

RSL WODEN VALLEY SUB-BRANCH ENEWS



Special ANZAC Edition

April 2023



PRESIDENT'S MESSAGE

Dear Members and Friends,

Welcome to this Special ANZAC Edition of our monthly eNewsletter in which we reflect briefly on ANZAC Day and the ceremonies and activities with which our Sub-Branch and members were involved. We have included pictures that might be of interest to many of you. But, be warned, we have plenty more pics that might surface elsewhere in due course.

Also included are various flyers and briefs that we receive from other sources. In noting these, I remind members of our offer to help those of you who are affected by the Grapevine Email issue to read the notice and, if you are seeking assistance or advice, to please call the Office (6285 1931).

I take this opportunity to publicly acknowledge the support we received from many quarters for our events and thank them for their contributions to our dinner and commemorative service at Eddison Park.

In this regard, I particularly note and thank MAJGEN (Retd) Roger Noble for his address, Chris Latham for his musical tribute, Jen Hamer for her audio-sensitive piping for their contributions to the dinner; the Tuggeranong Salvation Army Band, the 241 Army Cadet Unit, the Woden Scouts and Jen Hamer for their contributions to the service on ANZAC Day. I offer a special thanks to Jack Aaron for applying his command and control skills at the dinner; and to Matt Griggs, Anthony John and Peter Sutton for their help with the Eddison Park ceremony.

I also acknowledge the patience and contribution that our Office Manager, Alex Solecka, made to these two events while concurrently juggling a few other balls of significance.

I also note that our Sub-Branch supported a couple of Nursing homes, the Woden View Club, the Woden RAMS Rugby League Club, the Marist College and, I'm sure, some other low key events. Thanks to those of you who provided emails and pictures of some of those activities.

Secondly, I thank those who helped with the ANZAC Appeal that raised some \$11,500 for the Sub-Branch. With Jan Properjohn's planning and organisation, several small teams provided this modest but welcome contribution to our coffers.

We've already made some bookings for next year and will ensure that we enhance the audio systems we share at the Southern Cross Club, and that we provide at Eddison Park. I add that we shall start planning the Remembrance Day Appeal soonish.

During the past month, our VSC teams have continued to support members and other veterans and their families. However, I remind everyone that our Compensation and Welfare Teams are fully stretched, and both need some reinforcements. I'd welcome any advice anyone might have on how we can achieve the latter, even if it means recycling some of our previous efforts.

I remind members that the Coffee Catch Ups (CCUs) continue each Friday morning, small groups are having lunch at the Canberra Irish Club on Fridays, and the Welfare Team is continuing to organise small gatherings at Holder. Please note that we're trying to use the Irish Club lunches as a vehicle to reinvigorate the Eddison Day Club as soon as we can. Even on an informal basis, we can invite guest speakers to either or both the CCUs or the lunches, and we remain open to suggestions as to whom you might like us to invite.

In closing, I trust that you all had some time to reflect during ANZAC Day and the events that surrounded it. I also remind any of you who are struggling with poor health or who know of someone else who is, to please call our Office and ask for some advice and/or support.

Stay well and be kind to each other and yourselves,

Jim Gilchrist

Nearly 70 Sub-Branch members and guests gathered at the Canberra Southern Cross Club for our Annual ANZAC Eve Commemoration and Rededication Dinner. This year our guest speaker was Major General Roger Noble, AO DSC CSC.



Photo above from left: Chris Latham, Roger Noble, Jack Aaron, Hon Dame Annette King, Jim Gilchrist .



Photo above from left: Blair Gerritsen, Chris Latham, Jim Gilchrist, Jack Aaron.



Photo above: Major General Roger Noble.



Photo above: Greg Kennett



ANZAC Eve Dinner - more photos



**Woden Valley Sub-Branch ANZAC Morning Remembrance Ceremony
at Eddison Park, Phillip on Monday 25 April 2023**



Woden Ex Services Cemetery Anzac Day 2023

This is the fourth year that Marist College, Pearce has put flags out at the Woden cemetery for ANZAC Day to recognise and honour those who served. For the second consecutive year, the Sub-Branch assisted Marist in that endeavour.



