



RSL WODEN VALLEY SUB-BRANCH NEWS

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August 2017

Special General Meeting endorses VSC support plan

A large majority of WV Sub-Branch members voted to support the motion to provide greater financial support to the VSC and Welfare services until the end of 2019.

The SGM was followed by the regular OGM. Members will be aware that WV RSL must move our premises before the end of the year. Deputy President Brooke Thorpe briefed members on a proposed move to the Grant Cameron Centre, Mulley Street in Holder by the end of October. The move to Holder also received broad support.



Above: Peter Dinham presented the Sub-Branch with a model of HMAS Kiama which he has carefully restored.

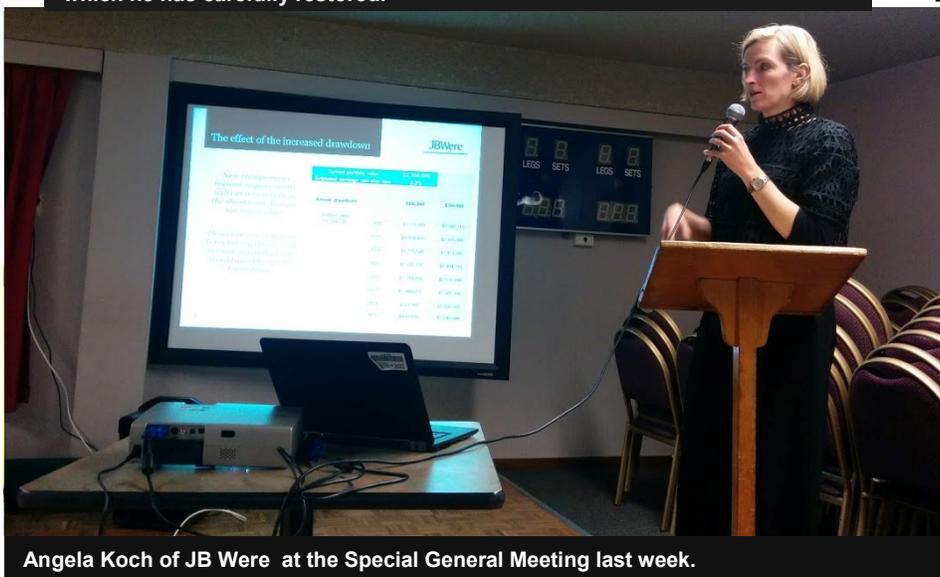
VOLUNTEER WITH WV RSL

Hear about our new WV RSL training and mentoring system and changes to the aged care system

***10am-1pm
3 August 2017***

***11 Irving Street, Phillip,
followed by a light
lunch***

***All volunteers and
potential volunteers
welcome***



Angela Koch of JB Were at the Special General Meeting last week.

In This Issue

- Members endorse financial proposals to support VSC
- Volunteer information day 3 August
- Battle for Australia commemorations
- Aged care information day



RSL ACT VSC and Woden Valley Sub-Branch are pleased to support an Information Day on aged care with Wendy Bateman, the RSL's National Advisor on aged care.

We encourage much-needed potential and present volunteers to take up this opportunity.

My Aged Care Information Day

Presented by Ms. Wendy Bateman
Manager, RSL Aged and Health Support Victoria
Personnel from MyAgedCare, ACT COTA, OPAN &
DVA will also be in attendance.

2-4 pm

5 September 2017

**Hughes Community Centre
Wisdom Street, Hughes
(next to the Hughes Shops)**

RSVP to: president@actkoc.org
or ring Pat McCabe— 6291 9185 or 0417 291 546

Supported by ACT KOC Members
ACT COTA, Belconnen Support Centre,
RSL ACT Veterans Support Centre

**Afternoon tea will be
provided by ACT COTA**

Free Tax Help 2017

COTA ACT is pleased to be hosting a Tax Help volunteer in the Hughes Community Centre, Wisdom St. Hughes.

What is Tax Help?

Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.

What can volunteers help me with?

Volunteers can help you lodge your tax return or amendment online or claim a refund of franking credits.

If our volunteers work out that you don't need to lodge a tax return, they can help you complete a non-lodgement advice.

Am I eligible for free Tax Help?

You are eligible for Tax Help in 2016–17 if your income is around \$60,000 or less for the income year and you did not:

- work as a contractor, for example a contract cleaner or taxi driver
- run a business, including as a sole trader
- have partnership or trust matters
- sell shares or an investment property
- own a rental property
- have capital gains tax (CGT)
- receive royalties
- receive distributions from a trust, other than a managed fund
- receive foreign income, other than a foreign pension or annuity.

How do I make an appointment?

Contact COTA ACT on 6282 3777



WV RSL members consider the options at the recent Special General Meeting and OGM



BATTLE FOR AUSTRALIA COMMEMORATION

The ACT Committee of the Battle for Australia Commemoration National Council advises all interested persons that the 2017 Battle for Australia Day National Commemorative Ceremony will be held in the Captain Reg Saunders Courtyard of the Australian War Memorial on **Wednesday 6 September 2017 commencing at 11.00am.** Those attending should be seated by 10.45 am.

Queries can be directed to the Battle for Australia National Ceremony Coordinator Colonel John Jackson (Retd)

(02) 6288 3373 or john.jackson@bigpond.com

or the Events and Ceremonies Office - Australian War Memorial

South Canberra Veterans Shed

A meeting place where veterans, regardless of gender, can socialise, discuss issues with like-minded mates, enjoy themselves, learn new skills, work on projects together and get involved in activities to support our shed and the community.

