

RSL WODEN VALLEY SUB-BRANCH ENEWS



January 2024



PRESIDENT'S MESSAGE

Dear Members,

Welcome to the January eNews that is the first for 2024 and for our 2024 Financial Year.

I trust that most of you had a good Christmas/New year period, and you were able to share some good times with family and friends. I also hope that most of you have started 2024 with a renewed enthusiasm for whatever it is you enjoy doing. For those of you who struggled through this period, I invite you to contact the Office and see what support we might be able to offer you.

To all of you, I note that the Board and I will continue to build on the ideas we discussed and the plans we developed last year to provide for a sustainable future for our Sub-Branch. While these ideas and plans will evolve as some external factors continue to affect us, we will focus on obtaining the people, finances and other resources we need to support our more than 500 members. We will continue to offer spare capacity to other members of the Veteran Community in the ACT and region where and when possible. To that end, I thank those who attended to the January OGM for their contribution to some robust and constructive discussion about several key issues. I encourage all members who are able to do so, to attend future meetings and join the fun as we consolidate our present position and prepare for the future. The key to this work will be the development and application of a succession plan that covers all functional elements within our Sub-Branch. While external funding will remain an important planning factor, people will remain the key to our sustainability, as without people, we can't really do anything of consequence.

I draw your attention to Minister Keogh's Media Release about *the Queanbeyan Veterans and Families Hub*, the funding for which has now been approved. Some of you might also have read the article in the *Canberra Times* that included comments by former ACT Branch President, Peter Eveille, about what this Hub might mean to the Veteran Community in the ACT. Peter is working with the Queanbeyan RSL Sub-Branch on which the Hub will be based. Having delved further into these two documents, I confirm that, while the Hub is not expected to be available as a stand-alone facility until mid-2026, RSL LifeCare Veteran Services, supported by the NSW RSL Branch, will be expected to deliver services from now and grow them as resources are provided to meet the assessed workloads. While we have no formal role in these processes, we will keep a watching brief and will offer our advice as and when appropriate.

Last week, I confirmed our invitation for the ACT Minister for Seniors and Veterans, Ms Emma Davidson, to visit our Sub-Branch. This visit will provide a meet-and-greet opportunity for the Minister and our members, and an opportunity for us to brief her on the work we are doing. WE will also raise some of the issues we must address if we are to maintain our recent and forecast workloads, including those relating to younger veterans and their families. We will also outline the demographic of our membership and the support they need and deserve. While this will briefing will complement the effort that is rightly being placed on younger veterans and their families, it will highlight some critical gaps that we believe must be addressed also.

Some of you will have noticed a new face in the pictures of the OGM and last week's Coffee Catch Up. I welcome Roberto Corrielli, who started work with our Welfare Team last Thursday. While details of Roberto's duties will evolve, please introduce yourselves to him when you can, either in person or by telephone as we are keen to reinforce our team of Welfare volunteers.

Please note that the Coffee Catch Ups have started again, and the Eddison Day Club continues to meet informally at the Irish Club. Please stay alert for an invitation to the Day Club's 20th birthday party that is tentatively scheduled for Friday, 08 March, at the Irish Club.

In closing, I advise that the *Items of Interest* will restart next week and we will continue to provide a month eNews. Feel free to contribute questions or articles you feel might be of interest to our members.

Best wishes to all, be kind to each other and to yourselves, and don't forget to call if you or anyone you know might need a call or some support,

Jim Gilchrist
President

First this year Sub-Branch ORDINARY GENERAL MEETING on Tuesday 30 January 2024



First this year coffee catch up on Friday 2 February 22024



EDDISON DAY CLUB

20th BIRTHDAY

The EDDISON DAY CLUB's 20th birthday will be celebrated on Friday the 8th of March at the Irish Club. All past members are cordially invited to attend as well as all other interested Sub-Branch members. People attending are asked to arrive by 11am for a shortened program of activities before lunch and departure at 2pm. All queries should be directed to Ian Gollings on 0405 236 210 for the time being. Please signify your intention to be there by phoning Alex on 02 6285 1931 at the Sub-Branch office.



THE HON MATT KEOGH MP
MINISTER FOR VETERANS' AFFAIRS
MINISTER FOR DEFENCE PERSONNEL
THE HON KRISTY MCBAIN MP
MEMBER FOR EDEN-MONARO

MEDIA RELEASE

23 JANUARY 2023



NEW HUB – A WIN FOR VETERANS AND FAMILIES IN THE QUEANBEYAN REGION

Minister for Veterans' Affairs Matt Keogh and Member for Eden-Monaro, Kristy McBain, have today announced RSL LifeCare Veteran Services will receive a \$5.4 million grant to develop a new Veterans' and Families' Hub in Queanbeyan.

This Hub will be established by RSL LifeCare, working in partnership with RSL NSW and other local ex-service organisations, to develop the dedicated space to support veterans and their families.

