

# RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

12 November 21



**1 MIN 11 AM 11 NOV**  Honour their spirit this Remembrance Day.  
[#WeRememberThem](#)  AUSTRALIAN WAR MEMORIAL

# JOIN US EACH FRIDAY FOR GOOD COFFEE, CAKE AND CONVERSATION



**Did you know veterans (both women and men) informally gather at the Sub-Branch each Friday from 10am to noon to chat with others from a range of military experiences. Hear about services we offer if you need any assistance. It's also a lot of fun. Every Friday in the Corey Room from 10am to 12, enjoy free brewed coffee with something fresh and sweet at a safe place to share your experience as a Veteran.**



RSL Woden Valley Sub-Branch  
is pleased to invite members and their guests  
to the

# ANNUAL CHRISTMAS LUNCH

**Wednesday 15 December**

**12:00noon for 12:30pm**

***Orion Room Canberra Southern Cross Club Phillip***

***\$40 per person***

***Menu (alternate service):***

***MAIN***

***Roast Turkey or***

***Slow Roasted Black Angus Sirloin***

***DESSERT***

***Traditional Christmas pudding or***

***White Chocolate Pannacotta (gf)***

***Charge includes soft drinks, selected wines and beers.***

***Spirits at own expense.***

***Please RSVP by 3pm 8 December 2021***

***Phone 62851931 or email [admin@rslwoden.org.au](mailto:admin@rslwoden.org.au)***

# Defence & Veterans Legal Service

The Department has recently been advised of the establishment of the Defence & Veterans Legal Service.

This nationwide service will provide free and independent information and legal support to assist Australian Defence Force personnel and veterans, as well as their families, carers and supporters, to safely share their experiences with the Royal Commission into Defence and Veteran Suicide. The service commences from 1 November 2021. For your convenience, please see attached further information about the service, including contact details.

Further detail about these services can also be found at:

[Welcome to Defence and Veterans Legal Service — Defence and Veterans Legal Service \(defenceveteranslegalservice.org.au\)](https://defenceveteranslegalservice.org.au)

Regards

**Liz Cosson AM CSC**

Secretary

**Department of Veterans' Affairs**

T: 02 6289 6735 Ext: 616735

Call the Defence and Veterans Legal Service on 1800 33 1800

or visit our website [defenceveteranslegalservice.org.au](https://defenceveteranslegalservice.org.au)

 If you need an interpreter, we can arrange one for you for free. Tell us your language and we will organise it for you.

 If you are hearing or speech impaired you can contact us by calling the national relay service (NRS) on 133 677 or TTY 02 9219 5126.



Independent legal support to participate in the Royal Commission into Defence and Veteran Suicide

Call 1800 33 1800 (FREE CALL)  
[www.defenceveteranslegalservice.org.au](https://www.defenceveteranslegalservice.org.au)



This service is an initiative of





## Who are we?

We provide free, independent legal advice and support to anybody considering sharing their experiences with the Royal Commission into Defence and Veteran Suicide.

We have staff across Australia who deliver a trauma-informed service. We are independent of the Royal Commission.

## What do we do?

We provide free and confidential legal advice to members of the public, including Australian Defence Force personnel and veterans, their families, carers, and supporters, about:

- taking part in the Royal Commission
- your legal rights when sharing information with the Royal Commission
- available legal protections when sharing information with the Royal Commission.

### **We can talk to you about how you can:**

- share your experiences in a safe way
- keep your experiences and participation in the Royal Commission confidential
- overcome barriers you might face in sharing your experiences.

### **We can also:**

- support you to make your submission
- support you in a private session
- connect you with other services, like counselling, advocacy, and other legal support not related to the Royal Commission.





**The Hon Andrew Gee MP**  
Minister for Veterans' Affairs  
Minister for Defence Personnel  
Federal Member for Calare

MEDIA RELEASE

## MEDIA RELEASE

9 November 2021

### A CALL TO HONOUR THE FALLEN ON REMEMBRANCE DAY

*'One sits and ponders sadly of those many pals who are "gone to that home from which no wanderer returns." ... The very flower of our manhood have paid the greatest price, not willingly for not one of them but longed to live, return home and forget, yes just forget the horrors of the past ... Please God ... the sacrifices have not been in vain.'*

Lance Corporal Roger Morgan, Second Battalion, Australian Imperial Force, 11 November 1918

At 11am this Thursday, November 11, Australians will once again fall silent to commemorate Remembrance Day, in honour of all those Australians who have suffered and died defending our nation, our values and our freedoms.

Minister for Veterans' Affairs and Defence Personnel Andrew Gee said Remembrance Day remained one of the most significant days of the year for Australians.

"We must never forget the courage, valour and sacrifice of all those men and women who have served this nation in war, conflicts and peacekeeping operations," Minister Gee said.

"From those who fought on the Western Front more than hundred years ago to those still serving abroad today, we must continue to acknowledge their service and sacrifice.

"Remembrance Day can be a difficult time for many veterans and those families who lost loved ones, and this year will be particularly difficult for those who served in Afghanistan, and their families.

