

# RSL WODEN VALLEY SUB-BRANCH ENEWS



February 2024



## PRESIDENT'S MESSAGE

Dear Members,

Welcome to the February eNews, that marks the start of Autumn and the promise of beautiful Autumn colours.

Firstly, it's great to see the pictures of last Friday's Coffee Catch Up at which an excellent crowd gathered to celebrate Peter Sutton's birthday. Although I was unable to attend, I've been assured that kind words, cake and camaraderie abounded. I thank Mick O'Donnell for organising this informal function as it also marked the start Peter's road to recovery after his recent stroke. On behalf of our members, I wish Peter and Kath all the very best as they continue Peter's rehabilitation. I also advise members that Peter has stood down from his role as the Vice-President Welfare on the Board and from all other official duties, while he recovers. Although I'll do so more formally later, I take thank Peter for his wonderful contribution to our Sub-Branch and it's members over many years. This applies especially to his commitments to the Eddison Day Club and to the Volunteer Welfare role. He has never been shy when it comes to helping anyone who might a hand or a call.

Please note several articles that refer to events that require speedy action if you wish to obtain a ticket. I also highlight the raffle being conducted by the Highgate RSL Sub-Branch that, amongst other things, is associated closely with the WA State War Memorial.

Having recently seen a notice about the Corey Helmet that is displayed at the AWM, I thought it appropriate to reissue some of the articles that refer in more detail to Corey's service and to his connection to our Sub-Branch. I thank Bill Smith for co-ordinating the publication of these articles, particularly as they feature another former Sub-Branch President, Alex Reynolds, who shared Bill's passion and who was instrumental in having Corporal Corey properly recognised.

Please note the Hearing Survey that should be of interest to many readers and the notice about the *Saluting Their Service Grant* for which we will apply with a view to enhancing *The Corey Room*, its functionality and the memorabilia that are displayed there.

Please also note tomorrow's OGM that was rescheduled from last week when, for what I think is only the first or second time in more 10 years, we did not reach a quorum.

We have attached at the end of this newsletter, the Soldier On newsletter and advice from Open Arms and Invictus Australia about activities and courses they offer. Although these events might not suit many of our members directly, they demonstrate the sort of support that is available to younger veterans and their families.

Lastly, I note that, while we're not officially involved with either the legislative reforms process or the evolution of the Queanbeyan Veterans and Families Hubs, we are liaising informally and will engage with their respective staff as and when we feel it appropriate to do so.

Best wishes to all, be kind to each other and to yourselves, and don't forget to call if you need any advice or support,

Jim Gilchrist

# RESCHEDULING OF THE FEBRUARY 2024 OGM

Dear members,

The OGM scheduled for Tuesday 27 February 2024 did not achieve a quorum. Therefore, in accordance with the Sub-Branch Constitution, the OGM is rescheduled and will be held at 1400 hours in the Sub-Branch office, Holder on Tuesday 5 March 2024. The number of members attending that meeting will constitute a quorum.

Regards,

Greg



**Greg Kennett**

Secretary

Woden Valley Sub-Branch

Australian Capital Territory

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**At the Coffee Catch Up on Friday 1 March we celebrated the birthday of our Vice President Welfare Peter Sutton.**





**THE HON MATT KEOGH MP**  
MINISTER FOR VETERANS' AFFAIRS  
MINISTER FOR DEFENCE PERSONNEL

**28 FEBRUARY 2024**

**MEDIA RELEASE**

### **CONSULTATION NOW OPEN ON VETERANS' LEGISLATION REFORM**

The Albanese Government has today released exposure draft legislation which will simplify and harmonise the century old veterans' entitlements, compensation and rehabilitation system.

The current system is difficult to understand and complex to administer. The Royal Commission into Defence and Veteran Suicide found the system was "so complicated that it adversely affects the mental health of some veterans and can be a contributing factor to suicidality."

Following consultation, the draft legislation will simplify the veteran compensation system, with all claims to be considered under a single Act. Under the new system:

- All new claims for compensation and rehabilitation from the date of commencement would be assessed under a single Act, an improved *Military Rehabilitation and Compensation Act (MRCA)*;
- The *Veterans' Entitlements Act 1986* and the *Safety, Rehabilitation and Compensation (Defence-related Claims) Act 1988* would be closed to new claims following commencement of the new arrangements;
- All benefits being received under existing schemes will continue unaffected under grand-parenting arrangements. Any new claims after the commencement date (including claims for worsening of pre-existing conditions) will be assessed under the improved MRCA.

