

RSL WODEN VALLEY SUB-BRANCH ENEWS



August 2023



PRESIDENT'S MESSAGE

Dear Members,

As seen in this newsletter, August provided some more excellent moments for our Sub-Branch and its members. Thanks to everyone who was involved in planning and conducting these events and activities, and for those who supported them.

I particularly thanks those who attended the OGM last Tue. As they will attest, I commented frankly about our Sub-Branch's ability to maintain the level of support we provide to the broad veteran community in the ACT and region, and some of the issues we continue to face while we do so. I also noted how dependent we are on volunteers, and raised some issues about how we are now more reliant on fewer volunteers than is comfortable. Simply put, if we don't reinforce some key areas, we will need to re-assess some of our priorities.

That noted, I assure all members that recent initiatives from several external areas may well help resolve some of these concerns. However, it will require considerable concentration during the next month or so if we are to reap any benefits from these opportunities.

I also reinforce the fact that the Sub-Branch is not under threat of collapse. Rather, it is some of the tasks we do that will need constant monitoring.

In breaking the trend of some recent messages, I have kept this one short so you can avail yourselves of the actual articles.

In closing, I again thank all of staff and volunteers who continue to do the work and wish all of you good health and happiness as Spring continues to brighten our days.

Jim Gilchrist

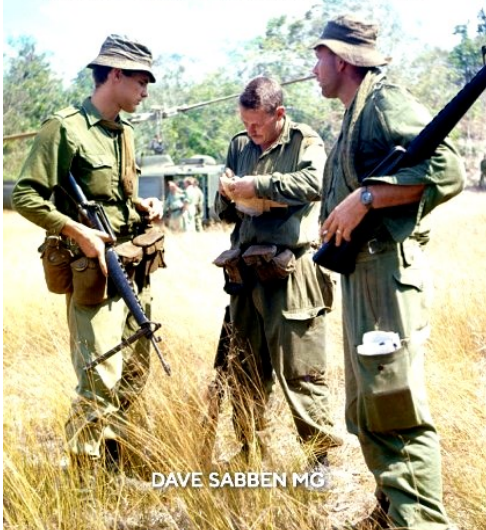
President

RSL WV Sub-Branch Ordinary General Meeting on Tuesday 29 August 2023



MENTIONS IN DESPATCHES

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



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Books are available for collection in the RSL Woden Valley Sub-Branch office 27 Mulley St. **HOLDER** Price \$82.00

During the last two weeks we have held two seminars one held on 23rd August on the information on the “Deafness Resource Centre” at Holder. This was attended by 7 people from the Sub-Branch and presented by Mr Jo Simon. I included the devices available to assist people who have a hearing loss. The second seminar was held on 30th August presented by Mrs Melissa Freasier who runs “Downsizing With Care” here in Weston. This seminar was attended by 9 people who were shown the easiest and less stressful ways to conduct the process to reduce the clutter and dispose items that are no longer and reduce or dispose of items.

Both were most informative to those who attended.

Photos below: Seminar on Wednesday 23 August



Photos below: Seminar on Wednesday 30 August





Emma Davidson MLA
Minister for Disability
Minister for Justice Health
Minister for Mental Health
Minister for Veterans and Seniors
Assistant Minister for Families and Community Services

Member for Murrumbidgee

Mr John King
President
Returned and Services League ACT Branch
president@actrsl.org.au

Our ref: M-23/1181

Dear Mr King


I am writing to inform you that expressions of interest for the 2024-27 ACT Ministerial Advisory Council for Veterans and their Families (MACVF) will be opening on Monday 4 September 2023, and will be open through to Friday 13 October 2023.

The MACVF provides advice to the ACT Government on matters relating to veterans, their families, and the local veterans' community. For the purposes of the MACVF, a "veteran" is defined as all current and former Australian Defence Force personnel. The "veterans' community" includes people with a direct link to defence service or a veteran. This includes widows, partners, former partners, children, parents, siblings, relatives of ex-servicemen and women, and anyone with an evident link to or interest in matters associated with veterans' welfare or wellbeing.

