



## RSL NSW Coffs Harbour

**Issue 240**

**Jan 2026**

**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 Jr.

**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](mailto:coffs-harbourSB@rslnsw.org.au)

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

# sub-Branch Newsletter Highlights

## Table of Contents

<b>Coffs Coast Veterans Wellbeing Centre – CCVWC</b>	<b>3</b>
Coffs RSL Sub-branch Inc. Meetings	3
Member’s Admin Support Levy	3
<b>Regular sub-Branch Activities</b>	
Coffee@C.ex – Every Thursday at 10.00 AM.	4
Walking Group – Usually, 2nd Friday of the Month.	4
Motorcycle Riders Group – Usually, 3rd Friday of the Month	5
Lawn Bowls Group – Usually, Last Friday of the Month.	5
Vale:	5
<b>Veterans News</b>	<b>6</b>
<b>DVA News</b>	<b>7</b>
<b>Padre’s Post</b>	<b>11</b>
<b>Corn Corner</b>	<b>13</b>

## Monthly Highlights

<b>Every Thursday</b>	<b>Coffee@Cex 10.00AM - All invited.</b>
<b>Fri 16<sup>th</sup> Jan</b>	<b>Sawtell Walk and BBQ. Car-pool from Cex at 8.30AM to Boronia Park Sawtell. Easy walk followed by BBQ. Bring Family, kids, friends and stretch the legs</b>
<b>Sat 17<sup>th</sup> Jan</b>	<b>10.25am Jan GM followed by lunch.</b>
<b>Thu 29<sup>th</sup> Jan</b>	<b>Official opening of the Coffs Coast Veterans Wellbeing Centre in the CODA Building by the Federal Minister for Veterans Affairs HON Matt Keogh MP. Form up at 1.00PM. Medals to be worn. Veterans invited for social gathering in the Sports Bar at upon completion of Ceremony; 1.45PM approx.</b>
<b>Fri 30<sup>th</sup> Jan</b>	<b>Lawn at 10am Cex Club greens. A little post-Christmas exercise. Bring the family.</b>

**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**

# 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](mailto:contact@vwmnc.org.au)

**Coffs Coast Veterans Wellbeing Centre NOW OPEN in the CODA building opposite the Cex Club in Vernon Street, Coffs Harbour.**

---

## Coffs RSL Sub-branch Inc. Monthly Meetings

**Monthly General Meetings:** held on the 3<sup>rd</sup> 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.

**2026: 17<sup>th</sup> Jan, 21<sup>st</sup> Feb +AGM, 21<sup>st</sup> Mar, 18<sup>th</sup> Apr, 16<sup>th</sup> May.**

## 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](http://OpenArms.gov.au).**

**Veteran care is the mission of RSL LifeCare.**

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

**PH: tel:1300 853 146**

---

## Coffee@C.ex – Every Thursday at 10.00 AM in the 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 in the C.ex Vista Lounge. Partners, family, visiting Vets, all welcome.

## ‘Bourke & Wills Wanderers’

**Next Walk: Friday 16<sup>th</sup> Jan.** Sawtell Walk and BBQ. Bring family, friends & kids for an easy walk. **Subject to fair weather.**

- Car-pool at 8.30am from Cex Car Park to Boronia Park Sawtell
- Confirm with Bill Beamish M: 0432 634 220 or John Lloyd 043 325 205.
- Very easy walk, BBQ upon completion, bring hat, block-out, opportunity for a swim, etc.



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

**Friday 30<sup>th</sup> January.** 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. Bring family & Friends.

**Open to all Veterans and their family et.al.**

---

## **Coffs Vets Motorcycle Riders Group**

**“Brrrmm ... Brrrmm ...  
Headin’ down tha highway  
Tryin’ ta void dementia  
Born to be miild .... Brrrmm”**

- **Riders usually meet up at the Cex Cark Park at 8.30AM.**
  - **Next ride TBA. Refer Garry Heskett 0414 512 302.**
- 



***We Will Remember Them***

**VALE:**

+++++

**The Defence all-hours Support Line** is a confidential telephone and online service for ADF members and their Families **1800 628 036**

**Open Arms** provides 24-hour free and confidential counselling and support for current and former ADF members and their families **1800 011 046**

**Soldier On** is a national support services provider for Defence personnel, contemporary veterans, and their families. Contact during office hours - **1300 620 380**

**Lifeline: 24 hour crisis support and suicide prevention services. Call 13 11 14**  
**Text 0477 13 11 14.** Chat to Lifeline online (7pm – midnight, 7 nights) [www.lifeline.org.au](http://www.lifeline.org.au)

## Coffs sub-Branch Celebrates Double Century!

Two WW11 local Coffs Harbour RSL Sub-Branch Veterans members, namely Ron Carruthers and Noel Faddy, both turned 100 years old in 2025, were celebrated on Saturday/20<sup>th</sup> December 2025 by the Coffs Harbour RSL Sub-Branch end of year Christmas function for members and guests, inside the C.ex Club.

