



Alstonville RSL Sub-Branch

Standfast 2025

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FOR YOUR DIARY:

Next social lunch is on 12 July
at 1100

Next sub-Branch meeting 9th
August@ 1100 hr. Followed by
a light lunch.

Alstonville RSL Sub-Branch Office Bearers

President	John Porter	0477 773 140
Vice President	Robert Wilson JP	0414 708 662
Vice President	Phil Skinner	0427 291 292
Secretary	John Gordon	0437 509 790
Treasurer	Garry Henderson-Smith	0400 474 413

All emails to:

AlstonvilleSB@rslnsw.org.au

GAMES DAY vs Byron Bay sub-Branch at 10 am on Tues 15th July

Dear Members,

It's the end of the Financial Year and the middle of Winter. I trust we are all warm, rugged up in front of a heater. If you're not, please let me know as I can help. Furthermore, anyone needing assistance with acquiring heavily discounted beef or lamb, let me know as I can help.

That's what friends are for. Completely anonymous.

At our last members meeting, I touched on our Sub-Branch longevity, pointing out how rising costs are impacting our financial future. You would have to agree, we are all experiencing this in these uncertain times.

I want to thank all members for their very kind donations which makes a world of difference to our bottom line.

As the matter of securing our Sub-Branch future, it's incumbent on our Committee to ensure we identify long-term income. I will continually keep you all up to-date as to what we are thinking.

Many thanks to the members who assisted at the gates on Alstonville Market Day. Even though, it was rain affected we still raised around \$400 in donations. I love this Towns generosity.

Meaning of Profitable Longevity

Profitable longevity refers to the concept of achieving both financial success and enduring viability, whether for businesses, individuals in retirement, or even farming systems, by adapting to changing circumstances, managing risks, and focusing on



From the President

sustainable growth strategies. This involves a multifaceted approach, including diversifying revenue, building financial reserves, embracing technology, and developing "longevity literacy" for individuals, all while recognizing the challenges and opportunities presented by an aging population and evolving markets. Kindest Regards & God Bless 🙏

John Porter
President

Sub-Branch Notes from the Secretary

An extract from the Victorian Naval Association newsletter 'Broadside' dated June 2025

The Enduring Benefits of Joining an Ex-Service Organisation

There's a unique camaraderie and sense of purpose that follows you long after you leave the service: a bond built on shared challenges; triumphs; and a steadfast commitment to duty. For many military personnel, joining an ex-service organisation is not merely a chance to network or reconnect with fellow veterans; it is a pathway to reclaiming meaning in civilian life, fostering personal growth, and contributing to society through continuing service. In an era when the pace of life grows ever more frenetic and individual struggles become increasingly isolating, ex-service organisations act as stabilisers, offering a harbor for those who have weathered life's storms and now seek to navigate calm yet challenging waters.

Lifelong Camaraderie and Mutual Support

One of the most palpable benefits of being part of an ex-service organisation is the opportunity to be surrounded by individuals who share a common history and set of values, discipline, commitment, and a distinct sense of duty. Far beyond the confines of formal military training, the lessons ingrained during service linger in the way veterans interact, solve problems, and support one another. The bond within these organisations is not based solely on shared past experiences, but on mutual respect for having served under extreme conditions and a willingness to help one another during the often-complicated transition back into civilian life. Whether it's a listening ear during personal tough times or a practical piece of advice on navigating post-service bureaucracy, the fellowship fostered in these communities forms a backbone for mental, emotional, and even financial stability. Ex-service organisations remind former service members that they remain part of a larger, enduring family committed to mutual growth and resilience.

A Bridge Between Two Worlds

The transition from military to civilian life is rarely seamless. It comes with its own set of challenges, like a sense of belonging or redefining one's identity outside of uniform. Ex-service organisations serve as a lifeline over these troubled waters, offering specialised support tailored to former service members. In these organisations, veterans find mentoring, counselling, and peer support that address everything from psychological well-being to practical life skills. The unique challenges of reintegration, be it adapting to an entirely different cultural setting or learning to navigate a civilian career are mitigated by the shared wisdom and experience of those who've traversed the same path. In welcoming environments filled with understanding and respect, veterans can explore new passions, rediscover their self-worth, and continue the legacy of service in a realm very different from that of being at sea, yet deeply connected by honour and duty.

Community Engagement and Social Impact

The benefits of an individual's involvement are not confined to personal or professional development; these organisations are pillars in local communities and larger society. Many ex-service groups partake in charitable initiatives, ranging from veterans' outreach programs to environmental conservation projects. Their activities often mirror the discipline and strategic thinking of military operations, channelling those skills into meaningful service projects that benefit society at large. By participating in community outreach, veterans translate their resilient spirit into transformative social impact, reinforcing the idea that service to the nation does not end with active duty, it merely changes form. Moreover, the visibility of these organisations in the public eye helps to elevate the conversation around veteran affairs, prompting policymakers to acknowledge and address specific needs with empathy and targeted support.

ADD TO YOUR CALENDAR:

15 July – Byron Bay sub-Branch visit – 10am

27th July – Korean veteran’s Day – small service at EAB Park War Memorial, please come if you are able, with medals!

15 Aug – Victory in Pacific Day

18th Aug – Vietnam Veterans Day – details about a service will be notified soon!

