



The Lone Pine at the Memorial Gardens

TOUKLEY RSL SUB BRANCH

Newsletter

Issue 67 – June 2021

President's Report:



Firstly, I would like to thank former President, Allan Love, and Vice President, Rod Clark, for their contribution to the Sub Branch over the last 16 months, during trying and difficult times, due to Covid. Nobody foresaw the uncertainties that the year would bring, with the cancellation of Anzac Day commemoration services last year and life, in general, as we knew it. Hopefully, we can get back to some sort of normality sooner rather than later. Both Allan and Rod wish to remain on the Committee.

I would also like to thank the Committee and members in offering their full support on my return to the President's role. I will work with the Committee to represent the members in whatever way we can.

Welcome back to George Meier to the Vice President's role, Mike Humphries and also to Bob Swift who was re-elected to the Committee at the May General Meeting. Former Vice President, Tom Hobbs, has also indicated his interest in returning to the Committee. We now have a total of five on the Executive and eight on the Committee. The workload will be spread around, and some new roles have been created for the Committee to undertake. As you may be aware, there is an enormous amount of work associated with the day to day running of the Sub Branch and planning for Commemoration Services. Further on in this Newsletter is a list of duties for which each Committee member is now responsible.

Just a reminder that the monthly General Meeting day has reverted to the first Monday of each month, commencing at 10.30am, with the exception of January. We endeavoured to accommodate the working Sub Branch members by changing the meeting day to a Sunday but, sadly, that didn't achieve the outcome we had hoped for, with fewer members attending meetings.

At this point, I would like to acknowledge the hard work and many hours put in by the Committee for Anzac Day 2021 Commemoration Services and, in particular, to Vice President Ian Collier, Secretary Judith Walker, Committeemen

Mike Humphries and Roy Norman. In total, the Sub Branch attended 24 services, including the Dawn and Morning Services at the cenotaph, ten Aged Care Facilities, ten schools (2 services at Gorokan High School), Wallarah Bay, and two Pre School in 24 days. Rod Clark drove the bus to the majority of these services. Thank you all. It was a great effort.

The cenotaph and memorial gardens, as always, looked a picture for Anzac Day and we thank management of The Ary for their efforts. It is always a pleasure to look in at the cenotaph when driving by to see how beautiful it looks. At present, there are the ashes of 419 deceased veterans interred there and, with the aid of Government Grants, further enhancements are in the planning.

The NSW RSL State Congress will be held in Newcastle on the 25th and 26th October 2021. I will be attending and prepare a report for the members for the November 2021 General Meeting.

Our yearly Christmas in July luncheon (sorry – to be politically correct “Welfare and Wellness Function”) will be held on Sunday 25 July 2021 from 11.00am-4.00pm in Celebrations Function Room in The Ary. Tickets will be available for members and their partners at the June 2021 General Meeting, at a cost of \$20.00 each. Tickets will also be available from the Sub Branch Office on Thursdays from 10.00am-12.00noon. Your \$20.00 will get you canapes on arrival, a three-course luncheon with refreshments, and Brassick will entertain us. Come along, have some fun, and enjoy the day. Oh yes, there will be a monster raffle, too, with some fabulous prizes! Definitely not to be missed.

Planning has begun for our Remembrance Day service at the cenotaph on Thursday 11 November 2021, commencing at 10.40am. Brassick has been booked to entertain us following the service, and a light lunch will be provided for members, their partners and invited guests.

At this early stage, we have also started preparations for next year’s Anzac Day which we expect will have bigger crowds in attendance. I have been in contact with Central Coast Council in preparation for next year’s Anzac Commemoration Services and will be meeting up with their Senior Events Co-ordinator at the CCDC Meetings from October onwards, to plan our road closures for the march and services for this important day.

Vice President, George Meier, has been sourcing available Grants for different Sub Branch projects and has recently submitted an application for a Defibrillator for Diggers' Inn and First Aid Training. We also have a few more ideas for enhancements at the cenotaph, including recessed lighting on the edges of the walkways as, and when, suitable Grants become available. We will keep you updated and advise you of the outcomes.