At a special table sat two men who had seen a century turn twice, in the company of their family and carers.

Ronny Carruthers and Noel Faddy both turned 100 in 2025. Both served our country during World War Two (WW11), and both had been members of the Coffs Harbour RSL Sub-Branch longer than many in the room had been alive.

Ron enlisted in the Australian Army on the 27<sup>th</sup> August 1943 and was operationally deployed to New Guinea. He was discharged in 1946 at the rank of Corporal.

Noel enlisted in the RAAF on the 14<sup>th</sup> January 1944 and was employed as a Flight Mechanic. He was discharged on the 15<sup>th</sup> February 1946 at the rank of Leading Aircraftman.



During the luncheon they were presented with Certificates, a special birthday cake with their personalised edible cake images showing both sanitarians in their respective WW11 era uniforms; the photos embellished in the icing on top of the cake, together with a special WW11 Remembrance Medalion.

For a moment, the years peeled away, and they were just two old veterans sharing another long day – however, this one was warm, bright, and full of life.

Outside, the summer sun shone on Coffs Harbour. Inside, history sat quietly at a table, smiling.

It is without a doubt that they have lived through remarkable times, and lifestyle changes, notwithstanding advances in technology, since Australia's



involvement in the Second World War, and the conflicts and peacekeeping operations that have followed since. Two men. One hundred years each. A lifetime of service, friendship and memories – still turning up, still belonging.

And for one December afternoon

at the C.ex Club, the past and present stood together, saluted, and shared a meal.

Happy Birthday Ronny and Noel and thank you for your Service.  
Garry Heskett V.P.

## **MEDIA RELEASE: Minister Keogh Minister for Veterans Affairs National Commemorative Service to honour our Nashos**

**On 14 February 2026, National Servicemen's Day, the Government will hold a National Commemorative Service in Canberra to mark 75 years since the inception of the 1951 National Service scheme.**

**The service will be held in the Great Hall at the Australian Parliament House in Canberra starting at 10:30 am.**

More than 280,000 Australians were conscripted into Australia's armed services through National Service schemes between 1951 and 1972. The schemes were a product of significant global and regional conflicts facing Australia following the Second World War.

Sadly, some 250 Australians lost their lives during this time of national service. National service was compulsory for most of the young men who served, and this National Commemorative Service is an important opportunity for all Australians to come together to recognise the service and sacrifice of all Australia's 'Nashos'.

**We owe them a debt of gratitude that cannot be repaid.**

I encourage anyone interested in attending the National Commemorative Service in Canberra to register their attendance for free via the [DVA website](#).

The service will be broadcast nationally on the ABC and available to watch on ABC iView.

Australians can also honour our Nashos by sharing a personal reflection on DVA's [Wall of Remembrance](#).

\*\*\*\*\*

### **MEDIA RELEASE - 1 January 2026**

#### **DENTAL CHANGES LEAVE VETERANS SMILING**

The Australian Government is enhancing dental care for veterans by providing easier access to more dental providers and increasing the money veterans can access for costly dental work up front. Following feedback from veterans and the dental sector, from 1 January 2026, funding for Schedule C items under the Department of Veterans' Affairs (DVA) Dental Program will double by switching from an annual to a biennial monetary limit. Schedule C includes high-cost treatments such as crowns, bridges and veneers.

This means that from 1 January 2026 to 31 December 2027, the biennial monetary limit for Schedule C dental items is \$5,980.30. This change applies to subsequent two-year periods and is subject to indexation.

This doubling of the cap will help ensure veterans are not left out of pocket when paying for high cost, clinically required restorative items.

Funding is available to eligible veterans with assessed clinical need and a Veteran Gold Card or White Card with related accepted conditions.

Dental therapists, hygienists and oral health therapists who are registered with the Dental Board of Australia have also been added to the approved list of dental service providers. This means these professions can now provide and directly claim for treatment, within their scope of practice. This enhances choice and access, making it easier for veterans to access a dental practitioner suited to their needs.

These changes are about giving veterans greater flexibility and financial support when accessing dental care, particularly costly procedures.

To learn more about DVA's Dental Program, visit the DVA website.

