

RSL WODEN VALLEY SUB-BRANCH ENEWS



March 2020



The Best wishes for happy 100th birthday for Gwendoline Jackson. Gwen received a certificate, flowers and card for turning 100 yo.

Left photo: Gwendoline Jackson and Fay Neil.



VOLUNTEERS NEEDED FOR ANZAC APPEAL WEEK



20 - 24 April

Please contact us
on 62851931 if you
can help staff a
booth for the
ANZAC Appeal.

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Gwendoline Jackson's 100th birthday certificate, cake with the violin music and the best wishes from Minister Gordon Ramsay.



100
HAPPY
BIRTHDAY



Recent RSL OGM Dinner 25 February



**Top Photo: Guest speaker RSL
Woden Valley Sub-Branch
member TERRY COLHOUN**

**Right photo : President Jim
Gilchrist and Ross Smith**



Save this date - Note the day has changed to Thursday this year.



Don't forget 10.30 on 2 April 2020 Thursday

RSL Woden Valley Sub-Branch

**31st ANZAC AND PEACE CEREMONY COMMEMORATION,
EDDISON PARK, LAUNCESTON STREET, PHILLIP**





WODEN VALLEY RSL SUB-BRANCH ANZAC EVE DINNER 24 APRIL 2020

ANZAC DAY

The President and Board of the Woden Valley RSL Sub-Branch have pleasure in inviting you and your guests to the annual ANZAC Eve Dinner and Rededication Ceremony at the Canberra Southern Cross Club in Woden on **Friday 24 April at 6pm**

Our guest Speaker is the **President of Legacy Australia, Rick Cranna OAM.**

Please book and pay by cob Friday 17 April

Cost is \$48pp with a limited dry till for beer, house wines, orange juice and softdrink.

Phone us on 6285 1931 with your credit card details; or call in person for cheque or credit/debit card payment at the Sub-Branch Office, Level 2A, 27 Mulley Street HOLDER ACT 2611. If by direct credit (EFT) to **bsb 062 908 account number 1084 1897** include your name and advise the office of your booking by e-mail to admin@rslwoden.org.au –to make sure we cater for you and your dietary requirements.



Menu

Mains: Either:

Slow Cooked Riverina Lamb Rump

with sweet potato and pumpkin filo, petite vegetables, parmesan tuile & garlic jus

Corn-fed Chicken Breast

with brioche crumbs, black sesame carrots, garlic potato torte, sugar snap peas & red currant jus

Dessert Either

White Chocolate Crème Brulee Raspberry sorbet, biscotti (GF)

Warm Chocolate Brownie Chocolate gelato, Baileys cream

Complimentary Shared artisan breads served with fresh butter and a balsamic reduction & cold pressed extra virgin olive oil

Freshly brewed Lonsdale Street Roasters coffee and selection of teas

There is a limited dry till for beer, house wines, orange juice and softdrink.

Cash bar is available for extra/other drinks.



ANZAC DAY SERVICES 2020



2 April Thursday

31st ANZAC and Peace Ceremony commemoration. Eddison Park, Launceston street, Phillip.

24 April Friday

Our annual ANZAC Eve Dinner, 1800 at the Southern Cross Club, Woden.

25 April Saturday

05:30-06:00 Dawn Service Australian War Memorial

08:30 Eddison Park ceremony by RSL Woden Valley (8-seater bus to War Memorial and return to Eddison Park will be available)

10.30-noon Australian War Memorial.

Chief Minister's Concert

Tuesday 24 March 2020

1pm

Albert Hall, Commonwealth Avenue, Yarralumla



Join in the fun at the Chief Minister's Concert on Tuesday 24 March. The Band of the Royal Military College will be putting on an unforgettable show. Held at the historic Albert Hall the concert is sure to impress!
Numbers are limited. Reservations can be made by contacting COTA ACT on 6282 3777 or online www.concert20.eventbrite.com.au

Please note: no catering (including tea/coffee) is available at the venue.

Getting there

The Albert Hall is located on Commonwealth Avenue, Yarralumla (beside the Hyatt Hotel).

By car

Coming from the South

Continue along Adelaide Avenue as it turns into Commonwealth Avenue. After the turn off to the Hyatt Hotel, exit left at the Albert Hall (before the lake)

Coming from the North

Travel over Commonwealth Bridge and past the Albert Hall and Hyatt Hotel. At the traffic lights turn right onto Coronation Drive. At the roundabout turn right onto Flynn Drive. Turn right onto Kay St. There is ample parking around the venue, but please note this is timed pay parking.

By bus

Catch the 300, 313 or 343 from any major bus station and get off at the Albert Hall stop.

