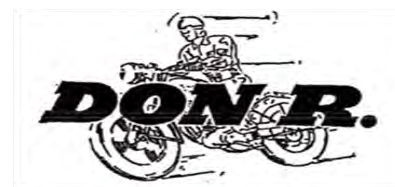




Newsletter of the Toowong RSL Sub-Branch

The Price of Liberty is Eternal Vigilance

Est. 1919



April 2021

Dear Members,

Welcome to the first newsletter of 2021.

Congratulations to our new President, Peter Gow, on his election to the position at the AGM last month.

Congratulations also to Ross Williamson RFD as the new Deputy President and Mike Muirhead as Vice President. We welcome back John Forrest RFD to the board as well as Chris Mallcott, Dr. Lily Zhu and Bruce Tindall. Vince Atley and I will continue in our roles as Treasurer and Secretary respectively.

Please note the new office telephone number 0456 572 671. The NBN connection to the office went 'dead' a few months ago and despite our best efforts, it has not been able to be reconnected. Given ANZAC Day was approaching, we invested in an inexpensive new Samsung mobile telephone including a small pre-paid amount to get it operational.

This was also much needed for our cashless device which enabled people at our fundraiser at Toowong Village prior to ANZAC Day to 'tap' with their credit card, etc. which was very handy as increasingly people do not seem to carry cash or just find it a simpler process.

We were well rewarded for our six days at the shopping centre with \$4,287.00 taken from merchandise sales, raffle tickets and donations.

We have since had a meeting with RSL Qld state branch and they are investigating our IT needs including NBN connection in the coming months.

Stephen Thornton, Secretary

President's Report

I am honoured to have been elected to be the new president of the sub-branch. I thank George Hulse OAM for his time in the position in which the sub-branch has continued to grow and is in a very good financial position.



Peter Gow

The activities conducted by the sub-branch since the beginning of the year are:

- Held monthly board meeting on 18th January.
- Held monthly board meeting on 15th February.
- Achieved incorporation of the sub-branch in February.
- Finalised the refreshed website in March (www.rsltoowong.org).
- Held monthly board meeting on 28th March.
- Held Annual General Meeting on 28th March.
- \$10,000 DVA 'Saluting Their Service' Commemorative Grant approved on 22nd April for further interpretive panels to be installed along the ANZAC Discovery Trail near the cenotaph. Thanks to George Hulse for lodging the application earlier in the year.
- Held a number of planning meetings for ANZAC Day.
- Held a very successful 6-day fundraising effort at Toowong Village (19th – 24th April) for ANZAC Day.
- Held fundraising at Regatta Hotel. Thanks to George Vaivarins for doing a great job.

- Held monthly board meeting on 19th April.
- Nigel Meadows and Portia Meadows attended pre-ANZAC Day service at Stuartholme School on 23rd April where Portia addressed the students (see photo p.9)
- George Hulse and Mike Muirhead attended pre-ANZAC Day service at Queensland Academy Science Mathematics & Technology school in Toowong on 23rd April (see photo p.10)
- Held ANZAC Day service at Cenotaph at 6am 25th April led by Nigel Meadows which was attended by around 200 people followed by a gunfire breakfast put on by Wests Rugby Club.
- Held second service at 11am on 25th April in recognition of the architect of ANZAC Day, Canon David Garland, at Toowong Cemetery led by George Hulse OAM (see photo p.15).
- Participated in a virtual 'Teams' meeting with representative of RSL Qld's IT team on 30th April to discuss the sub-branch's needs in terms of computers, telephone, teleconferencing screen, printers, etc. Also discussed NBN connection.

Finances

One Volunteer is Better Than Ten Pressed Men

Our plan of action for 2021 includes the need for fund-raising to keep our sub-branch finances healthy and happy which they are currently.



Despite the COVID-19 restrictions, meaning we could not hold our usual fundraising at the Wesley Hospital, we managed to secure a spot at Toowong Village for the six days prior to ANZAC Day. This was given to us free of charge.

The response to our call for volunteers was tremendous with 18 sub-branch members turning up for either a morning shift or afternoon shift of 3.5 hours. A few members did more than one shift.

\$4,287.00 was taken in merchandise sales, raffle and donations.

Volunteers were:

*Vince Atley	*Peter Matic
*Garry Collins	*Mike Muirhead
*John Forrest	*Rob O'Brien
*Wayne Fowler	*Mark Plath
*Peter Gow	*Maureen Souter
*George Hulse	*Stephen Thornton
*Jim Kidd	*Brian Venz
*Keith Lamb	*Janelle Voysey
*James Mackay	*Barry Weller

The raffles were drawn on ANZAC Day in front of sub-branch members at the gunfire breakfast at Wests Rugby Club with sub-branch member Jim Kidd. and Justin Toon of Bridgeman Downs. holding the lucky tickets.

