

# RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

6 May 22

FROM ACT RSL WEBSITE

## KOKODA 80TH ANNIVERSARY COMMEMORATED IN PNG ON ANZAC DAY

More than 2000 people turned out at the ANZAC Day commemoration in Port Moresby, Papua New Guinea, on Monday April 25, 2022.

This year's event marked the 80th Anniversary of the Battle of Kokoda. Attendees remembered all those who paid the ultimate sacrifice to keep not only PNG free, but Australia as well.

"The bond between these two countries is something that is uniquely hard to describe, it really needs to be felt," said Glenn Maitland LM, President of the Port Moresby RSL Sub Branch. "The Diggers and the Fuzzy Wuzzy Angels forged it, and all who attended on Monday ensured that it not only carries on, but that it grows in stature each year."

"In attendance was His Excellency Sir Bob Dadae, The Governor General of PNG. The Usual Heads of Missions, Defence Representatives of various nations, Royal Papua Constabulary and of course, the general public have all assisted us in making it one of PNG's best Commemorations ever," Mr Maitland said.

"Homage was also paid to our great mates across the ditch in New Zealand, who were with us on that very first day 107 years ago and are still with us today. The symmetry in these two relationships is not lost on anyone who attended on Monday, and the commitment of those who still serve today ensure that it will go on forever."



# **MEETING NEWS**

## **AGM/OGM**

**An AGM/OGM will be held at 1400 hours on Tuesday 31 May 2022 in the Sub-Branch Office. Light refreshments will be provided following the OGM.**



## **GEARS Training**

**The Woden Valley Sub-Branch will be co-ordinating Group Emotional and Relationships Training (GEARS) in early June for 12 weeks.**

**Dr Jonathon Lane will conduct this Training using the resources of the Military and Emergency Services Health Australia which is part of the Hospital Research Foundation Group. No financial gain is had by anybody apart from normal wages.**

**These classes will run for 12 weeks on each Thursday from 6 pm till 8pm in the training room at the Woden Valley RSL Sub-Branch commencing in early June 2022 at Grant Cameron Offices at 14 Mulley Street in Holder.**

**Dr Lane will attend in person at the 1<sup>st</sup>, 6<sup>th</sup> and 12<sup>th</sup>.**

**The course will be restricted to 10 persons with a reserve of 2 extra (in case someone drops out)**

**The preference is for serving military, or those recently transitioned or about to or military veterans.**

**Please contact the reception at WVRSL Sub-Branch on (02) 6285 1931.**



## Australians gather around the world to commemorate Anzac



Thousands have gathered in Australia and around the world to commemorate Anzac Day and pay tribute to those who have served this nation in wars, conflicts and peacekeeping operations.

In towns and cities across the country, in the fields of France, on the beaches of Gallipoli, in Hellfire Pass, Thailand, and Sandakan, Borneo, and in many other places, people gathered to remember.

In the pre-dawn light, we came together to pay our respects to the more than 102,000 Australians who have made the ultimate sacrifice in the defence of our nation, the millions who have served, and the loved ones who have supported them.

This year marked the return of international public commemorations for the first time since 2019, due to the COVID-19 pandemic and travel restrictions.

Anzac Day commemorations have been held in Australia since 1916, with the day formally gazetted as a day of commemoration in every state and territory during the 1920s.

Anzac Day pilgrimages to places of significance to Australians who have served is also a long-held tradition, with services held on Anzac Cove, Gallipoli, as early as 1923.

### **Attendance at Anzac Day domestic and overseas commemorative services included:**

- Anzac Day Service, Port Moresby (Bomana War Cemetery), Papua New Guinea: 2,000 people
- Australian War Memorial Anzac Day Dawn Service, ACT, Australia: 18,200 people
- Anzac Day Dawn Service, Gallipoli, Turkey: 563 people
- Lone Pine Service, Gallipoli, Turkey: 187 people
- Anzac Day Dawn Service, Villers-Bretonneux, France: 665 people
- Anzac Day Service, Hellfire Pass, Thailand: 450 people
- Anzac Day Service, Sandakan, Malaysia: 85 people, as the Service was not open for public attendance this year in accordance with local COVID restrictions.

For more information on the meaning of Anzac Day and its history, visit the Department of Veterans' Affairs [Anzac Portal](#).

*Image: Dawn Service, Gallipoli, 25 April 2022 (Department of Defence)*



## **The Hon Andrew Gee MP**

Minister for Veterans' Affairs  
Minister for Defence Personnel  
Federal Member for Calare

### **MEDIA RELEASE**

4 May 2022

### **80<sup>th</sup> anniversary of the Battle of the Coral Sea**

Today we mark the 80th anniversary of the Battle of the Coral Sea, one of the most significant in our nation's history and a strategic victory for the Allies which helped turn the tide of the Second World War in the Pacific.

