

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.

- Our JULY Monthly Meeting is Sat 16th July 10.25am. All Members and partners are invited. The meeting will be followed by lunch in the Bistro.
- The August Monthly GM is Sat 20th at 10.25am.
- ChargeSheet is available at the C.ex Reception.
- Join our “Coffee@C.ex” every Thursday from 10am.
- VJ Day Mon 15 August: A wreath laying ceremony will take place at the Cenotaph at 11.00AM.
- Long Tan Day Thu 18 August: A wreath laying ceremony will take place at the Vernon Street Cenotaph in the afternoon.



- Special “Open Arms” issue inside.
- Positions Vacant: We urgently need computer literate persons to fill the positions of Secretary and Asst. Secretary. Contact The President 0438 325 205

ISSUE No. 198 JULY 2022

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

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

2022 Executive

President:

John Lloyd
0438 325 205

Hon. Secretary:

Vacant

Hon. Treasurer:

Garry Heskett
0414 512 302

Assistant Treasurer:

Margaret Black

Vice Presidents:

Garry Heskett
Ian Johnston

Assistant Secretary:

vacant

Office Hours:

Mondays: 10.00am-12.00pm. Other times by appointment.

Thur. Office closed; but catch us at “Coffee at C.ex” every Thursday: 10am – 12pm, ground floor. Members and partners always welcome.

Visitation Team:

Rev. Dr. Graham Whelan OAM
Ray Squires
Darrell Groth

Indigenous Liaison Officer vacant

Cenotaph Custodian:

Paul Bamford Jnr.



VALE:

WE WILL REMEMBER THEM



North Coast Veterans Centre Pensions and Welfare Matters

All Pensions officers are TIP or ATDP-trained, which means they have completed training accepted by Department of Veterans Affairs, are authorised to practice and follow a strict Code of Ethics.

An appointment is preferred for pension interviews, please contact our Pensions officers.

LOCATION: 4 Scarba Street. (Inside the Legacy Shop). Coffs Harbour NSW 2450

POSTAL: Veterans Wellbeing Centre Mid North Coast

PO Box 736, Coffs Harbour NSW 2450.

Phone: 02 5621 8108

The Centre is open on Tuesdays and Thursdays (10.00AM - 2.00PM) to assist with welfare matters at the Veterans Centre. Other times by appointment.

Sub-branch Monthly General Meetings

2022 Sub-branch Monthly Meetings are held on 3rd Saturday of the month at 10.25AM.

Location: in the Ground Floor Entertainment Lounge. followed by lunch in the Bistro. Partners always welcome.

Dates: 16 July, 20 August, 17 September, 15 October, 19 November, 17 December (plus our Christmas Party). Partners cordially invited.

E-mail: coffsrs1@hotmail.com, President: lloyd_adapt@yahoo.com.au

Members Admin Contribution of \$15 is now due.

Members Payments may be paid directly to our BCU Account as below:

A/C name: "Coffs Harbour RSL Sub-branch"

BCU BSB: 533 – 000 A/C number: 3285 6268

(Please include your name and description)

Sub-branch Office Hrs: Mondays 10.00am till 12.00noon

We are happy to make an appointment to suit at any mutually convenient time. Keep in touch by advising any changes to mobile phone numbers and E-mail addresses.

Booked Car with Driver (BCWD) Scheme.

DVA will pay for your travel for your travel to and from your home to medical treatment by a taxi car. Veteran Gold Card and Veterans White card Holders are eligible. We call this the Booked Car with Driver (BCWD) Scheme. **Ph: 1800 550 455**



Open Arms – Veterans & Families Counselling.

*Provides 24/7 free confidential crisis support for current and ex-serving ADF personnel and their families on **1800 011 046**. Safe*

*Zone Support provides anonymous counselling on **1800 142 072**.*

SERVICES AND SUPPORT

Education and training support for children and young people

DVA's Education Schemes provide financial assistance and other support services to eligible children and dependants of current and former ADF personnel who have either died or been severely wounded or injured as a result of their service. For more information on the schemes, including eligibility, please visit DVA's Education Schemes website.