Families are an important part of a veteran's support system and often face challenges specific to defence families. I want to encourage not only veterans, but their families and the wider veteran community to apply to the MACVF.

Members are appointed for a three-year term and, through the MACVF, provide a mechanism for the veterans' community to communicate directly with the Minister for Veterans and Seniors. Being a member of the MACVF is a great opportunity for any veteran or member of the veterans' community who is looking to improve the lives of veterans and their families in the ACT.

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 [emmadavidson](https://www.instagram.com/emmadavidson)



RSL
Australia

27 Aug

RSL EXPRESSES CONDOLENCES AT US MARINE DEATHS

MEDIA RELEASE

The Returned & Services League of Australia (RSL) has expressed its sincere condolences following the deaths of the three United States Marines in today's crash of an Osprey aircraft at Melville Island.

The marines were participating in the joint Predators Run exercise, involving troops from the United States, Australia, the Philippines, East Timor, and Indonesia.

RSL Australia President Greg Melick said the three deaths and injuries suffered by other United States' marines in the crash, were a tragic illustration of the every-day risks faced by service personnel.

"This is a catastrophic event, and we express our sympathy to the friends, families, and colleagues of all those impacted.

"Following the deaths of four Australian soldiers in a helicopter crash off the Queensland coast in late July, it provides a timely reminder of the bravery of those who serve Australia and our allied nations.

"While we mourn those lost and extend our sincere wishes to the injured for a speedy recovery, we cannot underscore the importance of these military exercises to ensure Australia's international interoperability with our allies and our preparedness in what is an uncertain strategic environment," Greg Melick said.

DVA is looking for veterans, carers and family members to participate in one of the upcoming FREE Mindfulness-based, Stress Reduction (MBSR) programs. Please read the article below and refer anyone who may be interested to the registration page.

The Department of Veterans' Affairs has contracted [Mindfulness Meditation Courses | Mindfulness Programs » Openground](#) to design and deliver a military culturally aware, online facilitated, Mindfulness-Based Stress Reduction program.

The intention is to expand DVA's digital mental health capabilities, providing veterans and their families with alternate engagement pathways, access to virtual group learning and support environments, soft entry into mental health support and the opportunity for connection with like-minded individuals. Mindfulness Based Stress Reduction is particularly seeking to support improved social connection for those who are socially or geographically isolated, including those in rural and remote locations.

If you know of, or currently engaging with any veteran or family members who you think may benefit from this course, please let them know this is available to them. Alternatively, you can forward them the attached course flyers and they can click on the registration link.

Cost

MBSR programs are free for veterans and their families.

Dates

Course 1 – 6th September - 29th November 2023 (Veterans)
Course 2 – 16th October 2023 – 8th January 2024 (Family/Carer)
Course 3 – 29th January – 22nd April 2024 (Veterans)
Course 4 – 29th April – 22nd July 2024 (Family/Carer)

What is available

A customised 8-week trauma-informed, military culturally aware program, exclusively for veterans and family members, led by experienced instructors.

The course is practical, inspiring and transformative for those wanting to reduce job, family or health-related stress, including serious conditions. It engages participants physically, emotionally and intellectually to cultivate resilience and a greater sense of ease and effectiveness in work and life.

Connect: Our program creates a safe space for veterans and their families, led by experienced instructors who understand the impact of trauma, and the veteran/family experience.

Focus your mind: Mindfulness becomes your ally, anchoring you in the present moment. Gain valuable insights into your triggers, reactions and coping mechanisms.

Dig deep: MBSR emphasizes self-compassion, helping you cultivate kindness and understanding toward yourself as you navigate the path to healing.

Reinforce resilience: Rebuild your strength and resilience with specialised techniques to cope with adversity, adapt to life's challenges and thrive in the face of difficulties.

