



RSL
NSW

ANZAC DAY 2023



Forestville RSL sub-Branch

NEWSLETTER

Serving veterans and their families in the Forest Area

MARCH, 2023

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

PRESIDENT'S REPORT

Greetings to all! Our General Meeting on Wednesday 1st February was a busy one. We presented a 50 Year RSL NSW Service Certificate to Richard Gordon. An inscribed Australia Day Medallion was also presented to Jim Murphy, Active Committee Volunteer, and Flag Marshal for our commemorative services. Congratulations, Richard and Jim!

Our 10 sub-Branches on the Northern Beaches have been working closely with our sister charity, RSL LifeCare Veterans Services, to establish a Veterans Wellbeing Centre (VWC) at Dee Why RSL Club. We are pleased to report that this VWC had a very soft opening at the beginning of February, initially with two staff members. The centre will assist veterans with wellbeing support, claims and advocacy support, employment assistance, homelessness and housing support, and access to the Spur Equine Program with horse-handling courses. At our General Meeting on Wednesday 1st February, our members endorsed a donation by our sub-Branch of \$25,000 to the RSL NSW Veterans Support Fund, to be directed to support the VWC in Dee Why. Other sub-Branches on the Northern Beaches are similarly financially supporting the VWC.

At the Memorial Service at Forestville RSL Club on Wednesday 25th January for Bill Hardman OAM we honoured Bill's extraordinary service to the League. Bill joined the League in 1978, joined the Committee of Forestville RSL sub-Branch in 2002, was Secretary from 2003 to 2004, President from 2004 to 2017, and became a Life Member of RSL Australia in 2012. He was Treasurer of the Veterans Centre Sydney Northern Beaches in Dee Why from 2013; a Board Member of RSL LifeCare from 2008 to 2011; RSL NSW State Councillor from 2008 to 2011; RSL NSW State Treasurer from 2014 to 2016, and again from 2016 to 2017; President of Northern Beaches RSL District Council from 2008 to 2011, again from 2014 to 2022, and Vice President from 2007 to 2008, and again from 2011 to 2014; inaugural Secretary of the RSL NSW District President's Council in 2019 until he stood down in 2022; Chair of the Organising Committee for the Warringah and Mackerellar Centenary of Anzac Commemoration from 2012 to 2015; was awarded an Order of Australia Medal in the General Division, in the Queen's Birthday 2016 Honour List, for his service to veterans and their families; and President of Forestville RSL Club from August 2020 until late 2022. His Memorial Service video link, available until July is: <https://www.funeralvideo.com.au/BillHardman>. RIP, Bill. **Lest We Forget.**

Our AGM is on Wednesday 1st March in the Forest Room at Forestville RSL Club. At this meeting, a new Committee will be elected for 2023/2026. We hope you can attend.

Our sub-Branch will host the Northern Beaches District Council AGM at Forestville RSL Club on Tuesday 21st March at 7.30pm. At this meeting, a new Executive Committee will be elected for 2023/2026.

Details for our Anzac Sunday March and Service on 23rd April and Anzac Day Dawn Service on Tuesday 25th April are available in this newsletter.

Please enjoy yourselves as we move into our (hopefully) milder Sydney autumn weather, and call us if you are in need.

Best Regards,
Bob Lunnon

What's On

AGM
Wednesday 1st March 2023
7.30pm

*
General Meeting
Wednesday 5th April 2023
7.30pm



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Please consider the environment. Receive your Newsletter via Email.

