

RSL WODEN VALLEY SUB-BRANCH ENEWS



March 2024

PRESIDENT'S MESSAGE



Dear Members,

Welcome to the March Newsletter that is about two weeks later than usual. However, during the last couple of weeks we collected some useful information that is reflected in the articles. We also confirmed, clarified and distributed some details of the events that most of you should be expecting.

Firstly, I refer readers to the notices about our ANZAC Eve Dinner and Rededication Ceremony, the ANZAC Day Service at Eddison Park, and the arrangements the ACT Branch and AWM have issued for the Dawn Service and National March.

In relation to the dinner, I confirm that, in addition to the Guest Speaker, David Mason, the newly appointed NZ High Commissioner to Australia, HE Andrew Needs, will attend, as will the National President of the RSL, Major General (Retd) Greg Melick. The Artist in Resident at the AWM and renowned violinist, Mr Chris Latham, will again support the Rededication Ceremony. I encourage you all to attend this event that helps set the scene for the commemorations that will follow on ANZAC Day. I also encourage members to introduce guests who have an affinity with the Veterans Community and who might join our Sub-Branch in due course.

Secondly, I highlight the ANZAC Day Service at Eddison Park and confirm that it starts at 0800h. Although this service will be quite low key, we expect support from the Salvation Army Band (Tuggeranong), vocalist Mr Drew Ashley, and members of the local Cadet Corps and Scout Group who will again provide some ceremonial support.

Next is the call for volunteers to assist with the Sub-Branch ANZAC Appeal that provides useful funds that support our operations. The Appeal also allows our members to engage with the community and promote the work we do in the ACT and region.

The National President's newsletter provides an overview of the issues and activities that have kept RSLA (formerly the National HQ) busy during the past three months. In noting the article about the Japan-Australia Grassroots Program, I add that two of our members, Peter Phillips and Terry Colhoun, were instrumental in initiating liaison between the RSL and Japan many years ago.

The DVA and Open Arms Newsletters promote some of their key projects and programs. In addition to members following the links provided in the briefs, our staff should be able to clarify most of the questions you might have about some of these programs and how to access them.

In relation to the National March, the event will again be restricted by the building works at the AWM. In summary, it will comprise a veterans' march past that will be reviewed by the G-G, HE General David Hurley, a short speech by a contemporary veteran, and the G-G's Address to the Nation. While there will be no service or laying of wreaths, seating will be available for participants to watch the march and listen to the addresses. ACT sub-branches will march as a group under the Branch banner. If you wish to march with the Branch, please register as shown on the attached flyer.

I remind members that the Sub-Branch AGM is scheduled for Tuesday, 28 May. We look forward to attracting a good attendance for that meeting at which the Board will report on our activities during 2023. At the OGM that will follow, the newly elected Board will brief members on the plans that will guide our Sub-Branch through the rest of this year and into a sustainable future.

In closing this message, I thank all members and others who continue to support our activities in any way, and ask that, while you continue to assist, you encourage some new people to join our teams.

Best wishes to all and don't forget to call our office if you or anyone you know needs some help,

Jim Gilchrist



**WODEN VALLEY RSL
SUB-BRANCH ANZAC
EVE DINNER
24 APRIL 2024**

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 **Wednesday 24 April at 6pm**



Our Guest Speaker is David Mason the Principal of Hawkwood Legal. Prior to establishing Hawkwood Legal, David worked as a government lawyer and for a decade, was Counsel, International Law in the Department of Defence. He advised senior officials and Ministers on international law issues, particularly around the wars in Iraq and Afghanistan. David drafted the first and only Australian Manual on the Laws of War. He was also, from 2013 to 2016, Deputy Chief of Staff to the Hon David Johnston, Minister for Defence, and later, National Security Adviser to the Hon George Brandis QC, Attorney-General of Australia. David is the only person to have served on operations as a French Foreign Legionnaire, Private Contractor, Australian Defence Civilian and an Australian Defence Force Officer.

Please book and pay by cob Friday, 12 April.

Cost is \$47 per person

The Sub-Branch will subsidise the cost for all drinks except spirits.

