



City of Albury RSL Sub-Branch

527 Wilson Street ALBURY NSW 2640

Postal address: PO Box 175 ALBURY NSW 2640

Phone: 02 6021 1341

Email: information@alburyrsl.org.au

Website: www.alburyrsl.org.au



Newsletter

October Edition 2023

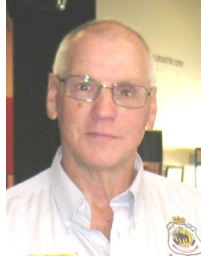
City of Albury Sub-Branch 2023 Committee

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: Les Crofts

Funerals Team: Harry Hacking JP, Graham Docksey OAM,JP

Activities Officer: Gary Treeve, OAM

Security Officer: Mark Lunnon

ANZAC Day Coordinator: Les Crofts

Purchasing Officer: Noel Francis

IT Officer: Noel Francis

Media Officer: Graham Docksey, OAM, JP

Fundraising Officer: Amanda Duncan -Strelec

Newsletter Editor: Jan Francis

Library Coordinator: Vacant

Welfare Team: Harry Hacking JP,

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

Chaplain: Fr AlanKelb,OAM

**Your Sub-Branch meeting dates for remainder of 2023/24
Commencing at 11am**

General Meetings

2023

15th October

19th November

10th December

Christmas Party

2024

18th February

17th March AGM

21st April

19th May

16th June

SUB-BRANCH OFFICE HOURS

TUE., WED., THU. 10am - 2pm

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.**



Farewell Sharon

In 2015 Soldier On was offered office space, a desk, computer and phone access rent free. Over the years the office was staffed by Natasha then Sarah and finally Sharon. Due to lack of government funding the staffing of the Albury office is now unavailable and the office is now closed.

A farewell morning tea was held for Sharon at ANZAC house and was attended by a representative from Open Arms and clients which have been helped by Sharon.

In attendance was Brett Newman the first member to assist the set up of the Soldier On presence in Albury Wodonga.



Harry and Les volunteering at the ADF Transitions Seminar held at Albury Entertainment Centre

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 \$10 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.

They Who Dare

Written by Doug Morris

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*I can't know the tears and never the fears
That only a war can bond.
I can't walk your road
Or share your load
Up there to the Great Beyond.*

*But I have real respect, for you did protect
A freedom we all share.
For you fought with a pride
So, we could reside
With our families who love and care.*

*Australia is free thanks to people like thee
Yet you carry the baggage of war.
For you returned to your homes
And like old garden gnomes
Were silent of what you saw.*

*And through autumn years reunion still sears
Images now so surreal
And as old soldiers die
Your memories deny
What your mind had tried to conceal.*

*It's you who I toast, Viet Vets who host
A history, hard, rich and rare
And I'll stand to give
For as long as I live
True thanks to you who dare.*

Vietnam Veterans Day Service 2023



2 RAR reunion was held in Albury which gave its members the chance to commemorate along with the members of our sub branch.



PRESIDENTS CORNER – October 2023

Welcome to the spring edition of the sub-Branch Newsletter with the crisp air still greeting our mornings. Thank you, Jan, for your work in producing another newsletter to keep our members informed on the happenings in their sub-Branch.

The sub-Branch is here to support the members and to that end from October we will have two Advocates working out of the ANZAC House two days a week to handle claims, compensation matters and very important reviews. This service is well worth enquiring about as the rules and entitlements keep changing so stay up to date. Shortly we will also have a member from the Wagga Wagga office of RSL Life Care present in ANZAC House one day a week. Further information on these two services will be available shortly.

Your attendance at meetings and other activities is vital to support the continued operation of ANZAC House, get onboard and stay up to date with regards to DVA, veterans' health matters and other related issues. Stay for lunch after the meeting for a chat with other members.

I know that I have mentioned many times 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 domestic cleaning, window cleaning and lawn mowing. Ceiling fans can also be covered under this program.

Another reminder that the NSW Regional Seniors Travel Card is still available to eligible members with a value of \$250. Top up your fuel tank or grab a taxi. 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.