George has also been instrumental in sourcing a local Artist for the proposed mural at the cenotaph on the Police Station fence. We envisage a drawing/painting encompassing all three services in wartime, which will enhance the already beautiful gardens and surrounds. These things take time but we are hoping to have something in place prior to Remembrance Day this year.

Five of the six gardens at the cenotaph look quite bare once the Anzac Day and Remembrance Day flowers have been removed and we would like to see some permanent small shrubs in these gardens year round. With this in mind, we sought the expert advice of Bunnings Lakehaven's Horticulturist who visited the site and recommended a shrub called Miniature Westringia Jarvis Gem. Bunnings also offered their assistance and guidance with the soil preparation and planting. I am pleased to advise that the Sub Branch has placed an order with Bunnings for 250 plants (to be spaced 50cm apart) which are scheduled for planting by the Committee on Friday 25 June 2021.

If you know of a veteran who would like a visit or phone call, please let our Welfare Officer know. Graham spends a lot of time visiting our veterans in Aged Care Facilities and homes and/or phoning for a chat and check on their welfare. We appreciate the many hours that Graham puts in for the Sub Branch, and thank him for his ongoing work. Committeemen Roy Norman and Mike Humphries have offered to assist Graham with his visits.

With the relaxation of rules following Covid, day trips in the Sub Branch bus have now resumed. Bob Swift is checking out places to visit and, once he has a list, with costings, it will appear in the Newsletter. These bus trips previously proved popular with our members and it gives an opportunity for an outing to our members and also to visit places that they may not have been to. If you have any queries or have any suggestions, please see Bob, who will be happy to talk to you.

If you have anything of interest that you would like to share with the members, please let our Newsletter Co-ordinator know. For those who may miss out on obtaining a hard copy at the General Meetings, a copy is posted to the Sub Branch webpage, under “Newsletters” following each meeting.

The Sub Branch Facebook page has been inactive for almost two years and has now come back to life, thanks to John Noorbergen and George Meier, who worked together to get this happening. John has also a Sub Branch Instagram Account up and running. Together with the Sub Branch webpage, the monthly Newsletters, Facebook and Instagram, we will keep you updated with events and newsworthy items, so keep watch.

I have been asked by some members why the cost of Sub Branch Membership fees has increased. The cost of \$35.00 per member has been the same for a number of years now. However, the Sub Branch has been able to subsidize the cost, meaning that members were paying \$20.00 per year. NSW State RSL advised that there are many Sub Branches within the State who have only a handful of members and, therefore, do not have the funds to subsidize membership fees for their members. It did not seem fair that larger Sub Branches could afford to pay the \$15.00 when smaller ones did not have the funds to do this. To put all Sub Branches on the same level footing, NSW State RSL deemed that all members pay the full amount of \$35.00 per year.

Earlier in the year, the Trustees requested consideration of either a pedestrian crossing or refuge outside of Diggers Inn to assist our members in crossing busy Main Road. Transport for New South Wales has advised that, unfortunately, it is not practical to do so because of the impact on businesses, road width and nearby driveways.

The Sub Branch was recently approached by the 236 Army Cadets (Northlakes) for financial assistance to purchase shelving to house their equipment in their shipping containers at Gorokan. At the May Committee Meeting, an amount of \$500.00 was approved by the Committee for the purpose requested. A cheque has been drawn and forwarded to the 236 Army Cadets.

On Saturday, 19 June 2021, I will be representing the Sub Branch at the Australian Air League Ilma Nicholson Wing Dinner at Doyalson RSL Club. The Committee has

approved a donation of \$1,000.00 to the Air League which will be presented to them on the night.

Both the 236 Army Cadet and Australian Air League provide support to the Sub Branch for our Commemorative Services and we are proud and grateful to have their involvement.

Sub Branch shirts are available for purchase at \$35.00 each. They come in a range of sizes, up to 4XL, and we have a selection available at this present time. If we don't have your size in stock, please place your order with the Secretary.

The Sub Branch Library at Diggers' Inn has an extensive range of books for members to either peruse or borrow. If you are interested, please contact Bob Swift for opening hours. Tea and coffee making facilities are also available for members at Diggers.