"We should use this day to also acknowledge the tireless work of all those individuals and organisations who support our veterans and their families. Many of them are veterans themselves and selflessly devote their time to helping others."

This Remembrance Day marks the 103rd anniversary of the Armistice which ended the First World War. More than 300,000 Australians served overseas and over 60,000 lost their lives.

"Armistice Day, as it was first known, was a moment for our nation, as there was hardly a family in the country who had not been touched by tragedy," Minister Gee said.

"The words of one of our diggers Lance Corporal Morgan (above), describes the sense of sacrifice and hope that their ordeal had not been in vain.

"Just 21 years later Australians were called on to fight in the Second World War and they have continued to serve for generations since."

Minister Gee encouraged all Australians to commemorate Remembrance Day, whether in the community or at home, and to honour the fallen by following the tradition of wearing a red poppy.

"The poppies grew in the battlefields of France during the First World War, a burst of colour amidst the darkness and devastation," Minister Gee said.

"I encourage everyone to buy a poppy from the Returned Services League (RSL) to help fund its work and wear it proudly in support of the veteran community.

"While COVID-19 restrictions may limit how we are able to gather this Remembrance Day, they will not stop us from honouring our fallen. Whether at home, work or school, or at a service in your local community, I encourage all Australians to pause for a minute's silence at 11am to remember them, and to keep this vital tradition alive."

The 2021 national Remembrance Day commemoration service will be hosted by the Australian War Memorial. The service will take place from 10.45am and be broadcast on ABC, radio, television and online.

Attendance at the event will be limited due to COVID-19 restrictions. Tickets are available at [www.awm.gov.au/commemoration/remembrance-day](http://www.awm.gov.au/commemoration/remembrance-day).



Australian War Memorial ✓

16 hrs · 🌐

The Australian War Memorial is pleased to reopen to the public – with a new temporary entrance – on Wednesday 17 November 2021.

The new temporary entrance, on the eastern side of the main building opposite Poppy's café, will be the main visitor entry point for the next three years as works on the Memorial's Development Project continue.

Visitors will require timed tickets to enter the Memorial galleries, and also to attend the daily Last Post Ceremony at 4:45 pm in the Commemorative Area.

Ticket bookings open tomorrow Wednesday 3 November, for visits from Wednesday 17 November.

Ticketing information: <https://www.awm.gov.au/visit>

[#OurContinuingStory](#)





Australian War Memorial ✓

16 hrs · 🌐

Calling all Australian Navy ex-DDG (Charles F Adams Class). All ranks and rates.

The Australian War Memorial is seeking to connect with former DDG sailors and officers to interview for the forthcoming AWM DDG Bridge Exhibition. We want to tell the history of all three DDGs through the eyes of the people who served in them.

If you're interested in participating please email [Andrew.schroder@awm.gov.au](mailto:Andrew.schroder@awm.gov.au) by 30 November to enable interviews to be coordinated early in the new year.

If you know other sailors or officers who served in [#HMASPerth](#), [#HMASHobart](#) or [#HMASBrisbane](#), please share this post with them as AWM would like to hear from as many DDG personnel as possible.

[#OurContinuingStory](#)





# GET MOVING FOR VETERANS' HEALTH WEEK



*Written by: Pete Rudland, RSL Ambassador*

I remember back to when I first got wounded in Afghanistan, I thought I'd never be able to compete in sports or at least have much of a chance of being competitive in anything.

I gave everyone the impression that I was confident that everything would work out and I'd be ok, but behind closed doors I was petrified. My pain was far worse than I let on to people. My injuries were consuming every part of my life. Even in a room full of people I felt alone. I felt like I didn't have anything in common with anyone, I didn't already know.

My unit sent me to the US as part of the US preselection for Warrior Games, where I met many people that had felt just like me.

Shortly after that I attended the Invictus Games and met more people that felt just like me from all around the world.

Just being able to sit down and talk to people from similar backgrounds that have had similar experiences made me see things differently.

One thing soon became clear. The people that had a greater understanding of their physical and psychosocial needs were the people who were in control of their rehabilitation, instead of the rehabilitation controlling them.

From inspiration came motivation.

Once you find the motivation and put your mind to start training for something and give yourself a realistic goal, this plays a big part in supporting your physical and mental health. Most of us that have put on a uniform are competitive by nature and it doesn't take much for that competitive spirit to come back.

This Veterans' Health Week I encourage everyone to make a goal to "Get Moving" - it can be big or small, there are so many community and veteran based programs that are there for us to re-engage in a healthy, productive lifestyle.

I am currently training for a triathlon and I've signed up for my first Ironman ☐ This is a goal I've always wanted to achieve.

RSL Australia has partnered with Veteran Sport Australia and Open Arms to encourage members to join the ["Team Veteran" nation-wide running club](#), running, walking or rolling, each week at a local Parkrun. It's a great way for veterans and their families to connect with the wider veteran community and do something active each week.

A great national program that is easy to access is the RSL Active program. RSL Australia is continuing to improve this service and roll out a diverse program for all veterans.

So take control, get active, and I'll see you out there, this Veterans' Health Week!

Pete.



