



RSL NSW
Coffs Harbour

Issue 213
October
2023

2023 Executive

President:

John Lloyd
0438 325 205

Hon. Secretary:

Warren Sowter
0423 418 651

Hon. Treasurer:

Garry Heskett
0414 512 302

Asst Treasurer:

Margaret Black

Vice Presidents:

Garry Heskett
Ian Johnston

Asst Secretary:

vacant

Visitation Team:

Rev. Dr. Graham
Whelan OAM

Ray Squires

Indigenous

Liaison Officer

vacant

Cenotaph

Custodian:

Paul Bamford Jnr.

Office Hours:

Mondays:

10.00 am-12.00 pm.

Other times by
appointment.

Thursdays:

Office meetings by
appointment.

The ChargeSheet

The Coffs Harbour RSL sub-Branch Inc. Newsletter



Email: coffs-harboursb@rslnsw.org.au | **Ph:** 0423 418 651

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



sub-Branch Newsletter Highlights

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Cover Illustration

The illustration on our cover page, "Lest We Forget", is reproduced with permission of the artist Ian Coate. It represents the key focus of Coffs Harbour RSL sub-Branch Incorporated in respecting our veterans and their families. We thank Ian for his generous support of our sub-Branch, our veterans and the veteran community. Ian's art can be found at <https://www.iancoate.com/militaryart.html>

Sub-Branch Administration

Veteran & Veterans' Families Welfare & Well-being

Coffs Coast Veteran and Family Wellbeing Centre

Founding member of the Veterans Wellbeing Network MNC, the Centre's advocates and wellbeing support officers are authorised to lodge your claims for DVA entitlements, link you with wellbeing service providers and advocate on your behalf. Getting support is simple, secure, and online through:

<https://www.vcmnc.org.au/veteran-and-family-triage/>

Location: 4 Scarba St, Coffs Harbour (Inside Legacy Op Shop)

Phone: 02 6521 8108 | **Email:** contact@vwnmnc.org.au

Coffs RSL Sub-branch Inc Meetings

Monthly General Meetings

2023 Monthly Meetings are held on the 3rd Saturday of the month 10.25 am.

Location: in the Vista Lounge Function Room, followed by lunch in the Bistro.
Partners always welcome.

Dates: 21st Oct; 18th Nov; 16th Dec

Annual General Meeting

2024 Annual General Meeting will be held on the 3rd Saturday of February.

Location: in the Vista Lounge Function Room, followed by lunch in the Bistro.
Partners always welcome.

Dates: 17th February 2024 starting at 10:25 am.

Membership Fees

Member's Admin Support Levy

In their Strategic Plan 2020-2026, RSL NSW waived Annual Membership Fees. Our sub-Branch has introduced a Members Admin Support Levy for the coming years to assist with our operating costs.

The Members Admin Support Levy of \$15 falls due on the 31st of December.

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

A/C name: Coffs Harbour RSL sub-Branch Inc. | **BCU BSB:** 533 – 000

A/C number: 3285 6268 **(Please include your name and description)**

Payments can also be made using our 'Tap-n-go' electronic swipe card facility.

Member Clothing

The sub-Branch Committee has organised several items as part of our sub-Branch 'identity'.

The Committee has made arrangements with a local supplier to maintain and enhance the sub-Branch's connection with the Coffs Coast community.

Supplier: 'Wear It!' (*Speak to Tanya*)

Address: 1/21 Isles Drive, Coffs Harbour

Contact: Ph. 6652 8211

If you would like to obtain any items:

- to ensure correct sizing make your way to 'Wear It!' and try on some items.
- order what you want via Tanya.
- let Warren know that you have made an order.
- when it arrives, you can pay for it via the Secretary or Treasurer

We are now resourcing women's versions of these items.



L/S Shirt – Est. \$55.00



S/S Shirt – Est. \$53.00



L/S Rugby – Est. \$44.00



s/s Polo - \$22.00



Jacket - \$133.00

Regular sub-Branch Activities

Coffee@C.ex – Every Thursday

Members gather for coffee, a chat and to tell stories, embellish, exaggerate and in some cases, total lies over coffee.

Join us for convivial, but rarely contentious discussions and recollections.

Location: in the Vista Lounge of the C.ex Coffs Club Partners always welcome.

Dates: Every Thursday starting at 10:00 am.

