



City of Albury RSL Sub-Branch



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Newsletter

June Edition 2023

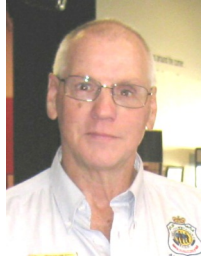
City of Albury Sub-Branch 2023 Committee

Patron The Hon Sussan Ley, MP

Historian Howard Jones ,OAM



President
Graham Docksey,
OAM, JP



Vice President
& Welfare
Harry Hacking, JP



Secretary
Mark Lunnon



Treasurer
Brett Newman

Committee Appointments 2023/24

Vice President: (2nd)VACANT

Assistant Secretary: Pauline McLeod

Assistant Treasurer: VACANT

Assets Officer: Ann Martin

Funerals Team Harry Hacking JP, Graham Docksey OAM,JP

Activities Officer: Gary Treeve

Security Officer:Mark Lunnon

ANZAC Day Coordinator Les Crofts

Purchasing Officer: Noel Francis

IT Officer: Noel Francis

Media Officer: Graham Docksey, OAM, JP

Fundraising Officers: Amanda Duncan -Strelec

Newsletter Editor: Jan Francis

Library Coordinator: Ann Martin

Welfare Team: Harry Hacking JP, Peter Jansen

Fundraising Team: Amanda Duncan-Strelec,Pauline McLeod, Jan. Francis,
Karyn Edwards.

Chaplain Fr AlanKelb,OAM

**Your Sub-Branch meeting dates for the remainder of 2023
Commencing at 11am**

General Meetings

20th August

17th September

15th October

19th November

Christmas Party 10th December

**SUB-BRANCH OFFICE HOURS
TUE., WED., THU. 10am -3.30pm**

Thank you

**To all the volunteers who help:
Manning the Reception desk,
Looking after Pensions and Welfare,
Assisting in the kitchen,
Catering,
Cleaning up,
Setting up the meeting room,
Cooking on the BBQ,
Gardening and lawn care,
Setting up chairs at outside events
and the committee
for their ongoing dedication and
compassion for their fellow members.**

A Big Day at the AGM 2023



Graham, Pauline, Jan & Noel receiving their Certificates of Appreciation, for many years of volunteering for your Sub Branch, presented by Ray James OAM President RSL NSW



Pauline James OAM, RSL State Coordinator of RSL Auxiliaries presented a beautiful quilt to the Sub Branch, and then draped Graham in it. It now hangs proudly above the Presidents desk. Photos by Beth Docksey

Return of the Banner



Ex Service Women's Association - Albury/Wodonga

Our Ladies would very much like to welcome any ladies that are current or ex Defence members, who are interested in joining us.

Our members range from WWII onwards.

Membership is \$5 per year.

Meetings are held from February to December on the second Tuesday of each month at 11.30am at ANZAC House 527 Wilson Street Albury, in the function room.

A Welfare Officer is available for anyone requiring help with a DVA claim or advice.

For further information please contact:

President Marj Howard on 6025 8197 / 0409038953, or

Secretary Kim Turner on 6036-2252 / 0419953563.

We would love for you to join us, you may meet some old friends and make new ones.

ANZAC DAY 2023



ANZAC DAY 2023



Additions to ANZAC House

The cover over the side ramp has finally been completed along with a side gate. This will keep everyone using the ramp dry and safe.



Presentation from Wodonga RSL Sub Branch to Albury RSL Sub Branch



Vietnam Veterans Day

Friday 18th August

10am

At

ANZAC House

527 Wilson Street Albury

In the memorial garden at the rear.

Followed by Morning tea

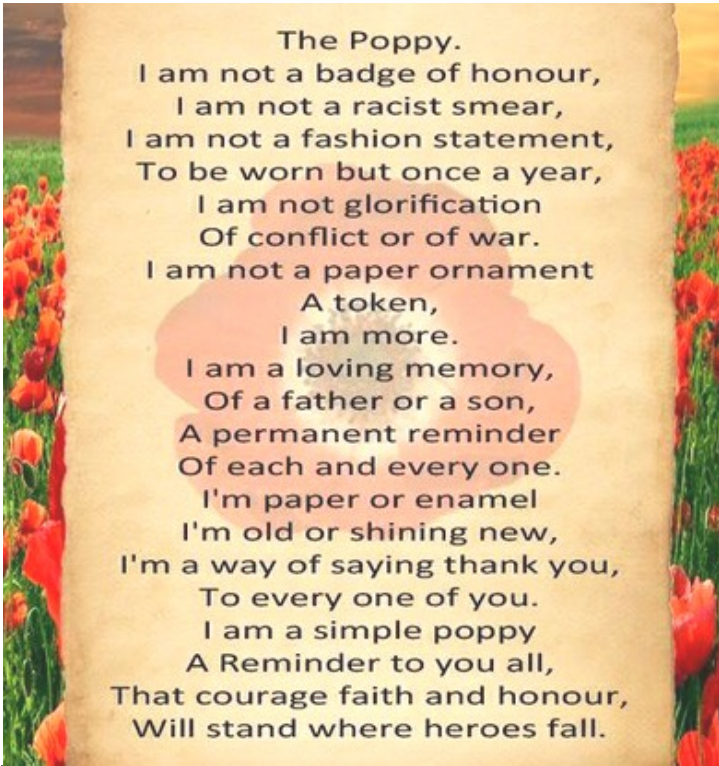
PENSION AND WELFARE HELP???

