



RSL NSW
Coffs Harbour

Issue 218
March 2024

2024 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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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

Monthly General Meetings: 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.

Dates2024: 16th Mar 2024; 20th Apr 2024; 18th May; 15th June; 20th July.

Member's Admin Support Levy

In their Strategic Plan 2020-2026, RSL NSW waived Annual Membership Fees.

Our sub-Branch has introduced a Member's Voluntary Admin Support Levy for the coming years to assist with our operating costs.

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

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

Regular sub-Branch Activities

Coffee@C.ex – Every Thursday 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: Vista Lounge of the C.ex Coffs Club. Partners, visitors, veterans are all welcome.

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

(But if you don't want to walk, just come for the BBQ)

Last Walk: Spring Tank Rd, Bongil Bongil Nat Park. On Frid 9thFeb '24.

Next Walk: Friday 8th March through the Orara State Forest and the Bucca state range. Meet at 9.30am at the Electricity Sub-station at the corner of Solitary Islands Road and Bucca Rd, Moonee Beach. (N.B. the western side of the Highway). At the conclusion we will have coffee at Moonee Beach Marketplace or a BBQ at Moonee beach park. Refer Info Sheet for full details. Collect at 'Coffee@Cex' on Thursdays and the monthly General Meetings on the 3rd Saturdays of the month.

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

Last Ride: Operation Nambucca Heads on Fri 15th December.

Future rides include a trip to the Ballina Navy Museum. More later.

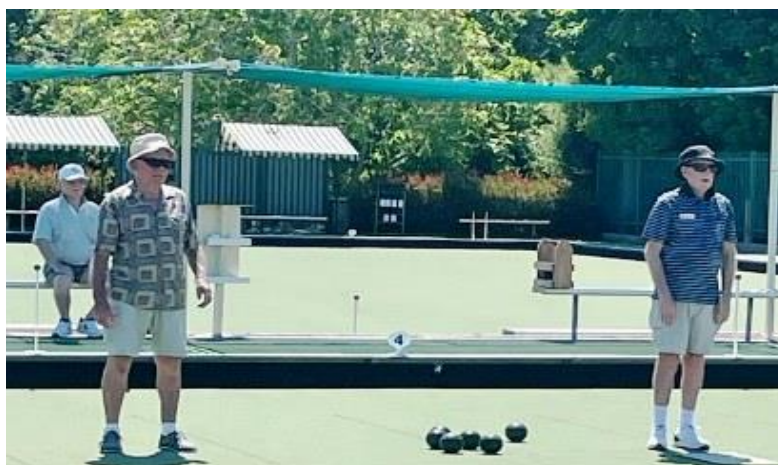
Lawn Bowls Group – Usually, Last Friday of the Month.

Next Game: Friday 29th March – subject to fine weather.

1. Join us at 10:00 am for a few ends on the C.ex Greens.
2. Finish the morning with some cool drinks or coffee in the Club..
3. Cost \$5 per player.



Les & Bernie soaking up the atmosphere



“OK I'll bite. .. Where'd it go?”



Sub-Branch News & Updates

Vale:

We will Remember Them; Lest We Forget

Consultation Now Open On Veterans' Legislation Reform

28 FEBRUARY 2024

The Australian Government has today released exposure draft legislation which will simplify and harmonise the century old veterans' entitlements, compensation and rehabilitation system.

The current system is difficult to understand and complex to administer. The Royal Commission into Defence and Veteran Suicide found the system was "so complicated that it adversely affects the mental health of some veterans and can be a contributing factor to suicidality."

Following consultation, the draft legislation will simplify the veteran compensation system, with all claims to be considered under a single Act. Under the new system:

- ⑩ All new claims for compensation and rehabilitation from the date of commencement would be assessed under a single Act, an improved *Military Rehabilitation and Compensation Act (MRCA)*;
- ⑩ The *Veterans' Entitlements Act 1986* and the *Safety, Rehabilitation and Compensation (Defence-related Claims) Act 1988* would be closed to new claims following commencement of the new arrangements;
- ⑩ All benefits being received under existing schemes will continue unaffected under grand-parenting arrangements. Any new claims after the commencement date (including claims for worsening of pre-existing conditions) will be assessed under the improved MRCA.

