



Alstonville RSL Sub-Branch

Standfast 2026

Issue 278

Jun 2026



13 Bugden Avenue
 Alstonville NSW 2477
 Email: AlstonvilleSB@rslnsw.org.au
www.alstonvillerslsubbranch.org.au
 PHONE/FAX 02 6628 6156
 PO Box 692 ALSTONVILLE NSW 2477

FOR YOUR DIARY:

**Next sub-Branch meeting Sat
13th Jun @ 1100 hr. Followed
 by a light lunch**

Committee meeting @ 0930

Alstonville RSL Sub-Branch Office Bearers

President

All emails to:

Acting President Phil Skinner 0427 291 292

AlstonvilleSB@rslnsw.org.au

Vice President Stephen Bryce

Secretary John Gordon JP 0437 509 790

Treasurer

Hall opening days – Tuesday and Friday 0900 – 1200, call in & have a yarn and a cuppa!!!

It is with great regret that we have accepted John Porter's resignation as President. John and Marg are moving overseas to fulfill a long-term dream. We wish them all the best in this endeavour, and hope they won't forget us, left back here!

John has been instrumental in attempting to make us look at how we do things to sustain the sub-Branch for the future, his donation of the portcullis (?) has already drawn people's attention to the hall, and once it is firmly fixed in place (and possibly decorated?) it will be an eye-catcher.

John also gave us food for thought with his proposal paper, which is still being discussed.

Other sad news is that our Treasurer Garry Henderson-Smith (Hyphen) has resigned as Treasurer due to health reasons. Garry has done a wonderful job, mastering the Reckon accounting software and keeping the books in the black. We wish you a speedy return to full health Garry.

Vice-President Phil Skinner has stepped up to the plate as Acting President and we are looking for replacements for the two executive positions (President and Treasurer) over the coming weeks. The Secretary will assume the Treasurer's duties in the meantime.

We need more people to sit at the Hall on the open days, if you are free on Tuesday and Friday mornings please tell the Secretary or Stephen Bryce that you can come down.



From the President

Sub-Branch Meeting Minutes

MINUTES of the sub-Branch General Meeting 9 May 2026.

Chair, VP Phil Skinner, declared the meeting open at 11.10 with the wreath laid by member Allan Brown followed by the Ode and a half minute's silence.

Attendance was 17, with 9 apologies and 1 guest (Mrs Tyler).

MOTION: That apologies be accepted.

Moved – Bob Wilson **Seconded** – Michael Letts

CARRIED

Minutes of the meeting held on 11 April

MOTION: That the Minutes of the meeting on 11 April, as printed, be accepted as a true record of that meeting.

Moved – Secretary **Seconded** – Allan Brown **CARRIED**

Business arising from minutes - Nil business arising.

Correspondence:

Inwards

Secretary read the received and sent correspondence including:

State Circulars

Letter from PicRights

Notice from the High School that they will be able to continue interviews starting in June, member who wish to participate, names to Secretary please.

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

Moved - John Gordon **Seconded** – Brian Partridge **CARRIED**

Treasurer's Report

The Treasurer presented the Revenue statements and accounts as at 30 April 2026 and the Accounts for payment.

MOTION: That the Revenue Statement as at 30 April be accepted, and the Payment of Accounts for May/Jun be approved.

Moved – Gary Henderson-Smith **Seconded** – Rob Fry **CARRIED**

State HQ – Nothing to report

FNDCD – The FNDCD Meeting 24 May.

Welfare & Hospital visits

New hospital visitors taking up duties in visits to St. Vincent's. Rob Fry stated he visited Col Biddle in LBH and he has made the decision to enter Aged Care now, as he realises that he can no longer take care of himself. Family are looking for places nearby.

Hall Bookings

No changes.

Membership:

Membership is now 75.

Memorabilia

10% stocktake done. Several items have been dropped in recently, still being assessed as to suitability.

