



Beaudesert RSL Sub Branch Inc.
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Graham Bird

Brian Buckby

Peter Higgins

Brett McCreadie

Noel V Parker



President's Message

Our Beaudesert RSL Sub-Branch was officially opened to the public on the 22nd June as Covid-19 restrictions were lifted for RSL entities (This did not include Clubs). Our wonderful advocates have been working from home; but are now back at the Sub-Branch on Wednesdays, please ring and make an appointment if you require some assistance with obtaining entitlements from DVA. We also welcome on board Sam Morgan who is training to become an advocate to assist Veterans with welfare. We also acknowledge the wonderful work done by Peter Higgins and Steve Monteath in quietly supporting many of our Veterans when the need arises.

One of our Members Mrs. Betty Milne-Ward born in 1923, has been nominated to attend the 75th Anniversary of the end of WW2 in Canberra, we hope Betty's nomination is successful, Betty enlisted in the RAAF in 1941 and was discharged in 1945. Betty was an Aircraft Electrician.

As many of you are aware the continuing misperceptions between the roles of the Sub-Branch and the Services Club continues within the Community, we have had many Community and Veteran members ask when we are opening again and we reassure them we were never shut to our Veterans, only observing restrictions with Social Distancing, our Patient Transport options to the Veterans and Community members had been running consistently assisting patients to access their ongoing treatments throughout this constricting time. Our Volunteers throughout this time have been wonderful stepping up to continue this service even though the limitations and compliances have been onerous at times.

Members, when asked about either entity Sub-Branch or Club, please be ardent in your explanation of the differences between your membership to the Sub-Branch (where only Veterans can be

Members) and the Services Club where anyone from the Community can be a member (your Sub Branch pays for your membership to the Club). We do have pamphlets at the Sub-Branch and Club that explains the difference and you are welcome to come and get some, for a wider explanation and distribution.

Our Social Golf Club at the Beaudesert Golf Club is still active, please feel free to ring and ask about what days the Veterans play for social activities.

Your Board has been very busy throughout this time, managing your business with compliance for taxation purposes and legal obligations. RSL State has become more proactive and supportive of Sub-Branch's and we welcome their

input with compliance and RSL Objective directions. South Eastern District RSL has also been proactive with communication between Sub-Branches, this assists our Sub Branch to maintain correct procedures for compliance with our obligations to our Members and our Community.

Vietnam Vets day on the 18th August (all being well taking into account Covid-19 restrictions) will be held at the Memorial in Jubilee Park at 11am. Please support our Vietnam Vets in remembering the Service given by our comrades for our Country in this conflict and come and show your support. Unfortunately, our Sub Branch is unable to assist with a get together after the Service due to the Covid-19 restrictions, however we encourage Veterans, families and friends to make a booking at the Services Club for lunch and a catch up.

We are hoping the Ladies will be up and running with some of their fund-raising activities starting on Wednesday 5th August with Hoy at the Services Club. Please come and support them in their endeavours.

We have had a number of our Veterans and family Members unwell over this period with hospital stays and attending rehab facilities, our Vice President Errol is in the Beaudesert Hospital at the moment looking forward to the day he can go back home, we wish all these members and their families to have healthy outcomes and be back on deck in the near future.

Although our Sub-Branch is somewhat difficult to access for some of you, we are only a phone call away and will attempt to assist our Members to the best of our ability if and when the need arises, just call and we will come to you.

Carol Castles
President

Museum – Harry's Haunt

Harry's Haunt will be re-opening very soon, once all cleaned and COVID Safe checklist is completed.

Beaudesert RSL Museum Co Ordinator



PAWS/Wellbeing

Steve has recently been registered with the ATDP to offer advocacy and wellbeing assistance to Beaudesert Pensions and Welfare Advocate Jay with clients on Wednesdays and Logan Village with Gary on Mondays.

We also have another Advocate in training one of our members Samantha has kindly expressed her interest and offered to volunteer in assisting the Welfare for our Members.

If you require any assistance with DVA claims or unsure what you are entitled to please call the Sub Branch office and make an appointment to see one of our Advocates who are ready to help.

PAWS office is open for clients on Wednesday by appointment only.

Please call and make an appointment on Ph: 5541 3720 or email: welfare@beaudesertslsubbranch.com

Veterans and Veterans Families Counselling Service (VVCS)

A free and confidential counselling service for Australian veterans, peacekeepers and their families.

For more information on VVCS services and eligibility, please visit the VVCS website (www.vvcs.gov.au) or phone 1800 011 046.

