

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

22 September 2023

REMINDER!

SUB-BRANCH ORDINARY GENERAL MEETING (OGM) 26 September 2023

Dear members,

A reminder that the next Sub-Branch OGM will be held at 1400 hours on Tuesday 26 SEPTEMBER 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,

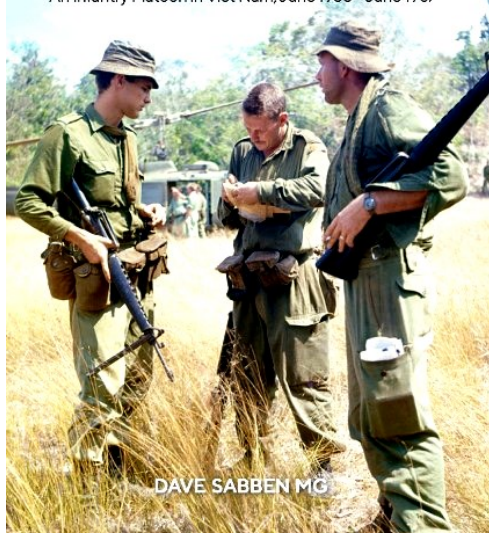
Greg

Greg Kennett
Secretary
RSL Woden Valley Sub-Branch



MENTIONS IN DESPATCHES

An Infantry Platoon in Viet Nam, June 1966 – June 1967



ORDER NOW

400+ A4 pages - 500+ images - quality 'coffee table' book
\$82 + postage

HOW TO ORDER:

Through our website:
www.sabbenmidbook.com
with your credit card details.
Or payment can be made by Direct Debit
to BSB 733000 Account 853546
(sabbenMIDbook).

Please put the name of the person ordering
on Direct Deposits.

Once funds are received, book(s) will be sent
to the nominated delivery address
along with a tracking number we will provide.

Please advise if you require an invoice.

Special arrangements can be made for quantities
or specific delivery instructions. Or you can order
your book(s) now and pay later.

In either of these cases, please email:
dave@sabbenmidbook.com

Once your order is received, we will contact you
before posting to ask how you would like the book(s)
endorsed by the author. In this case, your
phone or email contact details will be required.

**Books are
available for
collection in
the RSL Woden
Valley Sub-
Branch office
27 Mulley St.
HOLDER
Price \$82.00**



Coffee Catchup on Friday 8 September.

RSL Sub-Branch celebrates Mick O`Donnell`s birthday.

Peter Sutton presented Mick`s OBE Certificate and Medal.



Veterans Health Week BBQ

The HMAS Sydney Association has applied for and received funding from DVA for Veterans Health Week.

We will use this funding to hold a free BBQ at Duntroon Golf Club, 6 Calculus Lane, Campbell, 1200 on Thursday 12th October 23.

The theme for this year`s VHW is “Mental Health Matters”. Accordingly, we have invited a member of Open Arms Mental Health Team to give a short address during the BBQ.

Your members and family are cordially invited to join us for this occasion.

For catering persons please advise myself quickj@bigpond.net.au or our Secretary Dennis Lyons dlyo.6547@bigpond.com of your intention to attend.

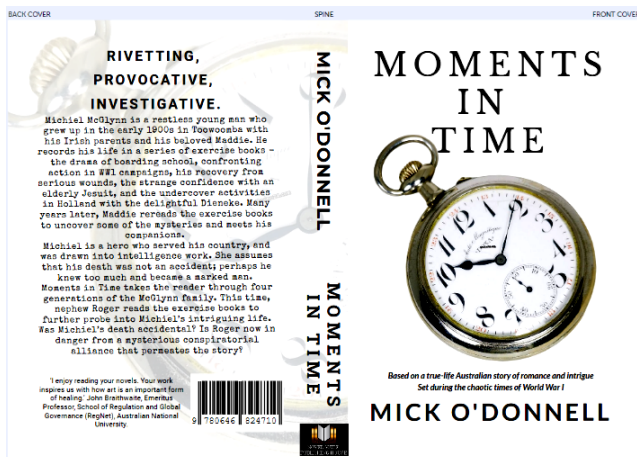
Regards

Jim Quick OAM

President

HMAS Sydney Association (ACT)

AN INVITATION FROM CMDR MIKE TAYLOR, RAN (Retd)



Join us as we launch Mick O'Donnell's 5th historical fiction crime novel, *Moments in Time*

(3 years in the writing)

on **Friday 29 September 2023** at 10am > 11:30 in the Corey room at the Grant Cameron building (free parking at the rear.)

