

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

17 June 22

RSL QUEANBEYAN SUB BRANCH SOCIAL BOWLS DAY

A social game of bowls for ex Army, Navy, Airforce and AFP veterans (RSL members and non RSL members welcome)

Sunday 24th July 2022

Registration 10am

Game starts 10.30am

RSL Bowling Club Yass Road Queanbeyan

Meal/nibbles and drinks after game

Warm flexible dress advised and a hat for sun protection.

Bowls provided if you don't have your own

Brake play 12 ends

\$20 per head, pay on the day- covers game, meal and prizes

If you want to play please send email to phil-bruce28@gmail.com, or queanbeyansb@rslnsw.org.au, or [Phone 0418169060](tel:0418169060)

Note: Rooty Hill RSL travelling bowlers are bowling with us on the day.

CALL to ARMS – We need Welfare Volunteers!

Over the past two years the ranks of our volunteers have diminished. COVID-19 took its toll by halting all group activities and home visits. As COVID restrictions ease, we are keen to re-establish the connections with members and need your help to do this.



How can you help?

- We need to re-establish our Home, Hospital and Residential Aged Care Visiting Groups to maintain contact with our older and frail members through visits or regular phone calls
- Coffee catch-ups with members
- Assisting with commemorative and special events
- Contributing and editing articles for our publications
- Assisting with Day Club weekly fun activities or outings
- Archiving, library services or assisting the office staff
- Assisting with transport
- Organising recreational or social activities
- Helping raise funds through the ANZAC Day and poppy appeals
- Assisting with delivery of Christmas Cards and gifts to our oldest members
- Attend presentations for volunteers at the sub-branch on relevant topics to keep up to date with information

These are some of the opportunities for volunteers and other suggestions are always welcome.

What is needed to be a Volunteer?

Firstly, your genuine interest in people and your investment of time and energy in their well-being.

Each member of our volunteer team must be prepared to abide by our privacy and confidentiality policies and apply for the Working With Vulnerable People (WWVP) certification (at no cost to you).

Our volunteers are highly regarded, not just by RSL, but by those who receive their care and attention and by the community at large.

We would also welcome our former volunteers to let us know if they are still willing and able to offer their services.

Please contact the Welfare Office by email: welfare@rslwoden.org.au

or

phone: 6285 1931 on Tuesday or Wednesday.

We would like to hear from you!



MEETING NEWS

CANCELLATION OF THE OGM DINNER SCHEDULED FOR TUESDAY 28 JUNE 2022 - PROPOSED AFTERNOON TEA

Dear members,

Due to the uncertainty surrounding the COVID situation in the ACT, the Sub-Branch Board has decided to cancel the OGM dinner scheduled for Tuesday 28 June 2022. We regret having to make this decision but feel that it is the most prudent course to take for our members.

In lieu of the dinner and to offer an opportunity for camaraderie to members, the Board has suggested that an afternoon tea be held from 1500-1700 hours on Tuesday 28 June 2022 in the Corey Room at the Sub-Branch office, Holder with light refreshments provided.

To gauge the level of interest in the above proposal, I would be grateful if you would advise if you might attend.

Regards,
Greg



Greg Kennett
Secretary
Woden Valley Sub-Branch
Australian Capital Territory
P: (02) 6285 1931
M: 0438 884 896
E: secretary@rslwoden.org.au
W: www.rslwoden.org.au

EDDISON DAY CLUB

“The Eddison Day Club has been meeting for a lunch only during the last several months. We have only attracted a small crowd. If we can increase numbers attending we can then arrange for guest speakers or entertainers to attend, whereas at present it is not possible to have any attend due the small numbers coming to lunch. COVID is not going to go away any time soon. We realise it is a Catch 22 situation, but unless we have more people attend each Friday, we can't expect to have speakers/entertainers to come to us. We have had enquiries from people interested in coming to entertain us but they feel it is not worthwhile while our numbers are so low. We do need to increase interest in the Day Club to reduce isolation and interaction with others.”

Regards

Peter Sutton

Vice President Welfare



Woden Valley Sub Branch

DVA Deputy Commissioner update

Good morning ESO and veteran colleagues,

It is wonderful to be back into the Deputy Commissioner role, and I would like to extend my thanks to Kathy Karakousis, who was acting Deputy Commissioner for the past two months.

