

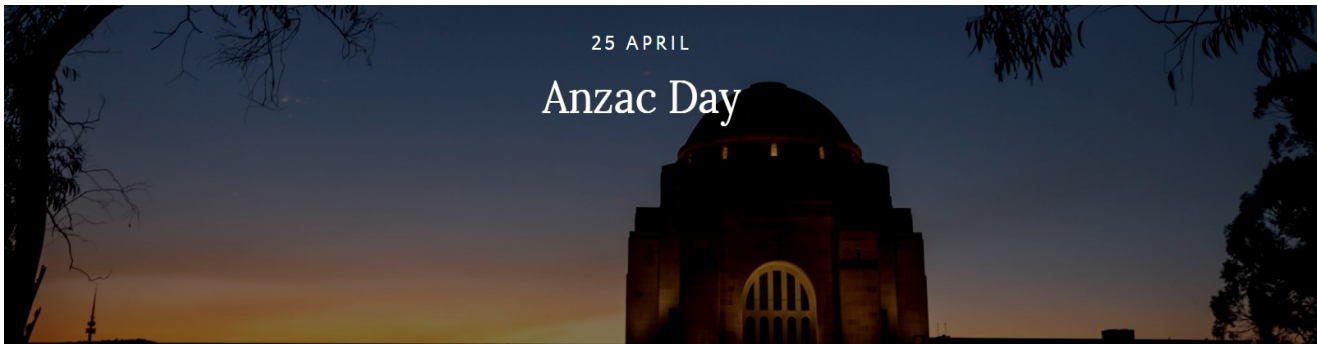
RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

18 March 22

From AWM website



Anzac Day, 25 April, is a day of national remembrance.

This year, the Australian War Memorial will mark the 107th anniversary of the Gallipoli landings with the following commemorative program.

- Dawn service – 5.30 am
- RSL (ACT Branch) veterans' march – 9.30 am

To register click the link:

[Anzac Day 2022 Commemorations — RSL ACT Branch \(actrsl.org.au\)](https://actrsl.org.au)

- Anzac Day Last Post Ceremony – 4.45 pm
<https://www.awm.gov.au/commemoration/anzac-day>



**VOLUNTEERS NEEDED FOR ANZAC
APPEAL WEEK**

19 - 24 April

Please contact us on 62851931

if you can help staff a

booth for the ANZAC Appeal.



**WODEN VALLEY RSL
SUB-BRANCH ANZAC
EVE DINNER
24 APRIL 2022**

**ANZAC
DAY**

The President and Board of the Woden Valley RSL Sub-Branch have pleasure in inviting you and your guests to the annual ANZAC Eve Dinner and Rededication Ceremony at the Canberra Southern Cross Club in Woden on **Sunday 24 April at 6pm**

Our guest Speaker is the RSL National President [Greg Melick AO RFD FANZCN SC](#)



The son of a WWII veteran, Major General [Melick](#), a former Australian Army commando, was elected as National President in 2019. [Greg Melick](#) enjoyed a stellar career in the Australian Defence Force (ADF) rising through the ranks to Major General. He was the ADF's senior Reserve Officer, a role responsible for Reserves and Cadets before retiring in December 2018 after 52 years' service. He is Colonel Commandant, 1st Commando Regiment and is a member on the Council of the Australian War Memorial Commission.

Please book and pay by cob Thursday 14 April.

Cost is \$42 per person, drinks at own expense.

Phone us on 6285 1931 with your credit card details; or call in person for cash, cheque or credit/debit card payment at the Sub-Branch Office, Level 2A, 27 Mulley Street HOLDER ACT 2611.

By direct credit (EFT) to: **BSB 062 908 Account number 1084 1897 A/C name: Woden Valley RSL Sub-Branch** include your name and advise the office of your booking by e-mail to admin@rslwoden.org.au to make sure we cater for you and your dietary requirements.

Menu

Mains: alternate serve

**Roasted Riverine lamb rump, crispy [Kipfler](#) potato, grilled broccolini, [salsa verde](#) (GF)
Grilled Chicken Breast, sour cream and chive mash, honey roasted carrot, creamy mushroom sauce.**

Dessert: alternate serve

**Passionfruit tart, fresh passionfruit, mint, [crème chantilly](#) (NF)
Warm sticky date pudding, salted caramel sauce and [vanilla bean icecream](#)
Complimentary Basket of sourdough rolls with cultured butter
Freshly brewed Lonsdale Street Roasters coffee and selection of teas.**

MEETING NEWS

OGM

An OGM will be held at 1400 hours on Tuesday 29 March 2022 in the Sub-Branch Office. Light refreshments will be provided following the OGM.

