAVES NOW IDENTIFIED

THE graves of around 150 First World War veterans have been identified and appropriately marked through the Government's Unmarked First World War Graves program.

Minister for Veterans' Affairs Darren Chester said the two-year pilot program was attracting interest from associations and individuals throughout Australia and recently received its 200th application.

"One of the successes of the Anzac Centenary is that many Australians discovered unknown family connections that they had to the First World War, as well as members of the general community becoming more interested in our military history," Mr Chester said.

"This has led to organisations and individuals across the country discovering First World War veterans from their local communities who might lie in an unmarked grave.

"After the First World War many veterans came back to Australia seeking a quiet life in the country or they took up a Soldier Settler farm, leading many to live in regional areas and often separated from family.

"Many of these veterans when they died may have been buried without a funeral or a permanent headstone and were not provided an official commemoration.

"This program makes funding available to individuals or associations to assist in marking unmarked graves and I am pleased to be extending this program for a further six months.

"Australia can never repay the debt owed to those who served and gave their lives, but we demonstrate our gratitude and respect in our cemeteries in Australia and overseas."

The 200th application was received from Forgotten Diggers in New South Wales to recognise Private Thomas William Shiner who is buried at Glen Innes Cemetery in NSW.

Five applications were recently received from Port Pirie, South Australia, to provide grave markers for men such as Private Leslie Simpson who was awarded the Military Medal for 'great gallantry' at Bullecourt in 1917; Private Albert Sjostrom who became the president of the Port Pirie RSL; and Private Clifford Price, a fireman who served with the South Australia Fire Brigade.

The program offers up to \$450 to assist with the cost of a grave marker or as a contribution towards a larger cost and has been extended until 30 June 2021. For more information on the eligibility requirements, visit the [DVA website](#) or email War.Graves@dva.gov.au



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

FACTSHEET



PROTECT YOURSELF FROM COVID-19

INFORMATION FOR SENIORS

How to protect yourself

Practice good hygiene

- Wash your hands regularly (for 20-30 seconds using soap and water or hand sanitiser with at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth.
- When you cough or sneeze, cover your mouth and nose with a tissue or cough into your elbow (throw tissues into a bin and immediately wash your hands).

Practice physical distancing

- Keep 1.5 metres apart from other people.
- Avoid shaking hands, hugging or kissing other people.
- Use 'tap and go' payments instead of cash when shopping.
- Limit visits to people at risk. Many facilities, including hospitals and aged care homes have rules and restrictions about visitors. Please check before you visit.
- Follow the current Government restrictions on group gatherings (visit [covid19.act.gov.au/what-you-can-do](https://www.covid19.act.gov.au/what-you-can-do)).

Clean your home after visitors

- Clean and disinfect frequently used surfaces such as benchtops, desks and doorknobs and objects such as mobile phones, keys, wallets and work passes.

Get tested

If you're experiencing COVID-19 symptoms, including fever, cough, sore throat or shortness of breath, make sure you get tested for COVID-19. You can call your GP or visit a COVID-19 Testing Clinic. For locations visit [covid19.act.gov.au/testing](https://www.covid19.act.gov.au/testing)

- Increase the amount of fresh air in your home by opening windows or adjusting air conditioning.
- Add a laundry sanitiser to the wash cycle of your washing machine to more effectively kill any viruses.

Download the COVIDSafe app

The COVIDSafe app is a tool for mobile phones that helps identify people exposed to COVID-19. You will need to have a modern mobile phone to load the app. To get the app, go to www.health.gov.au and search for COVIDSafe app.

Don't let yourself become isolated

It is important to stay socially connected, even while physically distancing. You can do this by staying in touch with family and friends on the phone, email, social media and online work platforms when possible. Where safe, you can still socialise with family and friends in small numbers.

If you are physically distancing, establish a daily routine with a focus on healthy eating, regular exercise and a good sleep pattern. You could take up a new hobby at home, such as gardening, writing, testing your cooking skills with new meals or some other creative project.



For updates, visit
[covid19.act.gov.au](https://www.covid19.act.gov.au)

Wellbeing Calls are also available to anyone who is feeling lonely or isolated. You can register for a regular friendly chat with an Australian Red Cross Volunteer by calling (02) 6234 7630 between 8am and 4pm Monday to Friday.

How can I manage my personal health risk?

1. Consider your risk of contracting COVID-19 in the community

Your risk of contraction depends on how many infections there are in your local community. When the ACT has low or no cases and no evidence of community transmission, then the risk of contracting COVID-19 is low for everyone.

2. Consider whether you may suffer a more severe infection with COVID-19 because of your personal risk factors

Anyone who becomes ill with COVID-19 can develop severe symptoms, but some people are at greater risk. Your risk increases with older age (particularly for those over 70) or certain health conditions (such as if you have had an organ or bone marrow transplant, are on immune suppressive therapy, have a blood cancer such as leukaemia, or are having chemotherapy or radiotherapy) or if you are an Aboriginal and Torres Strait Islander person.

