

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

24 June 22

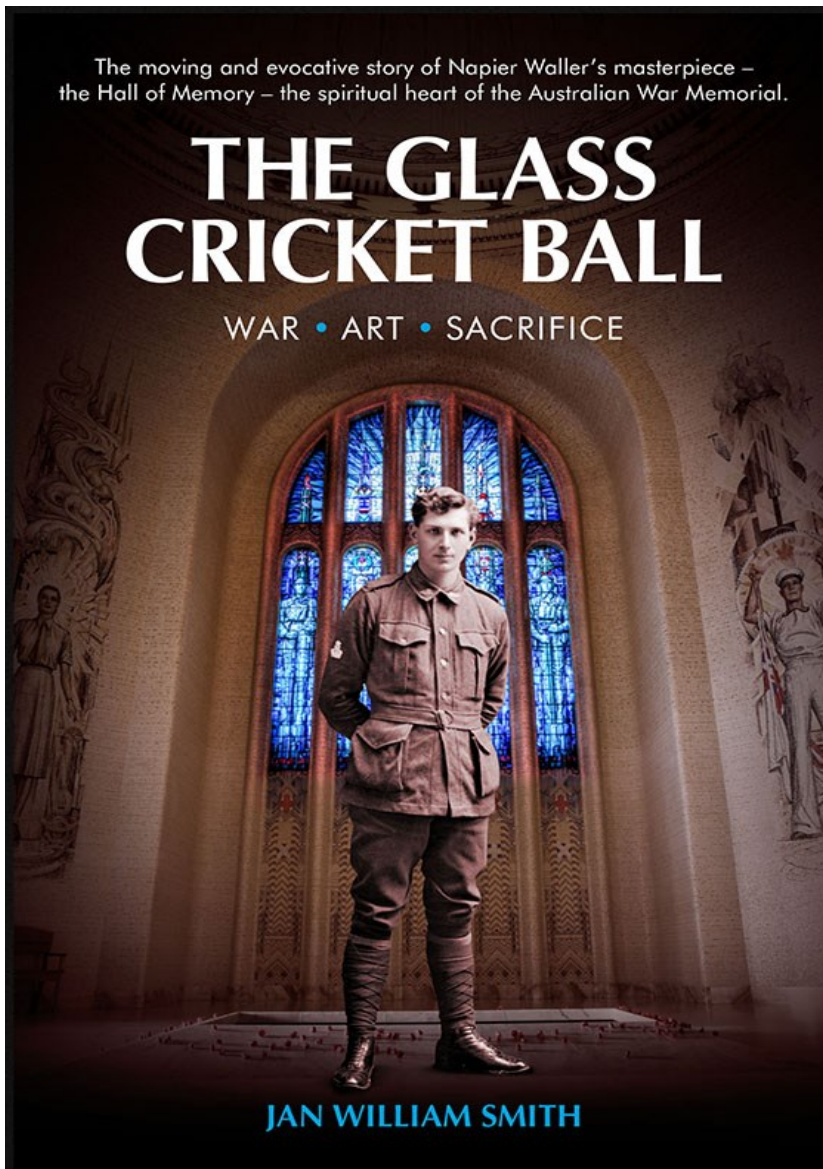


Australian War Memorial

The moving and evocative story of Napier Waller's masterpiece – the Hall of Memory – the spiritual heart of the Australian War Memorial.

THE GLASS CRICKET BALL

WAR • ART • SACRIFICE



“The glass cricket ball” by Jan William Smith - The moving and evocative story of Napier Waller’s masterpiece – the Hall of Memory – the spiritual heart of the Australian War Memorial.

Ex-serviceman and artist, Napier Waller, OBE CMG (1893-1972) created the Hall of Memory at the Australian War Memorial. Despite only having one arm, resulting from an injury sustained at Bullecourt in 1917, Waller was actively involved in the construction of the stained glass windows that encircle the room, and the glorious Byzantine-style mosaic that spans the full interior of the Hall – one of the largest mosaics in the world. Available for purchase now at the Memorial Shop, in store and online:

The link below:

<https://www.awm.gov.au/shop/item/9781922615398>

Commemorative Service to mark the 75th Anniversary of Australian Peacekeeping

By way of introduction, my name is Loz Goodchild and I am the Department of Veterans' Affairs (DVA) officer responsible for the planning and delivery of the national commemorative service to mark the 75th Anniversary of Australian Peacekeeping. The service will be held on 14 September 2022 at the Australian Peacekeeping Memorial on Anzac Parade in Canberra, commencing at 10:30am.

The national commemorative service not only marks the 75th anniversary of Australian Peacekeeping, but will provide an opportunity for all Australians to pause, reflect and appropriately acknowledge the service and sacrifice of the more than 66,000 Australians - made up of Australian Defence Force, Australian Police Force, and civilians - who have served in peacekeeping or peacemaking roles. It will also provide an opportunity to honour the service and sacrifice of the 16 Australians that have died on duty or were killed in action on peacekeeping operations since 1947.

