

# RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

14 October 22

## MEETING NEWS

Dear members,

This month the OGM Afternoon Tea (no meeting!) will be held from 1500 - 1700 on Tuesday **25 October** in *The Corey Room*, at the Sub-Branch office, Holder with light refreshments provided. Please note the change of date from that in the President's message in the September e-news.

Please contact the office if you will be attending, for catering purposes.

Regards,

Greg



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## SAVE THE DATE !

The Annual Christmas Lunch  
will be held on Wednesday 7  
December 2022 at Canberra  
Southern Cross Club.

More details will be provided  
soon.



## **Health Week Presentations October 2022**

Daniel Felstead from the “Lazy Grazer” presented at three Veterans Health Week Luncheons on 5<sup>th</sup> October, 11<sup>th</sup> October and 13<sup>th</sup> October 2022 in the Corey Room at Woden Valley RSL Sub-Branch in Holder.

Daniel spoke of his time in the army on deployment to Iraq and Afghanistan. He was very active during this period and had control of his weight. When he was discharged and took up employment in the public service in Canberra, he experienced weight gain due to snacking, eating less healthy foods and less physical movement. This made him change his attitude to eating and he began drinking more water and snacking on fruit instead of potato chips.

Daniel’s wife, Sarah, had begun her own catering business specialising in healthier food options. This business, the “Lazy Grazer” grew quickly, and Daniel left the public service to join his wife in the catering business. “Grazing Boxes” were provided to demonstrate foods that can be easily prepared and enjoyed over a day.

The main points that Daniel wanted to reinforce were:

**Eating regularly.** It is important, especially as we grow older, to ensure we eat enough of the right foods to maintain energy through the day. More small meals throughout the day may be a better option for older people than three larger meals at set times.

**Portion sizes.** It is important to eat the right foods in the right portions. Meat portions should be about the size of a person’s palm of their hand and fruit and vegetables should take up about two-thirds of the plate to ensure the correct balance of protein is being consumed.

**Fruit and vegetables.** Daniel emphasized the benefits of fruit and vegetables over processed snacks and provided small portions of sliced fresh vegetables which can be eaten as “finger food” with a dip such as hummus or tzatziki with crackers or bread.

**Water.** Drinking enough water is essential to maintaining hydration in the body. He explained that much snacking is prompted by feelings of hunger when our body actually needs water instead of food. A drink of water will relieve those hunger pangs and provide a feeling of fullness. Water is essential for the body to function and aids with the digestive process as well. Daniel explained that sufficient water can be obtained from tea, fruit drinks and other liquids but plain water is cheap, plentiful and has no calories.

**Exercise.** It is important to keep the body moving and not be primarily sedentary. A sedentary lifestyle promotes weight gain, muscle loss, fatigue and reduces motivation. Movement keeps the body functions going, aids digestion and helps mind function. Everyday activities such as walking, cleaning, gardening contribute to our daily exercise.

The take-away message from the presentation is that eating does not have to be rigid and restricted but balanced and varied. Sugary treats, alcohol and other less healthy options can, and should, be enjoyed on occasion but an overall approach to eating which encompasses the above points will lead to easier weight control and a higher level of overall well-being.



# Veterans' Health Week October 2022







# INVICTUS AUSTRALIA DEFENCE COMMUNITY SPORTS DAY

Come and try Archery, Bowls, Table Tennis, Pickleball, Wheelchair Sports and more. Enjoy a carnival atmosphere with heaps of activities for the whole family provided and delivered by some great organisations!

**When:**

Saturday 5<sup>th</sup> November 2022

**Time:**

11am – 3pm

**Where:**

Tuggeranong Archery Club  
299 Soward Way, Greenway, ACT

**Who:**

Serving, Former Serving and  
Family Members of the ADF



**Register today!**

Scan the QR code or visit  
[eventbrite.com.au/e/407812286527](https://eventbrite.com.au/e/407812286527)

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## **OPERATION GRAIN HARVEST ASSIST FROM TANKS TO TRACTORS**



# **Invitation to Veterans and all former ADF Casual Employment Grain Harvest 2022**

**Register now for Operation Grain Harvest Assist, casual employment opportunities to help bring in the 2022 Grain Harvest.**

Former members of our Army, Airforce and Navy are invited to apply for casual employment with Australian grain producers in all States by contacting **Operation Grain Harvest Assist**, a program which is nationally run by former ADF volunteers.

**Garry Spencer, the National Facilitator of Operation Grain Harvest Assist states:**  
"We know that there is a challenge to bring in the bumper grain harvest expected within Australia this year; with Australia's resilient, strong and adaptable Veterans, we were able to support the Nation's grain growers in 2021 with 250-300 Veterans at farms right across the country; now we are delighted to be preparing to assist again in 2022."

**To obtain more information:**

**<https://opgha.org.au/>**

**Facebook search Operation Grain Harvest Assist  
and join the Private Group**



## Changes to COVID-19 restrictions

Face masks are no longer required on public transport, following the lifting of the ACT's Public Health Emergency declaration. Further changes include the removal of COVID safe plans for events, changes to testing centre hours, hospital visitor limits and more.

## Staying COVID Smart on public transport

### Staying COVID Smart on public transport

COVID-19 health restrictions have eased in the ACT.

Passengers on bus services can now board from both the front and rear door entrances, and the front seat by the bus driver is now available to passengers.

Wearing a face mask on public transport is also no longer mandatory. However, Canberrans can still take some simple actions to help protect themselves.

Passengers on bus and light rail services are asked to be 'COVID Smart'. Being 'COVID Smart' is doing the simple actions and behaviours you do already - often without thinking twice or batting an eyelid.

#### Make COVID Smart choices on public transport by:

- Wearing a face mask if you can. ACT Health continues to encourage people to wear a mask where it isn't possible to maintain a safe physical distance.

Staying home if unwell and not travelling with us if you have any COVID-19 symptoms (\*Note: whilst not preferred, people can travel with symptoms if they have no other means to get to a testing facility. More information on the [ACT Government COVID website](#))

- Practicing good personal, hand and respiratory hygiene
- Using your MyWay card or a pre-paid ticket (we aren't accepting cash)
- Spreading out on board and at stops and stations where you can

You can also travel at quieter times of the day. Check out our [quiet times to travel](#) page to plan your trip.

For more COVID Smart advice visit the [ACT Government's COVID-19 website](#).

## SAVE THE DATE !!!!

The Annual Christmas Lunch will be held on Wednesday 7 December 2022 at Canberra Southern Cross Club.

More details will be provided soon.



## COFFEE CATCH UP EVERY FRIDAY 10-12



Members and guests are welcome to join us for a chat and enjoy freshly brewed coffee & cake with former service mates. Every Friday from 10 to 12 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

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Office hours are  
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## PS.

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