Fundraising

Bob Wilson reported on a very successful Badge Sales, a very big and heartfelt thank you to all the helpers at the tables, and also to the outstanding job done at Wollongbar!

General Business

ANZAC Day – All reports back are that it was a successful day, the Secretary thanked the many people who assisted with the set-up, conducting the services and particularly Stephen and Caleb Bryce for the unstinting efforts to make it a memorable day. A suggestion was to make an announcement at Dawn Service about service & ex-service and families invited to Gunfire Breakfast.

A BIG thank you to Hyphen and Cristine for their efforts in running the Gunfire Breakfast, we all appreciated the tucker!! And to the High School students who served and cleaned up!

BZ to the pilot of F18 for flypast, great timing (purely accidental by us!!)<grin>!!!

Rob Wilson moved that a letter be written to the DPC to expressly ban a Welcome To Country at Commemorative services as it is a political statement – we ALL served under the Australian flag irrespective of colour, race or creed. Do not bring this divisive statement into our services.

Seconded Rob Fry – CARRIED Unanimously

Portico – work will start soon to install it permanently – watch for a call for a working bee!

Hall Open – you may be aware that we have been opening the hall on Tues, Thurs & Friday mornings. We've had several visitors, all very impressed with the display. We have decided to drop the Thursday opening, but we still need volunteers for Tuesday and Friday mornings (0900 – 1200). Names to the secretary please.

First Aid/Defib training – It has been suggested that we try to get some sort of training for interested people, mainly to overcome the initial fear of getting the machine down & opening it (once open, the machine tells you what to do). That initial reluctance/fear of doing it is what we want to teach people to overcome. Rob Wilson will investigate options.

Michael Letts advised that there is an article in the DVA Newsletter about Aged Care and recommends the **DVA publications** (noting that they are available on the bookcase by the doors) to help negotiate this complex and harrowing subject, and that's before getting to the financial side!!!

Brian Partridge raised the issue of the **front yard**, the shrubbery in the garden beds obscures the Hall, maybe we need to get a professional landscaper's advice on what would be the best way to compliment the Hall!

Allan Brown mentioned that the **Beacom Shield** was the best one yet! and that, as he has been organising it since the 80's, it's time for him to stand down. Anyone interested please speak to Brownie!

Allan also gave notice that this year was his last as a Flag Bearer for the march, we will need to gather newer, younger people for it.

The Secretary raised the issue of the President's "**Framing the Future**" discussion paper and made some further suggestions for people to think about.

1. Recruiting younger members is the highest priority
2. Find people with interests to start 'clubs' or sub-groups like Fishing, Cards, Darts etc. Get people involved. Nothing is too outlandish, if you have an idea, raise it! It might get legs!!!

Meeting closed at 1205.

Next Meeting: 13th June - Committee meeting at 0930

followed by General Meeting at 1100hrs.

Lunch will be provided on completion from 1200.

An Article from Diabetes Australia magazine 'Circle'



A look at eye health

Do you love cooking but find it harder to read recipes? Does driving at night no longer feel safe? Or is finger pricking becoming more of a challenge?

Diabetes can cause many changes to your body, including your eyes. Our vision is precious and even small changes in sight impact the way we live life. For most people, changes to eyes are gradual. There are often no symptoms that sight is changing, and it might not be noticed for some time. Vision change can easily be mistaken as being tired or simply ageing. That's why regular diabetes eye checks are so important.

How diabetes can affect your vision

Diabetes can cause damage to the blood vessels in your eyes. The most common diabetes-related eye problem is diabetic retinopathy (DR), in which the tiny blood vessels at the back of the eye are damaged and can cause vision loss.

Another common condition is macular oedema. Macular oedema is the swelling or thickening of the macula, which is the part of the retina responsible for tasks such as reading and recognising faces.