New Ministry

Following the outcome of the Federal Election, the new Ministry was sworn in on 1 June.

The Hon Matt Keogh MP is the Minister for Veterans' Affairs and Minister for Defence Personnel. Mr Keogh was first elected to the House of Representatives as the Member for Burt, Western Australia in 2016, and previously held a number of shadow minister positions, including as the Shadow Minister for Defence Industry. He has also served in a wide range of Parliamentary committees.

The Hon Matt Thistlethwaite MP is Assistant Minister for Veterans' Affairs as well as Assistant Minister for Defence and Assistant Minister for the Republic.

Release of Census data

The Australian Bureau of Statistics is releasing the first tranche of data from the 2021 Census on 28 June 2022. This will include results on the question asking whether respondents have served in the ADF, the first time a question about service has been included in the Census.

Better understanding the veteran population in Australia will allow DVA and ex-service organisations to provide support for the veteran community where it's needed most.

DVA TV recent videos for promotion

Please check out the latest videos from DVA TV:

Firsthand veteran stories of war: [Japanese submarines attack Sydney and Newcastle](#)

A [second video on DSH Insurance](#) as part of the DVA Services series.

Anzac Day – international service montage on [Facebook](#)

DVA TV promotional video on [Facebook](#)

Anzac Day Schools Awards

The Anzac Day Schools' Awards is an annual competition encouraging students, teachers and communities to gain a deeper understanding of Australia's wartime history, and honour the service of Australians. This year's theme is 'Engaging with veterans: Stories of peacekeeping'. We encourage students to discover personal stories and take part in commemorative activities to honour the service and sacrifice of peacekeepers, helping mark the 75th anniversary of Australia's involvement in peacekeeping operations in 2022.

The national winner receives \$5,000 and a trophy. Winning entries from each state and territory receive a cash prize, with another five prizes provided for special category winners.

Entries close on 30 June. For tools, tips, resources and previous award winners, go to: <https://anzacportal.dva.gov.au/research-education/competitions/anzac-day-schools-awards>

Deputy Commissioner Consultation Forums

I look forward to seeing many of you at upcoming Consultation forums, which will be held in person for the first time in more than two years.

NSW Consultation forum: Wednesday 6 July, 10am-12pm

ACT Consultation forum: Wednesday 20 July, 10-11.30am

Please contact your ESO member on that forum to provide feedback or input, and to hear about a range of activities across DVA and the ESO and veteran community.

Take care,
Victoria

Victoria Benz
Deputy Commissioner, NSW & ACT
Department of Veterans' Affairs
t (02) 9213 7878 | ext 417878 | m 0417 654 347
e Victoria.benz@dva.gov.au

WODEN VALLEY RSL SUB-BRANCH: GEARS PROGRAM, INVITATION TO NOMINATE

Dear All,

With my apologies for chasing some of you previously and thanking you all for your patience, I now advise that we have delayed the start of the GEARS Program from 02 Jun until 15 Aug 22. While this delay will be subject to the extension of the grant that is paying for the course, I'm confident that we will be able to conduct the course as planned. Please also note that we have changed the day from Thursdays to Mondays as Thursdays seemed to fewer possible diary conflicts.

Although I'm sending this email to organisations and individuals as BCCs, I'm sure, that once a panel is confirmed, communications will become more transparent.

Please note that MESHHA Has confirmed that a referral from your treating GP or Psychiatrist is required. They will issue a revised Referral form in due course as that will provide ample time to complete the document.

In the meantime, I'd appreciate it if you could advise the Sub-Branch Welfare Team of your interest in attending this course. Please also share the invitation with any colleagues and friends whom you think might be interested in attending or in finding out more about the course.

We are looking for 10-12 participants for each panel and will consider conducting two courses in parallel if we receive sufficient interest.

The following information provides an outline of the course and some basic administrative matters:

The course will be conducted at the Woden Valley RSL Sub-Branch rooms at 27 Mulley Street, Holder;

Course dates/timings are each Monday night between 1800-2000 for 12 weeks from 15 August 2022;

Light refreshments will be provided from 1715;

Training Manuals/workbooks will be provided at the first session;

As the course is funded through a DVA grant to the Sub-Branch, there is no charge to participants;

An outline of the GEARS Program is shown at the end of this email with additional information being available at <https://mesha.org.au/about-us/> ;

Representatives of the Sub-Branch will be available to facilitate entry to the building and access to facilities during each session;

As some of you will have other commitments that you will need to juggle through the 12 weeks of the course, there will be an option to join a session using ZOOM as and when required;

We will issue Nomination/Referral forms by late June/early July.

