



## THE RETURNED & SERVICES LEAGUE OF AUSTRALIA HIGHGATE SUB BRANCH

[www.highgate-rsl.org.au](http://www.highgate-rsl.org.au)

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# Highgate Happenings JUNE 2023

**NOTE:** New Secretary email: [highgate.secretary@sb.rslwa.org.au](mailto:highgate.secretary@sb.rslwa.org.au)



*Left: Highgate member, David MacLean, leads the 30 strong Comm contingent down the Terrace on ANZAC Day.*

## JUNE LUNCH

Our June lunch will be held on Monday 19 June, 1200 for 1230h. Venue the Anzac Club, cost \$40, \$5 raffle ticket.

Bookings can be made at <https://forms.gle/JLjtVhsGvhEeuYt7>

You can see who is attending here:

<https://docs.google.com/spreadsheets/d/1tu59qgo0f-ARnh5Nn2klnI7jK67Y0zw9KS7FFku1jY8/edit?usp=sharing>

For catering purposes please note bookings must be made by Thursday 15 June.



Our guest speaker is Mia Davies MLA.

Mia Jane Davies was the Leader of the Opposition and leader of the National Party in Western Australia from March 2021 to January 2023. She has been a member of the state Legislative Assembly since 2013 as the member for Central Wheatbelt, having previously served in the Legislative Council from 2009 to 2013.

Mia Davies was born in 1978 to Dexter and Leonie Davies and raised in the Wheatbelt, on a farm near Wyalkatchem. Prior to entering Parliament, Ms Davies worked as a policy adviser for the Leader of the Parliamentary National Party, executive officer at the Chamber of Minerals and Energy and as a communications consultant. She holds a Bachelor of Marketing and Media from Murdoch University.

Ms Davies made history in 2013 becoming the first female to be appointed Deputy Leader of The Nationals WA. Shortly afterwards she was appointed to Cabinet as the Minister for Water; Forestry, and in 2014 added Sport and Recreation to her Ministerial responsibilities.

As Minister, Ms Davies oversaw projects including the Optus Stadium, the expansion of WA's irrigated agriculture sector through the Water for Food initiative, and championed increased participation of women in sport.

In 2017, Ms Davies was elected as Parliamentary Leader of The Nationals WA, becoming the first female leader of the National Party in Australia.

Following the 2021 State election, Ms Davies became the Opposition Leader for Western Australia, marking the first time a member of The Nationals WA has held the title since 1947. Ms Davies is the third female to hold the title of WA Opposition Leader, each from a different party – former Labor Premier Carmen Lawrence and Liberal leader Liza Harvey.

In 2023, Ms Davies stood down from the position of Leader and by extension Leader of the Opposition. Her Deputy at the time, Shane Love MLA, was endorsed unanimously by the Party Room on 30 January 2023 as the new Leader.

Ms Davies is passionate about improving services and infrastructure in regional WA, in particular education, health and aged care. She truly believes regional WA deserves better as the engine room of the State and any improvements to the regions will benefit the entirety of WA.



## **ADF attends ceremonial duties for King Charles' coronation.**

*Photo: Officer in Command of Australia's Federation Guard Squadron Leader Mitchell Brown led Australia's Federation Guard at The King's Coronation on Saturday 6 May 2023 in London. He is pictured here leading the contingent during The Queen's Platinum Jubilee Pageant, Sunday 5 June 2022 in London. Photo: LSIS Nadav Harel.*

Britain's Defence Services Secretary, Major General Eldon Millar, has thanked Australian and Commonwealth troops taking part in the Coronation Procession at a special ceremony at Pirbright Army Training Centre in south-west England.

More than 600 soldiers, sailors and aviators from 39 Commonwealth countries formed the contingent that led the Procession from Westminster Abbey down The Mall to Buckingham Palace.

In addition, 18 military members representing The Realms – including Australia – marched alongside the newly crowned King and Queen in the 260-year-old Gold State Coach.

The contingent marched onto the Pirbright parade ground in front of the world's media before being presented with a special commemorative coin marking the Coronation of King Charles III.

"Thank you all so much for making the journey here and for being a part of this historic event – your role in The Coronation is an incredibly important and significant one," Major General Millar said.

The Defence Services Secretary is the senior member of the Royal Household responsible for liaising between the King and the UK Armed Forces.