We are currently finalising the service details and further information will be available on our website shortly, however you may wish to pass on the broad details of the service to your members.

Kind regards,

Loz Goodchild

Assistant Director

Commemorations Directorate | Commemorations and Transformation Division

Department of Veterans' Affairs

Ph: 0261918218 | Ext: 428118 | Mob: 0434928687 | E: loz.goodchild@dva.gov.au



75TH ANNIVERSARY
**AUSTRALIAN
PEACEKEEPING**
Australia Remembers 2022

CALL to ARMS – We need Welfare Volunteers!

Over the past two years the ranks of our volunteers have diminished. COVID-19 took its toll by halting all group activities and home visits. As COVID restrictions ease, we are keen to re-establish the connections with members and need your help to do this.



How can you help?

- We need to re-establish our Home, Hospital and Residential Aged Care Visiting Groups to maintain contact with our older and frail members through visits or regular phone calls
- Coffee catch-ups with members
- Assisting with commemorative and special events
- Contributing and editing articles for our publications
- Assisting with Day Club weekly fun activities or outings
- Archiving, library services or assisting the office staff
- Assisting with transport
- Organising recreational or social activities
- Helping raise funds through the ANZAC Day and poppy appeals
- Assisting with delivery of Christmas Cards and gifts to our oldest members
- Attend presentations for volunteers at the sub-branch on relevant topics to keep up to date with information

These are some of the opportunities for volunteers and other suggestions are always welcome.

What is needed to be a Volunteer?

Firstly, your genuine interest in people and your investment of time and energy in their well-being.

Each member of our volunteer team must be prepared to abide by our privacy and confidentiality policies and apply for the Working With Vulnerable People (WWVP) certification (at no cost to you).

Our volunteers are highly regarded, not just by RSL, but by those who receive their care and attention and by the community at large.

We would also welcome our former volunteers to let us know if they are still willing and able to offer their services.

Please contact the Welfare Office by email: welfare@rslwoden.org.au

or

phone: 6285 1931 on Tuesday or Wednesday.

We would like to hear from you!



MEETING NEWS

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.

Regards,
Greg



Greg Kennett
Secretary
Woden Valley Sub-Branch
Australian Capital Territory
P: (02) 6285 1931
M: 0438 884 896
E: secretary@rslwoden.org.au
W: www.rslwoden.org.au

EDDISON DAY CLUB

“The Eddison Day Club has been meeting for a lunch only during the last several months. We have only attracted a small crowd. If we can increase numbers attending we can then arrange for guest speakers or entertainers to attend, whereas at present it is not possible to have any attend due the small numbers coming to lunch. COVID is not going to go away any time soon. We realise it is a Catch 22 situation, but unless we have more people attend each Friday, we can't expect to have speakers/entertainers to come to us. We have had enquiries from people interested in coming to entertain us but they feel it is not worthwhile while our numbers are so low. We do need to increase interest in the Day Club to reduce isolation and interaction with others.”

Regards

Peter Sutton

Vice President Welfare



DVA Deputy Commissioner update

Good morning ESO and veteran colleagues,

It is wonderful to be back into the Deputy Commissioner role, and I would like to extend my thanks to Kathy Karakousis, who was acting Deputy Commissioner for the past two months.

New Ministry

Following the outcome of the Federal Election, the new Ministry was sworn in on 1 June.

The Hon Matt Keogh MP is the Minister for Veterans' Affairs and Minister for Defence Personnel. Mr Keogh was first elected to the House of Representatives as the Member for Burt, Western Australia in 2016, and previously held a number of shadow minister positions, including as the Shadow Minister for Defence Industry. He has also served in a wide range of Parliamentary committees.

The Hon Matt Thistlethwaite MP is Assistant Minister for Veterans' Affairs as well as Assistant Minister for Defence and Assistant Minister for the Republic.

Release of Census data

The Australian Bureau of Statistics is releasing the first tranche of data from the 2021 Census on 28 June 2022. This will include results on the question asking whether respondents have served in the ADF, the first time a question about service has been included in the Census.

Better understanding the veteran population in Australia will allow DVA and ex-service organisations to provide support for the veteran community where it's needed most.

DVA TV recent videos for promotion

Please check out the latest videos from DVA TV:

Firsthand veteran stories of war: [Japanese submarines attack Sydney and Newcastle](#)

A [second video on DSH Insurance](#) as part of the DVA Services series.

