



Alstonville RSL Sub-Branch

Standfast 2023

Issue 276

March 2026



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FOR YOUR DIARY:

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

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0477 773 140	All emails to:
Vice President	Phil Skinner	0427 291 292	AlstonvilleSB@rslnsw.org.au
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'd like to thank all Members who attended our AGM and assisted with filling the Executive and Committee Appointments. My goal for this term is to find an income stream for our Sub-Branch and continue to support our member-base and grow new memberships.

I'd like to see more family social events where we all come together to enjoy each- others company.

This month saw the Darwin Bombing Commemoration at Elizabeth Brown Park. Even though, we had only small numbers it was a moving experience.

I'd like to thank members who participated in the guarding of the gates at the Alstonville market day. We raised nearly \$600, which is brilliant. What a great Community we represent.

I can't wait for our next members meeting where we can discuss moving forward, and what we would like to achieve over the next few years.

What is War!!

The full meaning of war is a large-scale, organized, armed conflict between nations,



From the President

states, or groups, involving intense hostility, violence, and significant destruction, often arising from political disagreements, resource competition, or ideological differences, and it can also metaphorically describe severe struggles like the "war on poverty".

Blessings 🙏

Sub-Branch Meeting Minutes

MINUTES of the sub-Branch General Meeting 14 Feb 2026.

President John Porter declared the meeting open at 10.32 with the wreath laid by member Phil Skinner followed by the Ode and a half minute's silence.

Attendance was 22, with 8 apologies.

MOTION: That apologies be accepted.

Moved – Bob Wilson **Seconded** – Phil Skinner **CARRIED**

Minutes of the meeting held on 13 Dec 2025

MOTION: That the Minutes of the meeting on 13 Dec 2025, as printed, be accepted as a true record of that meeting.

Moved – Secretary **Seconded** – Phil Skinner **CARRIED**

Business arising from minutes - Nil business arising.

Correspondence:

Inwards

Secretary read the received and sent correspondence including:

State Circulars

New fundraising idea from Military Shop – Hero Tags – collectable, will look at trying them at ANZAC Day stands

Letter from Byron Bay asking if they can visit again on Thurs 2 July – put it in your calendar.

Sub Branch Support Alliance – sub-group in RSL, Sec will follow them & advise.

Letter re royalties for photo used in Standfast jokes.

Letter from Ballina Shire Concert Band re available for ANZAC Day.

Veterans Act – Veterans Advocacy group has videos on the changes if anyone is interested – see Sec.

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

Moved - John Gordon **Seconded** – Allan Brown **CARRIED**

Treasurer's Report

The Treasurer presented the Revenue statements and accounts as at 31 Jan 2026 and the Accounts for payment.

MOTION: That the Revenue Statement as at 31 Jan 2026 be accepted, and the Payment of Accounts for May/Jun be approved.

Moved – Gary Henderson-Smith **Seconded** – Michael Letts **CARRIED**

State HQ – Nothing to report

FNDCD –

The FNDCD Meeting 22 Mar at Alstonville Hall.

Welfare & Hospital visits

Grahame Gooding reported that visits to St. Vincent's are back on, Rob Fry is joining the Hospital Visits team since Ruth Campbell's departure. Anyone else interested, please see Grahame or Bob.

Hall Bookings

No changes, Northern Rivers Astronomy Group are meeting on the last Sat of month

Membership:

Membership -no change.

Memorabilia

10% stocktake done.

Fundraising

Rosters will be available for ANZAC Day badge sales tables at next meeting

General Business

Alstonville Markets – we have been offered the Charity of the Day at the markets next Sat (19th). Anyone having a bit of time please come along & lend a hand.

Bombing of Darwin Day 19th Feb – Small service will be held at EAB, with medals please.

Allan Brown spoke about holding the **Beacom Shield** on Wed 22nd April, it's a great day, enjoyed by all! Lists should be out at next meeting.

