



Alstonville RSL Sub-Branch



Standfast 2023

Issue 251

Month October 2023

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FOR YOUR DIARY:

**Next sub-branch meeting
Saturday 11 Nov 2023, at
Elizabeth Ann Brown Park for
Remembrance Day Service,
Followed by a light lunch at the
Hall.**

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0476 677 626	All emails to:
Vice President	Robert Wilson JP	0414 708 662	AlstonvilleSB@rslnsw.org.au
Vice President	Phil Skinner	0427 291 292	
Secretary	John Gordon	0437 509 790	
Treasurer	Garry Henderson-Smith	0400 474 413	

Dear Members,

Many thanks for your patience and understanding at our last Members meeting. Hyphen and I, without our trusty Secretary John, did our best to deliver the news and run the meeting. It goes to show, if you lose a cog from the wheel, it doesn't work as well.

We are gearing up for Remembrance Day. If you can assist with selling Remembrance Day memorabilia, please contact Bob Wilson. I'll see you there.

Apologises to John Gordon for my last minute pullout of the National Conference in Newcastle. My little granddaughter was in the Royal Children's Hospital in Sydney with pneumonia. All is well now after 6 days in Hospital.

At our next members meeting we will be seeking guidance from you about contributing extra money for our Christmas luncheon. We are thinking a \$10 levy from each of us will greatly assist Rob's food budget.

Bye for now & Stay Safe.

John P



From the President

Sub-Branch Meeting Minutes

MINUTES of the sub-Branch General Meeting Saturday 14th October 2023.

The Chair, President John Porter, declared the meeting open at 10.20 hrs with the wreath laid by member Phil Skinner, followed by the Ode and a half minute's silence.

Attendance was 17, with 2 apologies.

MOTION: That apologies be accepted.

Moved – Phil Skinner **Seconded** – David Anderson

CARRIED

Minutes of the meeting held on 12 Jul 2023

MOTION: That the Minutes of the meeting on 09 SEp as printed, be accepted as a true record of that meeting.

Moved – Les Daley **Seconded** – Phil Skinner **CARRIED**

Business arising from minutes – Phil Skinner visited the Lismore VAN Office for Planning Ahead kits, none available.

Correspondence:

Treasurer read the received and sent correspondence including:
State Circulars.

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

Moved - Treasurer

Seconded – Phil Skinner

CARRIED

Treasurer's Report

The Treasurer presented the revenue Statement and accounts as at 30 Aug 2023 and the Accounts for payment.

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

Moved – Treasurer Gary

Seconded – Phil Skinner

CARRIED

State HQ – Voting for the RSLNSW President and Board Members has now closed, the results are available on-line. Mick Bainbridge is the new President.

Draw to Remember – Alstonville was selected as a participant, waiting for the kit. Volunteers will be needed to visit schools. Do we want to try it this year? Members agreed to defer it until next year.

Congress starts next weekend.

FNCD

Motion from Murwillumbah condemning the proposal to create a version of the Last Post with didgeridoo, the version is not to replace the traditional one. Members agreed to support Murwillumbah's position to not support the new version of Reveille.

Motion for District Presidents' Council through the FNCD for an amendment to SOP 4 _ adding "or sub-Branch Auxiliary member" under the heading "Who can be nominated."

Moved Secretary, seconded by Phil Skinner

CARRIED

Welfare & Hospital visits

It was requested that the sub-Branch present a formal letter of gratitude to Graham Davis for his outstanding efforts. Mr Davis will no longer be in the role of Pastoral Care at St. Vincents Hospital. Moved Ruth Campbell, seconded Phil Skinner CARRIED

Bus trip – 31st Oct to Casino Military Museum. An email with details will be sent shortly.

Hall Bookings

Grahame reported no changes.

Membership:

Membership no change.

Memorabilia

There have been some changes to the displays, please pass your comments on to committee!

Fundraising

Tickets for the first Bear Raffle are still on sale, \$2 each, with Captain Murray, the wounded Great War Bear as the prize.

Thank you to all the ticket sellers for the Quilt Raffle. The draw will be arranged for Remembrance Day.

Remembrance Day badge sales tables in the Plaza & Main St, with Wollongbar & Russellton on Friday 19th. Roster Sheets are at the back.

General Business

Remembrance Day – Saturday 11th Nov – proposed that Committee meet at 0900, then repair to EAB to set up for Service, meeting replaced by the Service, commencing at 1045 followed by lunch in the hall at 12.

