

# RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

23 September

## REMINDER !

### SUB-BRANCH ORDINARY GENERAL MEETING (OGM) 27 SEPTEMBER 22

Dear members,

A reminder that the next Sub-Branch OGM will be held at 1400 hours on Tuesday 27 September 2022 in the RSL Sub-Branch office in Holder.

We look forward to seeing you there.

Regards,  
Greg

Greg Kennett  
Secretary  
RSL WV Sub-Branch

## Veterans' Health Week – October 2022

The Woden Valley Sub-Branch has received a grant from the Department of Veterans' Affairs (DVA) to conduct functions during the health week in early October. The theme for this year is "Eat Well."

We intend to hold three functions in Room 36 at the Sub-Branch Offices at 27 Mulley Street, Holder. We have obtained the services of a veteran couple who run a local catering business called the "Lazy Grazer" to provide the lunch for us. Each function is to commence at 12.00 noon. They provided 'Thank You' hampers on ANZAC Day 2020

The functions will be held on the following dates:

Wednesday, 5<sup>th</sup> October at 12.00 noon;

Tuesday, 11<sup>th</sup> October at 12.00 noon; and

Thursday, 13<sup>th</sup> October at 12.00 noon.

Under present COVID-19 guidelines the each function will be limited to 15 guests.

Those who are interested in attending would need to contact the Sub-Branch as soon as possible either by email at [admin@rslwoden.net.au](mailto:admin@rslwoden.net.au) or by phoning (02) 6285 1931. If you could also advise of any dietary requirements at the time of contact that would be appreciated.

After a brief talk on eating well and the history of Sarah and Daniel's business, an individually packed light lunch of cold meats, cheese, biscuits etc will be provided. People might be restricted to attending one function, that would also be appreciated.

Peter Sutton  
Vice-President - Welfare  
Woden Valley RSL Sub-Branch



## **Bus Trips in October and November 2022**

The Woden Valley RSL Sub-Branch received a grant to conduct bus trips in the latter part of this year

The tours have been confirmed as:

**Wednesday, 19<sup>th</sup> October** to the Southern Highlands with possible visits to Berrima, Bowral, Moss Vale (for lunch at the local Services Club) and Robertson;

**Thursday, 27<sup>th</sup> October** to Bungendore, Braidwood, Tarago (for lunch at the "Loaded Dog" Hotel and a shopping stop at Bungendore on the way home.

**Tuesday, 22<sup>nd</sup> November** to Michelago, Nimmitabel and Cooma with an informative talk by a Sub-Branch member who knows this area well. Lunch will be at the Cooma Ex-Services Club. A stop at the Christmas Shop at Bredbo is also included on the way home.

We conducted bus trips in late 2020 that were well patronised. Deane's Coaches have once again been engaged. They have a 57 and 62 seat coach.

The trips are designed to have people get out and about. If people could contact the RSL Sub-Branch at [admin@rslwoden.net.au](mailto:admin@rslwoden.net.au) or phone on (02) 62851931 to leave you contact details.

All tours will leave from the bus stop at the front of 27 Mulley street Holder at **9.00am** and return before 5.00pm each time.

Peter Sutton

Vice-President - Welfare

Woden Valley RSL Sub-Branch



Woden Valley Sub Branch

# 100th Birthday of RSL WV Sub-Branch member Marcel LeNevez

*By Peter Sutton*

**Marcel LeNevez will celebrate his 100<sup>th</sup> birthday on Thursday, 22<sup>nd</sup> September. The photos are of him receiving his milestone certificate from the Sub-Branch.**

**The other photo is of him and his wife of many years, Helen.**

**There is a large party planned for the actual day and an even bigger one planned for the following Saturday where they expect over 100 guests."**



**LAST CALL AS THE COURSES ARE SCHEDULED FOR  
27 & 28 SEPTEMBER 2022**

**CONTACT: JIM GILCHRIST 0414 262 156**



**Military and Emergency  
Services Health Australia**

**MindRight Program**



**CALLING**

Current and former  
Australian military  
members

**Military and Emergency Services Health Australia is proud to deliver MindRight, a program developed after StoryRight, in 2019 to provide Australian Defence Force (ADF) members the tools to successfully undertake the mindset shift from sailor, soldier or airman/woman to civilian.**

Despite spending years developing a strong work ethic, excelling in stressful decision making and demonstrating a strong understanding of teamwork, many ADF military personnel can find the transition to civilian life difficult.

