



Alstonville RSL Sub-Branch



Standfast 2024

Issue 263

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FOR YOUR DIARY:

**Next sub-Branch meeting
Saturday 14 December @
1100hrs.**

**Next Social Lunch Sat 9th Nov
@ 11.00 hr. for lunch.**

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0476 677 626
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

Dear Members,

There isn't much to report for October other than the National Congress Convention in Newcastle.

John Gordon and I attended the conference which was very worthwhile indeed. For me, it was great to put a face to a name and see firsthand the challenges we have as a Sub-Branch leading into the Future.

I was impressed with several Speakers none more than Mick Bainbridge the President of RSL NSW.

Mick Bainbridge has his personal challenges but his vision for RSL NSW seems to be heading on the right path.

I'd like to thank John Gordon for holding my hand and showing me the ropes at the Conference.

This coming month, November will be a busy but rewarding month for all of us. Let's all join together and make this Remembrance Day a day to honour and respect our brave men and women who served our Country with Distinction.



From the President

Remembrance

Always in our minds, forever in our hearts. You have left our lives, but you will never leave our hearts. May your beautiful memories provide you comfort during this difficult time. She/He was always the light that shined bright.

With Respect - God Bless 🙏

John Porter
President

Sub-Branch Meeting Minutes

Notes from the Secretary

(Minutes will be in the next edition!)

Linking DVA to your MyGov account.

If you have a MyGov account (for Medicare, My Health Record, ATO and Centrelink) and you haven't linked DVA already, it is fairly easy to add DVA to your MyGov Account. Sign in to MyGov and select link new service, click on DVA and follow the prompts. Step by step instructions are found here <https://www.dva.gov.au/myservice>. Scroll down to a very helpful document under 'Set up a MyService account' or watch the videos!

NOTE: If you already have a DVA file number, DO NOT register as a new user, just put your DVA file number in the proper spot and then continue, you have already established your ID in MyGov!

Once linked, you can enter travel claims, apply for new disabilities (Speak to an Advocate first!!) and download DVA letters, etc.

Let's talk about cancer

(Excerpt from VetAffairs newspaper Aug 2024)

Did you know that DVA may cover the cost of cancer treatment, even if the cancer is unrelated to your service? Under Non-Liability Health Care (NLHC), DVA can provide fully funded treatment for cancer (malignant neoplasm) and pulmonary tuberculosis (TB) for some veterans.

Under DVA's NLHC arrangements, we may cover the cost of eligible veterans' cancer and TB treatment without the need to prove that their military service caused the condition.

While the treatment is fully funded by DVA, eligibility is limited to veterans who have performed certain types of Defence Service, generally Operational Service or some types of full-time service rendered between December 1972 and April 1994. This includes National Servicemen who completed their full period of National Service after 7 December 1972. To be eligible, veterans also need to have a formal diagnosis of the relevant condition/s.

You will need to have a Veteran Gold or White Card that covers cancer or TB treatment. White Card holders can apply to have the condition added by lodging form D9215 with the Department or through MyService. DVA can pay for treatment up to 3 months prior to the date a claim for treatment is lodged with the Department. If your White Card covers cancer and TB, this may include treatment by a general practitioner, medical specialist, oncologist and a hospital.

Your Veteran White Card also gives you access to cheaper prescriptions for the conditions that your card covers. You may be eligible for a Veterans Supplement to help towards the cost of medications, unless you're already receiving an equivalent payment from Centrelink.

More information on cancer and TB treatment, including details about eligibility, is available on the DVA website. (Search for 'Free treatment for cancer and pulmonary tuberculosis'.)

What goes in the Green Lid Bin

Organics Bin

Everything that goes into the organics bin is turned into fertilizer and must be able to decompose. The organics bin is a weekly service.



NO

- packaging or containers
- plastic bags or wrapping
- tea bags, serviettes or tissues
- pet poo or poo bags
- treated timber or large amounts of soil

Tips

- Store food waste in freezer until the night before pick up
- Wrap food waste in newspaper
- Line the bottom of your 240L bin with newspaper to prevent food and garden waste sticking to the bin
- Keep bin in a shady and well ventilated area – especially over summer
- Try layering your food waste then garden waste in your bin

Community Recycling Stations accept household wastes that cannot go into your kerbside bins: household batteries, smoke detectors, mobile phones & accessories, reading glasses, printer cartridges and x-rays.

