

TOUKLEY RSL SUB BRANCH NEWSLETTER



Issue 3

06 April 2015

President: Bob Wilson
Vice Presidents: Tom Hobbs & Trevor Lawrence OAM JP
Secretary: Graham Tredinnick Treasurer: Milton Porter
Committee: Brian Pudsey Keith Bailey Doug Pankhurst
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WOMENS AUXILIARY – TOUKLEY

Meetings 1st Thursday each month, 10AM – Function Room Club Toukley. A friendly Auxiliary – New Members are Welcome at all times.

Current membership is 22.

A working Auxiliary continually raising funds for the RSL Welfare. This month is especially busy selling Anzac Badges at Lake Haven & Toukley shopping centres.

Leisure time is on the 1st Tuesday of each month, usually with a bus trip to local places of interest.

July 16 is an important event this year as the ladies celebrate their 66th Year of service. Their anniversary will be marked by hosting other Ladies Auxiliaries from near and far.

WELL DONE LADIES.

Our New Secretary & Committeeman

At our last General Meeting on 9 March, Graham Tredinnick was elected as Honorary Secretary of the Sub Branch, and Keith Bailey was elected to the Committee.

Congratulations to Graham and Keith and welcome aboard!

OTHER NEWS

On Wednesday, 25 March 2015, President Bob Wilson attended the dedication of the new cenotaph at Doyalson/Wyee RSL Club and laid a wreath on behalf of Toukley RSL Sub Branch.

During the month, Tom Hobbs represented the Toukley RSL Sub Branch at the Disabled Bowlers luncheon.

On Thursday, 26 March, many of the Sub Branch Committee attended the Wyong Shire Council's ANZAC Centenary Schools' Competitions Presentation Ceremony at Wyong Council.

ANZAC Day

ANZAC Day lunch tickets are available from the main Sub Branch Office at a cost of \$10.00 per person. Please see Tom Hobbs for your ticket/s. Tickets are available for Sub Branch Members and their partners.

Dawn Service begins at 5.20am.

March leaves from Village Green at 9.45am. Morning Service begins at the cenotaph on completion of the march.

ANZAC Badges

Danny and her band of helpers will be at Lakehaven Shopping Centre from 7 April through to 24 April selling badges for ANZAC Day. If you are down at Lakehaven during this time, please call in and say hello, and also buy a badge. It all goes to a good cause.

Schools and Nursing Homes ANZAC Services

The Committee will be conducting ANZAC Services at 6 Nursing Homes this year, in the lead up to ANZAC Day. We also have 9 schools to attend, with ten services (2 at Gorokan High School) and dedications of the Centenary of ANZAC plaques.

Gallipoli Book

We are very happy to have the opportunity for a book to be laid on the Cenotaph at Gallipoli this year, to mark the 100th anniversary of the landing at Gallipoli. Sergeant Kyle Fitzpatrick, representing the Australian Air League, Toukley Squadron, will be attending the Commemoration Service at Gallipoli and offered to take a book on our behalf. Toukley RSL Sub Branch is very proud to take up the offer and a book titled "The Digger's View" by Juan Mahoney was purchased some months ago. This book features diggers from the Hunter Region of New South Wales who served in the First World War. A letter from the Sub Branch was included with the book asking for the book to be donated to a school of choice in the area.

Diggers View or Toukley Serpent???

The name of the Gallipoli book "Diggers View" could lend itself to the new name of the premises at 203 Main Rd or even this newsletter. Another proposal for naming the Newsletter is "The Serpent" taken from the **SER**vice **PEN**sioners **T**oukley.



erpent

New Sub Branch Mini Bus

The new Sub Branch bus has arrived at the dealership and is at present having the automatic steps installed. We are waiting on a quote for new signage on the bus. We have spoken to Karen McNamara's office and it is proposed to have our Patron hand over the bus keys to the Sub Branch at a mutually convenient time.

HANDY CONTACTS

Medals

Navy Army or Air force – Medals Section

Directorate of Honors & Awards

Department of Defence

Locked Bag 2003 Cooma NSW 2630

NAVY 02 6266 5962

ARMY 03 9282 5393

AIR FORCE 02 6266 5965

SERVICE RECORDS

NAVY

Personal Records RAN

Queenbeyan Annex 2

CANBERRA ACT 2600

ARMY

Central Army Records Office

GPO Box 293

MELBOURNE VIC 3001

AIR FORCE

Personal Records RAAF

QUEENBEYAN ANNEX 2

CANBERRA ACT 2600

MENS QUICK HEALTH CHECK

Have You Spoken to Your GP about Prostate Health??

