



RSL NSW Coffs Harbour

Issue 232

May 2025

Executive

President:

John Lloyd

0438 325 205

Hon. Secretary:

vacant

Hon. Treasurer:

Garry Heskett QBE

0414 512 302

Asst Treasurer:

Margaret Black

Vice Presidents:

Garry Heskett QBE

Ian Johnston

Asst Secretary:

Joaly McBaron

Events Officer:

John Bojarski

0411 624 566

Visitation Team:

Rev. Dr. Graham

Whelan OAM

Ray Squires

Indigenous

Liaison Officer

Peter French

0423 770 578

Cenotaph

Custodian:

Paul Bamford Jnr.

Office Hours:

Mondays:

10.00 am-12.05 pm.

Other times by
appointment.

Thursdays:

by appointment
during or after
'Coffee@Cex'.

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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May / June Highlights

Thu 8th 15th 22nd 29th	Coffee@Cex 10.00AM - All invited.
Fri 9th May	Social Lawn Bowls – very friendly.
Fri 16th May	Balls Ridge - Bongil Bongil National Park.
Sat 17th May	General Meeting 10.25AM Followed by lunch.
Sun 25th May	Wellbeing Walk for Veterans & Families. Meet at The Hub Café, the Jetty 9am – 11am
Fri 20th June	'Born ta be Mild' Bikers ride to Akubra factory.
Sat 21st June	General Meeting 10.25AM Followed by lunch.

Quote: “The true soldier fights not because he hates what is in front of him, but because he loves what is behind him.” **G. K. Chesterson**

Sub-Branch Administration.

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: 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.

2025: 17th May, 21st Jun, 19th Jul, 16th Aug, (Mon 18th Aug – Long Tan Day).

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 is now due.

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.

Veterans' Assistance

Open Arms Veterans and Families Counselling Service.

Open Arms is available 24/7 on 1800 011 046 or visit OpenArms.gov.au.

Veteran care is the mission of RSL LifeCare.

<https://rsllifecare.org.au/home-care/departments-of-veteran-affairs>.

PH: tel:1300 853 146

Coffee@C.ex – Every Thursday at 10.00 AM VISTA Lounge.

Members gather for coffee and enjoy a chat, tell stories, embellished, exaggerated and educational. Join us for convivial, but rarely contentious, discussions and recollections.

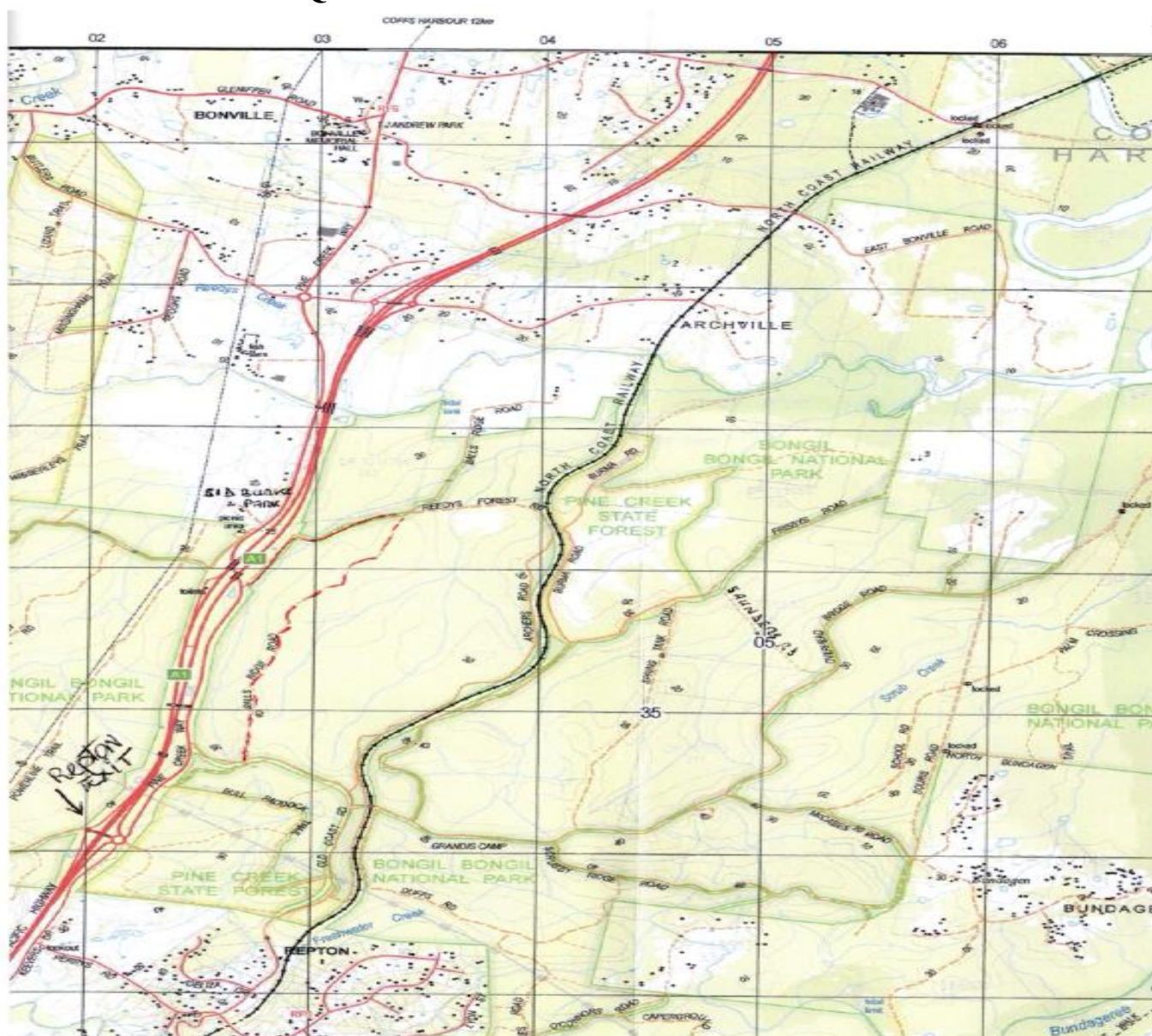
Location: Vista Lounge, C.ex Club. Partners, visitors, visiting Veterans, all welcome.