In closing, I again apologise for this late change, and encourage you to contact either MESHHA or me if you have any questions.

Please also contact me if you have any friends or colleagues whom you think might be interested in nominating for this or any subsequent course.

Jim Gilchrist

What is the GEARS Program?

GEARS is a refined 12-week program (2 hours a week) which has evolved from the highly successful Skills Training in Affective and Interpersonal Regulation (STAIR) program.

The GEARS program is tailored specifically for current or former serving military members and emergency service personnel and issues they face including identity in transitioning back to civilian life, improving mood regulation, interpersonal communication skills and relationship skills.

The GEARS program was developed by Dr Jon Lane, Psychiatrist, current ADF Reservist and Afghanistan Veteran.

You will learn how to:

- **Become more aware and comfortable with your emotions**
- **Develop positive, healthy coping skills for distressing feelings**
- **Identify unhealthy relationship patterns**
- **Build skills to improve your relationships**

Build resilience and confidence.

To be eligible for a place in the program, you must:

- **Be a current or former military or emergency services member**
- **Have mental health symptoms that concern you**

Obtain a referral from your GP, psychologist or psychiatrist to attend the program – [GP Referral Form](#).

The GEARS program is held in Adelaide, Darwin, Canberra and Hobart and online sessions are also available via Zoom.

Dates for upcoming sessions will be announced soon. For more information or to be put on the waitlist for our next program, please contact programs@mesha.org.au or call us on [\(08\) 7002 0880](tel:0870020880).

Please note GP Referral is mandatory to participate for ethics requirements of the project. [GP Referral Form](#)

From : I Z cat website "Unsinkable Sam"

The legend of Unsinkable Sam - the cat who served on and survived 3 sinking ships during WW2

Unsinkable Sam started his service in the fleet of the Nazi regime, the Kriegsmarine, and ended it in the Royal Navy.



**Unsinkable Sam served on 3 vessels during World War 2. Each ship sank during battle and surprisingly Sam survived each sinking!
Bismarck sinking**



The black and white tabby had been owned by an unknown crewman of the German battleship Bismarck. He was on board the ship on May 18, 1941 when it set sail on Operation Rheinübung, Bismarck's first and only mission.

Ultimately, the ship was sank, and only 118 from its crew of over 2,200 survived. Hours later, Sam was found floating on a board and picked from the water, the only survivor to be rescued by the homeward-bound British destroyer HMS Cossack. The crew didn't know the cat's name and they named him Oscar.

Cat: 1

Battleships: 0



HMS Cossack sinking



The cat served on board Cossack for the next few months as the ship carried out convoy escort duties in the Mediterranean and north Atlantic.

Ultimately, the destroyer was badly damaged by a torpedo, and 139 of its crew were killed. On October 27, 1941, a day after the tow was slipped, Cossack sank to the west of Gibraltar, and Oscar was found clinging to a piece of plank; he made it and was brought to the shore establishment in Gibraltar.

When they learned what happened, British officers changed his name to Unsinkable Sam – a fitting name for a cat that survived the sinking of two warships.

Cat: 2

Battleships: 0

HMS Ark Royal sinking

Unsinkable Sam was then adopted by the crew of the HMS Ark Royal – ironically, a ship that was instrumental in sinking the Bismarck. Ark Royal survived several near misses and gained a reputation as a ‘lucky ship’.



But luck didn't last, and when returning from Malta on November 14, 1941, this ship too was torpedoed, this time by an U-boat.

Sam was found clinging to a floating plank by a motor launch, and described as “angry but quite unharmed”.

After serving and surviving 3 sunk battleships, Sam officially retired.