The Sub Branch has a number of members and Committee who are Justices of the Peace. If you need the service of a JP, then please contact the Committee or drop into the Sub Branch Office on a Thursday morning with your paperwork.

Recently, a set of military medals was handed in to the Sub Branch which, sadly, were found at a rubbish tip. Inspection of the medals revealed that they are, in fact, originals, and we were able to determine to whom they were awarded. The Sub Branch is holding them for safe keeping whilst our investigations continue to locate family to return them. We are hopeful of a good outcome.

We have approached our Solicitors, GMS Legal and Conveyancing, Toukley, for a Guest Speaker to attend a General Meeting to speak to the members about the importance of having a Will, Power of Attorney and Enduring Guardianship, and to answer any questions. I am pleased to advise that Michele Joncourt from GMS Legal and Conveyancing will speak at our **6 September 2021** General Meeting.

We welcome your ideas for improvement. If you know of a veteran or serving member of the Defence Forces who may wish to join our Sub Branch, then please let one of the Committee know. We welcome your ideas.

Bob Wilson
President

DATES FOR YOUR DIARY



**Sub Branch General Meetings are held on the first Monday of each month,
At 10.30am, upstairs in The Ary, with the exception of January.
All Members are invited to attend.**

Thursday 17 June 2021	Sub Branch Bus Trip to Reptile Park. Lunch at Gosford RSL Club
Thursday 15 July 2021	Sub Branch Bus Trip to Hawkesbury River Cruise. Lunch at Woy Woy Fish Shop
Sunday 25 July 2021 – 11.00am-4.00pm	Christmas in July luncheon
Thursday 12 August 2021 – 5.00pm	Harbour Cruise & Vivid Light Show
Thursday 16 September 2021	Sub Branch Bus trip to Yarramalong Spring Fair. Lunch at Fair.
Thursday 21 October 2021	Sub Branch Bus trip to Williamtown RAAF Base & Museum
Thursday 11 November 2020 – 10.40am	Remembrance Day
Thursday 25 November 2021	Sub Branch Bus trip to Barramundi Farm, Port Stephens
Thursday 2 December 2021	Sub Branch Bus trip to Hunter Valley Gardens Light Show.
Sunday 19 December 2021 – 11.00am-4.00pm	Christmas party

******The 17 June bus trip to Williamtown RAAF Base has been postponed until 21 October due to most of 381 Sqn being away on exercises******

Cruise on Sydney Harbour for VIVID Light Show

The cruise to view the **VIVID light show** will be on **THURSDAY 12 AUGUST 2021**.

Cost per Sub Branch Member/Partner will be **\$65.00 each**.

This includes travel by luxury coach. A 3 hour harbour cruise (viewing VIVID) and a 3-course dinner.

The luxury coach will leave from outside the RSL at 5.00pm and return 11.00pm-11.30pm (approx.).

All monies must be paid by close of business on 5 July 2021. Money can be paid at the June or July Sub Branch meetings or any Thursday morning to Bob Swift.

Toukley RSL Sub Branch Bus Trips



Monthly Bus Excursion 17 June 2021



The Sub Branch bus will leave the RSL at 8am. We will travel up to Saddles Restaurant, Mount White (approx. 50 mins).

“Saddles” is a restaurant recently built by John Singleton. A quick morning tea there and then around the corner to The Australian Reptile Park. The cost to enter the Reptile Park per person (but as a group) = \$30.
(The \$25 Govt vouchers can be used).

We shall leave the Reptile Park about 12.15pm and travel down to Gosford RSL for lunch. After lunch we return the Toukley RSL.

Monthly Bus Excursion 15 July 2021 - Cost per person \$20.00

On Thursday 15th July we will be heading down to the Wharf at Hawksbury River where we shall board the MV Sorrento for a 2.5 hour cruise on the Hawksbury River. The purpose of the ferry cruise is to show many of the WW11 defence systems at the mouth of the Hawksbury to repel any intended Japanese invasion. These include the Juno Points defences, AA River Bed minefield, the West Head gun emplacements serviced by the Inclined Railway, the wrecks of World War warships HMAS Parramatta and HMAS Swan and the wreck of the General Gordon. Also, the Rendezvous point and the history of the eight IJN submarines involved in the 1942 Sydney attacks.

