



## Alstonville RSL Sub-Branch



## Standfast 2023

Issue 252

Month Nov 2023

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### FOR YOUR DIARY:

Next sub-branch meeting  
Saturday 9<sup>th</sup> December

@ 10.30 hr. Followed by a  
Christmas lunch, families are  
more than welcome. Numbers  
to secretary please.

Australia Day BBQ???????

### Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0477 773 140
Vice President	Robert Wilson JP	0414 708 662
Vice President	Phil Skinner	0427 291 292
Secretary	John Gordon	0437 509 790 or 0414 285 812
Treasurer	Garry Henderson-Smith	0400 474 413

All emails to:

[AlstonvilleSB@rslnsw.org.au](mailto:AlstonvilleSB@rslnsw.org.au)

# Have a Safe and Happy Christmas

Dear Members,

This past month has been busy with Remembrance Day activities.

Thank you to all the volunteers who sold Remembrance Day souvenirs. It was an excellent result. Remembrance Day Service at EAB Park was an absolute success with over 120 people attending. Many thanks to all our members who organised the cleaning of the memorial, flag bearers, speaking parts and the fantastic luncheon prepared by Rob.

Rob Fry and I attended the Alstonville High School for Remembrance Day. Thanks to the Principal and Staff for the Remembrance Day Ceremonial invitation and the witnessing of the Senior Students Prefect Badging for 2024.

*What is the perfect meaning of loyalty?*

*the state or quality of being loyal; faithfulness to commitments or obligations. faithful adherence to a sovereign, government, leader, cause, etc.*

I'd like to take this opportunity to wish all members and their families a Merry Christmas and a Happy New Year.

If travelling during the festive season please take care.

God Bless All

John Porter

President



**From the President**



## Sub-Branch Meeting Minutes

### MINUTES of the sub-Branch General Meeting

There are no Minutes this month as the meeting was the Remembrance Day Service in Elizabeth Anne Brown Park.

We had a very successful Poppy Day Badge sales, raising much needed funds for the sub-Branch, we extend out grateful appreciation for the residents of Alstonville/Wollongbar for their continued generous support, with many people just giving a donation.

The Remembrance Day Service was very well attended, with over 100 people present in the park, including students from Alstonville High School, Alstonville Public, St Joseph's Primary, Wollongbar Public and Rous Public schools, who all laid wreaths.

The secretary slightly mis-judged the timing and a short, reflective(???) period was observed, I'll get it right next year!

Thank you to everyone who assisted with the Badge Sales, including our lovely Legacy Laurel Club ladies, their help, and interesting conversation makes the time go quickly! Ladies, we really appreciate what you do for us.

The Quilt Raffle was drawn after lunch at the hall, with the quilt being won by Ticket #563 – Jill Irvine, the \$2.00 coin by Ann Nunan, Bob Wilson was the only member winning a prize, he won the crocheted knee rug!

Again, thank you to all who participated, and we need to start looking at another annual raffle for next year, collecting ideas for prizes etc. Suggestions are unashamedly sought!!!

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Report from RSLNSW Annual Congress and AGM by Alternate Delegate John Gordon.

The 2023 Annual Congress and AGM of RSLNSW commenced with a 'meet & greet' function at the Newcastle Exhibition Centre (NEX) on Sunday evening with a welcome by the RSLNSW President Ray James.

Monday morning started with collection of Delegate packs from 0800, then a welcome by the MC Ms Jamie Abbott followed by a Welcome to Country (which was very open and inclusive, stating the CUSTODIANS of the land were happy to have so many elders in one place and the significance of that).

RSLNSW President Ray James then welcomed all delegates, guests and observers and opened proceedings with a formal wreath laying & Ode, followed by a recitation of the RSL Oath.

The next speaker was the Mayor of Newcastle who was very appreciative of our gathering and reiterated some highlights that Newcastle has to offer.

The CEO of RSL Australia then spoke on behalf of the National President. We were then treated to an address by our Patron, Her Excellency The Honourable Margaret Beazley, AC, KC, Governor of NSW. Mrs Beazley spoke very well and shared parts of her journey and introduction to RSLNSW and to veterans in general, she stated her appreciation for what we stand for and what we achieve.

The State President's Shield was presented followed by a presentation to RSL LifeCare Veteran Services of the combined donations from sub-Branches via the Veteran Support Fund.

The next sessions were a Strategic Plan update followed by an RSL LifeCare Veteran Services update which included an update on the existing and proposed Veteran & Family Hubs.

The remainder of the afternoon was a Veteran Policy update which included an update on the Royal Commission into Veteran Suicide.

Day one closed and buses were available to take delegates to Bar Beach Bowling Club for some R&R!

Tuesday commenced with delegates collecting their electronic voting devices and after a welcome by the MC, Ms Abbott, Ms Sophie Ray, Chair of the Board, gave a Board report.