Personal Monitoring Technology through DVA

Veterans can access Personal Monitoring Technology through DVA. DVA has a range of personal monitoring technologies available to eligible veterans and widow/ers. Accessing and installing a personal monitoring system may be suitable for older veterans and widow/ers if they are self-isolating to protect themselves from exposure to COVID-19. 12 DVA veterans and widow/ers can access fully-monitored 24-hours a day, seven days a week personal response systems in their home or as mobile pendant personal response devices that are designed to keep them safe at home and when out and about. The initial and ongoing costs are covered by DVA if these devices are arranged through DVA. Personal response devices can be tailored to an individual's needs, giving the person being monitored the comfort that assistance is never far away and reassuring family and friends that their loved one is able to access help easily, if it is needed. Technology has greatly improved these devices. Some have additional features like built-in fall detector capabilities and GPS tracking that works where there is a mobile signal. When a device is activated, these systems are supported by an emergency response centre, with someone who will talk directly with the person, if they can. As the emergency response centre is given the person's location they can arrange for the appropriate emergency service to attend. The emergency response centre can also notify a user's nominated family or friends to inform them of the situation. Personal response systems can be prescribed by an occupational therapist, physiotherapist or a registered nurse following an in-home fall and cognitive assessment. The prescribing health provider will organise the supply and installation through a DVA-contracted supplier and will provide all training in the use of the device and equipment. **For more information go the DVA website or call 1800 VETERAN (1800 838 372).**

OPEN ARMS - FREE SUICIDE PREVENTION TRAINING FOR THE VETERAN COMMUNITY

Support for veteran health and wellbeing has been strengthened with the introduction of a free online suicide prevention training program, delivered in partnership with Open Arms – Veterans & Families Counselling and the Returned and Services League of Australia.

Minister for Veterans' Affairs Darren Chester said *Suicide Prevention Start* is available to anyone who has contact with or supports the veteran community.

"Veterans' mental health and wellbeing is everyone's business—governments, families, friends, employers, community organisations, ex-service organisations and the broader veteran community—and we must all work together," Mr Chester said.

"Suicide is a national tragedy that affects many of us and this free, self-paced program provides practical guidance on the signs that someone may be contemplating suicide, and how to connect them to help and support.

"Providing access to this free online training is an example of our commitment to improving the mental health and wellbeing of our veterans and their families, and I encourage all those in the ex-service community to complete this potentially life-saving training."

Delivered in two 90 minute sessions, the online training is open to all current and former ADF members with one-day continuous full-time service, their family members and anyone who has contact with or supports the veteran community.

In addition to *Suicide Prevention Start*, Open Arms has also developed a suite of introductory online training options that includes, *Doing Anger Differently*, *Understanding Anxiety*, *Recovery from Trauma*, and *Managing Pain*.

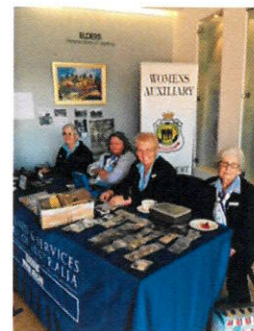
For more information on Open Arms programs and services, visit www.openarms.gov.au or call 1800 011 046.

PAWS TEAM

Women's Auxiliary

With the easing of the COVID-19 restrictions, the Ladies will be out and about again and starting with their Hoy on **5th August** at the RSL Services Club – doors open at 10am. Please understand due to COVID-19 restrictions there will be no tea/coffee station under the Qld Government Restrictions. Please purchase coffee at Club Bistro before entering.

I am sure they are looking forward to seeing you all attend and support them.



Calendar of Coming events - 2020

BEAUDESERT SUB BRANCH

**** COVID-19 Social Distancing Restrictions ****

5 th August 2020	Women's Auxiliary – Hoy Start time 10.30am
6 th August 2020	Members Special General Meeting – 2.30pm (see further info in Newsletter)
18 th August 2020	Vietnam Veterans (Long Tan) Day
14 th September 2020	Peace Keepers Day
11 th November 2020	Remembrance Day

Members General Meeting

(Wife/Husband/Partners most welcome to attend)

- 15th October, 2020 @ 1300hrs – (Sub Branch office) – May change subject to COVID-19 Qld Gov Restrictions

◆ We hope you can attend for your input and support to the Sub Branch ◆



LEST WE FORGET

We remember the following Sub-Branch Members who have sadly passed away this year 2020.

◆ Barney McCabe ◆ Desmond Biss ◆ Robert Campbell ◆ Albert Spies

FROM THE OFFICE:

It is a blessing to see all levels of Government relaxing the strict protocols that have restricted our lives over the last quarter, and your executive and volunteers are now optimistic about returning to near normal operations. Despite having to operate and meet remotely since March our services to members and the Community have continued.

