



RSL NSW
Coffs Harbour

Issue 214
November
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



sub-Branch Newsletter Highlights

- ❖ **December 'You Beaut Walk' on Friday 8th December at 9.30am, followed by BBQ at Jetty beach foreshores. An easy fun occasion for Members, partners, kids, grandkids and friends. Also OK for bike riders.**
 - **We'll fire up the BBQ about 11.30AM. So, come along for a relaxing stroll followed by a BBQ.**
 - **Bring your own liquid refreshments, sun-block, hat, towel and swimmers if you feel like it.**
 - **Please advise numbers for BBQ catering. Details inside.**
- ❖ **December General Meeting on Saturday 16th December commencing 10.25AM, followed by: our Christmas Luncheon in the 3rd Floor Blue Room at 12.00 noon. Prices are being held close to last year's at:**
 - **Members and Partners \$45.00 p.h. and Visitors \$65.00 p.h. Details inside. Tickets are available now at the Cex Reception or on-line.**
- ❖ **A very well supported Remembrance day was held on Saturday 11th November with 725 Sqd from Nowra in attendance. A report and photos appear inside.**
- ❖ **Don't forget our social bowls held on the last Friday of the month:**
 - **Friday 24th November at 10.00am.**
 - **Friday 29th December at 10.00am**
 - **Cost: \$5.00 per player. Talent definitely not a requirement.**
 - **An easy friendly bowls morning followed by drinks/coffee about 12.00 noon. Wear a hat, sun-block and flat shoes.**
 - **We'll give you a reminder on the prior Thursday Coffee@Cex gathering.**
- ❖ **The office will be closed from Tuesday 19th Dec, reopening on Monday 22nd January 2024. However:**
 - **Our 'Coffee @ C.ex' gathering will carry on through Dec/Jan subject to availability. Please contact a Committee member should you have a special need for our services.**

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@vwmnc.org.au

Coffs RSL Sub-branch Inc. Meetings

Monthly General Meetings

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

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

Dates: 18th Nov; 16th Dec (followed by Christmas Luncheon at 12.00pm)

Annual General Meeting

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

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

Date: 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' and as part of the RSL NSW Branch.

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:

⑩ to ensure correct sizing make your way to 'Wear It!' and try on some items.

⑩ order what you want via Tanya.

⑩ let Warren know that you have made an order.

⑩ 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

SUB BRANCH MEMBERS & THEIR
GUESTS ARE INVITED TO

2023 Coffs RSL Sub Branch Christmas Luncheon

SATURDAY 16 DECEMBER
BLUE ROOM - C.EX COFFS

*\$45 members & partners
\$65 guests*

INCLUDES A THREE COURSE
LUNCHEON OF PRAWN SHARE
PLATES, MAIN & DESSERT PLUS
A DRINK VOUCHER

Tickets are available
online at cex.com.au or at
Vernon Street Reception



National Servicemen in Combat.

By Dave Wilkins OAM ex 5RAR

When I arrived in Vietnam on 28 January 1969 with the 5RAR advance party, I had a number of tasks as Adjutant in preparation for the battalion's arrival on 15 February.

My first main undertaking was to write administrative instructions for when the battalion settled in, on such topics as notification of casualties, R & R leave, rules & regulations for living within Vietnam and Nui Dat, in particular pay, postal, etc, etc. Operationally, I also checked on any peculiarities for the planning of air strikes, use of transport helicopters, reconnaissance helicopters, medical evacuation choppers ('Dustoff') etc. This knowledge was enhanced by my accompanying A Company 1RAR on an operation into the foothills of the Nui Dinh and Nui Thi Vai Mountains. When that finished I needed to talk to the staff officer in Saigon about the reinforcements policy.

I had some concerns. I was aware of the government edict requiring infantry battalions to be '50:50 ARA: National Servicemen' and we had in fact balanced 5RAR accordingly as we built to full strength in Australia. My concern was the comparative vulnerability of Nashos and Regs. It was clear that because Nashos had not served as long as most Regs, there would be more Nashos of Private rank and fewer as NCOs or officers. The lower the rank, then as a general rule, the closer you are to the enemy in combat. From that premise in my argument to this staff Major in Saigon, it seemed logical that a greater proportion of Nashos would become casualties. In pointing this out to the Major I suggested the proportion should be adjusted to have a lower level of Nashos, say 45 percent instead of 50 percent. He would not hear of it. That was the government policy so it would remain a 50:50 split.