There will also be a number of improvements including:

- introduction of a new Additional Disablement Amount to provide similar benefits as the Extreme Disablement Adjustment for those post retirement age;
- making the higher travel allowance under MRCA available to all veterans and for all kilometres travelled;
- providing a pathway for veterans currently only covered by DRCA to qualify for the Specialist Medical Review Council and a Gold Card if they have a new claim accepted and
- increasing the general funeral allowance to \$3,000 with the amount previously set at \$2,000.

Today's release of draft legislation follows the Government's earlier consultation on a pathway to simplify the veterans' legislative framework, and provide better support to veterans and their families. Feedback from that consultation has guided the proposed changes announced today.

I welcome feedback and submissions from the veteran community and general public on the draft Veterans' Entitlements, Treatment and Support (Simplification and Harmonisation) Bill 2024, submissions close on 28 April 2024.

More information on the proposed legislation changes, and opportunities to provide feedback can be found here – [Veterans' Legislation Reform – Exposure Draft Consultation | Department of Veterans' Affairs \(dva.gov.au\)](#)

**MEDIA CONTACT:** [media.team@dva.gov.au](mailto:media.team@dva.gov.au)



*From The War Memorial page:*



**Aust War Memorial**

@AWMemorial



Individual painting of helmets as souvenirs was not something traditionally done by Australian troops during the First World War. One of the most elaborate exceptions to this was the helmet belonging to Corporal Ernest Corey who served with 55 Battalion between 1916 and 1918.



## ***Article from the RSL The Serviceman, ANZAC Edition April 2020***

### ***THE COREY HELMET***

Bill Smith and Alex Reynolds have for years researched and promoted the cause of former Australian soldier Ernest Albert Corey, who served in WWI and is the only man awarded the Military Medal four times. He painted his helmet which includes flags and battle honours and is on display in the Australian War Memorial. Ernie Corey died in 1972 aged 81 and is buried in the Military Section, Woden Cemetery.

Bill's son-in-law and artist, Mark Lonsdale volunteered to paint the Sub-Branch iconic helmet which sits atop the Lee Enfield .303 rifle and replicates the original hand-painted helmet owned by Corey from many years ago.

At a special ceremony in the Sub-Branch office, and after appropriate speeches by Bill Smith, Alex Reynolds and President Jim Gilchrist, Alex proceeded to unveil the newly painted helmet.



Speeches were being made prior to the unveiling and artist Mark Lonsdale explained the details involved in the process.

All those who attended were very impressed by the excellent work that Mark had performed in reproducing the colours, battle honours and highlights of the helmet.

Mark said it was an honour; a gesture of thanks to all those who currently serve and have served our country.







A speech by President Jim and the newly painted helmet on display.  
Below is a photo of Ernie's helmet from the display cabinet in the Palestine Section at the AWM.



During the proceedings, the President announced that the large meeting room will be refurbished with suitable memorabilia, including trophy cases, conference facilities, banners and a military audio and pictorial library.

A plan is underway to collate previously documented material and write it into a book that not only honours Ernie Corey, but remembers his RSL membership and taps into the 103-year history of the Woden Valley Sub-Branch.

The grave of 2143 Corporal Ernest Albert Corey, MM with 3 Bars at the Woden Cemetery.





## Highgate RSL Sub-Branch ADF Sword Raffle (value c. \$1500) Choice of Navy, Army or Airforce pattern

Highgate RSL Sub-Branch in Western Australia is conducting a raffle with your chance to win this brilliant, brand new **ADF Officer's Sword** with scabbard. Your choice of Navy, Army or Airforce pattern made to military specification. Package includes tan leather sword bag and sword knot. Value c.\$1500 kindly donated by *Sword World*.



To enter, contact any Highgate committee member to buy a ticket **OR** simply click on the link [HERE](#) and fill out the details on the form provided. Tickets are \$20 each with only 300 on sale. The raffle will be drawn 20th May 2024 at 1215pm at Anzac House, Perth WA, with the results of the draw published on 3rd June at: <https://highgate-rsl.org.au/> Upon confirmation of pattern selected, the prize will be couriered FOC to the winning ticket holder.

Permit No. LS221191424





**Australian Government**  
**Department of Health  
and Aged Care**



# Hearing Services Program Survey

The Department of Health and Aged Care administers the Australian Government Hearing Services Program. The program provides subsidised high-quality hearing services and devices to eligible Australians.

## We want to hear from you



The program has been delivering hearing services for over 20 years. We are reviewing and exploring ways the program can be improved, to make it better for you and simpler for providers.

If you receive subsidised hearing services, we have created an online survey to get your feedback on possible changes to these services.