About 40 members of Australia's Federation Guard representing the three arms of the Australian Defence Force marched in the procession.

Contingent Commander, Squadron Leader Mitchell Brown, says the members were ready.

### ***What's Happening***

Future Lunches and Activities

17 July 23 - **Please note this date may be subject to amendment.**

**The Korean Ambassador His Excellency Mr KIM Wan-joong, will be attending the dedication of the Korean War Memorial in Kings Park on Thursday 27 July. Highgate has extended an invitation to him to address us whilst he is here. This may necessitate a change to our July lunch day and date. Members will be advised as soon as this is confirmed.**

27 July 23 – dedication of the Korean War Memorial, May Drive (near Saw Ave), Kings Park, 1100h.

21 August 23 – AGM and OBE/OBN lunch

18 September 23 - John Van Den Hurk Head of Asset Planning at Water Corporation (TBC)

**9 October 23** Dr Andrew Miller (note his availability is only 9th Oct) To be confirmed.

12 November 23 – Highgate Remembrance Day service and lunch, Frasers Restaurant. Further details TBA.

"Our team did a huge amount of training – up to 70 kilometres of marching since we arrived the week prior to the Coronation," Squadron Leader Brown said.

"While it was hard work, I was deeply impressed by the commitment and professionalism of all our soldiers, sailors and aviators – they did Australia proud."

The entire Commonwealth contingent was based at Pirbright Army Training Centre, southwest of London, as they did for the coronations of King George VI in 1937 and Queen Elizabeth II in 1953.

(Courtesy Veterans Web)

## **Lithgow Arms Factory Announces New Rifle**

Lithgow Arms continues the development of a new automatic rifle for the Australian armed forces. Based on designs from Melbourne-based Wedgetail Industries, the new rifle appears to be a departure from Lithgow Arms' F90 bullpup platform, however, Wedgetail have previously showcased, at LandForces2022, a prototype 6.8mm chambered F90. In December, Thales Australia and Wedgetail Industries signed an agreement that will see the Wedgetail-developed rifle manufactured at Lithgow if it is selected as part of the Australian Army's upcoming rifle tender.

Currently referred to as the Australian Combat Assault Rifle (ACAR). According to Thales Australia "Wedgetail and Thales Australia's Lithgow Arms initiated a design and development effort on the new weapon system in early 2022. The work was undertaken at Lithgow Arms' C3 – a small arms and weapons systems 'incubator' established on site at the Lithgow facility designed to assist and bring on board small-to-medium enterprises (SME) in the defence industry."



*Photo: ACAR (Lithgow Arms/Thales Australia)*

The ACAR is an AR platform-based weapon with variants chambered in 5.56x45mm, .300BLK and 7.62x51mm developed.

Matt Duquemin, Thales Australia's Director Integrated Weapons and Sensors, said, "We are proud to work together with Wedgetail – helping develop and grow the innovation and inge-

nuity of Australian SMEs by bringing down costly barriers to entry often experienced by Australian companies in the defence industry". (Courtesy VeteranWeb)

## ***Just Joking***

A former Sergeant in the Marine Corps took a job as a high school teacher.

Just before the start of the school year he injured his back. He was required to wear a plaster caste around the upper part of his body. Fortunately, the caste fitted under his shirt and wasn't noticeable.

On the first day of school, he found himself assigned to the toughest students in the school. The smart punks, having already heard the new teacher was an ex-Marine, were leery of him and he knew they would test his discipline in the classroom.

Walking confidently into the rowdy classroom, the new teacher opened the window wide and sat down at his desk. When a strong breeze made his tie flap, he picked up a stapler and stapled the tie to his chest.

Dead silence .....

The rest of the year went very smoothly.

## ***Happy Birthday June babies:***

Jeff Astfalck, Laurie Stanley, Adrian Young, Jeremy Sher, Gerry Postmus, Tim Harrison, Paul Conti, Stuart Henry, Noel Sivewright, Lou Halvorson, David MacLean, Helen Birch, Robert Eadie, Murray Lampard, Ken Chapman.

Apologies if you have been missed. Please notify the Secretary.

## ***Welcome to new members:***

Peter Moore, Phillip Bleach, Dale Reynolds (transfer from Queensland), Roger Bennetts.