Jim graciously intends to donate 'Corporal David Cohen' (the Lone Pine bear) to his son who is the Principal of Rangeville State School at Toowoomba where they hold a large ANZAC Day ceremony every year and says he is sure he will be a very welcome mascot that will feature for many years to come.

In addition, Jim's wife Stephanie who is involved with the Wesley Hospital Auxiliary has decided to donate to the Toowong RSL sub-branch a hand knitted blanket with hand knitted red poppies by one of her Auxiliary members which will no doubt make a great raffle prize. This blanket was hand crafted by one of her Auxiliary members.



Jim Kidd with raffle prize

Veterans can access Personal Monitoring Technology through DVA

We have been provided with the following information for eligible members.

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.

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 to the DVA website or call 1800 VETERAN

(1800 838 376).

'Next Door's Dog is a Veteran's Dog'

This book was released earlier this month and was written to educate children about PTSD, the impact on veterans and first responders and assistance dog etiquette.

\$19.50 + \$9.95 P&H. Discounts for bulk orders.

Order online here or we have attached an order form at the end of this newsletter.
www.ginadawson.com/next-doors-dog-is-a-veterans-dog-to-be-released-in-april-2021/



Website

The sub-branch website has had its 'makeover' completed and we are very happy with the result. Many thanks to John Robertson of Visreal Productions.

www.rsltoowong.org

Welfare Assistance

Occasionally we are contacted by sub-branch and non-branch service and ex-service men and women to assist with advocacy regarding the Department of Veterans Affairs (DVA) and other agencies.



In these cases, we are able to direct them to the appropriate contact within the RSL. We assisted two people since the start of the year.

RSL South Eastern District offers free services for veterans & families?

- Wellbeing support, visits & bereavement assistance
- Medical & allied health referrals
- PTSD & mental health support
- Advocacy & research for compensation & welfare

- Career transition assistance
- Financial literacy & crisis support
- Peer mentoring

Located at Greenslopes Private Hospital
Tuesday–Thursday | 10am–2pm or by appointment.

Email: wellbeing@rslsouthqueensland.org

Ph. (07) 3394 7235

Website: www.rslsouthqueensland.org.

Membership

We currently have 91 service members and 25 non-service (social) members being a total of 116 members. Three new membership applications are being processed which will increase the number of service members to 94 next month.



Every member of the sub-branch, both service and non-service members, should have been provided with a name tag to wear at functions. If you weren't provided with a name tag at the time you joined, or if you have misplaced it, please contact our Membership Officer Mike Muirhead for a new one (free of charge).

You can email the office or call Mike Muirhead on 0419 703 334.

Hospital and Home Visits

Due to COVID-19 visitor restrictions, our contact with members and other ex-service persons who were ill was restricted to telephone and electronic communications.



We are pleased to report that George Hulse is on the mend after taking a tumble on his racing bike. You can't keep a good man down.

DVA's Telephone Number

Please note that DVA's new number is 1800 VETERAN (1800 838 372) and is its primary access number for veterans and their families.

Last Post

We are pleased to report that no sub-branch members have passed away in the past four months.



Sub-Branch Board & Contact Details

2021-22 Board Members:

- Peter Gow - President
- Ross Williamson RFD – Deputy President
- Mike Muirhead – Vice President
- Dr. Stephen Thornton - Secretary
- Vince Atley - Treasurer
- John Forrest RFD
- Chris Mallcott
- Bruce Tindall
- Dr. Lily Zhu

The office is located in the Western Districts Rugby Football Club (West's Bulldogs) building in Sylvan Road Toowong.

Office: 7/65 Sylvan Road Toowong

Postal: PO Box 1564 Toowong DC 4066

Phone: 0456 572 671

Email: secretary@rsltoowong.org

Website: www.rsltoowong.org



Toowong Memorial Park

AGM 28th March 2021



South Eastern District President Kerry Gallagher AM presenting Toowong RSL Sub-Branch Vice President Mike Muirhead with a Certificate of Achievement for dedicated service to the sub-branch



WWII veteran and sub-branch member John Briggs receiving his 30-year certificate of membership from Mike Muirhead

Toowong Village fundraising 19th – 24th April



L-R: Treasurer Vince Atley, President Peter Gow and Immediate Past President George Hulse OAM





Pre-ANZAC Day 2021 activities



Sub-branch member Portia Meadows at Stuartholme School





George Hulse OAM (second from left) representing Toowong RSL Sub-Branch at QASMT School