ANZAC and Peace Ceremony

The Sub-Branch Board has also decided not to hold the annual ANZAC and Peace Ceremony in 2022. That decision is based on the current and likely COVID-19 health advice and restrictions, and the ACT Education Directorate's position. However, we will be conducting the ANZAC Essay Competition this year.

ANZAC Eve Dinner

We look forward to catching up with members at the ANZAC Eve Dinner on 24 April 2022.



RSL VETERANS' EMPLOYMENT PROGRAM

CURRENT OPPORTUNITIES

The RSL Veterans' Employment Program connects veterans with employers all over Australia.

Veterans, their partners and immediate family members can take advantage of free career support services and gain access to our extensive employer network.

This program is free to access and you do not need to be a member of the RSL

For more click link below:

<https://www.rslaustralia.org/current-opportunities?fbclid=IwAR1q2tuxYKnNqyS5PlfGx9uNCDqTzv3XyU4bYC7fcSoX28JfqMCXvVw5Lu4>

Rewarding work for every veteran and their immediate family.

Looking for work? Changing careers? Or maybe you want help to find your passion and purpose?

We help veterans, their partners, and immediate family members find a rewarding job. It doesn't matter how long ago you served, what stage you are at in your work journey, or how old you are.

Take advantage of our free career support services, specialist coaches and gain access to our extensive employer network.

The RSL Veterans' Employment Program has received grant funding from the Australian Government and is free to access. You do not need to be a member of the RSL for us to help you.



Australian Government

Department of Veterans' Affairs



Tuesday 12 April 2022

12pm

The Royal Military College Band is one of Australia's premier military bands, performing at historic occasions including the Centenary of Federation celebration in London in 2000 and ceremonial duties at Gallipoli on ANZAC Day.

All attendees will be required to register their details prior to the performance with the Canberra Theatre Centre Box Office for COVID contact tracing. Registration is FREE and is now open for this performance.

On the day of the performance entry is by a gold coin donation with all the proceeds raised going to The Calvary Hospital Auxiliary.

BUY TICKET:

<https://canberratheatrecentre.com.au/show/music-midday/>

Story received from RSL member Margaret Manley

On the 18th May 2022 it will be 60 years since I joined the WRANS. I lived in the Central West at a place called Wallerawang which is on the railway junction line for Mudgee and Bathurst.

I was 17 when my father drove me down to Rushcutters Bay to join up as a Radar Plotter. I didn't make it the first time as I failed the trigonometry. Home to do some more study and I passed on the second attempt. I met a lifelong friend Jan Fenwick on the Southern Aurora on the way to Melbourne. I was fascinated that we could put our shoes outside the door on the train and they would be cleaned while you slept. Jan and I still keep in touch and when we meet up it is as though the years just fall away. Jan joined up from Brisbane Island in Queensland.

Upon arriving in Melbourne we caught another train and it took us to Crib Point.

A bus picked us up and we were taken for our recruit training at HMAS Cerberus.

After six months the recruits sent to their posting at various parts of Australia.

I went to live at HMAS Balmoral which overlooked the beautiful Balmoral Beach.

They were very old looking cabins, but we were expected to keep them scrupulously clean. A Petty Officer would do a weekly inspection and she would run her white gloves over every thing.

Each day we would meet at the base jetty for inspection and then board a patrol boat for our short trip to HMAS Watson at Watsons Bay. At 4pm in the afternoon we caught the boat back to Balmoral.



Expressions of interest are now open for the RSL Remembrance Ride

Taking place 30 April - 15 May 2022

Ride the Mawson trail from Blinman to Adelaide to raise funds for the upkeep of war memorials in the Southern Flinders Ranges.

The trail is 1000km long and you can choose to ride it in sections of 4 or 8 days or complete the full ride of 14 days.

You'll stay in local campgrounds and make a difference in the local communities that you visit along the way.

You will need to have experience in off road and multi day riding with your own eMTB or Off-Road Bike and suitable sleeping gear.

Your ride will be partially supported (with transfers of personal and camping items) and the \$200 entrance fee will go towards our fundraising efforts.

[Download the Expression of Interest form](#), complete it and email it to

invictus@unisa.edu.au

Spaces are limited so get in quick!





The Hon Andrew Gee MP

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

MEDIA RELEASE

12 March 2022

INTERNATIONAL ANZAC DAY SERVICES TO RECOMMENCE IN 2022

Full public commemorative services will once again be held in Turkey and France this Anzac Day.

Minister for Veterans' Affairs and Defence Personnel Andrew Gee said it was the first time such events have been conducted since 2019, due to the global COVID-19 pandemic.

