



Alstonville RSL Sub-Branch

Standfast 2026

Issue 278

May 2026



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FOR YOUR DIARY:

**Next sub-branch meeting Sat
14th May @ 1100 hr. Followed
by a light lunch.**

Committee at 0930.

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0477 773 140	All emails to: AlstonvilleSB@rslnsw.org.au
Vice President	Phil Skinner	0427 291 292	
Vice President	Stephen Bryce		
Secretary	John Gordon JP	0437 509 790	
Treasurer	Garry Henderson-Smith	0400 474 413	

The Annual Voluntary Levy is payable now, \$15. Donations are also acceptable!!

Dear Members,

I would like to thank John Gordon and others for organising another successful Anzac Day March. Special mention goes to everyone who assisted on our sales tables. Thank You!!

For those of you who participated in school visits, spreading the word of Anzac.

Thank You

To Gary and Chris plus helpers for the gunfire breakfast. Thank You.

All of these activities combined to make it a memorable day. The weather was mostly kind to us but we did get wet, a few times. It could have been a lot worse.

The Alstonville Community once again has shown us their support. I would like to thank the local schools for their support and for Doug Gardiner and the senior students of Alstonville High School in helping with breakfast and the Anzac Day memorial service.

Beacom Shield was another successful day organised by none other than Brownny. I'm sorry to say the RSL Sub-Branch came second on the day. The real winner was Legacy, as we raised over \$2,700. What a great sum of money and a fantastic day. Congrats to the Alstonville Bowls Club for providing the stage.

John G and I carried out a rushed RSL service for the ladies of the Tibouchina RSL Day Club.



From the President

Please be advised, I will be away for our next Committee and Members meetings. My granddaughter is turning 4 and Nanny and Poppy are required to attend on the Central Coast.

I trust you stand with Ben Roberts-Smith.

Stay well, safe and dry.

Blessings 🙏

John Porter
President

Sub-Branch Meeting Minutes

MINUTES of the sub-Branch General Meeting 11April 2026.

President John Porter declared the meeting open at 1110am with the wreath laid by member Phil Skinner followed by the Ode and a half minute's silence.

Attendance was 22, with 4 apologies and 1 guest.

Rob Wilson introduced his guest Joel, President of the Astronomy Society

MOTION: That apologies be accepted.

Moved – Bob Wilson **Seconded** – Allan Brown **CARRIED**

President then welcomed a new member Caleb Bryce and presented him with his membership card and badge.

President also spoke about Kayleen Cooper and her involvement not only in the sub-Branch, but also in the wider community, she will be sorely missed when she moves to Tasmania. On behalf of the members, he wished her all the best and the meeting fully endorsed those sentiments.

Minutes of the meeting held on 14 March 2026

MOTION: That the Minutes of the meeting on 14 March, as printed, be accepted as a true record of that meeting.

Moved – Secretary **Seconded** – Grahame Gooding **CARRIED**

Business arising from minutes - Nil business arising.

Correspondence:

Secretary read the received and sent correspondence including:

State Circulars including the consolidation of reporting requirements for Charities.

Funding is available through NSW Gov. to support Community development

Email from Sub Branch Support Alliance (SSA)

Email from Acting NSW President regarding unsolicited emails (SSA)

Notification that a member transfer to City of Lismore was complete.

The 2026 Commemorative pack from DVA

Essay competition entries

MOTION: That the Inwards correspondence be adopted, and the Outwards correspondence be endorsed

Moved - John Gordon

Seconded – Stephen Bryce

CARRIED

Treasurer's Report

The Treasurer presented the Revenue statements and accounts as at 31 March and the Accounts for payment.

MOTION: That the Revenue Statement as at 31 March be accepted, and the Payment of Accounts for April/May be approved.

Moved – Gary Henderson-Smith

Seconded – Rob Fry

CARRIED

State HQ – Nothing to report

FNCDC –

The President and several members attended the RSLNSW Listening Tour with topics like the Veteran Support Fund (VSF) covered. President was very disheartened by the lack of respect shown by some who attended, but on the whole it was an interesting event.

