

RSL WODEN VALLEY SUB-BRANCH ENEWS



Have a very Merry Christmas and a happy New Year!

November/December 2023



PRESIDENT'S MESSAGE



Dear Members,

Welcome to the last newsletter for 2023.

As many of you will appreciate, 2023 has been a somewhat odd year that I'm sure brought many highs, some lows and some sadness to many of us. However, with a resilience that is common to most in the Veteran Community and the friendship and support offered from within our Sub-Branch and from former colleagues, I'm sure that most of you survived the challenges you faced.

Similarly, while the Sub-Branch faced some challenges that we met head on, we also enjoyed many successes. We're looking forward maintaining the rage next year.

Thus, it's a pleasure to send this message in a newsletter that highlights this year's Christmas party. I'll let the pictures tell their own story.

Also, and although I was unable to attend the last Coffee Catch Up for the Year, I'm confident the pictures from this morning will tell the story better than my words.

On a serious note, I thank all our volunteers and staff who contributed to anything and everything we do to support our members and others from the broader Veteran Community.

In particular, I thank the quiet achievers who keep the Sub-Branch in good order and discipline, and ensure we can do what we do without too many unintended consequences. I note particularly, Trish Low's efforts as the Volunteer Coordinator in the Welfare Team during the past two years. While doing her best to coordinate the volunteers, Trish has served our members very well and has contributed to our overall success in many ways. Trish is leaving us to start *another* retirement.

In closing, I wish you all a Merry Christmas and hope that you have a happy, healthy and peaceful 2024.

Kind regards,

Jim Gilchrist

RSL WV Sub-Branch Annual Christmas Lunch on Wednesday 6 December 2023



Jim Gilchrist presented to Her Excellency Dame Annette King the *Order-of-Whatever-It-Is, Recognition of a Patron's Stellar Service.*





Last this year Christmas Coffee Catch Up on Friday 8 December 2023



Coffee Catch Up in the Corey Room

Hi Folks. Thank you for your support of the CCU in the Corey Room that has been going successfully now for the past 3 years. This year, with the office closed and our wonderfully hospitable Alex being away, we've decided to have the last gathering for 2023 on Friday 8 December (I'm sure we can find some decorations and Christmas cake to celebrate), and recommence on Friday 2nd February 2024 between the usual times of 10>12.

On behalf of the President, Jim Gilchrist and all the staff of the sub-branch we thank you again for making this a valued place for Veterans and their friends to meet and greet each other.

We wish you a peaceful Christmas season with family and friends, and an abundance of blessings for good health throughout the New Year.

Mick O'Donnell



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
01 Mar	Eddison Day Club Birthday	TBA 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 TBC	WV SB ANZAC Day Service	0830 Eddison Park TBC
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

Poem to veterans

My name is Emily Flett and I attend Canberra Girls Grammar School. At the end of my primary years, I complete a large inquiry project on an issue of my choice. I chose to inquire into how government choices on war affect mental health and through my research I discovered that Australian Veterans experience mental health issues due to their experiences. After my research and my findings, I felt passionate about wanting our veterans to know that we care and feel appreciative for all they have done for us.

To respond to this issue, I wrote a poem about some of their struggles with a call to action. Please see below for a copy of the poem and the link to the presentation I put together that includes my poem.

Depression

Anxiety

PTSD

These are just some of the issues that can arise in our veteran's lives

Their lives impacted so much

By one bullet

By one bomb

By one thing

War

War has torn through country sides and city lives

Just to gain land

To gain power

or to fight against world leaders

They've suffered so much to give us

a better tomorrow

So now we must fight for them

Fight so they can live a life like ours

So they can live a life of happiness and joy

instead of a life of depression and anxiety

You may be thinking

well I can't do anything about that

but you can

you can change someone's life

By just enrolling them in a support programs

By signing them up for free healthcare initiatives

listening and offering

Support

Gratitude

All the little things you do can have a massive influence on their everyday life.

Thank you for all that you do.

Warm regards,

Emily Flett

Year 5

Canberra Girls Grammar School

International Volunteer Day Tuesday 5 December



International Volunteer Day (IVD) is a celebration of the invaluable contributions made by volunteers worldwide. In Australia, millions of volunteers play pivotal roles in enriching communities across the nation. Among these dedicated volunteers, the veteran community stands out for their unwavering commitment, resilience, and camaraderie in supporting one another.

We extend our heartfelt gratitude to each volunteer for their immeasurable efforts and unwavering dedication to enhancing the lives of veterans and their families. Your selfless contributions profoundly impact and uplift the veteran community.

We encourage you to share this message of appreciation among the volunteers within your organisation. Your continuous support and tireless dedication truly makes a difference in the lives of so many. Thank you for your outstanding service and commitment to the veteran community.





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.

WORKING WITH VULNERABLE PEOPLE CARDS

It is a legal requirement for all our volunteers to have a current Working With Vulnerable People Card. These cards are valid for 5 years but during COVID, the expiration dates of the cards were extended by Access Canberra.