A very well attended Vietnam Veterans Day Service (18 Aug) was held with some 80 attending.

We have now started locking in details for the Remembrance Day service to be held in St Matthews Church on Saturday the 11th of November commencing at 10.30am.

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

Presidents Report continued:

We continue to support DVA sponsored activities such as Veterans Health Week. A fun, bare foot bowls morning will be held on the new greens at the Commercial Club with a luncheon to be held afterwards at ANZAC House. Come along with prizes to be won on the day. Time 9.30am on Thursday the 12th of October 2023. Lunch to commence at 12.30pm. Two free yoga sessions will be held as follows: Monday the 9th of October from 1.30pm to 3pm and again on Friday the 13th from 1.30pm to 3pm. The address is Orana, 153 Melbourne Road Wodonga. Own towel, pillow slip and water required Contact ANZAC House for details and attendance as positions are limited to 20.

Veterans Health Check. DVA funds Veterans Health Checks for all former-serving Australian Defence Force Members. Check with your General Practitioner.

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

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

Poppy day



10th November



Poppy Day is

10th November

Our volunteers will be out and about selling poppies badges and coolers. If you can assist please contact Pauline on Tuesdays to offer you assistance at 02 6021 1341

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.



Remembrance Day

11th November

at

St Matthews Church

Service commences at

10.30am

Guest Speaker will be

Colonel Matthew Freeman

Following the service

you are invited to attend

ANZAC House for a cuppa
and nibbles.

IMPORTANT NOTICE

Dear Members,

I am writing to you to inform you that the sub-Branch is moving forward to become an Incorporated Entity.

There are several reasons for this but essentially we will be required to do this as we currently have no Trustees which is a legal requirement.

The estimated cost will be between \$10,000 and \$12,000.

The process is quite complicated and costly however will be offset in the future in not having to spend \$5,000 to \$6,000 each time we would have to change Trustees.

The process if successful is scheduled to be completed so that we start as the new entity on 1 January 2024.

This will not affect how the sub-Branch is operated and we will still have the support of RSL NSW but be a company in our own right.

If you have any concerns please ring me on my mobile – 0405404692.

Yours faithfully,

Kindest regards,

Mark Lunnon.

Secretary



Nothing to do on a Thursday?

We have the answer.

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

Our programme includes : Gentle exercises (usually themed to current events) quizzes, games, social activities, guest speakers, entertainment and occasional outings

For just \$10 per week you will get morning tea and lunch.

If you need door to door transport, this can be arranged (most care packages cover this)

For information about becoming a member please contact:
the Link Club coordinator Danny Maslowicz on 047224751
or Administrator Karyn Edwards 0459326586



A couple of visitors create a distraction for our members. Felix and Oscar roam between members and enjoy lots of pats and sweet talk.



An interesting talk on the benefits and ways to get the most out of your care package .

Veterans Health Week



Australian Government
Department of Veterans' Affairs

VETERANS' *Health Week*

The City of Albury RSL sub-Branch warmly invites veterans, serving members, family and first responders to come together for a FREE yoga session at ORANA 153 Melbourne Road Wodonga.

Monday the 9th of October and again on Friday the 13th from 1.30pm to 3pm.

Arrive in time to change and start at 1.30pm.

Bring a pillow slip, water and comfortable clothing.

The event is number limited with only 20 per session.

To register: grahamd@live.com.au



Veterans Health Week cont



Australian Government
Department of Veterans' Affairs

VETERANS' *Health Week*

The City of Albury RSL sub-Branch warmly invites veterans, serving members, family and first responders to come together for a fun bowls morning at the Commercial Club Albury bowling greens.

Thursday the 12th of October 2023 from 9.30am to 11.30am.

Bring a hat, water, sun screen, smooth soled shoes, & sense of fun.

Prizes to be awarded during the numerous events.

No skill needed. The event is not numbers limited.

This is a FREE event. Equipment and coaching will be provided.

A presentation on mental health followed by a healthy lunch will be provided at ANZAC House 527 Wilson Street Albury from midday.



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