**MEDIA CONTACT:**

Luke Rycken (Minister Keogh's Office): 0482 131 831

DVA Media: [media.team@dva.gov.au](mailto:media.team@dva.gov.au)

\*\*\*\*\*

## **NEWS FROM DVA**

### **Changes are coming on 1 July 2026**

With the new Veterans' Entitlements, Treatment and Support (Simplification and Harmonisation) Act 2025 (VETS Act) set to commence on 1 July next year, DVA has a range of resources available to help you make the most of the improved system.

In just over 6 months, the veterans' compensation system will be easier to navigate. Changes to veterans' legislation will enable veterans and their families to better understand their entitlements and receive the support they need, when they need it.

The current three-Act system will be simplified, so that all compensation and rehabilitation claims lodged after 1 July 2026 will be determined under a single ongoing Act – an improved version of the *Military Rehabilitation and Compensation Act 2004* (MRCA). Please visit the DVA website for more detail.

The Australian Government has established an independent oversight body, the Defence and Veterans' Services Commission, which commenced operation on 29 September 2025.

For everything you need to know about the coming changes, go to:

[www.dva.gov.au/legislationreform](http://www.dva.gov.au/legislationreform).

DVA©

\*\*\*\*\*

## **Dismal end to the Army's most senior unit**

The following quote is from the Wikipedia entry for the Royal Australian Armoured Corps (RAAC): *“The removal of 1st Armoured Regiment as a combat unit, the RAAC’s oldest regular unit and one of its most decorated, effectively reduces the number of active combat Armour units in the Army to two; the 2nd Cavalry Regiment in Townsville and 2nd/14th Light Horse Regiment in Brisbane”.*

*This is the fewest number of regular Armour units in the Australian Army’s order of battle since 1966, when 1st Cavalry Regiment was raised to serve alongside 1st Armoured Regiment.”*

[To avoid confusion with 1 Armd Regt, the title 1 Cav was changed to 2 Cav in 1970. The Third and Fourth Cavalry Regiments were raised in 1967 and 1971, respectively; until amalgamation in 1981. Unit identities were maintained ... with B Squadron, 3/4 Cav Regt now providing support for the School of Armour.]

The role of the RAAC is: *“To locate, identify, capture and destroy the enemy, by day or night, in combination with other arms, using fire and manoeuvre”.* In order to do this, the RAAC now has available 2 Cav Regt with two squadrons of tanks and two squadrons of recon vehicles; and 2/14 LHR (QMI) with three squadrons of recon. [The re-equipment of both units with Boxer Combat Recon Vehicles (CVR) is scheduled to be completed by 2027.]

The shortcomings are obvious. Firstly, close fire support to infantry and recon roles are incompatible within a single unit.

Secondly, 3 Brigade (Townsville) was designated in the Defence Strategic Review (DSR) to be an armoured brigade. It should, therefore, comprise: a tank regiment; a cavalry regiment; and a mechanised infantry battalion. The present organisation of 2 Cav Regt means that the brigade is short a tank squadron, a cavalry squadron and a battlegroup headquarters.

The absence of the third battlegroup headquarters, in particular, creates a lack of flexibility. This exasperates command and control limitations. As a result, false lessons are inculcated throughout the brigade during training. While shortcomings of this sort might be deemed acceptable in peacetime, commitment to operations is a very different story. Doubly surprising, is the fact that the nation’s strategic situation is presently described as ‘perilous’.

How often have Army units been forced to train on the basis of an organisation intended for peacetime training? The vital question can't be ignored ... how long would it take to move from one to the other, i.e. from a peacetime training role, to operational readiness? One can't help wondering what the ADF's current state of readiness is. What are the benchmarks for measuring it and how are these evaluated?

The RAAC was not the only Corps affected. Another consequence of the DSR<sup>\*</sup> decision making, resulted in the amalgamation of 5RAR and 7RAR. [7RAR, like 1 Armd Regt, was also located in Adelaide at the time; the linked battalion is now in Darwin.]

Following the announcement that 1 Armd Regt was to become a combat experimentation unit, the 2025 RAAC Corps Conference decided (as had the 2024 Conference) that:

*“It remains your Corps’ experts’ view that the optimal way to train the tanks in Townsville is to provide a dedicated headquarters over them. It is also the optimal way to train 3 Bde’s cavalry. Probably of more import is that ... 3 Bde only has two Battlegroup Headquarters. Raising another BGp HQ in 3 Bde should be given a greater priority to solve two problems.”*

The present Chief of Army, however, has made it clear that he's not going to accept the advice of the RAAC, no matter how logical or well-argued it might be. Saving money to meet the costs of the AUKUS subs is *the* driving factor that he has been forced to accept. This is the case, irrespective of the shortfall in combat power and decline in readiness levels.

How long has it been since a serving CA took a stand on behalf of the Army and said 'No' to a decision which would significantly weaken operational capability? Has the situation arisen before?

