



Cooroy Pomona RSL Sub Branch

September 2019



NEWSLETTER

Welcome back to another newsletter.

I hope we are keeping warm as we feel a little of this QLD winter about us. Remember that if you or any family members are struggling at this time of the year, our Sub Branch is here to help in any way we can. I feel like we always seem to say what a busy few months it has been and after the “next event” things will quieten down, that never does happen..... We had a wonderful Widows lunch back in June and I thank all involved to helping our ladies have a nice day out.

Next we were straight into planning for Vietnam Veterans Day and our service, again we had a very busy time and it was great to see the Vets and family & friends attending the day.

Planning now is underway for our Dining In Night in October, it would be great to see as many members attending this night. It is a night to commemorate all the conflicts our serving have faced and also to Thank all the members and volunteers for your hard work though the year. We have a guest speaker, piper and VIP guests attending, it will be a great night for everyone. Tickets are available from reception.

State Conference and the latest district meeting held a lot of discussion regarding the State Constitution, the proposed one was defeated and we are still running under the previous and the debate is still going. As mentioned at our last meeting, there are now Mental Health Programs available at Eden, we are very lucky to have this help so close to us. All you need is a referral from your Doctor, there is further information later in the newsletter.

Coming up in March 2020 will be our 100th Anniversary of our Sub Branch being established, we will be having a community based event and are looking for any ideas and input from members to make this day a great part of our towns history.

Stay safe and warm, spring is almost here.

Kind Regards, Tricia Geelan



Important Dates

Bus Trip to Movie Museum, Kenilworth **11 Sept**
Sub Branch Dining In Night **12 October**
Remembrance Day **11 November**

Centenary of Cooroy RSL Sub Branch end of March 2020

Australian Government

Department of Veteran AffairsLong Tan Bursary

On the 19th August 2019 the Long Tan Bursary Scheme 2020 academic year opened. The scheme provides funding to help eligible children and now grandchildren of Australian Vietnam Veterans meet the cost of post-secondary education.

What is the Long Tan Bursary? The Long Tan Bursary is named after the Battle of Long Tan, the best known battle fought by Australians during the Vietnam War. Information about the history of the Battle of Long Tan can be found on the [Long Tan Bursary](#) page of the Dept of Veteran Affairs (DVA) website.

The Long Tan Bursary provides funding to help eligible children and grandchildren of Australian Vietnam Veterans meet the cost of post-secondary education and to help them obtain formal qualifications and skills needed to pursue their chosen career.

Thirty-seven (37) bursaries are available annually across Australia. Each bursary has a total value of up to \$12,000 over 3 years of continuous full time study and can be used to help cover costs such as enrolment, course fees, and text books.

The Long Tan Bursary is administered on DVA's behalf by the Australian Veterans' Children Assistance Trust (AVCAT).

For more information regarding eligibility, how to apply, how applications are assessed, notification if successful, can be found on AVCAT website <https://www.avcat.org.au/>

or AVCAT email: avcat@dva.gov.au or phone (02) 9213 7999

or contact Cooroy Pomona RSL Sub Branch on 5447 6131.

EDEN PRIVATE HOSPITAL now offers extended Mental Health day programmes to veterans and the wider community.

These programmes include CBT for Depression & Anxiety. CBT for Insomnia. Acceptance & Commitment Therapy. Young at Heart & Over 65 Years. Healthy Body, Healthy Mind for Over 55. Psychological Injury. Addictions—First Steps.

If you need assistance in any of the above, you should first contact your GP for referral

For further information on any of the programmes contact Eden Private Hospital, 50 Maple Street Cooroy, phone: 5472 6472 or email: edenprivate.com.au

HELP FOR MILITARY FAMILIES Local families of servicing, transitioning, or ex serving Members of the Australian Defence Force who are experiencing mental health concerns following trauma, now have a new resource to help them.

Minister for Veterans and Defence personnel Darren Chester said "Families play a critical role supporting current and former ADF members and it was vital they were supported themselves."

"The message from the government is that help is available and these booklets add to the supports already in place for families through the Department of Veterans' Affairs and Open Arms— Veterans and Family Counselling" Mr Chester said.

The booklets are designed to assist not only the ADF members but also their loved ones, in understanding the effects of trauma, and providing practical steps to enhance the well-being of their family members.

For those in need, Open Arms—Veterans' and Family Counselling Service can be contacted on 1800 011 046

DVA's online Wellbeing Portal, AT-Ease.dva.gov.au also provides veterans and their families with information.