From Anthony Albanese Twitter page:



Anthony Albanese 
@AlboMP

Les Cook enlisted in Australian Imperial Force at just 17 years old.

He lied about his age to join four years young, going on to serve in the Middle East, Greece and Crete, then Kokoda and Borneo.

Les is now 100 years old and attended the Dawn Service in Canberra and marched later that morning.



Dear members,

As we have noted that some of our members are using the Grapevine email address, please find below the article from The Canberra Times about the expected closure of the Grapevine address from May 31, 2023 .

Grapevine email addresses to be closed as system is no longer supported

By [Jasper Lindell](#)

April 16 2023 - 5:30am



© The Grapevine home page in October 2009. Pictures Shutterstock, Wayback Machine

Email addresses linked to the early days of the digital revolution in Canberra are set to be cancelled, in a move that could affect up to 13,000 inboxes.

Grapevine, a joint venture between ActewAGL and TransACT, was established in 2005 and was the first service many Canberra customers used to access the internet.

The internet service provider was taken over by TransACT, which was then [sold to iiNet in 2011 for \\$60 million](#).

Now iiNet has told customers who still hold email accounts on old Grapevine domain names their inboxes would be closed from May 31.

"Once closed, you will no longer be able to send or receive emails using your mailbox, email forwarding to or from another email address will stop, you won't be able to access any existing emails stored on the mail server and any messages sent to your email will bounce back to the sender as undeliverable," customers were told.

Users with [@grapevine.com.au](#), [@grapevine.net.au](#) and [@homemail.com.au](#) email addresses are understood to be affected.

The company said the decision was not related to the cost of maintaining the email addresses, but said the platform was no longer supported.

Richard Webb said he had used a Grapevine-linked email address for more than 18 years.

"It is literally impossible to identify before the end of May the many hundreds of places that I have used my email address, and to change my account details. In many cases I will be unable to change an email address on an account after the end of May because the system concerned will seek confirmation of the attempted change from my old email address," Mr Webb wrote to iiNet customer support.

"This massive disruption to my life will also be writ large across thousands of other people in Canberra."

There were 23,000 active Grapevine email accounts a decade ago, when a fault meant thousands of customers were unable to access their inboxes. iiNet believes 13,000 accounts could be affected by the closure but was unable to confirm whether all those were currently active.

iiNet has recommended affected customers migrate their email addresses to a web-based service, like Google-operated Gmail.

The company has also promised no contract break fees or modem payout fees would apply to customers who choose to cancel their iiNet broadband service as a result of the decision to cancel Grapevine email accounts.

A spokesman for TPG Telecom, which owns iiNet, said the Grapevine email system had reached the end of its life and the company began notifying customers this week to give them time to migrate to other services.

"We appreciate the closure of this legacy email system may be disappointing for some customers and have provided detailed information on our iiNet website to assist with the closure process," the spokesman said.

GRAPEVINE EMAIL ACCOUNTS

Having read of the closure of Grapevine email accounts on 31 May 2023, I sought advice on what we might be able to do to help members deal with the situation.

Having checked several sources, I offer the following link as an option for members to seek assistance. Should anyone wish to do so, please complete the survey on the link.

A highly recommended IT Consultant, John Welsby, will then offer his assistance to close Grapevine accounts and open new ones with reputable service providers. The Sub-Branch will offer the resources available in our training room to facilitate this process. John will also answer any related questions members might ask.

[Grapevine Email Termination Survey \(google.com\)](#)

(If you have difficulty with this link, please call Alex for advice 02 6285 1931)

Although this assistance will require a small contribution to John's company, I believe it would be money well spent.

Kind regards and good luck,

Jim Gilchrist



RSL WV Sub-Branch Annual General Meeting

Dear members,

An early notice of the Sub-Branch Annual General Meeting (AGM) which will be held at 1400 hours on Tuesday 30 May 2023 in the Sub-Branch office in Holder. The AGM will be followed by the monthly Ordinary General Meeting (OGM). Note that here will not be an OGM in April due to ANZAC Day.