The Veterans' Shed concept is based on the well-known 'Men's Shed' (the Australian Mens Shed Association [AMSA] Sheds) and will offer membership and peer-to-peer support to all current and former servicemen and women, from Australia and her Allies, their families and likeminded persons

Date: every Wednesday.

Time: 1:00pm – 4:00pm.

Where: Lake Tuggeranong Sea Scouts Hall, Mortimer Lewis Drive, Greenway.

Cost: Visitors free. For Members there is a joining fee and an annual fee.

More Information:

Call 0490 043 158 or 0490 013 462;

email scveteransshed@gmail.com;

or visit [Veterans Shed](#).



Above: RSL president Bronson Horan (front) with (L-R) board member Tony Flaherty, acting chief executive Corey Starkey, board member Colin Johns, former deputy president Jill Hoare, vice president Bill Denny, vice president Cheryl Cates, chairman Trevor Whitelaw and board member Stephen Larkins. Picture: Keryn Stevens/AAP Image from Adelaide Advertiser.

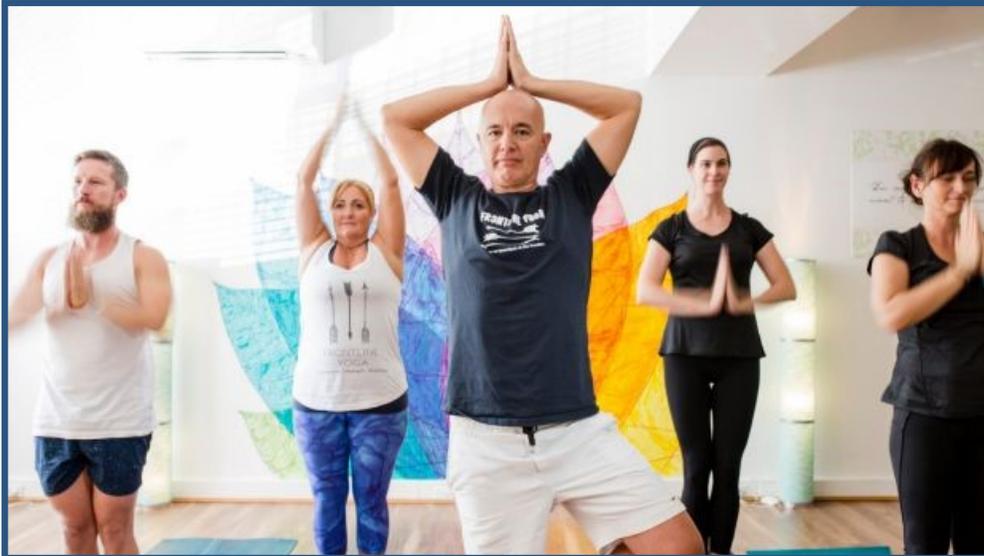
A new interim RSL SA Board appointed

The new RSL president Bronson Horan is a former US green beret who joined the ADF and was injured in Afghanistan in 2008. Ms Cheryl Cates has three sons who have served, or continue to serve in the Australian Army in the Middle East. Ms Cates has joined Mr Horan, former Veterans SA boss Bill Denny and Brighton sub-branch president Trevor Whitelaw on a new interim board appointed on Tuesday alongside incumbents Steve Larkins, Tony Flaherty and Colin Johns.

Mr Horan had operated his own security consultancy business and supported injured soldiers as an ambassador of Soldier On. He says the RSL must continue to serve veterans of the World Wars, Korean War and Vietnam War but that the contemporary soldiers are the RSL's future.

“We need to find out what they regard as important and make ourselves relevant and embracing,” he said. “This will not be an easy task but it's something that the interim (RSL) board looks forward to embracing.” He said the board's priority is getting back to basics of advocacy, welfare, commemoration and mateship.

The RSL workforce was reduced from 22 to six to reduce costs and may have to sell assets to repay creditors. The extent of the RSL's debt has been closely guarded but is believed to be up to \$1 million. The RSL, which has 12,000 members, was given a filip on Wednesday with the SA Veterans' Affairs Department providing a \$200,000 loan as part of a proposed Deed Of Company Arrangement to be put to creditors outlining how the charity plans to repay its debts. “The intention and concern of the State Government is to ensure that the RSL remains a presence and a provider of services



Frontline Yoga co-founder Rob Ginnivan leads the group. *Photo: Jamila Toderas, Canberra Times*

Frontline Yoga is a volunteer organisation offering free yoga classes for “frontline guardians” and their supporters. Members of the public are welcome by donation.

Lessons are trauma-sensitive so suitable for those with stress, anxiety and PTSD. The aim is to develop mental and physical strength in all levels, including beginners.

Classes are currently held at:

Kingston: Tuesday 12 noon Balanced Yoga see www.balancedyoga.com.au
0407 649 528

Crace: Thursday 6pm Soldier On Australia see www.soldieron.org.au 1300 620 380

Nicholls: Friday 5.30pm Tidy Temple www.tidytempleyoga.com 0409 329 887

Torrens: Saturday 8am Community Hall www.torrenscommunityyoga.com.au
0421 469 918

<https://www.facebook.com/FrontlineYogaInc/>