



RSL NSW Coffs Harbour

Issue 242

MAR 2026

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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:

Events Officer:

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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

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

sub-Branch Newsletter Highlights

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Monthly Highlights

Every Thursday	Coffee@Cex 10.00AM - All invited.
Sat 21st Mar	10.25am AGM followed by the Mar GM followed by lunch.
Fri 27th Mar	Lawn bowls at 10am Cex Club greens. A little relaxing fun and exercise. Bring the family & friends.
March Walk	Date: TBA - Botanical Gardens Walk. An easy flat walk, suitable for members, family & friends. Depart at 9.00AM from the Garden’s car park.
Sat 28th Mar	Sgt Mathew Locke MG. Charity RL Matches. Senior games from 11.00AM – 6.00PM. Bellingen Sports Ground. Refer details P 9.
Sun 29th Mar	Sgt Mathew Locke MG Charity Army Band Concert. Coffs Cex Club Auditorium. \$15 ph.
Sat 18th Apr	Cenotaph Memorial Dedication Service at 11.00am At Glenreagh School of Arts Hall. Organized by the Glenreagh Progress Association.

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 Veteran and Family Wellbeing & welfare Services

Founding member of the Veterans Wellbeing Network MNC, the CCVWC in the CODA building provides advocates and wellbeing support officers to assist, listen and help lodge your claims for DVA entitlements. The support personnel can 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/>

and in person: CCVWC in the CODA building, Vernon St. opposite the Cex Club.

Phone: 02 6521 8108 | Email: 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 **3rd** Saturday of the month at **10.25 am**.

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

2026: 21st Mar +AGM, 18th Apr, 16th May, 20th June, 18th Jul.

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/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: Date TBA. Coffs Botanical Gardens walk. Bring family, friends & kids for an easy flat walk. **Subject to fair weather.**

- Car pool from Cex Car park at 8.30AM.
- Meet at the Gardens Car Park at 9.00AM (gates open 9.00am).
- Confirm with Bill Beamish M: 0432 634 220 or John Lloyd 043 325 205.
- Very easy walk, Coffee catch-up afterwards bring hat, block-out, water.

Last walk: Thursday 12th Feb. Started from Cex Car Park at 8.30AM. An easy flat walk around Coffs Creek and through Coffs Nature Reserve and back to the Cex Club for the usual Coffee@Cex. Too easy!

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

Friday 27th March. 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 Cex 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 Car Park at around 8.30AM.
 - Next ride TBA, although there is talk of a ride to Yamba via the back roads
 - 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



AusAlert – A National Mobile Alert System

A new national mobile alert system will begin trials this year, with the aim of delivering faster emergency warnings to Australians in times of disaster.

The government initially promised the national messaging system would be ready by the end of 2024, but it is now expected to be operational by October.

What's next?

The system is designed for natural disasters such as bushfires and floods, but could be used for police operations and terrorist attacks.

Most Australians will receive a mobile phone alert in July this year, as part of a nationwide test of a new emergency warning system.

The long-awaited warning system, AusAlert, will send a message to any device with a SIM card, targeting a location to within 160 metres, and override settings like "do not disturb" to ensure that messages are received.

The technology is intended to alert Australians about natural disasters, but could also be used during terrorist attacks like the Bondi shooting.

A nationwide test of the system will occur on July 27 at 2pm AEST, when everyone in Australia with a compatible mobile device will receive an alert.

Your Voice. Our Future. Stronger. Together.



The conversation that began at the 2025 Congress is hitting the road. The RSL NSW Listening Tour is coming to the Mid North Coast to hear from members about the future direction of the League in NSW.

Join Acting RSL NSW President Vince Williams and the ANZAC House team for an open discussion where you can share your experiences, raise local challenges, and help shape the development of the next RSL NSW Strategic Plan, which will guide the organisation beyond 2026.

