

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

22 April 22

ANZAC DAY

COMMEMORATE WITH US



WODEN VALLEY SUB-BRANCH ANZAC MORNING REMEMBRANCE CEREMONY



Join us at Eddison Park,
Phillip
Monday 25 April 2022
Commencing at 08:00am
BYO chair and umbrella,
please note due to
renovations there will be
NO BUS this year to AWM



Australian Government Department of Veterans' Affairs

Looking into your family's military service can create a window into the past, helping you understand a little more about your ancestors and their experiences.

It's also a chance to recognise their efforts and potential links to events that have shaped our country's history.

As #AnzacDay approaches, why not see what you can discover about your military ancestors?

It's an opportunity to gain a greater appreciation of those who came before you, commemorate their service and honour the service of all Australians.

Take the first step here: <https://anzacportal.dva.gov.au/r.../find-an-australian-veteran>



Discover your military ancestors

- 1 JUST ASK**
Start with your own family.

- 2 ANZAC PORTAL**
anzacportal.dva.gov.au
Find an Australian veteran page

- 3 NOMINAL ROLLS**
 - Department of Veterans' Affairs
 - Australian War Memorial
- 4 MILITARY SERVICE RECORDS**
 - National Archives of Australia
 - The National Archives (UK)
 - Archives New Zealand
 - Australian War Memorial
- 5 FAMILY TREE WEBSITES**
 - Such as Ancestry.com.au
- 6 SEARCH FOR A COMMEMORATION**
 - Office of Australian War Graves
 - Commonwealth War Graves Commission
- 7 LOOK FURTHER AFIELD**
 - Newspapers (Trove)
 - National Library of Australia
 - Anzac Portal
 - State libraries and archives
- 8 LOCAL RESOURCES**
 - Council libraries
 - War memorials
 - Returned & Services League
- 9 SHARE YOUR STORY**
 - dva.social.media@dva.gov.au
 - Facebook
 - Twitter



Australian Government
Department of Veterans' Affairs



The Hon Andrew Gee MP

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

MEDIA RELEASE

20 April 2022

\$400,000 TO HELP MARK CENTENARY OF LEGACY SUPPORT

The Liberal Nationals Government has invested \$400,000 through the 2022-23 Budget to help Legacy Australia mark 100 years of supporting veteran families and widows.

Minister for Veterans' Affairs and Defence Personnel Andrew Gee today attended the formal launch of the Legacy Centenary Torch Relay in Melbourne, which will be the centrepiece of the celebrations.

There will be 1,500 torch bearers guiding the torch as it travels 55,000 kilometers from Poitiers in France, to London, and back to Australia, making 100 official stops across Europe and Australia, including all Legacy clubs worldwide.

"The emotional, financial and development support Legacy provides to the families of our killed and injured soldiers cannot be overstated, and it is important we give this significant anniversary the respect it deserves," Minister Gee said.

"From a promise made in the trenches of the Western Front during the First World War, legacy has grown to over 44 branches in communities right around our country, with 3600 legatees supporting tens of thousands of partners and children.

"Particularly during COVID-19 lockdowns, the connections Legacy has maintained with some of the most vulnerable in our community is extraordinary.

"One hundred years of delivering this critical support is certainly a milestone to celebrate and what better way to do it than with this huge, multinational torch relay.

"This will be a massive logistical feat and I am pleased our government has been able to provide additional financial support to Legacy to make it happen.

"The Legacy torch will visit communities around Australia, to raise awareness of the experience of veterans and their families, the impacts of service, and the work of Legacy. I would encourage everyone to get out and show their support when the torch comes to town.

"Legacy represents the very best of our nation and we are so grateful for all that they do."

The funding is part of the Liberal-National Government's \$369 million additional investment in the 2022-23 Budget to support those who have served our nation and their families. This is on top of the \$11.5 billion a year we invest in supporting more than 340,000 veterans and their families.

MEDIA CONTACTS: Minister Gee office: 0466 385 097

Open Arms – Veterans & Families Counselling provides 24/7 free confidential crisis support for current and ex-serving ADF personnel and their families on 1800 011 046 or openarms.gov.au. **Safe Zone Support** provides anonymous counselling on 1800 142 072. **Defence All-Hours Support Line** provides support for ADF personnel on 1800 628 036 or defence.gov.au/health/healthportal. **Defence Member and Family Helpline** provides support for Defence families on 1800 624 608.

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.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>

Canberra Times

Veteran-led Disaster Relief Australia to grow under Labor plan

Dan Jervis-Bardy

April 18 2022 - 10:30pm

Labor leader Anthony Albanese will on Tuesday promise to increase funding to Disaster Relief Australia to \$38.1 million over the next three years, allowing the group to add another 5200 volunteer veterans to its ranks.

The funding will cover the cost of deployment, recruitment, equipment, and training for the organisation, which launched its first disaster relief operation in 2017.

The support will allow the organisation to grow to a total of 6700 veteran volunteers able to provide over 13,600 volunteer days per year.

The organisation was founded on the idea that Australia's veteran community are not victims, but some of the most highly trained civic assets, with skills and experience to be harnessed.

Their volunteers partnered with the ACT government on food distribution as part of COVID relief in the ACT and assisted with devastating aftermath of the Black Summer bushfires...



Commemorate with us to mark the 107th anniversary of the landings at Gallipoli.

Commemorations will commence in the Captain Reg Saunders Courtyard and Sculpture Garden at the Australian War Memorial at 3.30 am on 25 April, with images drawn from the Memorial's rich photographic collection shown on large viewing screens throughout the grounds, as visitors begin to gather in the stillness of the morning.

From 4.30 am, representatives of the armed forces will read excerpts from the letters and diaries of Australians who have experienced war first-hand.

The Dawn Service is an informal standing ceremony and will begin at 5.30 am. The Commemorative Address will be given by Mr Michael Ruffin OAM, a veteran of Malaya, Borneo and Vietnam.

Find out all you need to know about attending Anzac Day commemorations on 25 April: <https://www.awm.gov.au/anzac>





AUSTRALIAN WAR MEMORIAL

There are thousands of memorials across the country that stand as a reminder of the service and sacrifice Australians have made for us. These are our places of pride.

This Anzac Day you can explore your local memorial online by visiting www.placeofpride.awm.gov.au

Your local memorial not on the map?

Visit www.placesofpride.awm.gov.au to upload a photo or story of your local war memorial.

Help us build the national register of war memorials to ensure we remember those who have served





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.

**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