

## **RSL PFH DISTRICT NEWSLETTER JUNE 2023**

### **PFH District Matters**

Change of RSL PFH District Constitution and By Laws –

Motion to the District Council Meeting Refer to approval of name change of motion 039.22 at the District Council meeting in Clermont on the 19th November 2022 08.23

MOTION 1. It is resolved that the RSL Pioneer – Fitzroy – Highlands District Branch Inc. constitution changes its name to the RSL Central QLD District Branch Inc. constitution and the changes will be reflected in the constitution

2. It is resolved that the RSL Pioneer – Fitzroy – Highlands District Branch Inc. By Laws change its name to the RSL Central QLD District Branch Inc. and the changes will be reflected in the By Laws.

At the District Council Meeting held on the 25<sup>th</sup> March 2023 both motions were voted in unanimously and furthermore they were forwarded to RSL State Branch and approved by The State Council of District Presidents

### **Other Matters**

The RSL Board approved the constitution on the 4<sup>th</sup> May 2023.

The District Secretary and myself will start implementing the name change and the administrative process ASAP. The State Branch has been informed that the official time frame for these changes will take effect from the 1 July 2023.

On the 10 May, a Teams meeting was held with Christian Pedersen, Lynette Phillips & myself to discuss the renovations to Sydney Street Property, Mackay.

The current lease will finish in August 2023 at which time renovations to the interior of the building will commence ASAP.

It is planned to create two offices instead of the current configuration as it will be more suitable for the current market.

A draft plan has been provided to the executive for comment.

The draft plan can be modified to relocate the district office into this building in the future if deemed appropriate.

### **District Council meetings for 2023**

22.7.2023 – Rockhampton hosted by Capricornia Sub Branch

16.9.2023 – Mackay hosted by Mackay Sub Branch

18.11.202 – Emu Park hosted by Emu Park Sub Branch

### **District Executive meetings for 2023**

1.7.2023, 26.8.2023, 28.10.2023

### **RSL Capricornia Rockhampton Combined Services Sub Branch**

No further information at this stage. The Department of Fair Trading will advise when the process is completed.

### **RSL Sarina Sub Branch**

The former RSL Sarina Sub Branch building has been sold, unfortunately it has since burnt down.

The cause of the fire is unclear at this stage.

### **State Board and Related Matters**

Board Sub Committees.

In light of the changes to the Board and the establishment of the State Council of District Presidents (SCDP) the structure of our sub committees was discussed.

The principles of ensuring we meet our governance requirements, that we best use our available skills, that at least one Board Director be on each subcommittee, and that we have sufficient sub committees and committee members to meet our requirements but no more, were used to guide our discussion and decision making.

The key changes include:

- The transfer of Award and Constitutional functions from the Governance, Constitution and Awards (GC&A) Sub Committee to the SCDP.
- The transfer of the Governance function, and clarified to be Board Governance, to the Nominations and Remuneration Committee.
- The winding up of the GC&A Sub Committee. The Committees will now be: State Council of District Presidents - Chair, Les Nash
- Audit and Risk - Chair, Barry Vains
- Nomination, Remuneration and Board Governance - Chair, Chris Hamilton
- Investment - Chair, Adam Walk

A Revised Committee structure will be published on Skip in the coming weeks.

### **On Going Matters and Reminders**

District Website/Facebook Website address is [www.rslpfdistrict.org.au](http://www.rslpfdistrict.org.au) Sub-branches are encouraged to keep providing details of events, photographs, to President, Phil Luzzi, or District Secretary, Lynette Phillips, for placing on the district website and Facebook page.

The District Website is under review at present as I am experiencing problems uploading information.

Due to the pending name change it maybe some time before it is up and running effectively.

### **Dental & Allied Health Program**

The program will continue in continue into 2023 and will be budgeted for accordingly.

The budget for the Allied Health Program has been increased from \$1000.00 per person per calendar year to \$1250.00 per person per calendar year.

As of May 2023, total expenses were. Dental \$6,690.75 Hearing \$3,299.90 and Optical \$6,250.15

**TOTAL EXPENDITURE = \$16,240.80**

### **First Aid Kits**

Sub Branches are responsible for the replenishment of their first aid kit. There a number of organisations available who will check and restock your kits for a service fee and the cost of the replaced items; however, you can organise some responsible person in your sub-branch to carry this procedure on a regular basis.

### **LiveLife Alarms Program**

The program will continue in 2023 has been budgeted for accordingly, however the process has been reviewed and the sub branches have been made aware of the new procedures and the guidelines are available from the district secretary as well as the revised application forms.

The forms will also be available on the district web site after the website has been upgraded.

Number of new applications, renewals, and spending YTD 5 recharges & 2 new applications.

**TOTAL EXPENDITURE FOR 2023 \$1,234.00**

### **District Wellbeing Advocate & Welfare Providers**

Two compensation advocates have been employed to cover the Rockhampton and Mackay district. The three advocates are currently in training.

### Laura Fry – Advocate, Mackay Office



As someone who has always wanted to help others, I have found a passion for advocacy. Originally from NSW, I have been a Mackay local for 8 years now and really enjoy living within our region. I have previously worked within the Disability Sector and have really enjoyed the transition to Veteran Services. This has allowed me to learn more about my Grandfathers service during the Second World War. Being with RSL QLD for almost 6 months I have really enjoyed meeting new people, learning new skills and hearing new stories. Please feel free to see me for a cuppa and chat to discuss your advocacy needs.