## ***Vale***

F5378, F55038 **Errol Smith** (nee Staples). Errol was a long time Highgate member. Errol joined the regular WRAAC in March 1959. On leaving the ARA in March 1981 she transferred to the Army Reserve until October 1991. She was largely employed in the clerical area and discharged with the rank of Staff Sergeant.

WX17550 **Harold DURANT**. Deepest sympathy to our member Lynn Lovell on the recent passing of her husband Harold, aged 101. Harold was a former long-standing President of Cottesloe Sub-branch. He served in 2/5th Independent Company in PNG and participated in the raid on Salamaua led by Captain N.I. Winning on 30 June 942. The raid killed over a hundred and twenty Japanese for three Australians wounded.



# Attack on Sydney Harbour

Posted from Military Voice

On the night of May 31st and into the early hours of June 1st, 1942, three Imperial Japanese Navy Midget Submarines attacked Sydney Harbour, an event referred to by some as the 'battle of Sydney'.

The brazen attack was preceded by a number of reconnaissance flights conducted over Sydney that provided valued intelligence. The attack was to be focused on the numerous Allied warships anchored within the harbour, including the prime targets of the HMAS *Canberra* and USS *Chicago*.

The first of the three submarines to enter Sydney Harbour on May 31st was *M-27*, manned by Lieutenant Kenshi Chuman and Petty Officer Takeshi Omori. Entering at approximately 8 pm, the vessel's propellers became entangled in anti-submarine nets near the western boom gate shortly after. The disturbance was noticed soon after and reported, however by the time patrol boats HMAS *Yarroma* and HMAS *Lolita* arrived the submarine's crew had fired demolition charges that destroyed their craft at 10:37 pm.



Photo: *The recovery of the remains of M-27 from Sydney Harbour.* Source: [www.navy.gov.au](http://www.navy.gov.au)

*M-24* was the second of the midget submarines to enter the harbour manned by Sub Lieutenant Katsuhisa Ban and Petty Officer Mamoru Ashibe at 9:48 pm. Sighted by the USS *Chicago* but not successfully repelled by shots, two torpedoes were fired at the *Chicago* half an hour after the sighting. Both torpedoes missed the target with one run-

ning ashore at Garden Island and the second striking the sea wall of Garden Island under the Sydney Harbour ferry *Kuttabul*, acting as a RAN depot ship. The *Kuttabul* sank with 21 Allied naval ratings killed and others badly injured or trapped.

*M-24* and its crew disappeared out of the harbour and their end would not be known until 2006 when the wreck of the midget submarine was discovered off Sydney's northern beaches.

The third and final midget submarine, *M-22*, entered the harbour in the early hours of June 1st. Crewed by Kieu Matsuo and Petty Officer 1st Class Masao Tsuzuku, the midget submarine was detected in Taylors Bay where patrol boats repeatedly depth-charged the vessel. The two-man crew were the following day found dead inside their crippled vessel with self-inflicted gunshot wounds.

The audacious and surprising attack from the three midget submarines was a wake-up to many Sydneysiders who previously may have felt that the war was something of a world away. This attack remained a watershed moment and helped change the views on Australia from being an outlying Allied member to an important springboard for the defeat of Japan in the Pacific. The loss of 21 Allied lives and the four lives of the Japanese submariners was a stark reminder of the realities of war in an otherwise peaceful feeling Sydney.



Photo: *The requisitioned ferry Kuttabul lying on the seabed following M-24's torpedo attack.*

Source: [www.navy.gov.au](http://www.navy.gov.au)

The 19 Australians and 2 British ratings were given a burial service with naval honours. The four Japanese submariners were also given a funeral with naval honours at Rookwood Cemetery, a gesture appreciated years later by the Japanese. Two months later their cremated remains were returned to Japan as part of a diplomatic exchange.

The two recovered midget submarines were put together to construct a composite vessel, on display at the Australian War Memorial, Canberra, alongside the wheelhouse from the *Kuttabul* to create a poignant exhibit. This year, we mark the 80th Anniversary of the attack on Sydney Harbour. We honour and remember the events of World War II and those who defended Australia on May 31st and June 1st, 1942.



Photo: *The composite midget submarine on display in the Australian War Memorial, Canberra.*

Source: [www.navy.gov.au](http://www.navy.gov.au)

MAY 25, 2023

## Veterans rally against stripping of Afghanistan War service awards.

By Robert Dougherty

Military veteran leaders have spoken out against plans to strip distinguished and conspicuous service awards from at least seven officers deployed during the Afghanistan War.