**The MindRight program specifically targets common major problems veterans experience when leaving the military such as:**

- Feeling socially marginalised when leaving the military
- Losing a sense of purpose
- Frustration from a clash between military and civilian codes.

**MindRight is a one-day, peer-led course which will equip service men and women with the tools to understand:**

- How military service influences your identity
- Shifting values and beliefs through life, and also from military to civilian life
- How to use self-care to fuel your resilience
- Importance of your community of care and positive impact of peer support.

*"MindRight raised my self-belief in the civilian context... it helped me fully understand my own value."*

Participant testimony

**For any enquiries please email  
[contactus@mesha.org.au](mailto:contactus@mesha.org.au)**





**In a life filled with duty and service, Queen Elizabeth II also joined up to serve her country during the Second World War.**

**In the final year of the war, Princess Elizabeth insisted on enlisting and serving in the Auxiliary Territorial Service (ATS), the women's branch of the British Army. Her father King George insisted she not be given a special rank and she commenced her service as a second subaltern and was later promoted to Junior Commander, the equivalent of a Captain.**

**She trained as a mechanic and received her qualifications just a few weeks before the end of the Second World War in Europe.**

**As England celebrated the end of the War in Europe on 8 May 1945 the young princess, dressed in her ATS uniform, slipped into the crowds celebrating the end of the war.**

**Learn more about the Queen's military service: <https://www.dva.gov.au/.../latest.../vale-her-majesty-queen>**







# Army



The Band of the Royal Military College

## **MASTERWORKS FOR WINDS**

Saturday 1st October 2022 - 7pm

Llewellyn Hall, ANU

An evening of entertainment from one of Australia's premiere wind ensembles. Entry via gold coin donation with all proceeds going to support Canberra Legacy.

Bookings essential - [www.eventbrite.com.au](http://www.eventbrite.com.au)

or scan the QR Code



[#AusArmy](#) [#ausarmyband](#) [#canberralegacy](#)





**ALERT**  
BE WARY OF A  
'RSL' GUISED PHONE  
SCAM IN PLAY

## ALERT: RSL PHONE SCAM

We have recently been alerted to a phone scam operating under the guise of RSL. Members of the public have reported receiving calls from individuals claiming to be RSL staff members and seeking 'opt-ins' to the charity.

Please note, RSL Australia does not undertake any telephone marketing and will never ask for financial contributions, donations or for any personal information via this channel.

While some of our RSL Branches do undertake fundraising campaigns periodically, this is typically through street appeals or via official RSL websites.

As per Australia's Cyber Security Centre advice, we encourage people to be extra cautious if asked to supply personal details or financial contributions via an unknown phone number or email. The recommended advice is to decline and seek clarification through the official company contact lines.

### How to report a scam:

If you have experienced any suspicious phishing behaviour associated to the RSL please report this along with any supporting details (emails, phone numbers etc) so it can be further investigated.

Email: [Enquiries@rsl.org.au](mailto:Enquiries@rsl.org.au)

For more information on scams and tips on how to protect yourself please visit: [www.cyber.gov.au/learn/scams](http://www.cyber.gov.au/learn/scams)

## SAVE THE DATE !



The Annual Christmas Lunch will be held on Wednesday 7 December 2022 at Canberra Southern Cross Club.

More details will be provided soon.



## **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.**

**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

**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](http://www.rslwoden.org.au)

Office hours are  
9am-3pm Mon-Fri

## **PS.**

**Ever lost your copy of  
*e-News, Current Items of  
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**All our publications are also  
readily available to read on  
our website**

**[www.rslwoden.org.au](http://www.rslwoden.org.au)**