The Secretary is a member of ‘The Duck Creek Wailers’ Ukulele group and a perfect example of “you can teach an old dog new tricks”!! I’ve never played a musical instrument before, and I have been ‘playing’ (I use the term very loosely!!) the Ukulele for a FEW YEARS NOW. Anyone who is interested is invited to join us at the RSL Hall on the first Wed of the month at 10am, or at Alstonville Library on the third Wed at 10.30am. You don’t even need a ukulele, just come along for some singing & friendship.

The secretary is also the Walk Leader for the Alstonville Health Warriors, a Sunday morning Walking Group through the Heart Foundation. It’s a great way to start a Sunday, a 30-45 minute casual stroll around Alstonville, possibly seeing parts you never noticed before. Come along to the Post Office at 9am on a Sunday morning, unless it is pouring rain, for a pet friendly, seniors walk and have great conversation and usually a coffee afterwards

If Sunday isn’t suitable, contact the secretary to start an RSL walking group during the week!!

For anyone interested, there is the RSL submission to the Senate Inquiry into Veteran’s Advocacy contained here - <https://rslnsw.org.au/news/rsl-nsw-urges-urgent-reform-of-veteran-advocacy-system-in-senate-submission/>

Games Day – Tuesday 15th July – Byron Bay sub-Branch are visiting on Tuesday 15th, BBQ Lunch and a good, fun day planned. Everyone is welcome, even if just to play host & chat!! Contact Secretary to advise if you will attend (for catering purposes). Prizes & raffles galore!!!!

For the discerning 'would be' chef's amongst us!!!! An easy one!

Bangers and mash cottage pie

Ingredients	Method
<p>1.2kg sebago (brushed) potatoes, peeled, coarsely chopped</p> <p>2 tbsp milk</p> <p>1 tbsp olive oil</p> <p>8 beef and caramelised onion beef sausages</p> <p>1 brown onion, cut into wedges</p> <p>250g cup mushrooms, quartered</p> <p>70g (1/4 cup) tomato paste</p> <p>1 tbsp Coles white plain flour</p> <p>500ml (2 cups) beef liquid stock</p> <p>1 tbsp worcestershire sauce</p> <p>150g (1 cup) frozen baby peas</p> <p>80g (1 cup) coarsely grated cheddar</p> <p>Finely chopped fresh continental parsley leaves, to serve</p>	<p>Step 1</p> <p>Cook the potato in a large saucepan of boiling water for 70 -75 minutes or until tender. Drain and mash. Add the milk and stir until well combined.</p> <p>Step2</p> <p>Meanwhile, heat the oil in an ovenproof frying pan over medium heat. Add the sausages and cook, turning, for 5-8 minutes or until cooked through. Transfer to a chopping board and thickly slice. Add the onion and mushroom to pan. Cook, stirring occasionally, for 5 minutes or until the mushroom is golden. Add the tomato paste and flour. Cook, stirring, for 2 minutes. Return the sausages to pan and stir until well combined. Add the stock and Worcestershire sauce. Bring to the boil. Simmer for 5-8 minutes or until the sauce thickens. Stir through the peas.</p> <p>Step3</p> <p>Preheat the grill on high. Top the sausage mixture with the mashed potato. Sprinkle with the cheddar. Grill for about 5 minutes or until melted and golden. Top with parsley and season with black pepper to serve.</p>

Recipe notes

This is a great way to transform leftovers into another meal, such as any sausages or roast lamb (just shred before adding). Cook until heated through.

The funny side of life:

Written across the wall of a cave were the following symbols:



It was considered a unique find and the writings were said to be at least 3000 years old!

The piece of stone was removed, brought to the museum, and archaeologists from around the world came to study the ancient symbols.

They held a huge meeting after months of conferences to discuss the meaning of the markings.

The President of the society, who also happened to be a Greens senator, pointed to first drawing and said:



"This is a woman. We can see these people held women in high esteem.

You can also tell they were intelligent, as the next symbol is a donkey, so they were smart enough to have animals help them till the soil.

The next drawing is a shovel, which means they had tools to help them."

"Even further proof of their high intelligence is the fish which means that if a famine hit the earth and food didn't grow, they seek food from the sea.

The last symbol appears to be the Star of David which means they were evidently Hebrews."

The audience applauded enthusiastically.

Then a little old Jewish man stood up in the back of the room and said,



"Idiots... Hebrew is read from right to left... It says: 'Holy Mackerel, Dig the Ass on that Chick!'"

We just had a guy come into our auto parts store asking if we sold longer dipsticks



Because his doesn't reach his oil anymore

You know how they throw the ball into the crowd after they win the game? That's not allowed in bowling. I know that now.

REMEMBER:
When you bury a body, cover it with endangered plants so it's illegal to dig it up.

Follow me for more gardening tips!



My wife is blaming me for ruining her Birthday
That's ridiculous, I didn't even know it was her Birthday



HAPPY BIRTHDAY

Ruth Morris	02 July.
Gavin Hutchins	02 July.
Nathan Hallahan	09 July.
Anthony Luvisi	15 July.
John Sewell	15 July.
Mal Tolson	21 July.
Blue Skimmings	21 July.
Rob Fry	22 July.
Kayleen Cooper	28 July.

MANY HAPPY RETURNS TO ALL!!

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 Vets 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



Alstonville Plaza and Main St

For all your prescription and medication needs!

(I recommend their app for placing ‘Click & Collect’ prescription orders!! – John Gordon)

RSL Tibouchina Day Club

When: Wednesdays @ 10:00am

Where: Rous Mill Hall

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

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

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