### Kirsty Sayers – Advocate, Rockhampton Office



I grew up in Blackwater Central Qld, In 1994 I joined the Australian Army for 10.5 years. I discharged in 2005 whilst living in Darwin, I moved to Brisbane in 2006. In 2010 I decided to move back to Rockhampton to be closer to family, I have now been back in CQ for 13 years. I worked in a mining company doing a financial role, after that I worked in hospitality which led to me being the Manager of a motel for 5 years. I applied for an advocate position with RSL QLD and was successful which had me starting in January this year. I am fortunate to have an amazing team that is very passionate and supportive about helping Veterans and are willing to support my learning. We want our Veterans to know that the Rockhampton office is now a full team, there are two compensation advocates, Martin and myself and a wellbeing advocate Kat. We are a close team, and we all have the same passion in assisting and helping our Veterans.

### Martin Cavanagh – Advocate, Rockhampton Office



My name is Martin Cavanagh, I am a CQ local and have lived, worked and raised a family in the Rockhampton area. I have a Defence background but have been involved in many industries throughout my working life, such as, Road Transport, Construction, Industrial Relations and most recently as a Wardsman with Qld Health at Rockhampton Base Hospital. I am humbled and honoured to be working in the role as an Advocate with RSL Qld and look forward to meeting and doing everything I can to assist the Veterans of this great country.

### District Charitable Objects Fund

The fund will continue in 2023 with a further \$100,000 of funds being allocated by RSL Queensland to the District. Please note that applications are limited to a maximum amount of \$10,000 and applications cannot be retrospective. All applications need to be on the application form and be in accordance with the guidelines.

Sub Branch financials **MUST BE PROVIDED** as well as **QUOTES** for the functions, trips away and any other event, before any application can be considered.

Sub Branches need to ensure they familiarize themselves with this documentation before an application is made. Sub Branches are encouraged to come up with worthy projects and apply for funding.

*The COF process has been reviewed by the State Council of District Presidents and a number of changes to the existing policy has been reviewed. The new application forms should be available from Lynette Phillips (District Secretary) in June; however, this is subject to State Branch formalizing the process.*

### Sub-Branch Support Program

Funding is available for 2023 through this program for those Sub-Branches in financial need. Please refer to program policy and guidelines. An application needs to be made on application form.

TOTAL YTD = NIL

## Emergency Welfare Spending

TOTAL YTD = Nil

Phillip Luzzi

District President

### Office Hours

The District Office is located at 214 Victoria Street Mackay.

Office Hours are Monday to Friday 8.00am – 3.30pm

The District Secretary can be contacted on 07 4957 4165 or 0432 124 514 and email address [pfh@rslqld.org](mailto:pfh@rslqld.org)

RSLQ Advocates are Tracey Victor (Team Leader) and Laura Fry.

For an appointment with an Advocate, please call 134 775.

### The Last Post

Membership ID	First Name	Last Name	Owner	Last Financial Year	Deceased Date
1565369	Thomas	Kerr	Capricornia & Rockhampton Region Sub Branch Inc.	SMLIFE	20/05/2023
1307041	Peter	Von Snarski	Carmila Sub Branch	SMLIFE	24/05/2023
1030079	Allan	Rycen	Emu Park Sub Branch Inc.	SMLIFE	22/12/2022
1505256	Brian	Furney	Emu Park Sub Branch Inc.	SMLIFE	1/01/2023
1565633	Darryl	Roberts	Emu Park Sub Branch Inc.	SMLIFE	13/04/2023
1032984	Stanley	Mitaros	Gemfields Sub Branch Inc.	SMLIFE	29/06/2019
1550042	Graham	Heath	Gracemere & District Sub Branch Inc.	SMLIFE	7/03/2023
2481971	Raymond	Wilson	Mackay Sub Branch Inc.	SMLIFE	2/04/2023
1502403	Malcolm	Bridge	Mackay Sub Branch Inc.	SM2023	18/04/2023
1009571	Irwin	Riseham	Mackay Sub Branch Inc.	SMLIFE	14/05/2023
1015520	Kenneth	Phillips	Mackay Sub Branch Inc.	SM2011	15/05/2023
1564165	S	Watters	Moranbah Sub Branch	SM1995	
1561232	George	Mallett	Walkerston-Pleystowe Sub Branch Inc.	SMLIFE	27/05/2023



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## Providing strategic and specialised mental health services for current and ex-Defence, Emergency Service Personnel and their families

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### A specialised service with broad impacts

#### CONFIDENTIAL OFF-GRID SUPPORTS\*

- Military/Police/Fire & Rescue/Ambulance
- Workforce Mental Health Training
- Behaviour Support
- Early childhood supports
- Domestic Violence
- Behaviour Modification
- Motivation
- Specialised Counselling
- Relationship Counselling
- Parenting Strategies
- Rural, Remote & Isolated
- Men's Mental Health
- Workplace Training
- School Supports
- Career Counselling
- Court Reports
- Anger management
- Depression
- Anxiety
- More

These services are delivered and directed by an ex-serviceman, son of a Vietnam Veteran, from a 4<sup>th</sup> generation service family.

#### Influential works:

- [DVA Family Study.](#)
- [Productivity Commission- Compensation & Rehabilitation for Veterans.](#)
- [Doctoral Research Publication.](#)
- [VVAA Advocacy.](#)

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Empirical evidence confirms psychological trauma has heritable impacts on subsequent generations that may genetically moderate depression, anxiety and a wide range of emotional dysregulations.

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