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Graham Bird  
Brian Buckby  
Peter Higgins  
Noel V Parker  
Wayne Oldmeadow  
Samantha Morgan  
Jeff McConnell

Beaudesert RSL  
sub-branch



## NEWSLETTER – Issue 3 August 2021

### Calendar of Coming events - 2021

#### BEAUDESERT SUB BRANCH

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

14 September 2021	Peace Keepers Day 11.00am – Palm Gardens
16 September 2021	Members General Meeting 2.00pm – The Club Beaudesert Function room
22 October 2021	Veterans Health Week Luncheon (The Club Beaudesert – Function room)
11 November 2021	Remembrance Day 10.40am - Cenotaph

### Members General Meeting

**(Wife/Husband/Partners most welcome to attend)**

- Next Meeting 16 September 2021 @ 2.00pm – Held at The Club Beaudesert (RSL Services Club (Function room))
- ♦ 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 2021.*

♦ Betty Johnston (29.04.21) ♦

## **President's Message**

A year has passed since we said a sad farewell to our dedicated Member and Past President Mr. Errol Guilfoyle, time passes quickly. I make mention of the pullout of Afghanistan, please all Members if you know of/or are aware of any Veterans in our Community that maybe impacted by this withdrawal please make sure they know they are being thought of; and that your Sub-Branch has very able Advocates that may be able to assist with information. Please just ring 55413720 to connect. At the Beaudesert RSL Sub-Branch we welcomed all Viet Nam Veterans at that very time when many communities were turning their backs on those gallant warriors, and many are still very active members of this Sub-Branch.

Some of our Viet Nam Veteran Members conducted a Commemoration at the Palm Gardens Memorial Park on the 18th of August, due to the Covid restrictions social distancing and allocated numbers was adhered too. The lunch afterwards was very well attended and lots of reminiscing went on, some new friendships were formed which is a good outcome. Both the Beaudesert Times and The Bulletin included articles about the Viet Nam Vets which was a very positive recognition within our community.

The required documentation for the removal of the house in Brayford St. is nearly completed, the removal firm will notify us when the final move is to take place. We have put in for a couple of grants to assist with the erection of your Lysaght Shed which will become your easily accessible Sub-Branch, exciting times for the future.

There are a number of items that can be acquired for a small cost/donation at the Brayford St House. A Hills Hoist, numerous very heavy pot plants, some shelving, some doors and other odds and ends. If any of you as Members or anyone you may know would be interested, please ring 5541 3720 and someone will contact you. Many of you as Members of the Beaudesert RSL Sub-Branch are automatically members of the Beaudesert RSL Services Club and may have recently seen a few changes at the Club. The Bistro name has been changed and their trading name has been changed to The Club Beaudesert. To bring you as Members up to date with these changes I must remind Sub-Branch Members although the Sub-Branch many years ago was initially homed at the Services Club the requirements of the Services Club and the Community outgrew the Sub-Branch. Constitutionally until the last four years the Services Club had to have Executive Members of your Sub-Branch on the Board of the Services Club, the Constitution was amended in 2018 to change, since then no Executive or Committee Members of your Sub-Branch Board has had any involvement in the running of the Business of the Services Club. Over many years there had been a huge conflict of interest of what was the

better outcome for the Sub-Branch. Unfortunately, your Sub-Branch has carried the debt of this association and continues to do so, with your many assets and liabilities that have accumulated over the years. We wish the Services Club (t/a The Club Beaudesert) all the best in their future endeavors and continued loyalty to the Veterans of this Community. We have been assured their commitment to Remembrance of Veterans is still honored and recognized within their charter.

Peacekeepers Day is being Commemorated in the Palm Gardens Memorial Park at 11am on Tuesday 14th of September. Depending on the covid restrictions a Service is being held, all are welcome to come and Keep Watch with the Peacekeepers in Remembering the significance of their Service throughout the many Regions of the World.