**CLUB COVID-19 SAFETY PLANS
IN PLACE...!**

Membership

Membership totals: **413**(plus 6 Honorary members)

Sadly, we report the passing of the following dear members:

SHIRDON , Donald Gordon	RAN
COOPER , Graham John	ARMY
HUGHES , Robyn	AUXILIARY

We welcome new members:

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

Our Cenotaph and Memorial Gardens

MEMORIAL PAVERS



Please note Orders are being taken for

Anzac Day 2023

Orders close Monday 13th March

Prepaid Pavers:

Members are reminded that you can order and prepay your



IMPORTANT MEMBERSHIP INFORMATION

For all Membership enquiries please get in touch with our **Membership Officer:** membership@forestvillersl.org.au

For any **Changes to Membership** details please see following:

From 2022, there are no membership fees payable to be a member of RSL NSW and RSL Australia. It is the responsibility of each member to ensure your personal details, full contact details, and all Next of Kin details, are up to date at all times. All changes should be advised to our Membership Officer via phone **02-9451 1221** or email : membership@forestvillersl.org.au including if you wish to rescind your membership for any reason.

AGM 2023

COMMITTEE NOMINATIONS PROCESS

Nomination forms were available 1st December 2022

Nominations closed 31st January 2023

February 2023 Newsletter: Included list of nominations received

March 2023 Newsletter: Includes list of nominations received

AGM: Wednesday 1st March 2023

AGM: Wednesday 1st March, 7.30pm – ballots as necessary

Nominations received:

President: Bob Lunnon

Vice President: Sandy Howard

Secretary: Vince Williams CSC

Treasurer: Ted Samojlowicz

Asst Secretary: Kevin Leary

Membership: Peter McAskill JP

Ceremonial: John Balfour OAM JP

Welfare: Stuart Hablethwaite

Schools Liaison: John Scifleet

The AGM Agenda was posted on the sub-Branch website by 14th February, 2023

OLD PEOPLES HOME FOR TEENAGERS ABC TV



Following two successful ABC programs involving seniors with four-year-olds, the producers explored the idea of seniors with 14-year-old teenagers. This consisted of 10 seniors who were struggling with feelings, loneliness and isolation as well as varying degrees of declining health. This time they paired them with 10 teenagers who were also suffering with loneliness and self-doubt.

Our first meeting occurred at the former Gunnery Barracks at North Head, Manly. The former gymnasium had been converted into a 1950s surroundings and atmosphere. The seniors were seated in the room followed by the teenagers. We were all introduced to each other to become familiarized. After explaining the concept of the experiment to us, all the teenagers were asked to select a senior of their choice. A very tall boy raced across the room directly to me and introduced himself as Louis. He was very quiet and shy, and I realized at the time that I had to inspire him and gain his confidence, which was not an easy task at the beginning. As time went on, joining in the various activities, in which we won two gold medals as a team, Louis' trust in me developed and became more open. We shared stories of similar lifestyles, and we became closer as the filming progressed. Louis' confidence progressed to the extent that he became one the leaders amongst the teenagers. My fellow seniors also had success with the ones they were paired with, and many friendships were made during the filming.

I would like to quote Louis who during his final speech said: **"I think it's really cool to have Ken as a friend who is so wise."** Our friendship has developed to the present day.

The program was nominated for the 2022 AACTA Awards, Best Factual Entertainment Program, along with 5 other nominees. We were chosen as the winners. I was invited along with Louis to receive the Gold Logie, accepting the award on stage among some of the top entertainers in Australia and overseas.

What an honour and now I'm unfurling my sails for a safe berth!
Contributed by sub-Branch member, Ken Edwards, retired Executive Captain, James Craig, Tall Ship Editor: and Star of Stage, Screen, and Social Media! Congratulations, Ken!

RSL AUXILIARY

Our next General Meeting is on Monday 6th March, commencing at 1pm with a light lunch, followed by our meeting at 1.30pm. PLEASE NOTE THE NEW TIMES FOR MARCH, AND INTO THE FUTURE. Bookings are essential – please book by Thursday 2nd March latest. Members who attended the February luncheon have had your names entered for March, so please ensure you let us know if you will now not be attending.

Our sub-Branch Assistant Secretary, Kevin Leary, is your RSL Auxiliary contact for bookings. Please contact Kevin by email on: auxiliary@forestvillersl.org.au; or by phone on 02-9451 1221 during office hours - on Mondays 9am to 2pm, or Thursdays 9am to 12noon.

