

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

20 October 2023

REMINDER!

SUB-BRANCH ORDINARY GENERAL MEETING (OGM) 31 OCTOBER 2023

Dear members,

A reminder that the next Sub-Branch OGM will be held at 1400 hours on Tuesday 31 October 2023 in the RSL Sub-Branch office in Holder.

Light refreshments will be provided following the OGM.

We look forward to seeing you there.

Kind regards,

Greg



Woden Valley Sub-Branch

Greg Kennett

Secretary

Woden Valley Sub-Branch

Australian Capital Territory

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

Wednesday 6 December

12:00noon for 12:30pm

Orion Room Canberra Southern Cross Club Phillip

\$45 per person

Menu (alternate service):

MAIN

**Duo of roast turkey with herb stuffing and honey glazed ham,
potato gratin, roast vegetables, red currant jus (GF)**

**Mustard crusted lamb rump, sweet potato fondant, baby carrots,
roast asparagus, Madeira jus (GF)**

DESSERT

Traditional Christmas pudding, brandy custard, vanilla bean ice cream

Mini pavlova, fresh fruit, passionfruit puree, Chantilly cream (GF)

The charge includes soft drinks, selected wines and beers.

Spirits at own expense.

Please let us know if you have any dietary requirements

Please RSVP by 3pm 17 November 2023

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

Sorry, no refunds are possible after cob 21 November 2023.



From AWM website:

Remembrance Day

On 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War.

As a mark of respect to those who have died and suffered, Australians are encouraged to pause at 11 am to observe one minute's silence and remember those who died or suffered for Australia's cause in all wars and armed conflicts.



AUSTRALIAN WAR MEMORIAL

A03267

Accession Number: A03267

An unidentified cinematographer capturing the last shots to be fired before the armistice on 11 November 1918.

2023 Remembrance Day National Ceremony

The Australian War Memorial will commemorate Remembrance Day 2023 with the National Ceremony on Saturday, 11 November.

Commences: 10.45 am AEDT

Location: Captain Reg Saunders Courtyard and Sculpture Garden

General attendance at the National Ceremony is welcome and tickets are not required. Large screens will be positioned within the grounds, adjacent to the ceremony, for members of the public to view proceedings.

The National Ceremony will also be broadcast live from the Australian War Memorial on ABC TV and ABC iView.

Click on the link below for more information. For further enquiries please email ceremony@awm.gov.au or call (02) 6206 9813 to leave a message.

<https://www.awm.gov.au/commemoration/remembrance-day>

Remount Open Day Sunday 22 October

The team at Remount are delighted to be hosting an Open Day this Sunday 22 October.

Located at 597 Laverstock Road Bowning the Open Day will run from 10am until 2pm. Yass locals "Goodvibes Choir" will be on site to entertain the crowd and the Yass Rotary Club are providing a sausage sizzle.

There is no entry fee and everyone is welcome to attend. Bring your own chair.

The day is a great opportunity for people who are considering attending Remount and would like to know more about the power of horses to heal.

Since commencing operations in 2016, Remount has hosted over 450 First Responders and ADF Veterans from every state and territory of Australia.

Remount provides a "circuit-breaking" opportunity for people suffering PTSD, depression, isolation or lack of self esteem as a result of their service. These breakthroughs enable change in their lives which creates positive pathways to follow that has long lasting effect. Breakthroughs manifest in many ways and include:

- Increased social connection
- Reduced signs of PTSD
- Increased motivation and self worth
- Feeling connected and valued
- Sense of optimism about the future
- Renewed pride in service history

Increased confidence

This primary impact is facilitated by understanding the language of the horse, then building a relationship with the horse – with the Drover being the leader. As a new team, the Drover then undertakes a task to muster cattle, applying the new relationship skills they have developed with the horse.

For more information visit [Remount – Assisting those who have served to get 'back in the saddle' and reconnect through horsemanship.](#) or [Remount | Bowning NSW | Facebook](#)



Ben Maguire
Director

✉ ben@remount.org.au
☎ 0439 423 891

"Assisting those who have served to get 'back in the saddle' and reconnect through horsemanship."

