

# The Returned & Services League of Australia

## Forestville sub-Branch



Serving veterans and their families in the Forest Area

### NEWSLETTER

APRIL 2020

Contact editor via email: [newsletter@forestvillersl.org.au](mailto:newsletter@forestvillersl.org.au) or via post: 22 Melwood Ave, Forestville, NSW 2087

#### PRESIDENT'S REPORT

##### PLEASE CLOSELY READ THIS REPORT AND ALL ARTICLES FOR ALL CHANGES

Firstly, on your behalf, heartiest congratulations to sub-Branch member, Colin "Col" Kenny on his 100<sup>th</sup> Birthday on 22<sup>nd</sup> April 2020. Enjoy your day, Col!

I was struck by the wise words of Dr. Lindsay Jernigan who said: "Try this perspective shift. Instead of seeing 'social distancing' and travel bans as panic, try seeing them as acts of mass cooperation intended to protect the collective whole. This plan is not about individuals going into hiding. It's a global deep breath ..... an agreement between humans around our planet to be still. Be still, in the hope that the biggest wave can pass without engulfing too many of the vulnerable amongst us".

On Monday 16<sup>th</sup> March your Committee held an Extraordinary Meeting to discuss the COVID-19 issues. We decided, in accordance with the directions of RSL NSW in consultation with the State Government, to cancel all of our Anzac Day related events as a result of the COVID-19 pandemic. From the perspective of the Forestville RSL sub-Branch this means that both the Anzac Sunday March and Service on 19<sup>th</sup> April and the Anzac Day Dawn Service activities, including the breakfast, on 25<sup>th</sup> April have been cancelled. For similar reasons, we cancelled our General Meetings planned for Wednesday 1<sup>st</sup> April, 6<sup>th</sup> May and 3<sup>rd</sup> June. We are very sorry that these decisions had to be taken but the RSL does owe a duty of care to our service members, their families and members of the general public. Therefore, in these uncertain times, we are sure you will agree that it is the most appropriate course of action. Our RSL Auxiliary faced similar issues, and wisely decided to cancel their April and May meetings as well.

On the social scene, on Monday 16<sup>th</sup> March we advised sub-Branch members, and members of our RSL Auxiliary and Widows Group, who held tickets for our luncheon cruise on the **Georges River on Thursday 26<sup>th</sup> March**, that this cruise had been postponed until later in the year. For the same reason **Australia My Country (AMC)** entries were due to be collected from schools in the week ending Friday 3<sup>rd</sup> April. However, we had to take into account the COVID-19 issues affecting the sub-Branch and, more specifically, we needed to be sensitive to the issues our schools are facing. On Friday 20<sup>th</sup> March our Committee therefore decided to defer collection of AMC entries from schools to the week ending Friday 29<sup>th</sup> May. AMC judging and presentations are yet to be decided, in line with social gathering and social distancing requirements at the time. If any further changes are necessary, we will let you know.

We also hosted the AGM of the Northern Beaches District Council on Tuesday 17<sup>th</sup> March at Forestville RSL Club, which is an increasingly important part of our overall operations, with Bill Hardman as President.

Importantly, as part of rationalisation of costs at State Branch level, part of the Strategic Plan will be centered around sub-Branches taking responsibility for fielding all enquiries from members. In future, we ask members to contact your sub-Branch office for answers to any queries you may have regarding RSL NSW and/or other membership enquiries, preferably by email. We ask you to refrain from contacting State Branch direct.

When using Cabcharge vouchers for medical purposes, we ask you to be aware when catching taxis to book or hail from taxis in the Cabcharge network (13cabs, Silver Service, Swan, Silver Top). You can do this by walking down a rank to any of these taxis listed. Taxi passengers are also encouraged to travel in the back seat as part of social distancing measures.

In these days of social distancing and self-isolation, please let us know at the sub-Branch Office if you are in need of welfare assistance, that's why we are here. Our thanks again for your cooperation and understanding. Best wishes to all and stay safe and, as usual, call if you need assistance.

