

# RSL WODEN VALLEY SUB-BRANCH NEWS



Sub-Branch Newsletter

Jul-Aug 2017

The WV RSL Sub-Branch and the Veterans Support Centre are located within the Yamba Club at 11 Irving Street Phillip. Office hours are 9am to 3pm. Phone 6285 1931 or email [admin@rslwoden.org.au](mailto:admin@rslwoden.org.au).

Right: Due to the ongoing demolition of its current site, the memorial stone behind the Yamba Club premises has been moved to a new permanent home at Eddison Park. Thanks to the Van Duren brothers and the ACT Government for assistance with its removal and reinstalment at Eddison Park, Launceston Street, Woden.



## In This Issue:

Memorial moved

Changes to Repat benefits and Seniors Card

Some ex partners can now access VVCS for up to five years

Special General Meeting

Latest Remount program

WV RSL Invictus involvement

## Special General Meeting of WV Sub-Branch 7pm on 25 July 2017 Canberra Southern Cross Club

*“that the Special General Meeting authorises the Sub-Branch to draw down funds from the Asset Management Fund to not exceed a total of \$350,000 per annum, if and when required, to the end of financial year 2019 and to review that authorisation at the end of financial year 2018.”*

Below: Members and their guests enjoyed the talk by financial adviser Catherine Smith at our June OGM Dinner.



## WELFARE TRAINING FOR VOLUNTEERS

Volunteers will meet regularly at RSL Woden Valley to hear from a series of speakers on a range of welfare issues as part of our in-house training program.

In July, Amy Eager of Legal Aid (ACT) spoke to volunteers about protections available in the case of elder abuse.



## PROTECT YOURSELF FROM COMPUTER SCAMS

- **Never automatically click on reply or attachments** - ignore suspicious emails or SMS messages
- Keep your computer secure - update your firewall, anti-virus and anti-spyware software
- Use a secure payment service - look for a URL starting with 'https' and a closed padlock symbol
- If you've spotted a scam, report it to [www.scamwatch.gov.au](http://www.scamwatch.gov.au)



## Living a Healthy Life with Long Term Conditions

Do you have a chronic health condition lasting six months or longer?

This free course is being conducted by ACT Health in partnership with SHOUT Inc. Carers and friends of people with chronic conditions are encouraged to attend the course which runs for six consecutive weeks, 2.5 hours per week.

The course includes topics such as symptom management, including pain, fatigue, anxiety, depression, shortness of breath and dealing with negative emotions. Other sessions include communicating with health providers, physical activity, healthy eating, action planning, problem solving and peer support.

The course leaders include a health professional and a person with a long-term condition who has completed leader training.

### Course Schedule July to August 2017

Phillip Community Health Centre

Time: 10am to 12:30pm

Thursday July 20 2017

Thursday July 27 2017

Thursday August 3 2017

Thursday August 10 2017

Thursday August 17 2017

Thursday August 24 2017

Registration

To register for a FREE course please contact Community Health Intake on (02) 6207 9977 8am to 5pm Monday to Friday, 8am to 3:30pm Wednesdays (excluding public holidays).

More information: <http://www.health.act.gov.au/public-information/consumers/chronic-illness>



## VOLUNTEERS NEEDED

**Please consider volunteering with Woden Valley RSL.**

**We need more volunteers for hospital and home visits, and to help run the Eddison Day Club.**

**Please consider giving some time to help our community in a rewarding and relaxed environment.**

## DON'T FORGET THE FREE COUNSELLING SERVICE FOR VETERANS, PEACEKEEPERS AND FAMILIES



Veterans and Veterans Families Counselling Service (VVCS) can be reached 24 hours a day across Australia for crisis support and free and confidential counselling. Now included are ex-partners for up to five years after separation or while co-parenting a child.

Phone 1800 011 046



**Young members of RSL Woden joined other veterans in a very successful June 3-4 Remount program.** The team of experienced stockmen guided our new drovers through various aspects of horsemanship and mustering without incident.

Volunteers and support staff, some of whom are also members of the veteran community, provided the logistics required to make the operation a success.