OFFICIAL



**THE HON MATT KEOGH MP
MINISTER FOR VETERANS' AFFAIRS
MINISTER FOR DEFJOINT COMMUNIQUÉ**

6 October 2023

VETERANS' MINISTERIAL COUNCIL

Federal, State and Territory Ministers responsible for veterans' matters met in Perth today, committing to strengthening national collaboration on the services and supports available for veterans and their families.

The Veterans' Ministerial Council was joined by the United Kingdom Minister of State for Veterans' Affairs, the Rt Hon Johnny Mercer MP, who is currently visiting Australia. Minister Mercer provided an update on matters of importance to UK veterans and families and shared insights into the UK veteran landscape.

Harmonisation of veteran recognition and concessions

Given the transient nature of defence service and the probability of a veteran family relocating following service, Ministers acknowledged the need for clearer and more consistent veteran concession arrangements. Ministers discussed opportunities for national harmonisation and mutual recognition of relevant identification documents, such as concession cards. Ministers agreed to work collaboratively towards this goal, recognising the need to improve collaboration in support of currently serving defence personnel and families who frequently move around the country.

Similarly, Ministers acknowledged this transient lifestyle had an impact on Defence and veteran families, particularly children. They considered the merits of including a 'Defence and/or Veteran Family' identifier on school enrolment forms to help identify the children of current and former Australian Defence Force personnel and other strategies to simplify access to education. This initiative is currently being progressed in the ACT and South Australia. Ministers noted the potential benefits of this initiative, intended to improve the school based supports for children from veteran families. Ministers agreed to explore this in their relevant jurisdictions.

Veteran Mental Health Support

The Council agreed that the Royal Commission into Defence and Veteran Suicide has made it abundantly clear that more needs to be done to support the mental health and wellbeing of Defence personnel, veterans and families. The Council was briefed on the development of the inaugural joint Defence and Veteran Mental Health and Wellbeing Strategy; progress of the Veterans' and Families' Hubs program; the recently released Veteran Transition Strategy; and the implementation of the recommendations of the Interim Report of the Royal Commission into Defence and Veteran Suicide.

With this commitment to improving mental health outcomes for Australian veterans and families, Ministers discussed the desirability of a national approach to psychiatric assistance dog accreditation and agreed to work together to progress national standards.

Research underway

Representatives from the Western Australian and South Australian Governments delivered a presentation on the work they are doing to better support and understand veterans in the corrective services system. The Council discussed the need to improve data collection relating to veterans' incarceration and homelessness, with research into these issues currently underway.

Peacekeeping Symphony postponement to 2026 or 2027



Dear Peacekeeping Symphony supporters

I am writing to formally notify you all of the postponement of the *Peacekeeping Symphony* performance from 2023 to a date to be determined in 2026 or 2027, due to our inability to raise the funds to pay for the performance costs this year.

Our aim is to revisit the project and determine a date aligned with a major anniversary or ideally a peacekeeper's reunion in Canberra in either 2026 or 2027. This time frame is influenced by the fact we have to produce two other major concerts over the next two years: the *Holocaust Memorial* on **Oct 31, 2024 in Melbourne** and the *WW2 Requiem* in **September 2025 in Brisbane**.

It actually does make more sense to run all of these large commemorative projects in chronological order, given the *Peacekeeping Symphony* starts with the establishment of the UN following WW2.

Clearly if we wish to try again to raise the funds for the *Peacekeeping Symphony*, then I am going to have to bring together a consortium of believers to establish a context for the work. I believe my failure this year to raise the money was at least partially due to the fact that I did not connect widely enough and early enough with the broader community of Peacekeepers, in the ADF, AFP and elsewhere.

I wish to restart the project by determining what kind of musical work Peacekeepers would value, adjusting the music we have written so far to match those wishes, and then building a stronger case for funding such a performance. Currently it seems that Peacekeeping does not enjoy universal support, and I believe we will need to strengthen the case for peacekeeping as a worthwhile and affordable activity which can strengthen Australia's reputation in the region and the world.

If any of you would be interested in engaging with a proposed future performance of the *Peacekeeping Symphony*, please let me know. I'm sure I can construct a role that matches your availability and time.

Thank you also for providing supporting letters that accompanied the grant applications. While unsuccessful on this occasion, your support for my project was deeply appreciated.