Many of you will know by now that we had a break in at the Museum in the early hours of Tuesday morning the 7th, some damage was done to the front doors, the Police attended and took records of the missing items. This behavior is unconscionable, as all the items in your museum have Historical significance and many have been donated or are being kept in good faith for Veterans and Family Members that have Served our Country throughout the many conflicts over Centuries now. The lack of respect for this Museum and its contents does not bode well in our Beaudesert Community. Fortunately, the Video footage inside has recorded the intruders.

Your next Sub-Branch meeting is being held at the Services Club on the 16th of September, please attend if you can and join in for a cuppa afterwards. Information concerning the meetings is in this Newsletter.

Do hope the Covid Restrictions are not having too great an impact on Members and your Families, if we can assist please contact us on 55413720.

***Carol Castles***  
***President***

## PAWS/Wellbeing

Advocates available on Wednesday's. Jay Collins and Samantha Morgan.

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@beaundesertrslsubbranch.com](mailto:welfare@beaundesertrslsubbranch.com)

All these services are available right now - 24 hours a day, 7 days a week.

- **Open Arms — Veterans & Families Counselling** service is available 24/7 on **1800 011 046**
- **Safe Zone Support** on **1800 142 072** is a free and **anonymous** counselling line for current serving ADF personnel, veterans and their families available 24/7
- **Defence Family Helpline** is available for ADF members and their families, available 24/7 — dial **1800 624 608**



**Lifeline is available 24/7 on 13 11 14**

*If you know of a Veteran who requires assistance, doing it tough or unwell please let us know. We have welfare bags available for those in need.*

**PAWS TEAM**

## Museum – Harry's Haunt

Due to the break-in at the museum will not be open until repairs can be done.

We apologise and hope to re-open very soon.

**Museum Coordinator**

## **Members – Up to date Next of Kin**

We have attached a form of Next of Kin to complete and send back to the Sub Branch if possible to keep all records up to date.

Please send to: PO Box 60, Beaudesert Q 4285 or Email: [admin@beaundesertrslsubbranch.com.au](mailto:admin@beaundesertrslsubbranch.com.au) or drop into the Sub Branch Mon – Fri (9.00am – 1.00pm)

## Birthday Acknowledgements

We wish to acknowledge the following members who had/will have their Birthdays in Jul, August and September, 2021



### **July 2021**

A. Barrand ♦ J. Boulter ♦ G. Drynan ♦ T. Kerrison ♦  
H. Lunniss ♦ G. Miller ♦ A. Muller ♦ P. Neal ♦  
R. Parker ♦ B. Quinn ♦ D. Riley ♦ M. Roest ♦  
P. Seddon ♦ C. Smith ♦ K. Smith



### **August 2021**

G. Arnold ♦ L. Bancroft ♦ R. Darragh ♦ R. Downes ♦  
L. Dunstan ♦ C. Fisher ♦ J. Greber ♦ D. Hewett ♦  
J. Hunt ♦ R. Kliese ♦ J. Leatherbarrow ♦ D. Lunniss ♦  
R. Marsh ♦ D. Morgan ♦ J. Mustart ♦ E. Pottinger ♦  
A. Terry ♦ L. Wilkinson



### **September 2021t**

P. Bryan ♦ T. Casteleijn ♦ G. Cooling ♦ J. Davis ♦  
I. Gough ♦ E. Hardgrave ♦ M. Joyce ♦ G. O'Toole ♦  
D. Rewko ♦ R. Richardson ♦ A. Shanks ♦ R. Slatter



# **SUB BRANCH** **NEWS**

## **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.

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## **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.

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## **Members General Meeting** **held on 17 June, 2021**

It was disappointing to see only a few members attended the last members meeting.

We hope to see more attend this next meeting on the 16<sup>th</sup> September, 2021 @ 2.00pm being held at The Club Beaudesert function room.

