



Newsletter of the  
**Toowong RSL Sub-Branch**  
*The Price of Liberty is Eternal Vigilance*



Est. 1919

December 2021

Dear Members,

2021 has been another challenging year for most and for the sub-branch it has been no different, although it was an improvement on 2020 given we got to enjoy the end of year social function at the Regatta Hotel in November.

Around 80 members and their guests attended. Functions like this fulfill one of the Objects of the sub-branch, contained in our Constitution, which is to:

*'perpetuate the close and kindly ties of friendship created by a mutual service in the Australian Defence force or in the forces of nations traditionally allied with Australia and the recollections associated with that experience'.*

And, although Hawaiian shirts are not specifically mentioned in the Constitution, I wouldn't be surprised if they become a Toowong sub-branch tradition in years to come. Check out the photos at the end of the newsletter and also the high-resolution photos taken by board member, Lily Zhu (see link on p.12).

We are looking to hold more regular social functions in 2022, although with the new Omicron variant apparently going to be a pest at least in the early months of the new year, the next major get together may be the AGM in March.

One suggestion has been for us to put a team in for [Harrys Trivia](#) which is held at Wests every Wednesday and Thursday evening at 7.30pm. Do you have other suggestions? Please let us know.

**Stephen Thornton, Secretary**

## President's Report

Despite the COVID pandemic, 2021 has been a pretty good year for the sub-branch. We have increased the number of service members by seven from 91 to 98 with one new social member.



*Peter Gow*

The sub-branch finances also continue to improve and I'd like to congratulate our treasurer Vince Atley on his fine efforts in this regard.

While the traditional big ANZAC Day service was not able to be conducted again this year, we did hold a small, non-publicly advertised service for members with the required COVID precautions in place.

Thankfully, COVID restrictions had eased so the Remembrance Day service last month was held in the usual way, although we again did not publicly advertise the service. Refreshments were served afterwards at Wests on what was a rather muggy day.

The end of year social function by all accounts was a great success and the service by the Regatta Hotel staff was excellent.

The activities conducted by the sub-branch since the previous newsletter in August are as follows. Please note that the board usually meets on the third Monday of each month at 4pm and sub-branch members may attend as observers.

- \* 20 September - held board meeting.
- \* 18 October - held board meeting.
- \* 6 November to 10 November - held Remembrance Day fundraising at Toowong Village.
- \* 11 November - held Remembrance Day service at the Cenotaph. Wreaths laid by Councillor James Mackay, Michael Berkman MP, representatives of Julian Simmonds MP and Cr. Peter Matic, Petty Officer Clinton Murphy from HMAS Canberra which was docked in Brisbane, Senior Sergeant Shane Hancock OIC Indooroopilly Police Station, and a number of others. See photos at the end of the newsletter. The Woodhead family gifted a set of WW1 medals belonging to Cpl J N Woodhead of the 9th Battalion AIF.
- \* 13 November – held sub-branch end of year social function upstairs at Regatta Hotel.
- \* 15 November - held board meeting.
- \* Lodged an application with Brisbane City Council for an additional nine commemorative panels along the ANZAC Discovery Trail in Toowong Memorial Park.
- \* 7 December - held sub-branch board meeting and commenced ANZAC Day planning.
- \* Delivery completed of new mobile telephones and laptops to board executive as well as wide screen on trolley for virtual meetings and new office printer, all paid by state branch.
- \* The sub-branch office alarm system upgraded.



*Peter Gow receiving a set of WW1 medals on behalf of the sub-branch*



*Peter Gow and Petty Officer Clinton Murphy*



*New office printer*

### **New Trailer for 12 ACU**

As reported in the last newsletter, the sub-branch donated \$2,000.00 to 12 ACU (Army Cadet Unit) based at HMAS Moreton in Bulimba to go towards the purchase of a new sturdier trailer which will be used on camps, fundraising activities, etc. The trailer is now operational.





*12 ACU's new trailer*

## Finances

### *One Volunteer is Better Than Ten Pressed Men*

Our plan of action for 2021 included the need for fund-raising to keep our sub-branch finances healthy.