On-board the Sorrento are many specially prepared graphics, historic and onsite photographs and working models to illustrate and support the commentary. Morning tea is supplied on board and within the price.

All of the above, and much, are accompanied by a commentary from Peter Rae. (A local Historian).

If you have any queries regarding bus trips, please see Sub Branch Committeeman Bob Swift. Mobile: 0432362475

Keeping your Sub Branch Details Up to Date

If you have recently moved, or your details have changed, please let the Sub Branch Office know so that we can update your address and contact details.

This information is required so that we can send any correspondence and membership renewals to the correct address.

Also, if you know of a member who has moved, either to another area or to an Aged Care Facility, please notify the Sub Branch Office.

Did you know this?

- The Australian Alps get more snow than the Swiss Alps.
- 90% of Australians live on the coast.
- Tasmania has the cleanest air in the world.
- The Great Barrier Reef is the largest eco-system in the world.
- Australia has over 60 separate wine regions.
- Fraser Island is the largest sand island in the world.
- The Indian Pacific train has the longest section of train track in the world.
- The Great Ocean Road was built by returning soldiers after World War One. The road was dedicated as a memorial to those who died in the war.
- A group of ferrets is called a business.
- Bats are the only mammal that can actually fly.
- 2.5km of Uluru is underground.

Plastic bottle production uses lots of water, energy and creates litter and landfill.

Bottled water is expensive and can cost over \$3 a litre, while tap water costs less than five cents a litre.

It takes three litres of drinking water and one cup of oil to produce one litre of bottled water.

Plastic bottles take over 1,000 years to degrade.

This Month in History

1 June 1946	Television licences were issued in Britain for the first time. They cost 12 Pounds.
1 June 1918	RAN Aircraft first used in combat
2 June 1953	The Coronation of Queen Elizabeth II took place in Westminster Abbey
3-6 June 1942	Battle of Midway
6 June 1944	D-Day invasion of Normandy by 1 million Allied troops to liberate Western Europe from German Occupation
13 June 1944	The first V1 flying bomb or “doodle bug” was dropped on London.
30 June 1894	Tower Bridge in London was officially opened by HRH Prince of Wales.
10 June 1770	Captain James Cook's ship HM Bark Endeavour strikes a reef within the Great Barrier Reef
18 June 1953	Australian prisoners of war of the Korean War released at Panmunjon. Thirty Australians were taken prisoner in Korea. One of these died while in captivity.
27 June 1911	Australian Military College, Duntroon, opens
28 June 1919	Treaty of Versailles signed

Puzzle Corner



Trivia

- 1 What is a baby shark called?
- 2 Starting with J, what slang word did Banjo Patterson use in *Waltzing Matilda* for a sheep?
- 3 What vegetable is the main ingredient in sauerkraut?
- 4 Which planet in our solar system has the most moons?
- 5 How many squares are there on a chessboard?

- 6 After how many years are the Olympics held?
- 7 Where are the Niagara Falls situated?
- 8 What is the tallest mammal in the world?
- 9 How many teeth are there in the adult's mouth?
- 10 What years did the First World War begin and end?

Where am I?

I am an island nation in the Caribbean Sea. My national dish is Ackee and saltfish. I am the home of jerk sauce, and rum is very popular here. Kingston is my largest city and capital. Famous citizens have included Bob Marley and Usain Bolt, and the movie *Cool Runnings* was based on my real life bobsled team. Where am I?