However, we ask you all to appreciate that the Sub-Branch is only as effective as our treasured members and volunteers. We always need more of both to ensure that our day-to-day activities and new projects may proceed. We need enthusiastic members and partners who enjoy working in a team environment. But we need them not only to work but to regularly take the opportunity to join us for a cuppa, to shoot the breeze, and to help to sustain your League. We would again dearly love to hear the sounds of discussion, camaraderie and laughter in our Sub-Branch that is open to you all.

And you can also help by advising family and friends and ex-service personnel who live in the Beaudesert/Scenic Rim area.

Sub Branch Library Open

The Sub Branch has a large collection of books and DVD's that has been donated to the Sub Branch. The Library is open to all members and their families use. Please come in and see what collection of books and DVD's we have.

NOTICE OF MEMBERS SPECIAL GENERAL MEETING

The Beaudesert RSL Sub Branch Inc. will be holding a Members Special General Meeting for Sub Branch members on:

- Date:** 6th August, 2020
Time: 2.30pm
Where: Beaudesert RSL Club - Function Room
- Business:** (1) Resolution to amend three (3) clauses in the RSL Qld Beaudesert Sub Branch Constitution. This relates to a change required under the State Government's Taxation Administration Act 2001 (TAA) to the registration requirements for ALL charitable institutions in Queensland.
This change must be made so RSL Qld Beaudesert Sub Branch does not pay significant additional taxes to the government.
-

75th Anniversary - Victory in the Pacific Day 15 August

Victory in the Pacific Day marks Japan's unconditional surrender to the Allies after more than 3 years of war. It's a special time for us to reflect on the important role that Australians played to end the war in the Pacific region. DVA has offered 2 Veterans from each state to attend the Service being held from the Australian War Memorial in Canberra, the service being closed and invitation only for the 75th Anniversary of the end of the Second World War. The Sub Branch has nominated 2 of our members who served in WWII to be considered and hopefully will have the opportunity to attend.



Vietnam Veterans Day – 18th August, 2020



MEMORIAL SERVICE

**PALM GARDENS
JUBILEE PARK**

11.00am

Note, physical distancing rules still apply. So wherever possible people should remain 1.5 metres away from others.

Remember

You must practice physical distancing as much as possible and:

- wash your hands regularly with soap and water, and use alcohol-based sanitiser
- avoid hugs, kisses and handshakes
- wherever possible keep at least 1.5 metres away, two big steps, from people you don't live with.

Birthday Acknowledgements

We wish to acknowledge the following members who had/will have their Birthdays in June, July and August, 2020



June, 2020

Robert A. ♦ Raymond B. ♦ Ray C. ♦ Paul D. ♦ Errol G. ♦ Phillip J. ♦ Leslie J. ♦ Terrence K. ♦ James L. ♦ Ted M. ♦
John M. ♦ Pete R. ♦ Bob T. ♦ Keith Y. ♦ Peter D. ♦ David G ♦ Vivien H. ♦ Ian S.

July, 2020

Graham D. ♦ Trevor K. ♦ George M. ♦ Arthur M. ♦ Paul N. ♦ Robert P. ♦ Brian Q. ♦ Donald R. ♦ Martinus R. ♦ Paul S.
♦ Carlton S. ♦ Kathleen S. ♦ Terrence T. ♦ Helen L.

August, 2020

Lindsay B. ♦ Ray D. ♦ Robert D. ♦ Lester D. ♦ Maurice D. ♦ Colin F. ♦ John G. ♦ James H. ♦ Ross K. ♦ John L.
♦ Darren M. ♦ Janet M. ♦ Alan T. ♦ Leslie W. ♦ Graham A. ♦ David L. ♦ Roy M. ♦ Don H. ♦ Eric P.



SUB BRANCH NEWS

BEAUDESERT SOCIAL GOLF CLUB

There is no requirement to be a member of the Beaudesert Social Golf Club, however, they would love to see more ex-Military and Veterans in their ranks. It is a great day with 18 holes of Golf, Morning Tea, BBQ lunch and prizes in excess of \$100. They have players of all skill levels, but the main aim of the day is to have fun, enjoy yourself and meet some likeminded people. They have our own Handicap System so everyone regardless of ability has a fair chance to win Prizes. Why not come along and have a game?? For more information contact the Beaudesert Golf Club.

