

# RSL WODEN VALLEY SUB-BRANCH ENEWS



September 2023



## PRESIDENT'S MESSAGE

Dear Members,

I'm not sure about anyone else but it seems to me that time seems to pass ever so quickly when you're keeping busy or are otherwise distracted by doing some fun things.

During the past month all key functional areas have been kept on their toes, especially in the Compensation Team that continues to receive requests for assistance with new claims and appeals. Their efforts are compounded somewhat by correspondence that refers to claims that have been 'under consideration' for several years and for which Delegates are now requesting new or additional information.

The Welfare Team continues to help and guide our members and a few non-members on issues that can be confusing to some. They are also doing their best to arrange various events and activities to engage our members, and to keep the Day Club moving along steadily.

Thanks to everyone who helps with these tasks and please keep up the good work.

I have represented our Sub-Branch at forums and meetings relating to various initiatives and plans that are evolving around us. Principal among these is the development of the Queanbeyan Veterans and Families Hub that will form part of network of similar hubs around NSW and the ACT. These will be established and managed by RSL LifeCare Veterans Services that is working with RSL NSW Branch to provide these facilities. While it is expected that each hub will suit the demographics of their respective locations, they will be based on the Nowra Hub that has been operating for about 12 months. Other providers are working in Victoria and Queensland to build similar networks. These also overlap other States and the NT. Exciting times, but it's reassuring that we are being consulted. Please note that the hubs will not replace sub-branches but will complement the work that we and others like us now do as volunteers.

This edition of the newsletter highlights some of our activities including Chaplain Mick O'Donnell's book launch last Friday in *The Corey Room*: well done, Mick and others who were involved in this extensive project and good luck with the sales.

Thanks to those who attended the September OGM and please keep coming along as a good quorum is one sign of a healthy organisation. The Board also values the advice and comments we receive from the OGM and other informal gatherings such as the Coffee Catch Ups and Day Club lunches.

Please note the appointment of Brigadier (Retired) Kahlil Fegan DSC AM as the Repatriation Commissioner. In welcoming him to this important position, we offer him our best wishes for the task ahead and we look forward to his first visit to the Sub-Branch in early November.

Please also note that the ACT Minister for Veterans and Seniors, Ms Emma Davidson, is scheduled to attend the Coffee Catch Up on 17 November. Please make a special effort to join us as this will be her first visit to the Sub-Branch since she was appointed.

While noting some of the media releases from RSLA and DVA, some invitations and other notices, I highlight Rhonda Capamagian's advice about the changing role of the Veterans Liaison Officer at Canberra Hospital and her new appointment; and Chris Latham's advice about the Peacekeeping Symphony and other productions from the *Flowers of Peace* Team.

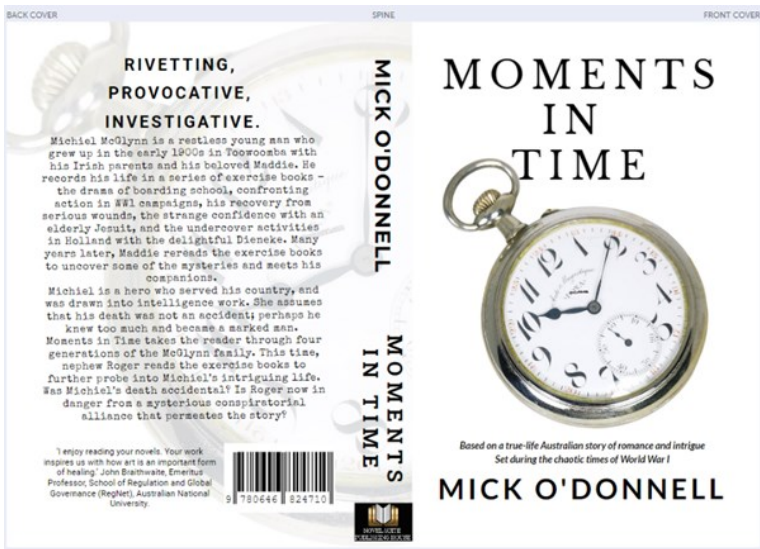
On behalf of our members and other veterans, I thanked Rhonda for her support of veterans and their families over many years and wished her well in her new role. I will also maintain contact with Chris Latham as he continues to produce these wonderful tributes to those to whom we owe so much.