Secretary added that he took the opportunity to raise the governance of RSLNSW and commenting that the Act needs to change. This was well received by the attendees, and he also provided the Acting RSLNSW President with a copy of our motion to rescind that 2019 Act. He also 'hit the wrong button' and attached a copy of the motion to all the District Council Presidents and the executive of the DPC, who intend to table for discussion at the next DPC meeting?

Welfare & Hospital visits

Grahame Gooding reported that visits to St. Vincent's are continuing although there was only one last week. Three new Hospital Visitors have received their training and are now up & running.

Motion: That John Porter, Rob Fry and Graham Hellyar be authorised to conduct hospital visits on behalf of the sub-Branch and added to the approved list.

Moved Grahame Gooding, Seconded Stephen Bryce - CARRIED

Hall Bookings

No changes.

Membership:

Membership is +1, -1 giving 67 Service members, 5 Affiliate members and 5 Auxiliary members – total 77.

Memorabilia

10% stocktake done. The donated glass plaques have been installed on the wall on the veranda.

Fundraising

Bob Wilson stated that the badge sales start next Saturday, then Mon-Fri leading up to Anzac Day. There are still some time slots available for both the Plaza and Main St. Wollongbar and the Industrial Estate are planned for Thu 23rd.

General Business

Bob Wilson mentioned that the Vintage Cars are not available this year, so people who want to participate please let Bob know so we can arrange a suitable alternative.

Grahame Gooding spoke about a Seniors Expo in Ballina in June, he proposes that we share a table with Legacy at a cost of \$188.

Motion – Grahame moved that funds to the maximum of \$200 be approved for expenses related to the Ballina Seniors Expo on 3rd Jun. Seconded Len Small – CARRIED

Bob Wilson raised the issue of Ben Roberts-Smith and his recent deplorable treatment. He suggested a letter of support be written, which the meeting agreed, Secretary to draft the letter.

Garry (Hyphen) suggested that it would be good if we looked at the meeting raffle prizes with a view to increasing the value.

Allan Brown spoke on the Beacom Shield on wed 22nd. Only 5 names from the sub-Branch so far! \$35 per head, which includes green fees and lunch – well worth it for a fun day!! There was a further suggestion of holding an indoor sports competition with the Bowls Club which will be discussed.

You may have noticed the entryway has changed! The portico (not an arbor) was donated by John Porter's son-in-law, who also delivered it and positioned it in nearly the correct spot! There will be a working bee to complete the installation soon, watch this space.

ANZAC Day preparations– there are still some prayer readers needed, (volunteers were forthcoming) and some sub-Branch wreath layers as well (also filled).

A small working party needed at 5am to set up for Dawn Service, and additional helpers at 8am at the Park to set up for the Main service.

Gunfire Breakfast will be catered by Hyphen, Cristine & grandchild, with several students for the High School volunteering as well.

Brian Partridge volunteered to look after the flags for the Hall & Paddy Bugden memorial and the wreath for the cemetery.

Also, there was a reminder to call for other wreaths after the listed ones.

Stephen Bryce advised that he has booked 4 tables at the Feddy for those who wish to have lunch there.

Alan Brown commented that the Flag Party for the march will be all ex-service members which is the first time in a long while!

Tony Tyler was appointed as Parade Commander, with Michael Letts as school wrangler for the march, and Tony assisting at the dispersal.

Stephen Bryce spoke about the **trial open days**, Tuesday and Thursday 9-1. There have been several visitors so far! Crawford House and the Showground are happy to have flyers for visitors as are several coffee shops, and Crawford House also suggested that Fridays would be a good day to be open as well. For this to work, we need people at the hall to explain the displays and with local knowledge – if you are able, please come down, have a seat in the comfy lounges and we may even offer a cuppa!!

Primary School essay competition – 4 entries received so far, copies are there, please rank them 1-4 (1 being best), secretary will collect them after the meeting.

The President presented his working paper “**Framing the Future**” as an aid for discussion, please read it and offer any suggestions – nothing is off the table.

If we don't do something, this sub-Branch could, sadly, have to close. We need options.

The paper will be emailed to the Standfast mailing list, we need your ideas and the benefit of your experience.