I am in debt to all of you, and deeply grateful that you saw value in this activity.

Warm wishes

Chris Latham

Artist-in-Residence, Australian War Memorial

Director: *The Flowers of Peace*

Mobile +61 408 440 426

Address 178 Atherton Street, Downer, ACT, Australia, 2602

[The Flowers of Peace](#)



In October, we have 3 groups in Canberra and 1 group in Wagga Wagga, please see the details below.

**BEATING THE BLUES - [Program registration | Open Arms](#)
CANBERRA**

Wednesday 25th October & Wednesday 1st November |
9:30am – 3:30pm | 2 days

- A program to help you understand and manage depression
 - Understand the signs and symptoms, situations and thinking patterns that contribute to depression.
 - Challenge unhelpful thinking patterns and behaviours.
- Learn techniques to manage stress and depressed moods.

BUILDING BETTER RELATIONSHIPS - [Program registration | Open Arms](#)

Thursday 26th & Friday 27th October
9:30am – 4:30pm | 2 days

- Focus on what works well to strengthen your relationship.
- Enhance the resilience of individual partners and the relationship.
- Create shared meaning through values and rituals of connection.
- Understand the emotions behind your partner's life dreams.
- Manage conflict positively and adopt a positive perspective.

This is a couple-only group.

STEPPING OUT - [Program registration | Open Arms](#)

WAGGA WAGGA

Thursday 26th & Friday 27th October |
9:30am – 4:30pm | 2 days

- A workshop that examines the civilian transition process in both practical and emotional terms
- Discover key issues related to personal and social adjustment following discharge.
- Receive knowledge, skills and resources to assist you in making the transition to civilian life.

ADF members attending the program will be considered 'on duty at another location'.

You can register from **1800 011 046** or through the links above.
Thank you for your support as always.

Australian Capital Territory

Session name	Date	Location	Structure
Managing pain	18-Oct	Canberra	Two day session (18 & 19 October 9:30am-4:30pm)
Beating the blues	25-Oct	Canberra	Two day session (25 October & 1 November 9:30- 3:30)
Building better relationships	26-Oct	Canberra	Two day session (26 & 27 October 9:30 am - 4:30 pm)
Doing anger differently	15-Nov	Canberra	Two day session (15 & 16 November 9:30- 4:30)

Open Arms counselling

Open Arms counsellors and staff have an understanding of veteran and military culture that assists them to deliver specialised support and care to members of this community.

What can Open Arms counsellors help you with?

Open Arms counselling take a tailored approach to work with you enhance your mental health and wellbeing. Common concerns include:

- relationship and family issues
- transitioning to civilian life
- anxiety
- depression
- anger
- sleep difficulties
- PTSD
- alcohol or substance misuse.

Together, we can find effective solutions to improve your mental health and wellbeing.



Australian Government Department of Veterans' Affairs

Applications are now open for the Long Tan Bursary.

The bursary is named for the Battle of Long Tan, fought by Australians during the Vietnam War.

37 bursaries worth up to \$12,000 will be awarded to eligible children and grandchildren of Vietnam War veterans, to help pay for the cost of tertiary education.

Applications close 31 October 2023.

For more information or to check eligibility, visit :

<https://www.dva.gov.au/about/overview/consultations-and-grants/grants-and-bursaries/long-tan-bursary>



Australian Government
Department of Veterans' Affairs

LONG TAN BURSARY 2024
Applications now open!
APPLICATIONS CLOSE 31 October 2023.

AVCAT Scholarships

Hello,

Applications for AVCAT scholarships open soon.

Scholarships | Australian Veterans' Children Assistance Trust (avcat.org.au) including the Long Tan Bursary | Department of Veterans' Affairs (dva.gov.au) 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 Australian Veterans & Children Assistance Trust (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 Sponsors | Australian Veterans' Children Assistance Trust (avcat.org.au)

Find information about scholarships, the application process or scholarship eligibility at Australian Veterans & Children Assistance Trust (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

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



**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 at Canberra Irish Club 6 Parkinson St, Weston ACT 2611



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.

Ever lost your copy of
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Interest or The Serviceman?*

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readily available to read on
our website

www.rslwoden.org.au