There will also be a number of improvements including:

- ⑩ introduction of a new Additional Disablement Amount to provide similar benefits as the Extreme Disablement Adjustment for those post retirement age;
- ⑩ making the higher travel allowance under MRCA available to all veterans and for all kilometres travelled;
- ⑩ providing a pathway for veterans currently only covered by DRCA to qualify for the Specialist Medical Review Council and a Gold Card if they have a new claim accepted and
- ⑩ increasing the general funeral allowance to \$3,000 with the amount previously set at \$2,000.

Today's release of draft legislation follows the Government's earlier consultation on a pathway to simplify the veterans' legislative framework, and provide better support to

veterans and their families. Feedback from that consultation has guided the proposed changes announced today.

I welcome feedback and submissions from the veteran community and general public on the draft Veterans' Entitlements, Treatment and Support (Simplification and Harmonisation) Bill 2024, submissions close on 28 April 2024.

More information on the proposed legislation changes, and opportunities to provide feedback can be found here – www.dva.gov.au/legislationreform.

MEDIA CONTACT: media.team@dva.gov.au

Editor's note: The Government understands that the changes underway are significant and may lead to feelings of anxiety or distress for veterans and families. If this is the case, you are encouraged to contact the Open Arms Veterans and Families Counselling service. Open Arms is available 24/7 on 1800 011 046 or visit OpenArms.gov.au.

DVA Heart Health Program

for Returned Veterans & Peacekeepers & those covered by the ADF Firefighters Scheme

12 Months of Health coaching - Gym or Pool membership assistance available

Did you know the Department of Veterans' Affairs (DVA) provides a free 12-month health and fitness program that can be delivered to returned Veterans and peacekeepers with operational service and those covered by the ADF firefighters scheme anywhere in the country? The program is flexible and able to accommodate participants living in metropolitan areas, regional or remote areas, those still working or retired, studying or with other time constraints.

Run on behalf of the DVA by Corporate Health Management (CHM), the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with operational service and those covered by the ADF Firefighters Scheme who have not previously done the Heart Health Program before. To check your eligibility, visit <https://www.veteranshearthealth.com.au/eligibility/>

Individual Heart Health Program – How it works.

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individual's health and fitness goals. The health coach will use their extensive knowledge along with health surveys

and food diaries to guide you through the program. The program covers a range of topics including:

- ⑩ setting healthy goals
- ⑩ nutrition and diet advice
- ⑩ advice on lowering alcohol consumption
- ⑩ developing better sleep patterns
- ⑩ stress management. managing diabetes, taking care of your body
- ⑩ managing your weight
- ⑩ and maintaining a healthy heart

Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual. Resources can take the form of:

- ⑩ Assistance with the cost of a gym or pool membership or
- ⑩ Provide a piece of exercise equipment for use at home or
- ⑩ Provide assistance with accessing new exercise or training gear

Registering Your Interest

Registering your interest or checking eligibility is easy.

Simply visit <https://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number 1300 246 262 at any time to speak to one of our team.

Heart Health Team - DVA Heart Health Program
CHM Corporate Health Management Pty Ltd
Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142
Direct: 1300 246 262
Email: hearthealth@chm.com.au
Web: <http://www.veteranshearthealth.com.au>

Remembering & Commemorating Our Veterans. Commemorating The 82nd Anniversary Of The Bombing Of Darwin.



19 FEBRUARY 1942 - 19 FEBRUARY 2024

Today, we honour, remember and pay tribute to those who served, those who lost their lives and those whose lives were forever changed in the bombing of Darwin in 1942.

On 19 February 1942, Australia faced its first direct attack on home soil during the Second World War when Darwin became the target of Japanese bombing raids.

Some 240 Japanese aircraft raided the coastal town in two waves with devastating consequences.

More than 250 lives were lost, including members of the armed services, allied personnel, merchant mariners and civilians.

Northern Australia endured almost 100 raids over the course of the Second World War including Broome, Townsville, Horn Island and Wyndham, with 64 raids in Darwin alone, but none as devastating as 19 February.

On this day, we honour those who served, the civilians who lost their lives, and those forever haunted by the devastation.

Their sacrifices won't be forgotten. **THE HON MATT KEOGH MP**

Darwin, 19 February 1942

On 19 February 1942, the Japanese mounted two air raids on Darwin and mainland Australia came under foreign attack for the first time since white settlement. Admiral



Chūichi Nagumo (1887 –1944), the mastermind of the Pearl Harbor attack on 7 December 1941, planned the Darwin raids, which involved 54 land-based bombers and 188 aircraft launched from four aircraft carriers operating in the Timor Sea. The Japanese, who were preparing to invade Timor, correctly surmised that a disruptive air attack on the Darwin base would hinder any

Allied counteroffensive.