Symptoms that might indicate your vision is changing

- Floaters and flashes
- Blurry, blocked, or dim vision
- Poor night vision
- Halos around lights or sparkles
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Distortion or holes in vision
- Frequent changes in eyeglass prescriptions



Normal vision

Diabetic retinopathy
(eye disease caused by diabetes)



Looking after your health = looking after your eyes

Low vision can impact your ability to manage your diabetes effectively. Those daily tasks such as reading your blood glucose monitor or checking food labels become more difficult.

There are some low-vision aids and strategies that you can use including:

- Magnifying glasses
- Large-print materials
- Adjusting lighting in your home to improve variability and reduce eye strain

Look after your wellbeing

Symptoms such as blurred vision or vision loss can be difficult to live with. Many people tell us they experience a wide range of emotions when they realise their vision has changed, from disbelief to a sense of loss, and sometimes even depression.

Processing this new change with a psychologist, social worker, or a trusted health professional can be helpful. You may also benefit from talking with others who have experienced a change in their vision. There are peer groups or mentors you can access, such as Seeway (more information on the following page).

Prevention

You can slow progression of diabetic eye disease by keeping your glucose levels, blood pressure, and cholesterol as close to target as possible. This can be challenging so it is important to work with your diabetes educator, GP, or a health professional for support.

Regular diabetes eye checks help look for early signs of diabetes-related changes to your eyes. Early treatment means better results. You don't need a referral from your GP for a diabetes eye check; you can book an appointment directly with an optometrist.

KeepSight can remind you when your diabetes eye checks are due. •

This article has been intentionally presented in a larger font to demonstrate the difference between standard typefaces and those that may be easier to read for people with vision impairments.



What does a diabetes eye check involve?

Regular diabetes eye checks help look for early signs of diabetes-related changes to your eyes.

Rafael Sy, Optometrist, Specsavers Ipswich tells us: "You don't need a referral from your GP for a diabetes eye check, you can book an appointment directly with an optometrist. As part of the check, we will take a photo and 3D scan of the back of your eye, called an OCT. The scan is then examined to check if your blood vessels are showing any signs of damage. If there are signs of damage, the optometrist may give you a special, dilating drop to be able to get a better view of the back of your eyes. These drops may affect your vision for the rest of the day and leave you sensitive to light, so bring your sunglasses to your appointment. You can also ask someone else to join you, so they can drive you. Eye test appointments normally take around 30 minutes and at Specsavers are bulk billed with OCT imaging included with every test. Other providers often charge out-of-pocket costs, so check with your optometrist before you book."

If your vision is changing, the good news is that there are many organisations available to support you and often at no or very low cost. Remember you do not need to have severe vision loss to get assistance and support.

Extract from DVA's web-page.

Claiming travel reimbursements from 1 July 2026

2 June 2026

All travel for treatment taken from 1 July 2026 will be assessed under the improved *Military Rehabilitation and Compensation Act 2004* (MRCA).

What's changing from 1 July 2026?

For veterans who currently have eligibility under the MRCA or the *Safety, Rehabilitation and Compensation (Defence-related Claims) Act 1988* (DRCA):

- The 50km minimum distance requirement will no longer apply for travel by private vehicle, meaning a kilometre allowance can be claimed for all trips taken from 1 July 2026, regardless of the distance.

For veterans who currently have eligibility under the *Veterans' Entitlements Act 1986* (VEA):

- The prescribed VEA allowances will be replaced with access to a reimbursement of 'reasonable' travel costs, which is higher than the current prescribed amount.
- The kilometre rate for travelling by private vehicle will increase to \$0.68 from 1 July 2026.
- Access to travel using the Booked Car with Driver (BCWD) service will continue for eligible Veteran Card holders after 1 July 2026.

How do I claim travel for treatment expenses?

Online lodgement via a [MyService account](#) offers the simplest and quickest approach to claiming travel.

If you need assistance, you can authorise a trusted friend or family member to help you or [visit a VAN office](#) or a [Veterans' and Families' Hub](#) for face-to-face guidance.