Walking Group – Usually, 2nd Friday of the Month

Next Walk:

‘The You Beaut Walk’ – Friday 13th October

1. Our Oct walk was held last Friday, from the Ocean View Headland to the Woolgoolga Sportsground. Only a small turnout; but very honest.
 2. We met at the carpark at Mullawarra Close and stepped off about 9 am across friendly flat terrain with ocean and bushland views. Very pleasant weather. The walk concluded with coffee at Woopie.
 3. Next Walk: Friday 3rd November
 4. Refer Info Sheet for full details. Collect at ‘Coffee@cex’ on Thursday AM
-

Motorcycle Riders Group – Usually, 3rd Friday of the Month

Next Ride:

Operation Taylors Arm

1. Our next ride will be to The Pub with No Beer at Taylors Arms.
 2. We will start from the BP Boambee 601 Pacific Highway at 8:30 am on the 20th of October.
 3. Most of the travel will be off the main highway/motorway to allow for more corners.
 4. Caution must be shown for the Harley Davidson riders.
 5. After lunching at the Pub with no Beer the group will return home.
-

Lawn Bowls Group – Usually, Last Friday of the Month

Next Game:

1. Our next game will be on Friday the 27th of October at the C.ex Coffs Club Lawn Bowling Greens.
2. Join us at 10:00 am for a few ends. Talent not a prerequisite.
3. Finish the morning with some cool drinks.

Sub-Branch News & Updates

Membership



Vale

We will Remember Them; Lest We Forget

New Members

In September we welcomed Peter French who has returned to Coffs Harbour with his bride Marion. Peter had been in the Newcastle area for a few years but is now back in Coffs. Welcome back Peter.

OBE's & OBN's



At the September Monthly General Meeting we

congratulated Leon Markwort on his achievement of reaching 80 years of age and presented him with his OBE Certificate (Over Bloody Eighty). Well done, Leon. We wish you good health and great fortune in many more birthdays.

Of course, what would a photo be without a Photo Bomber – thanks Bernie'.



Other Awards & Recognition

At the September Meeting, we welcomed back Dennis Johnstone, a long-time member. Dennis has spent the best part of 10 months recovery and rehabilitating. It was great to see him back.

John Lloyd, our President presented Dennis with his Vietnam Veteran Medallion and Certificate recognising his efforts during the Vietnam War. Well done, Dennis, thank you for your Service.



Walking Group – Red Rock, 8th September



The Coffs Harbour RSL sub-Branch Walking Group completed its outing at and around Red Rock on Friday the 8th of September. The group was again led by our intrepid adventurer, Bill Beamish.

A great day out with an initial threat of rain that was eventually replaced with a very clear sunny sky.

The group visited Little Beach then ventured along the river until there was no more bank to follow.

A quick exit up a significant embankment through uncharted bushland, across a resident's back yard and on to the Coffee Shop. A great day out followed by a tasty hamburger. Looking forward to the next challenge.

Motorcycle Riders Group – Bowraville, 15th September

The Coffs Harbour RSL sub-Branch Motorcycle Riders Group completed its September outing with a Recce run to the Frank Partridge VC Museum in Bowraville on Friday the 15th of September. The group was leaderless but completed the operation without incident. (It was a 'self-managed team of JJ Williams and Warren Sowter)

The mission was to conduct a sit visit as reconnaissance of the trip to and from the museum with an intent develop a social day trip for a potential future sub-Branch members' day out.

The route followed the old highway to avoid motorways. The trip enabled more cornering for the enjoyment of the riders.

Included in the journey was a lunch at the Bowra Hotel. Great service and hospitality. Great tasting wraps. In all a great day out and lots of data for a future trip.



What Kids say about Marriage!

How can a stranger tell if 2 people are married?

You might have to guess, based on whether they seem to be yelling at the same kids. -- Derrick, age 8

Remembrance Day 2023

On 11th November we will be joined by 725 Sqn from Nowra to commemorate Remembrance Day at the Vernon Street Cenotaph.

Parade Marshall: Garry Heskett

Form up 10.20 AM: Adjacent to the entry to the Cex Club on Vernon Street

M.C.: John Lloyd, President Coffs Harbour RSL sub-Branch

Guest Speaker: CO 725 Sqn

Ceremony: 10.25 AM – 11.20 AM

Veteran's Health Week – Lifeline Visit - Thu 12th Oct.



Ross, JL & Stanley with guest Angela Martin and John enjoying the Lifeline presentation to Members during Veterans Health Week.



“Any more for anymore?”

and have some great discussions and spin a few stories. Please feel free to contact us and talk to our members, we would love to hear from you.

Eric Pitman

The Coffs Harbour RSL Sub-branch was visited by Lifeline and Legacy as part of Veterans Health Week last Thursday. Lifeline ambassador Tony Judge and Manager Angela Martin shared their experiences and the 24/7 availability of Lifeline with 100% confidentiality.

