



Alstonville RSL Sub-Branch



Standfast 2024

Issue 264

Dec 2024

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FOR YOUR DIARY:

Next sub-Branch meeting
Saturday 14th December @
11.00 hr. Followed by a light
lunch Christmas Party! Ho Ho
Ho

Committee Meeting at 10am

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0476677626	All emails to:
Vice President	Robert Wilson JP	0414708662	AlstonvilleSB@rslnsw.org.au
Vice President	Phil Skinner	0427 291 292	
Secretary	John Gordon	0437509790	
Treasurer	Garry Henderson-Smith	0400474413	

VALE – Auxiliary Member Stephanie Gooding 233 Jul 1947 – 6 Nov 2024

AWAS Cpl Gladys (Joyce) WONG (nee Massey) 4th Jul 1925 - 24th Nov 2024

Dear Members,

This past month was busier than normal with Remembrance Day fund raising at both the Mall and Main Street. Many thanks to all Members who assisted and to the Alstonville High School Senior Students who kindly gave up their time to assist in the Main Street and Industrial areas.

On the 11th of November, a Ceremony was held at the Elizabeth Brown Park for Remembrance Day. Wreaths were laid by approximately eight people who represented their specific organisations.

Congratulations to John Gordon for organising a memorable Remembrance Day.

With a heavy heart, some members attended the funeral of Stephanie Gooding who sadly passed away in November. Our deepest condolences to Grahame, family and friends for her loss. Steph was loved by all and will be sorely missed. RIP 🙏

I'd like to thank the Laurel Club for the invitation to their Christmas Luncheon. My wife Margaret and I loved the function and exceptional lunch provided by none other than Rob Wilson and John Gordon.

November members meeting was on again on the second Saturday of the month. Many thanks to those members who assisted Rob serve a very nice BBQ. What an enjoyable time.



From the President

We are fast approaching the end of 2024. This month's meeting will be the last for the Year.

Loss of a loved one

The loss of a loved one is a painful experience that can trigger a range of emotions, including sadness, anger, and confusion. It's important to allow yourself time to grieve and seek support when needed.

Lifeline Australia 13 11 14

God Bless 🙏

John Porter
President

Sub-Branch Meeting Minutes

12 Oct 2024

Meeting was opened by President John Porter at 11.05am with a wreath-laying by Stephanie Gooding followed by the Ode and Last Post.

Attendance was 16 Members, 8 apologies and 4 visitors. Moved by Bob Wilson, Sec by Grahame Gooding that apologies be accepted – CARRIED

Secretary read the minutes of the previous meeting held on 10 Aug 24, Moved by Secretary that the minutes of the previous meeting (10Aug24) be accepted as read, Seconded by Rob Fry – CARRIED

Business arising: nil

Correspondence: Secretary read incoming corro and advised of letters going out to invite participants for Remembrance Day. Moved by Secretary that the incoming corro be accepted and outgoing be endorsed. Seconded Garry Henderson-Smith. CARRIED

Standing orders were suspended to present Mrs Stephanie Gooding with her Auxiliary membership card and badge, a big welcome to Stephanie from the members.

Treasurer presented the financial reports for Aug/Sep and moved that the reports be accepted, Seconded by Bob Wilson.

REPORTS

State Branch matters: - Congress & AGM in October. Secretary read through the list of motions then moved that the Congress Delegates be empowered to vote on motions as they see fit, taking into consideration any new arguments for/Against. Seconded Garry Henderson-Smith. **Carried**

FNDC matters:- nothing to report.

Welfare:- only 2 veteran/DVA patients in St Vincents this week.

Hall Rental:- SDA using hall in Nov.

Membership: Keith Row stated that we now have 81 members with the addition of Chris Simpson, David Keppie, Gavin Hutchins and Stephanie Gooding.

Memorabilia & Library: Tony Tyler gave a report & advised that 10% stocktake had been completed. The only issue is We need more walls!!!

Reminder – Marge Moffatt will turn 100 on Christmas Day, Moved that the secretary purchase a birthday card to send – approved.

Fundraising: Bob Wilson stated that the Rem Day badge sales roster is available now. The Quilt Raffle will be drawn after the service on 11/11.

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General Business:

The President spoke about what he calls the Shadows,, those who work in the background, largely unseen, a big thank you for all that you do.

Minutes need to go in the Standast before the meeting not before the social luncheon.