Support: You are not alone in this journey. Join a community of like-minded individuals who have walked the same path, and who come together to support one another through recovery.

Participants report:

- Improved self-efficacy
- Greater capacity to cope with short and long term stress
- A lasting decrease in both physical and psychological symptoms
- Increased ability to relax
- More energy and enthusiasm for life

Testimonials

"MBSR has been life changing for me. It's allowed me to manage my negative thoughts and depression and assisted to make my relationships more productive."

"Thank you for allowing me to learn these skills. As someone who suffers from crippling PTSD, I recommend this course to any veteran who suffers... I can't recommend this course highly enough."

Thank you for your support!

Kind Regards

Community Support Team (NSW/ACT)
Lived Experience and Community Strategy
Mental and Social Health Programs Branch | Program Delivery Division
Department of Veterans' Affairs
Ph: (02) 9213 7434 | W: www.dva.gov.au | W: www.openarms.gov.au
DVA General Enquiries: 1800 VETERAN (1800 838 372)



Healing your Life

Mindfulness Based Stress Reduction for Families and Carers of Veterans

This customised mindfulness program for veterans' family members and carers is based on the gold standard mindfulness program MBSR developed by Professor Jon Kabat Zinn in 1979 which has 40 years of empirical research behind it. This course is designed to complement your existing therapy or support system, providing you with invaluable tools to navigate the complexities of your healing process.

Safe Space:

Our program provides a safe and compassionate environment. With the guidance of experienced trauma-informed instructors, you'll be gently led on a journey of self-discovery and acceptance.



Emotional Regulation:

Mindfulness is a powerful tool to anchor yourself in the present moment. You will gain insights into your triggers, reactions, and coping mechanisms, laying the foundation for healing and growth.



Self-Compassion:

MBSR places a strong emphasis on self-compassion, helping you cultivate kindness and understanding towards yourself as you navigate the healing process.

Resilience Building:

To reclaim strength and build resilience you will learn techniques to cope with adversity, adapt to life's challenges, and thrive in the face of difficulties.



Community of Support:

You are not alone on this journey. Join a supportive community of individuals who truly understand and are walking the path of healing alongside you.

Here are some things participants have said about learning mindfulness.

"Thankyou for allowing me to learn these skills. As someone who suffers from crippling PTSD, I recommend this course to any veteran who suffers.... I can't recommend this course highly enough"

"In a nutshell terrific course would recommend it highly. The presentation was spot on after a background of over 50 years of high level training I was perhaps going to be critical"

"MBSR has been life changing for me. Its allowed me to manage my negative thoughts and depression and assisted to make my relationships more productive"



For further information [CLICK HERE](#)

or contact Elizabeth Granger

E: elizabeth@openground.com.au P: 0409 811 037

www.openground.com.au

Empowering Your Path to Healing

Mindfulness-Based Stress Reduction

Exclusively for Veterans



Unlock the potential of mindfulness with our tailor-made program crafted specifically for veterans.

This program draws inspiration from the renowned MBSR developed by Professor Jon Kabat Zinn in 1979, backed by an impressive 40 years of empirical research. It's time to enhance your existing therapy or support system with invaluable tools to navigate the complexities of your healing journey.

Here are some things participants have said about learning mindfulness.

"MBSR has been life changing for me. Its allowed me to manage my negative thoughts and depression and assisted to make my relationships more productive"

"Thankyou for allowing me to learn these skills. As someone who suffers from crippling PTSD, I recommend this course to any veteran who suffers.... I can't recommend this course highly enough"

- 1. Connect:** Our program creates a safe space for veterans, led by experienced instructors who understand the impact of trauma, and the veteran experience.
- 2. Focus your mind:** Mindfulness becomes your ally, anchoring you in the present moment. Gain valuable insights into your triggers, reactions and coping mechanisms.
- 3. Dig deep:** MBSR emphasizes self-compassion, helping you cultivate kindness and understanding toward yourself as you navigate the path to healing.
- 4. Reinforce resilience:** Rebuild your strength and resilience with specialised techniques to cope with adversity, adapt to life's challenges and thrive in the face of difficulties.
- 5. Support:** You are not alone in this journey. Join a community of like-minded individuals who have walked the same path, and who come together to support one another through recovery.