You can also submit your claim [using a paper D800 form](#).

When claiming for meals or private vehicle travel receipts are not required.

For all other travel expenses you must submit a copy of your receipts, either by uploading to your MyService account during lodgement of the claim, or as a hard copy attached to your paper claim.

Receipts must be provided to enable DVA to validate your claim and correctly reimburse your reasonably incurred expenses.

Claims for trips taken before 1 July 2026

All claims for trips taken before 1 July 2026 will be assessed under the Act that applied at the time and date of travel (the MRCA, DRCA or VEA).

This will apply even if the claim is lodged after 1 July 2026.

Only claims for trips taken from 1 July 2026 will be assessed under the [improved MRCA as the single ongoing Act](#).

For more information, including the BCWD access criteria, visit [Travel for treatment | Department of Veterans' Affairs](#)

Changes for allied health from July 2027

Last updated 20 May 2026

The Australian Government handed down the 2026-27 Federal Budget on 12 May 2026, including further investment in the veteran support system to deliver on recommendations from the Royal Commission into Defence and Veteran Suicide. The Government will invest \$5.7 billion in 2026-27 to support the health, wellbeing and care of eligible veterans and their dependants.

As part of the Budget, the Government will be investing \$169.7 million to increase fees for allied health providers from 1 July 2027. This is the largest investment in allied health fees for veterans in over 20 years and will help veterans' better access the care that they need.

Alongside this change, a \$5,000 annual limit on allied health expenditure each financial year will be established from 1 July 2027. This will help limit unnecessary over servicing, while still supporting veterans whose care needs go beyond the limit where this is clinically indicated.

During the next 12 months, DVA will consult with veterans, families of veterans, health service providers and peak bodies, and ex-service organisations on how the new arrangements will operate.

What is changing for allied health services?

From 1 July 2027:

- Fees paid to allied health providers will increase—the largest increase in more than 20 years.
- The current 12-session (or 12 months, whichever occurs first) Treatment Cycle will be removed - which means veterans can access greater than 12 allied health sessions without needing an additional referral.
- A \$5,000 Annual Monetary Limit for allied health services each financial year will be established.
- Veterans with a critical or acute health need will continue to be supported. This will include additional support above the limit where this is clinically indicated. The design of this and other aspects of the new arrangements will be informed through the engagement with the veteran community.

These changes aim to make it easier to access care, reduce unnecessary approvals, and improve the veteran support system.

Fee increases apply to chiropractic, diabetes education, dietetics, exercise physiology, occupation therapy, orthotist, osteopathic, physiotherapy, podiatry, psychology, social work, and speech therapy services. It does not include dental, optical or hearing services, or medical or specialist services.

Psychology and counselling services delivered through Open Arms do not count towards the \$5,000 annual limit.

This new limit only applies to allied health. Information about the other supports available from General Practitioners and Specialists can be found on the [DVA website](#).

Why is the Government making these changes?

The changes respond to:

- the Royal Commission into Defence and Veteran Suicide

- feedback that current fees limit veterans' access to allied health services
- concerns that administration and treatment cycle restrictions impact negatively on veterans and providers
- evidence that a small number of providers are taking advantage of veterans

The new approach will:

- improve access and choice of providers
- ensure funding allows veterans to access the treatment they need
- support a sustainable and fair system for veterans and providers

What happens if I need more support?

If your care needs go above the \$5,000 annual limit, DVA will fund additional services where there is a demonstrated clinical need.

DVA is working to ensure the process is simple and how approval for additional limits will be made quickly. This ensures veterans are not disadvantaged if they require higher levels of clinical care.

These changes do not take effect for over a year. More information about how these new arrangements will work will be made available to veterans and their families well ahead of the 1 July 2027 start date.

The intent is to support people to access the clinical treatment they need, while reducing over servicing and inappropriate use of allied health services.

How will this affect veterans and families?