CHRISTMAS Party will be 1200hrs Saturday 14th Dec after the meeting at 11am, please advise of numbers for catering.

Secretary requested approval to replace the 'pull-up' banner, they are available from Officeworks for about \$100 each. Moved that 2 pull-up banners be purchased at a cost not exceeding \$200, Approved

There being no further business the meeting closed at 11.40am

Next Meeting 14Dec @1100.

J R Porter (Pres)

J Gordon (Sec)



**Felt
uncomfortable
driving into the
cemetery. The
gps blurted out
you have reached
your final
destination.**

Diabetes – If you have been diagnosed with Diabetes, you will find that it is no longer called Sugar Diabetes, just Diabetes, and you now monitor your Blood Glucose Levels nor blood sugar. Using Sugar isn't bad, just watch how much you use and try to use more complex carbohydrates (those with a lower Glycemic Index)! I'll explain the GI next issue.

Continuous Glucose Monitors (CGM)

Why use CGM?

Some of the benefits of CGM include:

24/7 readings. CGM allows you to see the changes to your glucose levels across the day and night instead of just at a single point in time.

The graph on the receiver can show patterns that may help you and your diabetes health professionals learn how different things, such as food and physical activity, affect your glucose levels.

Reduced need for finger prick checks.

CGM does not completely replace finger prick checks, but it does reduce the number you need to do. Ask your diabetes health professionals for advice about when and how often you need to do finger prick checks.

Peace of mind. Seeing your glucose levels at any time and getting alerts if your glucose levels go outside your target range can provide reassurance and reduce fear of hypos.

Requests for DVA to supply Continuous Glucose Monitors (CGM) can be prescribed by a client's General Practitioner (GP), diabetes educator, diabetes clinic, Registered Nurse (RN) and/or specialist.

Use of CGMs have been found to improve the lives of people living with diabetes by providing them a greater understanding of their condition, enabling them to better manage their glucose levels and reduce the risk of complications.

DVA's Rehabilitation Appliances Program (RAP), provide CGMs through contracted suppliers by completing the [Diabetes Products Order Form](#).

Clients using CGMs will be placed on a subscription and will be provided with sensors every three (3) months, which will be delivered to their home address on an ongoing basis. If a client does not wish to be automatically subscribed to this service, please note this on their form.

Who's eligible for DVA funded diabetes products?

Gold Card holders, or White Card holders with diabetes as an [accepted condition](#).

My wife and I decided to never go to bed angry. We've been awake since Tuesday.

My wife and I started role-playing in the bedroom. Her favourite is The Sexy Librarian where I have to sit quietly while she reads a book.

Being old is when you don't care where your spouse goes, just as long as you don't have to go too.

At a wedding reception, someone yelled: "All married people please stand next to the one person that has made your life worth living." The bartender was almost crushed to death.

Safe summer tips

By Dale Cooke APD

We all love to have a picnic or barbecue outside during the summer, but there are a few health and safety issues to consider.

Heat and sun

- Don't forget to slip, slop, slap, seek, slide, and hydrate. That is, slip on some sun protective clothing such as a long-sleeved shirt, slop on some sunscreen, slap on a broad-rimmed hat, seek a shady spot for your picnic or put up a sun umbrella, slide on some sunglasses, and last but not least, drink plenty of water.
- If you are carrying insulin or medications make sure they are kept cool but not frozen.

Bugs

- Mosquitos, flies and ants tend to arrive at a picnic uninvited. Have some insect repellent handy for bite prevention and some ice or bite treatments, just in case.
- Before you choose where to spread your picnic rug, check the ground for ant nests and other potential biting insects.
- Ticks and leeches are optional extras in some areas, so you might like to read up on removing ticks [here](#). It's also good to keep in mind that leeches really hate insect repellent and sunscreen.
- Pack a food net/mini-umbrella to keep the flies off lunch.

Water safety

- If you are going to a beach, river, lake, or pool consider the water safety of everyone. Check water/beach conditions before you go so you don't head into flood waters, heavy seas, or a cyclone.
- Assess the water – is there submerged rocks and debris in the river or water hole, can you see a rip in the ocean? Don't forget to pack your water shoes or aqua socks to help protect feet from cuts on rough surfaces and burns on hot sand.

