

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

19 May 2023

On Wednesday 17 May we celebrated 99 birthday of our member Norma Eggleston.



Norma Eggleston`s birthday — more photos



REMINDER! Meeting News

AGM/OGM

Dear members,

The 2023 AGM RSL WV Sub-Branch will be held at 1400 hours on Tuesday 30 May 2023 in the Sub-Branch office in Holder. The AGM will be followed by the monthly Ordinary General Meeting (OGM).

I look forward to seeing you at the AGM/OGM.

Kind regards,

Greg



Woden Valley Sub-Branch

Greg Kennett

Secretary



Photo above : David Smith MP and Jim Gilchrist

On Thursday 18 May the Federal Member for Bean, Mr. David Smith MP, presented Australian National Flags to the Sub-Branch President. As part of an RSL Funeral Tribute, and on behalf of the Government and people of Australia, the Sub-Branch representative presents a flag to the family of the deceased veteran, in recognition of his or her service to our country.

Battle of Crete Commemoration 17 May 2023

Respectful event with the Duntroon Band and many distinguished guests.

On photos below:

Matt Anderson, Her Excellency Dame Annette King, Major General Natasha Fox, Les Cook, Lieutenant General George Kiriakou, Chief of Staff of the Hellenic National Defence General Staff .

Les Cook recited the Ode.



Masterworks for Winds



Greetings Friends of the Band,

You are invited to attend the first *Masterworks for Winds* performance of 2023. Join the Band of the Royal Military College as we perform a showcase of masterful works for wind band including two Australian premieres.

Details

When: Saturday 20 May 2023 at 7pm

Where/Venue: Llewellyn Hall, ANU School of Music, Acton

Entry fee: A gold coin donation, proceeds supporting Legacy

Bookings and more information, visit [Masterworks for Winds Tickets, Sat 20/05/2023 at 7:00 pm | Eventbrite](#)

[Eventbrite Australia - Discover Great Events or Create Your Own](#)

or scan the QR Code.

Kind regards,

PR TEAM

ROYAL MILITARY COLLEGE BAND

Australian Army Band

RMC Duntroon | Duntroon ACT





RSL AUSTRALIA WELCOMES ADDITIONAL \$328M COMMITTED TO VETERANS IN FEDERAL BUDGET

MEDIA RELEASE

The Returned & Services League of Australia (RSL) has welcomed the 2023-24 Federal Budget and the more than [\\$328 million in funding](#) that has been allocated to veterans and their families through the Department of Veterans' Affairs (DVA).

RSL Australia National President Greg Melick said it was encouraging to see a significant injection of funding to support those who have served our country.

"This commitment to the health and wellbeing of veterans, in addition to a substantial investment to address key recommendations from the Interim Report for the Royal Commission into Defence and Veteran Suicide, is incredibly promising and addresses a number of challenges experienced by veterans," Greg Melick said.

"It is also heartening to see the inclusion of a number of cost of living measures from Medicare reform to subsidise energy bills and an increase in rent assistance to support Australians across the country, including many in the veteran community.

"We welcome the investment to strengthen Medicare and increase access to primary healthcare, and we hope that this will increase access for veterans seeking appointments with GPs once we understand the impact of this measure more broadly.

"However, we are disappointed that the Budget did not include identified funding for the full implementation of all recommendations of the ongoing Royal Commission, as well as a commitment to implement demand-driven funding to support veterans' welfare, rather than having to fight for funding each budget year."

While supportive of the commitment of funding to DVA, Greg Melick said RSL Australia looked forward to engaging with the Federal Government on additional measures to support the more than 581,000 veterans and their families across the country.

"We acknowledge that the economic environment is uncertain and fiscal conditions are tight, but for these reasons, we made extensive calls on government for sustained funding to address the inequities and barriers that continue to be experienced by the veteran community," he said.

"We remain committed to our pre-budget calls for the establishment of an implementation body to oversee the recommendations of the Royal Commission and will continue to advocate to the Federal Government to ensure this remains a priority.

"Our veterans are skilled and capable people who make significant contributions to our communities post-service. Investing in services, support systems and wellbeing programs to strengthen their health and welfare remains our core focus.

"Veterans and their families can take heart in knowing that Australians continue to value their service and sacrifice, both during and after their ADF service, and we will continue to work tirelessly with the Federal Government to ensure our members are supported with practical services and programs."

Other budget highlights include:

- An additional \$4.8 billion in funding for veterans' compensation and support payments.
- \$254.1 million over four years to modernise and sustain ageing IT systems, and ensure more timely payments and access to services for veterans and families through DVA.
- \$64.1 million in 2023-24 to retain more than 480 DVA staff who are working to deliver frontline services to veterans and families;
- \$2 million over 2 years from 2023–24 to continue the Department of Veterans' Affairs mental health literacy and suicide intervention training program for the ex-service community
- Expanded eligibility for the Acute Support Package (ASP) introduced in the October 2022 Budget to include grandcarers – grandparents who are full-time carers of children of veterans
- \$82.5 million for the Veterans' Home Care Program and Community Nursing services

The RSL also welcomed the \$50,000 re-enlistment bonus for Australian Defence Force personnel but said this should be seen as just the first step in a campaign to build an increased and sustainable military complement.

The RSL also reiterated its concern that some 30 projects have been either reduced, delayed or scrapped in a bid to save \$7.8 billion, with funding reprioritised as part of the \$19 billion reinvestment to help fund the recommendations of the Defence Strategic Review. This funding is fully offset from Defence's current budget.



