

# THE BRANCH

NEWSLETTER Of the Hervey bay  
rsl sub-branch Inc.

June 2020



MDH90 HELICOPTER  
ARMY AVIATION



*Lest We Forget*



Members,

Welcome to the June issue of "The Branch".

Firstly, on a sad note was the passing lately of two of our long-term members who were very good friends with many of our members and I refer to John Barnes and Tim Gay. Rest in peace boys.

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What a different world it is at the moment with Covid-19 on our doorstep with closure of businesses, clubs, pubs and all things that we have taken for granted all our lives. But do not fear because there is light at the end of the tunnel (I just don't know how long the tunnel is.)

I sincerely hope that all the members have been strong during this period and that we all come out better for the experience.

Speaking of which, the Wellbeing section has had an increase in clients finding the going a little tough but be assured that they are being looked after by a very dedicated team.

Pensions are also busy and as such I have been hounding both District and State RSL for a full time Advocate to be in-situ in our Pension/Wellbeing office. The latest news is that we have the use of the Advocate from Bundaberg in the interim, while waiting for a final decision from State.

Members I am looking forward to the day when we can all get together again and carry on our normal but well meaning banter.

Until next issue, take care.

Brian Tidyman  
President



# DATES TO REMEMBER 2020

## Annual General Meeting

Last Saturday in February each year

February 29 10:30am

*(held in 'Hervey House' at the RSL Club)*

## General Meetings

May 9 10:30am

August 8 10:30am

November 7 10.30am

*(held in 'Hervey House' at the RSL Club unless advised otherwise)*

## Committee Meetings

Usually held the fourth Thursday of the month  
(no meeting December).

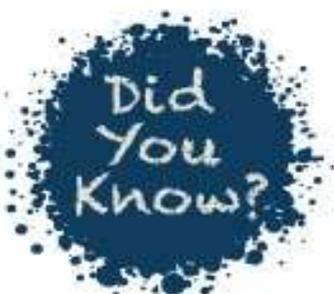
There will be a variation in April when the Committee meeting is held before ANZAC Day.

*Check the website for updates and variations*

Ensure the RSL Club has your correct mobile phone details to receive event notifications and reminders by SMS text message

## Commemorations observed in Hervey Bay:

<i>April</i>	<i>25</i>	<i>ANZAC Day</i>
<i>July</i>	<i>5</i>	<i>Rimau Commemoration</i>
<i>July</i>	<i>27</i>	<i>Korea Memorial Day</i>
<i>August</i>	<i>15</i>	<i>VP Day</i>
<i>August</i>	<i>18</i>	<i>Vietnam Veterans' Day</i>
<i>September</i>	<i>14</i>	<i>Peacekeepers Day</i>
<i>November</i>	<i>11</i>	<i>Remembrance Day</i>



**The Minutes of the Hervey Bay RSL Sub-Branch Inc. Board Meetings and General Meetings are placed on the Noticeboard in the Sub-Branch office for members to view once ratified.**

# Hervey Bay RSL Sub-Branch Pensions Service

## Who are we?

The Hervey Bay Sub-Branch of the RSL offers a FREE Pensions and Advocacy service that is staffed and operated by qualified Compensation Advocates and Wellbeing Advocates .

Our staff provides professional advice and assistance on obtaining eligible benefits under the:

- Veterans' Entitlement Act (VEA);
- Safety, Rehabilitation & Compensation Act (SRCA) and
- Military Rehabilitation & Compensation Act (MRCA)

In addition, the RSL State Branch Pensions, Advocacy and Wellbeing Service have advocates throughout Queensland who are:

- Highly experienced in lodging claims under the  
Veterans Entitlements Act (VEA),  
Safety, Rehabilitation & Compensation Act (SRCA) and  
Military Rehabilitation and Compensation Act (MRCA);
- Caring and qualified to practice in their areas of expertise;
- Able to draw on a wealth of operational and broad-based peacetime experience;  
and
- Having served overseas and in the ADF for many years.

## Services We Offer

The Hervey Bay RSL Sub-Branch's Pensions and Wellbeing Service covers disability pensions, compensation payments, associated allowances, income support payments and treatment available to entitled veterans and former serving members of the Defence Forces and their dependents.