OLD FART PRIDE

It's not a bad thing to be called an Old Fart.
Old Farts are easy to spot at sporting events;
during the National Anthem, Old Farts remove
their hats and stand at attention and sing without
embarrassment. They know the words and believe
in them.

Old Farts remember World War II, Normandy ,
Spitfires and Hitler. They remember the Atomic
Bomb, the Korean War, Vietnam War, Gulf War,
Afganastan War, the Cold War, the Moon
Landing and all the Peacekeeping Missions from
1945 to Now.

If you bump into an Old Fart on the pavement, he
will apologise. If you pass an Old Fart on the
street, he will nod or tip his cap to a lady. Old
Farts trust strangers and are polite, particularly to
women.

Old Farts hold the door for the next person and
always, when walking, make certain the lady is on
the inside for protection.

Old Farts get embarrassed if someone swears in
front of women and children and they don't like
any filthy language on TV.

Old Farts have moral courage and personal
integrity. They seldom brag except about their
children and grandchildren. It's the Old Farts who
know our great country is protected, not by
politicians, but by the young men and women in
the Navy, Army and Air Force.

This country needs Old Farts with their work
ethic, sense of responsibility, pride in their
country and decent values.

We need them now more than ever.

Thank Goodness for Old Farts!

I was taught to respect my elders. It's just getting
harder to find them.

Sent in by Members

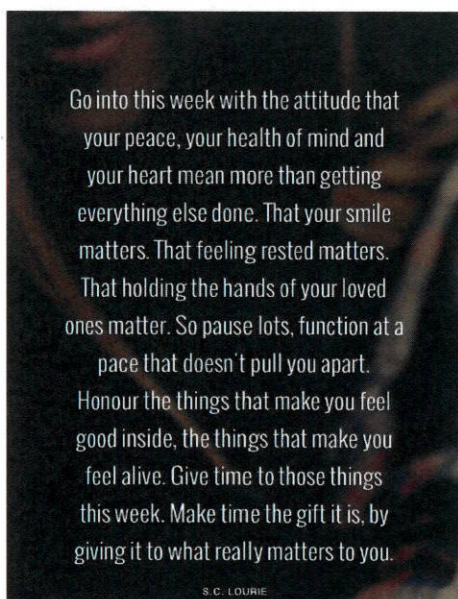
Defending the Realm - GCA



4154470 Corporal Diamond J V helping the trainee pilots get back down again.

RAF Strubby Lincolnshire. 1959.

(Sent in by John Diamond)



Info for members

Border restrictions from 10 July

The information on this page relates to restrictions in effect from 12.01pm 10 July 2020.

To slow the spread of novel coronavirus (COVID-19) the Queensland Government is tightening its border restrictions.

From 12:01 pm (midday) 10 July 2020 anyone can enter Queensland unless they have been in a COVID-19 hotspot in the last 14 days.

The tightening of restrictions means people who have been in a COVID-19 hotspot within the last 14 days will no longer be able to quarantine in Queensland and will be turned away at our border. This applies to everyone who has been in a COVID-19 hotspot in the past 14 days, except people needed in Queensland for essential purposes. Queensland residents who have been in a COVID-19 hotspot can return home but will be required to quarantine in government provided accommodation at their expense.

All current COVID-19 hotspots are located in Victoria and currently the whole State of Victoria is a hotspot.

You must complete a Queensland Border Declaration Pass before you come to Queensland. This will include agreeing to get tested for COVID-19 if you develop any symptoms within 14 days of arriving in Queensland.

Support services available for senior Australians

You may already be aware of some or all of these services, but many older people are not. I am seeking your help promoting them to your members and clients so they reach those who need them.

Given their higher risk of serious illness from COVID-19, many older people are choosing to stay home as much as possible to protect themselves. There are a range of services they can access to help with this:

- telehealth appointment with their doctor rather than attend a face-to-face appointment
 - deliveries of their prescriptions through their pharmacy
 - help with food, meals and grocery shopping through My Aged Care on 1800 200 422
 - the new Older Persons COVID-19 Support Line on 1800 171 866
 - online and phone 'visits' by the Community Visitors Scheme
 - the Friend Line for a chat on 1800 424 287
- People aged 65 years and older are also eligible for a free flu shot through their GP or pharmacy.

DVA Information for members

What is the Veteran White Card

The White Card is a treatment card that can provide you with medical treatment for:

- accepted service-related injuries or conditions
- all mental health conditions
- cancer (malignant neoplasm) covered under non-liability health care
- pulmonary tuberculosis covered under non-liability health care

You can also access a range of services and support.

The White Card is being redesigned and will be known as the [Veteran White Card](#).