[Jamie Whiteway : Give us a short insight into your life before you joined the Army.](#)

After leaving school I spent 12 months studying horticulture and with that knowledge worked 5 years on an orchard. In 1997 , after a conversation with a mate about what we would be doing in 10 years time, I wasn't really excited about staying in the job I was doing, so I spent a few weeks weighing up options. I initially went to night school and studied English & Maths, with the intention of joining the Police Force. All was going well until I was reading the paper one Saturday morning and saw an ad for the Australian Army. I yelled out to my Mum "I'm going to join the Army. Bugger, now I have said it I've got to do it!"

[Now tell us about your early days in the Army.](#)

Mid 1998 I went to Hobart for entry tests. Passed that and left Tasmania with 5 other recruits. We were *General Entry* so whatever job was allocated was 'it', too bad if it was no good. Finished recruit training and headed to Wodonga for job training, where we learned about fuel, choppers, planes, fire fighting, and a whole heap of other stuff. After employment training I was posted to Townsville and allocated to my first section. This was a completely different world to basics. I spent the next few months getting up to speed on all the equipment and spent some time with Black Hawks and Chinooks. I was really happy with my decision to join the ADF.

August 1998 . I was sent away on a driver's course, we were stuffed around constantly for about 5 weeks, (apparently this is character building). We had a week remaining on the course which was never completed — I was having a drink with a mate about 11pm when another lad from the platoon found me and said " Whitey, you've got to go to work now!"., so half tanked I got to the platoon expecting to be 'in the shit' for something ... turns out we were getting deployed.

[So alright, training finished, give us an insight to life on deployment.](#)

1999, Timor.— after getting our kit together we had a few briefs and were sent to Tindal in the NT. We were supposed to go to Timor for 3 days, provide support to get the diplomats out , and head home. However the Government was 'playing politics' and our 3 days ended in a 6 months stint and then a further 4 months the second time over. (We were packed for 3 days. I think it was 'called making do' with what we had).

2001— I spent all of that year doing courses and stuff for promotion. Late in 2001 I was promoted to L/cpl and took a section to Brisbane for CHOGM. In December I was promoted to full Corporal and was posted to Wodonga as an instructor. I really enjoyed this role but was a 'bit lost'. I wanted more overseas action. I also got married at the end of 2002 (big mistake). I returned to Townsville in 2003 but life on barracks was dull and exercises were nothing like being away. So after a few discussions with my then wife, I decided to get out of the army.

Towards the end of 2003 I ended up working for an oil company, big ships, big hours, big money., and there was a bit of excitement again. But spending long hours at work wasn't a great thing for marriage, and a couple of years later we went our separate ways. I met my current wife soon after this and we've been together since.

A few years back little health issues began to surface. Doctors couldn't find anything wrong until one told me I was a 'nutter' and I needed to see a shrink.; turns out it is PTSD and the 15 years since leaving the army I was trying to live the excitement that the army provided but was pushing myself too hard and my body couldn't handle it anymore.

[Alright Jamie, what caused you to head in the direction of RSL?](#)

I'd been going to the RSL Club with the family for a long time and always enjoyed the entertainment they provided. Then I found another side to the RSL (the SubBranch), members who took the time to care for ex-service people. I needed some advise about Veteran Affairs stuff. It was fairly easy to organize and at the same time get help with what was needed to start dealing with some left-overs from military service.

The Sub Branch members are all ex-service people and understand the uniqueness serving in the armed forces . We all speak the 'same language' and are able to offer help 'reading from the same page'. So, if anyone who has served and is having problems with dealing with issues I recommend you have a chat with someone at the Sub Branch.



MEET A MEMBER Jamie Whiteway



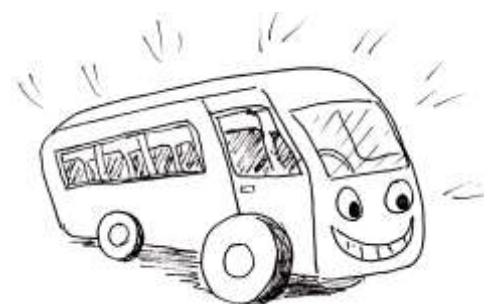
TRANSPORT NEWS Denis Thompson

Welcome to the August edition of your Sub Branch Transport News. Since the last newsletter your transport team has carried 307 passengers, travelled 7,759 kms and logged 414 volunteer driver hours, providing our veterans, service widows and Cooroy community with transport for medicals, shopping, hospital visits, and during this period provided a bus to Maryborough to visit the military museum, the Anzac walk in Queens Park followed by lunch at the Maryborough RSL.

The transport fleet is back to full strength with the Toyota from its what is becoming a regular visit to Cooroy Smash Repairs, and with the removal of the dilapidated signage and advertising from both vehicles. They look almost new again.