Listening Tour details:

Date: Tuesday 31 March 2026

Time: 1pm-3pm

Location: Panthers Port Macquarie,
1 Bay St, Port Macquarie NSW

RSVP: Before Friday 27 March at:

support@rslnsw.org.au (include name, sub-Branch, mobile.)

Refer



Veterans' advocacy regulation – have your say

The Australian Government is committed to reform to better protect veterans from exploitation within the commercial veterans' advocacy sector.

As a first step, veterans, veteran advocates and the broader community are invited to have their say on how to best regulate the veterans' advocacy sector.

Recently the Department of Veterans' Affairs (DVA) has seen a dramatic increase in some commercial advocates engaging in unscrupulous behaviours that prioritise profits over the health and wellbeing of veterans and families of veterans.

We recognise it's important that we don't over-regulate a largely volunteer service. The principle of 'mates supporting mates' will remain at the heart of veterans' advocacy.

A public consultation paper is available on the DVA website and submissions are open until 8 May 2026. The purpose of this reform would be to:

- restrict exploitative fee practices by commercial veteran advocacy providers
- ban overseas hosting of veteran information by advocates
- protect veterans from misleading and deceptive conduct, advertising and behaviour
- ensure advocates charging fees are properly trained, insured, and conduct themselves ethically.

We encourage you to have your say and make a submission today. You can lodge a submission on this public consultation paper using the submission portal: - *copy, paste & enter the link below:*

https://dva.qualtrics.com/jfe/form/SV_3rDZMpi22iHXsxxg

©DVA

Open Arms group programs

Open Arms – Veterans & Families Counselling offers a suite of free online and face-to-face group programs for current and former serving ADF members, partners and other eligible family members:

- **Connected Couples**
- **Managing Anger**
- **Managing Depression**
- **Managing Pain**
- **Parenting programs**
- **Recovery from Trauma**
- **Relaxation and Stress Management**
- **Sleeping Better**
- **Stepping Out (transition from military to civilian life)**
- **Understanding Anxiety**

Open Arms' group programs are generally co-facilitated by a clinician alongside a Lived Experience Professional, who understand the military and veteran families' experiences.

Group programs are designed to be supportive, inclusive and strengths-based, offering a safe space to learn, share and grow. The group format supports experiential learning, shared insight, and skills practice in a peer-supported setting, fostering both individual and collective growth.

We use a strengths-based approach to foster empowerment, resilience and self-efficacy in individuals, and prioritise emotional safety, choice and control, collaboration and empowerment, cultural sensitivity and respect for all forms of lived experience.

To find out more or enquire about joining a group, clients can contact Open Arms on 1800 011 046 or visit the group page: <https://www.openarms.gov.au/get-support/treatment-programs-and-workshops> to find a group program scheduled in their region.

If you have any questions, please mail

OpenArms.Groupprogramspathways@dva.gov.au

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SGT MATTHEW LOCKE MG CHARITY MATCH 28 MARCH 2026



VS



VS



Juniors 8.30am to 10.30am

Senior Games 11am to 6pm

Gates open 10.30am

Adults \$10 Pensioner \$5

Funds raised assist education in

Timor Leste

Army Band Concert 29th March C.ex
Coffs Harbour Tickets \$15

CARPET COURT



BELLINGEN
SHIRE COUNCIL





Australian Army Cadet Receives Award

In recognition of a most extraordinary feat of individual bravery, 13-year-old Australian Army Cadet Austin Appelbee, has been recognised with an Australian Army Cadets Gold Commendation for his actions in saving his mother and siblings, who were washed out to sea on a kayak on the 30 January 2025.

Austin, who parades with 50 Army Cadet Unit (Midlands), swam alone for more than 4 kilometres through rough open waters and ran a further 2 kilometres to call for help.

From everyone at the Australian Army Cadets, and no doubt the Australian and international community, we salute you Austin for your courage and determination – you are a genuine hero! ©CONTACT.