Food safety

- Everyone's nightmare is food poisoning after a great day out. Making sure you keep cold foods cold (4°C and lower) and hot foods hot (over 60°C) while you travel, and after they are prepared and cooked, is important.
- Use freezer blocks and check your esky – does it keep cold foods cold enough for your journey? Electric eskies that you can plug into your car are great for camping or a day out if you stay close to the car. Raw foods and higher protein foods such as meat, chicken, fish, eggs, dairy products and rice need to be kept cold. And salad just tastes better cold.
- If you don't have access to a good esky then minimise time out of the fridge – no longer than two hours. Throw leftovers away.
- Keep raw meats away from already cooked foods or foods which won't be cooked such as salad and fruit to prevent cross-contamination.
- Wash or sanitise hands before barbecuing or eating.

- Cook raw meats all the way through.
- Cover foods to keep flies off.
- Don't forget clean plates and cutlery.
- If you don't have a suitable esky choose foods that are less likely to cause food poisoning such as peanut butter sandwiches or canned foods.

Keep having fun outdoors this summer and don't forget the hand sanitiser.

Plan outdoor activities during cooler times of the day

Check the weather forecast and plan outdoor activities during cooler times of the day such as early morning or late afternoon, or on days when the humidity level (amount of moisture in the air) is lower. The more humid it is, the harder it is for your body to cool itself down.

Dress for the heat

When you go outside, always protect your body from the heat and the sun to reduce your risk of sunburn and overheating. Wear shoes that cover your feet, including the tops of your feet, especially if you have reduced feeling in your feet. This will help protect them from sunburn as well as surface burns from hot sand or footpaths. Wear loose, light-coloured clothing that covers your shoulders and arms, and use a sunscreen or sunblock that is at least SPF50 on exposed skin. And don't forget your hat, sunglasses, and water bottle.

Take extra precautions if you have diabetes-related complications

Diabetes-related complications, such as damage to nerves and blood vessels that affect your sweat glands, can impact your body's ability to sweat and control its temperature. This increases your risk of dehydration and heat exhaustion. Some symptoms of heat exhaustion may feel like the symptoms of low or high BGLs, such as:

- dizziness
- irritability
- fast heartbeat
- headaches
- confusion
- nausea and vomiting.
- sweating

Therefore, check your BGLs often, avoid the heat, and stay hydrated. Heat exhaustion needs urgent treatment, so it doesn't become heat stroke, which is a medical emergency.

Be prepared for hot days

Plan ahead and make sure you have enough food, diabetes supplies and medicine to manage your diabetes at home, so you don't need to go out when it's hot. Keep your house cool by closing curtains and blinds and using air conditioning or fans. Check you have an up-to-date sick day action plan and emergency kit in case you become unwell.

Or you could plan to spend a lot of time in the air conditioned shopping centre! They will eventually kick you out but be careful going back out in the heat, it will really hit you!

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DRAW TO REMEMBER Activity

This year we had interest from one Primary School (one outside of our area) Eureka Primary School through a connection with our Treasurer Garry. Garry went to the school and engaged with the students, talking to them about what Remembrance Day is about, Garry said that the kids were very interested and asked some interesting questions, he then explained the Draw to Remember activity and left them with some workbooks and a pack of chalk for them to use to create their artwork.

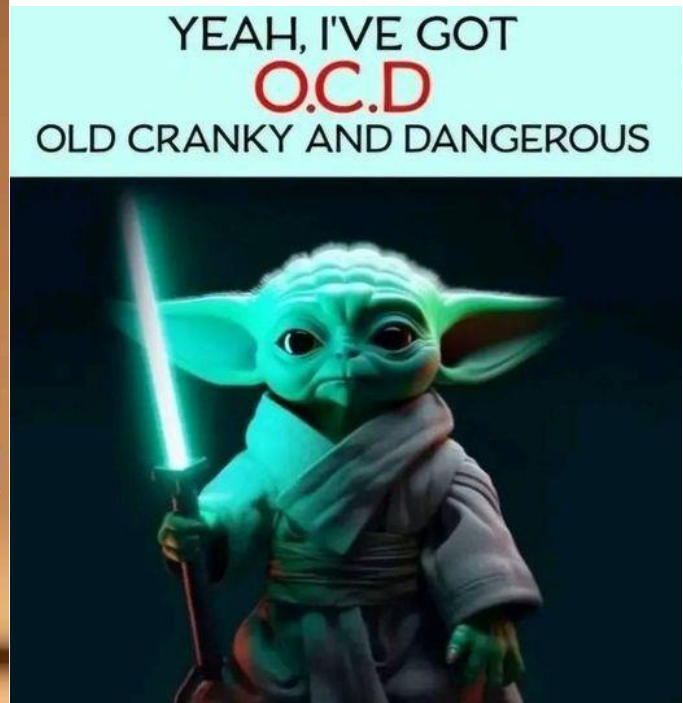


This was the result! We have received an email with pictures from the teacher involved, Lisa Henderson-Smith (can you see the connection???) which said:

Thank you so much for thinking of our little school and for asking us to participate in the Draw to Remember project. The staff and students all really enjoyed the process.