Register for our Mindfulness-Based Stress Reduction program today and embark on a transformational journey of healing and growth, surrounded by your fellow veterans.
It's time to heal, together.



For further information [CLICK HERE](#)

or contact Elizabeth Granger

E: elizabeth@openground.com.au P: 0409 811 037

www.openground.com.au

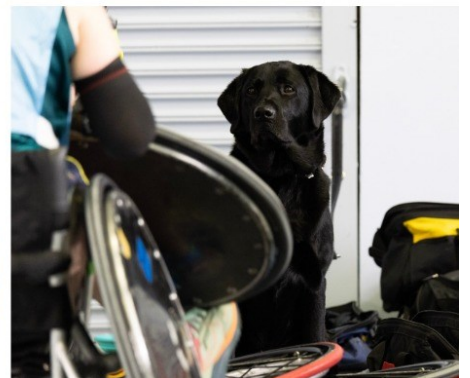
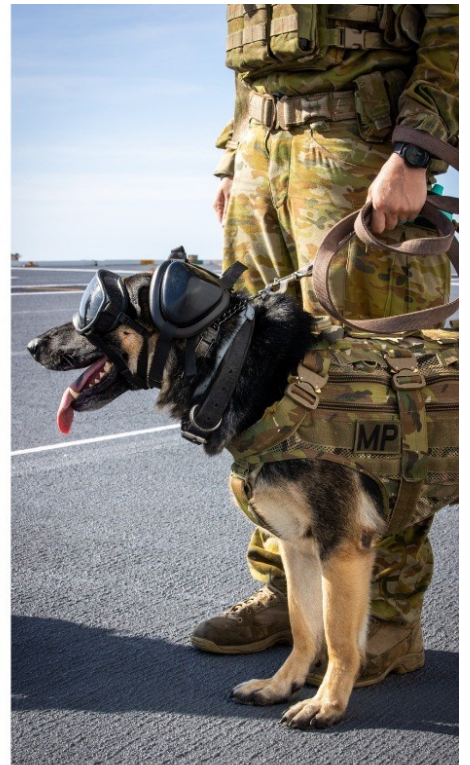


26 August was the National Dog Day

It doesn't matter how ruff it gets, they're making a paw-sitive difference in veteran's lives.

Whether they're offering assistance, comfort, companionship and support or working in the military, canines can be truly un-bark-lievable.

This National Dog Day, show your appreciation for our furry four-legged friends.





From DVA Facebook page:

If you're a veteran and 50 years or older, you may be at risk of developing heart disease (the leading cause of death for veterans 50 and over according to [Australian Institute of Health and Welfare - AIHW](#)).

The good news is even if you're at risk of developing heart disease there are many ways to reduce your risk and prevent heart disease from occurring, including by joining our Heart Health program.

Open to all veterans and peacekeepers who have not previously participated in a Heart Health program, the 52-week program will help you increase your physical health and wellbeing through exercise, education, nutrition and lifestyle management support.

Another way you can reduce your heart disease risk is by knowing if you are at risk, so you can take preventative action, access early interventions and treatment for your condition.

A good starting point is to find out your heart age. Your heart age is calculated by assessing your risk factors for heart disease; a younger heart age means your risk of developing heart disease is lower.