The Queanbeyan Hub will be developed in a "Hub and Spoke" model across the electorate of Eden-Monaro and the ACT, connecting to 10 RSL sub-branches in the ACT and in nearby NSW to provide outreach services across the region.

With more than 4,500 veterans in the Queanbeyan region and more than 22,000 in the ACT, this unique model will be so important to ensure veterans and their families across the region can access services and supports close to home.

The proposal continues to build on RSL LifeCare Veteran Services' own strong connections to both the NSW and ACT veteran communities through their existing Hubs.

The expansion of the Veterans' and Families' Hubs network in Queanbeyan is part of the Albanese Government's \$46.7 million commitment to deliver ten Veterans' and Families' Hubs across the country.

For more information about Veterans' and Families' Hubs, visit: www.dva.gov.au/vfhubs

Quotes attributed to Minister for Veterans' Affairs, Matt Keogh:

"I'm proud to announce that RSL LifeCare Veteran Services, in partnership with RSL NSW will lead the establishment of the Veterans' and Families' Hub in Queanbeyan.

"This Hub, like those being rolled out around the country, will be unique, set up as a Hub and Spoke model to ensure the more than 26,000 veterans in the region can access the services and supports they need and deserve.

"While each veteran community around the country is different, RSL LifeCare will be able to bring the experiences and insights gleaned at their Nowra Veterans' & Families' Hub and their RSL LifeCare Veteran Wellbeing Centres to Queanbeyan.

"The significant consultation undertaken with the local veteran community in the development of the business case for this Hub and ongoing engagement will ensure it is best set up to serve the local veteran community."

Quotes attributed to Member for Eden-Monaro, Kristy McBain:

"For the thousands of personnel who leave the ADF each year, transition to civilian life requires major readjustments. It's a significant event for Defence members and their families, and it can be both a challenging and traumatic time.

"That's why this new Veterans' and Families' Hub in Queanbeyan is great news for our community, because it means over 26,000 current and former ADF personnel and their families will be able to access support where they live.

"This is a great way for RSL LifeCare Veteran services to expand their footprint and their ability to support veterans and their families in a friendly and welcoming environment – where their experiences are understood and their military service is respected.

"We want to see local veterans and veteran's groups involved in the development of this Hub to make sure it suits the changing needs of current and former ADF members and their families at all stages of service.

"Whether you need a coffee and a chat, access to wellbeing support, or you just want to meet like-minded friends, you'll be welcome at the Veterans' and Families' Wellbeing Hub in Queanbeyan."

MEDIA CONTACTS:

DVA Media: media.team@dva.gov.au



RSL WODEN VALLEY SUB-BRANCH DIARY 2024

08 Jan	Office reopens	
09 Jan	WV SB Board Meeting	1330 Corey Room
26 Jan	Australia Day public holiday	Office closed
30 Jan	WV SB OGM	1400 Corey Room
13 Feb	WV SB Board Meeting	1330 Corey Room
27 Feb	WV SB OGM	1400 Corey Room
08 Mar TBC	Eddison Day Club Birthday	Irish Club
11 Mar	Canberra Day public holiday	Office closed
12 Mar	WV SB Board Meeting	1330 Corey Room
26 Mar	WV SB OGM	1400 Corey Room
29 Mar	Good Friday public holiday	Office closed
01 Apr	Easter Monday public holiday	Office closed
09 Apr	WV SB Board Meeting	1330 Corey Room
24 Apr	ANZAC Eve Dinner	1800 Orion Room CSCC
25 Apr	WV SB ANZAC Day Service	0830 Eddison Park
25 Apr	ANZAC Day March AWM	1000 Sub-Branch Contingent
25 Apr	ANZAC DAY public holiday	Office closed
14 May	WV SB Board Meeting	1330 Corey Room
27 May	Reconciliation Day public holiday	Office closed
28 May	WV SB AGM/OGM	1400 Corey Room
10 June	King's birthday public holiday	Office closed
11 Jun	WV SB Board Meeting	TBA
25 Jun	WV SB OGM Dinner	TBC
09 Jul	WV SB Board Meeting	TBA
30 Jul	WV SB OGM	TBA
13 Aug	WV SB Board Meeting	TBA
27 Aug	WV SB OGM	TBA
10 Sep	WV SB Board Meeting	TBA
24 Sep	WV SB OGM	TBA
07 Oct	Labour Day public holiday	Office closed
08 Oct	WV SB Board Meeting	TBA
29 Oct	WV OGM Dinner	TBC
4-8 Nov	Remembrance Day Poppy Appeal	Canberra
12 Nov	WV SB Board Meeting	TBA
11 Nov	Remembrance Day Service	1030 at Australian War Memorial
26 Nov	WV SB OGM	TBA
10 Dec	WV SB Board Meeting	TBA
04 Dec TBC	WV SB Christmas lunch	1200 for 1230 CSCC TBA
13 Dec	Christmas closedown	From midday