Things like John suggests. Office space in the back; mini-coach; shipping container; Social Media expert; update the Hall façade – a more military theme: put us as a tourist Attraction & promote Paddy Bugden VC and Blanchie: recruit someone to be a Compensation Advocate, and a Welfare Advocate as well.

Don't be shy about coming up with ideas, nothing will be ridiculed, everything will be assessed! **YOUR SUB-BRANCH NEEDS YOUR HELP**

Meeting closed at 1210.

Next Meeting: 9th May at 11am Committee meeting at 0930

.Lunch, as usual, will be provided on completion from 12.00.

A small selection of photos of ANZAC Day, go to our Facebook page for more!

President John, Geoff (Rotary representative and Gordon King

The squaddies!!!!



And the band played

peace and quiet!





There will be more photos on the sub-Branch Facebook page!!!



WOMAN:
Shampoo for
dry and
damaged hair.

MAN:
6 in 1 shampoo
for hair, face,
body, carpet, car
and dishes.

Continuing the story of Jessie Blanch from last month!

Not only did Japanese planes bomb Singapore on 8 December, but soon after midnight a force of some 5,000 troops launched an amphibious assault at Kota Bharu on the peninsula's northern coast, and three days after that, Japanese troops crossed into northern Malaya from occupied Thailand.

"War is on with Japan," wrote Jessie on 9 December. "Singapore bombed at 3 am. Moved theatre down to ground floor, C block. Black out tonight. No leave, only with armed escort" (Kirkland, p. 17).

Japanese infantry, backed by mechanized units and substantial sea and air power, surged down the Malay Peninsula, forcing severely outgunned British and Indian troops to withdraw southwards. Jessie records that by 18 December the Japanese were only 15 kilometres from Penang.

Christmas Day in 1941 brought some relief from anxiety. "Had stew for lunch," Jessie recorded. "Boys and officers all had dinner together. I helped with dinner in C2. Boys had a great time. All officers and men and sisters went to afternoon tea together. Had a great time. Then all went to our mess for cocktails, everyone in good mood. Then had dinner, chicken, etc., trifle and ice cream – very nice too. Toasted everyone" (Kirkland, p. 17).

Jessie's diary entry of the next day, Boxing Day, struck a more serious note. "Alarm at 11.00 am. 25 enemy planes coming our way – kids could hear the bombs dropping on Tampin and Alor Gagah. We saw 8 but not very close. Hong Kong gone" (Kirkland, p. 18).

Jessie is referring to the fall of Hong Kong to invading Japanese forces on Christmas Day. When the Imperial Japanese Army launched its invasion of Malaya on 8 December, it also invaded Hong Kong, Thailand and the Philippines, and bombed Guam and Pearl Harbour. Japanese forces committed numerous war crimes in Hong Kong, but perhaps none was worse than the massacre that occurred on Christmas Day at St. Stephen's College, which was being used as a British hospital. More than 100 doctors, nurses and patients were murdered by Japanese troops. Nurses were sexually assaulted and brutalised before being killed. News of these shocking events soon reached 8th Division headquarters in Malaya and helped to inform the later decision to evacuate the AANS nurses from Singapore.

By 29 December it had become clear that the 2/10th AGH would have to evacuate from the Colonial Service Hospital, as Malacca was now in the direct path of the Japanese advance, and a process of relocation to Singapore Island began. That day, 20 of Jessie's colleagues were detached to the 2/13th AGH. The 2/13th AGH had arrived in Malaya on the Wanganella in September and had initially been based at St. Patrick's School in Katong on Singapore Island, before relocating on 23 November to a psychiatric hospital at Tampoi, on the outskirts of Johor Bahru in the southern Malay Peninsula. The rambling, single-story complex of concrete buildings had been leased from the Sultan of Johor on the proviso that the patients could remain on site in a separate building. (The hospital continues to operate today, as Permai Psychiatric Hospital.)

Jessie, Flo Trotter and Cecilia Delforce were next. They were detached to the 2/13th AGH on 5 January 1942 with 13 nursing colleagues and around 40 other staff. In the meantime, scores of patients had also been moved south from Malacca to Tampoi. The following day, their Queensland colleagues Joyce Tweddell, Chris Oxley and Pearl Mittelheuser were detached to the 2/4th CCS, then based at the Mengkibol rubber plantation, a few kilometers out of Kluang.