In closing, I note that while I hope you are all enjoying Spring, Kay and I will be taking a short break from the end of next week and will 'out of town' until the 30<sup>th</sup> October; please have fun while I'm away.

Kind regards to all and please call the Office for a chat if you're feeling lonely or need a little help,

*Jim Gilchrist*

*President*



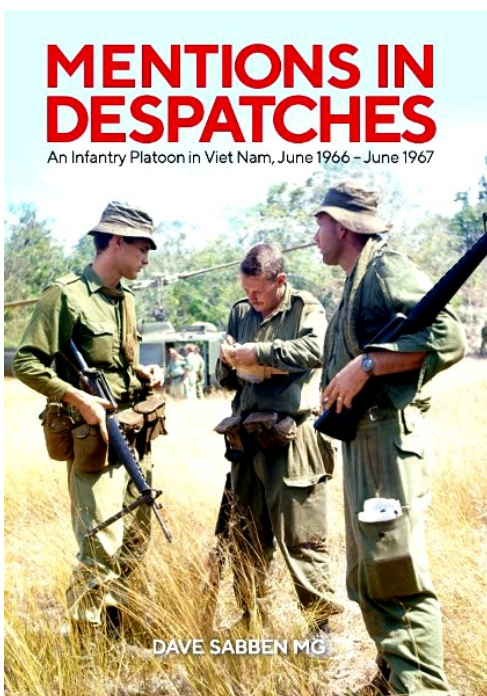
'The successful launch of *Moments in Time* was introduced by former Commander of HMAS Vampire, Mike Taylor to a well-packed Corey room last Friday. This is Mick O'Donnell's 5th historical fiction crime novel that was three years in the writing. It was named 'A Notable Novel' in last week's *Weekend Review* by Caroline Overington. Mick gave a presentation of the development of the plot and characters. Reviewers remarked that the novel was, 'Engaging, and able to set the scene in a most believable and informative way. Another great read. Dr Robyn Stewart, former faculty of Arts

Professor, University of Southern Queensland. Lt Col Gavin Keating CSC, described it as 'a panoramic Australian story, a very personal account of daring, tenacity and romance set during those turbulent times of WW1 where the idea of survival is tested to the limit.'

The novel is available at Paper Chain in Manuka, Harry Hartogs, and the War Memorial bookshop for \$35, on Kindle, or can be downloaded by Lulu from Mick's website [www.mickodonnellonline.com](http://www.mickodonnellonline.com)



## RSL WV Sub-Branch Ordinary General Meeting on Tuesday 26 September.



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## **Veterans' Health Week Lawn Bowling Day 2023**

The Belconnen Bowling Club, located on Beetaloo Street in Hawker, invite Current Serving, Veterans of all ages and your Family to our Lawn Bowling Day.

Please join us at our Family Friendly Club, Sunday 8 October, 1-4pm.

This event is free to all and includes equipment hire and greens fees.

Food and drinks are also available for you to purchase on the day.

If you would like to attend, please advise the club on 02 6254 2157.



## **RSL Australia Calls for Greater Spending and Increased Army Priority in Defence Moves**

The Returned & Services League of Australia (RSL) has called on the Federal Government to increase defence spending and ensure that our nation's Defence Forces are balanced and appropriate for the current unstable strategic environment in our region.

Responding to this week's major re-organisation of the Army and particularly the northern deployment emphasis, the RSL said the Government must address its earlier decision which saw resources denied to the Army to fund appropriate enhancements to Australia's Navy and Air Force.

RSL National President Greg Melick says the reality is with current international instability and particularly increased tensions in the Asia Pacific region, Australia should not lose sight of the fact that the nation's defence capabilities have been grossly inadequate for too many years.