The sub-branch conducted two organised fundraising activities at Toowong Village in November and Bardon in December with another stellar fundraising effort by George Vaivarins at the Regatta Hotel. The sub-branch presented George with a small gift of appreciation for his fundraising efforts which are greatly appreciated.



*Peter Gow presenting service member George Vaivarins with a small gift for his fundraising*

The following members volunteered their time at the Toowong Village fundraiser over five days.

- |                  |                  |
|------------------|------------------|
| *Tez Anderson    | *Trevor Luttrell |
| *Vince Atley     | *James Mackay    |
| *Garry Collins   | *Peter Matic     |
| *Bruce Davis     | *Mike Muirhead   |
| *David Donaldson | *John Muirhead   |
| *Wayne Fowler    | *Rob O'Brien     |
| *Peter Gow       | *Maureen Souter  |
| *George Hulse    | *Steve Thornton  |
| *Jim Kidd        | *Brian Venz      |
| *Keith Lamb      | *Janelle Voysey  |
| *Denis Luttrell  | *Barry Weller    |



*Trevor Luttrell, Denis Luttrell, Bruce Davis, Cr. James Mackay & Vince Atley*



*Mike Muirhead, George Hulse, Steve Thornton, John Muirhead & Janelle Voysey*





*Vince Atley, Maureen Souter & Jim Kidd*



*Mike Muirhead, Jim Kidd, Janelle Voysey & Brian Venz*



*Vince Atley, Garry Collins & Mike Muirhead*

The following members volunteered their time at the Morgan Terrace Bardon fundraiser for the community event for the closing of BiCare. Many thanks to service member Graham Heslin, who is also in charge of 12 ACU, for bringing their new BBQ to cook the snags.

- \*Vince Atley
- \*Wayne Fowler
- \*Peter Gow
- \*Graham Heslin
- \*George Hulse
- \*Peter Matic
- \*Mike Muirhead
- \*Ross Williamson



*Wayne Fowler, Keith Lamb, Steve Thornton & David Donaldson*



*Wayne Fowler & Vince Atley*



*Graham Heslin, Ross Williamson, Peter Gow, Cr. Peter Matic, Vince Atley & Wayne Fowler*

## 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 one person since August.

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](mailto:wellbeing@rslsouthqueensland.org)

Ph. (07) 3394 7235 Website:

[www.rslsouthqueensland](http://www.rslsouthqueensland)

We also assisted a young veteran who is doing it tough at the moment. He is not yet a member of our sub-branch but we have been reaching out to him for the past year. Many thanks to George Hulse for delivering a Christmas hamper from RSL Qld to him.



*Immediate past President George Hulse OAM delivering a Christmas hamper. Photo has been altered to respect the privacy of the recipient.*

## Hospital and Home Visits

George Vaivarins has unfortunately been admitted to Greenslopes Hospital to undergo treatment for illness he believes is attributed to his service in Vietnam and exposure to Agent Orange. As he will be in for some time, Peter Gow and Mike Muirhead have delivered the sub-branch office bar fridge to keep his goodies cool.



Best wishes also to Keith Lamb who is recovering from surgery performed last week.

Mike Muirhead also conducted a welfare check on one of our members who we hadn't heard from for a while and can report that all is well with him.





*Peter Gow & George Vaivarins with bar fridge*

The sub-branch was also asked if we could have someone visit a member from Rockhampton who had to come to the Wesley Hospital for surgery. Mike again obliged and made two visits to him.



*Barry Harvey from Rockhampton sub-branch*

## Membership

We currently have 98 service members and 25 non-service (social) members being a total of 123 members.



This is an increase of three service members and one new social member since the previous newsletter in August. Welcome to Will Carabott, Geoff Ryan AE, Frances Ryan and Mark Samios.

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.



*Peter Gow welcoming Will Carabott*



*Peter Gow welcoming Geoff Ryan AE*

## DVA Telephone Number

DVA's telephone number is 1800 VETERAN (1800 838 372) for veterans and their families.