Representatives of the Australian Special Air Service Association (ASASA) and the Australian Commando Association, with the support of the Returned and Services League, have called for a stop to any administrative action against soldiers until criminal charges are dealt with and the facts established, in accordance with due process.

The groups have rallied against correspondence between the Chief of the Defence Force General Angus Campbell and at least seven officers who served during warlike operations.

"...I am ...referring the matter to the minister for defence (the minister) for consideration. It is then for the minister to independently determine whether he accepts the assessment in my letter after considering the relevant information including your response," GEN Campbell allegedly told the officers.

"If he is of the view that your award should be cancelled, the minister will make a recommendation to the Governor-General. The Governor-General will then make a decision. This is in accordance with the Letters Patent. My consideration of your command accountability is now closed."

That correspondence relates to the Inspector-General of the Australian Defence Force Afghanistan Inquiry report (Brereton Report) released in 2020.

That document reportedly found credible information of war crimes committed by members of the Australian Special Forces in Afghanistan between 2005 and 2016. This allegedly included at least 23 incidents in which one or more non-combatants were unlawfully killed by or at the direction of Australian Special Forces.

The Office of the Special Investigator was established and is investigating those accusations under international obligations to prosecute war crimes; however, no individuals have been referred for prosecution.

The ASASA and CDO Associations and the RSL have pledged to discuss the issue widely with Ex-Ser-vice Organisations and the Australian community to determine the next steps.

They also called for judgement guided by compassion, respect for democratic and legal due process, and moral courage to support and respect the service of those placed in harm's way by the Australian government and senior ADF commanders' decisions.

Australian SAS Association national chairman Martin Hamilton-Smith said General Campbell has ignored the advice given to him by group representatives.

"Whilst we respect the institution of the ADF and the appointment of CDF as part of that institution, we now recognise that General Campbell's actions necessitate a more prescient response," he said.

"In our opinion, this CDF has mishandled the yet to be proven war crime allegations from the outset and has in the view of many veterans, created an inference of guilt against those involved before the defendants account of events had been heard, in accordance with due process.

"The removal of awards for distinguished and conspicuous service from soldiers after a war in this way appears unprecedented in the history of Anzac.

"This second attempt by CDF in effect impugns and humiliates dedicated young commanders who led brave soldiers in the fight against terror in Afghanistan with great distinction. It is in the opinion of veterans both unjustified and a stunning demonstration of poor leadership from our top-ranking military officer.

"SAS soldiers volunteered to get the job done but they were worn down and overused by their government in a lethal and under resourced workplace to minimise the government's political risks and to fight the war on the cheap by avoiding the need to deploy and put at risk, larger conventional combat forces.

"Because they were so few, some soldiers were required to deploy on 9 to 10 rotations and spent up to three and a half years in combat. Our soldiers and their families paid physical, psychological, and moral price for their service. Each of them continues to carry a burden."

Hamilton-Smith said General Campbell, as commander of the soldiers, as Commander Task Force 663 in 2011-12, had oversight of all operations and reviewed all action reports.

"On the back of the efforts of Special Forces facing the enemy in the Afghan desert, General Campbell was awarded a Distinguished Service Cross (DSC), the same award he wants to take away from the soldiers," Hamilton-Smith said.

"As the senior Australian commander, General Campbell had a moral and command responsibility for Australian operations. He excludes himself from the standard he requires of others.

"The General should hand in his own medal, or he has no credibility."

Australian SAS Association is concerned for each of the individual veterans who were ordered to fight the Afghanistan war and is sensitive to the work of the Royal Commission into Defence and Veterans Suicide currently undertaking hearings in Perth, Hamilton-Smith said.

Australian Commando Association vice-president Steve Pilmore said General Campbell's actions follow the constructed dismissal of soldiers from their employment, a high rate of medical discharges and will further impact veterans' mental health and that of their spouses and children.

"Soldiers and veterans feel the system which sent them to war has turned its back on them. It feels to them like organisational betrayal.

"Any punitive administrative action taken to remove awards or sanction veterans must be supported by evidence, it must be fair and considered, and individuals must be afforded due process.

"General Campbell has not made the case that awards should be removed from soldiers, and he has not held himself accountable as an SAS officer and as Commander of the Australians in Afghanistan in 2011-12."