ANZAC Day 2021



Service at the cenotaph commenced at 0600hrs











George Hulse OAM conducting service at Toowong Cemetery for architect of ANZAC Day Canon Garland



MENTAL HEALTH AND WELLBEING PROGRAMS FOR VETERANS AND FAMILIES

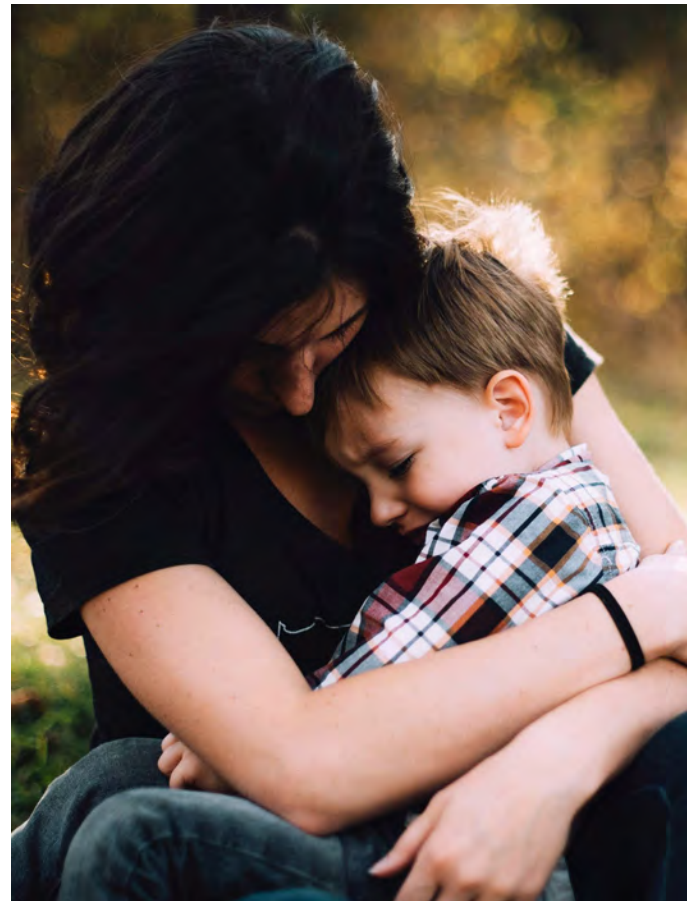
The Gallipoli Medical Research Foundation (GMRF) understands that military service can extend beyond the individual and affect the whole family. During the 2019/2020 Financial Year, our Veteran Health Initiative conducted a range of project aimed at addressing mental health issues and improving overall wellbeing for veterans and their families.

Enhancing support for families with a veteran

- In partnership with RSL Queensland, GMRF conducted research to improve health and wellbeing outcomes for veteran families. The project developed recommendations for a model of care to guide service delivery for veteran families with complex, multi-agency needs. The recommendations will form the basis for a pilot implementation of the proposed model of care.

Improving sleep quality for veterans with PTSD

- Continued the Veteran Sleep Therapy Study investigating the use of both evidence-based and novel psychological interventions to improve sleep quality. 91% of veterans with PTSD suffer from sleep disturbances.
- Completed the first round of group therapy sessions in December 2019, with groups to continue throughout 2020.
- A manuscript on the methodology of the study is being prepared for submission. Funded by the Department of Veterans' Affairs, the research aims to use findings from the study to inform treatment to improve sleep and overall quality of life for veterans with PTSD.



Investigating mental health programs for veterans and their families

- Completion of two major projects investigating mental health programs for veterans and families. Funded by Medibank, the Mental Health First Aid and Compassionate Mind Training studies contributed to further understanding on these interventions and recommendations for improving clinical practice.



Find out more about our work at www.gallipoliresearch.com.au

Follow us on Facebook for our latest news and research updates!

Addressing the whole-body impact of PTSD

The Gallipoli Medical Research Foundation's world-first PTSD Initiative, conducted in partnership with RSL Queensland was published in 2017. It revealed the whole-body impact posttraumatic stress disorder (PTSD) was having on Vietnam veterans.

Gastrointestinal conditions were common among veterans with PTSD, while one in three may face problems due to multiple medications prescribed for mental health issues. In 2020, GMRF's Veteran Health Initiative conducted two key research projects to address these issues for our veterans:



Investigating the link between PTSD and gut disorders

- Launched an analysis of the rates of endoscopic investigations on veterans, with and without PTSD. The study aims to confirm the higher rate of endoscopic procedures for veterans with PTSD and expand on the limited clinical knowledge on the association between PTSD and gut symptoms. Data has been collected and statistical analysis is now underway.



