

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

20 May 22

The 90th Birthday of RSL Sub-Branch Member Betty Mills.

By Chaplain Mick O`Donnell

'Betty Mills, known and loved at the sub-branch, turned 90 this week. She has received congratulations from her many friends, locally and throughout the world, including her two sons Andrew and David. I was privileged to visit her and, despite the Covid precautions spent a delightful hour with her, reminiscing on her life as it is at the moment, at the RSL Life Care facility. From her room overlooking a autumn-leaf drenched forest, she related so many wonderful memories of her service. Coming from the small village of Silk Willoughby, Lincolnshire, in England, she became a nurse, graduating in 1953, and joined the Army, serving with the Queen Alexandra's Royal Army Corps between 1955-1961, serving in Singapore, Hong Kong, Canada, South Africa 1966-67, arriving in Australia in 1969 retiring from nursing in 1989 to continue helping others through U3A, the Canberra Jazz Club, and promoting Jazz shows at the Southern Cross Club in Woden, and from 1996, 6 years as a volunteer at the AWM where she assisted with the preservation of historic war films, slides and sound recordings. She was also president of the National Malaya and Borneo Association in support of the Sandakan Families Association. A wonderful celebration for Betty was held at the Yacht Club overlooking Lake Burley Griffin. We wish her continuing good health and many more birthdays to come.'



On the photo:
Betty Mills and
Mick O`Donnell

MEETING NEWS

AGM/OGM

An AGM/OGM will be held at 1400 hours on Tuesday 31 May 2022 in the Sub-Branch Office. Light refreshments will be provided following the OGM.

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. Your response by 26 May 2022 would be appreciated.

Regards,

Greg



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GEARS Training

The Woden Valley Sub-Branch will be co-ordinating Group Emotional and Relationships Training (GEARS) in early June for 12 weeks.

Dr Jonathon Lane will conduct this Training using the resources of the Military and Emergency Services Health Australia which is part of the Hospital Research Foundation Group. No financial gain is had by anybody apart from normal wages.

These classes will run for 12 weeks on each Thursday from 6 pm till 8pm in the training room at the Woden Valley RSL Sub-Branch commencing in early June 2022 at Grant Cameron Offices at 14 Mulley Street in Holder.

Dr Lane will attend in person at the 1st, 6th and 12th.

The course will be restricted to 10 persons with a reserve of 2 extra (in case someone drops out)

The preference is for serving military, or those recently transitioned or about to or military veterans.

**Please contact the reception at WVRSL Sub-Branch on
(02) 6285 1931.**

From: **The Canberra Times**

Ukraine's mine-sniffing dog awarded medal



Mine-sniffing dog Patron was presented with a medal by Ukraine's President Volodymyr Zelenskiy.

President Volodymyr Zelenskiy has presented Ukraine's famous mine-sniffing dog Patron and his owner with a medal to recognise their dedicated service since Russia's invasion.

The pint-size Jack Russell terrier has been credited with detecting more than 200 explosives and preventing their detonation since the start of the war on February 24, quickly becoming a canine symbol of Ukrainian patriotism.

Zelenskiy made the award at a news conference in Kyiv with Canadian Prime Minister Justin Trudeau.



Patron barked and wagged his tail, prompting laughter from the audience, while Trudeau patted his pockets as though looking for a dog treat.

"Today, I want to award those Ukrainian heroes who are already clearing our land of mines," Zelenskiy said in a statement after the ceremony.

"And together with our heroes, a wonderful little sapper - Patron - who helps not only to neutralise explosives, but also to teach our children the necessary safety rules in areas where there is a mine threat,"

The award also went to Patron's handler, a major in the Civil Protection Service, Myhailo Iliiev.





Jon Wauer is the son of a Vietnam Veteran and has served in both combat (infantry) corps and health (psychology) corps within the Army, in both full-time and part-time capacities.

He has close family members who have served, and this lived experience inspired Jon to join DVA in 2006, and Open Arms (then VVCS) in 2015.

Jon is responsible for the day to day operations of the service delivery of mental health and wellbeing services provided by Open Arms to veterans and their families throughout South Australia.

For Jon, “the genuine concern and commitment our staff have for our clients” is one of the great things about working for the service, now in its 40th year.

“Seeing the evolution of the service over many years, and having been a part of the work to enhance eligibility and service options – it is now rewarding to be at the sharp end of implementation.”

When asked what advice he might give to someone thinking about seeking support, Jon doesn’t hold back.

“Give it a crack. There’s nothing mystical about mental health or mental health support. If you sprained your ankle you’d see a Doctor or physio. If your car engine was rattling you’d see a mechanic. Get ahead of the issue(s), get yourself informed, collaborate with the experts, and develop strategies to prevent ongoing concerns or deterioration.”





AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

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 three years.

Applications open on 18 August 2022, Vietnam Veterans' Day, and close at midnight AEDT on 31 October 2022.

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 university TAFE, or RTO in 2023
- 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, Centrelink payments including Youth Allowance, ABSTUDY, Austudy, VCES or an accepted means-tested Commonwealth government payment in 2023
- 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 [socials](#), hang a [poster](#), hand out a [flyer](#), or drop [this notice](#) into your newsletter.

- Find Out More : [Scholarships | Australian Veterans' Children Assistance Trust \(avcat.org.au\)](https://avcat.org.au)

Kind Regards
Len Russell
CEO AVCAT



**Open Arms - Veterans & Families
Counselling**

Caretaker period 2022

The Government is now operating in accordance with the Caretaker Conventions <http://www.pmc.gov.au/caretaker>, pending the outcome of the 2022 federal election.

Please note there will be no disruption to Open Arms services during this time.

We are here for you 24/7 – ☎ **1800 011 046**

#OpenArmsSupport



Australian Government Department of Veterans' Affairs

Caretaker period 2022

The Government is now operating in accordance with the Caretaker Conventions <http://www.pmc.gov.au/caretaker>, pending the outcome of the 2022 federal election. During the Caretaker period, comments have been disabled on this account.

If you have a question about DVA services and support you can contact us via our website dva.gov.au/contact or call us on **1800 VETERAN (1800 838 372)**.

If you require counselling support, you can contact Open Arms – Veterans and Families Counselling, any time, day or night on **1800 011 046** or via the website openarms.gov.au.





PLAY
RUGBY LEAGUE

COMPETITIONS

CANBERRA REGION RUGBY LEAGUE /

The RAMS home games scheduled

<https://www.playrugbyleague.com/Competitions/Competition/2022-blumers-lawyers-canberra-raiders-cup-first-grade-388669?team=389872>

SATURDAY 7TH MAY - Round 5 v West Belconnen Warriors

SATURDAY 28TH MAY - Round 7 v Belconnen United Sharks

SUNDAY 5TH JUNE - Round 8 v Gungahlin Bulls

SATURDAY 2ND JULY - Round 11 v Yass Magpies

SATURDAY 9TH JULY - Round 12 v Queanbeyan Kangaroos

SATURDAY 30TH JULY - Round 15 v Goulburn City Bulldogs

Pls call Anthony : 0402 243 183 and confirm procedures for getting tickets.

Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

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 telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.



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>



How it works: Individual Heart Health Program

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
- 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.

Visit <http://www.veteranshearhealth.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.veteranshearhealth.com.au>



COFFEE CATCH UP ACTIVE AGAIN

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

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Visit us on the web at
www.rslwoden.org.au

Office hours are
9am-3pm Mon-Fri

PS.

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Interest or The Serviceman?***

**All our publications are also
readily available to read on
our website**

www.rslwoden.org.au