Conditions were more difficult at Tampoi than they had been at Malacca, and Jessie was not particularly impressed upon arriving at the hospital. "20 of us in the old mess," she wrote, "like sardines in a tin. Sleeping on stretchers. Had a feed then went to bed" (Kirkland, p. 18).

From Tampoi, the 2/13th AGH staff could see Japanese aircraft flying southwards to bomb Singapore Island. On 9 January, Jessie wrote “[Japanese] over last night at 4.30 am all crawled into jungle, great sight to see the searchlights and the planes in them and the AA [ack-ack] guns just like rockets” (Kirkland, p. 18). Singapore Island was less than 15 kilometers away, just over Johor Strait.

On 14 January, after Japanese forces had advanced into northern Johor, Australian 8th Division troops fought for the first time. They secured a tactical victory in the vicinity of Gemas, but over the next two days a much bloodier battle was fought, and for the first time the 2/4th CCS at Mengkibol received convoys of surgical cases. In turn, the 2/13th AGH in Tampoi began to receive flow-on cases. On 16 January, 95 patients arrived at Tampoi, most not badly injured. Twenty more arrived early the following morning, and on 20 January several seriously wounded men were admitted. All the while, the war was creeping closer, and plans were made to relocate the 2/13th AGH back to Singapore Island.

In the meantime, the 2/10th AGH had completed its relocation to Singapore Island. To begin with, the hospital had occupied Oldham Hall, part of the Anglo-Chinese School on Barker Road, then three days later took over Manor House, a nearby students’ boarding house on Chancery Lane, for surgical cases. Thereafter continued extensions were made by using a number of private houses and erecting tents in the grounds of the two main buildings. Jessie’s colleagues Joyce Tweddell, Chris Oxley and Pearl Mittelheuser had returned to the unit on 17 January, and Jessie, Flo Trotter and Cecilia Delforce were not far behind.

When the 2/13th AGH itself moved back to St. Patrick’s School on Singapore Island over the weekend of 24–25 January, Jessie, Flo, Cecilia and the remaining detached nurses rejoined their colleagues at Oldham Hall. “Left JB [Johor Bahru] at 6 pm [24 January], in Indian convoy,” Jessie noted in her diary. “Rotten driver nearly hit everything he saw. Arrived about 7 pm at the 10th. Great reunion” (Kirkland, p. 19).

The next day Jessie moved into the nurses’ bungalow at 37 Gilstead Road, and 57 casualties were admitted to Oldham Hall, of which 11 needed operations. Jessie and her surgical colleagues did their best for them. By the following day, 26 January, the 2/10th AGH was accommodating 538 patients, a number that was growing all the time.

In late January, as Japanese troops were approaching the very south of the peninsula, they began a ferocious artillery campaign. On 30 January a shell fell on Oldham Hall and destroyed the kitchen. The following day, the last Commonwealth troops crossed the causeway to Singapore Island and blew it up behind them. The final battle was about to begin.

The Imperial Japanese Army now controlled the entire Malay Peninsula, and only a body of water less than one kilometer wide lay between them and the island. The shelling campaign continued relentlessly, and on 4 February a number fell a short distance from Oldham Hall. Three days later three staff members were killed and several injured. To make matters worse, the large British guns to the south of the hospital were returning fire, so artillery was travelling over the hospital in both directions.

On 8 February, Japanese troops crossed Johor Strait and established a bridgehead on Singapore Island, despite strong opposition from Australian troops. Jessie and her colleagues at Oldham Hall were now working under extreme pressure. Heavy casualties were pouring in, and the wards were becoming so overcrowded that men were lying on mattresses on the floor while others waited outside. Operating theatre staff worked around the clock, treating severe head, thoracic and abdominal injuries. That day, Jessie went on duty in the operating theatre at Oldham Hall at 2 pm and did not return to Gilstead Road until late. There was little respite: the constant bombing and shelling meant that sleeping was difficult, even after a long shift.