Don Scott's next Veterans & Widows trip is on **11th September** to Kenilworth visiting the Australian Film Museum followed by lunch at the local pub. Seating is limited so get your name in early.

Goodbye till our next newsletter,
Thommo



MEMBERSHIP REPORT Greg Holmes

Employment

Finding the right role after you leave the Defence Force can provide you with purpose and direction and result in a fulfilling career.

If you are struggling to secure meaningful employment our highly trained Employment Team can work with you to determine how to best support your search for employment. This may include, Career Counselling, Training and Development, Assistance with CV's, Application letters and Media profiles, Interview coaching, and connections to employers.

Contact us on 5447 6131 should you wish for further information.

SAYINGS FOR THIS NEWSLETTER

"The secret of a good sermon is to have a good beginning and a good ending, and to have the two as close together as possible"

"What did our parents do with no internet? I asked my asked my 15 brothers and sisters and they didn't know either".



WELFARE REPORT John Diprose

Eden Rehabilitation Hospital

It's always a pleasure to make contact with Veterans and family members while they are laid up, be it for a week or two or even longer. I know that those receiving treatment enjoy our visits too. These are mostly social visits, just a chat and occasionally providing something that's needed outside of the hospital precinct. There were 48 bedside visits during the last 3 months. Thanks to Greg Dyce, Sue Porter, and others who fill in as required.

Kabara Aged Care

There are currently 19 residents that we visit on a regular basis although we almost never see all of them on the one day as they like to participate when possible in the bus trips provided by Kabara...The Ice Cream Run, Coffee Morning Teas, or just Touring.

Our visits usually take place on a Monday afternoon which means it is siesta time for some. These visits too are welcomed by the residents, particularly by those who have no family or relatives close at hand.

At the time of writing this report 179 visits have been made during almost 3 months, and these have been performed by a number of our Welfare team...Sue Porter, Jo Dyce, Tricia Geelan, Sue Thompson, Peter Watts, & John Diprose.

Monday Morning Telephoning

Contact is made on a regular basis, mainly by Greg & Nick, with approx. 40 seniors when all manner of subjects are discussed just so that social isolation is avoided. Sometimes we recognize that more than a phone call is needed and a home visit is organized. On occasions these home visits develop further and assistance from caring organisations is called on when warranted.

A number of the people we call also participate in our monthly activity of a bus trip or morning tea alternately.

Tony Kershaw has taken extended leave for personal reasons. We extend our thanks to Tony for carrying out welfare duties over the last few years.

Please Take Note

The next bus trip will be Wednesday 11 September

Service Widows Luncheon 15 June



The Sub Branch Welfare team is always looking for ways to assist and entertain our members. As seen in the photos above the Service Widows Luncheon has become an annual event and is always enjoyed by those who attend. Any ladies who have lost their ex-service partner is welcome to join us on these occasions.

I am sure you are aware by now of our bi-monthly bus trips and our morning teas on the alternate month. These functions are open to all ex-service personnel and their partners.

Some of our members and families may experience difficulties and need help from time to time. Our welfare team is here to support in any way we can.

Seen below is Jean Handley with her new Wheelie Walker provided by the Sub Branch to replace her well worn one which had become dangerous.



**Sub Branch shirts
less than half price**

ON SALE

\$15



September Centrefold

Editorial

You may recall in our last newsletter that it was the intention of our Sub Branch to transfer from Wide Bay Burnett District to Sunshine Coast, and I am now able to report that this was approved and the change was transitioned smoothly. Several interactions have taken place - two District executive meetings and one seminar relating to advocacy and welfare training at Maroochydore.

We also had a visit from the welfare team from Tewantin Noosa Sub Branch; apparently the way we conduct our welfare services is highly regarded and they wanted to see how we operate.

Because of changes in the training programme we are now left with no Pensions Advocate, and Sunshine Coast District are offering the services of their advocates Michael Masters and Jason Ryan.

When veterans are looking for advise and assistance regarding pensions we will introduce them to one of these gentlemen and pass the cases over to them for processing. We will likely have trained advocates at some time in the future. Jackie Alves has been appointed the trained Welfare Officer for Sunshine Coast District.

The first point of contact remains at Cooroy Pomona RSL Sub Branch 5447 6131 or subbranch@cooroyrsl.com.au

Our monthly morning teas and bus trips will continue as normal but please note **our next bus trip will be on WEDNESDAY 11 SEPTEMBER** to the Australian Movie Museum at Kenilworth. Change from the first Wednesday of the month was necessary to fit in with the programme of the Museum.

John Diprose :Editor

Visit by Tewantin Noosa RSL Welfare Team in July as they checked out our services



Michael Masters & Jason Ryan
Sunshine Coast District Advocates are available to help with your pensions & advocacy needs.