Minister for Veterans' Affairs and Defence Personnel Andrew Gee said the battle was an important moment during the war and strengthened the relationship between Australia and the United States, a bond that endures to this day.

"Eighty years ago, Australia and the United States stood together against the might of the Imperial Japanese forces and ultimately halted their advance in the Pacific.

"Without the efforts of the Allies, Japan could have landed a force in Port Moresby in Papua New Guinea and cut communications and sea routes between Australia and the US.

"As General Douglas MacArthur said, the battle 'undoubtedly saved Australia from a definite and immediate threat'.

"The victory was the first time during the Second World War that Imperial Japanese forces had failed to complete their objective and it forced them to later attempt their ill-fated land invasion along the Kokoda Track."

Australia's contributions to the battle included the cruisers HMAS *Australia* (II) and HMAS *Hobart* (I), as well as coast watchers, intelligence personnel and airmen.

The battle was fought exclusively by aircraft which bombed ships – no naval vessel from either side fired on the other during the battle.

"While no Australian sailors died during the Battle of the Coral Sea, a number of Australian airmen were killed during the reconnaissance operations which took place before the battle," Minister Gee said.

"Hundreds of American personnel gave their lives during the fierce fighting and the severely damaged aircraft carrier USS *Lexington* was forced to be abandoned and scuttled.

**Open Arms – Veterans & Families Counselling** provides 24/7 free confidential crisis support for current and ex-serving ADF personnel and their families on 1800 011 046 or [openarms.gov.au](http://openarms.gov.au). **Safe Zone Support** provides anonymous counselling on 1800 142 072. **Defence All-Hours Support Line** provides support for ADF personnel on 1800 628 036 or [defence.gov.au/health/healthportal](http://defence.gov.au/health/healthportal). **Defence Member and Family Helpline** provides support for Defence families on 1800 624 608.



"On this significant anniversary of the Battle of the Coral Sea, we remember and honour all those who fought with distinction and all those who gave their lives to keep our nation and our region safe.

"We must never forget the threats our nation faced during the Second World War, and the service and sacrifice of all those who defended us.

"Lest We Forget."

To learn more about the Battle of the Coral Sea visit the Department of Veterans' Affairs [Anzac Portal](#).

**MEDIA CONTACTS:**

**Minister Gee office: 0459 966 944**

**DVA Media: 02 6289 6466**

**Office of the Hon. Andrew Gee, Canberra ACT.**

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# Australian Kookaburra Kids Foundation

Australian Kookaburra Kids Foundation offer clinically designed mental health literacy programs that integrates fun and recreation with mental health education. Delivered free to registered young people, our unique stepped care model offers pre-early intervention mental health services and education designed to meet the needs of serving and ex-serving ADF Kids through Camps, Activity Days and online Connect sessions..

Evidence shows that these programs have a significant impact in improving the mental health literacy of the participating young people which will lead to better long term mental health outcomes. Every opportunity our Kookaburra Kids have to participate in our programs involves a genuine connection with other young people and aims to empower them to thrive beyond the impacts of family mental illness.

I would love the opportunity to have Zoom/Teams or phone meeting with you to share the Kookaburra Kid story and work with you to connect defence members to our programs.

I look forward to hearing from you.

Colin Pickstone

National Engagement and Project Manager (Defence)

Australian Kookaburra Kids Foundation

Mobile 0427 755 398

Phone 1300 566 525

Email [colin.pickstone@kookaburrakids.org.au](mailto:colin.pickstone@kookaburrakids.org.au)

Website [www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)

More details click link below:

[AKKF Defence Kids Program 2021.pdf](#)



# Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

Run on behalf of the DVA by Corporate Health Management, the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.



## 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>



## How it works: Individual Heart Health Program

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individuals health and fitness goals.

The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program.

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

## Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual.

Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for use at home or
- Provide assistance with accessing new exercise or training gear



## Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearhealth.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**

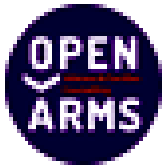
Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142

**Direct:** 1300 246 262

**Email:** [hearthealth@chm.com.au](mailto:hearthealth@chm.com.au)

**Web:** <http://www.veteranshearhealth.com.au>





## Open Arms - Veterans & Families Counselling

# Caretaker period 2022

The Government is now operating in accordance with the Caretaker Conventions <http://www.pmc.gov.au/caretaker>, pending the outcome of the 2022 federal election.

**Please note there will be no disruption to Open Arms services during this time.**

We are here for you **24/7** – ☎ **1800 011 046**

#OpenArmsSupport





## COFFEE CATCH UP ACTIVE AGAIN

Our Coffee Catch Up is open again from 10-12 every Friday 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

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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.

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