## Last Post

We are pleased to report that no sub-branch members have passed in the last 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 (Wests Bulldogs) building in Sylvan Road Toowong.

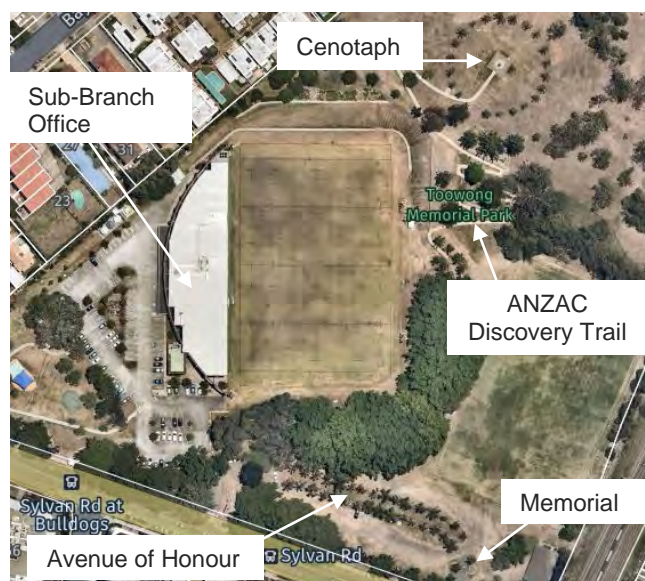
Office: 7/65 Sylvan Road Toowong

Postal: PO Box 1564 Toowong DC 4066

Phone: 0456 572 671

Email: [secretary@rsoltoowong.org](mailto:secretary@rsoltoowong.org)

Website: [www.rsoltoowong.org](http://www.rsoltoowong.org)



*Toowong Memorial Park*



## Remembrance Day 2021

(Photos taken by professional photographer from RSL Queensland)

















## Regatta Hotel Social Function

(Note – see additional photos taken by Lily Zhu in the link below)

[www.drive.google.com/drive/folders/1Q29B-q7otJ2ULjhtTJ5nwocrfO01aJUs?usp=sharing](https://www.drive.google.com/drive/folders/1Q29B-q7otJ2ULjhtTJ5nwocrfO01aJUs?usp=sharing)























**RSL**  
South Eastern District

RSL SOUTH EASTERN DISTRICT

# VETERANS WELLBEING COORDINATION CENTRE

Providing detailed close coordination of support services across  
Governments, Departments and Agencies

## FREE SERVICES

for veterans & families:

- Wellbeing support, visits & bereavement assistance
- Medical & Allied Health information
- PTSD & mental health support
- Advocacy & research for compensation & welfare
- Career transition assistance
- Financial literacy & crisis support
- Peer mentoring

### VISIT

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

### GET IN TOUCH

✉ [wellbeing@rslsouthqueensland.org](mailto:wellbeing@rslsouthqueensland.org)

☎ (07) 3394 7235

🌐 [www.rslsouthqueensland.org](http://www.rslsouthqueensland.org)



**Matthew Rowe**  
General Manager  
RSL SED Veterans Wellbeing  
Coordination Centre





# Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

Group or individual programs available.



## How it works: Heart Health Program

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or compliment your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

### 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



## Heart Health Program – Flexible Delivery

The program is offered in two formats. The Group Heart Health Program or the Individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

### You may want to:

- Improve your general fitness
- Improve your knowledge on health and wellbeing
- Improve your social connections with other likeminded veterans



## Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

**To check your eligibility visit**

<http://www.veteranshearthealth.com.au/eligibility>



## 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

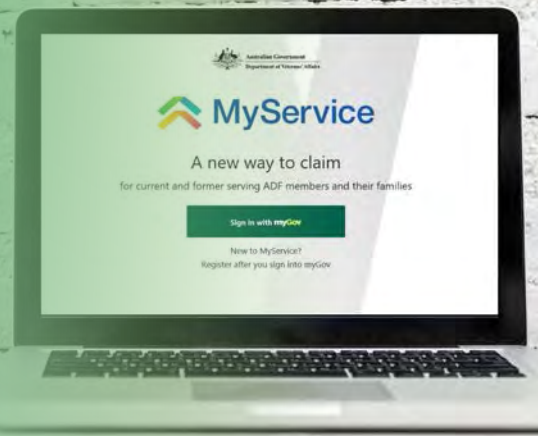
**Email:** [hearthealth@chm.com.au](mailto:hearthealth@chm.com.au)