Supporting young people displaced due to family violence

Family conflict, including aggressive behaviour and ongoing disputes, may contribute to young people prematurely leaving home. Disengaging from education may be an early indicator for homelessness due to housing issues or worrying situations in the home. DVA can provide assistance for those experiencing or at risk of, homelessness by providing referrals to localised support services. *Open Arms* 24 hours telephone support is available to veterans and their families for confidential counselling on 1800 044 046. If you, or a young person you know is experiencing family or domestic violence, contact 1800RESPECT on 1800 737 732 or visit www.1800respect.org.au.

- **1800 RESPECT:** 1800 737 732
- **Mensline Aust:** 1300 789 978
- **Kids Help Line:** 1800 55 1800
- **Lifeline:** 13 11 14

GRANTS



Saluting Their Service Commemorative Grants Program - This program aims to preserve Australia's wartime heritage and to involve people around the country in a range of projects and activities that highlight the service and sacrifice of Australia's service personnel in

wars, conflicts and peace operations. Applications will be assessed in 3 rounds. Information about applying for this round can be found on the Community Grants Hub and

[GrantConnect](#).

The Strengthening Rural Communities (SRC) program, run by the Foundation for Rural and Regional Renewal, aims to give the thousands of small remote, rural and regional communities across Australia an opportunity to access funding to support broad community needs. Three funding streams are available – Rebuilding Regional Communities, Bushfire Recovery and Small and Vital. Visit the FRRR website for further details.

SCHOLARSHIPS



AVCAT scholarships, including the Long Tan Bursary, are tertiary scholarships for the children and grandchildren of Australian ex-serving veterans. Scholarships are \$4000–\$6000 per year for three years.

Applications open on 18 August 2022, Vietnam Veterans' Day, and close at midnight AEDT on 31 October 2022.

For more information check out the poster or visit the website.

NON LIABILITY REHABILITATION PILOT

DVA recently established a two-year rehabilitation pilot offering eligible veterans social wellbeing and employment support, without the need to have an accepted compensation claim with the department. See the *attached flyer* for more information.

APPS & ONLINE RESOURCES

GO BEYOND
NAVIGATING LIFE BEYOND SERVICE

powered by



Go Beyond – Navigating Life Beyond Service

Go Beyond is an evidence-informed national program to assist ex-serving Defence personnel with adjusting to life after service. It is free, available for all ex-serving Defence personnel and designed to support their individual post-service reintegration and adjustment needs. Go Beyond connects ex-serving Defence personnel with research, information, learning modules, worksheets, practical exercises, and recommended ways to move forward. For more information about the Go Beyond program or apps and resources [click here](#).



DVA HEART HEALTH PROGRAM

FREE DVA Heart Health Program – individual and group program opportunities.

The Department of Veterans' Affairs (DVA) is offering a 52-week program designed to improve physical health and wellbeing for returned veterans, peacekeepers and those covered under the ADF firefighter scheme. It is available to individual veterans, as well as groups.

TO APPLY OR FIND OUT MORE

Please find **attached flyer** a brochure with more information. If you would like to discuss these program opportunities or apply to participate, you can visit the Heart Health website on <http://www.veteranshearthealth.com.au/>

Alternatively, you contact Corporate Health Management on **1300 246 262** or email: hearthealth@chm.com.au

ANTI-MALARIAL MEDICATIONS HEALTH ASSESSMENT PROGRAM

The Program is open to any veteran who has concerns having taken these anti-malarial medications and offers a comprehensive health assessment to investigate any reported symptoms. Interested veterans can access the program at no cost. For more information please see the DVA website or call **1800 MEFLOQUINE (1800 633 567)**.

Veterans' Home Care Services Available.

The Veterans' Home Care (VHC) program provides eligible DVA clients and eligible dependants with access to services to help them remain independent and in their homes. It offers the following services: Domestic Assistance, Personal Care, Respite Care, and Safety-related Home and Garden Maintenance. You're eligible for an assessment if you hold either a Veteran White Card for an accepted service-related injury or condition or a Veteran Gold Card.

Call the VHC Assessment Agency directly on 1300 550 450 for an assessment.

RSL NSW Membership is now fee-free and available online.

