

# RSL WODEN VALLEY SUB-BRANCH



## Current Items of Interest

13 May 22



Australian Government Department of Veterans' Affairs

8 May at 11:00 · 🌐

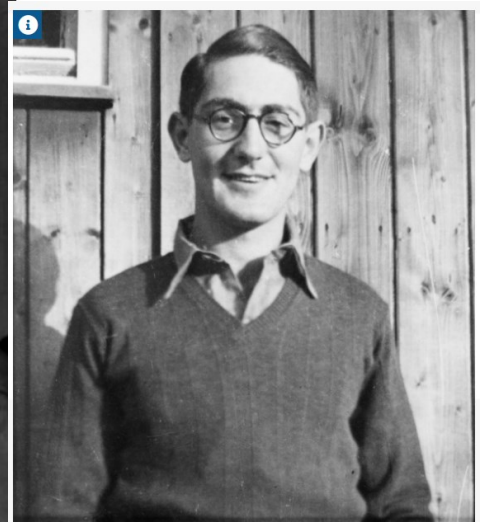
**On 7 May 1945, the German High Command signed an unconditional surrender. After six years of terrible fighting, the surrender ended the war against Nazi Germany and its European allies.**

**The surrender came into effect the following day, and the Allies proclaimed 8 May 1945 as Victory in Europe Day. Also known as VE Day, it not only signifies the end of the fighting, but the liberation of hundreds of thousands of prisoners of war who were held in internee, forced labour and concentration camps across Germany and Eastern Europe.**

**Australians from all three services and the merchant navy all served in the war against Germany and its European allies. Some 10,000 Australians lost their lives, 10,000 were wounded and another 8,000 became prisoners of war while serving in Europe or the Mediterranean.**

**On VE Day, we remember Australia's war efforts across the European theatre of war and pay our respects to those who served during the Second World War. Their sacrifice will always be remembered.**

**If you'd like to learn more about Victory in Europe Day, visit DVA's Anzac Portal <https://anzacportal.dva.gov.au/.../days.../victory-in-europe>**



AUSTRALIAN WAR MEMORIAL P02551.001  
Portrait of Private Lawrence Phillip Saywell, 17th Brigade Company, Australian Army Service Corps, Germany, c1941. AWM P02551.001

Australian aircrew, who had flown more than 500 allied prisoners of war liberated from German camps back to England that day, belatedly celebrate the victory in Europe in their station mess. AWM UK2852

# **MEETING NEWS**

## **AGM/OGM**

**An AGM/OGM will be held at 1400 hours on Tuesday 31 May 2022 in the Sub-Branch Office. Light refreshments will be provided following the OGM.**



## **GEARS Training**

**The Woden Valley Sub-Branch will be co-ordinating Group Emotional and Relationships Training (GEARS) in early June for 12 weeks.**

**Dr Jonathon Lane will conduct this Training using the resources of the Military and Emergency Services Health Australia which is part of the Hospital Research Foundation Group. No financial gain is had by anybody apart from normal wages.**

**These classes will run for 12 weeks on each Thursday from 6 pm till 8pm in the training room at the Woden Valley RSL Sub-Branch commencing in early June 2022 at Grant Cameron Offices at 14 Mulley Street in Holder.**

**Dr Lane will attend in person at the 1<sup>st</sup>, 6<sup>th</sup> and 12<sup>th</sup>.**

**The course will be restricted to 10 persons with a reserve of 2 extra (in case someone drops out)**

**The preference is for serving military, or those recently transitioned or about to or military veterans.**

**Please contact the reception at WVRSL Sub-Branch on (02) 6285 1931.**



PLAY  
RUGBY LEAGUE

COMPETITIONS

## CANBERRA REGION RUGBY LEAGUE /

### The RAMS home games scheduled

<https://www.playrugbyleague.com/Competitions/Competition/2022-blumers-lawyers-canberra-raiders-cup-first-grade-388669?team=389872>

SATURDAY 7TH MAY - Round 5 v West Belconnen Warriors

SATURDAY 28TH MAY - Round 7 v Belconnen United Sharks

SUNDAY 5TH JUNE - Round 8 v Gungahlin Bulls

SATURDAY 2ND JULY - Round 11 v Yass Magpies

SATURDAY 9TH JULY - Round 12 v Queanbeyan Kangaroos

SATURDAY 30TH JULY - Round 15 v Goulburn City Bulldogs

**Pls call Anthony : 0402 243 183 and confirm procedures for getting tickets.**



**Open Arms - Veterans & Families  
Counselling**

## Caretaker period 2022

The Government is now operating in accordance with the Caretaker Conventions <http://www.pmc.gov.au/caretaker>, pending the outcome of the 2022 federal election.

**Please note there will be no disruption to Open Arms services during this time.**

We are here for you 24/7 – ☎ 1800 011 046

#OpenArmsSupport



**Australian Government Department of Veterans' Affairs**

## Caretaker period 2022

The Government is now operating in accordance with the Caretaker Conventions <http://www.pmc.gov.au/caretaker>, pending the outcome of the 2022 federal election. During the Caretaker period, comments have been disabled on this account.

If you have a question about DVA services and support you can contact us via our website [dva.gov.au/contact](http://dva.gov.au/contact) or call us on **1800 VETERAN (1800 838 372)**.

If you require counselling support, you can contact Open Arms – Veterans and Families Counselling, any time, day or night on **1800 011 046** or via the website [openarms.gov.au](http://openarms.gov.au).