***The Pension and Wellbeing Office is open Monday to Friday, 9:00am to 3:00pm at Suite 18, 2nd Floor of the Signature Building, 19-21 Torquay Road, Pialba.***

**Ph: 07 4184 9496**



# **Hervey Bay RSL Sub-Branch Wellbeing Team**

**Our team of 18 Support Officers  
are trained and authorised to assist  
the ex-service community  
(Army, Air Force, Navy and Police)  
This is a free service.**

## **How can they help?**

Support Officers are trained to assist with a range of services:

- Visits to Hospitals, homes and aged care facilities (these visits do not include the provision of information or advice); and
- providing services and support on behalf of the Sub-Branch, including but not limited to emergency financial support, accommodation and welfare checks.

## **How to contact the Wellbeing Team:**

Office 📞 (07) 4184 9496  
After Hours 📞 (07) 4197 7444  
Email: [welfare@herveybayrsl.org.au](mailto:welfare@herveybayrsl.org.au)

**To make an appointment with Wellbeing phone Pam  
during office hours: Monday to Friday 9.00am to 3:00pm.**

# **Do you want to help?**

**We are looking for more volunteers for our  
Wellbeing and Pension teams and you do not have  
to be ex-service to help out.**

**It would be an advantage if you have been involved  
in nursing, Community Services or Lifeline and  
could give a couple of hours per week. Advocacy  
Training and Development Program ("ATDP")  
training and mentoring will be offered to those  
wishing to do more.**

## Wide Bay Burnett District Advocate, Michael “Tiny” Andersen has compiled a list of interesting information.



If a couple who are receiving Service Pension, are separated for medical reasons, for a prolonged length of time.  
(For example one may need to be put in long term care)  
They may be entitled to be paid Service Pension at the increased Singles rate.

<https://www.dva.gov.au/factsheet-is01-service-pension-overview>

A veteran who has operational service, under VEA and MRCA, is entitled to a Gold Card on reaching 70 years of age.  
Even if they have never submitted a claim to DVA.

<https://www.dva.gov.au/factsheet-hsv59-eligibility-dva-health-card-all-conditions-or-totally-permanently-incapacitated-gold>

The DVA Bereavement Payment, currently \$2000 is payable to TPI, EDA and Ex POW, automatically, and may also be paid on application for veterans who died in needy circumstances.

<https://www.dva.gov.au/factsheet-br04-bereavement-information> (see further information on page 7 of this newsletter)

Partners of veterans who hold a white card, or plain Gold Card (not TPI, EDA, etc) may be entitled to a War Widow/er Pension only if the veteran passes as a consequence of an accepted condition.

<https://www.dva.gov.au/factsheet-dp60-war-widower-s-pension-and-orphan-s-pension>

DVA will cover medical treatment for your accepted conditions only while you are overseas, although, you will have to pay up front and seek reimbursement.

Gold Card does not cover all medical outside of Australia.

<https://www.dva.gov.au/factsheet-hsv65-medical-treatment-while-overseas>

TPI, EDA, and Ex POW are generally the only categories whose widow/er are automatically entitled to a War Widow/er Pension. Even so, it is advisable to seek the assistance of an advocate, as the system may need a kick start.

<https://www.dva.gov.au/factsheet-dp60-war-widower-s-pension-and-orphan-s-pension>

Grab rails, hand rails, and other household aids can be arranged by seeking a referral from your GP for an Occupational Therapist to visit your home.

<https://www.dva.gov.au/health-and-wellbeing/home-and-care/rehabilitation-appliances-program-rap>

The Safety Rehabilitation and Compensation Defence Related Injuries Act 1988 (DRCA) does have a white treatment card, but there is no Gold Card available under this scheme.

<https://www.dva.gov.au/factsheet-is160-overview-cards-available-veterans-and-their-dependants>

Veterans who have prescribed medical equipment in their homes that use power, such as a CPAP or oxygen generator, may be entitled to an essential medical equipment payment.

<https://www.dva.gov.au/factsheet-cep03-essential-medical-equipment-payment>

VEA Homecare may cover 'one off' yard clean ups, and hazard removal.

Nursing and Domestic help may also be available.

Regular gardening and lawn mowing is not covered under this scheme.