Brian Partridge reminded everyone that today is **National National Service Day** (Nasho's Day)

Grahame Gooding advised of a tour in August he is aware of which he recommends – it's to Borneo & includes Sandakan Day, details are here

<https://www.tradetravel.com.au/international-group-tours/sabah-north-borneo-commemorative-tour-12aug26>

Brian Partridge expanded on his Nasho's Day comment, stating that he had several nasho's with him in Vietnam and they were great blokes.

Meeting closed at 1106.

Next Meeting: 14 Mar 2026 Committee meeting at 10am followed by General Meeting at 11.00hrs.

Lunch will be provided on completion from 12.00.

An invitation from Byron Bay sub-Branch

Veterans Family BBQ – Sunday 22nd March

- Where, At Clarkes Beach, Byron Bay
- Near the CAPE BYRON Kayak Rental Building, Nth side of Lawson St.
- At this location you will find two Electric BBQ
- Car Park on the East side
- Time Start 11am
- Lunch 12noon onwards
- This is an Alcohol-Free location
- Food will be provided
- Drinks will be provided
- Chairs provided and some shelter

Numbers who wish to attend, In by Monday 15th March 26

Contact Secretary John Gordon if you wish to go, we can arrange a lift or a bus if there are enough??? *****

The Australian Defence Force (ADF) is transitioning from the St Edward's Crown to the **Tudor Crown** in its rank structure, insignia, and badges, following the accession of King Charles III. This change, which replaces the symbol of Queen Elizabeth II with the one chosen by the current King, began to roll out on 1 August 2025 across all three services (Army, Navy, and Air Force). This is the first change to the royal emblem on ADF insignia since 1952

Key Aspects of the New Crown Transition

- **Symbol Change:** The St Edward's Crown (used from 1953–2025) is being replaced by the Tudor Crown.
- **Implementation:** The transition is gradual to manage costs, with new digital assets, badges, and uniforms featuring the Tudor Crown as old stock is replaced.
- **Army Impact:** The Australian Army's Rising Sun badge has been updated to its 8th pattern to include the Tudor Crown.
- **Officer Ranks:** The Tudor Crown will appear on relevant officer rank insignia (e.g., Major, Lieutenant Colonel, Colonel, and General ranks).
- **Other Changes:** The Royal Cypher is also changing from EIIR to CIIIR.

Open Arms group programs

Open Arms – Veterans & Families Counselling offers a suite of free online and face-to-face group programs for current and former serving ADF members, partners and other eligible family members:

- Connected Couples
- Managing Anger
- Managing Depression
- Managing Pain
- Parenting programs
- Recovery from Trauma
- Relaxation and Stress Management
- Sleeping Better
- Stepping Out (transition from military to civilian life)
- Understanding Anxiety

To find out more or enquire about joining a group, clients can contact Open Arms on 1800 011 046 or visit the group page: <https://www.openarms.gov.au/get-support/treatment-programs-and-workshops> to find a group program scheduled in their region.

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The NEW *Veterans' Entitlements, Treatment and Support (Simplification and Harmonisation) Act 2024* comes into effect on 01 Jul 2026. Any claims lodged after that date will be assessed under the new Act.

PLEASE TALK TO AN ADVOCATE ABOUT YOUR CIRCUMSTANCES BEFORE THEN,

in some cases, it may be beneficial to wait, in others, you may need to move quickly!

Veteran and Family Hub contact number 02 6681 9042 & ask to speak to the Compensation Advocate – Remember, the new Act may sound like it's offering a better deal but be careful what you ask for – you might get it!!! It is a very complex situation and will be **different** for every person, what works for one person may be detrimental for another person. The offer of getting a lump sum payment might sound attractive, but the implications may not be what you think, everything costs something!! .

One thing that may change in your circumstances – Home Help – Veteran's Home Care will continue to provide minor assistance, but if you require a higher level of assistance you will have to apply for Household Services under the MRCA. This is ONLY provided in relation to your Accepted Conditions, not for general ageing

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From DVA's website <https://www.dva.gov.au/about-us/inquiries-and-reviews/veterans-legislation-reform/veterans-legislation-reform-resources/household-services-attendant-care-and-veterans-home-care#how-do-i-apply>

What personal care and domestic assistance services are available?

Household Services compensation can be provided to assist you with routine domestic tasks in and around your home you can no longer do because of your accepted service-related injury or condition. Common services include assistance with domestic cleaning, laundry, ironing, gardening, lawn-mowing, window cleaning and gutter cleaning.

Attendant Care compensation can be provided to assist with regular and essential personal care tasks you can no longer do because of your accepted service-related injury or condition. Common services include toileting, showering, dressing and grooming. Medical or clinical services and nursing care are not covered by Attendant Care.

The **Veterans' Home Care (VHC)** Program offers Domestic Assistance, Home and Garden Maintenance, Personal Care, and Respite Care (In-home Respite, Residential Respite and/or Emergency Short-term Relief) to Veteran Gold Card or Veteran White Card (Specific conditions and/or Non-liability Health Care) holders with functional limitation.

You must be living at home and have an assessed need for support to access these programs.

From 1 July 2026, all new claims for Household Services and Attendant Care compensation will be assessed under the MRCA, irrespective of when or where you served, when your injury or illness occurred, or which Act your service-related conditions were previously accepted under.

From 1 July 2026, if you are a veteran with service-related conditions accepted under the VEA and are having difficulties managing domestic or personal care tasks because of these conditions, you will be able to consider lodging a claim for compensation for Household Services or Attendant Care. Previously this compensation was not available for conditions accepted under the VEA.

There are some differences between VHC, Household Services and Attendant Care. Unlike VHC, your need for compensation for Household Services or Attendant Care must be due to conditions that have been accepted as related to your service in the ADF.

For Household Services, you must also have been responsible for doing specific domestic tasks around your home before your service-related injury or disease. DVA is required to consider whether it is reasonable for a member of your household to assist you with specific tasks without being paid to do so.

If your needs are due to the impacts of ageing or frailty, rather than your accepted service-related conditions, you may consider seeking an assessment for VHC services. You can contact the VHC Assessment Agency directly by calling [1300 550 450](tel:1300550450), and they will organise an appropriate time for your VHC phone assessment.

The VHC Program will not be affected by the legislative change. Therefore, if you are already receiving VHC services, and are happy with them, you can continue to access them after 1 July 2026. However, if you choose to claim compensation for Household Services or Attendant Care under MRCA, the MRCA legislative rules about interactions between VHC and Household Services and Attendant Care will apply. If you are approved to receive compensation for Household Services, you can no longer receive Domestic assistance or Home and Garden maintenance from VHC. If you are approved to receive compensation for Attendant Care, you can no longer receive Personal Care from VHC.

If you hold a Veteran Gold or White Card you can request an assessment for, or continue to access, Respite Care services through VHC. This is because Respite Care services are only available through VHC.

The funny side of life:



Since I bought this toy for my dog...
 no more salesmen,
 break-ins, or friends popping in
 unannounced.
 Just peace & quiet.



Police came round last
 night and told me my
 dogs were chasing
 people on bikes

My dogs don't even
 have bikes.



- How does Moses make tea? Hebrews it.
- Venison for dinner again? Oh deer!
- A cartoonist was found dead in his home. Details are sketchy.
- I used to be a banker, but then I lost interest.
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a Typo.
- I changed my iPod's name to Titanic. It's syncing now.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went, and then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- When chemists die, they barium.
- I'm reading a book about anti-gravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words.



<i>Jim Yeo</i>	<i>3 Mar</i>
<i>Peter MacRae</i>	<i>9 Mar</i>
<i>Dennis McCrorie</i>	<i>19 Mar</i>
<i>Annette McDonald</i>	<i>24 Mar</i>
<i>John Denman</i>	<i>29 Mar</i>

We wish you all a very happy day and that you get what you want, not just what you need!!!!

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**