



Alstonville RSL Sub-Branch



Standfast 2024

Issue 258

Month June

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FOR YOUR DIARY:

Next sub-branch meeting
Saturday 15th June @ 10.00 hrs.

Followed by a light lunch

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0476677626	All emails to:
Vice President	Robert Wilson JP	0414708662	AlstonvilleSB@rslnsw.org.au
Vice President	Phil Skinner	0427 291 292	
Secretary	John Gordon	0437509790	
Treasurer	Garry Henderson-Smith	0400474413	

Dear Members,

This past month saw a slow down from our busy Anzac month.

At our last members meeting concerns were raised by Brian P about aspects of our dawn service and Anzac march/memorial. They were all valid points which need to be addressed next time.

We are all guilty, self included, of expecting others to think of all aspects associated with the Anzac Memorial Day and the weeks leading up to it. Our Sub-Branch committee needs to have more emphasis on delegating responsibilities to members with feedback to the Committee, once organised and completed.

John Gordon Secretary is a tireless worker who never says no to anything. We need to load-shed some of his workload and not just expect him to take-up the slack.

This will be an agenda item for our next Committee meeting to debate.

This is what happens when you speak your truth:

1. You start valuing yourself more once you realize that your opinion counts. Your opinion matters because it's what you think and what you believe about a particular issue; it's your take on a given situation. Remember, an opinion is not absolute, irrefutable truth; it's your truth. Once you realize that speaking up and stating what you believe is a form of valuing yourself, you will be inclined to do this more often.

2. You liberate yourself from half-truths and webs of lies. You don't feel obliged to pay insincere compliments or agree with someone so that you please them. Once you start censoring yourself, wondering if you 'd better not say this and avoid mentioning that, you fall into the trap of half-truths. You see it, you want to comment on it, you have an opinion- yet you keep your mouth shut. You probably find some excuses that you tell yourself about your choice not to speak up; after that, it's only a matter of time to find yourself tangled in a web of lies, those you tell yourself and those you tell others.

3. You don't allow worries to hold you back. Speaking your truth paves the way to paths that you couldn't see before. When you state what you believe, when you share your opinion, then you allow multiple possibilities to unfold. You stop worrying about what you should or should not say or whether to say something or not. Eliminating worries such as these sets you free. Now you have the freedom to choose not



From the President

only what to say but to act and pursue what you believe is right and worthwhile. By speaking your truth, a shift happens; your mind focuses on solutions and possibilities instead of worrying.

4. You become assertive. Realizing that you are no longer controlled by your worries, speaking your truth becomes an excellent small habit. It becomes your way of relating to the world and setting healthy boundaries. For example, when for example you say "no" when you don't want something, when you disagree with someone or when you put a stop to an offensive behavior, these are all effective boundary-setting ways.

5. Being authentic. You can speak your truth in a gentle, heartfelt, respectful way. Maybe what you say is not pleasing to the other person, but the way you say it is polite and sincere. And people appreciate honesty, partly because they realize that deep down, it provides useful feedback. When you get in the habit of speaking your truth in your unique way, you will find that you are becoming more aligned with your values and true beliefs. This way, you feel and come across as more authentic.

God Bless 🙏

John Porter
President

Sub-Branch Meeting Minutes

MINUTES of the sub-Branch General Meeting 11 May 2024.

President John Porter declared the meeting open at 10.30 with the wreath laid by member Phil Skinner followed by the Ode and a half minute's silence.

Attendance was 21, with 7 apologies, Geoff Vidal, Ruth Campbell, Gary Henderson-Smith, Jim Yeo, Betty Duncan and Anita Shepherd..

MOTION: That apologies be accepted.

Moved – Bob Wilson **Seconded** – Jamie Walton **CARRIED**

2 New Service members, Keith (Dusty) and Christine Miller were welcomed by the meeting, as well as Louise Lancett as a new Auxiliary Member. They were all presented with their membership badges.

Minutes of the meeting held on 11 May

MOTION: That the Minutes of the meeting on 11 May, as printed, be accepted as a true record of that meeting.

Moved – Secretary **Seconded** – Phil Skinner **CARRIED**

Business arising from minutes - Nil business arising.

