



# WODEN VALLEY RSL

Sub-Branch Newsletter

December 2016

The WVSRSL will be stood down from 1200h 16 December. We will reopen on 03 January 2017 at 0900h. **Have a good Christmas** and remember emergency contact numbers for the Christmas stand-down period if you or someone you know should be in need: VVCS Counselling Line 1800 011 046; Life Line 13 11 14.



Pictures courtesy of Army News.

The President of Woden Valley RSL, on behalf of all members, would like to extend congratulations to Colonel (then Lieutenant) Francis Adrian ROBERTS OAM (Retd) on the award of the Medal for Gallantry for acts of gallantry in hazardous circumstances as Commander 3 Troop, 1 Armoured Personnel Carrier Squadron, during the battle of Long Tan, Phuoc Tuy Province, Vietnam on 18 August 1966. The award was presented by the Governor General, His Excellency, General the Honourable Sir Peter Cosgrove AK MC (Retd) at an Investiture ceremony on 8 November 2016. While the award has been 50 years in gestation, having been recommended in 1966, it is well and truly deserved.

Adrian showed courage and leadership during the Battle of Long Tan, for which he received a Mention in Dispatches. He finished his first tour with the 3rd Cavalry Regiment and returned to Vietnam in 1971 as a member of the highly respected and much decorated Australian Army Training Team Vietnam, serving with the 1 ARVN (Army of the Republic of Vietnam) Armoured Brigade in the northern part of South Vietnam before joining US Special Forces in training Cambodian troops.

*Pictured: L. Chief of Army Angus Cameron, Warrant Officer Don Spinks and Adrian Roberts.*

*Below: Adrian Roberts with Governor-General Sir Peter Cosgrove*



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ACT RSL Branch recently put together two competitive rowing teams to compete in the Corporate Regatta. Everyone enjoyed sessions which were conducted on three weekday mornings, from 6.00 am to 8.00 am. The program ran for four weeks, and culminated in a thrilling regatta on the final weekend.



Cockatoo Rise War Veterans Retreat property in Bairnsdale in Victoria is up for sale with the retreat and museum moving to a new block of land. We will keep you updated about the new location when we are notified. More information: <http://www.cockatooriseretreat.com.au/>



### DID YOU KNOW?

Arthritis ACT is now an accredited NDIS provider and the Dietetic Service has vacancies and can take any adult on an NDIS plan.

They cover:

Face to face consultation;

Web based consultation;

Home visits;

Calculation of nutritional requirement in relation to weight, physical activity and personal goals (not enteric feeds); Tailored meal plan or personalised eating guidelines based on analysis; Education plans based on specific requirements; Health practitioner summaries; and Assessment of current nutritional status, including comprehensive dietary assessment and analysis of the macro and micro nutrient content of your current diet.

For an appointment or to discuss your needs -

Ph: 1800011041 E:[info@arthritisact.org.au](mailto:info@arthritisact.org.au)<<mailto:info@arthritisact.org.au>>

[www.arthritisact.org.au](http://www.arthritisact.org.au)<<http://www.arthritisact.org.au/>>

## From a recent ministerial press release regarding veteran suicide

A recent AIHW study found that between 2001 and 2014 there were 292 deaths by suicide among people with at least one day of ADF service since 2001: after adjusting for age, when compared with all Australian men, the suicide rate was:

- 53% lower for men serving full-time
- 46% lower for men in the reserve
- 13% higher for ex-serving men
- there were 23 deaths among ex-serving men aged 18–24, which is a suicide rate almost twice that of Australian men of the same age
- the low number of female suicide deaths in the study did not allow for valid comparisons with the general population.

Because the Personnel Management Key System only began operation in 2001, there was no data on ADF personnel who served or separated before 1 January 2001. Minister for Veterans Affairs Dan Tehan said: *DVA spends about \$187 million each year providing mental health support to veterans and their families. **If anyone is worried about how they are coping or feeling, then seek help early. If you know someone and are worried about them, speak up and ask for help. The Veterans and Veterans Families Counselling Service is a specialised, free and confidential Australia-wide support service and operates 24 hours a day on 1800 011 046.*** Detailed findings by demographic and service specific characteristics and more complete population-level comparisons are expected by mid-2017. For free mental health treatment, veterans should call the Department of Veterans' Affairs on 133 254 or, for regional callers 1800 555 254, or email [nlhc@dva.gov.au](mailto:nlhc@dva.gov.au). For more information, they can visit [www.dva.gov.au/nlhc](http://www.dva.gov.au/nlhc)

