

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

18 November 22



Australian War Memorial

Last Friday, we paused to mark the 104th anniversary of the Armistice that ended the First World War after more than four years of bloody fighting.

The ceremony was attended by the Governor General of the Commonwealth of Australia, His Excellency General the Honourable David Hurley AC DSC (Retd) and his wife, Her Excellency Mrs Linda Hurley, and was broadcast live across Australia by the ABC, and streamed online.

The Commemorative Address was delivered by Memorial Fellow, Mr Kerry Stokes AC.

“Immersed in the spirit of those who have given their all ... we pay tribute and ponder what we have been given.

“We remember those who have given us what we have and made us who we are.”

See more photo via our Flickr: <https://www.flickr.com/photos/australianwarmemorial>





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

ANNUAL CHRISTMAS LUNCH

Wednesday 7 December

12:00noon for 12:30pm

Orion Room Canberra Southern Cross Club Phillip

\$40 per person

Menu (alternate service):

MAIN

Roast Turkey Filled

With sage and onion stuffing, served with roasted vegetables, steamed greens and gravy

Slow Roasted Black Angus Sirloin

Creamy mash, honey roasted baby carrots, steamed greens and red wine jus

DESSERT

Traditional Christmas Pudding, warm brandy custard and cream

White Chocolate Pannacotta (gf) Fresh summer berry compote

Charge includes soft drinks, selected wines and beers.

Spirits at own expense.

Please RSVP by 3pm 28 November 2022

Phone 62851931 or email admin@rslwoden.org.au

Direct Credit (Don't forget to include your name in transfer)

A/C name: Woden Valley RSL Sub-Branch

BSB 062-908, Account 1084 1897 (include your name)

Credit Card; Phone 6285 1931

By cheque: mail to 14/27 Mulley Street Holder ACT 2611

Sorry, no refunds are possible after cob 30 November 2022.



17 Nov

RSL AUSTRALIA UNDERTAKING EXTENSIVE RESEARCH TO FORMULATE FUTURE STRATEGY AND SERVE VETERANS



The Returned & Services League of Australia (RSLA) is conducting extensive research, including inviting input from its national membership, non-member veterans, and interested parties to help shape its future direction and enable it to better serve veterans and their families.

The research is being undertaken independently by market research specialists The Insights Grill, who recently conducted similar research for RSL New South Wales. The data will help shape RSL Australia's next strategic plan.

National President Greg Melick said the research project would help the organisation to better understand the current needs and priorities of both member and non-member veterans so RSLA can continue to meet the needs of today's veterans well into the future.

It involves both qualitative and quantitative research in a three-phased approach.

The first phase is now underway and centres around a short survey accessed through the RSLA's social media channels and website.

Following this, qualitative interviews will be conducted with 24 veterans across the country to understand a range of key issues and perceptions. The insights from this phase will help shape the main national survey, which is the project's third phase.

This survey, to be launched in February next year, will comprise approximately 20 targeted questions and should only take about five minutes to complete. A report will be made publicly available shortly after.

Greg Melick said the insight gained from the research would help shape the RSL moving forward and ensure it continues to meet the needs of Australia's service veterans and their families. "We want to hear from the veteran community regarding what it thinks the RSL should focus on in 2023 and beyond," he said.

"The mini survey that is now open is just the beginning of this major research project and will be used to find out initially what people believe the RSL should focus on and also to recruit participants for the interviews.

"We look forward to the feedback. Everyone is welcome to participate, whether they've served or never served in the Australian Defence Force (ADF).

The responses are 100 per cent confidential, and to encourage participation in the initial survey,

Invitation to suggest a name for the neighbourhood park behind the Campbell Shops

Dear Veterans Stakeholders

I am reaching out to your organisation in relation to our current proposal to name the park at Block 17 Section 49 Campbell (the park) after a deceased member of the Australian Defence Forces.

Our Minister Mick Gentleman felt it was important, if possible, to consider naming the park after a female Defence Force person. Women are not well-represented in Campbell with Provan Street the only road in the suburb to commemorate a woman, named after Frances Betty Provan (1911-1963).

The Place Names Unit has been working with our Communications team at the Environment Planning and Sustainable Development Directorate to build a community consultation webpage where the public can find out more about the park and nominate names of Defence Force women. The consultation commenced on 20 October with the project set to run for six weeks and close on Thursday 1 December 2022.

I would like to invite you to have a look at the [website](#) and if you wish to, put forward the names of any female defence force people you feel would be appropriate for the park name.

I have also enclosed a copy of a poster about the consultation which you may wish to circulate.

Please feel welcome to contact me by email at placenames@act.gov.au if you require more information.

Office for Seniors and Veterans



Australian War Memorial

Don't miss out! Voting for the 2022 Napier Waller Art Prize People's Choice Award closes this weekend, Sunday 20 November 2022, at 11:59PM AEDT.

To view this year's entrants and vote for your favourite, visit: <http://ow.ly/nO2T50LvGx7>

[#NapierWallerArtPrize](#) [#NWAP](#) [#NWAP22](#)

Image: Wing Commander Sharon Bown (Ret'd) visits the Napier Waller Art Prize exhibition at Parliament House, Canberra.





We acknowledge a report released today by the Australian Institute of Health and Welfare - AIHW into deaths by suicide among current and former serving ADF members who served after 1985. A single death of any member of the Defence and veteran communities is one too many, and is felt deeply by all. This report helps us better understand at risk groups and assist us in targeting support to those who need it.

Current serving personnel, veterans and families who are experiencing concerns about their mental health are encouraged to reach out for support.

Open Arms - Veterans & Families Counselling provides free and confidential support 24/7 on 1800 011 046.

Defence personnel can contact their local health centre, the All Hours Support Line on 1800 628 036 or the Defence Member and Family Helpline on 1800 624 608.

For a link to the report and more info on the support available, visit: <http://spr.ly/6187M0zFW>

 <p>SAFE ZONE SUPPORT</p> <p>1800 142 072</p>	 <p>OPEN ARMS Veterans & Families Counselling</p> <p>1800 011 046</p>	 <p>Talk it over Mens Line AUSTRALIA</p> <p>1300 789 978</p>
 <p>beyondblue</p> <p>1300 224 636</p>	 <p>The ADF Mental Health Strategy All Hours Support Line The Right Support Right Now 1800 628 036 Call from outside and within Australia</p> <p>1800 628 036</p>	 <p>Kids Helpline</p> <p>We care. We listen.</p> <p>1800 551 800</p>
<p>SUICIDE CALL BACK SERVICE</p> <p>1300 659 467</p>	 <p>1800RESPECT NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE</p> <p>1800 737 732</p>	 <p>Lifeline</p> <p>13 11 14</p>

Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

Group or individual programs available.

How it works: Heart Health Program

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or complement your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

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

Heart Health Program – Flexible Delivery

The program is offered in two formats. The Group Heart Health Program or the Individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

You may want to:

- Improve your general fitness
- Improve your knowledge on health and wellbeing
- Improve your social connections with other likeminded veterans

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>



Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.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

Web: <http://www.veteranshearthealth.com.au>

SAVE THE DATE !!!!

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



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.

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