Correspondence:

Inwards

Secretary read the received and sent correspondence including:

State Circulars

MOTION: That the Inwards correspondence be adopted, and the Outwards correspondence be endorsed

Moved - John Gordon **Seconded** – Allan Brown **CARRIED**

Treasurer's Report

The secretary presented the Revenue statements and accounts as at 30 Apr 2024 and the Accounts for payment.

MOTION: That the Revenue Statement as at 30 Apr 2024 be accepted, and the Payment of Accounts for Apr/May be approved.

Moved – John Gordon **Seconded** – Alan Brown **CARRIED**

State HQ – Nothing to report

FNCDC –

The next FNCDC Meeting is 26 May at Alstonville RSL Hall.

Welfare & Hospital visits

Bob Wilson reported that visits to St. Vincent's are continuing, 7 people visited last week, No other matters.

Hall Bookings

No changes, Brainstorm have booked the hall for their usual January, and also of late May/early April for 2025.

Membership:

Membership now 75.

Memorabilia

10% stock take done. Tony Tyler spoke about the need to clean and properly store the items in the shed, maybe a working bee once what and how things need to be done.

Fundraising

Bob Wilson to the time to congratulate all the badge sellers on a fantastic effort, a very big Thank You to all involved.

General Business

- **ANZAC Day**

It was a pity that the young man from one of the schools collapsed, first responders said he fainted. We need to respond to the Fire Brigade as their Paramedics quickly assisted (The RFS were our First Aid responders). Brian Partridge suggested that the schools be approached regarding organising ANZAC Day events, we need to get them involved – Secretary mentioned that this issue has been suggested to Alstonville High School especially as an Event Management exercise, and if it would fit into the curriculum, we are waiting for a response.

Brian then spoke about some issues that had arisen on ANZAC Day – The conduct of the Dawn Service was embarrassing – the service did not follow the program, it was very short, the wreath laying appeared rushed and the invitation for the public to lay wreaths was almost an afterthought. We need to invite the crowd closer at the Dawn Service as well. Finally, the Dawn Service was nearly late in starting. The secretary apologised to the meeting, and stated that he had already noted those issues (and several others) and has resolved to improve for the next Commemorative event, he accepted the points raised in the manner they were raised, as helpful criticism. Some discussion ensued.

Noel Toneguzzi raised the issue about the noise from the garbage truck, requested it be raised with Council (advised that this has arisen before, and it's the Garbage Collecting Company that has to be contacted, not Council). Meeting resolved to deal with the matter.

- **Air Conditioning.**

Air Conditioning of the hall –Gary Henderson-Smith (Hyphen) has received one quote so far and is waiting for another. Both are local and will probably be about the same (less than \$4500 installed) once we have the quotes, it will be put to the meeting.

Secretary advised that we have been contacted about a FREE upgrade to a Heat Pump Hot Water System at no cost to the sub-Branch. We are waiting for more details.

Secretary then suggested that we should look at upgrading the Solar Panels, replacing the existing with a 10kWh system, which would then provide the power to run the Air Conditioner and still export to the grid. A Battery is still not 'cost effective' yet! Please discuss.

As an addition, many local financial institutions and businesses provide Community type grants that may be applicable.

President then addressed the meeting about Mental Health. We all have good days and bad days, and we need to take the time to identify when someone is having a bad day, all it takes is a quiet RUOK, or a word of support. The sub-Branch is a safe haven, we are all tarred with the black dog to some degree or another, and just simply asking can make a big difference to someone.

The Secretary moved that an amount of \$70 be approved to cover the cost of a new Zeller EFTPOS machine (Special deal, \$65 plus \$5 Aldi SIM card) Seconded Bob Wilson – CARRIED.

ANZAC Day Primary School writing competition, members were asked if they would like to make a special prize available for the overall winning entry, the Book Vouchers are given to the two best from each school. Further discussion is needed.

Kayleen raised the issue that the Plaza Butchers had happily allowed her to place an ANZAC Day poster in their window (after the Coles Manager had agreed, but then forgot to tell his staff, he was away!).

Grahame Gooding mentioned that Legacy had a very successful Garage Sale last Saturday and a donation of \$200 was made to the sub-Branch for allowing the use of the hall.

Meeting closed at 11.25.

Next Meeting: Committee meeting at 0900 Sat 08 Jun followed by
General Meeting at 1000hrs on Saturday 8th Jun.

