

# RSL WODEN VALLEY SUB-BRANCH ENEWS



March 2023



## PRESIDENT'S MESSAGE

Welcome to the March Newsletter that signals the end of the first month of Autumn and the approach of Easter, the school holidays (that might still be of interest and/or relevance to some of you), and the preparations for ANZAC Day.

Thanks to our Office Manager, Alex, for compiling this edition that records events we have conducted or been involved with in the past month, distributes news of some coming events that will be hosted by others, and passes on information that might interest some of you.

Although it is short notice, I commend to you the Annual Legacy Concert scheduled for tomorrow. I'm sure that late comers will be welcome to attend.

We had an excellent attendance at our OGM last Tuesday afternoon and some good discussions. It is always good to have so many members support these meetings where they are briefed on recent events, and they can contribute to the planning process. At the OGM, former Sub-Branch President, David Millar, presented the Sub-Branch with a book that outlines New Zealand's involvement in the Gallipoli Campaign. David spoke of the emotions that he and his wife, Pauline, felt when they visited the Te Papa Museum in Wellington, New Zealand, recently. On behalf of our members, I thank David and Pauline for this generous gift that will be available in our library in *The Corey Room*.

I also thank the Marist College for inviting us to guide their Year 9 Students through parts of the Woden Cemetery as part of their *Footsteps Day*. In thanking those members who guided the students, I note that they were impressed by the students and the interest they showed in this tour.

As always, I thank all of our members who contribute to the ongoing success of our Sub-Branch through the support they provide to other members and to members of the broader Veteran Community.

In closing I advise you all to stay alert for messages about the ANZAC Eve Dinner to be held on 24 April at 1800 for 1830, at the Canberra Southern Cross Club; and the ANZAC Day service at Eddison Park, Phillip, at 0800 on ANZAC Day. Dress for the dinner will be jacket and tie with medals or miniatures; and the guest speaker will be advised shortly.

Best wishes to all of you and remember to be kind to each other and to yourselves,

Jim Gilchrist

President

# LEGACY VARIETY CONCERT



TICKETS  
VIA TICKETEK  
**\$25**  
PLUS BOOKING FEE

**STARRING**

**KEITH POTGER**  
**'CELEBRATING THE SEEKERS'**

**AND FEATURING AN ALL STAR CAST**

LEISA KEEN  
LAURIE McDONALD  
CHARLOTTE WINSLADE  
SING AUSTRALIA  
& MEMBERS OF ROYAL  
MILITARY COLLEGE BAND

**SAT 1 APRIL 2023 - 2PM**  
**NATIONAL CONVENTION CENTRE, CANBERRA**



## **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 there 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**

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**RSL WV Sub-Branch Ordinary General Meeting on Tuesday 28 March.**

**During the OGM David Millar presented to Jim Gilchrist a book "The Scale of Our War" the New Zealand story of a defining campaign and a monumental exhibition by Christopher Pugsley, Michael Keith, and Puawai Cairns, with a foreword by Richard Taylor.**





**Marist College Canberra - Footsteps Day Information - Defence Service Day 22/3/23.**

Marist College Canberra hosted another “Footsteps Day” (Year 9 College program) devoted to giving students a detailed understanding of our Defence Forces and the sacrifices that our veterans have made. Students learned about the story of Corporal Ernest Corey. Also, a veteran Woden Valley RSL volunteer discussed with student groups what ‘Defence service’ is, as they accompanied students through the Ex-Service section of the Woden Cemetery.



From left: Ian Gollings, Matt Calder (teacher), Anthony John, Mick O`Donnell, Peter Sutton, Matt Griggs, Greg Kennett.

Not shown: Brian Calder



Matt Calder with Students



Matt Calder and Mick O`Donnell



Photos below: Marist College` students with Peter Sutton and Matt Griggs.







**Grave of Brian and Joyce Cook.**



**Grave of Captain Emily Deidre Kelly.**



## Commemorative medallion to mark 50 years since the end of Australia's involvement in the Vietnam War

Good afternoon colleagues,

Yesterday, the Prime Minister, the Hon Anthony Albanese MP, and the Minister for Veterans' Affairs, the Hon Matt Keogh MP, launched a commemorative medallion to honour those who served in the Vietnam War.

This year marks the 50th anniversary of the end of Australia's involvement in the Vietnam War. Some 60,000 Australians served in the Vietnam War, more than 3,000 were wounded and 523 tragically lost their lives. The medallion is a small but meaningful way to honour the service of Vietnam veterans and to recognise the sacrifice of those who never returned home and that of their families.