Don't forget that if you require a pension
or welfare assistance,
please phone

ANZAC House (Albury) 02 6021 1241
for an appointment.

If you would like a home visit,
please leave your details at
ANZAC House

527 Wilson Street Albury NSW 2640



YOUR SUB-BRANCH

Volunteers are the mainstay of operations, without them your Sub-Branch would not continue to exist.

Volunteers include Welfare Officers, who work closely with all ex-service organizations and the Department of Veteran's Affairs.

We also need volunteers to look after the reception desk.

***We are always looking for volunteers.
If you have some spare time on your hands,
please give us a ring***

The Veterans Support Centre relies on generosity of donations to off-set our running costs.

Funny (not really)

Checking out at the store, the young cashier suggested to the older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "*We didn't have this green thing back in my earlier days.*"

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- *our generation didn't have the green thing in its day.*

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbblings. Then we were able to personalize our books on the brown paper bags. *But too bad we didn't do the green thing back then.*

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. *But she was right. We didn't have the green thing in our day.*

Back then, we washed the baby's nappies we didn't have the throwaway kind We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana . In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. *But we didn't have the green thing back then.*

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because *we didn't have the green thing back then?*

Please forward this on to another selfish old person who needs a lesson in conservation from a smart ass young person...

We don't like being old in the first place, so it doesn't take much to p... us off.

from a post by Gary Treeve

Introducing : Brett Newman Treasurer City of Albury RSL Sub Branch

After 13 years of service starting in 1999, deployments to East Timor and Afghanistan and having been awarded seven medals, including the Defence Long Service Medal, Brett returned to Albury-Wodonga and commenced a civilian life, focusing on his family.

Ten years ago, support for ex-service personnel was drastically less accessible compared to the avenues of support we have today. Having navigated the complexities of leaving the Australian Defence Force himself, Brett saw that there was a gap in support for veterans regionally and decided to do something about it.

A Man on a Mission

“At the back end of 2013, when I first got out of the Army, I saw what Soldier On was doing and reached out. A few of us got together just wanting the coffee catch-ups for all of us Afghan and East Timor vets to get together and reintegrate back into society again after being discharged”, he says.

With his mind set on getting an ESO to Albury, Brett travelled down to Canberra and met with Soldier On. It didn't take much convincing to set up services in the area, with Albury being home to three Defence hubs and being the centre of three capital cities.

“There was a need for services to reach rural areas or even just to target military bases. With so many ESOs operating solely out of major cities, there was a large population of Aussie vets who were unable to access the support they needed.”

From there, Albury RSL's sub-branch took Soldier On under their wing, offering a telephone and office space to get the operation running – the rest is history.

Coffee Catch-Up's With a Purpose

Since getting Soldier On to the area, Brett has had some incredible experiences, highlighting trips to the snowy mountains, cooking masterclasses, making croquembouches, and attending a Vet Connect weekend in Melbourne. However, most notably, he regards his volunteer work organising bi-weekly Social Connections Coffee Catch-Ups in collaboration with the local Open Arms team as the most influential and, at times, even providing life-saving services.

“A couple of years back, while wearing a Soldier On shirt, a woman, clearly distressed, approached me asking for help. She told me how her son had served and desperately needed support. I took her to the local café and we talked about the different avenues which were available, and I gave her the best points of contact for different ESOs around town, including Soldier On.”

“Later, she found me at one of our regular Coffee-Catch Up's, and she told me how her son was doing better. With so many veterans having taken their own lives already, this reminded me why these meetings matter,” Brett recalls.

“Another time that stuck with me is when we were able to help out a young mother with a newborn who was struggling with her mental health. I went out to where she was living, and she ended up getting the help she needed.”

“I'd rather know that I've tried my best, and if it means achieving better results, so be it. I don't have that certifications or qualifications in the area of mental health, but if a veteran can't talk to another veteran to help them, how else are we meant to get that support” he says.

Community Contribution

Outside of being deeply integrated within the local veteran community, Brett also offers his time as the Treasurer of the Albury RSL to support the local community and has an impressive history with adaptive sports.

Brett has been to the 2016 and 2022 nationals in Melbourne for Wheelchair Australian Rules Football (AFL) and remains to this day the captain of his team for Victorian RSL Active. On top of these already incredibly impressive achievements, Brett was drafted for the inaugural Victorian Football League Premiership in 2018 as Vice Captain and won his first inaugural competition for Collingwood. Brett has incredible reach, and is a well-respected figure within his community – the work he does with Soldier On is inspiring to many.