Who can receive it

You may be eligible for a White Card for your service-related injuries or conditions if you are:

- a current or former Australian Defence Force (ADF) member, including reservists and cadets, with a service-related injury or condition accepted by us; or
- a Commonwealth or Allied veteran with a service-related injury or condition accepted by your country of service

You may be eligible for a White Card to cover treatment for any [mental health](#) condition if you:

- have at least one day of continuous full-time service (CFTS) with the ADF; or
- are a reservist and have completed disaster relief service, border protection service, or were involved in a serious service-related training accident

You may be eligible for a White Card to cover treatment for [cancer \(malignant neoplasm\)](#) or [pulmonary tuberculosis](#) if you have:

- a diagnosis of cancer (malignant neoplasm) or pulmonary tuberculosis; and
- certain types of service with the ADF

What you can receive

The White Card covers you for clinically required medical treatment in Australia for your accepted service-related injuries or conditions. It also covers treatment for mental health conditions, cancer (malignant neoplasm) and pulmonary tuberculosis.

The medical treatment may include:

- treatment at a hospital or day procedure facility
- treatment provided by an allied health professional
- treatment provided by a general practitioner (GP) or specialist
- treatment provided by a dental or optical professional
- medicines at the cheaper concession rate
- community nursing; and
- pathology and medical imaging

Medical treatment is usually free if you see a provider who accepts your White Card. There may be some out of pocket expenses for high cost [dental](#) items.

When buying prescription items for the conditions covered by your White Card, you will need to pay \$6.60 for each item until you reach your [Safety Net Threshold](#) for the calendar year.

You may also be able to receive some services and support for your conditions on your White Card. Services and support can include:

- counselling
- home help
- aids, appliances and modifications
- travel to and from medical appointments
- care services

Services and support are free or low cost. Co-payments will apply if you access help at home through our [Veterans' Home Care](#) program.

If you are an Australian veteran, the home help and care services provided through Veterans' Home Care are not limited to the conditions on your White Card.

If you are a Commonwealth or Allied veteran, what you receive may be different to what Australian veterans receive.

Your White Card may also entitle you to receive [concessions or discounts](#), and a [Lapel Pin](#).

How to get your White Card

If we know you are eligible, we will send you a White Card automatically. We will send it when:

- you discharge from the Australian Defence Force (ADF), if you have at least 1 day continuous full-time service (CFTS); or
- we accept your service-related injury or condition

If you don't yet have a White Card for mental health conditions, see [Free mental health care for veterans](#).

If you think you should have a White Card but you have not received it, please call us on [1800 555 254](#).

Medical treatment

When you use your White Card for medical treatment:

1. Tell your health provider that you have a White Card and ask them if they will accept this for your treatment.
2. They will ask you what conditions you have on your card, and they may ask if you have a referral.
3. They may call us to confirm your conditions.
4. In some cases they may need to get prior approval from us.
5. Your provider will then tell you if they can provide the service on your White Card.

If you visit your doctor for a prescription for a condition covered by your White Card, show them your White Card so they can prescribe your items through the [Repatriation Pharmaceutical Benefits Scheme](#) (RPBS).

You also need to show your White Card to pharmacy staff when you take your prescription to the counter.

If you do not show your card, you may be charged more, and the purchase may not count towards your [Safety Net Threshold](#) under RPBS.

Services and support

Using your White Card to access services and support will vary depending on the service.

Details on accessing some of the services:

- [counselling](#)
- home help — [Veterans' Home Care](#)
- [aids, equipment and modifications](#)
- travel — [make a transport booking](#), [reimbursing travel expenses under VEA](#), and [reimbursing travel expenses under MRCA or DRCA](#); and
- care services — [respite care](#), [convalescent care](#) and [community nursing](#)

Things you should know

- If you receive a White Card after transitioning from the Australian Defence Force (ADF), you can seek treatment straight away for any mental health condition, including alcohol abuse or substance abuse.
- You can use your White Card anywhere in Australia for the conditions on your card.

- You cannot use your White Card overseas. If you incur medical expenses for an accepted service-related injury or condition while overseas, you may be able to claim reimbursement. You cannot claim reimbursement for mental health conditions, cancer (malignant neoplasm) or pulmonary tuberculosis unless they have been accepted as service-related.
- If you are entitled to compensation or damages from another party for an injury or condition, we will not cover treatment for that injury or condition.
- Always check with your medical provider that they will accept your White Card.
- If you get a bill for medical treatment for a condition covered by your card, do not pay it. Please [contact us](#). If you have paid for medical treatment, you may be able to apply for a one-off [reimbursement](#).
- If prior approval is required for your medical treatment, your medical provider will request the approval from us.
- If you choose to be treated as a Medicare or private patient for a condition on your White Card, we will not pay any out of pocket expenses.
- Your White Card's expiry date is shown on the front of the card. You will receive a replacement card approximately 1 month before the expiry.
- If your White Card is lost, stolen or damaged you can order a new one through [MyAccount](#) or by calling us on [1800 555 254](#). You should receive your replacement card within 2 weeks of ordering. You can request a White Card confirmation letter while you wait for your replacement card.