Stations are at Alstonville Leisure and Entertainment Centre, Ballina Library, Council Customer Service Centre and Lennox Cultural Centre.

Recycling Bin



NO

- soiled paper/cardboard
- plastic bags/soft plastics
- takeaway cups
- food
- fabric

RSLNSW AGM and Annual Congress

President John Porter and I attended the Congress. One very strong message that came through was about recruiting new members, without them, many sub-Branches will close over the next 6-10 years. There was also much discussion about Service Members (i.e. those who have served) vs non-service members, and of applying a maximum ratio so that there would never be more non-service than service members. To me, I would agree that there *could* be a limit on the number of Affiliate members at a sub-Branch, but I disagree with counting Auxiliary members for the ratio!! One suggestion was to call those never having served 'support members', but it would still lump them all together.

Various suggestions about how to recruit the younger generation of members were made, one which stuck in my mind was 'Don't try to recruit, just offer support!', which to me, is a better way to do it. Also, the best recruiting tool is YOU! Bring along an ex-service friend to one lunch!

Then there were the ideas of holding more 'family friendly' events, more fun events (for Veteran's Health Week one sub-Branch held a Community Nutbush Dance – they had about 50 people in the town take part)! Another idea was to hold a Poppy Dinner/Dance near or on Remembrance Day.

The membership expressed its confidence in the new State President Mick Bainbridge, despite the flack he's been coping. Mick chairing the AGM was a breath of fresh air!

John P & I got to meet the new Secretary of DVA, Ms Alison Frame, a very well-spoken lady who spoke for about 20 minutes without notes! We had a chance to speak to her and she noticed we were from Alstonville and that she loved the area and stated that she used to work for Larry Anthony! We also had a chat with the NSW Premier, Chris Minns, who also came across as very competent. I'm sure JP will have some more to say on those meetings. Overall, a very productive two days, lots of new links & plenty of information & ideas gathered.



Exciting news! North Coast Veteran and Family Hub is coming to Tweed Heads!

Good afternoon Local Veterans, Families, Members of Parliament and Community Leaders,

We are thrilled to announce that a legally binding Grant Agreement with the Department of Veterans' Affairs has been signed, securing funding for a permanent North Coast Veteran and Family Hub in Tweed Heads.

Behind the scenes, we've been working tirelessly to make this happen, and with the Commonwealth Government's support and funding now in place, we're ready to start this important journey together.

At the Community Consultation, 19th November, James Dallas, RSL LifeCare's Head of Veteran Services Strategic Projects, will outline our next steps, including plans for a temporary hub and the design of the future permanent hub. This is your chance to ask questions, share feedback, and be part of every phase of this journey.

We're excited to begin working in partnership with you to bring a Veteran and Family Hub to your community. This hub is yours. It's a place for you to connect, find support, and feel seen and heard.

We look forward to your participation in bringing this vision to life.

For any questions, please feel free to reach out to me directly by replying to this email or calling (02) 8088 0388.

Warm regards,

A handwritten signature in black ink that reads 'David Anderson'.

David Anderson
Executive General Manager, Veteran Services
RSL LifeCare

Welfare Support Officer (WSO) training At Alstonville RSL Hall 9-10 Dec

RSL LifeCare will be running a half-day SafeTALK (suicide alert helper) training on Monday 9th Dec (9am-1pm) and a one-day WSO training session on Tuesday 10th (9am-4pm) for anyone interested in the procedural, clerical admin support and operational tasks to support a Compensation or Wellbeing Advocate. Those doing home or hospital visits are encouraged to attend, it is free. Contact the Secretary for more info or to book a place. This training will be offered to the region with limited numbers.

John Gordon entered 5 cakes into the cooking section at the Alstonville Show, gaining 4 second prizes – here is the recipe for one of his entries

250g Butter	1.5 Cups Hot Water
200gm Dark Cooking Chocolate	2 cups Sugar
1.5 cups SR Flour	¼ cup Cocoa
2 Eggs	2 tspn Vanilla

Melt butter in pan, stir in hot water, chocolate and sugar. Stir until smooth. Using electric beaters gradually beat in sifted dry ingredients, add eggs and Vanilla. Beat well.