Nonetheless, Jessie was sublime under pressure and was regarded as the finest theatre nurse in the unit. Her 2/10th AGH colleague Betty Jeffrey wrote how calm Jessie was. “I shall never forget

seeing how calm she was while we were being shelled one morning in Singapore,” Betty wrote. “She refused to stop working and more or less made everybody around her feel quite calm, too, and that to get on with the job was the thing” (Jeffrey, p. 71).

By the following day, 9 February, matters were coming to a head. The nurses were forced to leave the bungalow on Gilstead Road after a bomb fell on the house next door, killing an occupant. “Shells and bombs falling all day,” Jessie wrote. “Boys having a bad time. Hundreds of cases admitted. In the theatre all day, terribly busy. Got home about 9 pm and packed up. Guns still making a terrible row” (Kirkland, p. 20).

Already in January, following the reports of Japanese atrocities in Hong Kong, Colonel Alfred Derham, officer in charge of Australia’s medical units, had asked Lieutenant General H. Gordon Bennett to evacuate the AANS nurses. Bennett had refused, citing the damaging effect on morale. Derham then instructed his deputy Colonel J. G. Glyn White to send as many nurses as he could with Australian casualties leaving Singapore.

The nurses’ pleas to be allowed to stay with their patients were ignored, and on 10 February, six 2/10th AGH nurses embarked with 300 wounded on the makeshift hospital ship Wah Sui. The converted riverboat, painted white with large red crosses on both sides, had already been used to evacuate wounded from Singapore to Java. Although buzzed by enemy aircraft, the boat was not attacked and safely reached Tanjung Priok, the port of Batavia (today’s Jakarta).

The following day, Wednesday 11 February, a further 59 AANS nurses, drawn from both AGHs, left on the Empire Star. “We said a sad farewell and the girls hated to go and leave us, but orders are orders,” Jessie wrote. “We went back to the hospital after seeing the girls off and worked till 10 pm. All day shells were whizzing by, and bombs were dropping all around us” (Kirkland, p. 21). The ship was attacked dozens of times over the next two days before it reached Batavia with more than 2,000 evacuees.

Sixty-five AANS nurses remained in Singapore, but on Thursday 12 February they too had to go. In an interview given to the Lismore Northern Star in 1993, Jessie recalled that of course the nurses didn’t want to leave. “There were so many wounded who needed our help and besides we were sure we’d never make it. We didn’t have a plane in the sky and no ships to protect us” (Kirkland, p. 23).

Later that day, a convoy of ambulances carrying Jessie and the others converged on St. Andrew’s Cathedral in Singapore city, where, during one of the heaviest bombing raids Singapore had yet suffered, the nurses had their names and numbers recorded.

When the siren sounded all clear, the 65 AANS nurses proceeded towards Keppel Harbour until the ambulances could go no further, whereupon the nurses got out and walked. All around them was devastation. Fires burned and thick black smoke billowed into the sky, and on the wharf hundreds of people were trying to get away.

“While we were on the wharf,” Jessie writes in her diary, “two bombs fell not far away. Women and children were running everywhere trying to get on boats. I felt just like a rat being chased and felt it was a hopeless task trying to get away” (Kirkland, p. 24).

Jessie and her comrades were ferried out to the Vyner Brooke, a requisitioned coastal steamer and one-time pleasure craft of the so-called White Rajah of Sarawak, which was lying at anchor in the harbour. On board there were as many as 150 women, children and infirm and elderly men. On Thursday evening, the Vyner Brooke, ably captained by Richard Borton, slipped out of Keppel Harbour.

“We drew anchor about dusk,” wrote Jessie, “and before long we were lost hopelessly in the minefields – the poor captain who had only a scratch crew ... was nearly frantic. As we left Singapore, I will never forget the sight. Burning oil wells all over the island ... and other islands

nearby, houses on fire and we could still hear the noise of the big guns. Singapore was a tragic sight – under a pall of black smoke and planes still dropping their bombs” (Kirkland, p. 25).