RSL national president Greg Melick said the RSL believes that there must be command accountability for any wrongdoings on their watch, the facts of allegations of wrongdoing in Afghanistan are untested and the truth not yet established by a court.

"The RSL believes that until those processes are complete, no further action against commanders, or anyone else, should be taken. In the meantime, all involved have a right to a presumption of innocence," Melick said.

"We remain very concerned about the breadth and depth of the impact that this is having on the mental health of our veterans.

"We call for the legal processes to be worked through fairly but also as quickly as possible. In the meantime, the RSL offers its support and services for the wellbeing of any veterans affected."

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## NOTICE OF ANNUAL GENERAL MEETING

In accordance with RSLWA By-law 5, notice is given that the Annual General Meeting of Highgate RSL Sub-Branch will take place at 1230h on Monday, 21 August 2023, at The Anzac Club.

All positions become vacant. Nominations are called for the following positions:

**President; Vice President, Treasurer, Secretary, Warden (up to two); Membership Officer; SWM Liaison Officer\* (\*Deputy Warden appointed by RSLWA); Honour Avenue Group Liaison Officer; Pension and Veterans Affairs Officer; Hospital and Welfare Officer; Website Administration Officer; Committee Members x 3.**

Nomination forms are available from the Secretary and will also be available prior to the AGM.

### Secretary Absence –

The Highgate Sub-Branch Secretary, Greg Wilsoŷn, will be east of 129E from 17 to 30 June. For most of this period he will be largely out of comms. Any urgent matters please contact the President Geoff Simpson (0408 925 432; [gsimpson001@optusnet.com.au](mailto:gsimpson001@optusnet.com.au)) or Treasurer Ray Ward (0409 426 677; [c42ward@bigpond.net.au](mailto:c42ward@bigpond.net.au)).



# REMEMBERING THE BATTLE OF FIRE SUPPORT BASES CORAL AND BALMORAL



On 13 May 55 years ago, Australian and New Zealand forces were attacked, resulting in their largest battle of the Vietnam War – the Battle of Fire Support Bases Coral and Balmoral.

25 Australians lost their lives in the 25-day battle.

Australian and New Zealand Forces were setting up bases to defend Saigon when they were attacked in

the early hours of 13 May 1968.

An Australian artillery battery, its mortar platoon and machine gunners were subject to intense fire.

First light revealed the aftermath of the overnight attack; sadly nine Australian soldiers lost their lives, with a further 28 wounded.

Over the next 25 days, another 16 Australian lives were lost.

Matt Keogh said today, we honour those who lost their lives in combat and commend the bravery of all those who served in defence of our nation during the Vietnam War.

“The Battle of Fire Support Bases Coral and Balmoral, during the Vietnam War, must never be forgotten,” Mr Keogh said.

Throughout 2023, the Australian Government is recognising the contribution of our Vietnam veterans, their service in Vietnam and their role as integral members of the ex-service community in the decades since the war.

On Vietnam Veterans’ Day, 18 August 2023, a national commemorative service will be held at the Vietnam Forces National Memorial in Canberra to recognise the 50<sup>th</sup> anniversary of the end of Australia’s involvement in the Vietnam War. (*Veteran Web*)

## Australia at War in June.

1 June 1918 First use of aircraft in combat by ships of the Royal Australian Navy in the Heligoland Bight. Aircraft were launched from HMAS Sydney and Melbourne to intercept two German aircraft.

1 June 1941 Evacuation from Crete completed. Over 16,000 troops were successfully evacuated from the island over four successive nights.

2 June 1967. 2nd Battalion Royal Australian Regiment arrives in Vietnam

3 June 1944 Last major air combat by RAAF in the Second World War. South of Biak Isl

and 15 P-40Ns from No. 78 Squadron attacked 15 Japanese aircraft (12 fighters and three dive-bombers) and succeeded in shooting down seven fighters and all of the dive-bombers for the loss of one P-40 and pilot.

6 June 1969 Battle of Binh Ba South Vietnam. Binh Ba, located 6 kilometres north of the Australian base at Nui Dat was the site of a battle between an Australian Ready Reaction Force and a combined force of Viet Cong guerrillas and North Vietnamese Army troops who had occupied the village. The enemy were driven off after more than a day's fighting.

7 June 1951 3rd Battalion, Royal Australian Regiment, patrols sent across the Imjin River and they begin to win control of the north bank.