### **A FEW NOTES FROM SUBMISSIONS TO THE PARLIAMENTARY INQUIRY INTO SUICIDE BY VETERANS AND EX-SERVICE PERSONNEL:**

The TPI submission set out some statistics which were interesting in support of their contention that veterans affairs issues should be amalgamated –

- a. the current Australian population is 23.13 million.
- b. Those born overseas are 5,294,200 or 22.9% of the population.
- c. The Aboriginal population is 458,520 or 2.4%.
- d. The Veteran community (which includes War Widows and orphans) is 164,997 or .7% of the Australian population.
- e. The TPI population is 28,183 or 16.88% of the Veteran population or .12% of the Australian population.

The **RSL National submission** concurs. The RSL contends that the current claims system of DVA belongs to a bygone era and in the dustbin of history, that it is inflicting ongoing damage to veterans (including causing the suicide of some) and wasting millions of dollars of government funds each year. We contend that it is time to seek a better approach that is informed by modern insights into rehabilitation and that is focused on the principles of consumer-directed care.

The RSL contends that there are significant shortcomings in the provision of through-life quality care for veterans. Further, we consider the emphasis of the current system on pensions and financial compensation is suboptimal, and that a renewed focus on health and rehabilitation through an enhanced and managed health care program will better provide for the ongoing good health and wellbeing of veterans. Other submissions which may interest you include:

Commonwealth Ombudsman (submission No. 123)  
Department of Defence (submission No. 124)  
Psychiatrist Dr Brian White (submission No. 157)  
Australian Federal Police (submission No. 202) and many more.

You can read the full submissions at: [http://www.aph.gov.au/Parliamentary\\_Business/Committees/Senate/Foreign\\_Affairs\\_Defence\\_and\\_Trade/VeteranSuicide/Submissions](http://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Foreign_Affairs_Defence_and_Trade/VeteranSuicide/Submissions)

## 75th anniversary of No. 30 SQN RAAF

**No. 30 (City of Sale) Squadron** is a squadron of the Royal Australian Air Force (RAAF). Raised in 1942 as a long-range fighter unit, the squadron saw action in the Second World War, serving in the South West Pacific Area against the Japanese and operating mainly in the ground attack and anti-shipping roles from bases in New Guinea and the Netherlands East Indies. After the war, the squadron was disbanded, however, it was re-raised a short time later as a unit of the part-time Citizen Air Force, operating in the target towing and air defence role in New South Wales. In 1960s the squadron ceased flying aircraft and operated surface-to-air missiles, providing for the defence of Sydney and Darwin before disbanding in 1968. The squadron was re-raised again in 2010 and since then it has served as an airbase support squadron located at RAAF Base East Sale.

No. 30 SQN RAAF will commemorate the 75th anniversary of its formation on the 9th of March 2017. To mark the occasion a Bloodhound missile static display and plaque will be unveiled at RAAF Base East Sale, followed by an evening function. Past members and associates of all iterations of 30 SQN are warmly invited to attend. To register your interest, contact 30 SQN at email: [esl.abcp@defence.gov.au](mailto:esl.abcp@defence.gov.au) . Further details will be communicated as they become available.

Below Picture taken: 1942 Beaufighter Aircraft NO. 30SQN,



*Photos from Wikipedia*

Below is No. 9 Operational Group New Guinea



## Christmas party happy snaps—a good time was had by all.

If you would like a copy of a Christmas lunch photo emailed or printed out for collection, please contact the office on 6285 1931 or email [admin@rslwoden.org.au](mailto:admin@rslwoden.org.au)



Cynthia White received recognition for dedicated hospital visiting at the Christmas lunch. The *Order of Whatever It is* is presented as a fun award but it does represent a big “thank you” to our tireless volunteers. Pictured from left is MC Jack Aaron, Bill Smith, Cynthia White and Jim Gilchrist. Below is Bob Fletcher, receiving his award for his contributions to the Eddison Day Club.





Above from left: Helen Kennett, Jacqui and Brooke Thorpe, John Hendry, Jan Properjohn, Maree Tindall and Greg Kennett. Below: HE Chris Seed, Margaret Gliddon, Shaun and Louise Clarke.





Seventy WVRSL members and guests enjoy Christmas lunch at the annual event held at the Southern Cross Club in Woden.



Above is pictured Dave and Beryl Adams, Effe and Roger Rees, Sandra and Alan Spencer, with Jack Aaron.