Once the battalion arrived and we began operations I was able to observe officers, NCOs and Private soldiers in the 408 days I was on active service. This was in BHQ and Fire Support Bases working in the Battalion Command Post, as an acting Platoon Commander of 11 Platoon D Company for one operation, as 2ic then acting Company Commander of B Company for another operation, as 2ic of C Company and finally as its Company Commander. With that range of positions, I was well placed to observe how all ranks operated and performed in different roles.

One of the main things that stood out to me was just how well trained the troops were and what a high standard they were at. Indeed, until I chatted with individuals and heard their background, I could not tell if he was a Reg or a Nasho. The exception to this was that I knew the officers personally and most NCOs who were mainly ARA.

On the standard of our soldiering, I was interested to subsequently read in some of the recently published VC and NVA unit histories (of those who opposed the Australian Task Force) that our enemy referred to us when we were patrolling, as 'Commandos' and the SAS as 'phantoms'. We should take that as quite a compliment.

When it was all over for our battalion, I had occasion to look at some of our statistics particularly relating to casualties: Total who served with 5RAR including reinforcements in 1969-70:

55 officers and 1280 other ranks = 1335 all ranks. Casualties: 25 KIA; 202 Wounded. The ratio of ARA to Nashos killed was close to 50:50. The ratio of ARA to Nashos wounded was 42% ARA and 58% Nashos.

Casualties for NCOs were 3½ times greater for ARA than for Nashos but there were of course many more ARA NCOs. For Private soldiers however, the opposite was the case: there were almost 3 times as many Nasho casualties than for ARA.

In hindsight, I was proven correct by these statistics, and I believe the Army should have convinced the politicians to alter the ratio of ARA strength to Nashos to 55:45 in combat units. I have no idea if the argument was ever raised but in 1969 -70 the policy remained fixed and inflexible at a 50:50 ratio.

© 5 RAR Association.



Part of the large Remembrance Day Crowd on Saturday 11/11/23

Regular sub-Branch Activities

Coffee@C.ex – Every Thursday starting at 10:00 am.

Members gather for coffee, a chat and to tell stories, embellished, exaggerated 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.

Walking Group – Usually, 2nd Friday of the Month – 8th December.

Next Walk: 'The You Beaut Walk' & BBQ on Friday 8th December at 9.30am, followed by BBQ at Jetty Beach foreshores. An easy fun occasion for Members, partners, kids, grandkids and friends. We'll set up the new gazebo about 9.00am at the southern end of the jetty Beach, opposite the road way overpass and near the picnic area. 9.30 AM the walk will head south on flat ground to the WWII bunker overlooking Gallows Beach, then proceed to boambee Beach and return via the bush track to the old Fishing Club site by about 11.00AM. A very easy 1.5hr walk.

Those who only want to walk as far as the bunker can return to our Gazebo; this little journey would be OK for bike riders, small children, etc.

Our last walk was, Friday the 3rd November.

Another great day out for the Walking Group. Two new walkers enjoyed the challenge of a 'bush walk' from Bruxner Park Gap to Swans Road through some beautiful 'rain forest'.

About an hour 10 minutes of relatively flat walking trails. The walk was followed by a coffee break at the Sealy Lookout. The day's group included our members Bill Beamish, John Flick, Warren Sowter, Ross Cole, and Steve Luckey. We missed some of our regular walkers. Looking forward to the next adventure and challenge. **Thanks Bill.**



Bill leading from the rear



'OK, I give up. where are we?' John Flick

And The Survivors are!



John, Bill, Ross and Steve still lookin' for the Lost Leichhardt Expedition 'they're out there' says Bill.

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

'Born to be Mild Brrrrmmm Brrrrmmm'

Full Info Sheet with available at 'Coffee@Cex' on Thursday AM. Motorcycle Riders Group brrrrms away usually on 3rd Friday of the Month. Absolutely awesome.

Next Ride: Operation Nambucca Heads

1. Our next ride will be to Nambucca Heads for lunch at the Nambucca Heads RSL Club.
2. We will start from the BP Boambee, 601 Pacific Highway at 9:30 am on the 17th of November.
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 Nambucca Heads RSL Club 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 24th of November 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 or coffee.
4. Cost \$5 per player.

Remembrance Day 2023

On Saturday 11th November we were joined by 725 Sqn from Nowra to commemorate Remembrance Day at the Vernon Street Cenotaph. Parade Marshall Garry Heskett formed up the parade at 10.20AM and the commemoration began at 11.35AM in front of a large crowd of about 500. During the week we also held 'Poppy Sale' in the Cex Foyer, Bunnings & BigW.