It's easy to find out your heart age by completing the Heart Foundations calculator online: www.heartfoundation.org.au/heart-age-calculator

For more information about the Veteran Heart Health program visit <http://www.dva.gov.au/.../work-and.../heart-health-program>





THE HON ANTHONY ALBANESE MP
PRIME MINISTER OF AUSTRALIA
and

THE HON MATT KEOGH MP
MINISTER FOR VETERANS' AFFAIRS
MINISTER FOR DEFENCE PERSONNEL
JOINT MEDIA RELEASE

18 August 2023

COMMEMORATING THE 50TH ANNIVERSARY OF THE END OF AUSTRALIA'S INVOLVEMENT IN THE VIETNAM WAR

Today our nation will pause to mark Vietnam Veterans' Day, the key commemoration in this 50th anniversary year of the end of Australia's involvement in the Vietnam War.

Thousands of Australians will gather at the Vietnam Forces Memorial in Canberra, and across the country, to honour the service and sacrifice of our Vietnam veterans.

On 18 August 1966, Australians and New Zealanders were outnumbered 10 to one in the battle of Long Tan.

It was the single greatest loss of life Australia suffered during the Vietnam War - 18 Australians were killed and 24 were wounded.

In the years that followed, Vietnam veterans gathered to commemorate those lost at Long Tan.

Now we gather on 18 August each year to mark Vietnam Veterans' Day, paying tribute to all those who served in Australia's longest conflict of the 20th century.

60,000 Australian personnel served in Vietnam over more than a decade, which sadly resulted in 523 lives lost, and some 3,000 wounded. For their service, and the sacrifices of their families, we say thank you.

Quotes attributable to Prime Minister Anthony Albanese MP:

"This year, as we mark the 50th anniversary since the role of Australian troops in the hostilities in Vietnam came to a close, we acknowledge the service and sacrifice made by our veterans.

"Their experiences during and after the war are a powerful reminder of the sacrifices made by those who have served our country and the debt of gratitude we owe each and every one of our veterans.

"Many of our troops returned to face new battles at home and not every one of those battles was won – it is important as Australians we know the stories of service in Vietnam and what our veterans faced when returned home.

"We honour you, we thank you and we are so sorry it took us so long as a nation to do so."

Quotes attributed to Minister for Veterans Affairs and Defence Personnel Matt Keogh MP:

"When we speak of the Anzac spirit, we speak of having your mates backs, no matter how dire the circumstances.

"But when our veterans returned home from Vietnam many felt unsupported, unrecognised.

"In marking 50 years since the end of Australia's involvement in Vietnam, we honour and thank all those who served, and the sacrifices of their families.

"You have made your nation proud."

Media note:

For veterans and families this day may be an emotional time and lead to feelings of distress. You are encouraged to include the contact information for Open Arms Veterans and Families Counselling in your stories. Open Arms is available 24/7 on 1800 011 046 or visit [OpenArms.gov.au](https://www.openarms.gov.au).

To acknowledge the 50th anniversary the Department of Veterans' Affairs has produced a Commemorative Medallion and Certificate of Commemoration, available to every Vietnam veteran, and the families of Vietnam veterans who have passed away.

For more information about the 50th anniversary or to apply for a commemorative medallion, visit the Department of Veterans' Affairs website:

[National Commemorative Service | Department of Veterans' Affairs \(dva.gov.au\)](https://www.dva.gov.au/national-commemorative-service)

Statement from the Department of Veterans' Affairs - Veterans' MATES program



The Veterans' MATES program has been operating for more than 18 years to provide a valuable proactive service addressing 'real life' health care problems in the veteran community. Specifically, the program seeks to positively change veteran medicine usage, and increase the uptake of complementary DVA funded health services, all to support veteran wellbeing and a reduction in adverse medicine events.

The University of South Australia is contracted by DVA to deliver the Veterans' MATES program on DVA's behalf.

The program takes an evidence based, targeted approach, using a team of clinical experts to develop current health and medicine information, using secure and private billing data to identify members of the veteran community who would benefit from receiving this information.

Identified data is only used to determine veterans who are at risk of medicine related problems, writing to the veteran and their doctor to bring them together to have a positive conversation that is tailored to the veteran's specific health care needs. All other data used in the program is de-identified.