THE DEFENCE JOURNEY

The Defence Journey and possible challenges for Defence members as they progress through their Defence Journey include:-

- Transitioning In:**
- Adjustment into new Defence lifestyle
 - Development of realistic expectations
 - Awareness of services available

- In Service:**
- Support for children and spouses during deployment
 - Regular relocations
 - Spouse employment
 - Support for mental and physical injuries
 - Financial counselling

- Transitioning out:**
- Employment and education
 - Health and physical fitness
 - Sense of purpose and belonging
 - Claims
 - Adjustment to civilian life

- Ex Serving:**
- Healthcare and DVA claims
 - Sense of purpose - employment or volunteering to support others



Defence Members experience different needs depending on where they are in the defence journey.

When they first transition in, they have little need for external support. They are finding their feet, forging strong friendships and becoming accustomed to the military life.

But as they travel along the path, they may encounter challenges such as relocating with a young family, receiving an injury, or deciding to transition out. This is where RSL Qld can provide support.

Our research indicates there are four areas of greatest need across these journey stages.

1. Health & Wellbeing 2. Financial Resilience 3. Relationships 4. Employment

These form the core pillars of RSL Queensland's service offering, ensuring we are there for our Defence family whenever they need us



Morning Tea 5 June
Happy Birthday June!

Don Scott arranges a morning tea each alternate month, when he lets his hair down and no-one knows quite what to expect. We have enjoyed in the past Trivia quizzes, Name This Song, Book & Poetry Readings, and Fishing Anecdotes & Jokes by Don. To the right we see June enjoying her birthday. Next morning tea will be Wednesday 2 October at 10am.



Trivia:

Skippy the Bush Kangaroo lived in which fictitious national park?

Answer: Waratah

In which branch of science was Indiana Jones an expert?

Answer: Archeology



Do your medals need re-mounting?

Medal Mounting Service

Also available...

Replica Medals

Miniature Medals

Ribbon Bars

CONTACT... GREG

phone: 5482 9523 mb: 0408 829 520
 email: lww@bigpond.com

Greg McGuire, our Medals Man was absent from Cooroy on Anzac Day as he had been invited as guest speaker at the Anzac Day service in Ben Lomond northern New South Wales.

Ben Lomond in the Wandsworth area holds significant interest for Greg, as his wife Liz came to that area with her British migrant family sponsored by the Wards of Wandsworth. Greg had previously researched details of enlisted personnel from that area, published his findings and presented it to the Wandsworth community in 2015.

If you need medals researched or remounted now is the time to get them ready for Remembrance Day



Long Tan Day Vietnam Remembered

18 August 2019



Did you know?

The Federal Government proclaims Australia's Commemoration days. Among those for war, in order of significance, is The Battle for Australia (the first Wednesday in September) in third place only after Anzac Day & Remembrance Day.

The 7th Australian Division returned from the Middle East, American support in men and equipment commenced to flow into Australia, and General McArthur arrived with a policy of aggression rather than defence.

Then the fighting began in earnest, on sea, in the air, and on land, from the Battle of the Coral Sea and the first exchange of fire on the Kokoda Trail, until the end of the war.

It was touch and go in the crisis years of 1942 and 1943 but a series of victories, that are now household names, progressively reduced the likelihood of Australia's falling. Those two years saw a large number of Australians give their lives; however many were also lost in the earlier years of defeat, in prison camps, and in the final years that led to victory.

It was therefore appropriate that the Battle for Australia was proclaimed by the Governor General to commemorate not only all those who gave their lives but to the host of service men and women who were prepared to give their lives for Australia.

A commemoration service will be held on
Wednesday 4 September
Chermside Historical Precinct
61 Kittyhawk Drive Chermside.



Donations to Community by Sub Branch 13 June



DONATIONS FROM SUB BRANCH TO LOCAL COMMUNITY ORGANISATIONS

Black Mt Rural RFS

Rural Fire Brigade

Cooroy Scouts

Noosa Pipe Band

128 Cadets

Pomona Meals on Wheels

ATTENTION ALL SUB BRANCH MEMBERS

DINING IN NIGHT

ALL SUB BRANCH MEMBERS,
SPOUSES/PARTNERS ARE
INVITED & ENCOURAGED TO
ATTEND OUR ANNUAL
DINNER

SATURDAY
12TH OCTOBER 2019
6.30PM

BOOKINGS ARE ESSENTIAL
AT RECEPTION
NO LATER THAN MONDAY
7TH OCTOBER

COST : \$25 PER HEAD

DRESS CODE : FORMAL WITH SMALL MEDALS



Thanks to RSL Club staff for their valuable
assistance with the printing of the Sub Branch
Newsletters