Walking Group - 'Bourke & Wills Wanderers'

Friday - 16th May under the leadership of Salty Bill Beamish.

Balls Ridge - Bongil Bongil National Park.

- 9.20AM Fri 16th, meet at Cex Car Park and car pool to the start.
- Travel south on the M1 and take the Repton Exit.
- Travel along Pine Creek Way to our parking area on Old Coast Road at the intersection with Balls Ridge Road.
- Bush walk along Balls Ridge Road through Reedys Forest Rd to the picnic area at Sid Bourke Park for a BBQ lunch.



Lawn Bowls Group –Last Friday of the Month (usually).

Friday 9th May join us at 10:00 AM for a few ends on the Cex Greens. Talent is admired; but not necessary. Complete the morning with some cool drinks or coffee in the Club. Cost \$5 per player.

Open to all Veterans and their family et.al.

Coffs Vets Motorcycle Riders Group

“Brrrrmm ... Brrrrmm ...

Headin’ down tha highway

Tryin’ ta ‘void dementia

Born to be miild Brrrrmm”

Coffs Vets Motorcycle Riders Group last ride was to Evans Head Aviation Museum. Next ride is a day trip to visit the Akubra Factory at Kempsey on Friday June 20th.

Riders to meet up at the Cex Cark Park on Fri 20th June at 8.30AM.

Time permitting the Riders will visit the Slim Dusty museum before heading home.

Refer Garry Heskett 0414 512 302.



The Power and the Glory ?

Next BBQ: Fri 15th Aug. prelude to Long Tan Day 18th Aug.
Volunteers required; Please advise John Lloyd (0438 325 205)

Wellbeing Walk

Location:

Meet outside Hub Cafe Jetty, 30 Marina Dr, Coffs Harbour NSW 2450

Date and Time: Sunday 25 May 2025 – 9am – 11am



“War widows and veteran families are invited to come together for a 45min beachside walk. The approx 4km round-trip walk will include a complimentary drink from Hub Cafe Jetty.”

Registration is a must, places are limited.

- Registrations: Open NOW. Registrations close 23 May.
- Register below or call us on 02 9267 6577. For more information, please email wellbeing@fov.org.au.
- Cost: FREE for families of veterans.



Vale:

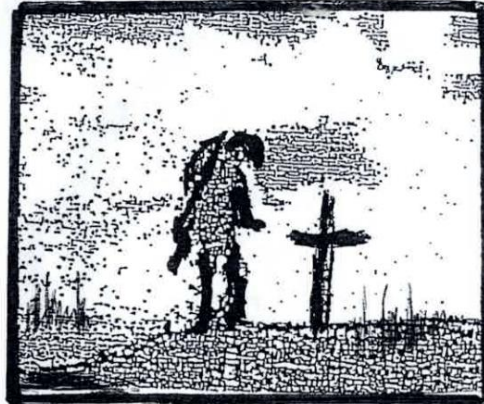
We will Remember them.