The first attack began just before 10.00 am and lasted 40 minutes. Heavy bombers struck harbour installations and the town, while dive bombers, escorted by Zero fighters, attacked shipping in the harbour, the military and civil aerodromes and the hospital at Berrimah. The second raid began an hour later and involved high altitude bombing of the Royal Australian Air Force (RAAF) base at Parap. This raid lasted about 20 minutes.

Singapore had fallen to the Japanese only days earlier and the civilian population of Darwin, believing that an invasion was imminent, panicked. Looting and disorder was rife and approximately half the city fled south in an event which became known as the 'Adelaide River Stakes'. Hundreds of Australian servicemen abandoned their posts. Three days after the attack 278 servicemen were still missing.

Together the two raids killed at least 243 people and between 300 and 400 were wounded. Twenty military aircraft were destroyed, eight ships at anchor in the harbour were sunk, and most civil and military facilities in Darwin were destroyed.

The Australian government, concerned at the effect of the bombing on national morale, played down the event and claimed that only 17 people had been killed.



Lest we forget.





Easter



At this Easter, an encouragement from the Holy Scripture:

Of Jesus, the Apostle John said: "In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without Him nothing was made that has been made. In him was life, and that life was the light of men. He was in the world, and though the world was made through Him, the world did not recognize him. He came to that which was his own, but his own did not receive him. Yet to all who received him, to those who believed in his name, he gave the right to become children of God." (John 1:1-4, 10-12).

Jesus said: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16).

Jesus teaches who He is and what is to happen: "Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, "Who do people say I am?" They replied, "Some say John the Baptist; others say Elijah; and still others, one of the prophets." "But what about you?" he asked. "Who do you say I am?" Peter answered, "You are the Christ." "He then began to teach them that the Son of Man must suffer many things and be rejected by the elders, chief priests and teachers of the law, and that he must be killed and after three days rise again. He spoke plainly about this..." (Mark 8:27-29, 31-32).

The Disciples were troubled about what was to happen to Jesus, and He comforts His Disciples: "Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going."

Thomas said to him, "Lord, we don't know where you are going, so how can we know the way?" Jesus answered, "I am the way and the truth

and the life. No one comes to the Father except through me.” (John 14:1-6).

Jesus said: “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” After Jesus said this, he looked toward heaven and prayed: “Father, the time has come. Glorify your Son, that your Son may Glorify you. For you granted him authority over all people that he might give eternal life to all those you have given him. Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. I have brought you glory on earth by completing the work you gave me to do. And now, Father, glorify me in your presence with the glory I had with you before the world began.” (John 16:33, 17:1-5).

After Jesus’ resurrection He appeared to His disciples: “Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognising him. He asked them, “What are you discussing together as you walk along?” They stood still, their faces downcast. One of them, named Cleopas, asked him, “Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?” “What things?” he asked. “About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn’t find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but him they did not see.” He said to them, “How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?” And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself. As they approached the village to which they were going, Jesus acted as if he were going farther. But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.

Then their eyes were opened and they recognised him, and he disappeared from their sight. They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?” They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, “It is true! The Lord has risen and has appeared to Simon.” Then the two told what had happened on the way, and how Jesus was recognised by them when he broke the bread. While they were still talking about this, Jesus himself stood among them and said to them, “Peace be with you.” They were startled and frightened, thinking they saw a ghost. He said to them, “Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.” When he had said this, he showed them his hands and feet. (Luke 24:13-40).