Anzac Day – international service montage on [Facebook](#)

DVA TV promotional video on [Facebook](#)

Anzac Day Schools Awards

The Anzac Day Schools' Awards is an annual competition encouraging students, teachers and communities to gain a deeper understanding of Australia's wartime history, and honour the service of Australians. This year's theme is 'Engaging with veterans: Stories of peacekeeping'. We encourage students to discover personal stories and take part in commemorative activities to honour the service and sacrifice of peacekeepers, helping mark the 75th anniversary of Australia's involvement in peacekeeping operations in 2022.

The national winner receives \$5,000 and a trophy. Winning entries from each state and territory receive a cash prize, with another five prizes provided for special category winners.

Entries close on 30 June. For tools, tips, resources and previous award winners, go to: <https://anzacportal.dva.gov.au/research-education/competitions/anzac-day-schools-awards>

Deputy Commissioner Consultation Forums

I look forward to seeing many of you at upcoming Consultation forums, which will be held in person for the first time in more than two years.

NSW Consultation forum: Wednesday 6 July, 10am-12pm

ACT Consultation forum: Wednesday 20 July, 10-11.30am

Please contact your ESO member on that forum to provide feedback or input, and to hear about a range of activities across DVA and the ESO and veteran community.

Take care,
Victoria

Victoria Benz
Deputy Commissioner, NSW & ACT
Department of Veterans' Affairs
t (02) 9213 7878 | ext 417878 | m 0417 654 347
e Victoria.benz@dva.gov.au

WODEN VALLEY RSL SUB-BRANCH: GEARS PROGRAM, INVITATION TO NOMINATE

Dear All,

With my apologies for chasing some of you previously and thanking you all for your patience, I now advise that we have delayed the start of the GEARS Program from 02 Jun until 15 Aug 22. While this delay will be subject to the extension of the grant that is paying for the course, I'm confident that we will be able to conduct the course as planned. Please also note that we have changed the day from Thursdays to Mondays as Thursdays seemed to fewer possible diary conflicts.

Although I'm sending this email to organisations and individuals as BCCs, I'm sure, that once a panel is confirmed, communications will become more transparent.

Please note that MESHA Has confirmed that a referral from your treating GP or Psychiatrist is required. They will issue a revised Referral form in due course as that will provide ample time to complete the document.

In the meantime, I'd appreciate it if you could advise the Sub-Branch Welfare Team of your interest in attending this course. Please also share the invitation with any colleagues and friends whom you think might be interested in attending or in finding out more about the course.

We are looking for 10-12 participants for each panel and will consider conducting two courses in parallel if we receive sufficient interest.

The following information provides an outline of the course and some basic administrative matters:

The course will be conducted at the Woden Valley RSL Sub-Branch rooms at 27 Mulley Street, Holder;

Course dates/timings are each Monday night between 1800-2000 for 12 weeks from 15 August 2022;

Light refreshments will be provided from 1715;

Training Manuals/workbooks will be provided at the first session;

As the course is funded through a DVA grant to the Sub-Branch, there is no charge to participants;

An outline of the GEARS Program is shown at the end of this email with additional information being available at <https://mesha.org.au/about-us/> ;

Representatives of the Sub-Branch will be available to facilitate entry to the building and access to facilities during each session;

As some of you will have other commitments that you will need to juggle through the 12 weeks of the course, there will be an option to join a session using ZOOM as and when required;

We will issue Nomination/Referral forms by late June/early July.

In closing, I again apologise for this late change, and encourage you to contact either MESHA or me if you have any questions.

Please also contact me if you have any friends or colleagues whom you think might be interested in nominating for this or any subsequent course.

Jim Gilchrist

What is the GEARS Program?

GEARS is a refined 12-week program (2 hours a week) which has evolved from the highly successful Skills Training in Affective and Interpersonal Regulation (STAIR) program.

The GEARS program is tailored specifically for current or former serving military members and emergency service personnel and issues they face including identity in transitioning back to civilian life, improving mood regulation, interpersonal communication skills and relationship skills.

The GEARS program was developed by Dr Jon Lane, Psychiatrist, current ADF Reservist and Afghanistan Veteran.

You will learn how to:

- **Become more aware and comfortable with your emotions**
- **Develop positive, healthy coping skills for distressing feelings**
- **Identify unhealthy relationship patterns**
- **Build skills to improve your relationships**

Build resilience and confidence.

To be eligible for a place in the program, you must:

- **Be a current or former military or emergency services member**
- **Have mental health symptoms that concern you**

Obtain a referral from your GP, psychologist or psychiatrist to attend the program – [GP Referral Form](#).

The GEARS program is held in Adelaide, Darwin, Canberra and Hobart and online sessions are also available via Zoom.

Dates for upcoming sessions will be announced soon. For more information or to be put on the waitlist for our next program, please contact programs@mesha.org.au or call us on [\(08\) 7002 0880](tel:(08)70020880).

Please note GP Referral is mandatory to participate for ethics requirements of the project. [GP Referral Form](#)



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

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**