

RSL WODEN VALLEY SUB-BRANCH ENEWS



October 2022



PRESIDENT'S MESSAGE

Dear Members,

Having recently returned from a three week holiday during which I sailed idly across part of the Pacific Ocean, it's good to be back and see what has happened within our Sub-Branch during October.

Following a quick dash from Circular Quay back to Canberra on Saturday morning, Kay and I had the pleasure of attending the Flowers of Peace, POW Requiem, at the Llewellyn Hall. Several of our members worked with Chris Latham, the Director of this extraordinary musical tribute. While there will be only one performance, the recording will be available soon. I also hope to include a more detailed report of this and Chris' other Requiem's in the Christmas Edition of *The Serviceman*.

In firstly thanking all of our staff and volunteers who continued to support our members and others, I note that everyone seems to have been busy: still!

While some of the events we conducted in the past month have been reported elsewhere, I note that we hosted a Mental Health Program that attracted good interest from about 20 veterans most of whom are still serving; we held three lunches as part of Veterans' Health Week; and we took more than 60 members on bus trips to the Southern Highlands and the Braidwood areas, respectively. A third trip to Cooma that is scheduled for 22 November has already attracted nearly 50 members with the possibility of a few spaces still being available to cater for any of you who might like a trip towards the snow fields.

Many of you will also be aware that we have a few teams engaged with the Remembrance Day Appeal that finishes on Thursday afternoon.

Please note the details of the services the AWM will conduct on Friday. While the Sub-Branch is not directly involved in these ceremonies, we will stream the main service in *The Corey Room* for any members and guests who would like to attend.

In noting the rapid approach of Christmas, please book your seat at our Christmas lunch scheduled for Wednesday, 07 December.

In closing, I advise members of the recent death of Helen Kennett who succumbed to a short but aggressive cancer on the 27th October. Helen's Death Notice was in the Canberra Times last Saturday.

Helen's funeral will be held at the Margaret Whitlam Pavilion, at the National Arboretum, at 1100 on Tuesday, 15 November. Details of the live stream are available at our Office.

On behalf of all our members, I offer my condolences to Greg and his family at this very sad time.

Kind regards to all,

Jim Gilchrist

President



Road to the Jericho Race Day Sunday, 13 November

Commemorating Bill the Bastard and a wonderful ANZAC story.

- Free entry
- Live music from 2:30pm
- Jumping castle
- Face painters
- Local racing from 1pm



Thoroughbred Park
Randwick Road, Lyneham, ACT 2602

Thoroughbred Park
Canberra Racing - The Thrill of it all.



RSL Woden Valley Sub-Branch
is pleased to invite members and their guests
to the

ANNUAL CHRISTMAS LUNCH

Wednesday 7 December
12:00noon for 12:30pm

Orion Room Canberra Southern Cross Club Phillip
\$40 per person

Menu (alternate service):

MAIN

Roast Turkey Filled

With sage and onion stuffing, served with roasted vegetables, steamed greens and gravy

Slow Roasted Black Angus Sirloin

Creamy mash, honey roasted baby carrots, steamed greens and red wine jus

DESSERT

Traditional Christmas Pudding, warm brandy custard and cream
White Chocolate Pannacotta (gf) Fresh summer berry compote

Charge includes soft drinks, selected wines and beers.
Spirits at own expense.

Please RSVP by 3pm 28 November 2022

Phone 62851931 or email admin@rslwoden.org.au

Direct Credit (Don't forget to include your name in transfer)

A/C name: Woden Valley RSL Sub-Branch

BSB 062-908, Account 1084 1897 (include your name)

Credit Card; Phone 6285 1931

By cheque: mail to 14/27 Mulley Street Holder ACT 2611

Sorry, no refunds are possible after cob 30 November 2022.



Bus Trip - Thursday, 27th October 2022

The second coach trip left at 9.00 am from the bus stop outside the Sub-Branch Offices in Mulley Street, Holder. We had 29 passengers, some who were on the first trip on Wednesday, 19th and we had several people who had joined us for the first time. Our coach captain was Mr. Reece Campbell once again. This being his fourth trip with us in the last couple of years.

We journeyed along the Federal Highway until we turned off on Macs Reef Road to get to Braidwood. We had a delicious morning tea in the newly refurbished park in Wallace Street. Morning tea was provided by Deane's Coaches once again. Some people also brought along some home-baked cakes and biscuits that all disappeared quickly. People then spent about an hour shopping in the various shops in the historic town of Braidwood. The town was used in 1970 for the making of the Ned Kelly movie starring Mick Jagger. The bitumen in Wallace Street was covered with dirt to make the town authentic to the early 1870's for the film and several of its original buildings in the town were also used.