Warren & Adelaide at Big W



725 Sqn members in attendance on
Remembrance Day



Past President Colin Sztorch &
Rosemary



Cex Directors at
Remembrance Day

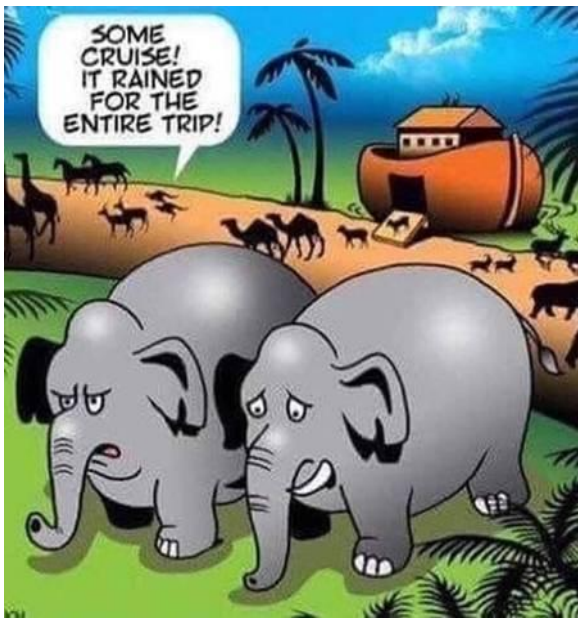


Garry checking out the Remembrance Day Crowd



Again this year we are raffling a handmade Remembrance Day Quilt of beautiful quality and subject. Valued at around \$500. The Raffle will be drawn at our Christmas Luncheon following the December GM on the 3rd Saturday 16th December. Tickets are \$2.00 each, 3 for \$5.00 and 7 for \$10.00 and may be purchased at our Thursday Coffee Sessions, November GM on Saturdays 18/11/23 and 16/12/23. Or from Committee members.

Corn Corner



I'm always surprised when heavily tattooed couples have a baby and it comes out blank.



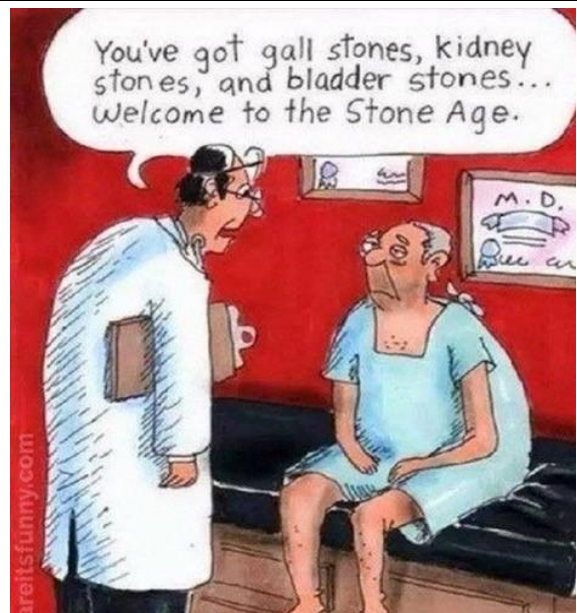
A moment of tension in Vatican. If the bishop moves forward the queen can take him.



**Never seen
anyone jogging
and smiling, so
that's all I need
to know about
that.**



*Yup!
you
wuz
brung
by
a
Stork.
We got
the
Photo.*



Padre's Post



Remembrance Day 2023

As I discussed last time the thankfulness we have as a nation for those who served with courage and loyalty and faced adversity – I am mindful of then sacrifice of all sub-Branch members particularly, I pause for a moment giving thanks to God for all of our senior veterans and for those who serve the sub-Branch.

Each of us deals with adversity in different ways. Some of our members of the Armed Forces have faced enormous adversity and have not survived. However, during their time of service I know that they persevered in great adversity.

“You will seek me and find me when you seek me with all your heart.”

(Jeremiah 29:13 NIV)

We Will Remember Them



Padre's Post



Footprints in the Sand

One night a man had a dream.

He dreamed he was walking along the beach with the Lord.

Across the sky flashed scenes from his life.

For each scene he noticed two sets of footprints in the sand: one belonging to him and the other belonging to the Lord.

When the last scene of his life flashed before him,

He looked back at the footprints in the sand

He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times of his life.

This really bothered him and he questioned the Lord about it.

"Lord, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of foot prints. I don't understand why, when I needed you the most, You would leave me."