Our Christian Civilization and Tradition

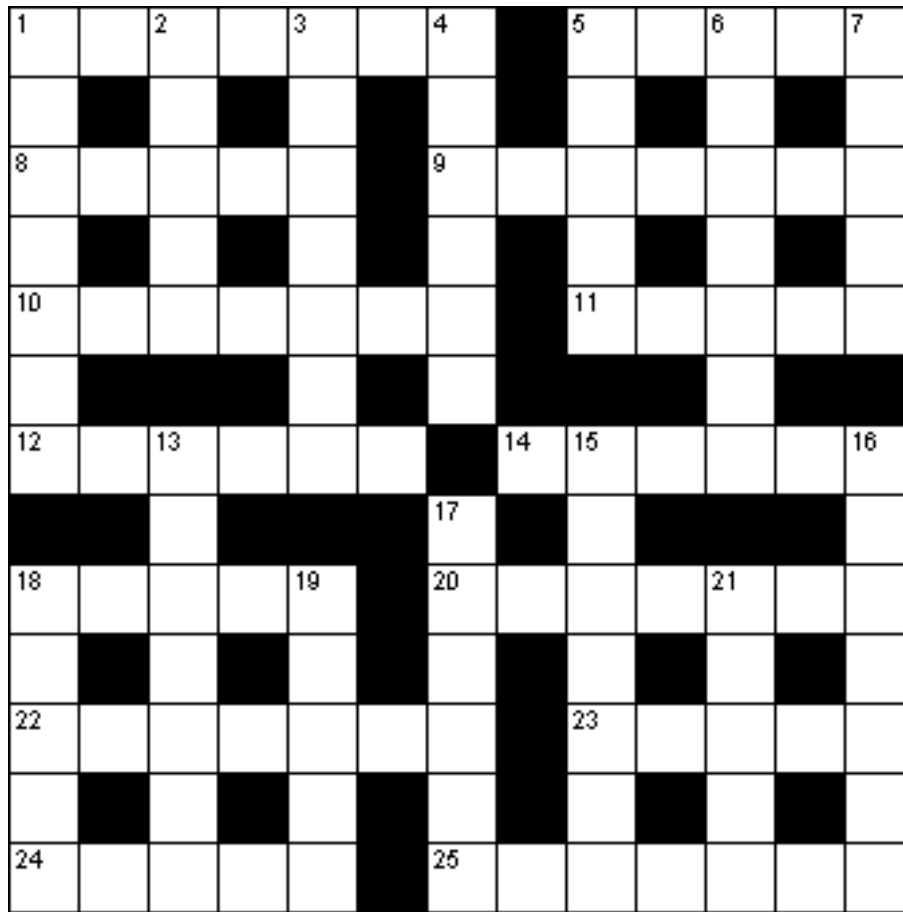
We Will Remember Them



Will You Remember Him?

Blessings – Padre Rev. Dr Graham Whelan OAM

Interesting Articles: CROSSWORD



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)

Corn Corner



Lambs to the left of me. Mutton to the right. Here I am. Stuck in the middle with ewe. 🐑🐑😄



Don't let them take the temperature on your forehead as you enter the supermarket, its a government plot to erase your memory. I went for a bottle of milk and a loaf of bread and came home with a case of beer and 12 bottles of wine!

The first million people to send me \$1 will get a copy of my guide on how to become a Millionaire using Facebook

When I offer to wash your back in the shower, all you have to say is yes or no.

Not all this "who are you and how did you get in here?" nonsense.



Sub-Branch Marketplace – Buy, Swap or Sell

Got something you don't need? Need something someone else has 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



From RSL NSW

Circular 12/24 Middle East Area of Operation (MEAO) Commemoration on 11 July

In accordance with Motion 6.3, that was carried by delegates at the [2023 Annual General Meeting](#), RSL NSW is proceeding with an inaugural Middle East Area of Operations (MEAO) commemoration on 11 July 2024, and continues to lobby RSL Australia for a national commemorative day.

The MEAO commemoration will honour those ADF personnel who served in conflicts in Iraq and Afghanistan during 2001 - 2021 and marks the date troops were withdrawn on 11 July 2021. ANZAC House is seeking feedback from the Young Veterans Committee to ensure the event meets the expectations of this cohort.

An official service will take place at the Cenotaph in Martin Place, Sydney, at 11am on Thursday 11 July 2024. All RSL NSW members, the wider veteran community, and members of the public are welcome to attend. More information about the commemoration will be announced closer to the date.

In the meantime, sub-Branched are encouraged to consider how they can facilitate a commemoration in their communities. ANZAC House will pilot a school-based 'Postcards of Honour' campaign as a way for sub-Branched to engage with local schools, and boost awareness of the MEAO commemoration.

'Postcards of Honour' campaign

To educate young Australians about the MEAO commemoration in the community, ANZAC House is calling on up to 80 sub-Branched to participate in a primary and high school engagement activity. ANZAC House will pilot a 'Postcards of Honour' campaign to inform the development of a suite of school-based learning materials in 2024.

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

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Physiotherapy • Exercise Physiology •
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Classes • Hydrotherapy • Radial Shock Wave
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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



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