"Australia's defence spending should immediately rise from the 2.11 percent of Gross Domestic Product (GDP) projected this financial year, to at least 3 percent or more," Greg Melick said.

"Restricting resources available to the Army to make appropriate enhancements to RAN and RAAF will create an unbalanced Defence Force. These proposed deployment changes may also mean that we will be unable to provide the necessary rotation and concurrency of our forces significantly further degrading the Army's capabilities.

"The strategic situation in our region has not been this unstable for 80 years and successive governments have been derelict in their duty to provide adequate resources for Defence for far too long.

"This latest response to the 2023 Strategic Defence Review provides the opportunity for the current Government to redress this situation."

Greg Melick said as well as developing our nuclear industry to support the AUKUS submarine program, Australia must also acquire more strategic reserves of fuel, ammunition, and other supplies to provide an adequate safeguard in the event of a defence emergency. It was concerning such reserves had been allowed to remain at such dangerously low levels but we welcome recent initiatives to increase the local production of ammunition.

"Lifting defence spending and increasing the Army's priority are necessary steps in ensuring Australia's defence preparedness and these steps must be taken without delay, there is too much hollowness within Army" he said.

"The RSL fully supports the enhancements to the RAN and RAAF, but these should not come at the expense of our Army.

"Our soldiers will continue to play a vital role at the forefront of our nation's defence and while the latest announcements regarding deployments and locations are in line with strategic needs, the broader issue of defence spending and the Australian Army's share of this must be addressed.

"The RSL remains an apolitical patriotic organisation and looks forward to continuing to work with the Government supporting policies to improve and maintain the security of our proud nation."

ENDS

National Media contact: Tony Harrison – 0417 318178 [tony.harrison@rsl.org.au](mailto:tony.harrison@rsl.org.au)



## Ex-Service Organisations Round Table September 2023

### Ex-Service Organisations Round Table Meeting

A meeting of the Ex-Service Organisations Round Table was held on Monday 18 September, 2023. A broad range of issues was covered in the meeting.

#### **Open Arms - 2023-24 Model of Care**

Open Arms - Veterans' & Families Counselling provided a presentation on its new Model of Care which refines the building blocks of Open Arms' offering to the veteran community. The Model defines what Open Arms can deliver while highlighting areas for future development. Engagement of primary care is an important area of future development.

#### **Royal Commission Update**

DVA is fully cooperating with the work of the Royal Commission into Defence and Veteran Suicide. The Department strives to provide information in line with requested deadlines as requested by the Royal Commission at all times.

#### **Legislative Reform**

DVA understands there is a strong interest in legislative reform. The Government is considering feedback on the pathway to simplify veterans' legislation. Draft legislation is expected to be released for public comment by early 2024. Member submissions relating to grand parenting of the *Veterans' Entitlements Act 1986* (VEA), differences in compensation payments under the *Military Rehabilitation and Compensation Act 2004* (MRCA) and VEA and the 'Wholly Dependent Partners' definition under MRCA were discussed.

#### **Claims Processing Update**

An ongoing priority for DVA is to reduce the claims processing backlog and wait times. DVA is on track to clear the Initial Liability backlog by the end of 2023 – largely due to a significant increase in claims delegates. The Initial Liability backlog is lower than the Permanent Impairment backlog for the first time in three years. The need for clear messaging on the DVA website to encourage veterans' to engage with an advocate was discussed.

## **Advocacy Working Group**

Advocacy is an area of strong interest for Round Table members. Discussion focused on progress to enhance and support advocacy services in the future. There is a need to leverage information across the veteran support system to ensure a sustainable model of advocacy that incorporates increases to grant funding to improve the capacity of Ex-Service Organisations to employ advocates. Good leadership and commitment is required to enhance and support advocacy across organisations and further consultation on a range of issues is required. The challenging nature of advocacy and efforts of the Working Group to date were acknowledged. A Member submission on advocacy was discussed.