We thank all of our RSL Auxiliary members, well over half, who raised their hands and volunteered to assist with arrangements for our General Meetings, including our three new members. Well done! There are too many of you to mention, however we are heartened that so many of you are willing to help with the organisation of our RSL Auxiliary activities in so many supportive ways. Thanks again.

New members are invited to join our RSL Auxiliary through our sub-Branch Membership Officer, Peter McAskill, at 9451 1221 during the office hours listed above, or by email at: membership@forestvillersl.org.au

AUSTRALIA MY COUNTRY (AMC) APPEAL FOR HELP

The 2023 **AMC** is well underway and the students of our area Primary schools have been invited to participate. It's a great topic "**Australian Defence Force involvement in Disaster Relief Operations**", so there is plenty of scope for imaginative entries.

While the schools are coordinating their students' participation, we would very much appreciate it if you could let your friends, children, grandchildren or great grandchildren, who go to primary school in the Forest area, know about the competition and encourage their participation. More information is available on our website at www.forestvillersl.org.au/Schools/AMC but please note that **entries close on Friday 12th May 2023.**

ANZAC SERVICES 2023

ANZAC SUNDAY MARCH AND SERVICE

23rd APRIL 2023

2.15pm FOR 2.40pm ANZAC SUNDAY MARCH
FORESTVILLE MEMORIAL HALL, STARKEY STREET
2.45pm FOR 3pm ANZAC SUNDAY SERVICE
AT THE CENOTAPH — FORESTVILLE RSL CLUB
ANZAC SUNDAY SERVICE COMMENCES AT 3pm

At the conclusion of the Service, the sub-Branch will be providing post-Service hospitality in the Club for attendees.

The Club Bus will operate from 1.30pm to 2.15pm, and from 4pm to 5pm. Bookings are to be made personally at Club Reception or by phoning Club Reception on 9451 1011.

ANZAC DAY

DAWN SERVICE

TUESDAY 25th APRIL 2023

5.25am FOR 5.35am
ON TUESDAY 25th APRIL 2023
AT THE CENOTAPH — FORESTVILLE RSL CLUB

Breakfast will be provided for all attendees after the service concludes at 6.15am until 7.30am



JIM MURPHY

AUSTRALIA DAY MEDALLION

Jim Murphy, an Active Committee Volunteer, was presented with his Australia Day Medallion at our General Meeting on 1st February, in recognition of his ongoing service as Flag Marshal and flag bearer for our sub-Branch commemorative services, and as a member of the National Servicemens Association. The medallion inscription reads: Jim Murphy, Australia Day, 26th January 2023. Thank you for your service, Jim!



RICHARD LINDSAY GORDON

50 YEAR RSL NSW SERVICE CERTIFICATE

Richard Gordon was presented with his 50 Year Service Certificate at our General Meeting on 1st February, in recognition of fifty years cumulative service as a member of the League since 22nd January 1973. Well served, Richard!

RSL AUSTRALIA VETERANS' CATALOGUE

Veterans' Catalogue is an innovative web application designed to alleviate the complexities of finding the right services or support available to defence members, veterans and their families. By creating a single online repository with smart search features, veterans and their families are empowered to find and connect with the services they need when they need them, including their local RSL sub-Branch.

In early 2022, RSL Australia partnered with veteran technology provider, Servulink, to further develop and launch an online tool that would enable the veteran community to better navigate the support network available to them. Across Australia, thousands of quality veteran and family-focused service providers, including local RSL sub-Branches, offer a wide range of services that span across health and wellbeing, community, advocacy, transitioning, education, finance and more. However, the process of finding and connecting with the right organisation can be overwhelming. The Veterans' Catalogue is a solution aimed at simplifying this path.