## **Quilts of Valor Presentation on 21<sup>st</sup> July, 2021**



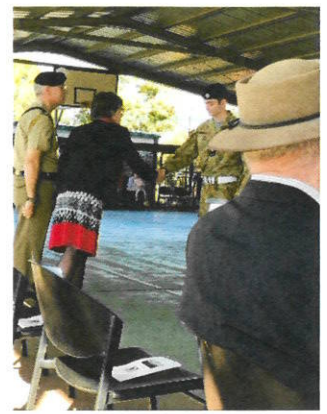
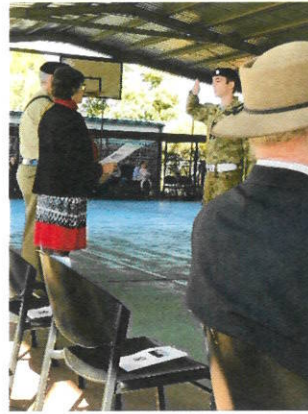
Some of our members were presented with a quilt.



## Vietnam Veteran's Day Memorial Service – 18<sup>th</sup> August, 2021

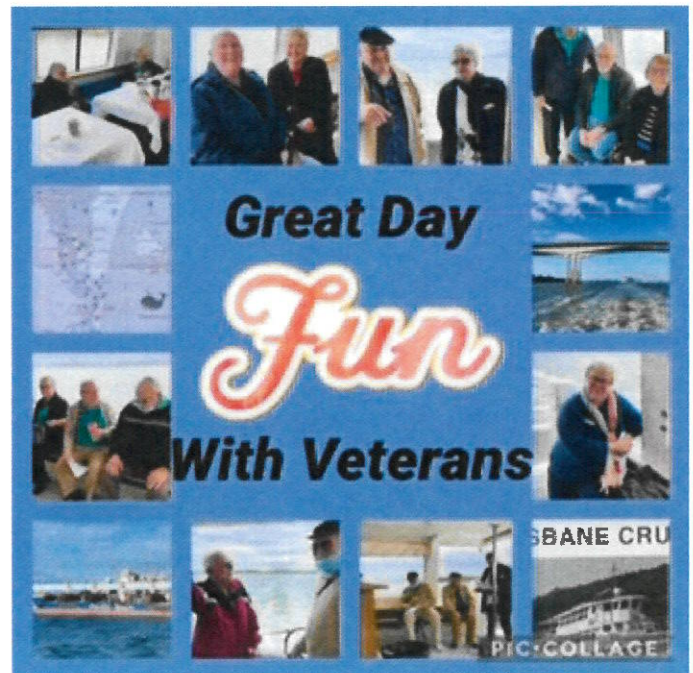


## Presentation to Jimboomba and District Cadets



## Members Out and About

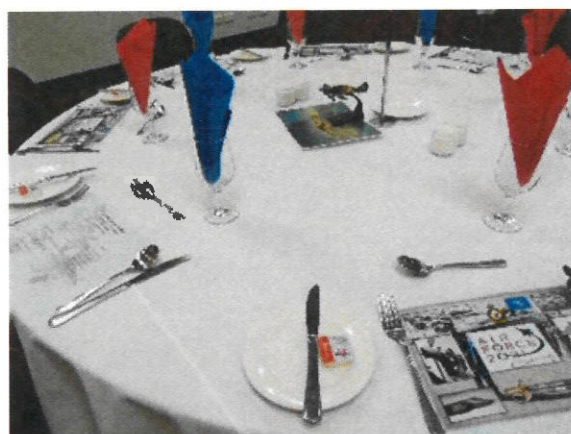
National Servicemen's Association Beaudesert Branch and members attended a Boat trip.





## 100 Year Air Force Centenary / Presidents Luncheon 31<sup>st</sup> July 2021

A wonderful day, members getting today enjoying the luncheon, RAAF guest speaker and celebrating 100 years of the RAAF. Our RAAF who attended was presented with a centenary medallion and Certificate from the Sub Branch. RAAF Members who were unable to attend will receive the Centenary medallion and Certificate in the mail from the Sub Branch.