## **Aged Care**

Supporting veterans during their transition to aged care was discussed including concerns about being able to visit veterans in aged care facilities and the promotion of shared information products. In recognition of these challenges, DVA continues to advocate for veterans to be a priority group, with the Department of Health and Aged Care and with the Aged Care Quality and Safety Commission. DVA also continues to engage with the aged care sector to promote a greater understanding of the veteran community and its needs.

## **Retirement Income Product Presentation**

The Commonwealth Superannuation Corporation provided a presentation on a Retirement Income Product for ADF Superannuation members.

## **SeMPRO**

The Sexual Misconduct Prevention & Response Office (SeMPRO) gave a detailed presentation to the Round Table explaining its role and responsibilities.

SeMPRO provides immediate and confidential help to those impacted by sexual misconduct, including:

- Current or ex-serving Australian Defence Force (ADF) members and their families
- Current ADF cadets
- Current Defence Australian Public Service employee
- Current Defence contractors

SeMPRO social workers and psychologists are available 24/7 to assist or refer.

SeMPRO services are confidential and are accessible without needing to make a report to Defence, the military police, or civilian police. Client may choose to remain anonymous.

Support is client-focused and customised to each person's unique needs. SeMPRO can assist with strategies, such as how to help support a friend or approach a difficult conversation, in order to promote the wellbeing of everyone involved. SeMPRO can also help with navigating Defence and civilian health care services.

SeMPRO is not an investigation service, but can guide and support clients through reporting, investigation, and legal proceedings

## **UNOPAA**

The United Nations & Overseas Policing Association of Australia provided a presentation on the work of their organisation and the issues facing their organisation and membership.

## **Younger Veterans – Forum Update**

The Round Table received an update from the Younger Veterans - Contemporary Needs Forum. Of key interest is the cost of veteran travel expenses, particularly in context of cost of living increases.



Australian Government  
Department of Veterans' Affairs

## **New VLO at TCH/UCH**

I am writing to update you about the VLO role at TCH.

At present there is still one VLO covering both The Canberra Hospital and University of Canberra Hospital.

I will be moving to a new role at UCH, my last day in the VLO role is Wednesday 27/9/23.

A new VLO has been recruited, Lysette de Clair, and will be commencing in the role on Monday 25/9/23.

Lysette's contact details will be the same as you currently have for the VLO service i.e. email [VeteransLiaison-TCH@act.gov.au](mailto:VeteransLiaison-TCH@act.gov.au), phone – 51243696 or 0438877087.

It has been a pleasure to work with you all over the years, and thank you for all the support you provide to the Veteran Community.

**Kind Regards**

**Rhondha Capamagian** | Veterans Liaison Officer

Rehabilitation, Aged and Community Care  
Canberra Hospital & Health Services

Veterans Lounge  
Canberra Hospital,  
Building 2, Level 2.  
77 Yamba Drive  
Garran ACT 2605

P: (02) 5124 3696 Mob: 0438877087

E: [Rhondha.Capamagian@act.gov.au](mailto:Rhondha.Capamagian@act.gov.au)



## DVA Deputy Commissioner NSW/ACT Update

Congratulations to all the winners and finalists in the **Prime Minister's National Veterans' Employment Awards**, celebrated on 13 September. It is great to see the range of organisations and individuals being recognised for their support of veteran employment – with a record number of 165 nominations.

Also, a reminder that next week is **Veterans' Health Week!** Running from 8 to 15 October, the theme is *Mental Wellness Matters*. I encourage you all to participate in supporting and promoting this week, to aid in continuing to raise the importance of mental wellness and wellbeing. For a list of event opportunities in your State or Territory, check the national event calendar: [www.dva.gov.au/vhw](http://www.dva.gov.au/vhw).

Further information is available below on other key activities underway:

[New Repatriation Commissioner](#)

[Saluting Their Service grants](#)

[Veterans' and Families' Hubs](#)

[Royal Commission into Defence and Veteran Suicide](#)

[DVA TV recent videos now available for viewing](#)

[Commemorations](#)

Warm regards,

Victoria

### [New Repatriation Commissioner](#)

- Mr Kahlil Fegan DSC AM has been appointed as Australia's new Repatriation Commissioner.
- Son of a war widow and a Vietnam War veteran, Mr Fegan has served for over 30 years in the ADF, including in Afghanistan and as the Commander of the 3rd Combat Brigade in Townsville.
- The Repatriation Commissioner is independent of the Government and provides advice to DVA on policies and initiatives to ensure veterans and their families' needs are supported.