## Timing

The survey will open on **19 February 2024** and close on **1 April 2024**.

It will take approximately 15 minutes to complete and your responses will help inform this review.



## Have your say

Use the QR code to go to the survey or visit our website and click the survey link [health.gov.au/hear](https://health.gov.au/hear)



[health.gov.au/hear](https://health.gov.au/hear)



## New grant opportunity!



### Saluting Their Service Commemorative Grants Program

The Saluting Their Service Commemorative Grants Program aims to commemorate the service and sacrifice of Australia's defence personnel in wars, conflicts and peace operations, and their families.

The Australian Government is inviting eligible organisations to apply for grant funding under the Saluting Their Service Commemorative Grants Program (the program).

The program is designed to provide funding for projects that promote appreciation and understanding of the experiences of service and the roles that those who served have played, and to preserve, add to the sum knowledge on, or provide access to information about Australia's wartime heritage.

There are 2 categories of grants available under the program:

### 1. Community Grants (STS-CG)

Grants to a maximum of \$10,000 are available for local, community-based projects and activities.

### 2. Major Grants (STS-MG)

Grants between \$10,001 and \$150,000 are available for major commemorative projects and activities that are significant from a national, state, territory and/or broader regional perspective.

Applications are now open and close **9:00 pm AEDT on Wednesday 5 February 2025.**

Find out more on [Current Grant Opportunity View - G06758: GrantConnect](#)





## **Tickets for international 2024 Anzac Day services now available.**

The Department of Veterans' Affairs is pleased to announce that tickets are now available to attend the 2024 Anzac Day Dawn Services in France and Türkiye.

Recognising the 109th anniversary of the start of the 1915 Gallipoli campaign in the First World War, services will be held on the dawn of 25 April 2024 to commemorate our brave Anzacs on the fields where they fell.

The Anzac Day Dawn Service in Gallipoli, Türkiye will take place at the Anzac Commemorative Site within the Gallipoli Peninsula. This will be followed by a mid-morning Australian Memorial service at Lone Pine Cemetery, the site of one of the fiercest battles that the Australians fought during the First World War.

The Dawn Service in France will be held at the Australian National Memorial near Villers-Bretonneux, France, followed by a service at the Digger Memorial, just outside the town of Bullecourt. The local French government will hold a series of smaller services in Villers-Bretonneux and Bullecourt throughout the day.

*Kahlil Fegan DSC AM, Repatriation Commissioner said, "Anzac day is a time to come together with your loved ones in solemn reflection of those who have sacrificed so much. There's something truly moving about sharing this experience on the sacred battle fields of France and Türkiye. If you're able to travel, I encourage you to get your tickets today."*

Those planning to attend the Dawn Services can get their free attendance passes online at <https://commemorations.teg.com.au/en/>  
Early registration is essential. For entry requirements and travel advice for France and Türkiye, visit [smartraveller.gov.au](http://smartraveller.gov.au).

For those unable to travel, the services in France and Türkiye will be broadcast live on the ABC.

## **Revisit Korea 2024 -**

**For the information of you and your Korean Veteran Members and their families.**

**“Dear all,**

**Hope this finds you well. Thank you for your patience, I am writing to announce Re-visit Korea Program 2024 to you.**

**The Ministry of Patriots and Veterans Affairs of the Republic of Korea has proposed to invite Veterans and their family members to participate in Revisit Korea 2024.**

**The proposed dates for this year are April, July and November.**

**Quotas to Australians can be found on the information attached, which is inclusive of carers.**

**Please have a thorough read of the information given, and fill out the application form attached and return it to me no later than **Friday 15th March, 2024**.**

**My email address and postal address can be found below.**

**Please note that the schedule could be subject to change, then we will inform you as soon as we get updated.**

**It would be grateful if you could spread this news to anyone else who would be interested and eligible.**

**I would be happy to answer any questions you may have!**

**Best regards,**

**Blair**

**유혜림 Blair Hyelim Yu (Ms.)**

**주호주국방무관부 실무관 Research Officer**

**Office of the Defence Attaché,**

**Embassy of the Republic of Korea  
113 Empire Circuit**

**Yarralumla ACT 2600**



## Relaxation and Stress Management

**<Time> 9:30am – 4:30pm**  
**<Date> Friday 15th March**  
**<Location> Wagga**  
**1 day**

This program will provide information, skills and tools to assist participants to identify and manage stress and develop relaxation and mindfulness skills that can assist in everyday life.

**Topics include:**

- understand the stress response and why relaxation is important
- develop skills in relaxation and mindfulness and develop focused attention.