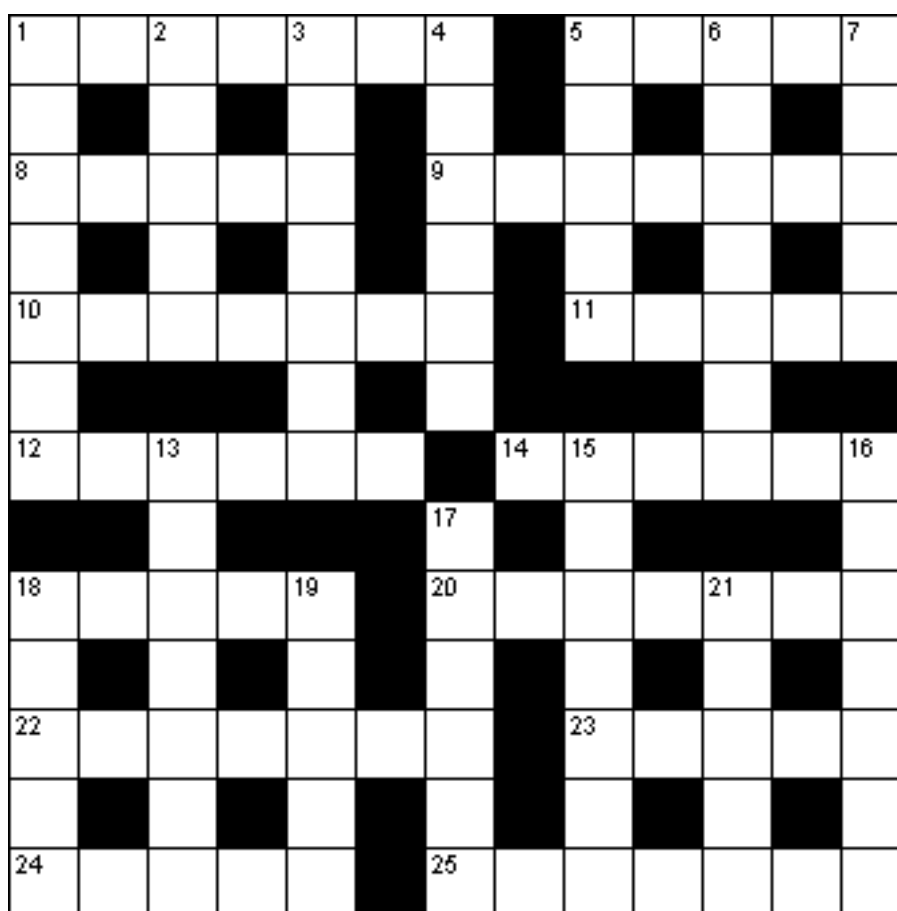
The Lord replied, "My son, my precious child, I love you and would never leave you.

During your times of trial and suffering,

When you see only one set of footprints, It was then that I carried you."

Author Unknown

Interesting Articles: CROSSWORD



Across

- 1 Local authority (7) ...'Husband?' Ed
- 5 Personnel (5)
- 8 Wept (5) 'Melb. Cup?' Ed
- 9 Curtly (7) too easy! 'Ambrose' Ed
- 10 Exact (7)
- 11 Indian stringed instrument (5)
- 12 Bicycle for two (6)
- 14 Fought with swords (6)
- 18 Indications (5)
- 20 Simple and natural in manner (7)
- 22 Mournful poems (7)
- 23 Din (5)
- 24 Donned (3,2)
- 25 Marine algae (7)

Down

- 1 Pilot's compartment (7)
- 2 Join together (5)
- 3 Common painkiller (7)
- 4 Missive (6)
- 5 Categories (5)
- 6 Germ-free (7) 'Whiskey'Ed.
- 7 Lobby (5)
- 13 Fail to care for (7)
- 15 Baltic country (7)
- 16 Come down (7)
- 17 Girls (6)
- 18 Rams and ewes (5)
- 19 Descendant or heir (5)
- 21 Chosen few (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

RSL Bumper Stickers

Allan could not find any RSL Australia stickers available for purchase. He has had printed a number of RSL Australia stickers that can be used for all sorts of purposes including vehicles. He has offered them for sale at cost to sub-Branch members. If you would like some, please contact Allan directly.



Phone Allan Long: 0408 653 970

FOR SALE

2020 Stacer Rampage \$15,500

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.

SOLD



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?

Greg Renet

Licensed Real Estate Agent



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



for Real Estate Needs, Contact

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