### [Saluting Their Service Grants](#)

- Sixty eight community organisations across the country have shared in more than \$750,000 of Saluting Their Service Grants to honour Australia's veterans through locally delivered projects and activities.

For a full list of successful recipients, see the Minister's media release: [Saluting the service of local veterans | Minister for Veterans' Affairs \(dva.gov.au\)](#)

## Veterans' and Families' Hubs

- Hubs are currently under development in Southeast Queensland (Caboolture) and Tasmania. The lead organisation, Lives Lived Well, is establishing the hub in Caboolture, which is on track to be officially opened by the Minister in October 2023.
- RSL LifeCare Veteran Services in partnership with RSL NSW will be funded to develop a business case setting out how a unique Hub network would be established and managed panning across the Hawkesbury and down to South Western Sydney.
- Planning is well underway for eight new hubs in Southwest Perth, Northern Adelaide, the Surf Coast/Geelong region, the Hunter region, the Hawkesbury region, the Tweed/North Coast region, Queanbeyan and Ipswich.

## Royal Commission into Defence and Veteran Suicide

- On 14 September, Parliament passed new laws that will support the Royal Commission to complete its important work by making it possible for more people to participate in face-to-face private sessions.
- Submissions to the Commission are **closing on 13 October**.
- The next public hearing will be in Sydney from 20 November. This is your chance to share your thoughts and to contribute to the outcomes of the Royal Commission.
- The Commission is considering holding a final block of hearings in early 2024 to test its proposed recommendations while writing the final report; the report is due by 17 June 2024.

## DVA TV recent videos now available for viewing

Now available for viewing :

[Veteran Central in Perth offers one-stop shop](#)

[Get involved in Veterans' Health Week](#)

## Commemorations

### **UNESCO World Heritage listing for Western Front**

The Funerary and Memorial Sites of the First World War's Western Front have been inscribed on the World Heritage List of United Nations Educational Scientific and Cultural Organisation (UNESCO).

Over 295,000 Australians served on the Western Front and some 46,000 lost their lives – the greatest loss of Australian life in any war or conflict.

### **105<sup>th</sup> anniversary of the Battle of Montbrehain**

5 October – In 1918, the Allies engaged in the Hundred Days Offensive, a series of successful offensives that led to the end of the First World War, including the Battle of Montbrehain, the last Australian infantry battle of the war.

### **80<sup>th</sup> anniversary of the Thai-Burma Railway**

- 16 October – Around 60,000 Allied prisoners of war, including some 13,000 Australians, and 200,00 rōmusha (Asian labourers) worked on the 'death railway', built in 1942-43 to supply Japanese forces in Burma.



**Australian Government**  
**Department of Veterans' Affairs**

## **DVA - Our Commitment to You - document:**

Please click the link below:

[Our commitment to you | Department of Veterans' Affairs \(dva.gov.au\)](https://www.dva.gov.au/our-commitment-to-you)

This page provides information about what you can expect from DVA when you submit a compensation claim.

## **Veterans Health Week BBQ**

The HMAS Sydney Association has applied for and received funding from DVA for Veterans Health Week.

We will use this funding to hold a free BBQ at Duntroon Golf Club, 6 Calculus Lane, Campbell, 1200 on Thursday 12<sup>th</sup> October 23.

The theme for this year's VHW is "Mental Health Matters". Accordingly, we have invited a member of Open Arms Mental Health Team to give a short address during the BBQ.

Your members and family are cordially invited to join us for this occasion.

For catering persons please advise myself [quickj@bigpond.net.au](mailto:quickj@bigpond.net.au) or our Secretary Dennis Lyons [dlyo.6547@bigpond.com](mailto:dlyo.6547@bigpond.com) of your intention to attend.