"While there have been local wreath-laying services in both countries to commemorate Anzac Day during the pandemic, Australians have not been able to travel to these important places of remembrance and commemoration to attend services," Minister Gee said.

"Both Gallipoli and Villers-Bretonneux hold special meaning for our country, as places where thousands of Australians served and lost their lives in the First World War.

"The international commemorative services at Gallipoli and Villers-Bretonneux honour their service and sacrifice and that of all Australians who have served our nation in uniform, ensuring that we fulfil our sacred commitment to remember them.

"Of course, public safety is always our number one priority and we will be closely monitoring the pandemic in Turkey and France, and any changes to health restrictions and the security situation.

"Those planning to travel from Australia to these services should also make sure they are familiar with the entry requirements and should continue to monitor [smartraveller.gov.au](https://www.smartraveller.gov.au) for the latest travel advice."

Anyone wishing to attend either service must register for an attendance pass. These free passes are now available [online](#).

MEDIA CONTACTS:

Minister Gee office: 0459 966 944

DVA Media: 02 6289 6466

Office of the Hon. Andrew Gee, Canberra ACT.

Editor's note: Media representatives planning to attend the services in Turkey or France should contact DVA Media to register their interest: media.team@dva.gov.au

PARTICIPATION IN MARIST COLLEGE'S 'FOOTSTEPS PROGRAM - DEFENCE SERVICE DAY'

Dear members,

We have been approached by Marist College to participate in the college's 'Footsteps Program – Defence Service Day' on Wednesday 6 April 2022.

The whole day involves small group (Marist House group) discussions with the AWM, Soldier On, and other organisations. A highlight activity is visiting Woden Cemetery to:

- Find and discuss the Defence section of the cemetery.
- Hear the story of Ernest Corey – our local hero – and find his grave.
- Discuss what Defence service was to a veteran who is on-site.

Place an Australian flag at each grave in the Defence section. None are missed.

A teacher at Marist, who is the son and grandson of Sub-Branch members, introduced the Program and organises it. The 250-odd boys in Year 9 rotate through the activities (AWM, Soldier On, Act Historical Society, Woden Cemetery etc) using school buses. Each site has about 3-4 sessions through the day before rotating, commencing at about 0930 hours. Each session is about 90 minutes in duration.

Marist College is seeking a special relationship with Woden Valley RSL in the Woden Cemetery part of the day. Marist is in the heart of Woden Valley and a link with the Sub-Branch is obvious. What Marist seeks is say, one or two veterans to be there for each session to take a half group, describe their service for about 10 mins before then being with the boys to answer questions while the flags are placed at each grave. Veterans can do shifts – that is, just do one session before being relieved by another veteran with a different story. Or stay the whole day. Not to glorify anything, but just to say what their individual service was, and why they honour those who have fallen and whose graves are now in the Defence section of the Woden Cemetery. And it doesn't have to be veterans with operational service.

Here is the link to story published by the Canberra Times about the day last year <https://www.canberratimes.com.au/story/7219146/very-special-anzac-day-meaning-instilled-in-hundreds-of-students/>

If you are interested in participating in this program, please let me know, along with your contact details, by Wednesday 23 March 2022, to secretary@rslwoden.org.au

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



Invitation to

Triumph of the Imagination

Join Musica da Camera and the Flowers of Peace for a special concert that will include a preview of some music and stories that will feature in the *POW Requiem*, the next in the series of commemorative concerts that will premiere in October 2022.

**Saturday 26 March 2.30-4.30pm,
Chapel of the Australian Centre for Christianity and Culture,
15 Blackall St, Barton**

Please RSVP to team@flowersofpeace.com.au by Wednesday, 23 March as seating is very limited.





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



Anti-malarial medications health assessment program

We are working with Bupa Australia to provide health assessments for veterans who are concerned about potential health effects of the anti-malarial medications, **Mefloquine** (trade name Lariam®) or **Tafenoquine** (trade names Kozenis® and Kodatef®).

The program offers:

- One comprehensive health assessment to explore any symptoms at no cost.
- Selected GPs with training in anti-malarial medication and the mental and physical health issues of veterans concerned about these medications.
- Veterans will receive a personalised Health Support Recommendations Plan to outline further investigation, referrals and/or treatment with their own GP.

Register for a health assessment



During business hours, you can call **1800 MEFLOQUINE (1800 633 567)** or call Bupa directly on **1800 612 798**.



More details are available on **www.dva.gov.au** using the search term 'Mefloquine'.



**COFFEE CATCH UP
ACTIVE AGAIN FROM FRIDAY
25 FEBRUARY 2022!!!**

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

Office hours are
9am-3pm Mon-Fri

PS.

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www.rslwoden.org.au