**Who can attend:**

Current and ex-serving ADF members, partners, adult children.

**Registration closes: 01/03/2024**



Find out more or register your interest by contacting Open Arms – Veterans and Families Counselling on **1800 011 046** or visit **[www.openarms.gov.au](http://www.openarms.gov.au)**.

**OPEN ARMS**  
Veterans & Families Counselling

*A service founded by Vietnam veterans,  
now for all veterans and families*

P 04552



## Managing pain

**<Time> 9:30am – 4:30pm**

**<Date> Thursday 21st &  
Friday 22nd March**

**<Location> Woden**

This is an educational and skills based program which assists participants to develop an understanding of pain and focus on strategies to improve their experience of pain.

**Topics include:**

- develop effective pain management strategies including long-term pain management strategies
- understand the relationship between thoughts, behaviour, lifestyle factors and pain.

**Who can attend:**

Current and ex-serving ADF members, partners, adult children.

Registration closes: **04/03/2024**



Find out more or register your interest by contacting Open Arms – Veterans and Families Counselling on **1800 011 046** or visit **[www.openarms.gov.au](http://www.openarms.gov.au)**.

**OPEN ARMS**  
Veterans & Families Counselling

*A service founded by Vietnam veterans,  
now for all veterans and families*





Phone 1300 620 380 | Email [getsupport@soldieron.org.au](mailto:getsupport@soldieron.org.au)

<https://soldieron.org.au/>  
February 2024

## Welcome to the February Soldier On eNewsletter!

We'd love to share with you some exciting opportunities, good news stories and ways you can get involved.

Thank you for being a valued member of our Soldier On community

### MARCH ON

## The March On Challenge kicks off next

Our biggest fundraising event of the year, March On, kicks off next Friday. Throughout the month of March, thousands of people will challenge themselves to walk or run 96kms - the length of the Kokoda Track - to raise awareness and vital funds for the work we do to support veterans' mental health.

It's a great way to get active, connect with others, and raise funds for an important cause.

You can [March On Challenge : Register](#) and we'll be here to help every step of the way! Our team around the country will be holding local events early in the month to get you off to a great start - keep an eye on our social media for details.

Visit the [March On Challenge : Home](#) or email [marchon@soldieron.org.au](mailto:marchon@soldieron.org.au) to find out more.



**WE'RE HIRING!**

## Join the Soldier On team

We're currently looking for Program and Engagement Officers to join our team in Perth and Canberra. These officers play a vital role in supporting and empowering Soldier On participants by providing a range of programs and engagement activities.

The role involves planning and facilitating events, offering employment and education support, engaging with community partners, and fostering corporate relationships to promote Soldier On initiatives.

It's a great team to be part of, so if you or someone you know sounds right for the job, we'd love to hear from you! Find out more by clicking [Program and Engagement Officer Job in Perth WA - SEEK](#) and [Program and Engagement Officer Job in Canberra ACT - SEEK](#)



## EDUCATION OPPORTUNITIES

# Frontline Labs: Potential Unleashed

Frontline Labs, a Soldier On Education Partner, is now taking applications for their next Veteran Entrepreneur Training (VET-1) program. The Soldier On partnership means that courses are fully funded for our participants who successfully apply, with travel and accommodation scholarships available for interstate travelers.

Frontline Labs is a veteran-led health promotion charity, whose purpose is to foster the entrepreneurial spirit and celebrate the veteran business community. Their business development programs assist ADF members, veterans, and their spouses as they transition to civilian life.

The VET-1 and VET-2 programs were developed with the guidance of industry experts and veteran mentors. More than 100 veteran and spouse businesses around Australia have been supported by the VET programs. With a handful supported in venture capital and Series A and B funding.

[Alex \(Frontline Labs VET-1 Cohort 2\) \(youtube.com\)](#)

[VET-1 Cohort 3 | Frontline Labs](#)

[SUBSCRIBE | Frontline Labs](#)

# FRONTLINE LABS





# Thoroughbred Breeders Australia

Have you ever considered a career working with horses? [Thoroughbred Breeders Australia | Facebook](#) has been a Pledge Partner of Soldier On since 2022 and is also a valued Education Partner.

Applications for their Fast Track program are now open.

Join an online information session to learn about this traineeship program, which would enable you to enjoy 12 months full-time paid employment on a stud farm while studying for a Certificate III in Horse Breeding – a nationally recognised qualification.

Open to anyone with a passion for horses regardless of experience.