Regards

Jim Quick OAM

President

HMAS Sydney Association (ACT)

# Mindfulness-Based Stress Reduction (MBSR) in Veterans' Health

## Learn about Mindfulness-Based Stress Reduction (MBSR) in Veterans' Health Week 2023.

This year, [Veterans' Health Week](#) (VHW) is being held from **8 to 15 October 2023** and is themed *Mental Wellness Matters*. The theme aims to promote good health and wellbeing in the everyday life of veterans and families, and shines a spotlight on the importance of mental health.

DVA has invited a guest speaker from Openground to present a FREE online Veterans' Health Week event about MBSR. Mindfulness Based Stress Reduction (MBSR) is an evidence-based, user-friendly program that brings the principles of mindfulness meditation into everyday life by teaching specific skills and practices to help break cycles of anxiety, stress, unhappiness and exhaustion.



**Date: Wednesday the 11th of October**

**Time: 9am (Perth), 1030am (Darwin), 11am (Brisbane), 1130am (Adelaide), 12pm (Sydney/Melbourne/Hobart)**

This is a 45 minute taster session that will cover:

- What is MBSR?
- Where did it come from?
- The benefits of mindfulness
- A participative activity.

15 minutes will be available at the end of the session for questions.

***RSVPs are not required, simply click the link, or call the number below to join the meeting. All welcome!***



**Elizabeth Granger BEc, LLB, Dip. Som. Psych. PACFA Reg.**

*Libba is a psychotherapist in private practice in Sydney as well as being a long term mindfulness practitioner. She has been teaching MBSR since 2007 through Openground and is also the co-founding Director of Openground for Organisations which has been running mindfulness programs in corporate, health, educational and government sectors for over a decade.*

*Prior to that Libba worked as a litigation lawyer for 14 years, including at partnership level, and because of this background, has been passionate about bringing mindfulness into organisations and opening people to the best in themselves and their lives. She understands the realities and practicalities of practising mindfulness in daily life and work, and is passionate about sharing the possibilities for self discovery and freedom that mindfulness can offer.*

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

Meeting ID: 429 124 933 446

Passcode: bwsB9p

[Download Teams](#) | [Join on the web](#)

**Or call in (audio only)**

One-touch Mobile link: [+61 2 6188 4842,494659382#](#)

Or call **(02) 6188 4842** and enter the Phone Conference ID: **494 659 382#**

# Peacekeeping Symphony postponement to 2026 or 2027



Dear Peacekeeping Symphony supporters

I am writing to formally notify you all of the postponement of the *Peacekeeping Symphony* performance from 2023 to a date to be determined in 2026 or 2027, due to our inability to raise the funds to pay for the performance costs this year.

Our aim is to revisit the project and determine a date aligned with a major anniversary or ideally a peacekeeper's reunion in Canberra in either 2026 or 2027. This time frame is influenced by the fact we have to produce two other major concerts over the next two years: the *Holocaust Memorial* on **Oct 31, 2024 in Melbourne** and the *WW2 Requiem* in **September 2025 in Brisbane**.

It actually does make more sense to run all of these large commemorative projects in chronological order, given the *Peacekeeping Symphony* starts with the establishment of the UN following WW2.

Clearly if we wish to try again to raise the funds for the *Peacekeeping Symphony*, then I am going to have to bring together a consortium of believers to establish a context for the work. I believe my failure this year to raise the money was at least partially due to the fact that I did not connect widely enough and early enough with the broader community of Peacekeepers, in the ADF, AFP and elsewhere.

I wish to restart the project by determining what kind of musical work Peacekeepers would value, adjusting the music we have written so far to match those wishes, and then building a stronger case for funding such a performance. Currently it seems that Peacekeeping does not enjoy universal support, and I believe we will need to strengthen the case for peacekeeping as a worthwhile and affordable activity which can strengthen Australia's reputation in the region and the world.