If you wish to apply and need help, please make an appointment with our Advocate and they will be happy to assist.

Call the Sub Branch on Ph: 5541 3720 for further information.



Veterans and their families have been invited to comment on the effectiveness of the Department of Veterans' Affairs' (DVA) consultation framework, putting forward recommendations for future engagement to better represent all veterans and their families. Every three years DVA's National Consultation Framework (NCF) undergoes a review to ensure it continues to best serve the interests of serving and ex-service community. The NCF is responsible for formal consultation between the serving and ex-service community and the Department. It aims to ensure the needs and views of veterans and their families are listened to through forum structures, membership of forums, and capacity of member organisations. This year's review focusses on the effectiveness of the current consultation model by engaging with the broader ex-serving community with a view to ensuring that it is fit for purpose. DVA is going through the most significant reform in its history to ensure serving personnel, veterans and their families can access the services they need, when they need them. Co-design is an important part of this transformation. Your views are important to the Department as they will inform the future look of the NCF and the consultation process for DVA. The centrepiece of the review is an online survey. The survey is open to all members of the serving and ex-serving community, including families.

In order to ensure data integrity and to maintain complete transparency, DVA has engaged an external research company, ORIMA Research, to host the online survey. ORIMA will also compile all data and provide this to the Department to facilitate the review. Members of the Ex-Service Organisation Round Table (ESORT) were consulted in relation to the development of the Terms of Reference of this review and have been regularly updated.

The survey opens 29 June and will be available until 26 July. The final report of the NCF Review is expected to be completed in late 2020.

For more information about the NCF and the link to the survey, visit the DVA website or email us at:

ncf.review@dva.gov.au

OTHER NEWS

News from - Jimboomba Cadets

Thank You the Local RSL Sub-Branches

Our sincere thanks go to the Beaudesert and Jimboomba RSL Sub-Branches for donating to our unit this year. The contribution of the Sub-Branches has allowed us to purchase much needed new field equipment for the cadets to have realistic military experiences out on bush exercises and to supply parade uniforms accessories for our drill teams



Highlighting Cadet Activities



Mud maps & High Ropes



Weekend Range Shoot Exercise for Senior Cadets

VETERANS HONoured IN QUEEN'S BIRTHDAY AWARDS

Congratulations to the deserving members of our Defence community who were named in the Queen's Birthday 2020 Honours list for their service to veterans or the community!

Order of Australia Medals (OAM) were given to:

- Tony Stevenson (Salisbury RSL Sub Branch President) - pictured above
- Thomas Hampton (Caloundra RSL Sub Branch)
- George Hulse (Toowong RSL Sub Branch President)
- Kevin Hurman (former President of Kawana Waters Sub Branch)
- Ruby Luder (Yeronga Dutton Park RSL Sub Branch)
- Bruce Miller (Caboolture-Morayfield and District RSL Sub Branch)
- Chaplain Gary Stone (Timor Awakening rehabilitation program Pastoral Care Director and Nerang Gold Coast).
- Michael John Burge (Oakey RSL Sub Branch)
- Gary Hollindale (Beenleigh RSL Sub Branch) for service to the community of Beenleigh

A Member of the Order of Australia (AM) was awarded to:

- Lawrence Springborg (Stanthorpe RSL Sub Branch) for his service to Queensland Parliament and the Southern Downs community.

The recipients were announced on 8 June and included 933 Australians



RSL
Queensland

MEMBER UPDATE

8 JULY

TAX CHANGES FOR CHARITIES

RSL Queensland recently sent a memo to all Sub Branches advising of an upcoming circular resolution to amend three clauses in the existing RSL Queensland 2015 Constitution. This relates to a change required under the State Government's *Taxation Administration Act 2001* (TAA) to the registration requirements for all charitable institutions in Queensland. Your Sub Branch and State Branch are equally affected by this change. The effect for RSL Queensland amounts to several million dollars of charity funds being unnecessarily paid to the State Government, so we are keen to progress the circular resolution before the deadline passes.

Sub Branches are asked to review this communication carefully and contact your District President if you have any questions.