Flags & Flagpole - Rob Fry amended the original proposal, to 25 Australian National Flags and a 6 M flagpole for the freight cost only (about \$120-150) now, after the daughter claimed the flagpole on the Gold Coast!

There was a suggestion to donate to Alstonville Public School to assist with the cost of their State winning team to attend the National finals for the Tournament of the Minds, in Melbourne. After discussion, it was agreed that this does not qualify under the Charitable Donations criteria. Members may make a personal donation if they wish.

Christmas Party –

Members agreed that the sub-Branch Christmas Party be held after the meeting on 9th December. Members also agreed that there be a donation per head, to assist with the catering costs.

Decision on Secretary's dream of a new printer held over for further cost analysis!!!

Meeting closed at 11.47.

Next Meeting: Saturday 11th November with Committee Meeting at 0900, Remembrance Day Service in EAB Park War Memorial with medals (in lieu of meeting) followed by luncheon at the hall from 12 noon. Partners & Families welcome (please let Secretary know about numbers for catering.)

Signed

John Porter

Chair

John Gordon

Secretary

Bus Trip to the Northern Rivers Military Museum – Casino.

Thankfully we had an uneventful trip to Casino!! Great driving Garry! They have done a fantastic job with their memorial and Memorabilia displays! It is well worth the drive to have a look, just check when they are open (their facebook page - <https://www.facebook.com/profile.php?id=100067691390068>)



The motley crew!!!



Pool of Reflection

Entering the trenches



They have done a great job and we thought we have a collection of memorabilia! They use the whole Drill Hall and a big shed out the back!!! I wonder if they meet their 10% muster commitment.

Stay tuned for the next outing, suggestions are welcome, just let John P, John G or Hyphen know!!!

Item from the Far North Coast Sport & Rec rep, Jack Abernathy of Kingscliff.

WAVES Of WELLNESS

RSL Queensland partners with Waves of Wellness to provide surf therapy programs for veterans. One of their upcoming programs is being held on the North Coast at Lennox Head. I wondered if you would be able to share this opportunity with your veterans and sub-Branches?

The WOW Surfing Experience (WOWSE) is an eight-week evidence based learn-to-surf program for people experiencing mental health issues. It facilitates functional recovery, while promoting social inclusion, engagement and enhanced quality of life. The primary focus of the program is to introduce surfing to participants as a way to improve physical health, mental health and well-being in a neutral, non-intrusive environment. The program uses the ocean and surfing as a conduit to explore, stimulate and facilitate positive therapy outcomes.

The WOW Surfing Experience umbrella includes the following specialised programs for:

- Adult Mental Health
- Mental Health for Young People
- Grief and Loss
- Aboriginal and Torres Strait Islander Peoples
- Post Traumatic Stress Disorder (PTSD) & Experiences of Trauma
- Emergency Services Personnel
- Women's Health
- LGBTQIA+
- Refugees
- Newly Arrived Migrants
- **Active & Former Service Defence Personnel**

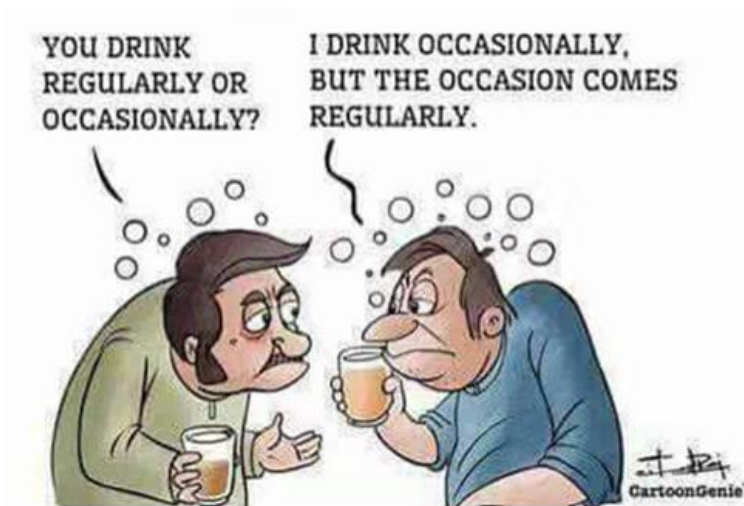
The program is facilitated by mental health clinicians who are also trained in learn-to-surf instructing. Each program is supported by volunteers, which strengthens inclusion and social connection. Each week, the program addresses a different mental health theme allowing participants to learn new skills and strategies through lived experience storytelling and connection with like-minded individuals. Clinical expertise facilitates functional recovery and meaningful connection.