Phone us on 6285 1931 with your credit card details; or call in person for cash or credit/debit card payment at the Sub-Branch Office, Level 2A, 27 Mulley Street HOLDER ACT 2611.

By direct credit (EFT) to: **BSB 062 908 Account number 1084 1897 A/C name: Woden Valley RSL**

Sub-Branch 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: alternate serve

Black Angus sirloin, Parisian mash, braised eschalot and béarnaise sauce.

Grilled chicken breast, sour cream and chive mash, honey roasted carrot, creamy mushroom sauce.

Dessert: alternate serve

Passionfruit tart, fresh passionfruit, mint, crème chantilly (NF)

Warm sticky date pudding, salted caramel sauce and vanilla bean icecream

Complimentary Basket of sourdough rolls with cultured butter

Freshly brewed Lonsdale Street Roasters coffee and selection of teas.

Dress: Jacket and tie + medals/miniatures



WODEN VALLEY SUB-BRANCH ANZAC MORNING REMEMBRANCE CEREMONY 2024



**Join us at Eddison Park, Phillip
Tuesday 25 April 2024
Commencing at 08:00 am**



ANZAC APPEAL 2024

Dear Members,

The 2024 ANZAC Appeal will be conducted between Saturday, 20 April 2024 and Wednesday, 24 April 2024, generally between 9am and 5pm.

At this stage, we will only be at Coleman Court, Weston, as the space allotted to Charities at Westfield Woden has proved to be less than helpful.

Previously we have also had a table staffed by a volunteer at peak times at Kambah, Wanniasa and Mawson shops. However, the usual very willing and valued folk will be unavailable this year, so any other assistance would also be appreciated. Comprehensive training will be provided!!!

Once again, Please contact me or Alex if you could spare some time to help at the stand.

Jan Properjohn

Treasurer

RSL Woden Valley Sub-Branch

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President's Newsletter

Website: [The Returned & Services League of Australia - RSL Australia](https://www.rsl.org.au)

Thank you for subscribing to receive this newsletter. Each quarter, I endeavour to summarise the work RSL Australia has been doing to support and advocate for veterans and their families.

2024 promises to be a year of change, and the first quarter has demonstrated this. It's been a busy start to the year. The RSL has:

submitted a **Pre-Budget Submission** to Treasury requesting the Australian Government make provisions in the 2024-25 Budget to strengthen the health and wellbeing of Australia's veterans and their families,

submitted a **response** to the Aged Care 2023 Exposure Draft,

submitted an **evaluation** of the pilot Wellbeing and Support Program (WASP) run by DVA,

Shared a **paper** on the urgent need to review and uplift the DVA fee schedule so veterans don't experience barriers to healthcare,

Written a **letter** in support of DFWA on Military Invalidation Payments.

Significant consultation across the League is also underway to provide a response to the draft Veterans' Entitlements, Treatments and Support (Simplification and Harmonisation) Bill 2024 before the consultation period closes on 28 April.

Staying abreast of policy issues and veterans' affairs

Key policy issues in the veterans' affairs space are discussed by a council of delegates from each of the RSL State Branches at the [National Veterans' Affairs Committee \(NVAC\)](#). In the first quarter topics of discussion have included: The [Royal Commission](#), how to inform and engage members in [advocacy matters](#), the [Pre-Budget Submission](#), the [Legislative Reform](#), addressing the scarcity of Claims Advocates, and responding to the [Aged Care 2023 Exposure Draft](#).

The committee meets every two months. RSL Members are invited to submit topics for discussion via the [web form on the RSL Australia website](#).

Focusing on Defence and National Security

Many people who've served in uniform still feel a commitment to the national security of our country. They want to understand why governments are making decisions, and they want to have their voice heard. The [RSL Defence and National Security Committee](#) was set up in late 2023 to offer a voice to our members.

In the first quarter, the committee has discussed Personnel Recruitment (targets not being met), AUKUS (Challenging fiscal and personnel demands), Navy Surface Combatant Force, and issues faced by the Australian Defence Industry.

Members are invited to submit topics for discussion via the [web form on the RSL Australia website](#).

ANZAC Day 2024



This ANZAC Day, join the RSL in honouring all who have served our nation. There's no greater way to honour our ANZACs – and all who followed in their footsteps – than by attending an ANZAC Day service and keeping the ANZAC spirit alive. Services and events will take place across the country.

