

CHARGE SHEET

MAGAZINE OF THE COFFS HARBOUR RSL SUB-BRANCH

SISTER ASSOCIATION OF PAPANUI RSA NEW ZEALAND



Serving Coffs Harbour Veterans for over 100 years.

HEADLINES

- Monthly General Meetings to resume on Saturday 15 August. Bring wives and partners.
- Office still closed but join us for "Coffee @ C.ex" every Thursday 10.00am – 12.00pm
- Important Survey from RSL NSW

Details inside

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Email: coffsrsl@hotmail.com Phone: 02 6691 9234

<https://cex.com.au/community/rsl-sub-branch/>

2020 Executive President:
John Lloyd

Hon. Secretary:
Col Sztorch

Hon. Treasurer:
Garry Heskett
Vice President:
Garry Heskett

Assistant Secretary:
Peter French

Cenotaph Custodian:
Paul Bamford Jnr.

Office Hrs:

Mon. Suspended
THURSDAY. 10.00am-12.00pm
Join the Committee for
"Coffee at C.ex" every
Thursday AM in the
Papaveros Italian Restaurant.
Everyone welcome to chat
and catch up.

Visitation Team:

Rev. Dr. Graham Whelan OAM
Ray Squires
Peter French
Indigenous Liaison Officer:
Trevor Wilson

Monthly General Meetings
SUSPENDED DUE TO COVID19
BACK AUGUST ! @10.25am
15/8/20

**VALE:**

Reginald Eric Maddox

14 June 2020

WE WILL REMEMBER THEM**LEST WE FORGET****Veterans Exercise and Rehab Programme.****N.B. Venue Change to the PCYC Centre on Bray Street.**

Several members of our Coffs Harbour RSL Sub-branch take advantage of the DVA sponsored health & fitness programme conducted at:

The programme is run by Active Life Rehab at the PCYC Gym on Bray St. Sessions are conducted by Todd, a qualified Exercise Physiologist. A water fitness session is conducted on Thursdays at 11.00am. Call in for a look around any morning Mon-Thu 8.00-11.30am. Phone Todd on: 0402 334 002

Pensions and Welfare Matters

Shannen Mitchell is available on Tuesdays and Thursdays (10.00AM - 2.00PM) to assist with welfare matters at the Veterans Centre located within the Legacy shop at **2 Scarba St. Coffs Harbour**. Pensions Officers are available to assist with claims on: Mon, Tues, Thurs & Fri.

VVCS Group Programs

- Beating the Blues, Building Better Relationships
 - Doing Anger Differently
- F-111 Lifestyle Management Program (residential)
 - Lifestyle Management Program (residential)
- Mastering Anxiety, Operation Life, Sleeping Better, Stepping Out (ADF transition)

Registrations and enquiries: Phone VVCS on 1800 011 046

Open Arms – Veterans & Families Counselling.

Provides support for current and ex-serving ADF personnel and their families. Free and confidential help is available 24/7. Phone 1800 011 046 (international: +61 1800 011 046 or +61 8 8241 4546) or visit www.OpenArms.gov.au

From the Front Line

We're coming back sort of !

Monthly General Meetings: As of Saturday, August 15, we will be reinstating our Monthly General Meetings. As much as we are in trying times, it behoves us all to grab normality when the opportunity presents. The arrangements for 15 August are:

Invitees: all sub-branch members accompanied by their spouses, partners, carer, etc. In these times we need to gather for support and camaraderie; we do not know when the next opportunity might arise, so we'll make the most of the moment.

Time: 10.25am, Saturday 15 August at our normal location at C.ex Coffs. COVID safe distancing to apply in terms of C.ex's policies.

Bookings required: because of the overriding of COVID 19 and catering, we need to know who will attend. Accordingly, can you please advise Committee Members below if you will be coming along and partner details. Please contact your friends in the Sub-branch and pass on the details, etc. It is difficult to reach everyone when we don't have personal contacts.

Contact Phones: John Lloyd – 0438 325 205
Col Sztorch – 0488 251 034
Garry Heskett – 0414 512 302
Paul Bamford – 0417 689 654

Sub-branch Office: Currently, our Office remains closed. However, we are endeavouring to keep in touch with members via a “Coffee @ C.ex” catch up on every Thursday, 10.00am till 12.00pm in the Papaveros Italian Restaurant. All are invited to come along for a coffee and a chat, raise issues, pay memberships, etc.

VJ day Saturday 15 August: A small wreath laying ceremony will take place at the Vernon Street Cenotaph at 9.00AM.

Keeping in touch: Please contact any member of the Executive for information or raise concerns on the above phone numbers.

Please also check out our Sub-branch page on the C.ex web site

<https://cex.com.au/community/rsl-sub-branch/>

News from RSL NSW

2019-20 National Consultation Framework Review

Last updated: 1 July 2020

Every three years, DVA's National Consultation Framework (NCF) is formally reviewed to assess the ongoing effectiveness of the Framework and its relevance to the evolving ex-service community. The latest review of the NCF is now underway.

The review will include the following issues:

- **The effectiveness of the current NCF structure** in facilitating communication and consultation between the Department and the broader ex-service community;
- Alternative forum structures and roles;
- **The ability of the NCF to appropriately represent the needs** of the serving and ex-serving communities and their families; and
- **Effective and innovative ways in which to consult** with the serving and ex-serving community and their families, both in the context of this review and in the future.

To be successful, the review needs input from as broad a representation of the ex-service community as possible. DVA is seeking input from all ex-service organisations, individuals and families. Furthermore, veterans and families from regional and rural areas are encouraged to participate.

Interested parties are invited to provide input to the 2019 NCF Review by completing the following detailed survey. It is estimated that the survey will take approximately 20-25 minutes to complete.

The survey may be accessed here <https://research.orima.com.au/dva/ncf>.

Information on DVA programs and services can be found at www.dva.gov.au.

Information on free and confidential counselling and support for current and ex-serving personnel and their families can be found at www.openarms.gov.au

We Invite as many members as possible, their families and carers to partake of the survey. Your voices need to be heard. Without your comments, concerns and experiences that have worried you; valuable services, support and changes will be lost. I urge you to have your say! Each voice is important.

***Regards,
John Lloyd (Pres.), Col Sztorch (Hon Sec), Garry Heskett (V.P.)***

Lest We Forget