Allocation of Duties for Sub Branch Executive and Committee

Duty	Responsibility
Assets/Asset Register	John Fraher & George Meier
Bus Trips	Bob Swift, Steve Edmunds & Allan Love
CCDC Representatives	Welfare Officer & President
Cenotaph	Bob Swift, Mike Humphries, Tom Hobbs & Rod Clark
Cenotaph Records	Bob Wilson & Judith Walker
Cenotaph Plaques Ordering	Bob Wilson & George Meier
Commemorations Committee	Bob Wilson, George Meier, John Noorbergen, Ian Collier, John Fraher, Mike Humphries & Roy Norman
Diggers' Inn	Steve Edmunds (I/C), John Noorbergen & Bob Swift
Diggers' Inn Library	Bob Swift (I/C) & Steve Edmunds
Flags	Tom Hobbs & Allan Love
Funerals	All Committee
Functions Co-ordinator	Bob Wilson (I/C), George Meier, Ian Collier, John Fraher, Tom Hobbs & Rod Clark
Fundraising	All Committee/John Fraher & Roy Norman
Grants	George Meier, John Noorbergen, John Fraher & Steve Edmunds
Key Register	Judith Walker

Duty	Responsibility
Liaison Officer (schools, Aged Care, 236 Army Cadets, Air League, etc)	Roy Norman, Mike Humphries & Steve Edmunds
Sub Branch Mail	Tom Hobbs & Allan Love
Membership	Roy Norman & Ian Collier
Memorabilia	Tom Hobbs & Allan Love
Monthly Newsletter	Ian Collier with input from Bob Wilson
Recruitment	Roy Norman, George Meier, John Noorbergen
RSL State Congress (2)	Bob Wilson & one from Executive
Sub Branch Annuals (Budget)	Executive
Sub Branch Bus	Allan Love & Bob Swift
Sub Branch Web Page	George Meier
Sub Branch Facebook Page	John Noorbergen & George Meier
Sub Branch Policies & Procedures	Bob Wilson & Mike Humphries
Toukley RSL Sub Branch Email Accounts ToukleySB@rslsw.org.au info@toukleyrslsb.org.au	Judith Walker & George Meier
Welfare	Graham Tredinnick
Welfare Assistance	Mike Humphries & Roy Norman
Welfare Book at Front Desk	Judith Walker & George Meier
Weapons Register	Allan Love & John Fraher

FOR THE INFORMATION OF MEMBERS

Source: *The Daily Telegraph*, Wednesday 5 May 2021

“Veterans on a disability pension worth less than two-thirds of the minimum wage are being encouraged to contact a special enquiry into how their pay rate is decided.

Efforts to increase the rate of the Totally and Permanently Incapacitated (TPI) pension for former Australian Defence Force personnel have so far been dismissed by the Federal Government. But a Labor-led enquiry has been established to review the system.

Labor's Veterans' Affairs spokesman Shayne Neumann told The Daily Telegraph it was "vital" for current and former defence personnel and ex-service organisations to have their say on the pension.

'I'm calling on TPI veterans and DFRDB scheme members to provide their input and I would encourage them to make a submission' he said.

The enquiry will examine the adequacy and indexation arrangements for the TPI payment (Special Rate of Disability Pension) and the case for an increase in the pension. The government rejected calls for a pay increase last year."

The following has been supplied by George Meier:



USS Canberra Originally to be named USS Pittsburgh, the ship was renamed before launch to honour the loss of the Australian cruiser HMAS Canberra during the Battle of Savo Island. The USS Canberra was the first USN warship named after a foreign capital city. The ship entered service in 1943, and served in the Pacific

theatre of World War II until she was torpedoed during the Aerial Battle of Taiwan-Okinawa and forced to return to the United States for repairs. Placed in reserve after the war, *Canberra* was selected for conversion into the second guided-missile carrying warship in the USN fleet. Following the conversion, she was host to the ceremony for selecting the Unknown Soldier representing World War II in 1958, undertook an eight-month round-the-world cruise in 1960, participated in the Cuban Missile Crisis naval blockade in 1962, and was deployed to the Vietnam War on five occasions between 1965 and 1969. *Canberra* was decommissioned in 1970, struck in 1978, and broken up in 1980. One of her propellers is preserved at the Los Angeles Maritime Museum, while the ship's bell was donated to the Australian National Maritime Museum in 2001.



HMAS *Canberra* (I33/D33), named after the Australian capital city of Canberra, was a Royal Australian Navy (RAN) heavy cruiser of the *Kent* sub-class of County-class cruisers. Constructed in Scotland during the mid-1920s, the ship was commissioned in 1928, and spent the first part of her career primarily operating in Australian waters, with some deployments to the China Station.