For most veterans and families, there will be little or no change.

- Current usage of allied health services indicates around 1 in every 10 veteran card holders use more than \$5,000 in a year, including accounting for the higher fees in this measure.
- Access to allied health services will continue, with less administration following the removal of the current treatment cycle arrangements. Providers will still be expected to follow best practice communication with other members of the treating team.
- Higher provider fees are expected to mean more providers are willing to see veteran patients and better access to care.

For those with higher or more complex needs:

- There will be pathways to access additional support in line with the treatment those veterans need

The final installment of the story of Jessie Blanch from last month!

Suddenly, at around 11.00 am, a Japanese plane swooped over before flying off again. Sometime after 1.00 pm, another plane approached before flying off. The captain, anticipating the imminent arrival of Japanese dive-bombers, sounded the ship's siren and began a run through open water. When a squadron of dive-bombers appeared on the horizon, Borton commenced evasive maneuvers. In her Northern Star interview from 1993, Jessie described what happened next.

“Once we were spotted, we started to make for a small island about twelve miles away,” she said. “Then six bombers came over and we knew we were done for. One bomb went down the ship's funnel and the men working in the engine room were horribly burned. The planes came back again and again – I don't know how many times. Matron Paschke gave us a lifeboat drill, but the planes machine-gunned these. There was only one left in the end, and we put the wounded into that [in fact two reached shore]. Each of us had been given specific responsibilities. I was in charge of dressings, but I had only tended to a few wounds by the time the ship was listing so badly that I had to jump for it” (Kirkland, p. 26–27).

The Vyner Brooke sank at around 2.45 pm, 15 kilometers from Bangka Island. Twelve of Jessie's colleagues were lost.

Jessie found herself in the water with Flo Trotter, Joyce Tweddell, Beryl Woodbridge and Jenny Greer. “Along came a plank of wood,” she recalled in her 1980 Northern Star interview, “and we caught hold of it. We found that just by resting a hand on it and swimming we could stay afloat. We started going with the current. A little distance away we saw the captain, sitting in a chair, smoking a pipe, drifting off in the opposite direction. [Later] we drifted close to a beach and we could see a group of our nurses around a fire. We swam and struggled as hard as we could to get to them, but the current carried us out again. It turned out that it was very lucky that we did not reach them” (Kirkland, p. 28).

The group of survivors on the beach were shot and bayoneted by Japanese soldiers two days later. Among them were 22 of Jessie's colleagues, of whom only Vivian Bullwinkel survived.

“The night went very quickly. About 3 am as we rounded a corner of the island we ran into the [Japanese] fleet – boats everywhere. The soldiers were going ashore to take the island ... By this time most of the girls were cold and exhausted ... so we tried to make a last effort to get to the shore. I swam and swam as I have never thought I could. So did Tweedie and Trot and about sunrise we could see the land getting closer and closer and we were lucky enough to stay in a current that took us onto the beach about 6.30 am [Sunday]” (Kirkland, pp. 28–29).

After 16 hours in the water, Jessie, Flo, Joyce, Beryl and Jenny, covered in oil, walked to the town they could see some distance down the beach. It turned out to be Muntok. Upon reaching it, they were taken by Japanese soldiers to the Muntok Customs House, where they met several of their AANS colleagues, as well as civilians. The following day, Monday 16 February, they were all taken to a large cinema, where there were as many as 400 women, children and men, survivors of a score of boats sunk by the Japanese in Bangka Strait in the previous two days. Many of the men were wounded and Jessie and some of the others nursed them as best they could (Kirkland, pp. 29–30).