Would Volunteers please check the expiry date of their cards and apply for a new card if required.

Please advise us of your registration number and the new expiry date of your card so we may update our records.

Information on renewing or applying for a Working With Vulnerable People Card can be found on the Access Canberra website :<https://www.accesscanberra.act.gov.au/business-and-work/working-with-vulnerable-people/apply-for-or-renew-a-wwvp-registration>

There is no charge for volunteers to have a Working With Vulnerable People Card.



Home > Business and work > Working With Vulnerable People

Working With Vulnerable People

Apply for or renew a
WWVP registration



Working With
Vulnerable People
scheme



WWVP compliance
and reporting



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](#).

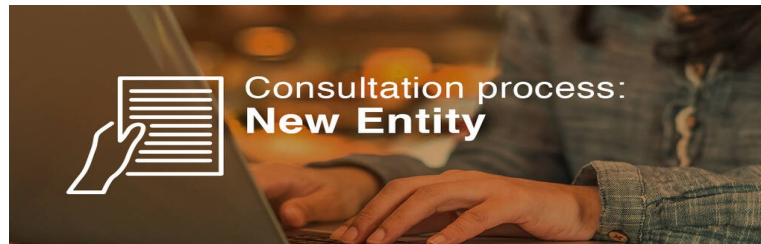
Please do not hesitate to contact rsvp@awm.gov.au or telephone 02 6206 9813 if you have any queries. Open Arms support services will be available at the ceremony.

We look forward to welcoming you.



Royal Commission
into Defence and Veteran Suicide

Have Your Say



Consultation underway for new entity to support Defence and veteran wellbeing

As the Royal Commission into Defence and Veteran Suicide moves into its final stages, we are also considering what the future might look like.

A consultation process is now open to inform a proposed new entity to follow the Royal Commission which would monitor the implementation of our final recommendations for meaningful and long-lasting cultural and systemic change whilst contributing to policies and programs that support defence and veteran wellbeing.

We have released a consultation paper outlining the Royal Commission’s preliminary ideas on this new entity, based on what we have heard from serving and ex-serving Australian Defence Force members, their family and friends, as well as other interested individuals and organisations; however, the Royal Commission’s views are not fixed.

Before making a recommendation to Government, we want to hear from stakeholders about what this entity could be and what it could achieve.

Organisations that support or represent the Defence and veteran community are encouraged to provide feedback on the proposed new entity. We encourage them to read the consultation paper and discuss it with their members before providing feedback.

Submissions close at **5:00 pm AEDT on Wednesday 20 December 2023**. Submissions will not be published and no late submissions can be accepted.

To access the consultation paper and the submission form, visit the Royal Commission’s website: [Proposed new entity to support Defence and veteran wellbeing | Royal Commission into Defence and Veteran Suicide](#).

[Read the consultation paper](#)

[Respond to the consultation paper](#)

Enquiries

You can call us on 1800 329 095 or +61 2 5122 3105, 9:00 am – 5:00 pm Monday to Friday AEDT, excluding public holidays.

For a free-of-charge translator or interpreter phone the [Translating and Interpreting Service](#) on 131 450. Ask to be connected to 02 5122 3105.

Or you can email us at DVSRC.enquiries@royalcommission.gov.au.

[Get support](#)

[Contact us](#)



Dr Peggy Brown AO



Nick Kaldas, Chair



The Hon. James Douglas KC



Royal Commission
into Defence and Veteran Suicide

© Royal Commission into Defence and Veteran Suicide

Website: <https://defenceandveteransuicide.royalcommission.gov.au> | Email: DVSRC.enquiries@royalcommission.gov.au

1800 329 095 or +61 2 5122 3105



Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

Run on behalf of the DVA by Corporate Health Management, the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.



Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

To check your eligibility visit

<http://www.veteranshearthealth.com.au/eligibility>



How it works: Individual Heart Health Program

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individual's health and fitness goals.

The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program.

The program covers a range of topics including:

- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual.

Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for use at home or
- Provide assistance with accessing new exercise or training gear



Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.com.au/eligibility> and follow the steps.

Call the program phone number 1300 246 262 at any time to speak to one of our team.

Heart Health Team - DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:

CHM Corporate Health Management Pty Ltd

Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142

Direct: 1300 246 262

Email: hearthealth@chm.com.au

Web: <http://www.veteranshearthealth.com.au>



Christmas Close Down !!!

The RSL Woden Valley Sub-Branch office at Holder will close from noon Friday 15 December 2023 and will reopen on Monday 8 January 2024

The Eddison Day Club suspended during Christmas Break from Friday 15 December 2023 till Friday 12 January 2024



Contact Us

**Give us a call for more information
or access to our services
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HOLDER ACT 2611**

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

**Office hours are
9am-3pm Mon-Fri**

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