At the start of World War II, *Canberra* was initially used for patrols and convoy escort around Australia. In July 1940, she was reassigned as a convoy escort between Western Australia, Sri Lanka, and South Africa. During this deployment, which ended in mid-1941, *Canberra* was involved in the hunt for several

German auxiliary cruisers. The cruiser resumed operations in Australian waters, but when Japan entered the war, she was quickly reassigned to convoy duties around New Guinea, interspersed with operations in Malaysian and Javanese waters. *Canberra* later joined Task Force 44, and was involved in the Guadalcanal Campaign and the Tulagi landings.

On 9 August 1942, *Canberra* was struck by the opening Japanese shots of the Battle of Savo Island, and was quickly damaged. Unable to propel herself, the cruiser was evacuated and sunk in Iron bottom Sound by two American destroyers.

How did the USS Canberra get its name?

Two ships of the United States Navy have been assigned the name USS Canberra, in honour of HMAS Canberra (D33), and the City of Canberra, Australia 's capital.

USS Canberra (LCS 30)



USS Canberra (LCS-30) will be an Independence-class littoral combat ship of the United States Navy. She will be the second US ship to be named Canberra, after the ship HMAS Canberra which in turn was named after the Australian capital city. *Canberra* will be built in Mobile, Alabama by Austal USA.

The littoral combat ship (LCS) is a set of **two classes of relatively small surface vessels** designed for operations near shore by the United States Navy. It was "envisioned to be a networked, agile, stealthy surface combatant capable of defeating anti-access and asymmetric threats in the littorals."

12 Month Free Health and Fitness Program for Returned Veterans & Peacekeepers

Did you know the DVA provides a free 12-month health and fitness program that can be delivered to returned Veterans and peacekeepers with overseas operational service anywhere in the country. The program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints. Run on behalf of the DVA by Corporate Health Management the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with overseas operational service who have not previously done the Heart Health Program before. To check your eligibility visit

<http://www.veteranshearthealth.com.au/eligibility/>

Individual Heart Health Program – How it works

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individuals health and fitness goals. The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program. The program covers

* a range of topics including:

- setting healthy goals
- nutrition and diet advice

- advice on lowering alcohol consumption
- developing better sleep patterns
- stress management
- managing diabetes
- taking care of your body
- managing your weight
- and maintaining a healthy heart

Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual. Resources can take the form of:

Assistance with the cost of a gym or pool membership or

Provide a piece of exercise equipment for use at home or

Provide assistance with accessing new exercise or training gear

Registering Your Interest

Registering your interest or checking eligibility is easy. Simply visit <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number 1300 246 262 at any time to speak to one of our team.

Kind regards

Heart Health Team - DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:

CHM Corporate Health Management Pty Ltd

Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142

Direct: 1300 246 262

Email: hearthealth@chm.com.au

Web: <http://www.veteranshearthealth.com.au>





If you have an idea which you think could benefit or improve the Sub Branch, please put it in writing or speak to one of our Committee Members. Remember that we are there to represent the members, so if you have any suggestions, let us know.

Puzzle Corner Answers

1 Pup	6 4	Where am I? Jamaica
2 Jumbuck	7 Ontario Canada	
3 Cabbage	8 Giraffe	
4 Jupiter	9 32	
5 64	10 1914-1918	



A look back in time – the 2005 Anzac Day March

TOUKLEY RSL SUB BRANCH

Patron:	Karen McNamara
President:	Bob Wilson
Vice Presidents:	George Meier Ian Collier
Secretary:	Judith Walker
Treasurer:	John Fraher
Committee:	Bob Swift John Noorbergen Roy Norman Allan Love Michael Humphries Steve Edmunds Rodney Clark Tom Hobbs
Telephone:	4396.4855
Fax:	4396.9310
Pensions & Welfare: <i>(Located at Diggers' Inn)</i>	4396.8807
Trustees:	Bob Wilson, George Meier, Milton Porter
Newsletter Co-ordinator:	Ian Collier
Phone:	0412.265.623
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