The medallions are available for every veteran, and can be applied for by Vietnam War veterans, widows of veterans and other family members of veterans. The launch of the medallions continues the Australian Government's recognition of this significant anniversary throughout 2023, culminating in a national commemorative service on Vietnam Veterans' Day, 18 August 2023.

For more details on the commemorative medallion, including how to apply, or for more information about the other commemorative events planned, visit the DVA website: [www.dva.gov.au/vietnam50](http://www.dva.gov.au/vietnam50).

Please circulate this to your members and community to encourage those eligible to request a medallion.

Regards,

Victoria

Victoria Benz

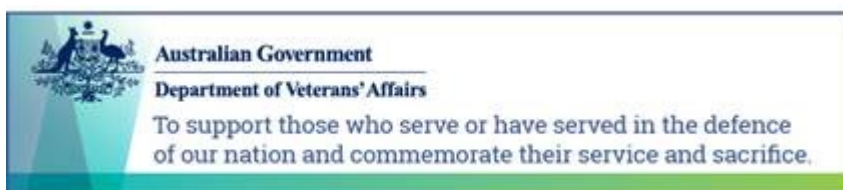
Deputy Commissioner, NSW & ACT

Department of Veterans' Affairs

Tel (02) 9213 7878 Ext 417878 Mobile 0417 654 347

[Victoria.benz@dva.gov.au](mailto:Victoria.benz@dva.gov.au) or [dc.nsw.and.act@dva.gov.au](mailto:dc.nsw.and.act@dva.gov.au)

[www.dva.gov.au](http://www.dva.gov.au)





# Anzac Day 2023

from AWM website



**Anzac Day is our day of national commemoration.**

On Tuesday 25 April, the Australian War Memorial will mark the 108th anniversary of the Gallipoli landings in 1915, as well as commemorating all Australians who have served and died in military operations. The 2023 Anzac Day commemorative program includes:

- Dawn Service **at 5.30am**
- The Aboriginal and Torres Strait Islander Veterans Association Commemorative Ceremony

**ACT RSL Veteran's March at 9.30am**

For more information contact [admin@actrsl.org.au](mailto:admin@actrsl.org.au) or call (02) 9161 7690

- Last Post Ceremony **at 4.45pm**

## Overview

The 2023 Anzac Day Dawn Service and RSL Veterans' March will be held in the Captain Reg Saunders Courtyard and Sculpture Garden, with large viewing screens available on the grounds of the Memorial and on Reid Oval for public viewing.

**Tickets are not required to attend the Dawn Service and Veterans' March, but tickets are required to enter the galleries and attend the Last Post Ceremony.**

For those unable to attend commemorations in person, the events will be shown on ABC TV and online. Broadcast details will be advised closer to the day.

Click on the drop-down menus below for more information.

Information regarding Anzac Day will be updated on the website nearer the date. For further enquiries please email [ceremony@awm.gov.au](mailto:ceremony@awm.gov.au) or call (02) 6206 9813

**More details – click link below:**

<https://www.awm.gov.au/commemoration/anzac-day>



The Australian War Widows' (ACT) & RSL LifeCare  
invites you to attend the

# Field of Remembrance Dedication & Anzac Service

Friday 21 April 2023

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Time: 10:00am, for 10.30am to 11.30am

*followed by light refreshments*

Location: Sir Leslie Morshead Manor and El Alamein Village  
26 Archibald St, Lyneham

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Dress Code: Business attire

Orders, decorations and medals may be worn

RSVP: 1 April 2023 RSVP online: [click here](#)

Kerry Morris: 0437 027 901 | [events@rsllifecare.org.au](mailto:events@rsllifecare.org.au)

RSL  
**LifeCare**





**Celebration of Greek Independence Day on Sunday 26 March. Andre Bobets laid a wreath on behalf of the RSL Woden Valley Sub-Branch and John King on behalf of the RSL ACT Branch. We could see the Greek flags all over Canberra.**



Photo above: Andre Bobets



Photo above: John King





Australian Government  
Department of Veterans' Affairs

transforming  
**DVA**

Dear Valued Veteran and Family Support Organisation,

### DVA Mental Health and Wellbeing Service Experience Survey

DVA is conducting a survey of veteran and family experiences with mental health and wellbeing support services provided by the Mental Health and Wellbeing Services Division (including Open Arms – Veterans & Families Counselling).