**Web:** <http://www.veteranshearthealth.com.au>





# MyAccount is closing on 10 December 2021



## FACTSHEET

**DVA is continuing to improve MyService. The need for simpler, better, and more accessible online services has never been more important and is a priority for DVA.**

**To achieve this, we have been moving MyAccount services to MyService over the past year so that you have a single online platform to interact with.**

### Some services won't be moving to MyService

As part of the transition to MyService, DVA reviewed which features to transition or not to transition to MyService. The following features will not be available in MyService:

- Apply for Gold Card
- Honours and Awards
- Claims and Advocacy Support Essentials
- Single Online Claim Form
- MyAccount Inbox.

**Apply for Gold Card.** Veterans who become eligible for a Veteran Gold Card do not need to apply for the card as it's issued automatically through a number of avenues. A Veteran Gold Card may be issued as a result of a claim, or having Qualifying Service and turning 70.

If you're not sure if you're eligible, check the [DVA website](#) for information or call 1800 VETERAN (1800 838 372) for advice.

**Australian Honours and Military Awards.** DVA respects the Australian Honours and Military Awards earned by veterans in recognition of the outstanding service they have provided to Australia.

Honours and Awards that you've entered in MyAccount are not in your official DVA record and won't be available in MyService. We know Honours and Awards information is important, but this change won't affect your entitlements or the services you can access, including veteran commemorations.

If you wish to have an official title or post-nominal added to your client record, please contact DVA on 1800 VETERAN

(1800 838 372). Once we add it to your record, it will display in MyService and in most of our correspondence with you.

#### **Claims and Advocacy Support Essentials (CASE).**

CASE allows Advocates and Claim Representatives to act on your behalf to lodge claims or request reviews and appeals using MyAccount.

In January 2020, the Nominated Representative framework was released into MyService. The framework allows a MyService user to act on behalf of another MyService user and provides a robust, secure way to manage access to your records and assure the privacy of your personal information.

Your advocate can continue to provide support either by using MyService or through the ESO portal.

**Single Online Claim Form.** The big change with MyService was to move away from the single claim form approach available on MyAccount toward an intuitive automated claim process to simplify the claiming process.

**MyAccount Inbox.** We're making changes so you can receive DVA correspondence in your myGov inbox.

When MyAccount is turned off, your MyAccount inbox will no longer be accessible. Until they're available in your myGov inbox, the letters you currently receive in your MyAccount inbox will be sent to you via Australia Post.


If you have correspondence in your MyAccount inbox that you'd like to keep, you'll need to save it. We've posted these instructions on the [DVA website](#).

### Where to go for help

If you're having problems with myGov, call the myGov support line on 13 23 07.

If you have questions about this factsheet or you're having problems with MyService, call us on 1800 VETERAN (1800 838 372) for help.





**Are you living with dementia? Or caring for someone who is? Or have some experience related to people living with dementia?**

A study being conducted at the University of Queensland is seeking to get your views and thoughts of existing and possible future technologies that aim to support people living with dementia and those that care for them.

Participation in this study involves participating in one or more flexibly delivered on-line workshops OR participation in an interview conducted using an online video service. At these workshops and interviews, we aim to collect your evaluation of existing and proposed future technologies.

If you are interested in participating or have any questions about the study - please contact Dr Peter Worthy of the Florence Project at the University of Queensland on:

email: [p.worthy@uq.edu.au](mailto:p.worthy@uq.edu.au)  
phone: 07 3365 9765





## Aviation Heritage

Apart from the operational aircraft, the Museum has an extensive range of displays and exhibits depicting much of Australia's flight heritage, including a dedicated civil aviation display.