After-hours activities include leatherwork and enjoying some quiet time around the camp fire with old mates and new ones.

Right: *Janny Poate shows off her mustering style. Far R. Stockman Richard Miller shows young vet Alex Hill the ropes in leathermaking.*





## INVICTUS NEWS—HOME AND ABROAD, WV RSL IS HERE TO HELP

WV RSL is gathering some indoor rowers to train with the competitors heading for the third **Invictus Games** later this year in Toronto, Canada. The **Invictus Games** is a multi-sport event and is open, by selection, to all wounded, injured and sick serving personnel and veterans.

Meanwhile, from Afghanistan, WV RSL Board Member Alex Meiliunas reports on last month's NATO-hosted trials for the Afghan Invictus team. At the event's opening, U.S. Gen. John W. Nicholson, NATO commander in Afghanistan, said the games in Toronto will be the largest Invictus Games ever, with more than 550 competitors from 17 nations, with 13 of the 17 nations having sent soldiers to Afghanistan at some point.

About 40 athletes participated in Kabul but only seven and several alternates were chosen for the team that will compete later this year in Toronto in events including indoor rowing, seated volleyball and power lifting. Alex coached the "Fightin' 215th Wounded Warriors"; this unit hailed from Helmand province in southern Afghanistan and over the years had experienced ongoing battles and suffered significant casualties. The spirit of the Afghans competing was inspiring, many amputees and wheel-chair bound soldiers gave their best efforts in the competitions. Alex reported that many Australian soldiers offered their limited spare time to support this event and helped make it a success.

*Below: Alex Meiliunas with his team in Kabul.*



**Department of Veterans' Affairs Hospital Contact Staff**

Canberra Hospitals Counsellors

The Canberra Hospital:

Carmen Webb and Rhonda

Capamagian on 6244 3696

6222 6666

**Calvary Hospital Bruce:**

Susanne McGuinness

6201 6852

**John James Hospital:**

Dimity Cummens

6281 8100

**National Capital Private:**

Louise Criddle

6222 6666

## Repatriation Pharmaceutical benefit changes

From 1 July 2017, the Australian Government will provide \$663,000 in additional funding over five years to safeguard the availability of 34 items, one new listing and the addition of five generic brands. The generic brands treat insomnia, skin cancer, fungal mouth infections, diarrhoea and assist in preserving bone mineral density.

Microdacyn, a sterile irrigation solution that assists in the treatment of wounds and is applied as a topical wound healing agent, will be added to the RPBS. The full list of changed items is available at: New, Amended and Deleted Items <<http://www.pbs.gov.au/browse/changes>> .

### WV RSL MEETINGS AND DINNER

#### Special General Meeting 25 July 2017

Special General Meeting to be held in the Rainbow Room at the Southern Cross Club, 92-96 Corinna Street Woden from 7pm



#### Ordinary General Meetings (OGMs) for rest of 2017

Ordinary General Meetings (OGMs) are held in the Rainbow Room at the Southern Cross Club, 92-96 Corinna Street Woden from 7pm on Tuesdays: 29 August, 26 September, 28 November.

#### Next OGM Dinner 2017

The Sub-Branch holds quarterly OGM Dinners in Corinna Room 2 at the Southern Cross Club, 92-96 Corinna Street Woden from 6.30pm for 7pm. The next dinner will be held on Tuesday 31 October.



# DVA useful links

[At-Ease portal](#) (mental health information and resources for the veteran and defence communities)

[Royal Commission website into Institutional Responses to Child Sexual Abuse](#)

[Department of Defence: Pathways to Change – Evolving Defence Culture](#)

[Veterans and Veterans Families Counselling Service \(VVCS\)](#)

## Treatment for mental health conditions

[Treatment for mental health conditions web page Factsheet HSV109](#)

## CHANGES TO SENIORS CARD AGE ELIGIBILITY

From tomorrow (1 July 2017) the eligibility age for applying for an ACT Seniors Card will increase to 61 years.

This follows an announcement in the 2016-17 ACT Budget where the eligibility age for the ACT Seniors Card will be gradually increased to 65 years by 1 July 2025.