I look forward to seeing you at the AGM.

Kind regards,

Greg



Woden Valley Sub-Branch

Greg Kennett

Secretary

Woden Valley Sub-Branch

Australian Capital Territory

P: (02) 6285 1931

M: 0438 884 896

Nuclear Test Veterans Commemorative Medal

Dear members.,

The UK Ministry of Defence will be issuing medals for Commonwealth veterans and civilians who were involved in the British Nuclear Testing from 1952 to 1967.

For more information, please click the link below:

<https://www.gov.uk/government/news/call-for-veterans-and-civilian-staff-from-across-the-commonwealth-to-claim-commemorative-nuclear-test-medals>

If you would like to apply for the medal, use the form here: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1097410/MODMO_0001-E-PDF.pdf

Dear members,

A fellow Sub-Branch member recently forwarded the following to me and I pass it on to you as I think it is worth a read, especially at this time of the year. Although the sender doesn't know its origin, I suspect it might have originated in the USA, given some of the language/words.

To understand a Military Veteran you must know:

- * We left home as teenagers or in our early twenties for an unknown adventure.
- * We loved our country enough to defend it and protect it with our own lives.
- * We said goodbye to friends and family and everything we knew.
- * We learned the basics and then we scattered in the wind to the far corners of the Earth.
- * We found new friends and new family.
- * We became brothers and sisters regardless of colour, race or creed.
- * We had plenty of good times, and plenty of bad times.
- * We didn't get enough sleep.
- * We smoked and drank too much.
- * We picked up both good and bad habits.
- * We worked hard and played harder.
- * We didn't earn a great wage.
- * We experienced the happiness of mail call and the sadness of missing important events.
- * We didn't know when, or even if, we were ever going to see home again.
- * We grew up fast, and yet somehow, we never grew up at all.
- * We fought for our freedom, as well as the freedom of others.
- * Some of us saw actual combat, and some of us didn't.
- * Some of us saw the world, and some of us didn't.
- * Some of us dealt with physical warfare, most of us dealt with psychological warfare.
- * We have seen and experienced and dealt with things that we can't fully describe or explain, as not all of our sacrifices were physical.
- * We participated in time honored ceremonies and rituals with each other, strengthening our bonds and camaraderie.
- * We counted on each other to get our job done and sometimes to survive it at all.
- * We have dealt with victory and tragedy.
- * We have celebrated and mourned.
- * We lost a few along the way.
- * When our adventure was over, some of us went back home, some of us started somewhere new and some of us never came home at all.
- * We have told amazing and hilarious stories of our exploits and adventures.
- * We share an unspoken bond with each other that most people don't experience and few will understand.
- * We speak highly of our own branch of Service, and poke fun at the other branches.
- * We know however, that, if needed, we will be there for our brothers and sisters and stand together as one, in a heartbeat.
- * Being a Veteran is something that had to be earned and it can never be taken away.
- * It has no monetary value, but at the same time it is a priceless gift.

Kind 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

Planned Vietnam Veterans Vigil 3 August 2023

Dear All,

One of the events being planned in commemoration of the 50th anniversary of the end of Australia's involvement in the Vietnam War is a Vigil to be held at gravesites and memorials throughout Australia and overseas on 3 August 2023. This would be a great opportunity for Scheyvillians to pay their respects to our graduates who were Killed in Action and also perhaps to those classmates who have passed since.

Our KIA and their gravesites are;

2LT J. Fraser- Nerang QLD

2LT A.D. Jellie- Pasadena SA

2LT T.E. Langlands- Beresfield NSW

2LT I.G. Mathers- Holland Park QLD

2LT D. Paterson- Pasadena SA

2LT K.P. Rinkin- Taree NSW

2LT G.C.Sharp- Tamworth NSW

2LT L.A.Taylor- Box Hill VIC

In addition, we all know of others who have since passed.

We have several months to prepare. Give some thought to how we might be able to pay due homage to our fallen classmates on 3 Aug.

A Vigil at the gravesites of the above would be the least we could do. Perhaps a commemorative gathering locally afterwards.

