



Alstonville RSL Sub-Branch



Standfast 2025

Issue 267

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FOR YOUR DIARY:

Next sub-branch meeting
Saturday 12 April @ 1100 hr.
Followed by a light lunch.

Committee Meeting 1000
12/4/25

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0477 773 140	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,

This past month saw rain, rain and more rain. Cyclone Alfred caused widespread destruction, but closer to home Lismore, dodged a bullet. Thank goodness for those poor people of Lismore, Coraki, Woodburn and Waddell. Our prayers were with you.

Cyclone Alfred caused us to cancel our March Sub-Branch monthly meeting. However, we did manage to have a committee meeting. The committee meeting was to mainly discuss Anzac Day activities. I thank all the people who have put their hands up for a specific role on that day, and for nominating themselves for school visits and fund raising.

Our sincere condolences to Anne Daley and family for the passing of Les. He was a very well-respected member of our community. Lest we Forget!

We still have a few positions available for helpers on Anzac Day and/or lead-up to. Please contact John Gordon, Bob Wilson or me.



From the President

The Anzac Tradition

Anzac Day traditions in Australia and New Zealand include attending dawn services, wearing rosemary, and enjoying Anzac biscuits, all commemorating the sacrifice of soldiers in World War I and beyond.

God Bless

John Porter
President
Alstonville RSL Sub-Branch

Sub-Branch Meeting Minutes

MINUTES of the sub-Branch General Meeting 08 Feb 2025

The president, John Porter , declared the meeting open at 1100 hrs with the wreath laid by member Christine Henderson-Smith followed by the Ode and a half minute's silence.

Attendance was 19, with 6 apologies.

MOTION: That apologies be accepted.

Moved – Bob Wilson Seconded – Alan Brown

CARRIED

Minutes of the meeting held on

MOTION: That the Minutes of the meeting on 14 Dec as printed, be accepted as a true record of that meeting.

Moved – Phil Skinner Seconded – Michael Letts CARRIED

Business arising from minutes - Nil business arising.

Correspondence:

Acting Secretary read the received and sent correspondence including:

State Circulars

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

Moved – Phil Skinner Seconded – Michael Letts CARRIED

Treasurer's Report

The Treasurer presented the Revenue statements and accounts as at 31 Jan 2025 and the Accounts for payment.

MOTION: That the Revenue Statement as at 31Jan25 be accepted, and the Payment of Accounts for Feb-Mar be approved.

Moved – Garry Henderson-Smith Seconded – Michael Letts CARRIED

State HQ – Nothing to report

FNCDC –

The next FNCDC Meeting is 23 Feb at Alstonville.

Welfare & Hospital visits

Grahame Gooding reported that visits to St. Vincent's are continuing, 5 veterans last week. No other matters.

Hall Bookings

All renters are now back on deck.

Membership:

Membership is now 76 with.

Memorabilia

10% stocktake completed.

Fundraising

ANZAC Day sales table rosters are available now

General Business

- **Motion** – John Gordon submitted a motion_That the office computer be replaced to the value of \$1200. Seconded Rob Wilson CARRIED
- Reminder – 19th Feb – Bombing of Darwin Day.
- Australia Day BBQ was a great success, what other excuses can we find to hold them??
- Beacom Shield – being arranged
- Recommend only purchase merchandise from Sanford RSL Qld this year.
Meeting agreed unanimously

Meeting closed at 11.34.

Next Meeting: 1100hrs on Saturday 12 April.

Pharmaceutical Benefits Scheme (PBS) and Repatriation PBS (RPBS):

There are medications available to all Australians under the PBS, but Gold or White Card holders also have access to additional medication under the RPBS. If your doctor prescribes you a new medication, your first question should be "Is that on PBS?" if the response is No, then ask if it is on RPBS? If the answer is still No, ask the doctor to ring the DVA Pharmacy and discuss it with them, as it may be possible for DVA to supply the item and you only pay the usual co-payment. This can also apply to items not normally requiring a 'script i.e. topical creams, allergy medication, sun care, cough mixtures, fibre supplements & laxatives, dressings, antifungal agents, ear preparations, etc. etc. these all add up to the number of prescriptions for the Safety Net. Ask your GP to check if they are supplied under the RPBS!

PBS Safety Net:

You may have recently heard in the news about the PBS Safety Net, this is a monetary figure that you have to spend before accessing cheaper prescription medications. The [PBS Safety Net](#) was established for patients and their families that require a large number of PBS or RPBS items.

The [Repatriation Pharmaceutical Benefits Scheme \(RPBS\)](#) pays most of the cost of your medicines and wound care items, so that in most circumstances you only pay a co-payment. All the co-payments you and your dependant family members make within a calendar year combine towards the annual Safety Net threshold.