We are grateful to the following organisations for their sponsorship of ACT Seniors Week:

You are invited to a Social Art Program for Veterans

The program costs are covered by ACT Government Grant



Four Sessions 0930 – 1130

Held on:

- *18 March*
- *25 March*
- *1 April*
- *8 April*

Participants are expected to be available for all four sessions.

Program conducted by Margaret Hadfield

Professional artist for over 20 years in the Canberra /Queanbeyan region.'

Location: Artists Shed 88 Wollongong St Fyshwick ACT 2609

This program offer a broad range of mediums including Watercolour, Oils, Acrylics as well as a variety of surfaces. Only odourless oils and solvents are used which makes for a healthier solution to those who are sensitive to the regular paints/solvents. All materials included.

Refreshments and Return Transport to and from the venue will be provided.

Please contact: Rania Kalimeris
RSL Woden Valley Sub-Branch
27 Mulley St HOLDER ACT 2611

Phone: 62 88 747 or 62 85 1931 to reserve a place.

2020 GROUP PROGRAM SCHEDULE

JANUARY - JULY

AUSTRALIAN CAPITAL TERRITORY

RECOVERY FROM TRAUMA

CANBERRA

Monday 2 - 3 March | 9:30 – 4:00pm
Two Day Program

UNDERSTANDING ANXIETY

CANBERRA

Wednesday 1 - 2 April | 9:30 – 4:00pm
Two Day Program

DOING ANGER DIFFERENTLY

CANBERRA

Thursday 14 - 15 May | 9:30 – 4:00pm
Two Day Program

BUILDING BETTER RELATIONSHIPS

CANBERRA

Wednesday 20 - 21 May | 9:30 – 4:00pm
Two Day Program

MANAGING PAIN

CANBERRA

Thursday 18 - 19 June | 9:30 – 4:00pm
Two Day Program

STEPPING OUT

CANBERRA

Monday 20 - 21 July | 9:00am – 4:00pm
Two Day Workshop

Please note, Open Arms provides a range of suicide intervention programs - safeTALK, ASIST and Mental Health First Aid. These suicide intervention groups are available on request. To register your interest and for the most up to date information visit:

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

OPEN
Veterans & Families
Counselling
ARMS

1800 011 046
OpenArms.gov.au



ACT Seniors Expo

Date: 26 March 2020

Time: 10:00am - 3:00pm

Location: Exhibition Park in Canberra

Cost: Free

Uncategorised



Held from 10am-3pm at Exhibition Park in Canberra the Expo brings together more than 120 exhibitors to inspire, inform and connect older Canberrans to the groups, activities and organisations available to them.

The Expo is designed to showcase businesses and organisations, giving Canberra seniors information on:

- lifestyle options
- retirement and aged care advice and options
- travel opportunities
- investment ideas
- government services
- community links
- social and leisure activities
- health and fitness
- and more!

ACT Seniors Week

23-29 March 2020

ACT Chief Minister's Concert

Tuesday 24 March 2020

ACT Seniors Week Expo

Thursday 26 March 2020

Positive Ageing Awards

Friday 27 March 2020

Nominations are now open!

Do you know someone who does an amazing job working with older people, or an older person who has made a contribution to the ACT Community?

Why not nominate them for a Positive Ageing Award!

Award categories are:

Senior Achiever:

An older person who has contributed to the ACT Community

Intergenerational award:

A person or group who has worked to bring together multiple generations (can include an older person working with young people, or a young person working with older people)

Age Friendly Canberra:

A person or group who has worked to make Canberra a more age friendly place, or has worked to help older people be more active in the community

Transport Services award:

A person or group who provide exemplary transport services to older people

Nominations can be completed online

<https://www.cotaact.org.au/events/seniorsweek2020/awards2020/>

or you can email events@cotaact.org.au for a nomination form.

Meeting of our Carers Friendship Group on Monday 24 February. We had a very successful get together with support and friendship offered within the group. As well as interesting conversation we created a very positive environment with our musical instruments.

People in photo: Scott Powers, Jill Kelly, Rania Kalimeris, Dorothy Seedsman, Val Brown, Florence Sofield and Sharyn Quantrill



RSL WODEN VALLEY SUB-BRANCH

Next Carers Friendship Group 30 March 20 9.30 am

Call Rania on 02 6285 1931 to book. Carers Friendship Group

Open to all carers of our veterans. Please contact Rania Kalimeris for details Phone:
02 62887470



Burrangiri

***Social and recreation
support.***

***Next RSL Woden Valley
Sub-Branch***

day visit and lunch

***takes place 19 March 20
- 10.30 am***

***Call Rania on 02 62851931
to book.***

Volunteers information Day

11 March 10 -12am

Call Rania

on 02 62887470 to book

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

Or drop in for a coffee
Fridays at 10.30am

Our office hours are
9am-3pm Mon-Fri

Did you know?

**E-News and The Serviceman are also readily
available to read on our website
www.rslwoden.org.au**