The following day, all the internees were taken to the edge of Muntok town to workers' barracks known as the Coolie Lines, and here began a period of three-and-a-half long years of imprisonment for Jessie, her 31 surviving colleagues, and many hundreds of women, children and men. They were held in six camps on Bangka Island and in southern Sumatra. They were subjected to systematic abuse and random acts of violence. They were slapped, yelled at and made to stand in the sun. They were threatened with starvation and, by the end, nearly did starve. They suffered debilitating diseases, particularly in the final two camps, Muntok on Bangka Island and Belalau on Sumatra, and had life-saving medicines withheld. They were permitted to write home only once and received only two lots of mail from home. They were denied their rights under the Geneva Convention to be treated as prisoners of war. Worst of all, eight of their comrades died.

On 22 August 1942, six months into Jessie's captivity, the Lismore Northern Star reported that Mr and Mrs Blanch had been notified that their daughter had been posted missing. The last communication they had received from her was dated 10 February, from Singapore. Seven months later, on 22 March 1943, the same newspaper reported that Florence and Edwin Blanch had now been notified that Jessie was being held a prisoner of war by the Japanese.

Early in the morning of 24 November 1943, nearly two years into Jessie's captivity and nearly three years since she had left home, Edwin Blanch died at the family home in Uralba Road, Alstonville, at the age of 69. He had been in ill health for the previous 12 months. A service was conducted at the Lynwood Methodist Church on 25 November and then a cortege left for the cemetery at nearby Rous.

On 15 August 1945 the Japanese Emperor formally announced Japan's surrender. Within a short period, the 24 surviving nurses' situation changed dramatically, but it would take another month before they were located at Belalau camp and flown to freedom. Finally, on 16 September, they arrived in Singapore. They were met at Kallang Airport by ambulances and taken to St. Patrick's School, which by now had become the home of the 2/14th AGH. A ward had been decorated with bowls of flowers, lights were shining throughout the hospital, and warm baths and food delicacies were waiting. So too were reporters. The story of the surviving nurses' rescue and the tragic fate of their fallen colleagues broke in Australia late the next day, 17 September, confirming the worst fears of family members of those nurses who would not return. In a report in the Melbourne Herald, Allan Dawes, Herald war correspondent, noted that the story of the massacre had been well-known for months, but was kept out of print to save the life of Sister Bullwinkel.

Jessie wrote to her mother from Singapore, telling her that she was well and expected to be home soon. It was reported in the Northern Star on 2 October that Mrs. E. J. Blanch had received the letter.

On 5 October, after a period of recuperation, Jessie and the other 23 survivors boarded the hospital ship Manunda in Keppel Harbour and sailed home. When the ship arrived in Fremantle on 18 October, the nurses were given a gala reception at the 110th Perth Military Hospital. Following an appeal broadcast on the radio, the reception rooms of the hospital were filled with beautiful flowers of all kinds. For each nurse was a special gift of a posy from the garden of Flora Farmaner, mother of Jessie's 2/4th CCS colleagues Peggy Farmaner. Peggy was among those killed on Radji Beach.

The Manunda sailed the next day, and late in the afternoon of 24 October, arrived in Melbourne. Jessie and her colleagues walked down the gangplank and through a guard of honour formed by between 40 and 50 members of the AANS. They were then greeted by Matron-in-Chief of the AANS, Colonel Annie. M. Sage, who had been on the plane that carried them to freedom from Sumatra. They boarded the first bus in a convoy of buses and set out to the Heidelberg Military Hospital, where they were given a welcome-home party. Jessie and the other Queensland and New South Wales nurses spent the night in the hospital and the next day returned to the Manunda at Port Melbourne.

The Manunda sailed on to Sydney, its final stop. When the ship arrived at Woolloomooloo on 27 October, Jessie and all the others were taken to the 3rd Australian Women's Hospital (AWH) at Concord for observation and tests. The Queensland nurses were considered fit to continue their journey home – all except Eileen Short, who stayed at Concord until 6 November – and late on Sunday 28 October, they boarded a hospital train bound for Brisbane.