DVA takes privacy very seriously, and we would like to assure veterans and families that DVA and the University of South Australia have strict policies in place to ensure the appropriate protection of personal information, and that ethics approval remains in place, guiding the delivery of the program.

Since the program's inception, the Veterans' MATES program has reached more than 300,000 veterans. Each year approximately 77,000 veterans receive health educational material from Veterans' MATES, specific to their health care needs. Veterans report they find the information useful, and that it empowers them to take an active role in their own health. This targeted and timely information and support for veterans, and their healthcare teams, has achieved many positive health outcomes across a range of health issues affecting the veteran community. Evidence shows that adverse medicine events have been reduced and that veteran access to suitable health services has increased.

We would like to reassure veterans and families that there has not been a breach of their data, and there is no systemic data security issue. The recent determination by the Office of the Australian Information Commissioner (OAIC) relates to an individual case in 2017 whereby the individual opted out of participation in the program and DVA did not fully implement this request. DVA has unequivocally apologised for this.

Veterans have always had the ability to opt out of the program, however DVA has taken steps to more prominently communicate this, so veterans can make an informed decision about their participation.

The OAIC determination has highlighted that DVA's notices to veterans could include more information about how their billing information would be used for the purpose of the MATES program. More information about privacy, and the ability of veterans to opt-out of the MATES program has been added to DVA's website and MATES program materials.

The Secretary has requested a review of the MATES program to ensure that all requests to opt out of the program have been actioned appropriately, and to provide further assurance of compliance with the opt out provisions under the program.

DVA is engaging with the OAIC openly and in good faith, as it looks to improve its processes.

More information about the MATES program and the use of personal information can be found at [Veterans' MATES | Department of Veterans' Affairs \(dva.gov.au\)](#) and [Home \(veteransmates.net.au\)](#)

Regards,
Sonia Gregory
Acting Deputy Commissioner NSW/ACT
Director, Claims Processing and Education Schemes
Claims Assessment Branch
Client Benefits Division
m 0473 811 977
e sonia.gregory@dva.gov.au

Intimate, raw in places, sometimes shocking, always authentic. To those who would aspire to lead that part of the Nation's treasure, our men and women in military uniform, read this book.

Peter Casgrove, Infantry Platoon Commander, Vietnam - 1969/70

A most accurate and enduring example of Australian Infantry operations at platoon level; comparable in quality and impact to the classic *All Quiet on the Western Front*.

LTCOL Russell Linwood, ASM - Bibliographer Royal Australian Regiment Association

Dave's book is well worth reading and young officers would be well advised to get a copy and understand what makes a good platoon, commanded by a very good platoon commander.