We left town at 12.30 pm and journeyed to the other side of Lake George to the village of Tarago. We had ordered lunch for 1.00pm at the historic "Loaded Dog" hotel. The name of the hotel came from the humorous poem written by Henry Lawson about a dog that stole a lighted stick of dynamite and the chase that followed before it blew up.

Most people had a drink before eating. A delicious lunch was served by the licensees of the hotel, Tim and Alanna Long and their staff. Half the passengers had rissoles, chips, gravy and salad, whilst the other half had tempura fish, chips mayonnaise, and salad. This was followed by sweets of sticky date pudding with ice-cream or apple Danish with ice-cream. Coffee or tea was then served.

After lunch we re-joined the coach for the trip back to Bungendore. We spent over an hour there in the village where people visited the woodworks shop, the leather shop or other speciality shops or enjoyed another coffee or tea. We then re-joined the coach for the short journey back to Holder where we said out farewells and journeyed home after another great day meeting people we may not have seen for some time or meeting new friends. We were lucky all day with the rain showers only falling when we were on the bus or indoors.

Our final coach trip for this year is on Tuesday, 22nd November to the town of Cooma and the local district, with a stop at the Christmas Shop at Bredbo on the trip back to Canberra.

Peter Sutton

Vice-President - Welfare

Photos from the bus trip to Bungendore, Braidwood and Tarago on 27 October





REMEMBRANCE DAY

Remembrance Day National Ceremony

The Australian War Memorial will commemorate Remembrance Day 2022 with the National Ceremony on Friday, 11 November.

Commences: 10:45am AEDT (Guests to be seated from 10.30am)

Location: Captain Reg Saunders Courtyard

Please join us for the National Ceremony as we pause to reflect and remember.

**BOOK
TICKETS**

For ticket click the link:

<https://www.trybooking.com/events/landing?eid=970866&>

<https://www.trybooking.com/events/970866/sessions/3472305/sections>

Tickets are available for the general seating and mobility impaired areas.

General attendance at the ceremony is welcome and those without tickets are encouraged to bring their own chairs/and or picnic rugs to view the ceremony from within the Sculpture Garden.

Large screens will be positioned within the grounds, adjacent to the ceremony, for members of the public to safely view proceedings.

The National Ceremony will also be broadcast live from the Australian War Memorial on ABC TV.



Australian War Memorial

From AWM facebook page:

Poppies adorn the panels of the Memorial's Roll of Honour, placed beside names as a small personal tribute to the memory of a particular person, or to any of the thousands of individuals commemorated there. This practice began at the interment of the Unknown Australian Soldier on 11 November 1993.

As people waited to lay a single flower by his tomb in the Hall of Memory, they had to queue along the cloisters, beside the Roll of Honour. By the end of the day, hundreds of poppies had been pushed into the cracks between the panels bearing the names of the fallen.

Learn about the interment of the Unknown Australian Soldier: <http://ow.ly/Uyt850GzPqN>

Photographer: David Whittaker

AWM2018.4.264.6

[#RemembranceDay2022](#) [#WeRememberThem](#)





Some things in life are better together.

Nominate **Woden Valley RSL** as your Community Rewards group and **7.5% of your spend** on food and beverages will be donated to them when you dine at selected Canberra Southern Cross Club venues.

Find out more visit
csccl.com.au/rewards



Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

Group or individual programs available.

How it works: Heart Health Program

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or compliment your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

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

Heart Health Program – Flexible Delivery

The program is offered in two formats. The Group Heart Health Program or the Individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

You may want to:

- Improve your general fitness
- Improve your knowledge on health and wellbeing
- Improve your social connections with other likeminded veterans

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>



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>

Veterans' Catalogue App is LIVE!

Hello- Veterans' Catalogue App is now LIVE! Proudly Sponsored by RSL Australia, Powered by Servulink.

We are very excited to announce together with our sponsors RSL Australia, that our Veterans' Catalogue App is now live and ready to access and share amongst the Australian veteran community.