That night the Vyner Brooke made little progress and spent much of Friday hiding among the hundreds of small islands that line the passage between Singapore and Batavia. By the morning of Saturday 14 February, Captain Borton was approaching the entrance to Bangka Strait. To the right lay Sumatra; to the left, Bangka Island.**The final installment next month!!!!!!**

More veterans eligible for Household Services compensation from 1 July

8 April 2026

More veterans will be able to apply for compensation for Household Services when a simpler veterans’ entitlement system begins on 1 July this year.

From 1 July 2026, all new claims submitted for compensation and rehabilitation will be assessed under an improved *Military Rehabilitation and Compensation Act 2004* (MRCA).

This will see veterans **with service-related conditions accepted only under the Veterans’ Entitlements Act 1986 (VEA)** become eligible to apply for Household Services and/or Attendant Care compensation under the MRCA for the first time.

There will be no interruption to approved services for veterans already receiving Household Services and/or Attendant Care compensation under the MRCA or *Safety, Rehabilitation and Compensation (Defence-related Claims) Act 1988 (DRCA)*.

From 1 July, MRCA and DRCA veterans with conditions accepted under the VEA will be able to ask for a reassessment of their needs so the impact of their VEA accepted conditions can be considered.

DRCA veterans who are approved for services up to the maximum weekly statutory limit, and whose needs have not changed, can contact DVA after 1 July to discuss transition to the higher MRCA rate.

Applications for Household Services or Attendant Care compensation received prior to 1 July 2026 will be assessed under the existing arrangements.

Compensation for Household Services and Attendant Care can only be approved for activities the veteran can no longer do **because of their accepted service-related conditions**.

In-home care and support for War Widow(er)s, Gold Card holders and TPI veterans

Although compensation for Household Services and Attendant Care is only available to eligible veterans for accepted service-related conditions, the **Veterans’ Home Care program (VHC)** is available to eligible Gold and White Card holders, including War Widow(er)s.

The VHC program provides in-home care and support services to assist eligible DVA clients to maintain their independence to live at home, including domestic assistance, personal care, respite care, and home and garden maintenance.

The VHC program is unaffected by the upcoming legislative changes commencing on 1 July 2026 and will continue to stay open for all eligible Gold and White Veteran Card holders, including War Widow(er)s.

The current rules around dual access to compensation for Household Services and/or Attendant Care and support through the Veterans Home Care Program continue to apply.

For more information, visit the Household Services, Attendant Care and Veterans' Home Care page on the [DVA website](#).

Super-quick weeknight omelet

4 ratings

Prep	Cook	Serve
OSm	OSm	1



Ingredients (6) Method

2 tsp extra virgin olive oil

2 eggs

7/2 avocado, diced

25g Greek fetta,
crumbled
tsp chopped fresh dill, plus

extra to serve
2 tsp lime juice

Step 1

Heat oil in a small 18cm (base) non-stick frying pan over medium-high heat.

Step 2

Whisk eggs with 1 tablespoon water in a small jug until well combined. Season with salt and pepper. Pour mixture into prepared pan. Cook for 2 minutes or until eggs almost set.

Step 3

Top one half of omelet with avocado, fetta and dill. Drizzle with lime juice. Fold omelet over to enclose filling. Transfer to a serving platter. Serve sprinkled with extra dill.

Recipe notes; Once you get the hang of this easy omelet try these ideas:

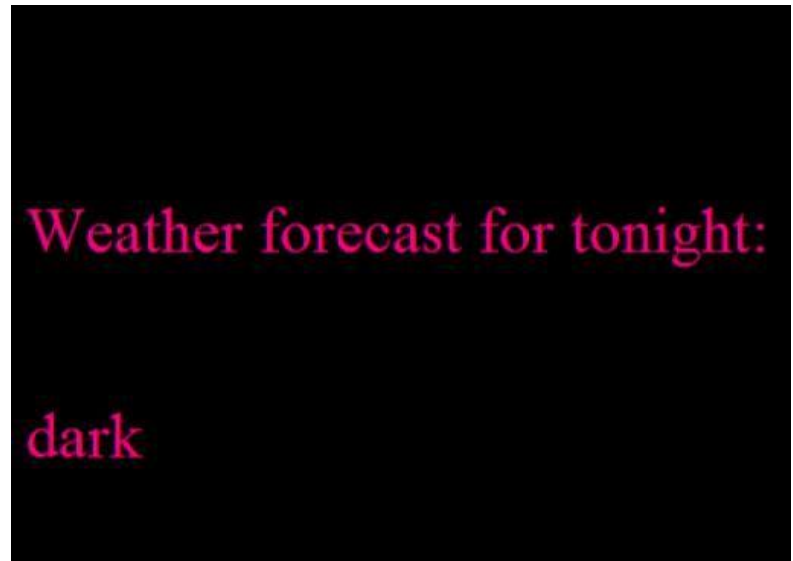
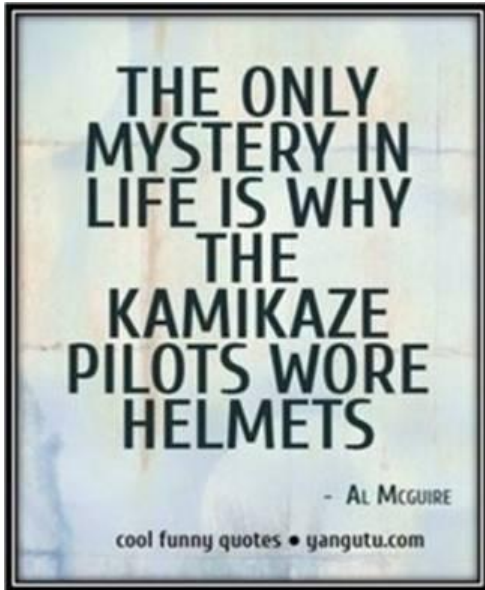
- Smoked salmon, lemon juice and thinly sliced red onion.
- Prosciutto, parmesan and basil.

Roasted red capsicum, ricotta and pesto

Brain cells die, skin cells die, even hair cells die.

But FAT CELLS... must have accepted Jesus Christ as their Lord and Savior because they seem to have eternal life.

AT MY FUNERAL TAKE THE BOUQUET OFF MY COFFIN AND THROW IT INTO THE CROWD TO SEE WHO IS NEXT

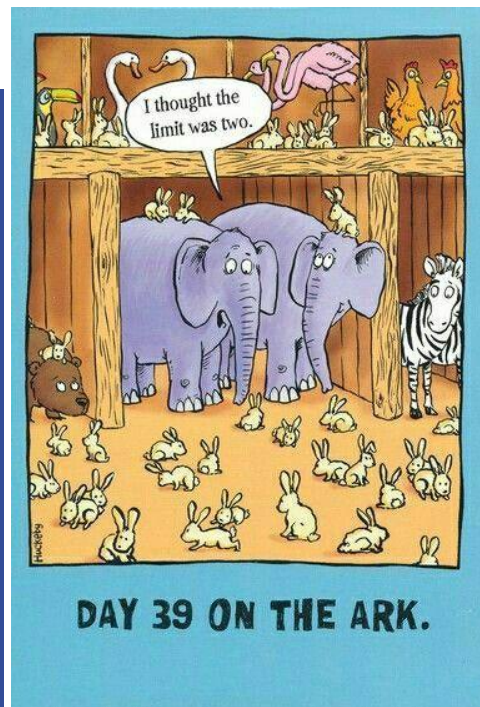


My wife is pregnant and my doctor asked me if I had ever been present at a childbirth before.

I said:, "Yes just once."

He asked, "What was it like?"

I replied, "It was dark, then suddenly very bright!"



The hall is now opening on Tuesday and Friday mornings from 9am, call in for a cuppa, or just a chin-wag!!!!

Many, many thanks for the support for AZAC Day – Guardian Funerals for printing the programs, the Newsagent for the badge sales table in Main St, Plaza management for the table there, you, the members for being here, the schools for their turnout and to the people of the Plateau for their continued generosity!

Information:

DVA – Lismore VAN Office:
 Suite 8 Level 1 17 Conway Street
 Lismore (next to Australian Hearing)
 Email: NSWVANLismore@dva.gov.au
 Ph 1300 838 372
 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 which is not means or asset tested.

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

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

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**