Harry Smith SQ MC

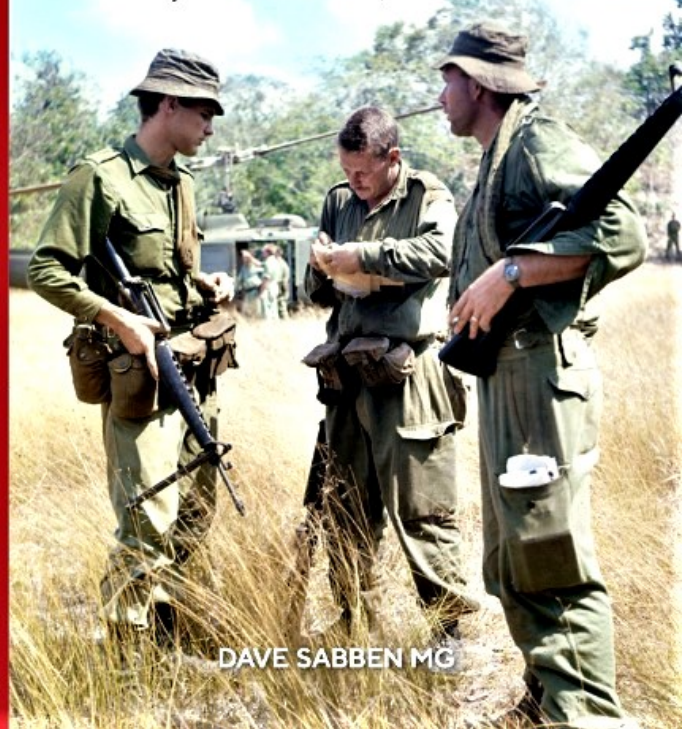


MENTIONS IN DESPATCHES

DAVE SABBen MG

MENTIONS IN DESPATCHES

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



DAVE SABBen MG

VIET NAM

We know about the politics that got us into and out of the 'war'. We know about the big battles: Long Tan, Coral, Balmoral, Binh Ba... We know about the social issues: conscription, drugs, moratoriums, the uneasy returns home... And we know about the legacy: the trauma, the PTSD, the divorces, the suicides...

But do we know what actually happened there? Do we know exactly what our soldiers did, day-by-day, week-by-week? Do we understand what they experienced? What they did? What they thought about what they did?

This book will take you into an average Infantry Platoon for a 12-month 'Tour of Duty' in the year the Task Force base was set up.

It will take you from the early days - June 1966 - when a bare rubber plantation was occupied in the middle of an enemy controlled province, and a new operational base established.

Hundreds of soldiers endured getting six two-hour sleeps every three days for weeks on end. In between those sleeps, they patrolled with heavy kit in dust-dry or monsoon-wet (but always-dangerous) conditions to clear the enemy from their own bases. And when not on patrol, they were digging pits, trenches, command posts and latrines. When not on patrol or digging, they were clearing the undergrowth and erecting barbed wire fences.

And when they did sleep, it was on groundsheet under plastic 'hoochies' without lights and always with a weapon within reach. Showers were rare but mildew was everywhere. Food was mostly out of ration cans; feet were rarely out of boots.

It was only later, when the base was a little more secure, that tents and stretcher beds became available. Then the pace did slacken, but only slightly. One- and two-day patrols gave way to one- and two-week operations, as they cleared further out from the Nui Dat base.

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Special arrangements can be made for quantities
or specific delivery instructions. Or you can order
your book(s) now and pay later.

In either of these cases, please email:
dave@sabbenmidbook.com

Once your order is received, we will contact you
before posting to ask how you would like the book(s)
endorsed by the author. In this case, your
phone or email contact details will be required.



DAVE SABBen MG

David Sabben was born in Suva, Fiji in 1945 but moved to Australia in 1958 to attend High School in Sydney, where he boarded through to Leaving Certificate in 1962.

Aged 20 in 1965, Dave volunteered for the first intake of Australia's National Service scheme. He applied for officer training and completed the first course of the Scheyville National Service Officer Training Unit (1OTU).

In January 1966 Dave was posted to 6RAR in Brisbane and appointed commander of 12 Platoon. 6RAR was sent to Viet Nam in June 1966. Dave served the full 12 month tour and was a platoon commander at the Battle of Long Tan for which he was recommended for a Military Cross (MC) but that award was downgraded to an MID. In 2008, the award was upgraded to a Medal for Gallantry (MG).

After returning to Australia in 1967, Dave was discharged from his National Service obligation but served a further four years with the CMF, attaining Captain rank. He resumed his civilian career first in Sydney and then Melbourne, finally working as a Project Manager in the computer (IT) industry.

Dave retired in December 2004 and has spent his retirement mostly writing. He lives on the Mornington Peninsula in Victoria with his Melbourne born wife, Di.



Topics include:

- Knowledge, skills and resources to assist the transition to civilian life
- The transition process – in both practical and emotional terms
- Personal and social adjustments following discharge.

Stepping Out is a two day group program developed for ADF members and their partners who are about to, or have recently, separated from the military.