On the morning of Tuesday 30 October, after a journey of some 30 hours, Jessie, Flo Trotter, Joyce Tweddell, Cecilia Delforce, Chris Oxley, Violet McElnea, Sylvia Muir and Valrie Smith, along with five civilian nurses freed from internment in Totsuka, Japan, and around 80 other Queensland PoWs, arrived at Clapham Junction (the nickname given to Moorooka Railway Station, one of the busiest transport hubs in Brisbane), where they were met by family and friends. From the station they were driven in cars through streets lined with cheering and clapping crowds to the 2nd AWH at Yeronga. On arrival at the hospital, they were welcomed by the 4th Aust. Armoured Brigade Band playing 'We're Much Better off in a Home' and were in the arms of more family and friends almost before the cars had stopped.

“We've had wonderful welcomes everywhere, but Brisbane has broken all records,” Jessie later commented to reporters. The nurses exchanged enthusiastic hugs with Beryl Chandler, Jessie's, Flo's and Joyce's old Brisbane General colleague, who had also been a member of the party that flew into Sumatra to find the nurses when they were in Belalau.

In November 1945, Jessie returned to her home at Alstonville. Eight months later, in July 1946, she was reunited with Flo Trotter, Joyce Tweddell and Ada 'Mickey' Syer, who had survived the camps with them. They travelled from Brisbane to northern Queensland to stay at Kuranda, north of Cairns.

In March 1947 Jessie was awarded the Associate Royal Red Cross (ARRC) for courage demonstrated in the aftermath of the bombing of the Vyner Brooke, and for her selfless consideration towards her fellow prisoners during her period of internment. In typical fashion, she told the Lismore Northern Star that others deserved it more. “All the nurses were outstanding in their devotion to duty and their courage and deserved the award more than I. I was one of the lucky ones who did not have malaria.

Aged forty years, Jessie married **Albert Eaton-Lee** in 1950 at Alstonville, New South Wales

Jessie passed away, aged 89 years, on 15th May 1999 at Alstonville, in the hinterland behind Ballina, and is buried in Alstonville Cemetery.

I had the privilege of meeting Jesse at a sub-Branch meeting (she was a member) before her death, and my overall impression was of a very lovely, quiet, unassuming and soft-spoken Lady in every sense of the word.

How to make beef and pea hand pies

Women's Weekly Food

Savoury mince and peas inside flaky pastry creates a tasty meal for the family.



Ingredients

- 2 teaspoons olive oil
- 1 small brown onion (80g), chopped finely
- 1 clove garlic, crushed
- 500 grams minced beef
- 2 tablespoons tomato paste
- $\frac{2}{3}$ cup (170g) bottled passata
- $\frac{1}{2}$ cup (60g) frozen peas
- $\frac{1}{3}$ cup finely chopped fresh flat-leaf parsley
- 3 sheets puff pastry
- 1 egg, beaten lightly
- 1 cup (250ml) tomato sauce

Method

1. Preheat oven to 200°C. Oil oven trays.

2. Heat oil in a large frying pan over medium-high heat; cook onion and garlic, stirring, for 3 minutes or until onion softens. Increase heat to high, add beef; cook, stirring, for 5 minutes or until beef is browned and cooked through. Add paste, passata and peas; cook, stirring, until heated through. Remove from heat; stir in parsley. Season to taste.

3. Cut each pastry sheet into quarters (you will have 12 squares). Spoon $\frac{1}{4}$ cup of beef mixture into centre of each square. Brush edges with a little egg; fold pastry in half diagonally to enclose filling, pinch edges to seal.

4. Place pies on trays; brush with egg. Bake about 15 minutes or until browned. Serve with tomato sauce.

Cooked pies can be frozen for up to 3 months.

[Women's Weekly Food](#)

Remember, we are still looking for ideas to increase our member numbers – fishing club? Card nights? Mahjong afternoon? A Monthly Sunday BBQ lunch & movie, any other ideas ???
Please speak up, we will consider all suggestions!!!