<https://www.dva.gov.au/factsheet-hcs01-veterans-home-care>

# What's the Sub-Branch been up to lately?

- 7 March 2020 - President Brian Tidyman and Secretary Kevin Collins attended the RSL Wide Bay & Burnett District AGM at the Maryborough RSL.
- 7 March 2020 - Michael "Tiny" Andersen was formally appointed as the District Advocate.
- 10 March 2020 - A letter was sent to the Fraser Coast Regional Council supporting the relocation of the Pialba Cenotaph to a more respectable position within Freedom Park.
- 12 March 2020 - President Brian along with Deputy President John Beattie and Secretary Kevin appeared on the local news in relation to the vandalism of the Light Horse War Memorial in Freedom Park.
- 23 March 2020 - The RSL & Services Memorial Club closed for an indefinite period pursuant to Government Regulations. Consequently the Sub-Branch office hours were restricted. The Pensions & Wellbeing Office in the Signature Building remained open however there were to be no face-to-face appointments.
- 26 March 2020 - A Special Board Meeting was held.
- 29 April 2020 - Glen Tancred resigned as a Board Member.
- For the months of March, April and May the Sub-Branch provided an RSL Poppy Service at two funerals.
- Administrative assistance and/or supply of ordnance was provided to two Ex-Service Organisations and cadets and two volunteer and welfare organisations in the Hervey Bay area.

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## Funeral Benefits for Australian Ex-Servicemen and Women

A funeral benefit is a one-off payment of up to \$2,000 made by the DVA to help cover the funeral costs of veterans and, in some cases, their dependants.

The benefit will be paid towards expenses incurred in a funeral of Australian veterans who are receiving certain payments at the time of their death.

### Payments Types

- special (TPI) rate disability pension
- extreme disablement adjustment (EDA)
- disability pension plus an allowance as a multiple amputee
- former prisoners of war.

Depending on the circumstances, a funeral benefit may also be payable for veterans who died:

- from an accepted service-related illness or disability
- in severe financial need
- in a hospital or nursing home
- being treated at home for a terminal illness.

An application for funeral benefits must be made within 12 months of the veteran's death. A Funeral Benefit Claim form (Form d0307) is available from your nearest DVA Office or you can download from Claim Funeral Benefit via the DVA website.

# MEMBER UPDATE

1 MAY



## AUSTRALIA LIT UP THE DAWN WITH GRATITUDE FOR VETERANS

At 6am on ANZAC Day, in streets around Australia, hundreds of thousands of Aussies joined together in a powerful show of solidarity.

As the sun peeked above the horizon, the country stood united – in uniforms or pyjamas, wearing medals, poppies or sprigs of rosemary. The message was loud and clear: the service and sacrifice of our veterans – past and present – will never be forgotten.

### A NEW TRADITION

Although we couldn't mark ANZAC Day in the traditional sense this year, we were touched by the community's determination not to let this pandemic take away Australia's most poignant commemoration.

The hundreds of positive messages we received via social media also indicated that Light up the Dawn was a very special moment in time. Many spoke about how their neighbours participated or how personally meaningful it was for their family.

Although it was disappointing not to be able to attend our traditional commemorations, this year's unique observance may well have embedded reverence for ANZAC Day even more deeply in the hearts of Australians.

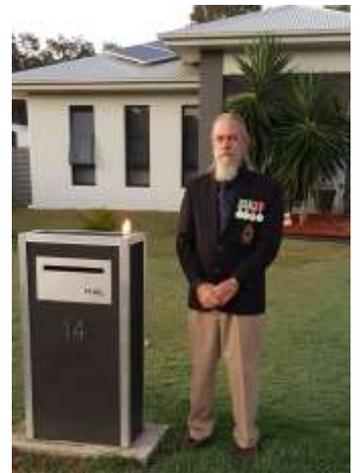
# ANZAC Day 2020



## “Lighting up the Dawn” on ANZAC Day 2020

Top Row: L-R Colleen Crabb, wreaths at the Light Horse War Memorial in Freedom Park, Hervey Bay RSL Sub-Branch Committee Member Tony Lewis

Bottom Row: L-R One of the many driveway displays by the Hervey Bay community paying homage to those who have served and are still serving , wreaths at the Cenotaph in Freedom Park, Hervey Bay RSL Sub-Branch Committee Member Barry Toohill