## **Extension/Cessation of the Defence Reparation Scheme**

As you may be aware, the Australian Government extended the Defence Reparation Scheme by a further 12 months to **30 June 2022**.

Applicants must contact the Commonwealth Ombudsman on or before **30 June 2022**, and either submit a report of abuse, or provide written notification of their intention to submit a report, with completed reports to be lodged by **30 June 2023**.

Our Office is requesting your assistance to notify your stakeholders about the extension of the scheme and the deadline for applying for a reparation payment. The attached factsheet outlines important information about who may apply for a reparation payment and when and how applications must be made. We would be grateful if you could provide this factsheet to your stakeholders.

Kind regards,

The Defence Force Ombudsman team

[DefenceForce.Ombudsman@ombudsman.gov.au](mailto:DefenceForce.Ombudsman@ombudsman.gov.au)

# Upcoming programs and workshops

10-Nov | Canberra

## Mental health first aid

Australian Capital Territory

Two Day Workshop (10 & 11 November)

Register interest

[More info](#)

22-Nov | Canberra (AT CAPACITY)

## Applied Suicide Intervention Skills Training - ASIST

Australian Capital Territory

Two Day Workshop (22 & 23 November)

Register interest

[More info](#)

6-Dec | Canberra

## Managing pain

Australian Capital Territory

Two Day Program (6 & 7 December)

Register interest

[More info](#)

9-Dec | Canberra

## Understanding anxiety

Australian Capital Territory

Three Day Program (9, 16 & 23 December)

Register interest

[More info](#)

13-Dec | Canberra

## Mental health first aid

Australian Capital Territory

Two Day Workshop (13 & 14 December)

Register interest

[More info](#)

14-Dec | Canberra

## Sleeping better

Australian Capital Territory

Two Day Program (14 & 15 December)

Register interest

[More info](#)

4-Mar | Canberra

## Residential lifestyle management

Australian Capital Territory

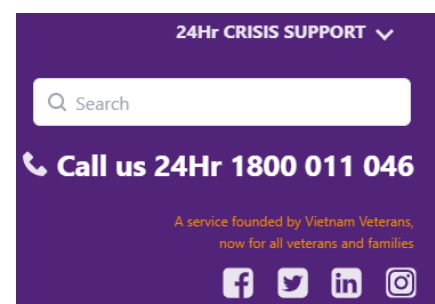
Two Weekends (4-6 March & 11-14 March)

Register interest

[More info](#)

For registration click link below:

[https://www.openarms.gov.au/get-support/programs-workshops/upcoming?field\\_state\\_target\\_id=15&field\\_session\\_type\\_target\\_id=All](https://www.openarms.gov.au/get-support/programs-workshops/upcoming?field_state_target_id=15&field_session_type_target_id=All)







We hope you are taking the opportunity to enjoy some of the Veterans' Health Week activities happening both in person and online.

More than 720 events that focus on veteran wellbeing have kicked off across Australia as part of our country's largest Veterans' Health Week to date.

A full list of Veterans' Health Week events and information about how to register is available on the DVA website: [www.dva.gov.au/vhw](http://www.dva.gov.au/vhw).

#### Free DVA Heart Health Program – Individual and Group Program Opportunities



The Department of Veterans' Affairs (DVA) is offering a 52-week program designed to improve physical health and wellbeing for returned veterans, peacekeepers and those covered under the ADF firefighter scheme. It is available to individual veterans, as well as groups.

#### TO APPLY OR FIND OUT MORE

Please find **attached** a brochure with more information. If you would like to discuss these program opportunities or apply for them, you can visit the Heart Health website on <http://www.veteranshearthealth.com.au/>

#### DVA TV

We are thrilled to advise that DVA has launched its newest communication channel to provide updated information, support and recognition to the Defence and veteran community.



DVA TV will publish a wide variety of video content to a YouTube Channel dedicated to veterans and their families, about DVA's services and the support that is available to them. Content on DVA TV will range from guides to accessing support, such as how to use MyService, to capturing and sharing commemorative services, showcasing individual stories of service and posting important announcements from the department.

DVA TV will provide overviews and insights into the services available to the veteran community, including support for families, mental health programs, financial assistance and claims support, transition stories and messages of hope such as the positive impact programs such as the Psychiatric Assistance Dogs

Program is having on veterans' lives.

We are keen to ensure that DVA TV provides informative videos on what you want to know more about in the ex-service community and I welcome your suggestions for future content. Please feel free to email suggestions to [communications@dva.gov.au](mailto:communications@dva.gov.au).

We hope DVA TV will have a positive impact and help to empower veterans and their families to be the best they can be. Don't forget to [subscribe to the channel](#) to be notified of new content!

#### Remembrance Day 2021



As Remembrance Day approaches, we are excited that Victorians will be able to acknowledge such a significant day on the Veteran Calendar.

Click here to access the [Remembrance Day Kitbag](#) which includes a suggested order of service with flag protocols, music, sample speeches, the Ode of Remembrance, activities and social media tiles. We've also included ideas on personal ways you can commemorate at home.

Remembrance Day on 11 November is a time to recognise and remember all those who have lost their lives or suffered in wars, conflicts and peacekeeping operations. Lest we Forget.