We will have the Byron Bay sub-Branch visit again on the 3rd of July, we will put on a BBQ lunch and they love a good chat!! All members are encouraged to attend from about 10am.

Volunteers are needed to start the process of installing the Portico please see Stephen Bryce to discuss!

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.

I'M READING A BOOK ABOUT ANTI-GRAVITY.

IT'S IMPOSSIBLE TO PUT DOWN!

ASHE

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

Don't wear headphones while vacuuming. I've just finished the whole house before realizing the vacuum wasn't plugged in.

THE ONLY MYSTERY IN LIFE IS WHY THE KAMIKAZE PILOTS WORE HELMETS

- AL MCGUIRE

cool funny quotes • yangutu.com

FISH:

AN ANIMAL THAT GROWS THE FASTEST BETWEEN THE TIME IT'S CAUGHT AND THE TIME THE ANGLER DESCRIBES IT TO THEIR FRIENDS.

Some wise observations!!

Having sex is like playing bridge. If you don't have a good partner, you'd better have a good hand." Woody Allen

"Bisexuality immediately doubles your chances for a date on Saturday night." Rodney Dangerfield

"There are a number of mechanical devices which increase sexual arousal, particularly in women. Chief among these is the Mercedes-Benz 380SL."

Lynn Lavner

"Sex at age 90 is like trying to shoot pool with a rope." Camille Paglia

"Sex is one of the nine reasons for incarnation. The other eight are unimportant." George Burns

"Hockey is a sport for white men. Basketball is a sport for black men. Golf is a sport for white men dressed like black pimps." Tiger Woods

"My mother never saw the irony in calling me a son-of-a-bitch." Jack Nicholson

"Ah, yes, 'divorce', from the Latin word meaning to rip out a man's genitals through his wallet." Robin Williams

"Women need a reason to have sex. Men just need a place." Billy Crystal

"According to a new survey, women say they feel more comfortable undressing in front of men than they do undressing in front of other women. They say that women are too judgmental, where, of course, men are just grateful." Robert De Niro

"There's a new medical crisis. Doctors are reporting that many men are having allergic reactions to latex condoms. They say they cause severe swelling. So what's the problem?" Dustin Hoffman

"There's very little advice in men's magazines, because men think, 'I know what I'm doing. Just show me somebody naked'." Jerry Seinfeld

"See, the problem is that God gives men a brain and a penis, and only enough blood to run one at a time." Robin Williams

"Sex is one of the most wholesome, beautiful and natural experiences money can buy." Steve Martin

"You don't appreciate a lot of stuff in school until you get older. Little things like being spanked every day by a middle-aged woman. Stuff you pay good money for in later life." Elmo Phillips

"Bigamy is having one wife too many. Monogamy is the same." Oscar Wilde

"It isn't premarital sex if you have no intention of getting married." George Burns

**MY FRIEND KEEPS SAYING
"CHEER UP MAN IT COULD
BE WORSE, YOU COULD BE
STUCK UNDERGROUND IN A
HOLE FULL OF WATER."

I KNOW HE MEANS WELL.**

**THERE WAS A BIG
PADDLE SALE AT
THE BOAT STORE

IT WAS QUITE AN OAR DEAL**

UNKNOWN PUNster ©2017

**I went
to McDonald's
today
and ate a
Kid's Meal.


It was good,
but his mom
was furious...**

**I accidentally passed
my wife a glue stick
instead of a chap
stick..
She's still not talking
to me ...**

**WHAT DO YOU CALL A
MELON THAT'S NOT
ALLOWED TO GET
MARRIED?

CANTELOPE.**

HAPPY BIRTHDAY



Mr.	David	Scott	2-Jun
Mr	Ted	Dann	5-Jun
Mr	Alan	Partridge	6-Jun
Mr.	Rod	Clavan CSM	12-Jun
Mr	Phil	Ollett	23-Jun
Mr	Gordon	King	25-Jun
Mr.	Gary	Henderson-Smith	30-Jun

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**