Lest We Forget.



PADRE'S
POST

ANZAC DAY



WE WILL REMEMBER THEM

King Solomon taught:

"There is a time for everything, and a season for every activity under heaven:

*a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace."*

(Ecclesiastes 3:1-8).

"Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, including every hidden thing, whether it is good or evil." (Ecclesiastes 12:13-14).

2025 ANZAC Day Challenge Match

Coffs Comets Vs Macksville Sea Eagles



**Coffs Comets (top)
And
Macksville (below)
Line up in respect
for the ANZAC
Challenge Match.**

**The Referees and
Manager are
joined by Coffs
sub-Branch
stalwarts:
John Flick, Ian
Johnston and
Steve Conlon as
Ian reads the
ANZAC Address.
‘Lest we Forget’**





ANZAC Day 2025 Main Service





ANZAC Day 2025

Coffs Cadets leading the March. A wonderful crowd attended the Dawn Service (below). Coffs Lighthorse at the FUP. Coffs Vets 'On Parade' (below).

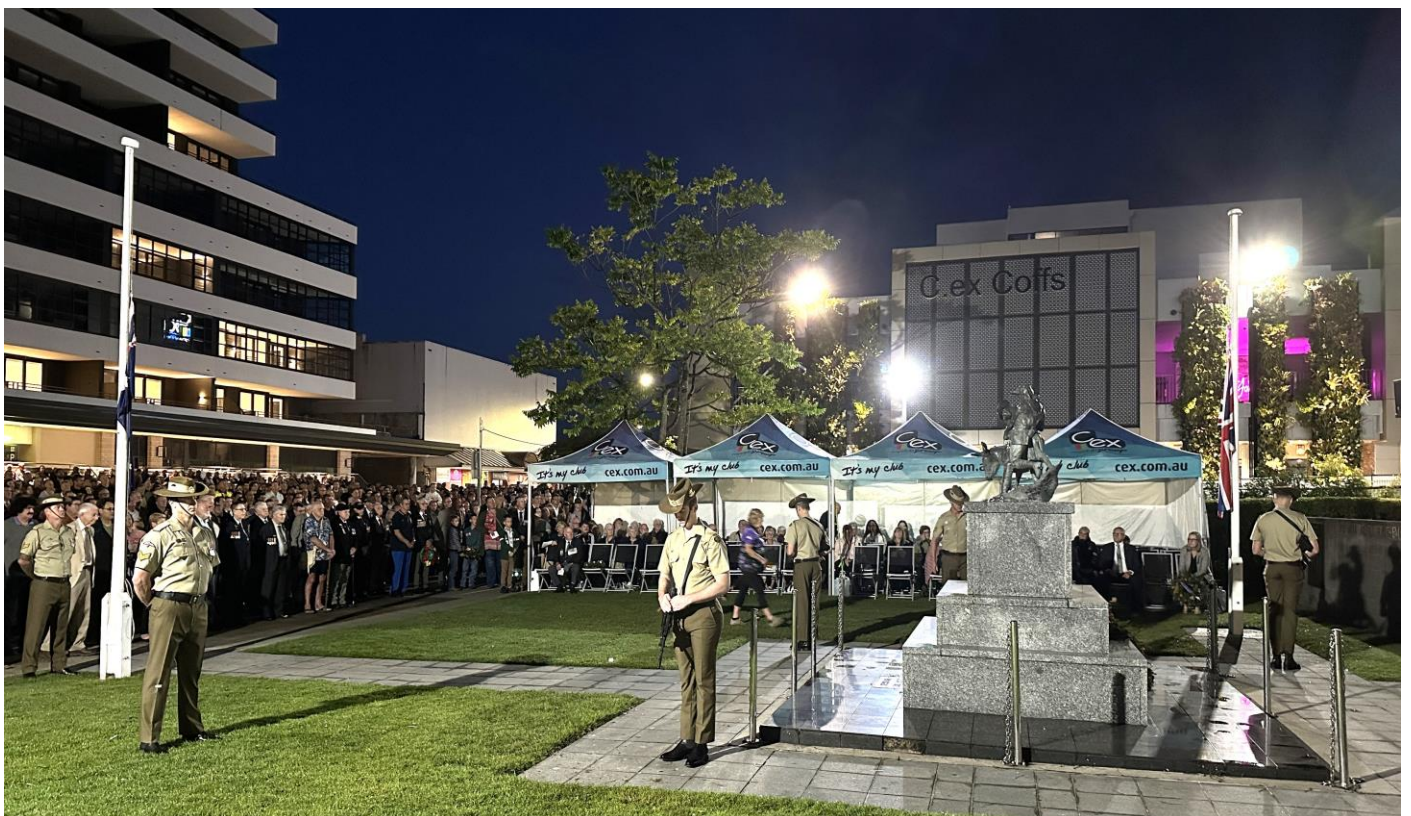


ANZAC Day 2025

Coffs United v Northern Storm Anzac Challenge



Vice President Ian Johnston delivering the ANZAC Address prior to the Coffs United V Northern Storm ANZAC Challenge Match.