Find a service

[ANZAC Day 2024 — RSL Australia](#)

Japan-Australia Grassroots program



The Japan—Australia Grassroots Exchange Program provides descendants of Prisoners of War with an avenue for healing and understanding. In March, Mr Duncan Anderson RSL Deputy National President, Ms Joy Derham, daughter of Lance Corporal John ‘Jack’ Lonsdale (POW from 1942 – 1945), and Mr Trent Beilken, grandson of Private Robert Rolls (POW 1942), were invited to Japan in the spirit of reconciliation.

Over 300 care packages sent to ADF deployed overseas



In March, RSL volunteers spent the day at the 39 OSB Randwick Army Barracks packing care packages for members of the ADF and the Australian Federal Police who are deployed overseas on military operations. They generously give their time to show their appreciation to our service men and women. Thanks to our volunteers, over 300 care packages are on their way!

RSL Active - Connecting veterans, enhancing support circles



The RSL Active program offers recreation, events and activities for veterans and their families. There's something for everyone, from cycling to hiking, pottery to yoga, sailing to swimming. [The RSL Active Strava Clubs](#) have also been gaining popularity as a way to connect virtually, share fitness goals and participate in friendly challenges. Get involved, enhance your social and support networks and join the fun!

R S L A c t i v e

[RSL Active - Sport and recreation — RSL Australia](#)

For more regular updates, please follow our social media channels (links below). Each month a [summary of RSL Australia's work](#) is also published to the RSL Australia website.

Greg Melick

RSL Australia National President



Department of Veterans' Affairs

Key services

-  **MyService**
- Veteran Cards
- Mental health and support services
- Support for families
- Claim processing



Scan to access
DVA key services

Community support

- Ex-Service & Veteran Organisation support
- Health and Wellbeing Funding
- Building community capacity
- Volunteer support



Scan to access
DVA community
support

**Visit dva.gov.au or call
1800 VETERAN (1800 838 372)**

ACT Government's Home Energy Support Program

Home Energy Support Program Article

ACT Government rebates available for sustainable home upgrades

The ACT Government is providing eligible homeowners with up to \$5,000 in rebates to replace gas appliances with efficient electric alternatives, improve ceiling insulation and to install solar.

Eligible applicants are homeowners who hold one of the following:

Pensioner Concession Card

Veterans' Affairs Gold Card

Australian Health Care Card.

Households that have already made upgrades are noticing reduced power bills and are enjoying homes that are warmer in winter and cooler in summer.

The rebate may be combined with a zero-interest loan of up to \$10,000 to further reduce or remove the upfront costs through the [Sustainable Household Scheme](#). Not sure where to start? Contact the ACT Government's Sustainable Home Advice Team who will support you to understand how to access rebates and interest free options to make sustainable home upgrades.

Email: SustainableHomeAdviceProgram@act.gov.au

Phone: 1300 141 777 (weekdays 9am to 5pm excluding public holidays)

More information about the Home Energy Support Program can be found [here](#).



**Rebates
available for
energy efficient
upgrades**

 Find out if
you're eligible

 Everyday
climate
choices

 ACT
GOVERNMENT

Produced by Environment, Planning and Sustainable Development Directorate

BEATING THE BLUES

A skills-based group program to help understand the situations and thinking patterns that contribute to depression, and identify strategies to help manage symptoms.

BUILDING BETTER RELATIONSHIPS

Building better relationships can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

DOING ANGER DIFFERENTLY

Doing anger differently will help you to understand anger and manage it more effectively, so that it doesn't have a negative impact on your own, or others' lives.

MANAGING PAIN

This program will help you learn about pain and teaches you strategies and skills for effective pain management.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day workshop that teaches practical skills for helping a family member or friend who is experiencing mental health problems.

OPERATION LIFE: ASIST

The two day workshop aims to help you see, hear and respond to suicide signals. Preparing you to work with people at risk, increase their immediate safety and to get further help.

OPERATION LIFE: SAFETALK

In the safeTALK half day workshop you will learn how to become more alert to suicide prevention opportunities, and how to offer help.