Jane Sury provided her experiences and the support available from Coffs Coast Legacy. It was also great to see Trudy Stubbs from Legacy and her certified assistance dog from Mind Dogs Australia, ‘Morgan’.

Tony Judge was an engaging speaker and there were some great interactions with our members on getting to know the community, developing relationships and starting conversations. It was also interesting to realise the vital connections between Lifeline and Legacy.

Discussions with our members reminded us why PTSD Veterans face problems dealing with group encounters and gatherings such as ANZAC day or even attending a coffee morning at the sub-branch. We would like to say to anyone thinking of coming along and joining us that we don't judge, are here to support



JJ with Trudy Stubbs, Howie, John L, John Lambert and 'Morgan', the good puppy, wondering why JJ had half a dozen scones in his left pocket.



Bernie surrounded by his usual throng of admirers.

Corn Corner

A psychiatrist was conducting a group therapy session with five young mothers and their small children.

"You all have obsessions," he observed.

To the first mother, Mary, he said: "You are obsessed with eating. You've even named your daughter Candy."

He turned to the second Mum, Ann: "Your obsession is with money. It manifests itself in your children's names, Penny, Goldie and Frank."

He turned to the third Mum, Joyce: "Your obsession is alcohol. This too shows itself in your children's names:

Brandy and Sherry. You even called the cat, "Whisky"

He then turned to the fourth Mum June: "Your obsession is with flowers.

Your girls are called Rose, Daphne & Poppy."

At this point, the fifth mother, Kathy, quietly got up, took her little boy by the hand and whispered:

"Come on, Dick, this guy has no idea what he's talking about. Let's pick up Fanny and Willy and go home.



Padre's Post

The Ode

*They shall grow not old, as we that are left grow old
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

Lest We Forget

Blessed

Indeed we are blessed, and we give thanks to the One True God of the Bible for His providential care and deliverance which continues today in our amazing country, Australia. We have been blessed collectively as a nation – and a question that comes from this is – are you blessed personally.

Over the past few days I have been studying this marvellous truth of Scripture, where Jesus said:

Matthew 5:3-10 (New International Version)

- 3 *Blessed are the poor in spirit, for theirs is the kingdom of heaven.*
- 4 *Blessed are those who mourn, for they will be comforted.*
5. *Blessed are the meek, for they will inherit the earth.*
6. *Blessed are those who hunger and thirst for righteousness, for they will be filled*
7. *Blessed are the merciful, for they will be shown mercy.*
8. *Blessed are the pure in heart, for they will see God.*
9. *Blessed are the peacemakers, for they will be called sons of God.*
10. *Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven*

These verses are called “The Beatitudes”. From what I like to call these “beaut Attitudes”, or as Latin defines – “blessings” – it means more than just “happy” – outward happiness – but inward wellbeing and spiritual joy through trusting Jesus. Just a couple of comments – the word “meek” does not imply weakness but rather God, humility and strength to overcome a stronger enemy to the benefit of those being protected – the peacemakers’ strength to bring peace. Righteousness concerns that relationship with God – knowing God’s commitment to us that through His providence He has done what we could not do ourselves – He has secured our freedom through His justice. This is all to His glory whether we remember this truth or not.

We are thankful for the faithfulness of our fathers and those of our generation, which I believe is the reason for God's continual blessing on our nation.



"You will seek me and find me when
you seek me with all your heart."
(Jeremiah 29:13 NIV)