A WA teenager who swam four kilometres to get help for his mother and siblings after they were swept out to sea has been reunited with the rescuers who helped him save his family.



Austin, second from right, with siblings Beau and Grace, and mother Joanne alongside the rescuers

Austin Appelbee was on holiday with his mother Joanne and his two siblings in Quindalup, about 250 kilometres south of Perth, when they ran into trouble in rough swells after setting out from the beach on rented kayaks and paddleboards.

It sparked a miraculous rescue mission, which started with Austin's marathon swim to shore,

before the 13-year-old ran another two kilometres to make a critical Triple Zero (000) call for help.

Padre's Post



PADRE'S POST

RETURNED AND SERVICES
LEAGUE OF AUSTRALIA

Christmas was weeks ago...

Have you noticed that Easter hot-cross buns are now for sale in the supermarkets now?

At this coming Easter time I am greatly encouraged that Our Lord Jesus told us what would happen to Him. On 3 occasions He told all disciples that He would be Killed, and after 3 days he would rise from the dead: These 3 occasions are recorded in MARK 8.32ff, 9.30ff, 10.32ff. On 1 other occasion He told Peter, James and John His truth at the Mount of Transfiguration MARK 9.2ff. Jesus told us the wonderful saving truth:

Before Jesus was crucified He prayed: John 17.1-5

Jesus Prays for Himself

After Jesus said this, he looked toward heaven and prayed: "Father, the time has come. Glorify your Son, that your Son may glorify you. 2 For you granted him authority over all people that he might give eternal life to all those you have given him. 3 Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.



Early on the first day of the week Sunday, while it was still dark, Mary Magdalene went to the tomb where Jesus was laid and saw that the stone had been removed from the entrance. So she came running to Simon Peter and John the other disciple, the one Jesus loved, and said, "They have taken the Lord Jesus out of the tomb, and we don't know where they have put him!" So Peter and John started for the tomb. Both were running, but John outran Peter and reached the tomb first. He bent over and looked in at the strips of linen lying there but did not go in. Then Simon Peter, who was behind him, arrived and went into the tomb. He saw the strips of linen lying there, as well as the burial cloth that had been around Jesus' head. The cloth was folded up by itself, separate from the linen. Finally John, who had reached the tomb first, also went inside. He saw and believed. (They still did not understand from Scripture that Jesus had to rise from the dead.) Then the disciples went back to their homes, but Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. They asked her, "Woman, why are you crying?" "They have taken my Lord Jesus away," she said, "and I don't know where they have put him." At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. "Woman," he said, "why are you crying? Who is it you are looking for?" Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means Teacher She knew He, Jesus is her Lord and Saviour - also when we believe). Jesus said, "Do not hold on to me, for I have not yet returned to the Father. Go instead to my brothers and tell them, 'I am returning to my Father and your Father, to my God and your God.'" Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her. Jesus Appears to His Disciples On the evening of that first day of the week, Sunday, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

***Best Wishes to all
Padre Graeme Whelan OAM***

CORN CORNER

I may not have lost my marbles yet; but I'm sure there's a hole in the bag somewhere!

Finally figured out the reason why I look so bad in pictures.

It's my face.

DAD Jokes

Last night my wife asked me
"have you seen the dog bowl?"

I said:

"I didn't know he could!"

How did I get out of
the Middle East?

I ran!

What do you call a Viking
who lost his boat?

A Hiking.

This book on marriage
says, "Treat your wife
like you treated her on
the first date".

So after dinner tonight
I am dropping her off
at her parents' house!

*Did you hear about the guy who
only believed in
12.5% of the Bible?.....
He was an eighthiest.*

6 was afraid of 7 because 7 8 9,
but why did 7 eat 9?

Because you're supposed to eat 3
square meals a day! Ha!

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 Slive 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



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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



Servicing the Coffs Coast
From Corindi to Macksville

📞 0414 579 161
tvpeteservices@gmail.com