There are 2 Safety Net thresholds:

- The concessional patient Safety Net threshold is \$277.20 (Divided by \$7.70 = 36 Prescriptions)
- The general patient Safety Net threshold is \$1,694.00

If you pay the concession rate of \$7.70 for your medicines, the concessional Safety Net threshold will generally apply to you.

If you pay the general contribution of \$31.60 for your medicines the general patient safety net threshold will generally apply to you.

If you reach your Safety Net threshold, you may no longer need to make co-payments for prescribed items covered by the [Pharmaceutical Benefits Scheme \(PBS\)](#) or the RPBS during that calendar year.

Generic medication

Key facts

- Generic medicines have the same active ingredient as brand-name medicines.
- They may look different and have different filler ingredients.
- Generic medicines are often cheaper than brand-name medicines.
- In Australia, you can only sell generic medicines if they work the same way as the brand-name medicine.
- Prescribers in Australia must use the name of the active ingredient on prescriptions.

Are generic medicines as good as brand-name medicines?

Generic medicines work in the same way as brand-name medicines. They contain the same amount of active ingredient that acts in the same way.

Generic medicines can only be sold in Australia if they meet the same strict standards as the original brand. This covers:

The funny side of life:

- effectiveness
- Quality
- safety

Why are generic medicines often less expensive?

Generic medicines may cost less than brand-name medicines. This is because the manufacturers have not spent money on the medicine's discovery, development and marketing.

Generic medicines must have the same active ingredient as the original medicine. They must also deliver the same amount of active ingredient in the same way as the original brand.

talk to your GP or Pharmacist – it should contain the exact same active ingredient (drug), just not in expensive packaging or contribute to the Company's profit margin!

WHEN IN DOUBT, ASK YOUR GP!

DVA Aids and Appliances – RAP program

The Rehabilitation Appliances Program (RAP) provides aids, equipment and modifications to help Gold/White card holders to live safely and independently.

DVA supplies many different Aids and Appliances to assist with daily living, speak to your GP, Allied Health Professional (Physio or Exercise Physio, Occupational Therapist, Audiologist or RN) to determine which item would be most suited for you.

Things like adaptive Crockery or Cutlery; Appliances with long handles; Bath Board, bench & seat; Bed Adjustable, Electrical; bedding protection; Catheters; Chair – electrically operated lift & recline; Continence aids; Continuous Glucose monitors; Gripping aid; Handheld electronic magnifier; TV Listening device (wireless headphones) and many, many more.

Start by talking to your GP, the GP will either order the item directly or refer you to an Allied Health Professional to help select the best option for you. The order form has the FAX/email contacts for the DVA Contracted supplier – you or your GP/health professional select one and send the request direct to them. They confirm with DVA and then deliver the item to your door!

NOTE>>>> you may need to get one of your grandkids to show you how to use it! See, instant socializing!!!>>>>



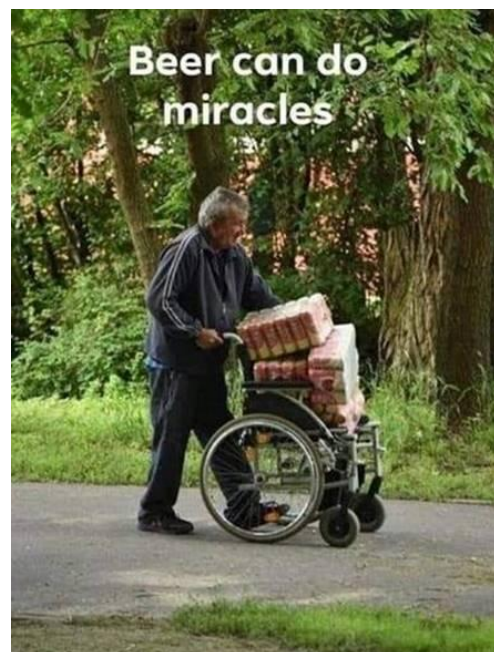
**KAD MORAŠ DA ISPEREŠ SVA SRANJA KOJA SU
TI SE NAKUPILA TOKOM DANA...**

The caption says “When you have to wash away
all the crap that has accumulated during the day!”

**You know how they
throw the ball into the
crowd after they win
the game? That's not
allowed in bowling.
I know that now.**

**IF YOU'RE BUYING A
WATCH FROM AMAZON,
BE WARNED. I LEARNED
THE HARD WAY THAT IF IT
SAYS YOU CAN SWIM WITH
IT, THIS ONLY APPLIES IF
YOU CAN ALREADY SWIM
WITHOUT IT.**

AMERICASBESTPICS.COM



**HAPPY
BIRTHDAY**

Colin Biddle
Brian Partridge
Justin Stevenson
John Rixon
Christine Wood

03 Apr.
05 Apr.
15 Apr.
21 Apr.
25 Apr.

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

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

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.