Then the Minister for Veterans' Affairs, Matt Keogh gave an update on the state of DVA, stating that the about 250 new delegates are now coming into play and the

backlog of claims has already dropped from 41,000 to 20,000. He then took questions from the floor.

Derek Leslie, Chair of the District President's Council (DPC) then gave a short report on their achievements to date and the priority listing of matters to be addressed, he also commented that the endorsement of a new version of Last Post (including a didgeridoo) had been rejected by the sub-Branches and Districts.

After morning tea, the AGM commenced with the President's report, financial report and Auditor's Statement. Then standard reports (Minutes of 2022 AGM, register of motions, endorsement of wording of Constitution, financial & auditors reports adoption. The venue for Congress & AGM 2024 was confirmed as NEX.

Next, voting on the motions listed commenced, the results have been promulgated by ANZAC House already. Our motion on amending the Constitution was defeated.

All in all, there was nothing controversial and it was good to network with other sub-Branches with some interesting conversations and viewpoints.

Retiring COE Jon Black was thanked for his dedication, vision, drive and leadership. The incoming CEO, Giles Hurst, is in the process of getting a hand-over. Jon was presented with an RSLNSW Certificate of Appreciation.

The Board election results were announced and the incoming State President Mick Bainbridge, gave an impressive speech, thanking Ray James for his mentorship and recognising the hard of the outgoing board.

The Chair of the Board, Sophie Ray, then farewelled Ray James (and Pauline) and he received a standing ovation from the delegates.

Ray then carried out his final act as State President by closing the Congress and AGM.



**I was going to  
cook alligator for  
dinner but  
realized I only had  
a croc pot.**

## ADVERTISING

### DVA Heart Health Program for Returned Veterans & Peacekeepers & those covered by the ADF Firefighters Scheme

#### 12 Months of Health coaching

#### Gym or Pool membership assistance available

Did you know the Department of Veterans' Affairs (DVA) provides a free 12-month health and fitness program that can be delivered to returned Veterans and peacekeepers with operational service and those covered by the ADF firefighters scheme anywhere in the country? The program is flexible and able to accommodate participants living in metropolitan areas, regional or remote areas, those still working or retired, studying or with other time constraints.

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

#### Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with operational service and those covered by the ADF Firefighters Scheme who have not previously done the Heart Health Program before. To check your eligibility visit <https://www.veteranshearthealth.com.au/eligibility/>

#### Individual Heart Health Program – How it works

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individuals health and fitness goals. The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program. The program covers a range of topics including:

- setting healthy goals
- nutrition and diet advice
- advice on lowering alcohol consumption
- developing better sleep patterns
- stress management
- managing diabetes
- taking care of your body
- managing your weight
- and maintaining a healthy heart

#### Program Exercise Resource – Exercise how you like to

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

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

#### Registering Your Interest

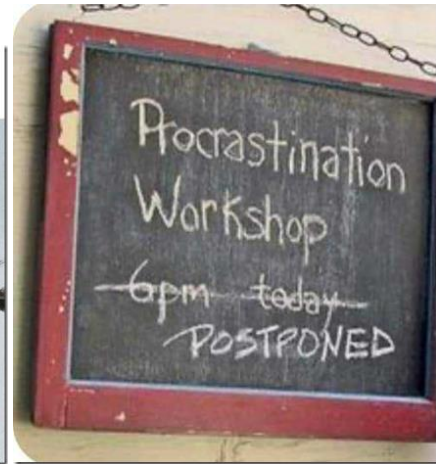
Registering your interest or checking eligibility is easy. Simply visit <https://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number **1300 246 262** at any time to speak to one of our team.



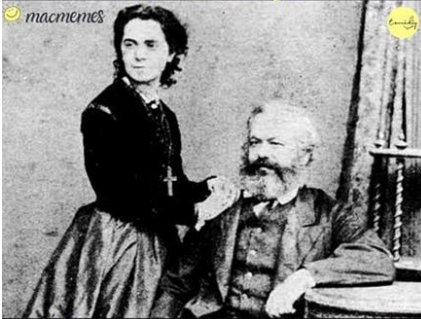
## The funny side of life:

**Just found out  
the company  
that produces  
yardsticks  
won't be  
making them  
any longer.**

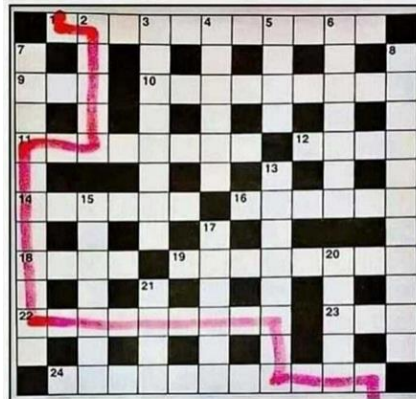
I'm a little suspicious of the new maid  
they just hired for the White House