If any of you would be interested in engaging with a proposed future performance of the *Peacekeeping Symphony*, please let me know. I'm sure I can construct a role that matches your availability and time.

Thank you also for providing supporting letters that accompanied the grant applications. While unsuccessful on this occasion, your support for my project was deeply appreciated.

I am in debt to all of you, and deeply grateful that you saw value in this activity.

Warm wishes

Chris Latham

*Artist-in-Residence, Australian War Memorial*

Director: *The Flowers of Peace*

**Mobile** +61 408 440 426

**Address** 178 Atherton Street, Downer, ACT, Australia, 2602

[The Flowers of Peace](#)



The ACT Open Arms office is the proud recipient of a piece of indigenous artwork by artist and aboriginal serviceman Troy Hamilton, of the Ghundalu people from central Queensland.

Troy was a participant on the Australian Defence Force Arts for Recovery, Resilience, Teamwork and Skills program (ADF ARRTS).



ARRTS is a 4-week residential program that helps build confidence and resilience in people who are experiencing health and wellbeing challenges related to service in the ADF, ACT Emergency Services, and the Australian Federal Police.

For Troy, this artwork symbolises “staying true to your culture... in the ADF we have an estimated 2 percent of Aboriginal members... each dot represents an indigenous member.... This piece was important to me in

displaying myself and my background. With both sides, one Army and one Indigenous, it was key to naming it TWO WARRIORS”.

Noting the significance of the artwork and ARRTS program in his mental health recovery, Troy graciously donated the piece to Open Arms where he is proud to have it publicly displayed representing the integration of military and aboriginal culture.

If you're looking for rewarding activities to help with your recovery, visit

[https://www.openarms.gov.au/living-well/rewarding-activities?fbclid=IwAR0z5mU7DyH8xPUIcZFOhWvLVTm11nZRXv4JBH3W1v1\\_h5bjecOGJoZbKJg](https://www.openarms.gov.au/living-well/rewarding-activities?fbclid=IwAR0z5mU7DyH8xPUIcZFOhWvLVTm11nZRXv4JBH3W1v1_h5bjecOGJoZbKJg)

If you want to learn more about ARRTS, visit

[https://www.defence.gov.au/adf-members-families/health-well-being/adf-arrrts?fbclid=IwAR1QAPi32IWBbH0m\\_ye\\_lvMOCVwEJxtvYCV50I0n6SVbuFqzQvUtGwuxpRg](https://www.defence.gov.au/adf-members-families/health-well-being/adf-arrrts?fbclid=IwAR1QAPi32IWBbH0m_ye_lvMOCVwEJxtvYCV50I0n6SVbuFqzQvUtGwuxpRg)



In October, we have 3 groups in Canberra and 1 group in Wagga Wagga, please see the details below.

### **MANAGING PAIN - [Program registration](#) | [Open Arms](#)**

#### **CANBERRA**

Wednesday 18<sup>th</sup> & Thursday 19<sup>th</sup> October |

9:30am – 4:30pm | 2 days

- Understand the link between physical and psychological aspects of pain.
- Learn strategies to challenge/change unhelpful thoughts and behaviours.
- Discover important lifestyle factors for managing pain.

Develop a Personal Pain Plan.

### **BEATING THE BLUES - [Program registration](#) | [Open Arms](#)**

#### **CANBERRA**

Wednesday 25<sup>th</sup> October & Wednesday 1<sup>st</sup> November |

9:30am – 3:30pm | 2 days

- A program to help you understand and manage depression
- Understand the signs and symptoms, situations and thinking patterns that contribute to depression.
- Challenge unhelpful thinking patterns and behaviours.

Learn techniques to manage stress and depressed moods.

### **BUILDING BETTER RELATIONSHIPS - [Program registration](#) | [Open Arms](#)**

Thursday 26<sup>th</sup> & Friday 27<sup>th</sup> October

9:30am – 4:30pm | 2 days

- Focus on what works well to strengthen your relationship.
- Enhance the resilience of individual partners and the relationship.
- Create shared meaning through values and rituals of connection.
- Understand the emotions behind your partner's life dreams.
- Manage conflict positively and adopt a positive perspective.