Of course, any such consideration is overshadowed by the fact that 1 Armd Regt's 75 years' service to the nation, as well as the unit's esprit-de-corps, heritage and tradition are now all in abeyance until it is re-raised as a tank regiment once more. Hopefully, the *Standard* will be honoured by being laid up until re-presented at that time. .... **Lieutenant Colonel Bruce Cameron, MC, RAAC (Ret'd)**

(<sup>\*</sup> Defence Strategic Review )



# **THE SUB-BRANCH WISHES YOU A JOYOUS NEW YEAR**

## **• JESUS THE GREAT "I AM" – HIS TRUTH AND TESTIMONY**

**Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.**

### **SUMMARY OF THE GOSPEL OF SAINT JOHN CHAPTER 8**

**John 8.12-16** When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." The Pharisees challenged him, "Here you are, appearing as your own witness; your testimony is not valid." Jesus answered, "Even if I testify on my own behalf, my testimony is valid, for I know where I came from and where I am going. But you have no idea where I come from or where I am going. You judge by human standards; I pass judgment on no one. But if I do judge, my decisions are right, because I am not alone. I stand with the Father, who sent me.

**John 8.23-28** But he continued, "You are from below; I am from above. You are of this world; I am not of this world. I told you that you would die in your sins; if you do not believe that I am the one I claim to be, you will indeed die in your sins." "Who are you?" they asked. "Just what I have been claiming all along," Jesus replied. "I have much to say in judgment of you. But he who sent me is reliable, and what I have heard from him I tell the world." They did not understand that he was telling them about his Father. So Jesus said, "When you have lifted up the Son of Man, then you will know that I am the one I claim

**to be and that I do nothing on my own but speak just what the Father has taught me.**

**John 8.31-32....36 To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." .... So if the Son sets you free, you will be free indeed.**

**John 8.48-58 The Jews answered him, "Aren't we right in saying that you are a Samaritan and demon-possessed?" "I am not possessed by a demon," said Jesus, "but I honor my Father and you dishonor me. I am not seeking glory for myself; but there is one who seeks it, and he is the judge. I tell you the truth, if anyone keeps my word, he will never see death." At this the Jews exclaimed, "Now we know that you are demon-possessed! Abraham died and so did the prophets, yet you say that if anyone keeps your word, he will never taste death. Are you greater than our father Abraham? He died, and so did the prophets. Who do you think you are?" Jesus replied, "If I glorify myself, my glory means nothing. My Father, whom you claim as your God, is the one who glorifies me. Though you do not know him, I know him. If I said I did not, I would be a liar like you, but I do know him and keep his word. 6Your father Abraham rejoiced at the thought of seeing my day; he saw it and was glad." "You are not yet fifty years old," the Jews said to him, "and you have seen Abraham!" "I tell you the truth," Jesus answered, "before Abraham was born, I am!"**

Jesus said:

"Come to me all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." (Matthew 11:28-30)

Blessings Graham



LORD I COME TO YOU

***Best Wishes for a peaceful 2026  
Padre Graeme Whelan OAM.***

# CORN CORNER

No amount  
of  
evidence  
will ever  
persuade  
an idiot

Mark Twain

"The forest was shrinking,  
but the trees kept voting  
for the Axe, for the Axe  
was clever and convinced  
the Trees that because his  
handle was made of wood,  
he was one of them."

~Turkish proverb

## DAD Jokes

Why don't eggs tell jokes?  
*They'd crack each other up!*

Why did the kangaroo stop drinking  
coffee?  
*It made him too jumpy!*

What do you call an Eastern Brown  
Snake that works for the government?  
*A civil serpent!*

Why can't you hear a pterodactyl  
using the bathroom?  
*Because the 'P' is silent!*

What do you call a dinosaur that  
crashes his car?  
*Tyrannosaurus Wrecks!*

Why did the physicist break up with  
the biologist?  
*There was no chemistry!*

What did one DNA strand say to  
the other?  
*Do these genes make me look fat?*

Why did the banana go to the  
doctor?  
*Because it wasn't peeling well!*

# 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.
- ✓ Personally acquired Short Sleeve Shirts may also be embroidered



L/S Shirt –



S/S Shirt – You may bring your own shirt for embroidering



S/S. Polo Shirt



Jacket

## 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

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



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](mailto:admin@c2vearthworks.com) or  
[braden@c2vearthworks.com](mailto:braden@c2vearthworks.com)



Servicing the Coffs Coast  
From Corindi to Macksville

📞 0414 579 161  
[tvpeteservices@gmail.com](mailto:tvpeteservices@gmail.com)