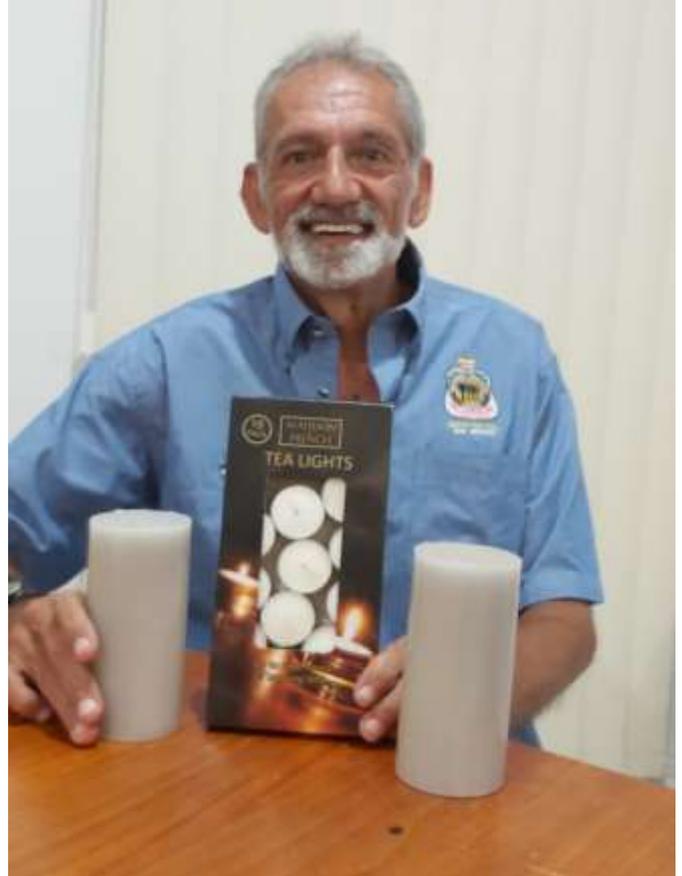
# Harry has been busy again!

## He is organising magazines and candles for our veterans.

Harry said “This emphasizes one of the strategies the RSL has deployed during these times of uncertainty and anxious feelings affecting our veterans in isolation.

By supplying magazines where and when possible provides the opportunity for our Veterans to stimulate their minds by reading and doing puzzles, crosswords.

Also I have been able to get some candles which I will also distribute to some of our Veterans so they too can participate on Anzac Day Light up the Dawn.”



Harry Ghitgos, Hervey Bay RSL Sub-Branch Health Counsellor and Wellbeing Visitation officer with candles and magazines.



Thank you to Jo from Nova Pharmacy for donating candles



## Getting to know you



**In this edition we find out more about our Sub-Branch Committee Member Christine Bell:**

- Which service did you serve in and for how many years? *Royal Australian Air Force for a total of 20 years (10 years + 10 years)*
- Your job in the service? *I started as a communications operator and went across to the RAAF Police.*
- Most memorable moment whilst serving? *Being in Afghanistan in 2013.*
- What did you do after leaving the Military and for how long? *The first time I left I was a stay at home mum and for a time I worked as a Bank Teller and Property Manager. The second time I left the RAAF (in 2018) I retired.*
- Why did you choose Hervey Bay? *I brought my kids here in 1990s for a holiday and I knew then I would always retire here.*
- Something we don't know about you? *I am a Science Fiction fanatic and I have a tattoo of my name in Klingon!*
- What's your favourite time of the day and why? *I like pre-dawn to exercise, swim in the ocean and walk my dog and I also like cocktail hour!*
- If you could only ever eat three foods what would they be? *Steak, lamb chops and prawns!*
- What are three things still left on your bucket list? *Trek the Camino, drive Route 66 and ride my pushbike around Uluru.*
- What are you passionate about? *Not too much these days but seriously..... exercise and animals.*
- What is the one piece of advice you would give to others about life? *Live everyday as if is your last because it could possibly be.*

*Don't forget to visit our webpage for  
all the latest Sub-Branch news.  
[www.herveybayrslsubbranch.com.au](http://www.herveybayrslsubbranch.com.au)*

# The Naval Association of Australia Fraser Coast Sub Section

**“Each for All-All for Each”**

**Postal Address: Fraser Coast Sub-section of N.A.A.  
c/-Hervey Bay RSL & Services Memorial Club Inc.  
PO Box 3042, Pialba QLD 4655**



The Naval Association of Australia is committed to four important principles.

Care (i.e. the welfare of our members), Commemoration, Camaraderie, and we assist our local naval Cadet units.