Find out more via the website: [About the Fast Track Program – Thoroughbred Breeders Association \(tbaus.com\)](#)

RSVP for the information session here: [Thoroughbred Breeders Australia fast](#)



# Security Career Event - Parramatta

Asset College, in partnership with Wilson Security, are hosting an event on 29 February from 10am to 1pm in Sydney (Parramatta) for those interested in a career in the security industry.

[Security Company Melbourne, Sydney, Brisbane, Perth | Wilson Security](#), Australia's leading provider of security protection employs over 7900 security personnel across Australia and are actively recruiting for new team members. [Security Career Event - Parramatta Tickets, Multiple Dates | Eventbrite](#)

## Skills Academy

Skills Academy is open to students aged 13-18 from Defence or ex-Defence families, and this term's calendar is out now!

Check it out and sign up at [Skills Academy | Soldier On Australia](#)

Skills Academy is a free, online career readiness initiative between Soldier On and IBM.

It's designed to equip students from Defence and ex-Defence families with essential skills and knowledge to thrive in the job market through engaging workshops, industry guest speakers and networking opportunities.



# AN INVITATION

## Canberra Gala Ball

**Our first Gala Ball for the year is happening in Canberra on 5 April. These events are a wonderful opportunity for us to connect with and celebrate our Soldier On community while raising funds for our life-changing support services.**

**We are delighted to have as our esteemed keynote speaker for this event Vasyl Myronshnychenko, Ambassador of Ukraine to Australia and New Zealand.**

**If you'd like to join us, for ticket click here [Canberra National Gala | Soldier On Australia](#)**







# Defence Community Sports Day

So many sports, all in one place! Join Invictus Australia for a thrilling Family Sports Day at Tuggeranong Archery Club. Come & Try Archery, Wheelchair Sports, Pickleball, Electronic Sports, Table Tennis, Indoor Rowing, Drone Racing and more... Family friendly festival atmosphere created by organisations passionate about defence. Face painting , fairy floss and fun - see you there!

**When:** Saturday 23rd March 2024

**Time:** 11am - 3pm

**Where:** Tuggeranong Archery Club  
299 Soward Way, Greenway, ACT

**Who:** This is a FREE activity for the Defence Community – Serving, former serving & family members

Email us for more info:  
[ddimmock@invictusaustralia.org](mailto:ddimmock@invictusaustralia.org)

**Ready to have fun!**

Register via the QR code



# CROSSFIT KARUNA

## Intro to CrossFit - West Gosford

Invictus Australia and the team at CrossFit Karuna would like to invite you to an Intro to CrossFit Night. This family friendly event is designed to accommodate people of all abilities and fitness levels. Come on down and see what CrossFit is all about.

- When:** 13 March 2024
- Time:** 6.30pm - 8.00pm
- Where:** CrossFit Karuna  
304 Manns Rd, West Gosford NSW  
2250
- Who:** This is a FREE activity for the Defence Community – Serving, former serving & family members
- Provided:** Coaches & Equipment, please bring towel and water



### Ready to join!

Scan QR code for registration.

Email us for more info:  
[jmartyn@invictusaustralia.org](mailto:jmartyn@invictusaustralia.org)

INVICTUS  
AUSTRALIA

CROSSFIT  
KARUNA





# 12 Week Group Fitness Program with UTS

Invictus Australia and the University of Technology Sydney are seeking dedicated participants to join us on a 12 week fitness journey in Holsworthy on Wednesday mornings. This program is open to all members of the defence community including families and of all fitness levels.

**When:** 21 Feb 24 - 15 May 24

**Time:** 9.30am - 10.30am

**Where:** TBC - Holsworthy LGA

**Who:** This is a FREE activity for the Defence Community – Serving, former serving & family member

**Provided:** Exercise fitness program from UTS staff and students.



**Ready to join in!**

Register via the QR code

Email us for more info:  
[jmartyn@invictusaustralia.org](mailto:jmartyn@invictusaustralia.org)

**INVICTUS AUSTRALIA**  
UNCONQUERED TOGETHER







# (not)parkrun Walking Group

Invictus Australia and Soldier On would like to invite all current and former serving military members and their families to join us for a Not Parkrun Walking Group in Maitland. This group is for all ages and abilities. Join us for a walk followed by a coffee at Lavenders cafe.

**When:**

Friday 19th Jan, 2nd & 16th Feb, 1st, 15th & 29th Mar, 12th & 26th Apr

**Time:**

9.30am – 11.00am

**Where:**

Maitland Riverside Carpark

**Who:**

All former and current serving military members and their families.

To find out more email [jmartyn@invictusaustralia.org](mailto:jmartyn@invictusaustralia.org)





**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 as 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

**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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