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### Presentation to McAuley College McArthur Family for Torch of Remembrance





# BEAUDESERT RSL SUB BRANCH

## Member Information

### Personal Information

Full Name:	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<i>Last</i>	<i>First</i>	<i>M.I.</i>
Address:	<input type="text"/>		<input type="text"/>
	<i>Street Address</i>		<i>Apartment/Unit #</i>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<i>t</i>	<i>State</i>	<i>Post Code</i>
	<i>Suburb</i>		
Home Phone:	<input type="text"/>	Alternate Phone:	<input type="text"/>
Email	<input type="text"/>		
Member No.:	<input type="text"/>		
Birth Date:	<input type="text"/>		

### Next of Kin

Full Name:	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<i>Last</i>	<i>First</i>	<i>M.I.</i>
Address:	<input type="text"/>		<input type="text"/>
	<i>Street Address</i>		<i>Apartment/Unit #</i>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<i>Suburb</i>	<i>State</i>	<i>Post Code</i>
Home Phone:	<input type="text"/>	Mobile Phone:	<input type="text"/>
Relationship:	<input type="text"/>		

## RSL QLD NEWS

Dear Members,

We have heard you.

The Constitution is a Member document; written by Members, voted on by Members, for the benefit of all Members. It is therefore critical that your feedback is wholly considered in the drafting of our Constitution.

I respect what it means to Members, that our Constitution gives clarity to our Objects and that it engenders your confidence and that of our regulators and broader community.

Many of you have taken time to provide your thoughts and comments on the changes being proposed in the draft Constitution, and there have been many insightful and well-considered suggestions for improvements. For this, I thank you.

I also thank the Constitution Working Group (CWG) who have worked tirelessly to bring together a draft Constitution and By Laws that reflect the sentiment and feedback from you, our Members.

During the consultation period, what I have heard you are concerned about is that the Auxiliary is being dissolved and that the name Auxiliary was proposed to be changed.

It has been previously clarified that Auxiliaries have not been dissolved; only the Council of Auxiliaries has been dissolved. I am writing to you today to confirm that, based on your feedback, there will no longer be a name change for our Auxiliaries. Auxiliaries will remain as a sub-committee of the Sub Branch and will continue to be governed by the Sub Branch. The work of our Auxiliaries is an integral part of our veteran support network and must remain.

I have also heard you would prefer that Service Members remained to be called just that. Today, I can again confirm that this feedback has been heard and Service Member will not be changed to Defence Member. The MVP will reflect the classes of RSLQ Service Member and Sub Branch Service Member.

The CWG is now preparing the final draft of the 2021 Constitution for submission to the RSLQ Board for approval, ahead of the finalised document that will be distributed to members with the Notice of Meeting for the State AGM on the 8th December.

I would like to take this opportunity to thank RSL Queensland State Vice President, Bill Whitburn, and all members of the CWG for their leadership and tireless effort to ensure your feedback was considered and, in all cases, responded to. I would also like to thank you; the Members; for your commitment to the future of the League. I look forward to seeing some of you at the State AGM.

With the approval and in conjunction with the Board.

Yours sincerely,

**Tony Ferris**  
**State President**

**Wendy Taylor**  
**State Deputy President**

**Bill Whitburn OAM**  
**State Vice President**

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## DVA NEWS

### DVA - What is the Long Tan Bursary

The Long Tan Bursary helps eligible children and grandchildren of Vietnam veterans pay for their tertiary education.

Each year 37 bursaries are awarded to successful applicants across Australia. Each bursary is worth up to \$12,000 over 3 years of continuous full-time study.

The Long Tan Bursary scheme is named after the Battle of Long Tan, the best-known battle fought by Australians during the Vietnam War.

Australian Veterans' Children Assistance Trust (AVCAT) administers the Long Tan Bursary scheme on behalf of our department.