If Slow old men use walking stick, what do fast old men use? Hurry canes

I got fired from my job
because I kept asking my
customers whether they
would prefer "Smoking" or
"Non-smoking".
Apparently the correct terms
are "Cremation" and "Burial".

My mate has a bad
stutter and, by the
time he told us his
Nanna had died, we
were all singing Hey
Jude



Dad Jokes ✓
@Dadsaysjokes

On my application form, when it says who to
contact in an emergency...

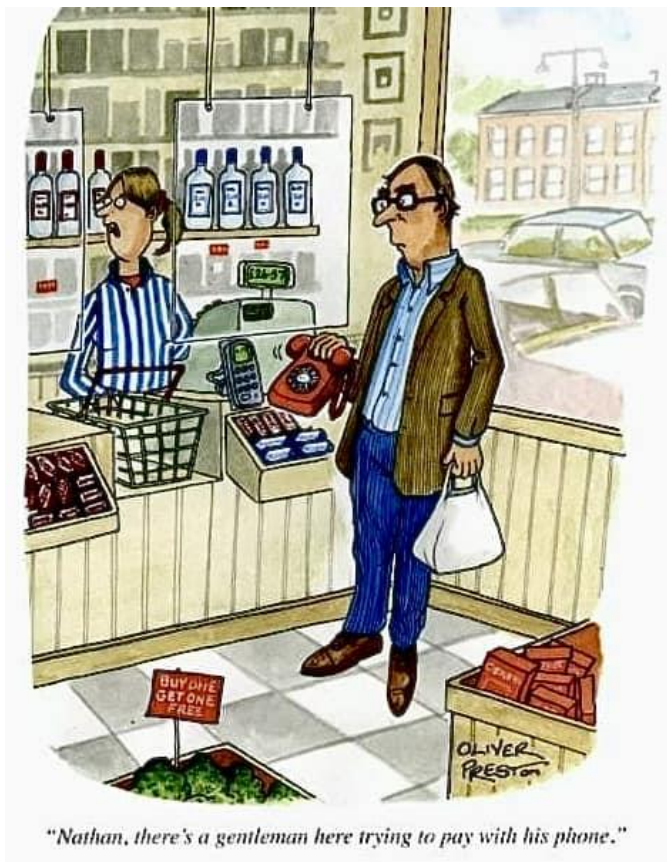
I always put, ambulance or police...

I mean wtf's my mother gonna do?

The funny side of life:



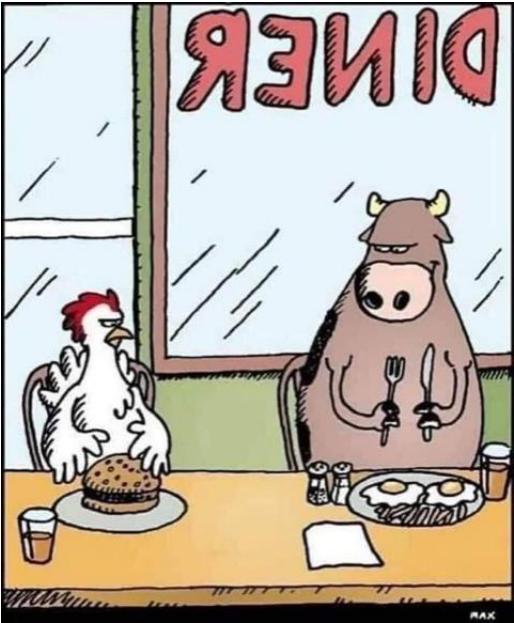
9 months before I was born, I went to a party with my dad and left with my mum!



I'm always surprised when heavily tattooed couples have a baby and it comes out blank.



After 6 months at home with her husband, Gertrude decided to knit him a scarf.



BIRTHDAYS
THIS MONTH



David Scott	02 Jun.
Ted Dann	05 Jun.
Alan Partridge	06 Jun.
Rod Clavan	12 Jun.
Phil Ollett	23 Jun.
Gordon King	25 Jun.
Garry Henderson-smith	30 Jun.

Many Happy Returns!!

Information:

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

Tibouchina RSL Day Club

When: Wednesdays @ 10am.

Where: Rous Mill Hall

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

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

Contact Marette for more details on 0421 272 643