More can be found on <http://www.vvv.org.au>

A worthwhile endeavour.

Regards

Brian Cooper

National Deputy Chair and Commemoration Liaison

Comments and ideas welcome please

Brian Cooper

bctcooper@gmail.com

0418373874

Free Certificate III Courses

Dear All,

I am very excited to be able to promote the below Certificate III courses that are all fee-free for Veterans and their partners in NSW!!

They are all delivered self-paced and online.

Qualification	Overview
Certificate III in Business	This qualification reflects the role of individuals in a variety of Business Services job roles
Certificate III in Business (Business Administration)	This qualification applies to a range of administrative roles in varied contexts.
Certificate III in Business (Customer Engagement)	<p>This qualification reflects the role of individuals working in a range of complex customer service roles.</p> <p>Duties at this level would include working with multiple communication channels, providing excellent customer service, adhering to key performance indicators, working in a team environment, providing support to a team, providing technical advice and capturing data.</p>
Certificate III in Business (Medical Administration)	This qualification is suitable for those working in various medical administration contexts.
Certificate III in Business (Records and Information Management)	This qualification applies to a range of administrative roles in varied contexts.
Certificate III in Legal Services	This qualification reflects the role of individuals who use a broad range of administrative competencies in a legal environment. The job roles that relate to this qualification may include Legal Administrative Assistant and Legal Receptionist.
Certificate III in Accounts Administration	<p>This qualification reflects the job roles of employees with functions that could include:</p> <ul style="list-style-type: none"> ▪ filing, checking and processing financial data entry and processing accounts payable/accounts receivable ▪ providing customer service in financial transactions ▪ assisting in processing payroll ▪ front line cashiering and bank account maintenance ▪ assisting with entering transaction data to ledgers and maintaining a general ledger ▪ processing purchases and sales including EFT/e-business ▪ producing GST reports
Certificate III in Information Technology	This qualification reflects the role of individuals who are competent in a range of Information and Communications Technology (ICT) roles, including animation, basic cloud computing, basic cyber awareness, digital media skills, generalist IT support services, networking, programming, systems and web development.

Please promote throughout your networks.

If anyone is keen to enrol into one of these courses please contact Cath Allen directly.

Thanks,

Cath Allen
 Employment & Wellbeing Services Manager
M: 0458 822 899 | E: cath.allen@rsllifecare.org.au
rsllifecare.org.au/veteran-services

RSL LifeCare Limited
 120 Pacific Highway
 St Leonards NSW 2065

Invitation to Heart Week / Heart Health Program Information Session



- the importance of having a healthy heart
- resources and information to help you improve your heart health
- information about the Heart Health Program
- who can access the Heart Health Program
- discover programs in your area
- learn how you can promote and encourage veterans to participate

Session Details	Event details: Date: Tuesday 2 nd May Time: 3.00pm EST (NSW/QLD/VIC/TAS) 2.30pm CST (SA/NT) 1.00pm WST (WA) Duration: 1hr. Microsoft Teams Link Click here to join the meeting Dial In 02 6188 4842 ID: 377945454#
------------------------	--



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 individual's 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.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>

DVA funded 12 month health and fitness program - Heart Health Program - Registrations Open

**DVA Heart Health Program for Returned Veterans & Peacekeepers & those covered by
the ADF Firefighters Scheme**

12 Months of Health coaching

Gym or Pool membership assistance available

Did you know the DVA provides a free 12-month health and fitness program that can be delivered to returned Veterans and peacekeepers with operational service and those covered by the ADF firefighters scheme anywhere in the country. The program is flexible and able to accommodate participants living in metropolitan areas, regional or remote areas, those still working or retired, studying or with other time constraints. 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 health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with operational service and those covered by the ADF Firefighters Scheme who have not previously done the Heart Health Program before. To check your eligibility visit <http://www.veteranshearthealth.com.au/eligibility/>

Individual Heart Health Program – How it works

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

and 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. Simply visit <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number **1300 246 262** at any time to speak to one of our team.

Kind regards

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>





**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.



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**