To access Veterans' Catalogue App- the first dynamic national database of services and support for our Australian veterans and their families -simply click or scan the QR Code below and follow the instructions to install to your preferred device. (Instructions attached)



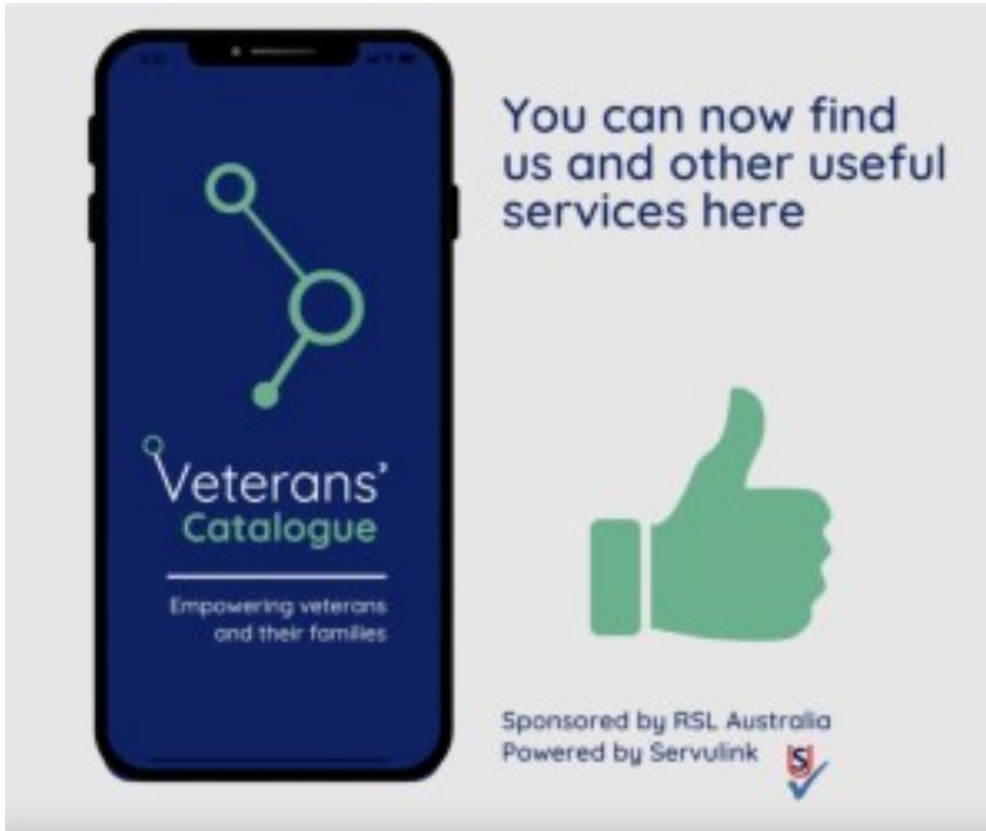
NOW LIVE!
DOWNLOAD TODAY

Sponsored by RSL Australia
Powered by Servulink

Or head to –

<https://www.rslaustralia.org/veterans-catalogue>

We would love you to share your involvement with Veterans' Catalogue by copying and sharing the QR tile and the 'You can find us' tile below (PDF attached) with the hashtags -#veteranscatalogue #getconnected #veteransapp



On behalf of the Servulink team, thank you again for your involvement and shared vision to assist empowering veterans and their families to connect to services, support, and community. The Veterans' Catalogue collaboration is proudly sponsored by RSL-Australia and Powered by Servulink.

Please reach out to our helpdesk@servulink.com.au if you require any assistance or would like to update your organisations details.

Search, find and access the services you need TODAY!

Kind Regards,

Ky Wyndham

Executive Manager Communications and Engagement

Phone: [+61 407 423 126](tel:+61407423126)

ky@servulink.com.au

www.servulink.com.au





The commemoration of our veterans and recognition of their service and sacrifice was a key theme in the October Budget 2022-23.

A new ongoing grants program will be established to mark the private graves of First World War Veterans, and further support the recognition of veterans serviced and sacrifice. This grant program will be available for those who are not eligible for the Australian Government program of official commemoration and will ensure more veterans get the appreciation they deserve.

The Kokoda Track Memorial Walkway in Sydney will receive an additional \$409,000 grant to ensure safe and continued operation of this important commemorative site honouring those who served in the Second World War.

And lastly, research into uncovering the Soccer Ashes, lost in 1954, has been allocated. The Soccer Ashes was the trophy awarded for historical international soccer matches played between Australia and New Zealand between the First and Second World Wars and is a unique part of our nation's military, and sporting history.

For more information about the outcomes for veterans in the October Budget 2022-23 visit: www.dva.gov.au/budget2022-23



SAVE THE DATE !!!!

The Annual Christmas Lunch will be held on Wednesday 7 December 2022 at Canberra Southern Cross Club.

More details will be provided soon.



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.

Please note that the Eddison Day Club is currently meeting on only a very casual basis for lunch at midday Fridays.



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.

Ever lost your copy of *e-News, Current Items of Interest or The Serviceman?* All our publications are also readily available to read on our website
www.rslwoden.org.au