15 June 1951 HMAS Bataan bombards Chongjin, Korea. After the war in Korea had ended, the Chinese leader, Chairman Mao Zedong, admitted that one of the principal factors in denying the Chinese and North Korean victory was the superiority of UN naval power. Australia's contribution to the naval war in Korea was significant.

16 June 1948. Malaysian Emergency declared. The Australian involvement in Malayan Emergency lasted from 1950 to 1960, making it the longest continuing military commitment in our history. 39 Australian servicemen died in this conflict. Three British plantation managers were murdered in two separate incidents in Perak which led to the British enacting emergency measures two days later (18th) for Perak only. This was widened to include all of Malaya in July as the insurgency escalated.

18 June 1953 Australian prisoners of war of the Korean War released at Panmunjom. Thirty Australians were taken prisoner in Korea; one of these died while in captivity

20 June 1943. Darwin bombed. Darwin was bombed by Japanese aircraft 64 times during the Second World War.

21 June 1951. 3rd Battalion, Royal Australian Regiment, awarded United States Presidential Distinguished Unit Citation for "extraordinary heroism and outstanding performance" at the battle of Kapyong, Korea.

28 June 1945. Private L.T. Starceвич, 2/43rd Battalion, originally from Subiaco, Western Australia, wins the Victoria Cross at Beaufort, North Borneo.

29 June 1950. Australia commits military units to the United Nations Force in Korea. Australia was one of the first nations to commit units, from each of the three services, to the war in Korea. Australians in Korea fought as part of the UN Command.

## Health & Wellbeing Update – June / July 2023

### HEALTH & WELLBEING

#### Men's Health Week – 12<sup>th</sup>-18<sup>th</sup> June



**2023 INTERNATIONAL  
MEN'S HEALTH WEEK**  
#menshealthweek

The theme of Men's Health Week 2023 is **Healthy Habits** - focusing on encouraging men and boys to build healthy habits by identifying small changes they can make that benefit their health and wellbeing.

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

What are you doing to recognise, celebrate and create opportunity for men in your community to create some healthy habit changes? If you have an event that engages men during men's health week, why not register and [List your event - AMHF - Australian Men's Health Forum](#).

For more information about Men's Health Week go to [Men's Health Week | 2023 \(western-sydney.edu.au\)](#) or [Getting into the habit of Men's Health Week 2023 - AMHF - Australian Men's Health Forum](#)

### What is a habit?

A habit is something that is routine to you and that you repeat, often without knowing it.

Good habits include:

- healthy diet and exercise
- healthy sleep habits
- healthy relationships
- assertive communication
- work-life balance
- time management
- stress management
- relaxation and mindfulness

For more information about good habits and how to create them go to [Creating healthy habits | healthdirect](#)

### The importance of good habits – Defence Health

*"We are what we repeatedly do. Excellence then, is not an act, but a habit." Aristotle*

We often say things like: "I should exercise more" or "I wish I could eat better." What do you actually need to form good habits to lead a healthier, happier and more productive life? Can you really change your life by forming good habits?

We are creatures of habit. Our brains love automating a sequence of steps to create routine — it saves space for all the other important decision-making processes. So, it's important we form habits which better our lives, rather than ones with negative repercussions.

### How to build good habits

There are a few things you can do to really make a good habit stick and increase your chances of success.

- **Get rid of excess options.** Keep your choices for mealtime simple to avoid ordering take away meals.
- **Use 'if-then' planning to remind yourself of your goals.** A useful technique to resist temptation and build good habits.
- **Identify and eliminate possible obstacles or triggers** such as turning off your phone by 9pm on weeknights to avoid excessive scrolling.
- **Don't let a slip up derail you.** If you eat that chocolate biscuit or miss a session at the gym, chalk it up to experience. Work out what caused the slip up and start fresh tomorrow.
- **Seek support.** Find those who can help you stick to your new habits. Exercise with a friend or join a running group.
- **Replace a habit with another good.** Substitute snacking times with healthy snacks like a handful of nuts or rice crackers.

Defence Health is a not-for-profit private health insurance organisation committed to the wellbeing of their members. For more tips or to see if you are eligible to join, visit [www.defence-health.com.au](http://www.defence-health.com.au) or call **1800 335 425**.