If you have questions about the ACT Seniors Cards or your eligibility contact

<http://www.actseniorscard.org.au/>

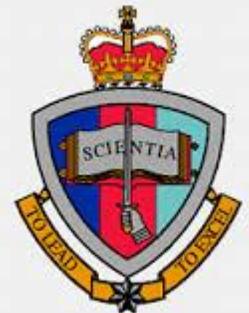
## ADFA Firepower Seminar

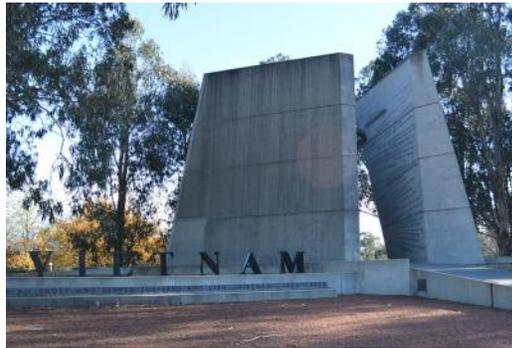
### 1917 - Attempts to break the trench deadlock with new techniques and indirect approaches

The seventh ADFA seminar in the *Firepower* series continues an examination of the battles of 1917 with three special presentations. The first, by Dr Roger Lee of the Australian War Memorial, examines Menin Gate and how the allied forces attempted to 'crack the nut' of the German defences. He will be followed by Dr Albert Palazzo, Army Research Centre, who will look at the development of artillery intelligence and weapon locating technology. The final presentation, by Dr Jean Bou of the Strategic and Defence Studies Centre, examines the Desert Mounted Corps' artillery in the Palestine Campaign. The seminar will also include a discussion session featuring the speakers.

The seminar will be held at the Australian Defence Force Academy, Lecture Theatre South, on 20 July 2017. Refreshments are available from 5pm, with the seminar being conducted from 5.30 to 7.30pm. Admission is free and RSVP to [seminar@artilleryhistory.org](mailto:seminar@artilleryhistory.org) would be appreciated

For further information, please see the Royal Australian Artillery Historical Company website at: [http://artilleryhistory.org/history\\_seminar\\_series/](http://artilleryhistory.org/history_seminar_series/)





## **Vietnam Veterans ACT & District Remembrance Day Service Friday 18 August**

**National Australian Vietnam  
Forces Memorial, ANZAC Parade, Canberra, 10-11am**

**Dress: Lounge suit, day wear. Honours, awards, decorations  
and medals should be worn.**

**Afterwards Veterans and their families are welcome at the  
Mercure Canberra, Cnr Ainslie Ave and Limestone Ave,  
Braddon.**

### **Update on the Flexible Bus Service**

The Flexible Bus Service is available to Canberra residents who have limited access to public transport options. It is a basic bus service currently available in 4 Zones, with a 5th Zone, the inner North zone, to commence service on July 1st.

The service will be available on weekdays from 9.30am – 1.30pm (excluding weekends and public holidays). Passengers may book one-off trips or organise standard bookings. The Flexible Bus service overview;

The fleet of minibuses are all wheelchair accessible. The service

is assessed on a case by case basis. To qualify, you may be asked if you comply with the following criteria:

- Seniors card holders with mobility issues
- Seniors card holders aged 70 or over
- living in a nursing home and/or retirement village
- impacted by a permanent or temporary disability that prevents you from accessing regular route services
- holders of a Vision Impaired (VIP), or Total and Permanently Incapacitated (TPI) travel pass.

Carers with a valid carers card are welcome to travel. If you are a carer or need your carer to accompany you on the bus please let the

operator know at the time of booking.

Pick up of passengers from suburbs around particular zones commence at 9.30am and return trips start promptly at 1.30pm.

#### **Booking the Flexible Bus**

Bookings must be made two days prior to travel. There is no same day service. To book the bus please phone The Community Transport Coordination Centre on 02 6205 3555. An operator will take your details or assist you in finding alternative options. Bookings can also be made via email to [flexiblebuservice@act.gov.au](mailto:flexiblebuservice@act.gov.au)

The Centre is open Monday–Friday, 9.00 – 4.00.