### Eligibility

To be eligible for a Long Tan Bursary, you must:

- be the child or grandchild of an Australian veteran who served in the Vietnam War during 31 July 1962 to 30 April 1975
- have Australian residency status
- plan to enrol, or be enrolled, in post-secondary education at an Australian University, TAFE College or Registered Training Organisation
- be studying, or planning to study full time, either online or face-to-face
- qualify for continuous payment of educational benefits under Youth Allowance or a comparable Commonwealth educational benefit, for example Abstudy or Austudy.

You can only receive this bursary once. You cannot apply again if you have already received this bursary.

The Long Tan Bursary is not available to students undertaking professional training, such as the College of Law. Each course must be approved by AVCAT.

You can apply on the AVCAT website.

When applications open 18 August. This is in honour of Vietnam Veterans' Day.

Applications close on 31 October.

### What your application should include

You will need to include:

- information about yourself, your family situation and the Vietnam veteran you are related to
- your academic background and referee reports
- details of your financial means.

You will also need to write a statement on why you feel you should be awarded a Long Tan Bursary.

### Assessment of applications

Children of Vietnam veterans will be given first priority over grandchildren of Vietnam veterans..

AVCAT collect and assess the applications as part of its administration of the Long Tan Bursary program. We take no part in the assessment process. All applications are treated with the strictest of confidence.

### Applications are assessed on:

- evidence of academic merit and prospects of successfully completing your study
- your personal circumstances such as financial need, health and family.

### Second degrees

Consideration may be given if you require a second degree to complete your course of study (provided you have not previously received a bursary). This includes a Master's degree or Doctorate. However, you will have a lower priority than those seeking a base-level qualification.

### When you will be notified

If successful, you will be notified early the following year, generally early March. The bursary will be paid to your chosen bank account in monthly instalments over the period of study.

### Contact

If you would like to find out more about the Long Tan Bursary, contact the Australian Veterans' Children Assistance Trust:

- **Phone:** (02) 9213 7999
- **Email:** [info@avcat.org.au](mailto:info@avcat.org.au)
- **Website:** AVCAT ([www.avcat.org.au](http://www.avcat.org.au))
- **Post:** PO Box K978, HAYMARKET NSW 1240

## Some Humour / Jokes



### Sent in by a member

This morning my son said his ear hurt and I said on the inside or outside, so he walks out the front door, comes back in and says both. Moments like this got me wondering if I'm saving too much for college.

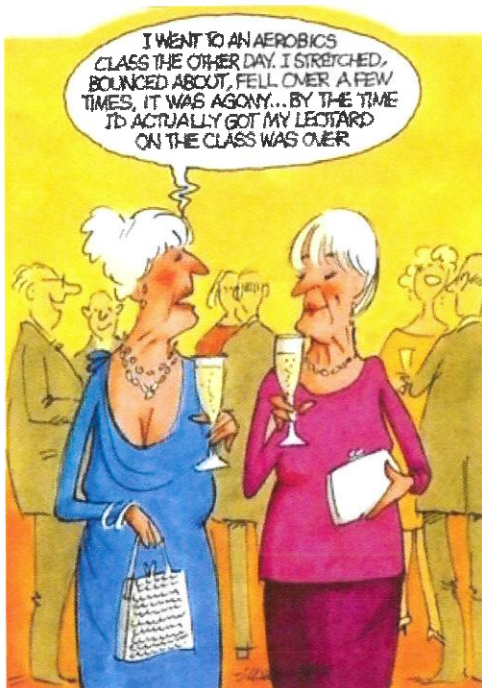
**Not to brag, but I just went into the other room and actually remembered why I went in there!**

**It was the bathroom, but still...**

WHEN WE'RE YOUNG,  
WE SNEAK OUT OF OUR  
HOUSE TO GO TO  
PARTIES.

WHEN WE'RE OLD, WE  
SNEAK OUT OF PARTIES  
TO GO HOME.