Best Regards,  
**Bob Lunn**

#### What's On

**General Meeting**  
7.30pm  
Wednesday 1<sup>st</sup> April 2020  
**CANCELLED**

\*

**General Meeting**  
7.30pm  
Wednesday 6<sup>th</sup> May  
**CANCELLED**



#### In this issue:

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## Membership

Membership totals: 406

**PLEASE NOTE:** There will be a new "perpetual" membership card issued during May.

**For the time being please retain your current 2019 card**

*Introductions from our members, family and mates for new members are always welcome.*

### **Changes to your Membership Details**

Please advise any changes to your personal details either by phone to our Membership Officer on 02 9451 1221, or by email

to: [membership@forestvillersl.org.au](mailto:membership@forestvillersl.org.au)

## Our Cenotaph and Memorial Gardens



The area is now maintained by our resident greenkeeper.

### **MEMORIAL PAVERS**

**Paver orders closed on Monday 16th March 2020 and all new pavers will be laid prior to ANZAC Day.**

### **Prepaid Pavers:**

Members are reminded that you can order and prepay your own paver at any time if you wish.

**Cost for pavers for sub-Branch members is \$35.**

***For all Membership enquiries: Please get in touch with our Membership Officer***

***Email: [membership@forestvillersl.org.au](mailto:membership@forestvillersl.org.au)***



### **AUSTRALIA MY COUNTRY (AMC)**

On Friday 20<sup>th</sup> March our Committee decided to defer collection of AMC entries from schools to the week ending Friday 29<sup>th</sup> May. AMC judging and presentations are yet to be decided, in line with social gathering and social distancing requirements at the time. If any further changes are necessary, we will let you know.



**Our Committee members standing down at our AGM – thanks Tony Mooney, Geoff Brown, Robin Tapp and Alastair Turnbull.**

## **RSL AUXILIARY**

The Auxiliary AGM was held on Monday 2<sup>nd</sup> March with 41 ladies in attendance, with 5 apologies, out of a total of 51 members which was a great effort. The Committee is unchanged: President Annie Betts, 1<sup>st</sup> President Rae Stoddard, 2<sup>nd</sup> President Caryl Flint, Secretary Barbara Norton, Treasurer Carol Anstiss, Social Secretary Jan Taylor, General Committee Caroline Finlay & Shirley Mashman. I am very fortunate to have all the ladies returning on the Committee and thank them for all their hard work throughout the year as we were able to donate \$9,000 dollars to RSL DefenceCare.

Many things have changed regarding how the Auxiliary is operated, with a new directive coming from State Branch. The Auxiliary can no longer have its own bank account. Any funds raised go straight to the sub-Branch as part of its charitable purpose under the RSL NSW Act promulgated in State Parliament on 31 December 2018. We will now be working a lot closer with the sub-Branch Committee in the future as we bring all things together as part of our main purpose as an Auxiliary to raise funds for RSL DefenceCare.

We are very fortunate to have Bob Lunnon and his Committee who have gone out of their way to make the transition as painless as possible. I would like to congratulate Bob and the incoming Committee and wish them a great year ahead. We are looking forward to working with them. We also have Ian Thomson our Club CEO helping to see what alternatives we can come up with, and providing any assistance we need to achieve our goals.

We were sorry to know that Tony Mooney, Robin Tapp, Geoff Brown and Alastair Turnbull are retiring from the sub-Branch Committee. We thank them for all the great work they have done while on the Committee and all the help they have given the Auxiliary. We wish them and their partners many wonderful years in retirement.

**To the sub-Branch members thank you again for your past and future support in purchasing your badges and hampers from us, as part of our fundraising activities for RSL DefenceCare, especially now with the cancellation of Anzac Sunday and Anzac Day commemorative services.**

**PLEASE NOTE: Our General Meetings for April and May have both been cancelled, as a result of the COVID-19 issues.**

New members are always very welcome. From June, come along on the 1<sup>st</sup> Monday of the month around 1pm and join in the fun. Ladies on the sick list please call me on 94020882 if you need assistance.