ANZAC Dawn at Coffs 2025

COFFS HARBOUR COMETS ANZAC OPENING 2025

(2.45pm Geoff King Oval delivered by VP Ian Johnston)

Good afternoon, everyone. We gather here to commemorate Anzac Day through this 2025 season opener, the annual Anzac Rugby League Match, today between the Coffs Comets and Macksville Sea Eagles.

I am Ian Johnston, Vice President of the RSL Coffs Harbour sub-Branch and your nominated rep to give the pre-game opening address on behalf of the Coffs Comets and the sub-branch.

We remember and honour those who have served, fought and made the ultimate sacrifice for our country. We also acknowledge the traditional owners of this Gumbaynggirr nation and acknowledge their enduring connection to its land and waters.

Anzac Day is one of the few days in our national calendar that all Australians can agree on. It's a day when we reflect on the sacrifices of those who paved the way for the freedoms that we enjoy and thus celebrate and commemorate their legacy.

The Anzac legend was born on 25 April 1915, 110 years ago, when some 16,000 soldiers of the Australian and New Zealand Army Corps (ANZAC) landed under fire on the shores of Gallipoli, Turkey. 60,000 Australians died during that war. Anzac Day became established as a National Day of Commemoration for these soldiers during the 1920s. From the dawn of our modern nation and that baptism of fire at Gallipoli, a spirit emerged. A spirit of mateship, of selflessness, of compassion & courage, - **the spirit of Anzac**. Rekindled in places like Kokoda, Long Tan and in Iraq and Afghanistan.

The ANZAC legend provides us all with a compelling opportunity to celebrate these values that remain embedded in our culture. There are countless examples of where these values have risen to the fore through Rugby League like Endurance: Anzacs demonstrated remarkable endurance in the face of adversity. They endured harsh conditions, long marches, and the horrors of battle without giving up.

Every year we honour the Anzac spirit. We honour those who created it and those who keep it alive today. Their spirit lives on in you, people like yourselves (*acknowledge the crowd*) and our players here. Thank you for respecting the day, thank you for respecting the Anzac Spirit. **'LEST WE FORGET'**.



RSL AUSTRALIA

It's a crucial time for veteran advocacy

RSLA submitted two papers to the Ex-Services Organisation Round Table (ESORT); One requested an update on the establishment of an ESO Peak Body (a recommendation of the Royal Commission). *(Sounds like a good idea, time will tell. Ed.)*

Greg Melick.

RSL Australia National President

Corn Corner.

Dating in 1958

You need to be able to remember the era to really enjoy this.....

It was a hot Saturday evening in the summer of 1958 and Normie had a date with Peggy. He arrived at her house and nervously rang the bell; brushing back his Brylcream hair.

"Oh, come on in!" Peggy's mother said as she welcomed Normie in. Normie was resplendent in his pegged jeans and pointed toe shoes.

"So, what are you and Peggy planning to do tonight?" she asked.

"Oh, probably catch a movie, and then maybe grab a bite to eat at the milk bar, maybe take a walk on the beach....."

"Peggy likes to screw, you know," Mom informed him, stroking her blue rinse hair.

"Is that so?" asked Normie, incredulous.

"Yes," said the mother. "As a matter of fact, she'd screw all night if we let her!"

"Well, thanks for the tip," Normie said as he began thinking about alternate plans for the evening.

"Have fun, kids," the mother said as they left.

Half an hour later, a completely dishevelled Peggy Sue burst into the house and slammed the front door several times behind her.

"The TWIST, Mom, The TWIST!" she angrily yelled at her mother.

"THE DAMN DANCE IS CALLED THE TWIST !!!"

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 arranged for 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 with Tanya.
- ✓ let the office know that you have made an order. when it arrives, you can pay for it via the Secretary or Treasurer
- ✓ Women's versions are also available.



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

Lawn Care & Maintenance Services

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



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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



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**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