**Just failed my driving test. When the examiner asked me "what sign would you expect to see down a narrow country road?" Apparently 'fresh eggs for sale' wasn't the answer...**





# Support for Afghanistan War veterans

To everyone who served in Afghanistan: You should be immensely proud of your service. Australia thanks you.

Thousands of Australian veterans and their families access the following support services every year. Don't hesitate to reach out, even if you just want to get something off your chest.



**Open Arms – Veterans and Families Counselling Service**  
(1800 011 046) or online at [www.openarms.gov.au](http://www.openarms.gov.au).

Open Arms provides counselling and support programs to ADF personnel and their families and operates a free-call all-hours crisis telephone service as well as providing face-to-face support. The Open Arms website also provides a range of self-help resources and wellbeing tools.



**Safe Zone Support (1800 142 072)**

A free and anonymous counselling line for current serving ADF personnel, veterans and their families, available 24/7 and provides access to specialised counsellors with an understanding of military culture and experience. The service offers support without the need for individuals to identify themselves or be concerned that their call will be recorded.



**Department of Veterans' Affairs 1800 VETERAN (1800 838 372)**

Available for current and former serving ADF personnel and their families who may wish to access advice, claims and support services provided by DVA.



**Lifeline Australia (13 11 14)** is available 24/7 or online at [www.lifeline.org.au](http://www.lifeline.org.au).

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.



**ADF Health and Wellbeing portal**  
[www.defence.gov.au/health/healthportal](http://www.defence.gov.au/health/healthportal)

Providing information on a wide range of Defence websites containing information on ADF Health and Mental Health services and supports, as well as links to many useful external resources.



**Defence Family Helpline (1800 624 608)**, available 24/7 or online at [www.defence.gov.au/DCO/Defence-Helpline.asp](http://www.defence.gov.au/DCO/Defence-Helpline.asp)

The Helpline is staffed by qualified human services professionals including social workers and psychologists.



## COMMUNITY AND PEER ADVISORS

**Veteran Peers** draw on their lived experience of:

- Military service and culture
- Transition from Defence to civilian life
- Mental health challenges and accessing support services
- Managing ongoing recovery and wellbeing
- Navigating DVA and other services

**Family Peers** draw on their lived experience of:

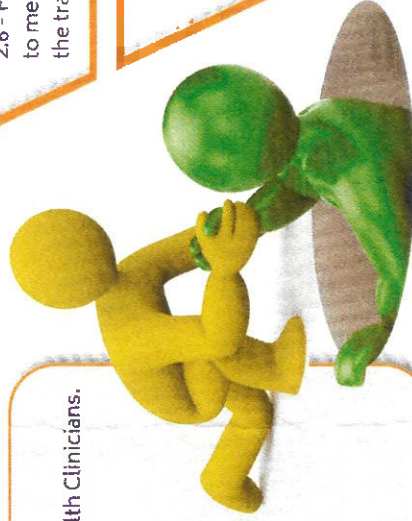
- Military family life and culture, including deployment
- Family transition from Defence to civilian life
- Family support for veterans affected by mental health challenges
- Bereavement and support for family members of deceased veterans

## OPEN ARMS COMMUNITY AND PEER PROGRAM

Integrated teams of Veteran and Family Community and Peer Advisors and mental health Clinicians.

The program has benefits for veterans, their families and Open Arms:

- nationally consistent, locally responsive
- role models hope, strength and empowerment
- reduces stigma and isolation
- provides a respectful, 'no wrong door' approach to help-seeking and recovery
- enhances multi-disciplinary, wrap-around support for vulnerable individuals
- strengthens organisational understanding of military culture and lived experience
- utilises lived experience to inform and enhance policies, procedures and services
- enhances relationships with regional services and the ex-service community
- supports national and Departmental suicide prevention and intervention initiatives



## FIFTH NATIONAL MENTAL HEALTH AND SUICIDE PREVENTION PLAN

People with a lived experience of mental illness... play an important role in building recovery-oriented approaches to care, providing meaningful support... and modelling positive outcomes from service experiences.