Blessings, Rev. Dr Graham Whelan OAM

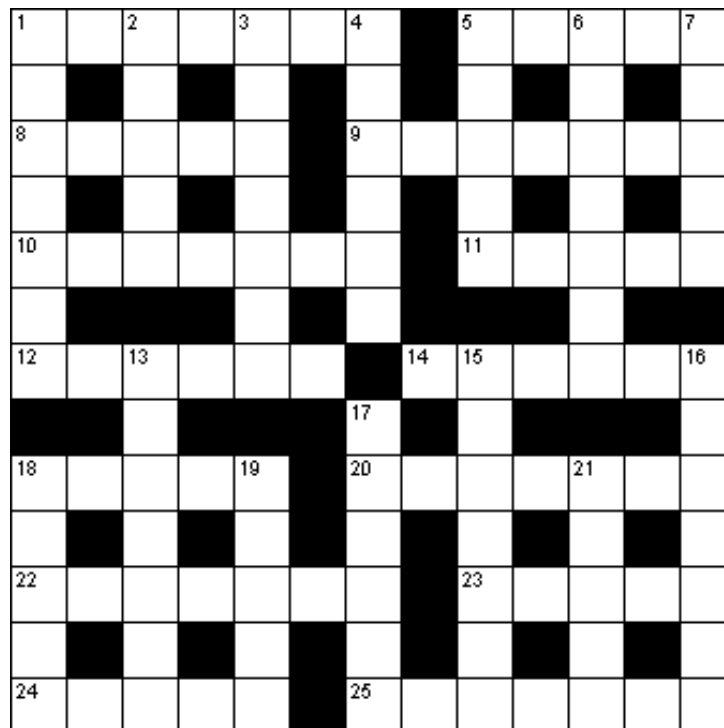
Interesting Articles: CROSSWORDS

Across

- 1 Samson's temptress (7)
- 5 Army officer (5)
- 8 Hours of darkness (5)
- 9 Unlawful (7)
- 10 Falsehood (7)
- 11 Book of maps (5)
- 12 US coin (6)
- 14 Cake-burning king (6)
- 18 Thigh bone (5)
- 20 Freedom (7)
- 22 Capital of Ontario (7)
- 23 Prepared (5)
- 24 Coin-tossing call (5)
- 25 Erased (7)

Down

- 1 Philanderer (3,4)
- 2 Illumination (5)
- 3 Salad ingredient (7)
- 4 Altitude (6)
- 5 George Cross island (5)
- 6 Vein in the neck (7)
- 7 Regulations (5)
- 13 Lake District county (7)
- 15 Generous (7)
- 16 Tearless (3-4)
- 17 Edible nut (6)
- 18 Command to a dog (5)
- 19 Items of jewellery (5)
- 21 Respond (5)



Sub-Branch Marketplace – Buy, Swap or Sell

Got something you don't need? Need something you aint got?
Interested in a swap? Interested in selling?

Advertise in the ChargeSheet!

FOR SALE

Honda NC 700S

Rego LBK-43 to 3 Sep 2024

\$3,500.00 - Includes summer and winter riding apparel.

Phone Bernie: 0448 426431



FOR SALE

2020 Stacer Rampage

4-29 with 30HP 4/S of excellent river boat set up with 2021 MinnKota Terrova I-pilot with Spot Lock with foot control and hand remote. All electronics professionally done with 2 large king's battery boxes, circuit breakers etc. and 2 Lowrance sounders, one HDS 7 gen 3 and recent Lowrance Hook reveal 7 with triple shot transducer. Also has many extras such as marine and interior lights, spotlight and 2 switch panels. In 2020 Telwater Aluminium Trailer from Disco Marine Grafton with 12 months rego. Has 30 Hp Mercury 4/Str. Very low hours on motor, new seats, and adjustable resting seat in front near foot remote. Also hand remote, live tank added at back, lifejackets, flares, EPIRB, all safety equipment. Very low hours on motor as the prop isn't even marked and barely used. Bimini included electric start.

If Interested see Shannen Mitchell



Supporting Businesses

The following businesses have demonstrated support for the Coffs Harbour RSL sub-Branch Inc. and offer their services to members and their families.

Lawn Care & Maintenance Services

Contact Chris Dooley at
Empire Lawn Care & Maintenance
M: 0429 073 192



Buying, Selling, Looking to Rent?

for Real Estate Needs, Contact

Greg Renet

Licensed Real Estate Agent



☎ 0411 121 579
✉ greg.renet@atrealty.com.au
www.atrealty.com.au



Health and Fitness

HOYS ALLIED HEALTH + Wellness

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

Visit: Coffs Harbour Jetty

Shop 9, Jetty Village Shopping Centre
Coffs Harbour NSW 2450

Call: 02 6652 7355

Online: hoyshealth.com.au

Vehicle Body Repairs

MINOR DENTS AND SCRATCHES?

Give Lyle DENSTEN a ring on

0411 506 514.

Lyle is a Vietnam Veteran with 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 assist with small scratches, dents & scrapes repairs for our members.

Motor Vehicles

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



TPI/Korean War Veterans 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
Coffsharbourhyundai.com.au



The following businesses have demonstrated support for the Coffs Harbour RSL sub-Branch Inc. and offer their services to members and their families.

Coffs Park Beach Plaza



**ADVANCED MECHANICAL
SERVICES COFFS HARBOUR**

Unit 6/163 Orlando Street, Coffs Harbour.
NSW. 2450.
(M) 0431 231 920

COAST TO VALLEY EARTHWORKS

NO NEED TO DEBATE, CALL ME TO EXCAVATE

Contact: BRADEN 0432 597 626

E: admin@c2vearthworks.com or

braden@c2vearthworks.com