Our next programs are:

Date: Tuesday 5th & Wednesday 6th September

Time: 9:30am - 4:30pm

Location: Woden, ACT

Registration closes: 28th August 2023

To register for this program, call **1800 011 046**, or visit OpenArms.gov.au and search for 'Stepping Out'.



Topics include:

- Understanding mindfulness; a practice to shift focus from 'what has happened in the past' and 'what may happen in the future' to 'what is happening right now'.

Relaxation and Stress Management is a one day group program designed to introduce you to mindfulness - a strategy to assist in the alleviation of a variety of moderate physical and psychological conditions such as pain, stress and depression.

Our next program is:

Date: Friday 15th September

Time: 9:30am - 4:30pm

Location: Woden, ACT

Registration closes: 8th September 2023

To register for this program, call **1800 011 046**, or visit **OpenArms.gov.au** and search for 'Stress and Relaxation'.

Royal Commission Dead Line!

Tell your mates: Royal Commission deadline is fast approaching

People now have fewer than 70 days to lodge a submission with the Royal Commission examining the treatment of veterans and serving ADF members.

Submissions must be lodged by Friday October 13.

But there's good news: lawyers from the Defence and Veterans Legal Service are providing free assistance with the preparation of submissions to that enquiry.

This legal service has specialist lawyers in all states and territories, and it also assists the families of current and ex-serving people.

Importantly, its legal support is confidential and completely independent of all agencies - including ADF, DVA and the Defence Department.

The Royal Commission into Defence and Veteran Suicide represents a major opportunity. It aims to right past wrongs and improve the treatment of current and future veterans and ADF personnel.

If you'd like to know more, call the Defence and Veterans Legal Service on 1800 33 1800 to chat about your options. You can remain anonymous if you wish to. All its services are free.

**Share your story
with the Royal
Commission into
Defence and
Veteran Suicide
by 13 October 2023**

For free and independent help with the preparation of a submission, call us on **1800 33 1800**



Republic of Vietnam Cross of Gallantry with Palm unit Citation

Dear All,

You will recall that in September 2018 an application was made to Defence Honours and Awards that those members of the Army who served at Fire Support Bases Coral and Balmoral should be awarded the Republic of Vietnam Cross of Gallantry with Palm Unit Citation (the VCGPU or Citation).

After much correspondence the application was eventually denied by Army and I then appealed to the Defence Honours and Awards Appeals Tribunal. On 31 May 2022 the Tribunal advised me that it had;

Decided to recommend that all units and elements of the 1st Australian Task Force – Vietnam be awarded the VCGPU: and

Also recommend to the Minister that the Department of Defence be directed to consider whether there are any other units of the Australian Defence Force that should similarly be recommended to be awarded the VCGPU.

I am pleased to advise you that today I have received a letter from the Hon Matt Keogh MP, the Minister for Defence Personnel, that the Department of Defence has recently completed the necessary research required to identify the relevant units, and consequently individuals, who are eligible to apply for and receive the Citation. I also received my Citation in today's mail.

As soon as practical please draw the attention of your members to this welcome decision and to the following webpage on the Directorate of Honours and Awards website,

[Republic of Vietnam Cross of Gallantry with Palm Unit Citation | ADF Members and Families | Defence.](#)

This page includes a further site, [List of Army Units eligible for the Vietnam Cross of Gallantry with Palm Unit Citation \(PDF 191.07 KB\).](#)

Information on making an application for the Citation, including those made by family members of deceased Vietnam veterans who may be eligible, can be found at

[Defence Medals Application Form | ADF Members and Families | Defence.](#)

With best regards,

Max Ball

For more information please copy this link and open it in your browser:

<https://www.defence.gov.au/adf-members-families/honours-awards/medals/foreign-awards/republic-vietnam-cross-gallantry-palm-unit-citation>



**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**

**RSL Woden Valley
Sub-Branch
14/27 Mulley Street
HOLDER ACT 2611**

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