The junior class students in the photo attached are: Iley, Matilda, Skyla, Orion, Teddy, Solomon, Lior and Romona

The funny side of life:



A cowboy told his grandson the secret to a long life. He said, "You gotta sprinkle a little gunpowder on your oatmeal, see. If you do, you'll live to a nice ripe old age." So the cowboy did this religiously every day, and sure enough, lived to the nice ripe old age of 96. When he died he left behind 4 children, 8 grandchildren, 15 great-grandchildren ...and a 16 foot hole in the wall of the crematorium.



Once you understand why the pizza is made round,
Packed in a square box,
And eaten as a triangle..
Then you will understand women

BELOW IS A LIST OF WAYS TO WIN AN ARGUMENT WITH A WOMAN

When I offer to wash your back in the shower, all you have to say is yes or no.

Not all this "who are you and how did you get in here?" nonsense.

#LOL

Threw out my back sleeping and tweaked my neck sneezing so I'm probably just one strong fart away from complete paralysis.

Marjorie Moffatt –
Have a wonderful
100th Birthday and
Christmas Day from
us all in
Alstonville!!!



BIRTHDAYS
THIS MONTH



Many Happy Returns!!

- 01 Dec Christine Miller
- 04 Dec Les Daley
- 06 Dec Noel Toneguzzi
- David Ryan
- 13 Dec Georgina Sewell
- 15 Dec John Gordon
- 17 Dec John Porter
- 18 Dec Phil Skinner
- 21 Dec Bob Wilson
- 25 Dec Marjorie Moffatt *****
- 27 Dec Jeremy Tyler
- 29 Dec Neville Herber

Information:

DVA – Lismore VAN Office:
 Suite 8 Level 1 17 Conway Street
 Lismore (next to Australian Hearing)
 Ph (National number) 1800 838 372
 Mailing address:
 DVA
 GPO Box 9998
 Brisbane QLD 4001

DVA Gold Card – Many Vietnam and other Returned from Active Service Veterans are not aware of their entitlement to a DVA Gold Card at aged 70, which is not means or asset tested.

Returned Servicepersons under 70 and not in receipt of any DVA payment can complete DVA form D0506 “Claim to determine Qualifying service by current or ex-member of the ADF” to register with DVA..

To check for your entitlement complete the DVA form D3057 “Application for a Gold Card for Veterans of Australia’s Defence Force”.

SPONSORS – THANK YOU SO MUCH FOR YOUR SUPPORT

- Alstonville Plaza Meats & Deli
- Alstonville Quality Meats
- Alstonville Cellars
- Village Fresh Fruit and Vegetables, Alstonville
- Federal Hotel, Alstonville
- Melanie Stewart Real Estate, Alstonville
- Coles Supermarket, Alstonville
- Parkview Funeral Home, Ballina
- Guardian Funerals – Alstonville, Ballina, Lismore
- McGraths Real Estate, Alstonville

Wednesday Ukulele Group

Duck Creek Wailers Ukulele Group Alstonville NSW



Come along and enjoy the sing-a-long! Every 1st Wed of a month at the RSL Hall, every 3rd Wed at the Alstonville Library. Don't play an instrument, come along anyway and have some fun!!! 10am at the Hall, 10.30 at the library.

More information contact John Gordon

RSL Tibouchina Day Club

When: Wednesdays @ 10:00am

Where: Rous Mill Hall

What: Enjoy good company, live entertainment, light exercise (suitable for the elderly). Mental stimulation activities, morning tea, lunch
 A bus will pick you up and return you to your home within the Alstonville / Wollongbar villages for a \$10:00 contribution.

Who: For members of our community who are looking for social interaction in a friendly welcoming environment.

Contact Murette for more details: **0421 272 643**