“I can no longer work because of my injury, and Soldier On helped me reconnect with society. I am deeply grateful and hope I can keep helping others in the same way,” he says.



Want Something to do on Thursdays?

Why not come and join in with the fun and frivolity of our Day Club?

We meet each Thursday at ANZAC house in Wilson Street Albury from 10am-2pm and is open to senior members of the Albury community.

Our programme includes: Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and occasional bus trips.

We have morning tea and lunch every week Contribution weekly is \$10 If you need door to door transport, due to disabilities this can be provided For information about becoming a member please contact :

The Link Club coordinator: Danny on 047 224 751
or Administrator: Karyn Edwards 0459326586

We are back and observing COVID rules so feel safe to come along and enjoy one another's company.

Pat & Joy's
Special Birthday



Introducing:

Karyn Edwards



Karyn came to us as a volunteer. With the previous administrator and caterer both retiring, there was quite a bit to be done to keep the Day Club flowing.

Karyn has stepped up and is filling both positions with enthusiasm and ability.

She comes from a background in hospitality, nursing and home care.

TWELVE COMMANDMENTS FOR SENIORS

- #1 - Talk to yourself. There are times you need expert advice.**
 - #2 - “In Style” are the clothes that still fit.**
 - #3 - You don't need anger management. You need people to stop pissing you off.**
 - #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.**
 - #5 - The biggest lie you tell yourself is, “I don't need to write that down. I'll remember it.”**
 - #6 - “On time” is when you get there.**
 - #7 - Even duct tape can't fix stupid, but it sure does muffle the sound.**
 - #8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.**
 - #9 - Lately, you've noticed people your age are so much older than you.**
 - #10 - Growing old should have taken longer.**
 - #11 - Aging has slowed you down, but hasn't shut you up.**
 - #12 - You still haven't learned to act your age and hope you never will.**
- ... And one more:**
- “One for the road” means peeing before you leave the house.**

PRESIDENTS CORNER – JUNE 2023

Welcome to the winter edition of the City of Albury RSL sub-Branch Newsletter with the crisp air, and fog greeting us each morning and the abundance of leaves on the footpaths and in the gutters. Thank you, Jan, for your work in producing another newsletter to keep our members informed on the happenings in their sub-Branch. I have mentioned this on previous occasions that other sub-Branches have recently closed their doors and others are considering becoming chapters of others, but we continue to serve our members, making welfare phones, visits and helping when requested by members and non-members. Your attendance at meetings and other activities is vital to support the continued operation of ANZAC House, get onboard.

Another reminder about the Rehabilitation Appliances Program (RAP). The schedule of items, the guidelines and forms are available on www.dva.gov.au. (RAP program). I strongly encourage you to look at the schedule and then discuss this with your GP or Health professional. Your continued health is important to not only yourself but to your family. Also talk to your GP about Home Assistance with cleaning, window cleaning and lawn mowing. Ceiling fans can also be covered under this program. Over to you.

Another reminder that the NSW Regional Seniors Travel Card is available to eligible members with a value of \$250. Check the details on the Service NSW website.

This is your sub-Branch, so please get involved whether it be doing a few hours on the reception desk or assisting on Remembrance or ANZAC Days. If you are interested, please talk to Secretary Mark.

As I now plan for Vietnam Veterans Day (18 Aug) this year, I am looking for volunteers to assist Pauline and Jenny with the morning tea.

The sub-Branch is active in conjunction with AlburyCity with planning now becoming a reality at the World War Two Memorial Bowl with \$740k being recently provided by the NSW Government towards the project. The remaining funding will come through AlburyCity. This significant project will see a covered children's play station, a covered exercise station and much needed landscaping and will be wheelchair friendly. A new interpretive panel will tell the story of what happened in Albury during World War Two. A presentation by Albury City staff on the upgrade was presented at the monthly meeting on the 19th of February.

ANZAC Day this year was an outstanding success with very large crowds attending both the Dawn and 10am services. This year saw one of the largest crowds attend and to watch the 9am Street March. Assistance next year would be much appreciated.

The Annual General Meeting was held on Sunday the 19th of March and the State President, Ray James attended and presented several certificates of appreciation to members of the sub-Branch. Congratulations to Jan and Noel Francis and Pauline McLeod.

The project to provide cover over the entrance to the meeting room has been completed.

Your sub-Branch is in as strong and well managed position.

We continue to support DVA sponsored activities such as Veterans Health Week with further details to be provided by DVA for the 2023 activities.

Do not forget about the NSW Government Seniors Travel Card for 2023.

I continue to remain grateful for the support of my committee and members. Regards to you all,
Graham.

***Albury RSL Sub-Branch
PO Box 175
Albury NSW 2640***