**Care:** We endeavour to visit any of our members/family who might be in hospital, or disadvantaged locally, and use our network to provide support to those who might be in hospital further afield. The Fraser Coast Sub-Section has now established a Wellbeing and Advocacy Service with a small team of accredited advocates. Our team supports the needs of former Naval personnel and their families with advice on access to services or assistance with DVA pension or compensation claims. If you want to know more about this service please contact our President Peter McDermott on 0409 260 255 or email [president@naafc.onmicrosoft.com](mailto:president@naafc.onmicrosoft.com). We have been providing a phone contact service for isolated members during the Covid-19 restrictions.

**Commemoration:** The Fraser Coast Sub-Section continues to commemorate significant events in the history of the Royal Australian Navy. Recent events have included small ceremonies at Freedom Park. This year is the centenary of the Naval Association in Australia which was established in 1920 in Melbourne. Significant dates for 2020 are: -

- 1 March Sinking of HMAS Perth & USS Houston
- 4 March Sinking of HMAS Yarra
- 9 April Sinking of HMAS Vampire
- 30 April Loss of HMAS AE2 4
- 4 to 8 May Battle of the Coral Sea
- 9 August Sinking of HMAS Canberra
- 14 September Loss of HMAS AE1
- 19 November Sinking of HMAS Sydney
- 20 November Sinking of HMAS Goorangi
- 1 December Sinking of HMAS Armidale.

The Fraser Coast Subsection supports the campaign to reverse the Government's decision not to support the independent committee's recommendation to award Ordinary Seaman Teddy Sheean the Victoria Cross. Please see our Facebook page for a link to this campaign.

**Camaraderie:** We hold several social events for our members and our social calendar can be found on our Subsection page on the Naval Association website of via this link. <https://navalassoc.org.au/sub-sections/qld/fraser-coast> or on our Facebook page <https://www.facebook.com/naafrasercoas>.

**Cadets:** TS Krait has settled in its new location with the Hervey Bay TAFE.. TS Krait is focussed on increasing the number of cadets on its books and provide unique opportunities for local youth to experience aspects of life in the Royal Australian Navy.

## Membership

Membership of the Naval Association is open to former or serving naval personnel of Commonwealth Forces and Australia's Allies and the declared partners thereof. Former Australian Army and RAAF personnel who have been posted to HMA Ships and Establishments are also eligible to join. We also have a level of membership open to people who wish to support the association who do not meet the full membership criteria.

**Due to Covid-19 restrictions The Fraser Coast Sub-Section meetings are currently suspended.**

**Once restrictions are lifted The Fraser Coast Sub-Section will continue to meet at the Hervey RSL Boardroom normally on the 2<sup>nd</sup> Sunday of the month (except Jan and May).**

**Application for membership is invited—please contact:**

**Peter McDermott on 0409 260 255  
or email**

**12 [president@naafc.onmicrosoft.com](mailto:president@naafc.onmicrosoft.com)**

**Greg McHugh on 0428 696 848  
or email**

**[secretary@naafc.onmicrosoft.com](mailto:secretary@naafc.onmicrosoft.com)**



The Hervey Bay RSL Sub-Branch  
in conjunction with

# Fraser Coast Suicide Prevention Network

promoting the  
**HELP CARD**



Front of card



Back of card



If you would like some cards or know of someone who does, please contact our Pensions & Wellbeing Office

## Caramel and Pear Pudding

### Ingredients

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon ground cloves
- 1/2 cup 2% milk
- 4 medium pears, peeled and cubed
- 1/2 cup chopped pecans
- 3/4 cup packed brown sugar
- 1/4 cup butter, softened
- 1/2 cup boiling water
- Vanilla ice cream, optional



Prep time: 20 mins | Cooking time: 3 hrs | Serves: 10

### Directions

In a large bowl, combine flour, sugar, baking powder, cinnamon, salt and cloves. Stir in milk until smooth. Add pears and pecans. Spread evenly into a 3-qt. slow cooker coated with cooking spray.

In a small bowl, combine brown sugar and butter; stir in boiling water. Pour over batter (do not stir). Cover and cook on low for 3-4 hours or until pears are tender. Serve warm, with ice cream if desired.

### Nutrition Facts

1/2 cup: 274 calories, 9g fat (3g saturated fat), 13mg cholesterol, 164mg sodium, 47g carbohydrate (33g sugars, 3g fiber), 3g protein.

Contributed by Lisa Tietz



# OBJECTS

Provide for the sick, helpless, wounded, aged, vulnerable, destitute and needy among those who are serving or who have served in the Australian Defence Forces and their dependants.

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.

Maintain a proper standard of dignity and honour among all past and present members of the Defence Forces of the nation and set an example of public spirit and noble hearted endeavour.