Regards  
**President Annie**

## GEORGES RIVER, BOTANY BAY CRUISE SOUTHERN BEACHES TOUR



Join us for a cruise on the beautiful Georges River, including morning tea on the shores of Botany Bay en route to the wharf. Departing from Sans Souci, we explore many of the sparkling bays and inlets of Sydney's prettiest waterways.

The subsidised cost for subscribers and partners is \$40 per person, including morning tea, a commentary cruise, excellent lunch with tea or coffee and coach transport. Departure at 9am, returning approximately 5 pm.

**... POSTPONED ...**

A very small number of tickets on a cash-only basis is available from Club Reception.

## Anzac Events 2020

### Forestville RSL sub-Branch



### Anzac Sunday

Street March & Service  
Sunday 19th April

1440 March - Forestville Memorial Hall  
1500 Service - Forestville RSL Club Cenotaph

### Anzac Day

Dawn Service  
Saturday 25th April

0530 Arrive at Forestville RSL Club  
0540 Dawn Service followed by breakfast (see note)

**SADLY  
CANCELLED ...**

**ANZAC DAY DAWN SERVICE**  
**25<sup>th</sup> APRIL 2020 AT 5.30AM**  
**AT THE CENOTAPH**  
**FORESTVILLE RSL CLUB**

### REVISED BREAKFAST ARRANGEMENTS

The RSL Dawn Service was proclaimed on 31<sup>st</sup> December 2018 in the Act and, under our RSL NSW charity status for the Dawn Service, our Forestville RSL sub-Branch provides a free breakfast to past and current Service members wearing their own medals.

The subsidised cost for all others, including members of the public, is \$5 per person, adult or child. These details have been on display since February this year in the Club, and in the Club's social media activities, in order to ensure members of the public are aware of this change.

Breakfast will be a standard plate including scrambled eggs, bacon, sausage, tomato, baked beans, hash brown and toast. No gluten free options are available.

## What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues** (then wash hands)



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

## DIJANA DRAGICEVICH - SNR SPEECH PATHOLOGIST, RNSH

Dijana wrote to us recently with the following request. "I am a current PhD student working at RNSH. I am investigating swallowing difficulties in stroke patients to better help Speech Pathologists treat people who can't eat and drink following a stroke. I am having some trouble recruiting older people for my healthy participant study. I need **healthy** people to come in to RNSH for a study to establish norms so that they can be compared to people who have swallowing difficulties following stroke. It takes about 30 minutes and I can provide a parking voucher."

Should you wish to assist Dijana, please contact her direct on **94631625**. Thank you.

## FORESTVILLE RSL CLUB MEMBERSHIP CARD

As a member of Forestville RSL sub-Branch, it is important that your Forestville RSL Club membership card shows you as an RSL member, for AGM voting purposes. Please check your Club membership card, and see Club Reception if necessary.



## Dates to Remember in 2020

Wednesday 01 April	*	1930 Monthly General Meeting  <b>CANCELLED</b>
Sunday 19 April	*	1440 Anzac Sunday Service & March  <b>CANCELLED</b>
Saturday 25 April	*	0530 Anzac Day Dawn Service  <b>CANCELLED</b>
Wednesday 06 May	*	1930 Monthly General Meeting  <b>CANCELLED</b>
Wednesday 03 June	*	1930 Monthly General Meeting  <b>CANCELLED</b>
Wednesday 01 July	*	1930 Monthly General Meeting  <b>TBA</b>
Wednesday 05 August	*	1930 Monthly General Meeting  <b>TBA</b>
Sunday 16 August	*	1200 VP Day Luncheon  <b>TBA</b>
Wednesday 02 September	*	1930 Monthly General Meeting  <b>TBA</b>
Wednesday 07 October	*	1930 Monthly General Meeting
Monday 19 October	*	1200 RSL sub-Branch Widows Luncheon
Wednesday 04 November	*	1930 Monthly General Meeting
Monday 11 November	*	1030 Remembrance Day Service
Wednesday 18 November	*	1200 Narrabeen War Veterans Lunch
Wednesday 02 December	*	1930 Monthly General Meeting
Sunday 06 December	*	1800 sub-Branch Christmas Dinner