## **The Hon Andrew Gee MP**

Minister for Veterans' Affairs  
Minister for Defence Personnel  
Federal Member for Calare

### **MEDIA RELEASE**

4 May 2022

### **80<sup>th</sup> anniversary of the Battle of the Coral Sea**

Today we mark the 80th anniversary of the Battle of the Coral Sea, one of the most significant in our nation's history and a strategic victory for the Allies which helped turn the tide of the Second World War in the Pacific.

Minister for Veterans' Affairs and Defence Personnel Andrew Gee said the battle was an important moment during the war and strengthened the relationship between Australia and the United States, a bond that endures to this day.

"Eighty years ago, Australia and the United States stood together against the might of the Imperial Japanese forces and ultimately halted their advance in the Pacific.

"Without the efforts of the Allies, Japan could have landed a force in Port Moresby in Papua New Guinea and cut communications and sea routes between Australia and the US.

"As General Douglas MacArthur said, the battle 'undoubtedly saved Australia from a definite and immediate threat'.

"The victory was the first time during the Second World War that Imperial Japanese forces had failed to complete their objective and it forced them to later attempt their ill-fated land invasion along the Kokoda Track."

Australia's contributions to the battle included the cruisers HMAS *Australia* (II) and HMAS *Hobart* (I), as well as coast watchers, intelligence personnel and airmen.

The battle was fought exclusively by aircraft which bombed ships – no naval vessel from either side fired on the other during the battle.

"While no Australian sailors died during the Battle of the Coral Sea, a number of Australian airmen were killed during the reconnaissance operations which took place before the battle," Minister Gee said.

"Hundreds of American personnel gave their lives during the fierce fighting and the severely damaged aircraft carrier USS *Lexington* was forced to be abandoned and scuttled.

**Open Arms – Veterans & Families Counselling** provides 24/7 free confidential crisis support for current and ex-serving ADF personnel and their families on 1800 011 046 or [openarms.gov.au](http://openarms.gov.au). **Safe Zone Support** provides anonymous counselling on 1800 142 072. **Defence All-Hours Support Line** provides support for ADF personnel on 1800 628 036 or [defence.gov.au/health/healthportal](http://defence.gov.au/health/healthportal). **Defence Member and Family Helpline** provides support for Defence families on 1800 624 608.

"On this significant anniversary of the Battle of the Coral Sea, we remember and honour all those who fought with distinction and all those who gave their lives to keep our nation and our region safe.

"We must never forget the threats our nation faced during the Second World War, and the service and sacrifice of all those who defended us.

"Lest We Forget."

To learn more about the Battle of the Coral Sea visit the Department of Veterans' Affairs [Anzac Portal](#).

**MEDIA CONTACTS:**

**Minister Gee office: 0459 966 944**

**DVA Media: 02 6289 6466**

**Office of the Hon. Andrew Gee, Canberra ACT.**

**Open Arms – Veterans & Families Counselling** provides 24/7 free confidential crisis support for current and ex-serving ADF personnel and their families on 1800 011 046 or [openarms.gov.au](http://openarms.gov.au). **Safe Zone Support** provides anonymous counselling on 1800 142 072. **Defence All-Hours Support Line** provides support for ADF personnel on 1800 628 036 or [defence.gov.au/health/healthportal](http://defence.gov.au/health/healthportal). **Defence Member and Family Helpline** provides support for Defence families on 1800 624 608.

# Australian Kookaburra Kids Foundation

Australian Kookaburra Kids Foundation offer clinically designed mental health literacy programs that integrates fun and recreation with mental health education. Delivered free to registered young people, our unique steeped care model offers pre-early intervention mental health services and education designed to meet the needs of serving and ex-serving ADF Kids through Camps, Activity Days and online Connect sessions..

Evidence shows that these programs have a significant impact in improving the mental health literacy of the participating young people which will lead to better long term mental health outcomes. Every opportunity our Kookaburra Kids have to participate in our programs involves a genuine connection with other young people and aims to empower them to thrive beyond the impacts of family mental illness.

I would love the opportunity to have Zoom/Teams or phone meeting with you to share the Kookaburra Kid story and work with you to connect defence members to our programs.

I look forward to hearing from you.

Colin Pickstone

National Engagement and Project Manager (Defence)

Australian Kookaburra Kids Foundation

Mobile 0427 755 398

Phone 1300 566 525

Email [colin.pickstone@kookaburrakids.org.au](mailto:colin.pickstone@kookaburrakids.org.au)

Website [www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)

More details click link below:

[AKKF Defence Kids Program 2021.pdf](#)



# Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

Run on behalf of the DVA by Corporate Health Management, the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.



## 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>





## How it works: Individual Heart Health Program

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individuals health and fitness goals.

The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program.

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

## Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual.

Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for use at home or
- Provide assistance with accessing new exercise or training gear



## Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearhealth.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.veteranshearhealth.com.au>



## COFFEE CATCH UP ACTIVE AGAIN

Our Coffee Catch Up is open again from 10-12 every Friday in The Corey Room, Level 2A, of the Grant Cameron Community Centre, 27 Mulley Street, Holder.

Please note that the Eddison Day Club is currently meeting on only a very casual basis for lunch at midday Fridays.



### Contact Us

Give us a call for more information or access to our services

**RSL Woden Valley  
Sub-Branch  
14/27 Mulley Street  
HOLDER ACT 2611**

62851931

admin@rslwoden.org.au

Visit us on the web at  
[www.rslwoden.org.au](http://www.rslwoden.org.au)

Office hours are  
9am-3pm Mon-Fri

### PS.

**Ever lost your copy of  
*e-News, Current Items of  
Interest or The Serviceman?***

**All our publications are also  
readily available to read on  
our website**

**[www.rslwoden.org.au](http://www.rslwoden.org.au)**