Australian Government Department of Veterans' Affairs

As part of the Federal [#Budget2023](#), the Australian Government has announced \$254.1 million to sustain and modernise our IT and financial management systems.

Improved IT systems will help simplify claims processing and improve the timely delivery of support payments to veterans, families and service providers who deliver critical support to the veteran community.

Read more about the Federal Budget 2023-24 measures on our website here: www.dva.gov.au/budget2023-24



Australian Government
Department of Veterans' Affairs



Budget
2023-24



2024 AVCAT Scholarships & Long Tan Bursary

AVCAT Scholarships

Hello,

[AVCAT scholarships](#), including the [Long Tan Bursary](#), are tertiary scholarships for the children and grandchildren of Australian ex-serving veterans. Scholarships are \$4000–\$6000 per year, for up to three years.

Applications open on 18 August 2023, Vietnam Veterans' Day, and close at midnight AEDT on 31 October 2023.

Apply online at avcat.org.au

Applicants must be:

- Enrolled or planning to enrol in a full-time course for one or more academic year's duration at a university, TAFE, or RTO in 2024
- The child, stepchild, foster child, or grandchild of an Australian ex-serving veteran
- An Australian citizen or permanent resident

In receipt of, or eligible to receive, a means-tested Commonwealth educational payment – Youth Allowance, ABSTUDY, Austudy or Veterans' Children Education Scheme (VCES) in 2024

The Long Tan Bursary is sponsored by the Australian Government Department of Veterans' Affairs. View the complete list of AVCAT Scholarship sponsors [here](#).

Find information about scholarships, the application process or scholarship eligibility at avcat.org.au.

Spread The Word

Share on [Facebook](#) or [Instagram](#), hang a [poster](#), hand out a [flyer](#), or drop [this notice](#) into your newsletter.

Kind Regards
Len Russell
CEO AVCAT

Free Certificate III Courses

Dear All,

I am very excited to be able to promote the below Certificate III courses that are all fee-free for Veterans and their partners in NSW!!

They are all delivered self-paced and online.

| Qualification | Overview |
|--|--|
| Certificate III in Business | This qualification reflects the role of individuals in a variety of Business Services job roles |
| Certificate III in Business (Business Administration) | This qualification applies to a range of administrative roles in varied contexts. |
| Certificate III in Business (Customer Engagement) | <p>This qualification reflects the role of individuals working in a range of complex customer service roles.</p> <p>Duties at this level would include working with multiple communication channels, providing excellent customer service, adhering to key performance indicators, working in a team environment, providing support to a team, providing technical advice and capturing data.</p> |
| Certificate III in Business (Medical Administration) | This qualification is suitable for those working in various medical administration contexts. |
| Certificate III in Business (Records and Information Management) | This qualification applies to a range of administrative roles in varied contexts. |
| Certificate III in Legal Services | This qualification reflects the role of individuals who use a broad range of administrative competencies in a legal environment. The job roles that relate to this qualification may include Legal Administrative Assistant and Legal Receptionist. |
| Certificate III in Accounts Administration | <p>This qualification reflects the job roles of employees with functions that could include:</p> <ul style="list-style-type: none"> ▪ filing, checking and processing financial data entry and processing accounts payable/accounts receivable ▪ providing customer service in financial transactions ▪ assisting in processing payroll ▪ front line cashiering and bank account maintenance ▪ assisting with entering transaction data to ledgers and maintaining a general ledger ▪ processing purchases and sales including EFT/e-business ▪ producing GST reports |
| Certificate III in Information Technology | This qualification reflects the role of individuals who are competent in a range of Information and Communications Technology (ICT) roles, including animation, basic cloud computing, basic cyber awareness, digital media skills, generalist IT support services, networking, programming, systems and web development. |

Please promote throughout your networks.

If anyone is keen to enrol into one of these courses please contact Cath Allen directly.

Thanks,

Cath Allen
 Employment & Wellbeing Services Manager
M: 0458 822 899 | E: cath.allen@rsllifecare.org.au
rsllifecare.org.au/veteran-services

RSL LifeCare Limited
 120 Pacific Highway
 St Leonards NSW 2065

DVA funded 12 month health and fitness program - Heart Health Program - Registrations Open

**DVA Heart Health Program for Returned Veterans & Peacekeepers & those covered by
the ADF Firefighters Scheme**

12 Months of Health coaching

Gym or Pool membership assistance available

Did you know the DVA provides a free 12-month health and fitness program that can be delivered to returned Veterans and peacekeepers with operational service and those covered by the ADF firefighters scheme anywhere in the country. The program is flexible and able to accommodate participants living in metropolitan areas, regional or remote areas, those still working or retired, studying or with other time constraints. 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 health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with operational service and those covered by the ADF Firefighters Scheme who have not previously done the Heart Health Program before. To check your eligibility visit <http://www.veteranshearthealth.com.au/eligibility/>

Individual Heart Health Program – How it works

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

and 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. Simply visit <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number **1300 246 262** at any time to speak to one of our team.

Kind regards

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>





**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.

The Eddison Day Club will continue to meet for a lunch each Friday at noon until we can once again meet at a reinvigorated Day Club.

Come and join us for lunch.



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?*
All our publications are also
readily available to read on
our website
www.rslwoden.org.au**