GROUP PROGRAM SCHEDULE

JANUARY – JULY 2024

ACT

BUILDING BETTER RELATIONSHIPS

CANBERRA

Thursday 22nd & Friday 23rd Feb |

9:30am – 4:30pm

2 days

MANAGING PAIN

CANBERRA

Thursday 21st & Friday 22nd March |

9:30am – 4:30pm

2 days

RELAXATION AND STRESS MANAGEMENT

CANBERRA

Friday 5th April | 9:30am – 4:30pm

1 day

STEPPING OUT

CANBERRA

Thursday 16th & Friday 17th May |

9:30am - 4:30pm

2 days

SLEEPING BETTER

CANBERRA

Thursday 30th & Friday 31st May |

9:30am – 4:30pm

2 days

RECOVERY FROM TRAUMA

CANBERRA

Thursday 20th & Friday 21st June |

9:30am – 4:30pm

2 days

UNDERSTANDING ANXIETY

CANBERRA

Thursday 25th & Friday 26th July |

9:30am – 4:30pm

2 days

ONLINE GROUP PROGRAMS

NATIONAL

[View the website for upcoming dates](#)



<https://www.openarms.gov.au/get-support/programs-workshops/upcoming>

In addition to the above face-to-face groups, Open Arms also provides a range of educational online training and workshops.

These groups are scheduled on demand. To register your interest and for the most up to date information visit:

<https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>



1800 011 046
OpenArms.gov.au



BEATING THE BLUES

This skills-based program can help you understand the situations and thinking patterns that can contribute to depression, and learn strategies and techniques to help manage symptoms.

DOING ANGER DIFFERENTLY

This program will help develop a better understanding of anger, recognise the impact that anger can have on you and your relationships and make practical changes.

MANAGING PAIN

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.

STEPPING OUT

This program is for ADF members and their partners who are about to, or have recently separated from the military.

SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help managed disturbed sleep.

PARENTING PROGRAMS

Parenting Programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their families.

BUILDING BETTER RELATIONSHIPS

COUPLES ONLY GROUP PROGRAM

Building Better Relationships can help you rediscover what's important in your relationship, and help strengthen and rebuild the relationship with your partner.

UNDERSTANDING ANXIETY

This program will help you better understand anxiety, and link between thoughts, feelings and behaviour when you are experiencing anxiety.

RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

RELAXATION & STRESS MANGEMENT

This program provides skills and tools to help you identify and manage stress, and develop relaxation and mindfulness skills that can assist in everyday life.

To register your interest or for the most up to date information visit the Open Arms Website <https://www.openarms.gov.au/getsupport/treatment-programs-and-workshops> or Scan the QR Code



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

GROUP PROGRAM SCHEDULE

JANUARY – JULY 2024 cont.

SNSW

SLEEPING BETTER

WAGGA WAGGA

Thursday 29th Feb & Friday 1st March |

9:30am - 4:30pm

2 days

RELAXATION AND STRESS MANAGEMENT

WAGGA WAGGA

Friday 15th March | 9:30am – 4:30pm

1 day

UNDERSTANDING ANXIETY

WAGGA WAGGA

Thursday 2nd & Friday 3rd May |

9:30am – 4:30pm

2 days

STEPPING OUT

WAGGA WAGGA

Thursday 27th & Friday 28th June |

9:30am – 4:30pm

2 days

ONLINE GROUP PROGRAMS

NATIONAL

[View the website for upcoming dates](#)



<https://www.openarms.gov.au/get-support/programs-workshops/upcoming>

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OPEN
Veterans & Families
Counselling
ARMS

1800 011 046
OpenArms.gov.au





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.

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

Invitation to Dedication Ceremony: For Every Drop Shed in Anguish



The Chair of the Council of the Australian War Memorial, the Honourable Kim Beazley AC, and the Director, Mr Matt Anderson PSM, are pleased to extend an invitation to attend the dedication of the Sufferings of War and Service sculpture, *For Every Drop Shed in Anguish*.

Informed by a committee of veterans and families, Australian artist Alex Seton created *For Every Drop Shed in Anguish* to provide a place at the Memorial for those who have experienced and witnessed the ongoing trauma that can result from service, and for visitors to reflect on this experience.

When: **Thursday, 22 February 2024 at 9.30am**

Where: **Sculpture Garden, Australian War Memorial**

Please RSVP by Thursday 18 January 2024

Poppies will be available for guests to place at the sculpture at the end of the ceremony. Guests may bring their own flowers or items to place at the sculpture at the end of the ceremony.

If you are unable to join us in person, the ceremony will be streamed live on the Memorial's [YouTube channel](#), and the recording will be made available on the Memorial [website](#).

Please do not hesitate to contact rsvp@awm.gov.au or telephone 02 6206 9813 if you have any queries. Open Arms support services will be available at the ceremony.

We look forward to welcoming you.



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

Office hours are
9am-3pm Mon-Fri

PS.

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