Cat: 3

Battleships: 0

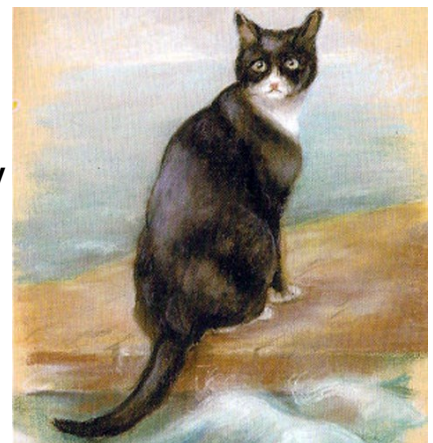
Retirement

After the sinking of the Royal, Sam was transferred to a job on land and spent his days hunting mice in the building of the Governor General in Gibraltar.

Eventually, he was sent back to the UK where he remained at a ‘Home for Sailors’ in Belfast until the end of his earthly days. He passed away peacefully in 1955.

A pastel portrait of Sam (titled "Oscar, the Bismarck's Cat") by the artist Georgina Shaw-Baker is in the possession of the National Maritime Museum, Greenwich

Proof that cats have 9 lives? We know Unsinkable Sam definitely used at least 3 during the war.



Gungahlin RSL Sub-Branch - safeTALK Workshop 2 July 2022

Good Evening All,

For those of you that have attended our monthly get togethers, we mentioned a couple of months ago about holding a safeTALK workshop. We have it booked in and please see the information below.

Over the past few years, we have all been exposed to the stresses and uncertainty of the pandemic. Unfortunately, this has put a significant strain on the veteran community and those who support them.

The Gungahlin RSL is hosting a half-day safeTALK workshop on 2 July between 9 am and 1 pm as part of the RSL Australia Mental Health Initiative. This workshop is free to anyone connected with veterans or the veteran community.

There are no costs to attend this workshop, and morning tea will be provided. Attached are flyers which will provide more details about this opportunity. To register for this workshop, call Open Arms at 1800 011 046 and ask to register for the safeTALK workshop on 2 July in Gungahlin in the ACT.

Alternatively, you can email me letting me know that you would like to attend and I will respond in bulk. I think this is something that could benefit a lot of our members and their loved ones. We will also look into hosting a 2 day Mental First Aid course in the coming months following this safeTALK.

We look forward to seeing you there.

Kind Regards

Kim

Kim Hicks

Secretary

Gungahlin RSL Sub Branch

Member ACT Govt - MACVF

Ministerial Advisory Council for Veterans and their Families

M: 0409846996

E: secretary.gungahlinrsl@gmail.com





*"Everyone
can make a
difference
in
preventing
suicide"*

A national educational workshop to help you become more alert to suicide prevention opportunities and how to offer help

Most people with thoughts of suicide signal their distress and invite help. These opportunities are often missed, dismissed or avoided, and people feel more alone and at greater risk.

During this workshop you will:

- Watch video role play reminders of why suicide alertness matters.
- Hear how open, direct talk about suicide can increase safety.
- Discuss barriers to helping and practice basic helping steps.

Who can attend: Anyone concerned about family, friends, colleagues or others in the veteran community.



LIVINGWORKS



Suicide Intervention & Mental Health Literacy Workshops



"I wanted to look out for my mates and this course gave me some skills to help them"



RSL
Australia

Open Arms – Veterans & Families Counselling, in partnership with RSL Australia, are offering free training opportunities to those seeking to help family, friends, co-workers or others in the veteran community.

These suicide intervention and mental health literacy workshops are delivered in RSLs and major Ex-Service Organisations (ESO) around the country.

If you are an ESO and would like to get involved with this training please contact
MSHP@ClinicalProgramsandPolicy@dva.gov.au
or call 1800 011 046

For more information about the workshops and other programs offered by Open Arms, visit
www.openarms.gov.au/get-support/treatment-programs-and-workshops



OPERATION LIFE: SUICIDE ALERTNESS FOR EVERYONE (safeTALK)



*"Everyone
can make a
difference
in
preventing
suicide"*

Most people with thoughts of suicide signal their distress and invite help. If these opportunities are missed, dismissed or avoided they can leave people more alone and at greater risk.

In safeTALK you will learn how to become more alert to suicide prevention opportunities and how to offer help.

Saturday, 2 July 2022

9 am to 1 pm

Gungahlin

Registration Close: 17 June 2022

To register for the safeTalk workshop, call 1800 011 046 or visit OpenArms.gov.au and search for 'Suicide alertness for everyone'



LIVINGWORKS



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

**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

Office hours are
9am-3pm Mon-Fri

PS.

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