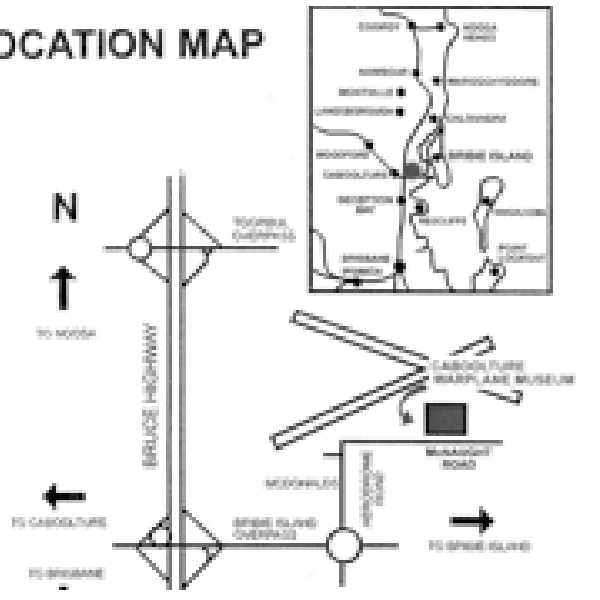
Uniforms, Bren Gun Carrier, Bofors Gun, Operating Search Light, Taylor Mono Plane, F111 Aircrew Escape Module, Full sized Iroquois Helicopter, Engines, WWI & WWII Memorabilia, Model Airplanes, C47, Music, Movies and Animation Movies for kids.



**HAVE BORED KIDS?  
WE HAVE THE BELL HELICOPTER  
FOR THEM TO FLY!**

## QLD'S ONLY FLYING WARBIRD MUSEUM

### LOCATION MAP



## CABOOLTURE WARPLANE & FLIGHT HERITAGE MUSEUM



Museum tours  
Personal tour guides  
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A FINE COLLECTION OF WARTIME  
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QLD 4510

7 Days 9am - 3pm  
(Except Good Friday, Christmas Day,  
Boxing Day & New Year's Day)

(07) 5330 1969



# Keeping history alive

## YOUR PERSONAL TOUR GUIDE

The museum prides itself on providing knowledgeable and friendly tour guides that will give detailed insights as they take you around the exhibits.

## RAFFLE TICKETS FOR ADVENTURE FLIGHTS

Our \$10 ticket raffle is for a 20 minute flight in a war plane, valued at \$500, offering a 1-in-100 chance. Tickets are available to purchase at the museum or over the phone. Drawn on the 1st day of every second month.

## HAVE BORED KIDS? WE HAVE THE BELL HELICOPTER FOR THEM TO FLY!

We love for you to take photos of anything that interests you and we're happy to snap you or your family sitting inside the cockpit of a Bell UH-1 Iroquois (nicknamed "Huey") helicopter in the Taylor Monoplane. We also host photo opportunities for your club, car club or special interest groups.

## ADMISSION

Adults (16 - 60 yrs) - \$10.00

Child - (5 - 15 yrs) - \$5.00

Seniors & Concession Card Holders - \$7.00

Family - \$25.00

Group bookings welcome

caboolturewarplanemuseum@gmail.com

www.caboolturewarplanemuseum.com.au

\*caboolturewarplanemuseum



## Devonshire Teas

For group bookings, we're equipped to offer modest morning or afternoon teas and sandwich options for additional costs. Just let us know with a reasonable lead time, what suits your group.

Option 1 : Biscuits \$3.00 pp

Option 2: Scone with Jam, cream. \$6.00 pp

Option 3: Plated sandwiches \$10.00 pp

Served with tea and coffee.



## Flying Warbirds

Adventure flights are available in a variety of aircraft at the Caboolture Airfield - including the Texan, Wirraway and a Trojan.

The Museum's concept is unique in that it is a flying Museum. Our aircraft have been restored to flying condition and perform regularly in air shows and aviation events around the country. \*Operational aircraft subject to change.