**Karl Marx is a historically famous  
figure, but nobody ever mentions  
his sister, Onya**

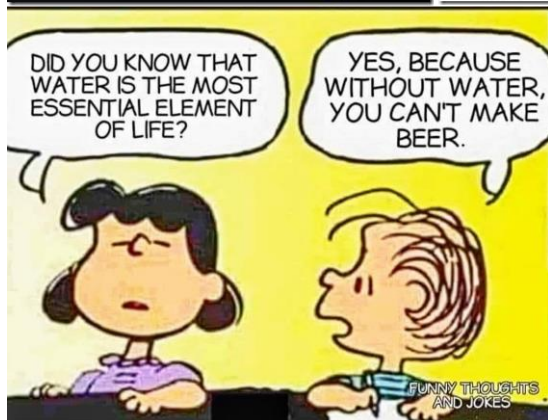
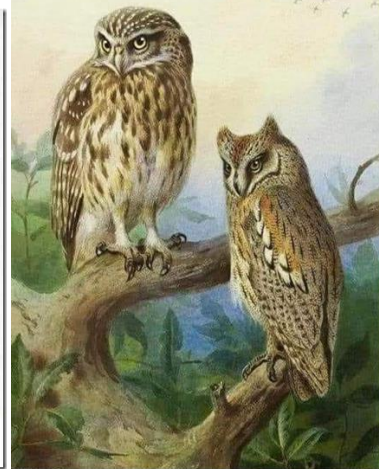


**who invented the starting pistol**



*These puzzles are so easy. I don't know why they  
have them in the newspapers every day..*

**Peruvian owls always hunt in pairs.  
It's because they are Inca hoots.**



### Happy birthday

Les Daley	4 Dec.	Carter Naftzger	27 Dec
Ray Johnston	4 Dec.	Neville Herber	29 Dec.
Noel Toneguzzi	6 Dec.		
David Ryan	6 Dec.	Bruce Crawford	1 Jan
Georgina Sewell	13 Dec.	Taylah Wallace	12 Jan
Bob Crosthwaite	14 Dec.	Tony Tyler	12 Jan
John Gordon	15 Dec.	Mark Quilligan	24 Jan
John Porter	17 Dec.	Ian Welch	24 Jan
Phil Skinner	18 Dec.	Irvine Sproule	31 Jan
Bob Wilson	21 Dec.		
Luke Stewart	23 Dec.		
Marjorie Moffat	25 Dec.		
Jeremy Tyler	27 Dec..		



## Information:

DVA – Lismore VAN Office:  
Suite 8 Level 1 17 Conway Street  
Lismore (next to Australian Hearing)  
Email: NSWVANLismore@dva.gov.au  
Ph 1300 838 372  
DVA  
GPO Box 9998  
Brisbane QLD 4001

\*\*\*\*\*Notes from the Secretary: \*\*\*\*\*

The Agricultural Society is looking for volunteers to help with their New Years Eve Fireworks at the Showgrounds. Contact their Secretary, Faye Wilson on 0477 477 289 if you are interested.

Does anyone know about arranging wreaths? Ours desperately need to be refreshed & I haven't a clue!!!!  
HELP!!

There is a Heart Foundation walking group which leaves from the Post Office at 0830 on a Sunday, all welcome.

Is anyone interested in having an Australia Day BBQ at the hall??? Please let me know if you are interested.

DVA Gold Card – Many Vietnam and other Returned from Active Service Veterans are not aware of their entitlement to a DVA Gold Card which is not means or asset tested.

To check for your entitlement complete the DVA form D3057 "Application for a Gold Card for Veterans of Australia's Defence Force". Those under 70 and not in receipt of any DVA payment can complete DVA form D0506 "Claim to determine Qualifying service by current or ex-member of the ADF".

### SPONSORS – THANK YOU SO MUCH FOR YOUR SUPPORT

- Alstonville Plaza Meats & Deli
- Alstonville Quality Meats
- Alstonville Cellars
- Village Fresh Fruit and Vegetables, Alstonville
- Federal Hotel, Alstonville
- Melanie Stewart Real Estate, Alstonville
- Coles Supermarket, Alstonville
- Parkview Funeral Home, Ballina
- Guardian Funerals – Alstonville, Ballina, Lismore
- McGraths Real Estate, Alstonville
- Jo-Jo's Café & Sandwich Bar – Alstonville Plaza

### *RSL Tibouchina Day Club*

**When:** Wednesdays @ 10:00am

**Where:** Rous Mill Hall

**What:** Enjoy good company, live entertainment, light exercise (suitable for the elderly). Mental stimulation activities, morning tea, lunch  
A bus will pick you up and return you to your home within the Alstonville / Wollongbar villages for a \$10:00 contribution.

**Who:** For members of our community who are looking for social interaction in a friendly welcoming environment.

Contact Marette for more details: **0421 272 643**