PLANNING A COVIDSAFE AGM

As you are aware, the RSL Queensland AGM has been postponed to 24 November due to COVID-19. Our Constitution requires that this meeting occur before the end of the calendar year.

As restrictions are constantly changing, planning for the safest way to hold this event has been very complex. The 2020 AGM will be shortened to include business-critical activities only. If we are not able to safely book travel and accommodation or hold an in-person meeting, the Board will consider alternative options and we will keep you updated as the situation unfolds. Given this uncertain environment, the Board has rescheduled any vote on the draft 2020 Constitution until the 2021 AGM.



MEDALLION FOR ALL WWII VETERANS

To mark the 75th anniversary of the end of WWII, all surviving WWII veterans are eligible for a Commemorative Medallion and Certificate of Commemoration.

Almost one million Australians served in WWII, which was the largest global conflict of the 20th century. The certificate and medallion are being produced by the Department of Veterans' Affairs to thank living veterans for their service. [Apply online](#) or by phoning (02) 6191 8217.

NOTICE OF **MEMBERS SPECIAL** **GENERAL MEETING**

The Beaudesert RSL Sub Branch Inc. will be holding a
Members Special General Meeting
for Sub Branch members on:

Date: 6th August, 2020

Time: 2.30pm

Where: Beaudesert RSL Club
Function Room

Note, physical distancing rules still apply. So wherever possible people should remain 1.5 metres away from others.

Remember

You must practice physical distancing as much as possible and:

- wash your hands regularly with soap and water, and use alcohol-based sanitiser
- avoid hugs, kisses and handshakes
- wherever possible keep at least 1.5 metres away, two big steps, from people you don't live with.

2020 GROUP PROGRAM SCHEDULE

JULY - DECEMBER

BRISBANE

Operation Life: SafeTALK SPRING HILL

20th August | 9:30am - 1:30pm
14th October | 9:30am - 1:30pm
18th November | 9:30am - 1:30pm

REDCLIFFE

28th November | 9:30am - 1:30pm

NORTH BRISBANE

18th September | 9:30am - 1:30pm
24th November | 9:30am - 1:30pm

Operation Life: ASIST SPRING HILL

24th & 25th September | 9:00am-5:00pm
9th & 10th November | 9:00am - 5:00pm
7th & 8th December | 9:00am - 5:00pm

REDCLIFFE

28th & 29th September | 9:00am-5:00pm

NORTH BRISBANE

3rd & 4th November | 9:00am - 5:00pm
3rd & 4th December | 9:00am - 5:00pm

Mental Health First Aid SPRING HILL

7th & 8th September | 9:00am - 5:00pm
28th & 29th October | 9:00am - 5:00pm
2nd & 3rd December | 9:00am - 5:00pm

REDCLIFFE

2nd & 3rd September | 9:00am - 5:00pm

NORTH BRISBANE

15th & 16th October | 9:00am - 5:00pm
9th & 10th November | 9:00am - 5:00pm

Beating the Blues SPRING HILL

13th & 14th July | 10:00am - 4:00pm
16th & 17th November | 10:00am-4:00pm

Building Better Relationships SPRING HILL

3rd & 4th September | 10:00am - 4:00pm
2nd & 3rd November | 10:00am-4:00pm

Doing Anger Differently SPRING HILL

24th & 25th August | 10:00am - 4:00pm
8th & 9th October | 10:00am - 4:00pm

Wed 4th November | 9:30am - 12:30pm
6 week program

NORTH BRISBANE

19th & 20th November | 10:00am-4:00pm

Managing Pain

SPRING HILL
21st & 22nd September | 10:00am-4:00pm

Thurs 15th October | 9:30am - 12:30pm
6 week program

Sleeping Better

SPRING HILL
22nd & 23rd October | 10:00am-4:00pm

Stepping Out

SPRING HILL
15th & 16th October | 10:00am-4:00pm

NORTH BRISBANE

26th & 27th November | 10:00am-4:00pm

Stress Management & Relaxation

SPRING HILL
28th September | 10:00am-4:00pm
20th November | 10:00am-4:00pm

NORTH BRISBANE

26th October | 10:00am-4:00pm

Understanding Anxiety SPRING HILL

22nd & 23rd July | 10:00am - 4:00pm
16th & 17th September | 10:00am-4:00pm
12th & 13th October | 10:00am-4:00pm

Fri 30th October | 9:30am - 12:30pm
6 week program

*[*Calendar is current as of 8th July 2020]*

Please note, Open Arms provides a range of educational online and face-to-face workshops. These groups are scheduled on demand. To register your interest and for the most up to date information visit:
<https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>

BEATING THE BLUES

A skills-based group program to help understand the situations and thinking patterns that contribute to depression, and identify strategies to help manage symptoms.