The survey will not ask for any identifying information, and individual respondents will not be recognisable. Data provided will help inform the co-design of a future model of mental health and wellbeing service delivery to guide how we provide support to Australian veterans and families.

We welcome contributions from current and former Australian Defence Force members, as well as families of living and deceased veterans.

We would appreciate you sharing the following survey link to members of your organisation and your broader networks:

[Have your say on DVA's mental health and wellbeing services | Department of Veterans' Affairs](#)

If members of your organisation haven't used the specific services listed in the survey, they are still welcome to complete the last question in the survey, which asks for ideas for improving overall mental health and wellbeing support services and experiences for veterans and families.

There is also the option for service users to register for a one-on-one interview at the end of the survey. This is completely voluntary, but respondents will need to identify themselves and their contact details. This information will be collected on a separate site and cannot be linked to survey responses.

If members would like to provide feedback on the survey and/or interview registration process they can either do so within the survey itself, or by emailing [mhwsd.strategic.development@dva.gov.au](mailto:mhwsd.strategic.development@dva.gov.au)

Members are welcome to share the survey link with friends, family members and networks who might also be interested in participating.

Your ongoing support of the Division's Service Review and Transformation Program is very much appreciated.

Leanne Cameron

First Assistant Secretary

Mental Health and Wellbeing Services

Department of Veterans' Affairs

Department of Veterans' Affairs – MHWS Strategic Development GPO Box 9998 Brisbane QLD 4001 1800 838 372



## APRIL

2nd [Autism Awareness Day](#)  
 7th [Good Friday](#)  
[World Health Day](#)  
 8th [Easter Saturday](#)  
 9th [Easter Sunday](#)  
 10th [Easter Monday](#)  
 11th [Easter Tuesday \(TAS\)](#)  
 15th [World Creativity & Innovations Week](#)  
 22nd [Earth Day](#)  
 25th [Anzac Day](#)

### Looking for ideas? Why not consider:

- Plan an exercise class
- Host a walk
- Have a healthy cooking class
- Host an art class

## MAY

1st [Heart Week 2023](#)  
[Labour Day \(QLD\)](#)  
[May Day \(NT\)](#)  
 8th [Victory in Europe \(VE\) Day](#)  
 12th [International Nurses Day](#)  
 14th [Mother's Day](#)  
 15th [National Families Week](#)  
[National Volunteer Week](#)  
 17th [International Day Against LGBTQIA+ Discrimination](#)  
 22th [Exercise Right Week](#)  
 26th [National Sorry Day](#)  
 27th [National Reconciliation Week](#)  
 28th [Int Day of Action for Women's Health](#)  
 29th [Reconciliation Day \(ACT\)](#)  
 31st [World No Tobacco Day](#)

### Looking for ideas? Why not consider:

- Healthy heart seminar
- Promote heart health program
- Celebrate and acknowledge volunteers
- Display the rainbow flag
- Display Reconciliation Week poster and share resources

## JUNE

1st [Bowel Cancer Awareness Month](#)  
[Pride Month](#)  
 5th [Western Australia Day \(WA\)](#)  
 7th [World Heart Rhythm Week](#)  
 12th [Men's Health Week](#)  
[King's Birthday \(Except WA, QLD\)](#)  
 14th [World Blood Donor Day](#)  
 21st [International Day of Yoga](#)  
[Red Apple Day](#)  
 27th [PTSD Awareness Day](#)

### Looking for ideas? Why not consider:

- Host men's health screening
- Plan a workshop on stress reduction
- Host a men's walk followed by a BBQ
- Organise a group blood donation session
- Organise a guest speaker about PTSD and mental health awareness

1800 VETERAN or 1800 838 372



# HEALTH PROMOTION

SERVICE FOR OLDER PEOPLE

## Free Health Education Sessions!

Call: 1800 451 488/  
Mobile: 0404 548 063

- To organise free a health education session/s for the groups of seniors
- To volunteer
- For more information

Health Promotion Service for Older People, CPSA  
Lachlan Tower  
Level 3, 17-21 Macquarie St  
Parramatta NSW 2150

Phone: 02 8836 2146/00  
Mob: 0404 548 063  
Country Callers: 1800 451 488  
Fax: 02 8836 2101  
Email: [health@cpsa.org.au](mailto:health@cpsa.org.au)  
Web: [www.cpsa.org.au](http://www.cpsa.org.au)