RSL NSW is not just for members and veterans of the ADF or Armed Forces. There are options for partners, spouses and families to join some sub-Branches as Affiliate or Auxiliary Members so they can feel a part of their loved one's post-service life and can support other members who are on the road to recovery from mental or physical health issues, need help with Department of Veteran Affairs claims, employment support, or just need a good mate to lean on.



Our Sub-branch Family



Sadly Mrs Thelma Crawley OAM JP Former President of the CCWA passed away on Wednesday 6/7/22.

Thelma will be greatly missed by her Family and Friends. Our thoughts are with Thelma's family and friends. The RSL NSW Family sends deepest condolences.

From the Padre

Blessings – Padre Rev. Dr. Graham Whelan OAM

REPRINTED FROM JULY 2003 FOR A VETERAN

WHO ASKED THE QUESTION WHO IS GOD?

Our sub-Branch says hello to all of our friends again!

You will remember that a couple of weeks ago I was talking about military service and how different it was to civilian life, and how the time of basic training was an enormous change in our life. You will remember that in the same way reading about Jesus and His love for us as I have written many times before is like "basic training". I was reminded the other day to make some further comments on who God is.

Some people have very complicated ideas about God. The Bible teaches us God is one. We also learn that whilst God is one, there are at the same time three Persons.

At the beginning of the Bible we learn that God created everything. We also know from the Creed which explains the faith of the Church that we can understand that God the Father Almighty created the heavens and the earth.

The Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.

On the third day he rose from the dead;
he ascended into heaven,
and is seated at the right hand of the Father;
from there he will come to judge
the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

WE WILL REMEMBER - The Bible teaches us also that God the Son was with His Father assisting in the creation of all things and came to save. Further we learn from the Bible that God the Holy Spirit was present during the time that all things were created and that the Holy Spirit constantly perfected the creation in those formative times, and now is our helper and life giver.

God is love. God is perfect, all-powerful, all-knowing and present everywhere. God acts as one.

God is one, comprising –

FATHER - Creator

SON - Redeemer, Bearer of sins,
Saviour, Healer

HOLY SPIRIT - Life giver, Advocate or
Counselor, who guides and gives
breath of life and sustaining
power – vitality and hope in our
lives.

I have included in the centre of this leaflet the Creed, which is the faith of the Church, which give a summary of what the Bible teaches about God.

We Welcome Our New Members



L to R

Noel PULLEINE; former Army, 8/12 Medium Regt Artillery.

Michael LEE; former Army, RAASC, Vietnam Veteran.

John FLICK; former Army and National Serviceman.

Our ranks have been swelled by the following new members over the last 3 months:

John Flick, Noel Pulleine, Greg Regan, Mike Lee, Mark Gordon, Todd Brown, Roberta Wigg, Doug Wigg, Greg Renet, Hugh Hegarty.

All in all, a very inspiring bunch of Veterans who have seen the error of their whey and joined our merry band.

A very warm welcome to all of you from all of us..



DO YOU HAVE SOME MINOR DENTS AND SCRATCHES TO YOUR MOTOR VEHICLE YOU WOULD LIKE ASSESSED AND REPAIRED?

Give Lyle DENSTEN a ring on 0411 506 514.

Lyle is a former Vietnam Veteran, and has a small motor vehicle repair hobby shop for his Veteran & Vintage car maintenance activity that keeps him sane & happy. Lyle is more than happy to help out with small scratch, dents & scrapes repairs at minimal costs.

Thanks Lyle ...JL

Helping Hand from our Sub-branch FamilyJust so you know!



On Monday/4th July, whilst the President and I were working in the RSL Sub-Branch office on admin duties, we had a veteran attend who was down on his luck, homeless, drifting, DVA white Card holder, and living in his car with his dog. Initially, he just wanted to come in, have a chat, and charge his phone. We took details, gave advice etc and he left.

On Thursday/7th July, whilst I was attending our normal veterans' coffee/chat catch-up, the homeless veteran returned to the CEX Club. He informed me that he had been pulled over by our local GD police the night before because his vehicle showed that it had been unregistered/uninsured for 6 months.. The Police guided him to the undercover area of the CEX Car Park, where he and his dog could be safe for the night. He needed some other repairs to his vehicle like replacement near side mirror and electrics, plus offside blinkers. He was very lucky that it was the GD Police, who wheeled him and used their discretionary powers. If it had of been Highway Patrol, I suspect the outcome may have been different for him.