BUILDING BETTER RELATIONSHIPS

Building better relationships can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

DOING ANGER DIFFERENTLY

Doing anger differently will help you to understand anger and manage it more effectively, so that it doesn't have a negative impact on your own, or others' lives.

MANAGING PAIN

This program will help you learn about pain and teaches you strategies and skills for effective pain management.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day workshop that teaches practical skills for helping a family member or friend who is experiencing mental health problems.

OPERATION LIFE: ASIST

The two day workshop aims to help you see, hear and respond to suicide signals. Preparing you to work with people at risk, increase their immediate safety and to get further help.

OPERATION LIFE: SAFETALK

In the safeTALK half day workshop you will learn how to become more alert to suicide prevention opportunities, and how to offer help.

PARENTING PROGRAMS

Parenting programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their children.

RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

RELAXATION AND STRESS MANAGEMENT

Relaxation and stress management provides practical skills that can be used in everyday life to de-stress via mindfulness techniques.

RESIDENTIAL LIFESTYLE PROGRAM

The Residential lifestyle management program is designed for veterans and their partners who want to enhance their wellbeing and relationships.

SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help you manage disturbed sleep.

STEPPING OUT

A two day program for ADF members and their partners who are about to, or have recently separated from the military.

UNDERSTANDING ANXIETY

This program will help you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stress.

How it works



Whether you're at home or outdoors and need help, simply press the SOS button.



It then sends up to 5 help texts with your GPS location & then calls those people consecutively.



When one of your emergency contacts answers you can talk to them through your pendant.

How to order

Contact your local distributor 



1800 936 774

lifelifealarms.com.au

3/163-165 Brighton Ave
Toronto NSW 2283

Cost

Just one affordable payment to own outright.

No monthly monitoring fees.

Programmed and ready to use
straight out of the box.



LiveLife
PERSONAL MOBILE ALARMS

www.lifelifealarms.com.au

The LiveLife Mobile Personal Alarm.

Finally an SOS alarm that
works anywhere.

Calls up to 5 people including 000 with
GPS location. Includes fall detection.



GO
ANYWHERE
SAFELY

GPS

**CALLS
& TEXTS**
5 CONTACTS

000
CAN CALL
EMERGENCY
SERVICES

LiveLife Mobile Alarm

Fall detect, hands free voice & GPS. Works anywhere.

With the LiveLife Mobile Alarm you can go anywhere knowing help is just a press of a button away. It is perfect for people who want to feel safe everywhere, not just at home.

It is a stylish pendant that works with 3G, 4G and 5G mobile phones but without the complicated features. The wearer doesn't need a mobile phone.

When activated, the pendant sends up to 5 help messages using the built-in Swiss precision GPS via text with a link to **Google Maps** showing the wearer's location to within 2 metres!

It then starts calling up to 5 emergency contacts one after the other using the Telstra Mobile Network. You can even include '000' as a contact!

When one of the emergency contacts answers, the wearer is able to talk hands free through the water resistant pendant. Anyone who knows the mobile number of the pendant can call it and it answers in speaker-phone mode automatically.

You can easily locate the pendant via text. It will send you the location on Google Maps.

Perfect for people who are at risk of falls.

Includes a **fall detection** capability designed to activate for more serious falls which are likely to result in unconsciousness. Alerts all contacts.

No monthly monitoring fees ever.

In an emergency it contacts your family and friends and not strangers in a call centre who will just call your family and friends anyway.

Ready to use right out of the box. No setup needed.

It has it's own SIM card and mobile number already installed. It comes all setup, ready to wear with 12 months warranty and a 14 day, limited, moneyback guarantee.

Small, lightweight and comfortable to wear.

The Mobile Alarm pendant weighs the same as 3 twenty cent pieces. It has a soft, non-slip surface and comes with an attractive, adjustable, 'safety' lanyard.

Being waterproof you can wear it in the shower or even a tropical downpour!

The pendant fully recharges in the charging station in 45 minutes. The battery can last up to 3 days.

The wearer can also call one of the emergency contacts at any time if they wish to.

3G & 4G LTE

GPS

000
CAN CALL
EMERGENCY
SERVICES

GERMAN
DESIGN &
ENGINEERING

SWISS
PRECISION
GPS

reddot award
product design
2015

RECOMMENDED
choice
February 2017



Recommended
by CHOICE after
scoring best in
recent CHOICE
tests.