PARENTING PROGRAMS

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

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 AND STRESS MANAGEMENT

Relaxation and stress management provides practical skills that can be used in everyday life to de-stress via mindfulness techniques.

RESIDENTIAL LIFESTYLE PROGRAM

The Residential lifestyle management program is designed for veterans and their partners who want to enhance their wellbeing and relationships.

SLEEPING BETTER

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

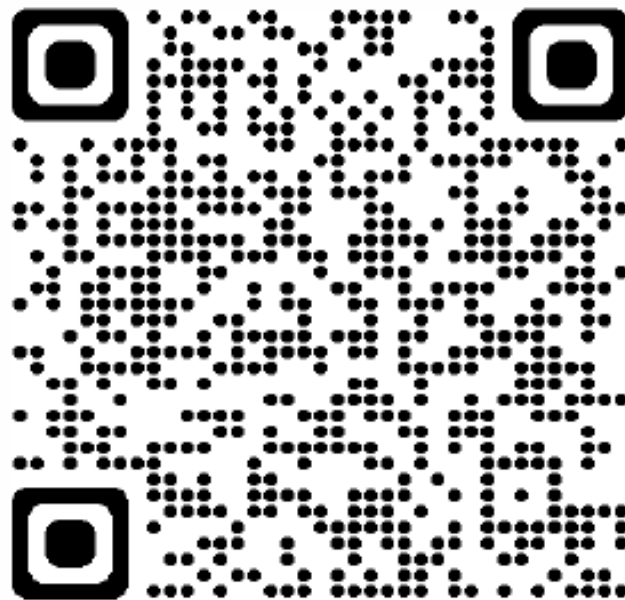
STEPPING OUT

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

UNDERSTANDING ANXIETY

This program will help you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stress.

OPEN ARMS GROUP PROGRAMS



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



UNDERSTANDING ANXIETY [Program registration | Open Arms](#)

WAGGA WAGGA

Thursday 2nd & Friday 3rd May |

9:30am – 4:30pm

- A program that teaches you strategies and skills for managing anxiety
- Understand the impact of military training and experiences on anxiety.
- Learn strategies to challenge/change unhelpful thoughts and behaviours.
- Discover lifestyle factors for managing anxiety.

Develop a Relapse Prevention Plan.

STEPPING OUT [Program registration | Open Arms](#)

CANBERRA

Thursday 16th & Friday 17th May |

9:30am - 4:30pm

- A workshop that examines the civilian transition process in both practical and emotional terms
- Discover key issues related to personal and social adjustment following discharge.
- Receive knowledge, skills and resources to assist you in making the transition to civilian life.

ADF members attending the program will be considered 'on duty at another location'.

SLEEPING BETTER [Program registration | Open Arms](#)

CANBERRA

Thursday 30th & Friday 31st May |

9:30am – 4:30pm

- Develop an understanding of the sleep process and factors impacting on sleep.
- Learn ways to reduce or eliminate factors detrimental to sleep and to introduce or enhance those beneficial to sleep.

Explore and understand the impact of sleep disturbances on mood, behaviour and relationships.

You can register from the links above or by calling 1800 011 046.

We hope to see more registrations for the groups.

If you have any questions, please do not hesitate to contact us.

Kind regards,

Naomi

Naomi | Social Worker

Group Program Coordinator/Clinical Care Coordinator ACT & SNSW

Open Arms – Veterans & Families Counselling

1800 011 046 [Open Arms - Veterans & Families Counselling](#)



ANZAC DAY 2024



On Thursday 25 April 2024, the [Australian War Memorial](#) will mark the Gallipoli landings in 1915, as well as commemorating all Australians who have served and died in military operations.

The 2024 Anzac Day commemorative program includes:

- Dawn Service at 5.30 am
- RSL ACT Branch Veterans' March at 9.30 am. Those wishing to participate must read the guidelines and register to march.
- Last Post Ceremony at 4.30 pm

LEARN MORE

<https://www.actrsl.org.au/commemorations>



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



(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 jmartynd@invictusaustralia.org

**INVICTUS
AUSTRALIA**
UNCONQUERED TOGETHER

**SOLDIER
ON**

medibank
parkrun



**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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