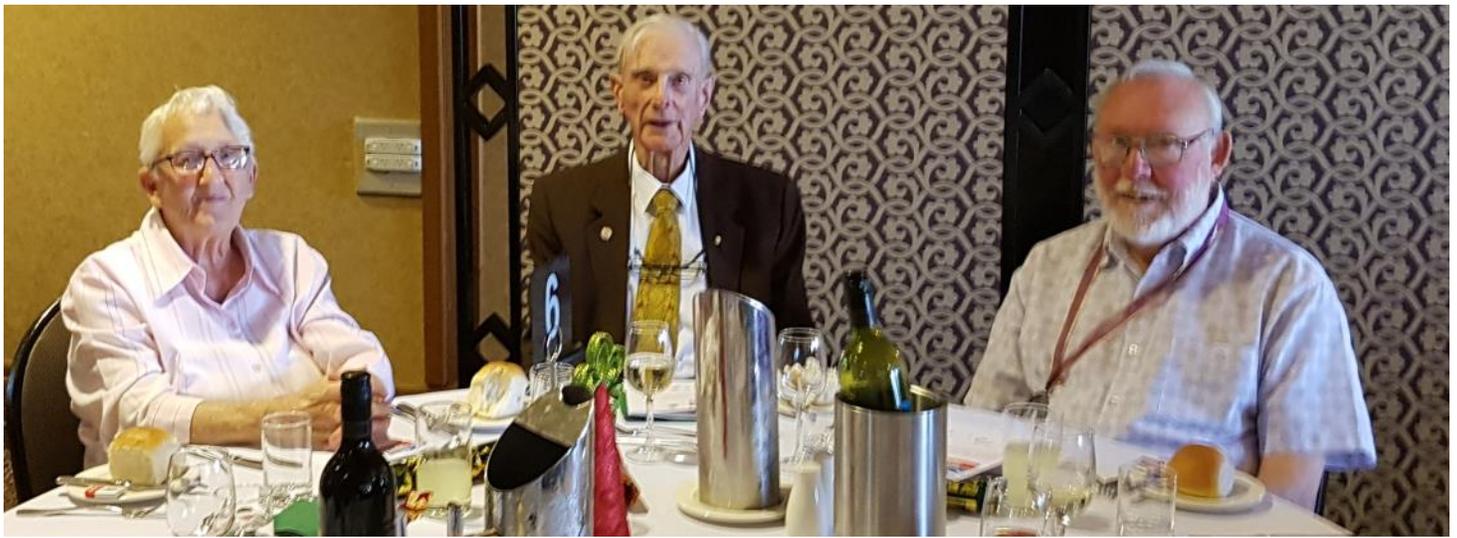
Above, Cora and Rev Mick O'Donnell, John Wicket, Don McLennan and Lynnda Livesey.



Above , Bob and Dawn Fletcher, Norm Russell, Norm and Joy Wheatley, David and Pauline Miller.



Above, Anthony John, Nicole Lauder, Fay and Ken Neil .



Above, Pauline Alabaster, Brian Cook and Brian Alabaster.



Pictured above is Julie Cronin receiving her OOWII award for services to the Eddison Day Club.



One of the happy door prize winners, our WVRSL Treasurer<sup>10</sup> Jan Properjohn, receives her voucher from Secretary Greg Kennett.



Pictured above: is the whole fraternity of the Order of Whatever-it-is wearing their awards.

## And in concession news, here is a new offer from AAT Kings which may suit some members' travel plans:

In Support of the RSL in it's Centenary year, RSL Members will save 10% when booking any Guided Holiday, Short break or Day Tour in Australia or New Zealand\*

**\*Conditions:** Guests receive a 10% discount when booking any AAT Kings operated Guided Holiday, Short Break or Day Tour in Australia or New Zealand when booking directly with AAT Kings. This offer is applicable to the land portion only. Single supplement option available for an additional fee. Valid for sale 7 October 2016 – 31 December 2017. Valid for travel 7 October 2016 – 31 March 2018. Blackout departure dates may apply. For new bookings only. Subject to availability and seasonal surcharge. Discount is not combinable with any other discount or offer. Discounts are subject to availability and may be withdrawn at any time without notice. Must quote RSL10 when booking. AAT Kings booking conditions apply. ATAS No. 10527. 11743f

For more information or to book call 1300 228 546 or email [direct@aatkings.com.au](mailto:direct@aatkings.com.au) and quote 'RSL10' Brochure can be found at: