



Alstonville RSL Sub-Branch

Standfast 2026

Issue 275

Jan/Feb



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FOR YOUR DIARY:

Next sub-Branch meeting
 Saturday 14 Feb @ 1030 hr. for
 tea & Bickies, then AGM at
 11.00hr.

A light lunch from 1200

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0476 677 626
Vice President	Robert Wilson JP	0414 708 662
Vice President	Phil Skinner	0427 291 292
Secretary	John Gordon JP	0437 509 790
Treasurer	Garry Henderson-Smith	0400 474 413

All emails to:

AlstonvilleSB@rslnsw.org.au

February meeting at 10.30 followed by AGM, 14 Feb 2026 at 11am, nominations for Executive and Committee positions are invited, submit to the Secretary prior to the AGM.

Dear Members,

Happy New Year to all the Members of the Alstonville RSL Sub-Branch. I wish each of you a very happy 2026 and may all your dreams come true. Furthermore, to you, family and friends have a safe and healthy year.

Some of you may still have family and/or friends staying with you. However, commencing next week all the schools are back in earnest. Mums, Dads and Grandparents can't wait. lol.

I'm delighted to mention about the attendance at our RSL hall on. Christmas Day and Australia Day.

Christmas Day was such a lovely friendship day whereby couples joined in conversation and shared a beautiful dinner together.

On the 14th Feb 2026, is our AGM. I call upon all our Members to attend.

Profound Advice

Profound advice is deeply meaningful, insightful counsel that causes significant, lasting positive change in a person's life.

It goes beyond surface-level tips to provide intense understanding of complex, serious situations, often resonating emotionally or intellectually to challenge perspectives and guide behaviour.

Key characteristics and examples of profound advice include:

- [Deep Meaning & Impact](#): It is intellectually rich or emotionally powerful, leaving a lasting impression.
- [Shows Insight](#): It demonstrates a clear understanding of serious, often hidden, truths.

Blessings 🙏

John Porter
President



From the President

Sub-Branch Meeting Minutes

MINUTES of the sub-Branch General Meeting **13 Dec 2025**.

President John Porter declared the meeting open at 10.10am with the wreath laid by Vice-President Phil Skinner followed by the Ode and a half minute's silence.

Attendance was 26, with 3 apologies and 1 guest, Mrs Wendy Tyler.

MOTION: That apologies be accepted.

Moved – Bob Wilso **Seconded** – Phil Skinner

CARRIED

Minutes of the meeting held on 8 November

MOTION: That the Minutes of the meeting on 8 Nov, as printed, be accepted as a true record of that meeting.

Moved – Secretary **Seconded** – Kayleen Cooper **CARRIED**

Business arising from minutes - Nil business arising.

Correspondence:

Inwards

Secretary read the received and sent correspondence including:

State Circulars

Letter from Richmond Valley Woodcrafters Club donating the two cabinets to the sub-Branch.

Copies of magazines Salute and Camaraderie

Email from Lismore re observations of CONGRESS by delegate

Email from Ruth Campbell

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

Moved - John Gordon **Seconded** – Rob Fry **CARRIED**

Treasurer's Report

The Treasurer presented the Revenue statements and accounts as at 30 Nov and the Nov/Dec Accounts for payment. He also expressed his appreciation for the fundraising efforts of all concerned, well done.

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

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

State HQ – Observation by the Alternate Delegate from Lismore about the 2025 Congress in Tamworth.

The main points were:-

The Board refused to advise anything about the events in Sydney regarding the previous State President's resignation.

The Board refused to answer any questions that they didn't want the answers known.

They controlled the Congress because they set the agenda and topics.

FNDCD –

The FNDCD Meeting 23 Nov at Evans Head.

The observations above dovetail neatly with our motion to FNDCD regarding repeal of the RSLNSW Act (2019), which was supported unanimously by the FNDCD, who only asked for some slight modification in the supporting narrative.

Welfare & Hospital visits

Bob Wilson reported that visits to St. Vincent's are continuing, Another Hospital Visitor is needed now that Ruth has left, Grahame Gooding spoke about the training at ST. Vincents, which will probably be in Feb 26

Hall Bookings

No changes,

Membership:

Membership – no changes, although we now have Ruth's new address and she would still like to get the Standfast – she likes the jokes!!!.

Memorabilia

10% stock take done.

Fundraising

Bob Wilson reiterated the Treasurers thanks to everyone who assisted with the Remembrance Day Appeal, especially the Laurel Club ladies, who sat and sold badges and memorabilia – it isn't a chore, it's become a social outing!!!(observation by the Secretary)

General Business

There has been a request to change the meeting time to 11am to make it closer to lunchtime. The committee agreed and moved that the meeting time be amended to 11am on the second Saturday of every month in 2026. Members all agreed to the change. **CARRIED**

The president expressed his Christmas Wishes to everyone, and his appreciation for the 'safe house' that he has come to liken the sub-Branch to, Thank you to all.

Bob Wilson commented on a new Medal Mounting service he has found, a person in Cabarita, he has the address & email if anyone wants them, the Secretary also reminded members about Barry Atkinson from Bonalbo who also does medals, details are available from him as well.

A reminder that after the meeting, set up for the Christmas Party – don't sit still or you might end up covered with a tablecloth.

The lunch on Christmas Day is ON, bring a plate!

Brian Partridge reminded members that the Woodcrafters had built the other cabinets in the hall as well.

Brian also mentioned that he had seen a small article in the paper that the Federal Treasurer was concerned about the cost of Military Superannuation and Veterans' Entitlements - watch this space!!!

Gary H-S asked members to be more careful in using the toilets, we don't have a cleaner, it is usually a member who checks them, there have been a couple of incidents recently where they were left in a particularly 'rough' state.

Meeting closed at 10.30

Next Meeting: Sat 14th Feb 2026

Committee meeting at 1000

followed by General Meeting at 10.30hrs.

Followed by the AGM at 11.00

A light lunch will be provided on completion from 12.00.

2026 marks a significant anniversary for the military in Australia.

125 years since the formation of the Commonwealth Naval and Military Forces.

Australia became a nation on 1 January 1901 when 6 British colonies – New South Wales, Victoria, Queensland, South Australia, Western Australia and Tasmania – united to form the Commonwealth of Australia. This process is known as Federation.

Prior to Federation, the colonies were ill-equipped to defend themselves. Each colony had its own militia consisting of a small permanent force and volunteers, but they all relied on the British navy to periodically patrol the Australian coastline. People feared the colonies could be vulnerable to attack from other nations with larger populations and military forces.

The colonies thought a united defence force could better protect Australia. This argument was strengthened by a report released in 1889 by British Major-General Sir J. Bevan Edwards. He found the colonies did not have enough soldiers, weapons or ammunition to adequately defend themselves. The report recommended a national defence force be established.

Formed on March 1, 1901, following the Federation of Australia, the [Commonwealth Naval Forces](#) (CNF) and Commonwealth Military Forces (CMF) amalgamated the former colonies' individual defense units into a federal system. While the CMF initially retained colonial titles, the navy was consolidated, later becoming the Royal Australian Navy (RAN) in 1911.

Commonwealth Naval Forces (CNF)

- **Establishment:** Established on March 1, 1901, the CNF inherited outdated vessels from the six state navies.

- **Initial Role:** Primarily focused on local defence, these forces were initially restricted to operating within a three-mile limit.
- **Development:** In 1909–1910, the force acquired modern destroyers (*Parramatta* and *Yarra*).
- **Evolution:** On July 10, 1911, King George V granted the title of "[Royal Australian Navy](#)" (RAN), marking the end of direct British control.

[Commonwealth Military Forces \(CMF\)](#)

- **Formation:** Created to unify the colonial land forces, the CMF became the basis for the Australian Army.
- **Structure:** It focused on defending the Australian mainland, relying on the British Empire for broader strategic security.

Key Historical Context

- **Command:** Captain (later Vice Admiral) Sir William Creswell was instrumental in the formation of the [Commonwealth Naval Forces](#).
- **Imperial Defence:** Initially, Australian naval policy was heavily influenced by the British Admiralty, with subsidies paid to the Royal Navy.
- **World War I:** The newly formed [Royal Australian Navy](#) played a crucial role in defending Australian waters and supporting Allied operations.

These organizations laid the foundation for the modern [Australian Defence Force](#) (ADF), which includes the Royal Australian Navy, the Australian Army, and the Royal Australian Air Force.

Australia is born: The Australian nation is a fact ... Now is accomplished the dream of a continent for a people and a people for a continent. No longer shall there exist those artificial barriers which have divided brother from brother. We are one people – with one destiny.

The Brisbane Courier, 4 September 1899.

CHRISTMAS Day lunch at the hall!

The inatural Christmas Day Lunch for those would be at home on their own on Christmas Day went really well! It was a “Bring a plate” affair and as you can see, we ate very well, with trifle for duff (desert), had great company and thoroughly enjoyed the day.



The plan is to hold it again for Christmas Day 2026 – it will still be ‘bring-a-plate’ and mainly for those individuals or couples who don’t have anything else to do on Christmas Day, so that you don’t spend it at home alone!

2. AUSTRALIA DAY 2026 – Close to 40 members and family gathered for an Australia Day function at the Hall and we had a cool & enjoyable time (I keep forgetting that I’ve always got a camera on my phone & forgot to snap some piccies), thanks to Hyphen and Phil for the cooking, Rob, Phil & Rob for setting up and to the washing-up crew for the clean up! Cristine (Mrs Hyphen!) brought some gluten free lamingtons that went over a treat! And the BBQ sausages, lamb chops & chicken skewers went well with the salads!! The Air Conditioning worked overtime at a cool 22° and speeches were kept to a minimum!

HOT WEATHER MINDFULNESS

What might feel like normal summer weather to some can be very dangerous for others.

The Bureau of Meteorology defines a heatwave as three or more days in a row when both daytime and night-time temperatures are unusually high— compared to the local long-term climate and recent past.

There is no single temperature threshold for a heatwave in Australia.

High overnight temperatures are what make heatwaves so dangerous because our bodies don't get a chance to cool down. It's also what makes a heatwave different from just a hot summer day.

Heatwaves can make you dehydrated and feel unwell. They can also disrupt infrastructure and services.

Keep heat out of your house

- **Practice night purging** — Open windows at night to clear hot air out and close windows and doors early before the sun is up to retain cool air inside.
- **Keep the sun out** — Blockout curtains and blinds covering windows during the day keep heat out of the house. This is especially effective for windows that are exposed to sun for many hours or at the hottest time of the day.

Keep yourself cool

- **Focus on cooling yourself** — Sitting in front of an electric fan will keep you cool, even if the house is warm. It is vital to drink extra water to prevent dehydration.
- **Spray yourself with water** — Wetting your skin will cool you down and prevent dehydration. Dipping your feet in water can also keep you cooler; make sure your feet and the floor are dry afterwards to prevent slipping accidents.
- **Wet clothes** — Wearing wet clothes can cool you down without needing to sweat. Wet your clothes about once an hour to keep your body temperature down.
- **Stay hydrated** — Avoid caffeine and alcohol and aim to drink a small cup of cool water (200mL) every 15 to 20 minutes. Cool rather than cold water is best to avoid stomach cramps.
- **Prepare your body for any strenuous activity** — if you're planning exercise you should hydrate in advance. Victoria Health says you should drink at least half a litre of fluids 2 hours before exercising and then around 200 ml every 20 minutes or so while working out.
- **Take note when visiting the toilet** — Have a look at the colour of your urine when using the toilet. A light shade indicates you're hydrated, while darker urine means you need to drink more water.
- **Cover up in the sun** — Protect yourself outside. If you need to be in the sun, wear a shirt, hat, sunglasses and sunscreen. Sunburn will affect your body's ability to cope with the heat.
- **Seek air conditioning** — If you don't have air conditioning at home, spend the day somewhere like a library, cinema or shopping centre. If you have an air conditioner at home, make sure it has been serviced and has clean filters.

Check on family, friends and neighbours and animals

- **Keep a close eye on vulnerable people you know** — Heatwaves pose the greatest risk to elderly, pregnant and very young people. People who are fit and well can also be affected, so remind the very active people in your life not to over-exercise during the warmest part of the day.
- **Make sure pets are cool** — Provide plenty of shade and enough water to last the entire day. Putting ice cubes in their bowl will help keep water cool for longer. Check on them regularly. If you live in an area with a lot of wildlife, you can leave shallow dishes of water around your property.

Look out for warnings

Agencies such as the Bureau of Meteorology and the State Emergency Service will work together to issue heatwave alerts.

Be on the lookout for alerts related to heat health (generally issued by the chief health officer), extreme heat or transport disruptions.

[The Bureau of Meteorology now forecasts heatwaves](#) in the warmer months, using maps showing colour-coded heatwave severity for the previous two three-day periods and the next five three-day periods.

Your local doctor, hospital or health professional is a source of advice if in doubt.

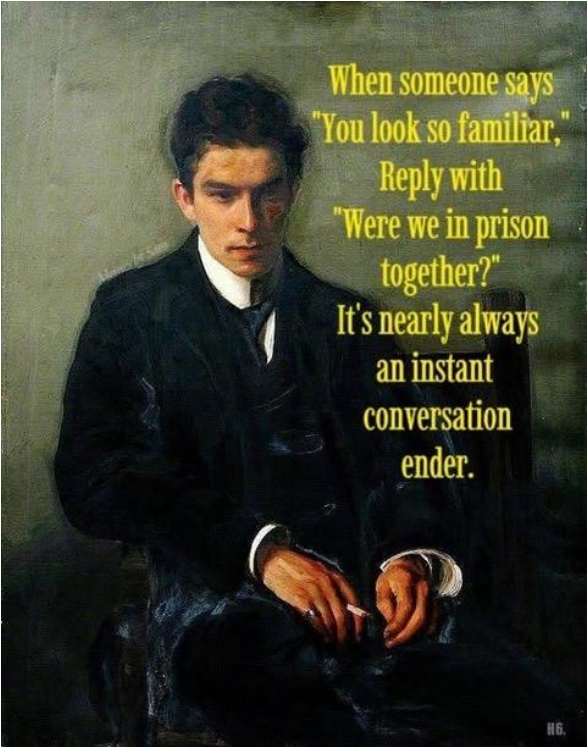


I have heard eggs are going back up again. That will surprise a few chickens.

The funny side of life:



**If you're attracted to
both women and men
but neither of them are
attracted to you that
means you are
Bi-Yourself**



**THERE IS NO SUCH
THING AS A
GROUCHY
OLD PERSON
THE TRUTH IS ONCE
you get old
you stop being
POLITE AND START BEING
HONEST**

**I don't mean
to brag**

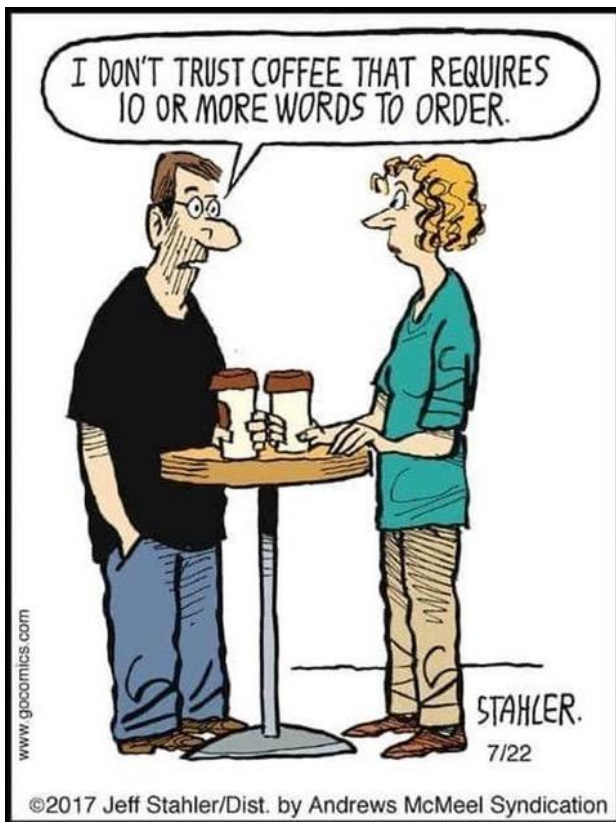
BUT I JUST FINISHED
MY 14 DAY DIET IN
3 HOURS AND 12 MINUTES

😂 A man gets on a train with both front
trouser pockets stuffed full of golf balls

🏌️
He sits down next to a beautiful blonde
👩, who can't help but glance repeatedly
at the bulges in his pockets.

Noticing her repeated stares, he points to
the bulges and says, "Golf balls."
She pauses, thinks hard 🤔, then asks...
"Does it hurt as much as tennis elbow?"

🏌️💥😂



HAPPY BIRTHDAY

Denis Byrne	01 Feb.
Geoff Harris	03 Feb.
Len Small	07 Feb.
Grahame Gooding OAM	12 Feb.
Fozzie Milnes	14 Feb.
Ruth Campbell	16 Feb.
Michael Letts	16 Feb.
Joy Wicks	21 Feb.
Anita Shepherd	27 Feb.

Many happy returns!! Have a great Day

And remember - you don't always get what you want, so buy it for yourself!!!!

Information:

DVA – Lismore VAN Office:
Suite 8 Level 1 17 Conway Street
Lismore (next to Australian Hearing)
Email: NSWVANLismore@dva.gov.au
Ph 1800 838 372
Mail to
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**