

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

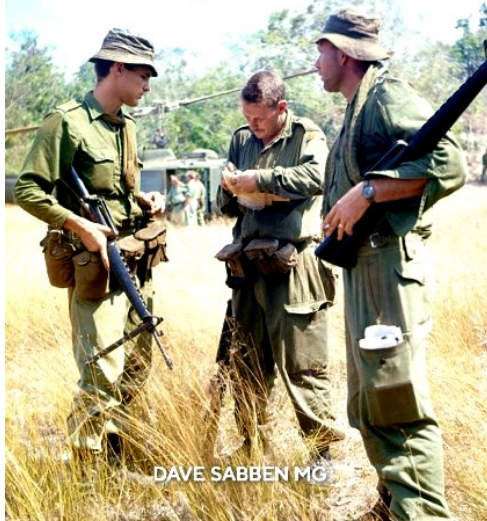
29 September 2023

RSL WV Sub-Branch Ordinary General Meeting on Tuesday 26 September.



MENTIONS IN DESPATCHES

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



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available for
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RCB TRIBUNAL DECISION

Dear members,

Some light reading attached - Defence Honours and Awards Tribunal Inquiry Into Medallic Recognition for Service With the Rifle Company Butterworth (RCB).

Might be of interest to anyone who rotated through Butterworth.

Key Findings:

".....RCB service is currently and appropriately recognised by the award of the Australian Service Medal 1945-1975 or the Australian Service Medal and does not meet the eligibility criteria for the Australian Active Service Medal 1945-1975 or the Australian Active Service Medal. But, as such, it should now be formally accepted as 'non-warlike service' under the Veterans' Entitlements Act 1986 and receive more beneficial claims treatment than that currently afforded – this would be consistent with a 2007 Ministerial decision supported at that time by Defence but not then implemented by Defence on behalf of the then Minister as statutorily required. While these are the key findings of the Tribunal inquiry, a number of other consequential or systemic recommendations are contained in the attached report."

Regards,

Greg



Greg Kennett

Secretary

Woden Valley Sub-Branch

Australian Capital Territory

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Australian Government
Department of Veterans' Affairs

DVA - Our Commitment to You - document:

Please click the link below:

[Our commitment to you | Department of Veterans' Affairs \(dva.gov.au\)](https://dva.gov.au/our-commitment-to-you)

This page provides information about what you can expect from DVA when you submit a compensation claim.

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)

Mindfulness-Based Stress Reduction (MBSR) in Veterans' Health

Learn about Mindfulness-Based Stress Reduction (MBSR) in Veterans' Health Week 2023.

This year, [Veterans' Health Week](#) (VHW) is being held from **8 to 15 October 2023** and is themed *Mental Wellness Matters*. The theme aims to promote good health and wellbeing in the everyday life of veterans and families, and shines a spotlight on the importance of mental health.

DVA has invited a guest speaker from Openground to present a FREE online Veterans' Health Week event about MBSR. Mindfulness Based Stress Reduction (MBSR) is an evidence-based, user-friendly program that brings the principles of mindfulness meditation into everyday life by teaching specific skills and practices to help break cycles of anxiety, stress, unhappiness and exhaustion.



Date: Wednesday the 11th of October

Time: 9am (Perth), 1030am (Darwin), 11am (Brisbane), 1130am (Adelaide), 12pm (Sydney/Melbourne/Hobart)

This is a 45 minute taster session that will cover:

- What is MBSR?
- Where did it come from?
- The benefits of mindfulness
- A participative activity.

15 minutes will be available at the end of the session for questions.

RSVPs are not required, simply click the link, or call the number below to join the meeting. All welcome!



Elizabeth Granger BEc, LLB, Dip. Som. Psych. PACFA Reg.

Libba is a psychotherapist in private practice in Sydney as well as being a long term mindfulness practitioner. She has been teaching MBSR since 2007 through Openground and is also the co-founding Director of Openground for Organisations which has been running mindfulness programs in corporate, health, educational and government sectors for over a decade.