The quality use of medication

- Launched the Quality Use of Medication Study to investigate the prevalence and impact of polypharmacy (the regular use of multiple medications) for treating veterans with PTSD. Data collection and analysis for this study is due to commence by the end of 2020. The study aims to identify risks associated with polypharmacy to inform clinical practice and prescribing guidelines.

Find out more about our work at www.gallipoliresearch.com.au

Follow us on Facebook for our latest news and research updates!



TRANSITION FROM MILITARY SERVICE & REINTEGRATION TO CIVILIAN LIFE

Veterans may struggle with transition from service to civilian life. In a recent study commissioned by the Departments of Defence and Veterans' Affairs, it was estimated nearly half of Australian service personnel who had recently transitioned met 12-month criteria for a mental health condition.

In partnership with RSL Queensland, the Gallipoli Medical Research Foundation (GMRF) aims to improve the transition process and enhance quality of life for our veterans. In 2019/2020 we progressed two major studies in this area:

Assessing readiness for civilian life

- An extension of the Veteran Reintegration Study, the Civilian Readiness Study aims to improve transition for Australian service veterans by focusing on developing a method to determine 'readiness' for civilian life prior to discharge.
- Recruitment activities commenced in 2019, with over 200 current service personnel in the process of transition completing the first in a series of three surveys.
- The project received endorsement and support from ADF Joint Health Command and Major General Natasha Fox (Head of People Capability, Defence People Group).
- The measure produced by this research will enable the timely detection and assessment of an individual's needs prior to transition. It will also inform the development of education programs to 'upskill' current serving ADF members based on their needs and better equip them for the transition process.

Identifying the reintegration support needs of veterans

- Development, trial and analysis of an adjustment and reintegration assessment measure. Led by Associate Director of Veteran Health, Dr Madeline Romaniuk, the project team have submitted the manuscript on the study of these measures. These tools — the first of their kind available globally — will enable timely detection and assessment of reintegration difficulties. It will also significantly enhance clinicians' understanding of the relationship between transition and reintegration difficulties and mental health, which will lead to more targeted intervention.
- Findings are being used to develop a self-directed education program for veterans which addresses identified needs. The program will be piloted by the end of 2020.



"I completely oversimplified the transition process. I told myself, 'if you can survive in the Army, you can survive in civilian life'. But civilian life is a totally different landscape — both physically and mentally. No one explained that to me or gave me tools to deal with it."

Tim Thomas, GMRF Veteran Ambassador

Find out more about our work at www.gallipoliresearch.com.au

Follow us on Facebook for our latest news and research updates!

2021 ORDER FORM – NEXT DOOR’S DOG IS A VETERAN’S DOG

RSL Clubs – April 2021

Gina Dawson (Author)

PO Box 727 MSC Torrens Park S.A. 5062

Email to orders@ginadawson.com

ABN 48 624 401 927

NAME:.....

ADDRESS:.....

.....State/Ter: Post Code:.....

MOBILE:

April 2021 Release:



NEXT DOOR’S DOG IS A VETERAN’S DOG

Written to educate children about PTSD, the impact on veteran’s and first responders and assistance dog etiquette.

..... Copies @ \$19.50 each \$.....

Please add the following to my order:



NEXT DOOR’S DOG HAS A JOB (low stock, offer avail while stock lasts)

This book has been used widely in schools to educate children about

Assistance Dog etiquette and that not all disabilities are visible.

Kate looks fit and well – but if she didn’t have Bailey, she wouldn’t go out at all.

..... Copies @ \$22.00 each \$.....



NEXT DOOR’S DOG IS A THERAPY DOG

Every week Nan takes Monty to visit people in hospital, to make them feel better.

Emma doesn’t understand how, until she sees it for herself. At the hospital Leah

looks on while Monty makes people laugh, remember, learn,

feel comforted and make plans to get well.

..... Copies @ \$17.50each \$.....

SPECIAL OFFER: FOUR BOOK PACKAGE:

Contains:

2 x Next Door's Dog is a Veteran's Dog

x Next Door's Dog is a Therapy Dog

PACKAGE COST: \$70.00

\$.....

ADD POSTAGE:

1 Book \$ 9.95

2 Books \$ 11.95

3 Books \$ 14.95

4+ Books \$16.95

\$.....

TOTAL ORDER:

\$.....

Thank you for supporting my work by ordering direct.

Through the *Next Door's Dog* books, I aim to continue to educate children about mental health, invisible disability and Assistance Dog etiquette.