A therapeutic graded approach is utilised to promote recovery in a supported environment rather than overwhelming participants. Through involvement in this program, participants gain the opportunity to learn how to use surfing as a coping strategy for their mental health.

They had an eight week program in LENNOX HEAD BEACH, NORTH COAST, NSW Wednesday 1st November 6:30 - 8:30 am – Try contacting them if you are interested

Their website is <https://www.foundationwow.org/surfing-experience> and to enquire use their Contact form <https://www.foundationwow.org/contact> (click on the links to open the pages. If you're reading hard copy, try clicking anyway, it'll help to pass the time!!!<grin>)

The funny side of life:



Apparently there's a third option between burial and cremation.



I wonder how fast this ostrich was going when he hit the fence!



(Thank you Kayleen!!!!!!)



Happy birthday to:

Alan Hodge – 3rd November

Betty Duncan – 25 November

Best wishes from all!!! Enjoy your day.

NOTES:-

I have been thinking about opening the hall a couple of mornings a week, coffee & cake (someone else will have to do scones, I make ammunition when I try!!! but cakes I do alright with! – John G) but it will need to have a few people willing to spend an hour or two in the hall, can be used to learn about using a computer, becoming a barista, chatting with visitors and/or inspecting, displaying & repairing memorabilia. Maybe Tuesday and Thursday mornings 9-12? Any suggestions or comments please?

Does anyone have ideas for functions or events for next year?? Let's do more than sit at a meeting! Suggestions for:

- An Australia Day BBQ?
- How about a Valentines Day Movie marathon?
- Challenge Lismore sub-Branch to a games day?
- Starting a Crib/Cards afternoon?
- Movies on a Sunday?
- Watch sports events on the Projector big screen?
- Are there any singers/ Choral minded people in the sub-Branch?
- How about a Lego model show??? I have a few, so does Bob Wilson!!!
- Would anyone be interested in either Tai Chi, Pilates, Yoga or Gentle exercise run by a professional Allied Health provider (Physio, Exercise Physiologist etc), initially for members, but could be opened up to the wider community.
- How about Ten Pin Bowling – we could enter a team in the local Ballina competition.
- A fishing club???

- A mahjong tournament (I'm not allowed to play in the local groups, I use different language!! I play Bones – NAVY version with Sticks (Bamboo), Rics (Characters from ChaRICters) & Holes (Circles), trolley bus (8 holes) Golf Course (9 Holes) Bum Nut (1 hole) Jimmy Rick (No 1 Character) Shit Duck (1 Bamboo) Stretcher (4 Bamboo)

LET'S HEAR Alstonville sub-Branch ROAR IN TWENTY TWENTY-FOUR!!!!

There are also various groups that are already in our community,

1. Heart Foundation Walking group (Sunday at 0830 from the Post Office)
2. Mahjong groups - various
3. Ukulele Group (1st Wed of the month at the hall at 10am)
4. Croquet
5. Quilting
6. Men's Shed
7. Walking Soccer
8. Pilates
9. Lawn Bowls

Put your thinking caps on and get ready to ROAR in 2024!!!

Information:

DVA – Lismore VAN Office:
Suite 8 Level 1 17 Conway Street
Lismore (next to Australian Hearing)
Email: NSWVANLismore@dva.gov.au
Ph 1800 838 372
Mail to
DVA
GPO Box 9998
Brisbane QLD 4001

Dr Ian Traise from the Medical Centre next door is retiring at the end of November! I'm trying to sign him up as a member, Naval Reserve Medical Officer for a few years!

DVA Gold Card – Many Vietnam and other Returned from Active Service Veterans are not aware of their entitlement to a DVA Gold Card at age 70, 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



ESP Contracting Services

- NDIS & DVA Support work
- Concreting
- Handyman
- Pressure wash cleaning
- Yard maintenance

Please call:

Ross - 0488078987 or Kim - 0400 983 113

(Image by macrovector/freepik)

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**

Recommended Coffee Shops in Alstonville Main St.

Miles & Henry Coffee Shop

Buckley's Chance

ESP

The Crossing

All have great coffee and friendly, helpful staff.

Jo Jo's Coffee & Sandwich Shop in the Plaza

Great coffee, scrumptious hamburgers, with friendly and helpful staff.

Jo Jo's supports our badge sellers with coffee and is a favourite of the Lower Deck as a lunch order!