Prostate cancer is the most common type of cancer diagnosed in men in Australia and is more common in men over 50 years of age. The causes are not known, however there are certain risk factors that have been linked with the development of prostate cancer, including: family history, age, diet, subfertility (diminished reproductive capacity) and race (men of Caucasian background are more at risk).

Have you had a Prostate Specific Antigen (PSA) test in the last year?

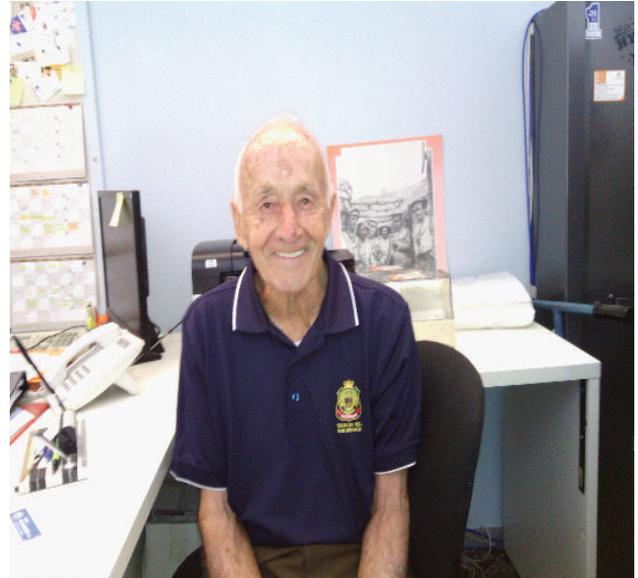
A PSA test is a blood test that can help diagnose prostate disease. PSA is a protein made mainly in the prostate gland and low levels of PSA are normally present in the blood stream. As a man ages, the prostate may grow and the level of PSA can increase. A high PSA in the blood almost always means that something is wrong with the prostate, but not necessarily prostate cancer. You could try the finger test.....?????????
NO Don't Go There!!!!

Physical inactivity increases the risk of mortality from a range of diseases and conditions.

Physical inactivity can lead to an increased risk of chronic disease such as heart disease, type 2 diabetes, and some cancers. In contrast, regular physical activity reduces feelings of depression and anxiety, helps to maintain healthy bones, muscles, and joints, helps to prevent falls among older people and promotes feelings of well-being. Try to build up to doing 30 minutes of moderate-intensity activity a day – or more! You don't have to do it all at once – you can accumulate your 30 minutes or more of moderate intensity activity by combining a few shorter sessions of about 10-15 minutes each throughout the day.

THIS IS YOUR LIFE

CLIFFY HOLT



Once a Stoker Always A Stoker

Born in 1927 in Queens Park Estate, North West England, Cliffy and his twin brother Denis lost their parents early in life and were raised in an orphanage. Denis still lives in the old fishing port of Grimsby.

After finishing school, Cliffy worked in a factory making bushes to fit into Army Tank equipment. On weekends, time as a Sea Cadet gave Cliffy the taste for life in the Blue Suit.

In 1945 life started out in the Royal Navy (RN) as a Boy Seaman at Chatham Barracks. Later training in Devonport created Stoker Clifford Holt. Future postings to the Light Cruiser HMS AURORA and the Minesweeper HMS WELFARE were mainly working out of Malta

On returning to UK and considering retirement from the RN and back to factory life, Cliffy saw an ad in a paper for RN Matelots to transfer to the Royal Australian Navy (RAN). He applied, was accepted and in 1948 Stoker Holt enjoyed the experience of Flinders Naval Depot, now HMAS CERBERUS at Westernport, Victoria.

Following initial RAN training (How to use Showers) Stoker Cliffy Holt served in HMAS AUSTRALIA. On one trip to carry out a Medivac to Hird Island, it was so cold Cliffy had to borrow an Army Woolen Jumper to stay warm in the Engine Room

In 1954 Cliffy swallowed the anchor retiring to Sydney to work on the Buses but ended up as a tram conductor.

Here he met the love of his life and married Beryl. Still with a touch of salt in his veins he joined the Naval Reserves in 1963. From this posting Cliffy was selected to travel to Paris to take part in WWII Anniversary Celebrations.

Soon after moving to Toukley NSW in the early 1970's Beryl passed leaving Cliffy to enjoy a well-earned retirement living in Ninth Ave near the Golf Club (where he can occasionally be found) or meeting with friends at Club Toukley.