This is a couple-only group.

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

#### **WAGGA WAGGA**

Thursday 26<sup>th</sup> & Friday 27<sup>th</sup> October |

9:30am – 4:30pm | 2 days

- 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'.

You can register from **1800 011 046** or through the links above.

Thank you for your support as always.

## Australian Capital Territory

Session name	Date	Location	Structure
Managing pain	18-Oct	Canberra	Two day session (18 & 19 October 9:30am-4:30pm)
Beating the blues	25-Oct	Canberra	Two day session (25 October & 1 November 9:30- 3:30)
Building better relationships	26-Oct	Canberra	Two day session (26 & 27 October 9:30 am - 4:30 pm)
Doing anger differently	15-Nov	Canberra	Two day session (15 & 16 November 9:30- 4:30)

## Open Arms counselling

Open Arms counsellors and staff have an understanding of veteran and military culture that assists them to deliver specialised support and care to members of this community.

## What can Open Arms counsellors help you with?

Open Arms counselling take a tailored approach to work with you enhance your mental health and wellbeing. Common concerns include:

- relationship and family issues
- transitioning to civilian life
- anxiety
- depression
- anger
- sleep difficulties
- PTSD
- alcohol or substance misuse.

Together, we can find effective solutions to improve your mental health and wellbeing.





Australian Government Department of Veterans' Affairs

**Applications are now open for the Long Tan Bursary.**

**The bursary is named for the Battle of Long Tan, fought by Australians during the Vietnam War.**

**37 bursaries worth up to \$12,000 will be awarded to eligible children and grandchildren of Vietnam War veterans, to help pay for the cost of tertiary education.**

**Applications close 31 October 2023.**

**For more information or to check eligibility, visit :**

<https://www.dva.gov.au/about/overview/consultations-and-grants/grants-and-bursaries/long-tan-bursary>



Australian Government  
Department of Veterans' Affairs

**LONG TAN BURSARY 2024**  
**Applications now open!**  
APPLICATIONS CLOSE 31 October 2023.

# AVCAT Scholarships

Hello,

**Applications for AVCAT scholarships open soon.**

Scholarships | Australian Veterans' Children Assistance Trust (avcat.org.au) including the Long Tan Bursary | Department of Veterans' Affairs (dva.gov.au) are tertiary scholarships for the children and grandchildren of Australian ex-serving veterans. Scholarships are \$4000–\$6000 per year, for up to three years.

Applications open on 18 August 2023, Vietnam Veterans' Day, and close at midnight AEDT on 31 October 2023.

**Apply online at Australian Veterans & Children Assistance Trust (avcat.org.au)**

Applicants must be:

- Enrolled or planning to enrol in a full-time course for one or more academic year's duration at a university, TAFE, or RTO in 2024
- The child, stepchild, foster child, or grandchild of an Australian ex-serving veteran
- An Australian citizen or permanent resident

In receipt of, or eligible to receive, a means-tested Commonwealth educational payment – Youth Allowance, ABSTUDY, Austudy or Veterans' Children Education Scheme (VCES) in 2024

The Long Tan Bursary is sponsored by the Australian Government Department of Veterans' Affairs. View the complete list of AVCAT Scholarship sponsors Sponsors | Australian Veterans' Children Assistance Trust (avcat.org.au)

Find information about scholarships, the application process or scholarship eligibility at Australian Veterans & Children Assistance Trust (avcat.org.au)

## **Spread The Word**

Share on [Facebook](#) or [Instagram](#), hang a [poster](#), hand out a [flyer](#), or drop [this notice](#) into your newsletter.

**Kind Regards**

**Len Russell**

**CEO AVCAT**

**Find Out More :** [Scholarships | Australian Veterans' Children Assistance Trust \(avcat.org.au\)](#)



**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 at Canberra Irish Club 6 Parkinson St, Weston ACT 2611



**Contact Us**

Give us a call for more information  
or access to our services

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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](http://www.rslwoden.org.au)