Pour into lined cake tin and bake in a slow oven (150C.) about 1 ½ hours. When cool, ice with 125g Dark Cooking Chocolate beaten well with 125g soft butter.

NOTE – Only have one piece a day!!!!!!

He also entered 4 LEGO models and won First and Second prizes in the Adult Section.

The funny side of life:

The English language has some wonderfully anthropomorphic collective nouns for the various groups of animals.

Herd of Cows, Flock of Chicken, School of Fish, Gaggle of Geese, A Pride of Lions.

However, less widely known are:

A Murder of Crows, An Exaltation of Doves, And, presumably because they look so wise: A Congress of Owls.

Now consider a group of Baboons.

They are the loudest, most dangerous, most obnoxious, most viciously aggressive and least intelligent of all primates.

And what is the proper collective noun for a group of baboons?

Believe it or not it is A Parliament!

YES *A PARLIAMENT OF BABOONS*!

Pretty much explains everything doesn't it?

Due to the rising costs of medical tests, all you can do is pee under a tree and wait

for a bit:

- If ants gather, you've got diabetes.
- If the grass dries up, it's high salts.
- If it smells like BBQ, you've got cholesterol's high.
- And if you forget to pull up your pants, you've got Alzheimer's. 🤔🤔🤔🤔

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"That meal was delicious, what went wrong with it?"



"Just think of it, son! Lolling in the deck chairs - the sun setting behind the tropical island - luscious Wrans bringing iced beer round on trays - the ship's band playing your favourite tune!"

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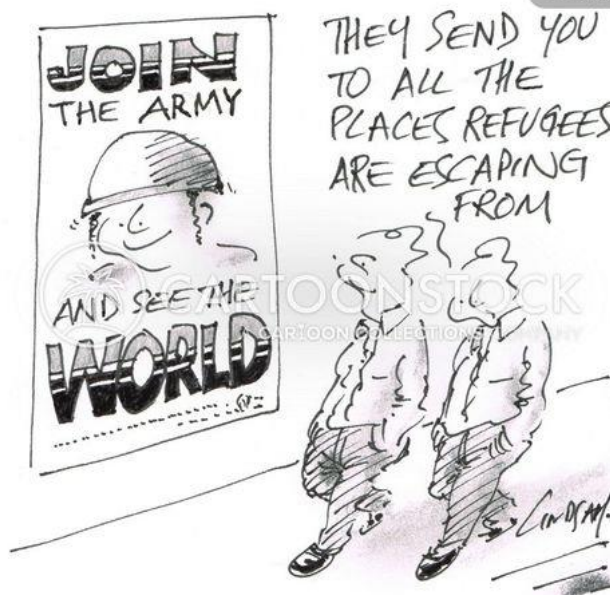


" I thought this was supposed to be a No-Fly-Zone. "

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BIRTHDAYS
THIS MONTH

Many Happy Returns!!



Dusty Miller – 20 Nov

Betty Duncan – 25 Nov

Information:

DVA – Lismore VAN Office:
Suite 8 Level 1 17 Conway Street
Lismore (next to Australian Hearing)
Ph 1800 838 372
DVA
GPO Box 9998
Brisbane QLD 4001

DVA Gold Card – Many Vietnam and other Returned from Active Service Veterans are not aware of their entitlement to a DVA Gold Card at aged 70, which is not means or asset tested.

Returned Servicepersons 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” to register with DVA..

To check for your entitlement complete the DVA form D3057 “Application for a Gold Card for Veterans of Australia’s Defence Force”.

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

Wednesday Ukulele Group

Duck Creek Wailers Ukulele Group Alstonville NSW



Come along and enjoy the sing-a-long! Every 1st Wed of a month at the RSL Hall, every 3rd Wed at the Alstonville Library. Don't play an instrument, come along anyway and have some fun!!! 10am at the Hall, 10.30 at the library.

More information contact John Gordon

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 Marett for more details: **0421 272 643**