

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

28 October 22

Remembrance Day National Ceremony



Australian War Memorial

On 11 November 2022, the Australian War Memorial will hold the Remembrance Day National Ceremony, which will be broadcast live on ABC and streamed live on the Memorial's Facebook page.

The ceremony will include a formal wreath laying and the observance of a minute's silence at 11am.

Tickets are available for the general seating and mobility-impaired areas. General attendance at the ceremony is welcome. Those without tickets are encouraged to bring their own chairs/or picnic rugs to view the ceremony from within the Sculpture Garden.

For more information and to book a free ticket, visit our website: <http://ow.ly/K24450GCYwh>



The Sub-Branch needs the help of volunteers to continue the tradition of selling poppies in November.



Please call the office on 2685 1931 if you can spare two hours at Coleman Court Shopping Centre between the 5th and 10th of November to support Poppy Appeal.



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

ANNUAL CHRISTMAS LUNCH

Wednesday 7 December

12:00noon for 12:30pm

Orion Room Canberra Southern Cross Club Phillip

\$40 per person

Menu (alternate service):

MAIN

Roast Turkey Filled

With sage and onion stuffing, served with roasted vegetables, steamed greens and gravy

Slow Roasted Black Angus Sirloin

Creamy mash, honey roasted baby carrots, steamed greens and red wine jus

DESSERT

Traditional Christmas Pudding, warm brandy custard and cream

White Chocolate Pannacotta (gf) Fresh summer berry compote

Charge includes soft drinks, selected wines and beers.

Spirits at own expense.

Please RSVP by 3pm 28 November 2022

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

By cheque: mail to 14/27 Mulley Street Holder ACT 2611

Sorry, no refunds are possible after cob 30 November 2022.



Another nice afternoon tea that replaced the canceled OGM dinner.

**Several people came to meet and talk
on a rainy afternoon on Tuesday 25
October.**





12 Oct

GREG MELICK IS RE-ELECTED RSL AUSTRALIA PRESIDENT



Senior Counsel and retired Army Reserves leader Greg Melick has been re-elected as National President of the Returned & Services League of Australia (RSL).

Greg Melick was first elected President of the national ex-service organisation in May 2019 and his re-election was confirmed at the Annual General Meeting in Canberra today.

As well as an extensive legal career, he served in a full-time and part-time capacity in the Australian Defence Force Reserves from 1966 until his retirement in December 2018.

He commanded at all levels of the Australian Army before rising through the ranks to Major General and becoming Australia's most senior Reserve officer in 2007. He held the positions of Assistant Chief of the Defence Force (Reserves), and Head of the Cadet, Reserve and Employer Support Division before his appointment as the ADF's Head of the Centenary of ANZAC Planning Team in 2011. Greg Melick is also currently the Colonel Commandant of the 1st Commando Regiment.

He is a Statutory Member of the National Crime Authority and the NSW Casino Control Authority. He was appointed a part-time Deputy President of the Administrative Appeals Tribunal in September 2014 and the part time Chief Commissioner of the Tasmanian Integrity Commission in 2015. Greg has been Cricket Australia's anti-corruption special investigator since 2000. He is a member and former chairman of the board of St John Ambulance (Tasmania) and was appointed to the Australian War Memorial Council in March 2015.

Greg Melick said he was honoured to be returned as President of RSL Australia and committed to continue the efforts to secure better outcomes for veterans and their families.

"I'm particularly proud of RSL Australia's achievements over the past three years and look forward to continuing our efforts into the future.

"We have established and effective relationships with decision-makers across all states and territories as a result of our federated structure and this ensures we are in a unique position to effectively lobby for positive outcomes and change. Among initiatives, the RSL is also backing a new online web application designed to help veterans navigate the range of services and support available. This will be launched later this year.

"We are also planning a nationwide survey to capture insights that will guide us on how we need to evolve to meet the needs of the broader veteran community and particularly younger veterans," he said.

National Media contact:

Tony Harrison

Ph: 0417 318 178

Email: tony@wearebright.com.au

Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

Group or individual programs available.

How it works: Heart Health Program

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or complement your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

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

Heart Health Program – Flexible Delivery

The program is offered in two formats. The Group Heart Health Program or the Individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

You may want to:

- Improve your general fitness
- Improve your knowledge on health and wellbeing
- Improve your social connections with other likeminded veterans

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>



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>

COTA



AUSTRALIAN CAPITAL TERRITORY

POSITIVE AGEING AWARDS 2022

Do you know an individual, community organisation, social or business enterprise that has made a significant and outstanding contribution to improve the lives, social inclusion and wellbeing of older Canberrans?

Please consider nominating them for a Positive Ageing Award for 2022.

There are seven award categories to celebrate the diversity, wisdom, resourcefulness, innovation and sheer passion of champions who are committed to improving the lives and wellbeing of older Canberrans:

- LDK Positive Ageing Seniors Achievement Award (Individual)
- ActewAGL Positive Ageing Seniors Achievement Award (Community Organisation or Social Enterprise)
- Canberra Times & The Senior Age-Friendly Achievement Award (Individual, Community Organisation or Social Enterprise)
- Beyond Bank Age-Friendly Achievement Award (Business)

- ACT Human Rights Commission Seniors Advocacy Award (Individual)
- COTA Insurance Intergenerational Achievement Award (Individual)
- Transport Canberra Seniors Transport Achievement Award (Individual)

For more information, please contact COTA ACT on 6282 3777 during business hours, 9-5pm, Monday to Friday, or visit the COTA ACT website: www.cotaact.org.au
Nomination Forms are on our website and completed nomination forms must be received no later than 5pm Friday 4 November 2022

Our Sponsors:



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INSURANCE

The Canberra Times
TO SERVE THE NATIONAL CITY

THE Senior

TC Transport Canberra



Wednesday Nov. 02

Unpacking the complexities of your estate and the cost of aged care.

Explore the legal and financial practicalities of important areas for testamentary trusts and funding aged care.

By **KJB Law and Phillips Wealth Partners**

Follow

When and where

Date and time

Wed., 2 November 2022, 10:00 am – 12:30 pm AEDT

Location

Hellenic Club of Canberra Matilda Street Phillip, ACT 2606

Register through Eventbrite: <https://www.eventbrite.com.au/e/422986452867>

ABOUT THIS SEMINAR

This year has thrown us many curve balls and while we are unsure what challenges COVID will continue to send our way, we hope the future starts to look brighter.

One thing we do know is that with a new government, aged care reforms and funding issues will continue to be an important topic, making awareness and planning ahead increasingly more important.

This seminar will cover two key topics to ensure your future plans are airtight. We cover the legal and financial practicalities of testamentary trusts and funding aged care.

SAVE THE DATE !!!!

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



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.

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