The Health Promotion for Older People is a free service which provides free health education on the topics listed. These can be presented face to face even with an interpreter or online by Zoom. This service also trains volunteers to present on these topics. We welcome your call to become a volunteer or to arrange a talk/s. Please contact us: 0404 548 063 or [health@cpsa.org.au](mailto:health@cpsa.org.au)

### Topics cover:

- [Arthritis Management](#)
- [Diabetes Awareness](#)
- [Falls Injury Prevention](#)
- [Medicine Management](#)
- [Oral Health Care](#)
- [Healthy Bone & Osteoporosis](#)
- [Healthy Bladder & Bowel Habits](#)
- [StrokeSafe](#)



2023

# EDUCATIONAL SEMINAR



**JO TWIBLE**  
PRINCIPAL



**CRAIG PHILLIPS**  
SNR FINANCIAL PLANNER, ACCREDITED AGED CARE PROFESSIONAL



**KERSTIN GLOMB**  
SPECIAL COUNSEL IN ESTATE PLANNING



**LUISA CAPEZIO**  
ACCREDITED AGED CARE PROFESSIONAL

## RETIREMENT VILLAGES & SUPPORTIVE CARE: LEGAL, FINANCIAL & ESTATE CONSIDERATIONS

Hellenic Club of Canberra  
Matilda Street, Phillip  
10:00 am to 12:30 pm



PHILLIPS  
WEALTH PARTNERS

**10  
May,  
2023**  
—  
10:00 am



JOIN US FOR A SEMINAR ON



## RETIREMENT VILLAGES & SUPPORTIVE CARE: LEGAL, FINANCIAL & ESTATE CONSIDERATIONS

HEAR FROM LOCAL EXPERTS ON MATTERS CONCERNING LEGAL, ESTATE,  
FINANCIAL AND RETIREMENT PLANNING

Wednesday  
10 May 2023  
10 AM to 12:30 PM

HELLENIC CLUB  
Phillip ACT

**RSVP:**  
**REGISTER ONLINE (USE QR CODE)**  
**CALL SONYA 02 6281 0999**  
**EMAIL: [SONYA@KJBLAW.COM.AU](mailto:SONYA@KJBLAW.COM.AU)**





Calling all serving, former serving and family members in Canberra and surrounding regions! You're invited to the 2023 Defence Community Sports Day 🎯, hosted by [Invictus Australia](#), supported by Defence Health.

Come down to Tuggeranong Archery Club on Saturday 1 April to try one of the many sports on offer, enjoy a sausage, say hi to friendly faces from [Open Arms - Veterans & Families Counselling](#) and you can even get your face painted! 🍌

Don't forget to visit the photo booth to make some fun memories. There'll be lots of fun to be had and heaps of FREE activities for the whole family. What a great way to connect with other veterans and families, and have a great day out.

For more info, visit the Invictus Australia website [www.invictusaustralia.org](http://www.invictusaustralia.org).

Keep an eye on their website for more family days to be held across the country





## Committee Contacts

### President

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### Vice President

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### Member Welfare

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### Committee Members

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Marjanneke McGuire

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e) [marphil22@grapevine.net.au](mailto:marphil22@grapevine.net.au)

## What's up next !

29<sup>th</sup> March:

Lunch at the Mawson Club 10:30

12<sup>nd</sup> April

Monthly Meeting Weston Labor Club

## Change in the Air

Well just a little. This month's general meeting we will try something new.

The 29 March General Meeting will start at 10:30am with a 15 minute coffee and chat session followed by General Business prior to our guest speaker.

The guest speaker will be Peter Thomas. Peter is long standing member of ACT Scouts and Bushwalker. Peter will speak on his experiences with Operation Flinders which exists to be the leading provider of quality remote outback adventure programs for young people.

## Newsletter

Some might be wondering what happened to the newsletter this month. Well, at the start of COVID we took the step of producing the newsletter as a way of keeping in touch, with life returning to something like pre-COVID normal, so too have my commitments and my time to produce the newsletter has been reduced. The committee has taken the decision to produce the newsletter every second month with a "Note to Members" every other month with anything like events, important dates or notifications.

Putting a newsletter together is time consuming and I hope by doing this we can continue to put out a newsletter that is useful and informative. As I have said many times your contributions are always welcome, so I'd love to hear from you.

Rob Fredericksen

Secretary NSA Canberra South

0400856609



**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  
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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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**www.rslwoden.org.au****