### **Veteran Games – September 2023**

**The Veteran Games is an exciting opportunity for Australian veterans to showcase physical resilience, teamwork and problem-solving in an Australian-first team competition.**

Competing in teams of 8, this military-style event provides an exclusive opportunity for current and former serving personnel to put their unique skills and experience to the test. Teams will take on the Obstacle Course Challenge, Team Tug-of-War Competition, and other surprise events requiring problem-solving and teamwork – with each event replicating activities conducted during active military service or combat.

The inaugural 3-day Veteran Games is coming to the Gold Coast on 30th September – 2nd October 2023. Find out more details on their [website](#). You can register [here](#).

## **GRANTS & FUNDING**

### **Saluting Their Service Commemorative Grants Program**

Designed to commemorate the service and sacrifice of Australia's service personnel in wars, conflicts and peace operations, and their families. Up to \$3.5 million is available each financial year for distribution, split across three batches throughout the year. The intended outcome of the grant opportunity is to provide funding for projects and activities that:

- promote appreciation and understanding of the experiences of service and the roles that those who serve have played
- preserve, add to the sum of knowledge on, or provide access to information about Australia's wartime heritage.



Batch 1 is currently open for applications and **closes at 9pm on the 13<sup>th</sup> of June 2023.**

For the grant opportunity guidelines or to apply go to [GrantConnect](#).

### **Health & Wellbeing Funding \$2000**

This program provides start-up funding of up to \$2,000 for ex-service and veteran support organisations to create programs and opportunities for veterans and their families to improve their health and wellbeing. Programs or activities could support physical activity, nutrition, mental wellness and social connectedness. Ex-service organisations have recently received support for a raised vegetable garden project, a cooking program, a sail-for-life program, a digital literacy project, an outrigger paddling program and various community connections programs. If you have an idea for an event or program, please contact your state Community Support Adviser [csa.wa@dva.gov.au](mailto:csa.wa@dva.gov.au)

### **Marking (First World War) Private Graves Grants Program**

The Marking (First World War) Private Graves Grant Program is being delivered on behalf of the Department of Veteran's Affairs. The Australian Government is inviting applications via a demand-driven process to apply to deliver services under Program 3.1 – War Graves under Outcome 3 of the DVA Portfolio Budget Statement 2023 to 2024.

The objective of the program is to contribute to community recognition of the service and sacrifice of service personnel in the First World War who are not eligible for official commemoration by Government. It does this by providing funding to contribute to the cost of establishing a grave marker on currently unmarked private graves.



Applications are now open and close **9:00 pm AEST on Tuesday 20 June 2023**.  
Find out more on [GrantConnect](#).

## DVA - HEART HEALTH PROGRAM

### VETERANS HEART HEALTH PROGRAM DVA FUNDED FREE 12 MONTH PROGRAM



Practical  
Exercise



Nutritional  
Education



Healthy Lifestyle  
Management



Social  
Connections



Improved  
Well-being

The Heart Health Program aims to help you increase your physical health and wellbeing and includes regular physical activity sessions tailored to your needs and fitness level and 12 health education modules.

As a Heart Health participant, you are supported by a team of health experts and your fellow group members. You will have access to health education materials and practical tools and advice to help you achieve your health goals.

The program is free and open to all veterans and peacekeepers with operational service and those covered under the ADF firefighter scheme who have not previously participated in the program.

#### TO APPLY OR FIND OUT MORE

Please find attached a brochure with more information. If you would like to discuss these program opportunities or apply to participate, you can visit the Heart Health website on <http://www.veteranshearthealth.com.au/>

Alternatively, you contact Corporate Health Management on **1300 246 262** or email: [hearthealth@chm.com.au](mailto:hearthealth@chm.com.au)

## COMMEMORATION

### Vietnam War commemorative medallion and certificate

To acknowledge the 50th anniversary of the end of Australia's involvement in the Vietnam War, the Department of Veterans' Affairs will produce a Commemorative Medallion and Certificate of Commemoration.

The medallion and certificate will be made available to every living veteran, widows of veterans and other family members of veterans of the Vietnam War. Please note that only one medallion is available per Vietnam War veteran. While Australia can never repay the debt we owe to the 60,000 who served in Vietnam, this medallion and certificate are a small but meaningful way to honour their service and to recognise the sacrifice of those who never returned home.

To apply go to [Vietnam War commemorative medallion and certificate | Department of Veterans' Affairs \(dva.gov.au\)](#)