We encourage all those connected to the veteran community to try this new tool. Feedback is welcome and can be submitted through the web app itself (under the menu options) and will be used to continuously improve the app for our community. The RSL Australia link to the Veterans' Catalogue app is:

<https://www.rslaustalia.org/veterans-catalogue>.

YOUTH MENTAL HEALTH FIRST AID COURSE

ANZAC MEMORIAL, HYDE PARK

This course will be held on 18th & 19th March 2023 at the Anzac Memorial in Hyde Park. The course is sponsored by Hornsby RSL sub-Branch and the Veterans Well Being Centre, Hornsby. The course is free to Veterans and includes full catering for both days. Dress is casual. Training is provided by qualified instructors. Please bring a pen and paper.

The course is an education course that teaches Veterans about adolescent development and the signs and symptoms of common and disabling mental health problems in young people including crisis situations.

Topics to be covered include depression, anxiety, panic attacks, eating disorders and suicidal thoughts and behaviours.

You will learn how and where to get help when a young person is developing a mental illness, the research which has shown to be effective and how to provide first aid in a crisis situation. Bookings are essential.

To enrol, please email:

support@veteranswellbeingcentre-hornsby.org



Computer scams are on the rise!

Beware of scammers and scams that can trick you into making costly mistakes.

Keep up to date by visiting:

www.scamwatch.gov.au

Dates to Remember in 2023 (Subject to change)

Wednesday 1 st March 2023	*	7.30pm - AGM
Wednesday 5 th April 2023	*	7.30 pm Monthly General Meeting
Sunday 23 rd April 2023	*	2.40pm Anzac Sunday Street March & Service
Tuesday 25 th April 2023	*	5.25am Anzac Day Dawn Service
Wednesday 3 rd May 2023	*	7.30pm Monthly General Meeting
Wednesday 7 th June 2023	*	7.30pm Monthly General Meeting
Wednesday 5 th July 2023	*	7.30pm Monthly General Meeting
Wednesday 2 nd August 2023	*	7.30pm Monthly General Meeting
Sunday 13 th August 2023	*	11.30am for 12noon Commemoration Luncheon
Monday 4 th September 2023	*	11.30am for 12pm RSL Auxiliary 69 th Birthday Luncheon
Wednesday 6 th September 2023	*	7.30pm Monthly General Meeting
Wednesday 4 th October 2023	*	7.30pm Monthly General Meeting
Wednesday 1 st November 2023	*	7.30pm Monthly General Meeting
Saturday 11 th November 2023	*	10.30am Remembrance Day Service
Sunday 3 rd December 2023	*	11.30am for 12noon Christmas Fundraising Luncheon
Wednesday 6 th December 2023	*	7.30pm Monthly General Meeting

Significant Anniversaries

March is noteworthy for the following significant dates:

3 rd March 1943	Battle of the Bismarck Sea
16 th March 1943	Fit Lt WE Newton VC at Salamaua
17 th Mar 1953	2RAR replace 1RAR in Korea
20 th March 2003	Australian forces commence operations in Iraq

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

If you do not have an email address, you could have a family member or neighbour receive your newsletter by email and pass it onto you.

We appreciate your cooperation!

*** NOTICE ***

Forestville sub-Branch 2023 CALENDAR

Please note (**and amend**) errors with following 2 dates:

OCTOBER 1st - Sunday (not Monday as printed on Calendar)

EASTER DATES - should read: Good Friday 7th, 8th, 9th 10th

(**NOT** 15th, 16th, 17th, 18th as printed on Calendar)

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



sub-Branch Office

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Hours:
Monday 0900 - 1200 / 1245 - 1400
Thursday: 0900 - 1200

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Useful Links

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:

<forestvillersubbranch>

The Forestville Club website:

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

RSL NSW website:

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

The Veterans Centre Australia:

<http://www.veteranscentre.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/my-service

Australian Death Notification Service

<https://deathnotification.gov.au/>

Scamwatch

www.scamwatch.gov.au

Military History Society of NSW

www.militaryhistorynsw.com.au