Prior to that Libba worked as a litigation lawyer for 14 years, including at partnership level, and because of this background, has been passionate about bringing mindfulness into organisations and opening people to the best in themselves and their lives. She understands the realities and practicalities of practising mindfulness in daily life and work, and is passionate about sharing the possibilities for self discovery and freedom that mindfulness can offer.

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 429 124 933 446

Passcode: bwsB9p

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

One-touch Mobile link: [+61 2 6188 4842,494659382#](#)

Or call **(02) 6188 4842** and enter the Phone Conference ID: **494 659 382#**



Greetings Friends of the Band,

One week left until our *Masterworks for Winds* concert! The Band has been working hard and is looking forward to putting on a great performance for you. Be sure to book your tickets online using this QR code or by following the link provided below.

The concert will feature the following works:

- **Gustav Holst** Second Suite in F (1922)
- **Oscar Navarro II** Concerto for Bb Clarinet (2012)
- **David Gillingham** Internal Combustion (1999)
- **David Maslanka** Traveler (2003)
- **Jodie Blackshaw** Symphony No.1 – Leunig's Prayer Book (2019)

Details

When: Saturday, 30 September 2023 at 7pm

Where/Venue: Llewellyn Hall, ANU School of Music, Acton

Entry: A gold coin donation, proceeds supporting Legacy

Bookings and more information, visit

[Masterworks for Winds Tickets, Sat 30/09/2023 at 7:00 pm | Eventbrite](#)

Kind regards,

RMC Band PR TEAM

ROYAL MILITARY COLLEGE BAND

Australian Army Band Corps

PO Box 7915 | Canberra ACT 2610

Peacekeeping Symphony postponement to 2026 or 2027



Dear Peacekeeping Symphony supporters

I am writing to formally notify you all of the postponement of the *Peacekeeping Symphony* performance from 2023 to a date to be determined in 2026 or 2027, due to our inability to raise the funds to pay for the performance costs this year.

Our aim is to revisit the project and determine a date aligned with a major anniversary or ideally a peacekeeper's reunion in Canberra in either 2026 or 2027. This time frame is influenced by the fact we have to produce two other major concerts over the next two years: the *Holocaust Memorial* on **Oct 31, 2024 in Melbourne** and the *WW2 Requiem* in **September 2025 in Brisbane**.

It actually does make more sense to run all of these large commemorative projects in chronological order, given the *Peacekeeping Symphony* starts with the establishment of the UN following WW2.

Clearly if we wish to try again to raise the funds for the *Peacekeeping Symphony*, then I am going to have to bring together a consortium of believers to establish a context for the work. I believe my failure this year to raise the money was at least partially due to the fact that I did not connect widely enough and early enough with the broader community of Peacekeepers, in the ADF, AFP and elsewhere.

I wish to restart the project by determining what kind of musical work Peacekeepers would value, adjusting the music we have written so far to match those wishes, and then building a stronger case for funding such a performance. Currently it seems that Peacekeeping does not enjoy universal support, and I believe we will need to strengthen the case for peacekeeping as a worthwhile and affordable activity which can strengthen Australia's reputation in the region and the world.

If any of you would be interested in engaging with a proposed future performance of the *Peacekeeping Symphony*, please let me know. I'm sure I can construct a role that matches your availability and time.

Thank you also for providing supporting letters that accompanied the grant applications. While unsuccessful on this occasion, your support for my project was deeply appreciated.

I am in debt to all of you, and deeply grateful that you saw value in this activity.

Warm wishes

Chris Latham

Artist-in-Residence, Australian War Memorial

Director: *The Flowers of Peace*

Mobile +61 408 440 426

Address 178 Atherton Street, Downer, ACT, Australia, 2602

[The Flowers of Peace](#)



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

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Visit us on the web at
www.rslwoden.org.au

Office hours are
9am-3pm Mon-Fri

PS.

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