Preserve the memory and the records of those who suffered and died for Australia, erect monuments to their valour, provide them with suitable burial places, and establish and preserve, in their honour, the annual commemoration days known as ANZAC Day, Remembrance Day and other commemorative days.

Encourage loyalty to Australia and secure patriotic service in the interests of Australia.

Protect the good name and preserve the interests and standing of members of the Australian Defence Force.

Encourage Members, as citizens, to serve Australia with that spirit of self-sacrifice and loyalty with which they served as members of the Australian Defence Forces.

Provide welfare to the sick, helpless, wounded, vulnerable, aged, destitute and needy.



**RSL**  
Queensland

VALE  
1 MARCH 2020 — 31 MAY 2020



<b>LANGABEER, Lewis</b>	<b>213002</b>	<b>ARMY</b>	<b>10.03.2020</b>
<b>BAXTER, Beryl</b>	<b>68303</b>	<b>ROYAL NAVY</b>	<b>11.03.2020</b>
<b>BARNES, John</b>	<b>18275</b>	<b>ARMY</b>	<b>05.05.2020</b>
<b>GAY, Timothy</b>	<b>3797123</b>	<b>ARMY</b>	<b>26.05.2020</b>
<b>HANSON, John Trelease</b>	<b>WX12804</b>	<b>ARMY</b>	<b>26.05.2020</b>

TRANQUIL THEY LIE, THEIR KNIGHTLY VIRTUE PROVED.  
THEIR MEMORY HALLOWED IN THE LAND THEY LOVED.  
LEST WE FORGET

## Hervey Bay Ex-Service Organisations

Ex-Service Organization	Meeting details	
Hervey Bay & District Veterans' Association PO Box 3042 HERVEY BAY Q 4655	Second Thursday of the month 11 am Hervey Bay RSL Club	
Hervey Bay Ex-Servicewomen's Social Club, Hervey Bay Branch P.O. Box 3339 HERVEY BAY Q 4655	Second Monday of the month 10.30 am Hervey Bay RSL Club	
Hervey Bay Legacy Group PO Box 3302 HERVEY BAY Q 4655	Contact Legacy House on 4194 5111 The office is open Tue-Fri 9:00am to 1:00pm. There is an answering service for after-hours.	
Hervey Bay Old Salts PO Box 3042 HERVEY BAY Q 4655	First Sunday of the month Alternating between the Hervey Bay RSL Club and a private residence	
Hervey Bay RSL Sub-Branch Inc PO Box 3042 HERVEY BAY Q 4655	<u>Committee:</u> Fourth Thursday of the month 10.15 am Hervey Bay RSL Club	<u>General Meeting:</u> Feb, May, Aug, Nov 10.30 am Hervey Bay RSL Club
Hervey Bay RSL Women's Auxiliary PO Box 3042 HERVEY BAY Q 4655	Second Tuesday of the month 10 am Hervey Bay RSL Club	
National Servicemen's Association of Australia Hervey Bay Branch PO Box 3042 HERVEY BAY QLD 4655	Fourth Wednesday of the month 10.30 am Hervey Bay RSL Club	
Naval Association of Australia Fraser Coast Sub-Section PO Box 3042 HERVEY BAY QLD 4655	Second Sunday of the month (excluding January) 11.00 a.m. Hervey Bay RSL Club	
RAAF Association Hervey Bay PO Box 1076 HERVEY BAY Q 4655	Second Wednesday of the month 10.30 am Hervey Bay RSL Club	
TPDSA (Fraser Coast) Inc PO Box 3241 HERVEY BAY Q 4655	First Wednesday of the month Alternating between Hervey Bay RSL Club and Maryborough RSL Club	
Legacy Laurel Club PO Box 5482 TORQUAY Q 4655	Third Monday of the month 2 pm Hervey Bay RSL Club	
Vietnam Veterans' Association of Australia Hervey Bay City Sub-Branch PO Box 3243 HERVEY BAY Q 4655	First Monday of the month 10 am Veterans' Social Centre, Main St, Pialba	
War Widows' Guild PO Box 1238 HERVEY BAY Q 4655	First Monday of the month 10 am Hervey Bay RSL Club	

*For further information contact the Hervey Bay RSL Sub-Branch on 4197 7477*

**The  
Hervey Bay RSL Sub-Branch Inc.  
use Chris Thompson  
at Law Essentials for all their  
legal requirements.**



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