Free coffee and cake to entice you. Sub branch member, Mike Taylor, former captain of HMAS Vampire will give the key-note address, Mick will give a short PowerPoint presentation on how the story came about – the research and development of the plot and characters, then a short reading from the novel, and then questions.

The novel will be on sale for \$30.

It is getting good reviews and will eventually be in major bookshops and is presently available via his website www.mickodonnellonline.com where you can get an ecopy, Kindle etc.

We're looking forward to seeing you there.



I enjoy reading your novels. Your work inspires us with how art is an important form of healing. John Braithwaite, Emeritus Professor, School of Regulation and Global Governance (RegNet), Australian National University

Your thorough research of the era brings out the storyteller in you. The plot is fast paced, and you use your writing skills to light up the page with images, endearing your characters to the reader and making surprise connections. Duncan Francis, Lawyer, Newcastle

Your writing flows smoothly and engages the reader throughout... You really manage to set the scene in a most believable and informative way. Another great read. Dr Robyn Stewart, former faculty of Arts Professor, University of Southern Queensland.

This is a panoramic Australian story, a very personal account of daring, tenacity and romance set during those turbulent times of WW1 where the idea of survival is tested to the limit. Lt Col Gavin Keating CSC.

OFFICIAL



**THE HON MATT KEOGH MP
MINISTER FOR VETERANS' AFFAIRS
MINISTER FOR DEFENCE PERSONNEL**

MEDIA RELEASE

15 September 2023

KAHLIL FEGAN DSC AM APPOINTED AS REPATRIATION COMMISSIONER

Mr Kahlil Fegan DSC AM has been appointed as Australia's new Repatriation Commissioner.

Son of a war widow and a Vietnam War veteran, Kahlil has served with distinction for over 30 years in the Australian Defence Force and will continue to serve the Defence and veteran community in the next chapter of his career.

Kahlil brings a lifetime of lived experience to the role, following decades in senior leadership roles in Defence, including as Commander of the 3rd Combat Brigade in Townsville.

Kahlil has forged strong working relationships and collaboration across Government and with the veteran community and has demonstrated strong personal commitment to improving the lives of Defence personnel, veterans and families.

His compassion for others gives me no doubt that he will do an outstanding job as the Repatriation Commissioner.

He has dedicated his life to the service of our nation, and he will now serve those who served alongside him.

The Repatriation Commissioner role is a member of both the Repatriation Commission and the Military Rehabilitation and Compensation Commission. This will see Kahlil play a critical role in engaging with and representing veterans to ensure services delivered through the Department of Veterans' Affairs are best targeted and most effective.

With the Royal Commission into Defence and Veteran Suicide due to hand down its recommendations next year, Kahlil's deep understanding of the experience of veterans and their families has equipped him to help shape how we best support the veteran community moving forward.

Kahlil Fegan's appointment follows the retirement of Mr Don Spinks AM as the Repatriation Commissioner in July 2023.

I would like to thank Don for his service to veterans and their families since 2019, particularly through his engagement with the young veteran community. It's this experience that's helped improve the Department of Veterans' Affairs understanding of the needs of veterans and families. I also thank Glen Ferrarotto for his work in filling this role in the intervening period.

More information can be found on [The Repatriation Commission | Department of Veterans' Affairs \(dva.gov.au\)](https://www.dva.gov.au/repatriation-commission)



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

MANAGING PAIN - [Program registration](#) | [Open Arms](#)
CANBERRA

Wednesday 18th & Thursday 19th October |

9:30am – 4:30pm | 2 days

- Understand the link between physical and psychological aspects of pain.
- Learn strategies to challenge/change unhelpful thoughts and behaviours.
- Discover important lifestyle factors for managing pain.

Develop a Personal Pain Plan.

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

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