One of our Auxiliary Members, Darryl GROTH, drove the homeless veteran to a spare parts establishment where on behalf of our sub-branch purchased the parts required to be replaced. One of our Sub-Branch members Greg RENET had a contact with one of the owners of Advanced Mechanical Services namely Craig MARKWORT. He made a call and organised an appointment for the homeless veteran to go there and get his repairs done and to receive a Blue Slip.

I accompanied the homeless veteran to Advanced Mechanical Repairs, where I spoke with the owners Craig MARKWORT and Chris RANFORD. At the completion of the repairs, which took about an hour, replacement of parts and the issuing of the Blue Slip to take to the RMS, I pulled out my wallet to pay, and Craig refused my money. I persisted, but he refused. It was a love job for our Sub-Branch. How good is that?

I then accompanied the homeless veteran to the RMS with the Blue Slip, purchased new Registration plates, filled his car with petrol, and sent him and his dog on his way to Sydney where he apparently has an upcoming assessment with Open Arms.

This help afforded to this homeless veteran has been a combined effort by our veterans' attending our coffee/chat and a wonderful business called Advanced Mechanical Services, Coffs Harbour who donated their time for free.

In closing, I have been personally advised by one of the owners namely Craig MARKWORT, that if any of our Coffs Harbour RSL Sub-Branch and Auxiliary members need something done to their vehicles, then mention and show proof of your RSL Sub-Branch members card, and they will look after your vehicle for minimal costs.

So this report is to say THANK YOU to Craig and Chris and their staff at Advanced Mechanical Services for their help, and for offering their professional services and knowledge to our Coffs Harbour RSL Sub-Branch members.

ADVANCED MECHANICAL SERVICES

COFFS HARBOUR

Unit 6/163 Orlando Street,

Coffs Harbour.

NSW. 2450.

(M) 0431 231 920

Duty First

Garry Heskett

Corn Corner and other stuff

A female journalist heard about a very old Jewish man who had been going to the Western Wall to pray, twice a day, every day, for a long, long time. So she went to check it out. She went to the Western Wall and there he was, walking slowly up to the holy site.

She watched him pray and after about 45 minutes, when he turned to leave, using a cane and moving very slowly, she approached him for an interview.

"Pardon me, sir, what's your name?"

"Morris Feinberg," he replied.

"Sir, how long have you been coming to the Western Wall and praying?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace between the Christians, Jews and the Muslims."

"I pray for all the wars and all the hatred to stop."

"I pray for all our children to grow up safely as responsible adults and to love their fellow man."

"I pray that politicians tell us the truth and put the interests of the people ahead of their own interests."

"How do you feel after doing this for 60 years?"

"Like I'm talking to a bloody wall !".

**I don't know if
Facebook has ever
caused the lame to
walk but it has sure
caused the dumb to
speak.**





A locally owned and operated company, committed to the
Coffs Coast Community

TPI/Korean War Veteran's can Receive a National Fleet
Discount on all New Hyundai vehicles.

Coffs Harbour Hyundai call us on:

02.6652 1933

192-196 Orlando Street

Coffs Harbour NSW 2450

Coffsharbourhyundai.com.au



BOATING • CAMPING • FISHING

Coffs Park Beach Plaza



HOYS ALLIED HEALTH + Wellness
Physiotherapy • Exercise Physiology • Dietetics &
Nutrition • Remedial Massage • Occupational
Therapy • Core & Exercise Classes • Hydrotherapy •
Radial Shock Wave Therapy • Women's Health

Coffs Harbour Jetty Shop 9, Jetty Village Shopping
Centre Coffs Harbour NSW 2450.

02 6652 7355 Online: hoyshealth.com.au



" GET YOUR HONEY "

SHANNEN & SANDRA
MITCHELL .

NANA GLEN NSW 2450

YOUR SUPPORT IS GREATLY
APPRECIATED .

Mob: 0474 324 398

E-mail: mshannen53@gmail.com

**ADVANCED MECHANICAL
SERVICES**

COFFS HARBOUR

Unit 6/163 Orlando Street,

Coffs Harbour.

NSW. 2450.

(M) 0431 231 920