NEW ANZAC MEMORIAL

Memorial Pillar and Plaque to Commemorate Centenary

A new Memorial Pillar and Plaque will be installed in Noraville Cemetery to commemorate the ANZAC Centenary (1915 – 2015). Commemorative Flags will be placed on the gravesites of Service Men and Women in each of the five local cemeteries.

Wyong Shire Council has partnered with our Sub Branch and we are currently locating these gravesites. Anyone with family or friends interred in any of the local cemeteries should contact the Sub Branch Welfare Officer.

APRIL BABIES

Best wishes to the following members who celebrate their birthday in April.

Apr 01 Harry James

Eddie Borg

02 Denis Ashbrooke

Robert Bell

Margaret Whittle

08 Gordon Flanagan

09 William Hazell

Betty Roebuck

10 Keith Bailey

Grace Mitchell

11 Keith Piper

12 Hubertus Gosewisch

13 Kenneth Furness

15 Gerald Angel

Robert Cooper

Ken Jeffery

16 Neil Kerrison

Frank Butler

17 Brian Duncan

19 Jennifer Robertson

22 Robert Pearson

24 Cliffy Hale

And last but not least

Michael White who celebrates his birthday **TODAY**

NEW PENSION RATES INCLUDING CLEAN ENERGY SUPPLEMENT

LIGHT HUMOUR

Two Policemen call up the Station during their watch.

Hello is that you Sarge?

Yes

Sarge, we have a situation here, A woman has just shot her husband for walking on the floor she had just cleaned!!

Have You Arrested the woman??

Not yet Sarge.....The Floors still Wet???

A girl visits her Blonde friend who had just bought two new dogs and asked the obvious question...What's their names.

Her friend said, they are called Rolex & Timex.

The girl laughed asking why anyone would call their dogs such silly names.

HALLLLOOOO.....responded the blonde.....They're Both Watchdogs!!!!!!!!!!!!!!

A husband takes his wife to a disco. On the dance floor there's a bloke living it up large ,Break Dancing, Moon Walking, Back Flips.....the works.

The wife turns to her hubby and says "See that guy, 25 years ago he proposed to me & I knocked him back".

The husband replies "Looks like he's still celebrating??"

**New rate
(fortnightly
- effective
20 March
2015)**

**Increase
(fortnightly)**

Service pension

Single person	\$860.20	\$5.90
Couples (each)	\$648.40	\$4.40
Single person - transitional	\$725.80	\$4.90
Couples (each) – transitional	\$585.40	\$4.00

War widows

War widow(er)'s pension	\$874.10	\$6.10
Income support supplement	\$257.80	\$1.80

Disability pension

TPI (Special Rate)	\$1320.50	\$9.20
Intermediate rate	\$896.40	\$6.30
EDA	\$729.30	\$5.10
100 per cent	\$469.40	\$3.30
10 per cent	\$53.87	\$0.33

Wholly dependent partner payment	\$874.10	\$6.10
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Special rate disability pension (SRDP)	\$1320.50	\$9.20
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TOMMY HOBBS RIDES FOR THE CHILDREN

The Loop The Lake Fun Run Bike Ride was ridden on the 8th march 2015, around Lake Macquarie, in Aid of the Children's Hospital, Westmead.

Our rider Tommy Hobbs started out at 0700 under overcast skies. This was a blessing as the sun was obscured for most of the trip and when combined with a lack of wind, made for ideal riding conditions.

About 2000 riders hell bent on getting back to Speers Point as fast as possible (Tommy hitting speeds of 80kph near Toronto) found time to stop for a breakfast of Yummy Muffins at Morriset.

After a muffin or two, Tommy was recording about the same time as last year when trouble reared its ugly head. Approaching Warners Bay CBD a Traffic Light turned Red at the wrong time for the law abiding cyclists?? Tommy couldn't get his feet out of the cleats (pedals) quick enough and took a tumble. Luckily he only damaged his pride. Especially when a concerned sweet voice enquired "How long have you been riding?" To which Tommy replied "70 Years." She then recommended that Tommy invest in a set of training wheels for next year??? Something to think about Tommy??

On behalf of the Children at Westmead Tommy would like to thank Toukley RSL Sub Branch, Staff of Toukley RSL, Charmhaven & Toukley Lions, Anytime Fitness and a host of others that supported his ride.

With your support, Tommy raised a Grand Total of \$1900.00 for the children of Westmead.

WELL DONE TOMMY HOBBS