### Significant Anniversaries

April 2020 is noteworthy for the following significant dates:

- 12 April 1945:** Death of President Roosevelt
- 25 April 1915:** Anzacs land on Gallipoli Peninsula
- 28 April 1770:** Captain Cook lands in Botany Bay
- 30 April 1975:** Saigon (Ho Chi Minh City) falls to North Vietnamese forces, ending the Vietnam War

### Special Request to Members

Sending monthly newsletters to you electronically by email will help us to be more sustainable, save time and reduce our mailing costs.

Please advise your email address details to us at:

[membership@forestvillersl.org.au](mailto:membership@forestvillersl.org.au)

## sub-Branch Office

Office: [secretary@forestvillersl.org.au](mailto:secretary@forestvillersl.org.au)  
Phone: (02) 9451 1221  
Monday: 0900 to 1200 and 1245 to 1400  
Friday: 0900 to 1200

Secretary & General Enquiries:  
Vince Williams  
Phone: 9451 1221 Mobile: 0417 430 389

President: Bob Lunnon  
Phone 9452 4078 Mobile: 0499 977 111

Treasurer:  
Phone: (02) 9451 1221

Welfare, Funerals & Public Relations:  
Stuart Hablethwaite  
Phone: 9451 1221 Mobile: 0402 626 485

Membership:  
[membership@forestvillersl.org.au](mailto:membership@forestvillersl.org.au)

Newsletter Editor:  
Bob Lunnon  
Phone: 9452 4078 Mobile: 0499 977 111  
Email: [newsletter@forestvillersl.org.au](mailto:newsletter@forestvillersl.org.au)

Australia My Country:  
John Scifleet  
Phone: (02) 9451 1221 Mobile: 0428 118 889

Pensions: (02) 9451 1221

Joint Padres  
Rev. Dave Lanham Phone: 9975 5410  
Rev. Gavin Parsons Phone: 8012 2020

Travel Officer:  
Bob Connors  
Phone: (02)9451 9494

Widows Group:  
President: Margaret Campbell  
Phone: 9452 5561

RSL Auxilliary:  
President: Annie Betts  
Phone: 9402 0882 Mobile: 0478 044 566

*"And the world is a little poorer, for a soldier died today"  
...Lest We Forget...*



# Useful Links

Visit the following sites for more information:

## **Forestville RSL sub-Branch website:**

<http://www.forestvillersl.org.au>

## **Forestville RSL sub-Branch Facebook:**

<https://www.facebook.com/ForestvilleRSLSubBranch/>

## **Forestville RSL sub-Branch Instagram page:**

[forestvillerssubbranch](https://www.instagram.com/forestvillerssubbranch)

## **The Forestville Club website:**

<http://www.forestvillersl.com.au>

## **RSL NSW website:**

<http://www.rslnsw.org.au>

## **The Veterans Centre Sydney Northern Beaches website:**

<http://www.vcsnb.org.au>

## **The Australian War Memorial website:**

<http://www.awm.gov.au>

## **RSL NSW Mailing List Contact Details:**

<http://www.rslnsw.org.au/update-member-details>

## **Sub-Branch Resources and Presentations:**

<http://www.forestvillersl.org.au/resources>

## **RSL Lifecare At Home**

<https://rsllifecareathome.org.au/>

## **Vet Affairs News**

<https://dva.gov.au/vetaffairs>

## **DVA Australian Defence Veterans' Covenant**

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