3. Consider your daily activities and the places you visit

The COVID-19 situation can change quickly. If the number of COVID-19 cases increases in the ACT, you may need to change your activities and interactions. For example, events and workplace settings (including volunteering) may increase your risk of contracting COVID-19 illness.

You may choose to do your shopping by ordering online and having it delivered to your home.

But don't put off attending health appointments. Health care services have

hygiene and physical distancing measure in place to keep you safe. Many also offer telehealth (online or over-the-phone appointments) so you can still get health advice and prescriptions without leaving home.

4. Develop your own COVID-19 Action Plan

An action plan can help you plan what you will do to reduce your risk of getting sick. You can start your action plan by:

- speaking to your GP to get a better idea of your risk
- weighing up the risk of activities against what is important to you
- looking for different activities to enjoy which have a lower risk of exposure
- staying up-to-date with how many COVID-19 cases there are in your local community
- planning how you will change your activities if COVID-19 cases increase.

You can get a COVID-19 action plan template online or by contacting the Council on the Ageing (see below).

Where to get more information?

You can call the Council on The Ageing (COTA) ACT's Seniors Information Line to get advice on **6282 3777** from Monday to Friday, 9am to 5pm. You can also visit the COTA ACT website at www.cotaact.org.au



For more general information and to stay up-to-date with the COVID-19 situation, visit

www.covid19.act.gov.au or the

ACT Health Facebook page. For information on support for those at risk, including food relief, visit www.csd.gov.au

If you need medical help for routine medical issues, or advice about your risk of serious infection, please contact your GP.

For all emergency medical issues contact 000.



For updates, visit
covid19.act.gov.au



Australian Government
Department of Veterans' Affairs

Good afternoon all,

You may be aware of our social media series, *OurVeterans* – individual stories about veterans who have recently transitioned to civilian life that are shared across DVA and Minister Chester's social media channels. Previously published stories are also available on our website: www.dva.gov.au/newsroom/meet-our-veterans

These stories are a great way to showcase veteran experiences, and these often receive positive comments from our audience, who are keen to hear stories from veterans who have just returned to every day Australian life, sharing their personal insights about their journey.

If you are, or know of, a veteran who would be happy having their story told on social media please provide their name and contact details to my Executive Officer, Sue Cooney. Sue will provide these to our Strategic Communications team, who will interview the veteran and then write up the story for approval by the veteran prior to use.

Please share this with any veteran you think would be interested.

Regards,

Victoria

Victoria Benz

Deputy Commissioner, NSW & ACT

Department of Veterans' Affairs

t (02) 9213 7878 | ext 417878 | m 0417 654 347

e Victoria.benz@dva.gov.au

EA: Tania Lam

t (02) 9213 7890 | e dc.nsw.and.act@dva.gov.au

EO: Sue Cooney

t (02) 9213 7425 | e dc.nsw.and.act@dva.gov.au



Good afternoon colleagues,

As you may already be aware, the Community Services Directorate, ACT Government, in consultation with the Department of Veterans' Affairs, is seeking to identify innovative solutions to support veterans and their families to be aware of the range of services and service providers available to them.

The project team has been reviewing existing data and conducting consultations with a range of stakeholders in the ACT region and more widely. The next step is a confidential survey of the veteran community (current and future) to better understand the specific characteristics and needs of veterans and their families in and around the ACT region.

As no single comprehensive database of the veteran community exists, we are seeking to get the survey invitation to as many people as possible via a number of means. We would greatly appreciate if you would forward the survey invitation to your contacts for whom it may be relevant. NSW-based ESOs have been included in this distribution list in the event you have contacts who live in or near the ACT.

We expect it will take most people around 15 minutes to complete, depending on your answers, and you don't need to complete the whole survey in one go.

We ask you to complete the survey if you are a veteran yourself, a serving member of the ADF or reservist – or the partner or a child of any of these groups. Please also share this survey with anyone else you know who falls into one of these groups – as the more people who do the survey, the more the results will help to understand the needs of ACT veterans and their families.

Click this link to do the survey: <https://research.orima.com.au/actveteran>

The survey is being run by independent consultants Yellow Edge and ORIMA Research

Queries: Yellow Edge: actveterans@yellowedge.com.au

Community Services Directorate: CommunityParticipation@act.gov.au

Kind regards,

Victoria Benz

Deputy Commissioner, NSW & ACT

Department of Veterans' Affairs

t (02) 9213 7878 | ext 417878 | m 0417 654 347

e Victoria.benz@dva.gov.au

EA: Tania Lam

t (02) 9213 7890 | e dc.nsw.and.act@dva.gov.au

EO: Sue Cooney

t (02) 9213 7425 | e dc.nsw.and.act@dva.gov.au

Don't forget our Coffee Catch Up is open again 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

. Burrangiri

**SUSPENDED UNTIL
FURTHER NOTICE**

**Carers Friendship Groups are
back in business**

**For details call Rania Kalimeris
6285 1931**

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 from 10.00am

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