## VETERAN MENTAL HEALTH AND WELLBEING STRATEGY AND NATIONAL ACTION PLAN 2020-2023

2.6 - Facilitate peer support and lived experience networks to mentor and guide ADF members successfully through the transition to civilian life.

## OPEN ARMS MENTAL HEALTH CARE POLICY

Integration of lived experience Peers into the full spectrum of services and policies.



## PEER WORKERS ENHANCE OPEN ARMS SERVICE AND SUPPORT FOR VETERANS AND THEIR FAMILIES BY:

- 'Getting it', in a non-judgemental and non-critical way
- Picking up subtleties and the 'stuff unsaid'
- 'Walking the walk, and talking the talk', in ways that cut through barriers
- Promoting reliable safety and help seeking behaviours
- Role modelling 'authentic' lived experience of veteran recovery
- Walking alongside clients on the journey to improved wellness
- Providing a trusted bridge between isolation, community supports and clinical services.

"I WANTED SOMEONE THAT WOULDN'T JUDGE ME OR HAVE A DIFFICULT TIME UNDERSTANDING LIFE IN THE ADF. I NEEDED SOMEONE THAT I COULD TRUST EVEN WHEN I COULDN'T TRUST MYSELF."



## KEY MILESTONES

- 2017 - Townsville pilot project launch
- 2018 - Ministerial launch of national program
- 2019 - Establishment of teams and inaugural Community and Peer Induction Workshop
- 2020 - Nationwide coverage provided by 13 teams, comprising 40 Peers and 12 Clinicians



# Free 12 Month Health and Fitness Program

- for Returned Veterans & Peacekeepers -

Registrations open

Run on behalf of the DVA by Corporate Health Management, the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.



## Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with overseas operational service who have not previously done the Heart Health Program before.

To check your eligibility visit  
<http://www.veteranshearthealth.com.au/eligibility>



## How it works: Individual Heart Health Program

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individual's health and fitness goals.

The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program.

The program covers a range of topics including:

- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

## Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual.

Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for use at home or
- Provide assistance with accessing new exercise or training gear



## Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.com.au/eligibility> and follow the steps.

Call the program phone number 1300 246 262 at any time to speak to one of our team.

## Heart Health Team - DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:  
**CHM Corporate Health Management Pty Ltd**  
Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142  
Direct: 1300 246 262  
Email: [hearthealth@chm.com.au](mailto:hearthealth@chm.com.au)  
Web: <http://www.veteranshearthealth.com.au>





We cordially invite you to join us as "Our Community Remembers" those conflicts we would normally commemorate between Anzac Day and Remembrance Day, but have not been able to because of COVID restrictions.

**Conflicts to be remembered:**

Korean War, Malaya & Borneo, Vietnam War, Battle for Australia, World War II and Iraq & Afghanistan

**We will also remember**

Australians of Chinese Heritage & Australians of Indian Heritage  
who have served in defence of our nation.

**Date**

Saturday, 13<sup>th</sup> November 2021

**Time**

10.30am

**Venue**

Sunnybank RSL Sub-Branch  
19 Gager St, Sunnybank

**Dress**

Casual

Serving & Ex-serving members – coat and tie with medals

**Featuring**

- Student speakers from local secondary schools
  - A special memorial in the form of the Long Tan Cross
- AND
- The Band and Guns of the Australian Army's 1<sup>st</sup> Regiment RAA

**Please note:**

1. This event will be conducted outdoors on the Sunnybank State High School oval.
2. For COVID control, access will be restricted with entry via Gager St ONLY
3. Attendees are asked to bring a folding chair and/or a picnic blanket

For further information, please contact our Admin Officer

Kirsty.Claassen@sunnybank.rslqld.net.au

OR telephone 3344 7423 during office hours (9.30am – 1.30pm Mon, Thu & Fri)