



TOUKLEY RSL SUB BRANCH

Newsletter

Issue 77– September 2022

NEW SUB BRANCH MEMBERS

Welcome to the following new Sub-Branch Members:

Peter Weingaertner

VALE

Ronald Gordon



Lest We Forget



DATES FOR YOUR DIARY



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

Next monthly meeting	Monday 3 October 10.30 am
Remembrance Day	Friday 11 November 11.00 am
Members Xmas Party & Raffle	Sunday 18 December 11.00 am

Toukley RSL Sub Branch President's Report:



For those who are interested in purchasing a Sub Branch shirt, these have now been ordered from a new supplier and are expected to arrive in the coming weeks. Sizes on order are (4 of each) S, M, XL & XXL. Orders with money (\$35 each) can be placed with me either at a General Meeting or on a Thursday between 10.00am-12noon.

Following the last General Meeting, the Sub Branch Wellbeing Officer, Graham Tredinnick, resigned from the position, and notified the Secretary that he is transferring his membership to Wyong Sub Branch. I have sent a letter of appreciation to Graham for his dedication and time in visiting veterans in Aged Care Facilities, hospitals and at home, and checking on their wellbeing via phone calls. Toukley RSL Sub Branch is indebted to Graham for all he has done for Toukley Sub Branch, as a Secretary, CCDC Representative and Wellbeing Officer, over a number of years.

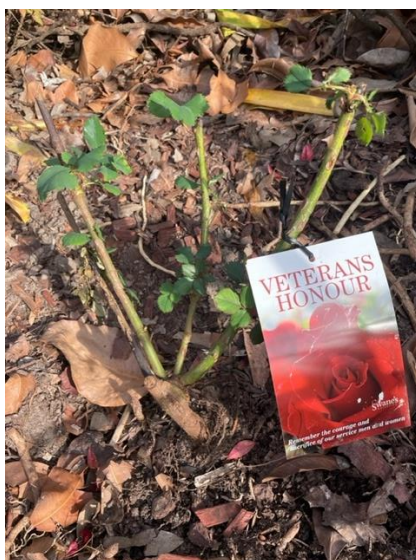
Committee Members Roy Norman and Mike Humphries will continue as Visitation Officers and keep in contact with Sub Branch members who may not be in the best of health. This is in addition to the many hours put in by both Roy and Mike in volunteering on the Committee and ensuring that the day-to-day work gets done. Thanks to both of them. Tiffany Kelly from Open Arms has also volunteered her time to assist with visitations. Welcome aboard, Tiffany, and thank you! On Sunday, 14 August, I represented Toukley RSL Sub Branch at Doyalson-Wyee Sub Branch for a combined service marking Vietnam Veterans Day, Korean Veterans Day and Victory in the Pacific, and laid a wreath.



Laying a wreath at Doyalson RSL Sub Branch.

The Sub Branch Committee and members also attended a small service at the cenotaph for Vietnam Veterans Day on Thursday 18 August 2022 where a wreath was laid on behalf of all Sub Branch members.

The Sub Branch is very grateful to the Veterans' Motorcycle Group for a generous donation of a Veterans' Rose plant. On behalf of the Committee and members: Thank You! Bob Swift has found the perfect spot in the Memorial Gardens for the plant which is now flourishing. It is situated in Section D garden bed, behind the flagpole on the Western side, near The Ary's carpark.



The Veterans Honour Rose

For those who may not have recently noticed, the Lone Pine is looking strong and healthy and now stands well over 6 feet tall. Although not an attractive looking tree, we are very proud to have it in our Memorial Gardens. As you will no doubt be aware, our Lone Pine was struck from the original Lone Pine tree at the War Memorial in Canberra, and was planted by our Patron Karen McNamara at a Dedication Service in November 2016.



November 2016



The Lone Pine, as it is today

The planting of Petunias in the Memorial Gardens for Remembrance Day is now complete, thanks to The Ary's Contract Gardeners. After a few delays due to wet weather, the two plaques at the cenotaph which had been switched following upgrading works in 2019 have now been put back into their correct positions. One of the plaques had to be taken away for some minor work but this has now completed.

You may have noticed that the eternal flame has been working intermittently in recent times. The fault took some time to find but I am pleased to report that this has now been rectified, thanks to The Ary's electrician, and the flame is restored and watching over our interred veterans.

The new signage at Diggers' Inn is now illuminated at night which should deter the prospect of vandalism, and lights up the front of our office, thanks to Bob Swift.

Preparations are well underway for our combined Remembrance Day and Dedication Service at the cenotaph on Friday 11 November 2022, commencing at 10.45am. For catering purposes, I will be asking for an indication on numbers of members and partners who wish to attend upstairs in The Ary following the service, for refreshments and small eats. The Committee is also planning on having a Dedication Service at Porters' Creek Public School, close to Remembrance Day, for the Anzac Commemoration Memorial Stone which has been received by Central Coast Memorials, and will be installed prior to Remembrance Day. Once this work is complete, we will then set a suitable date for the service.

The Sub Branch Monthly Newsletter is one way in which the Committee keeps the members up to date with functions and newsworthy information. If you miss out on a getting a copy, then check out the Sub Branch Webpage where you will be able to read the latest copy, and also past copies. Each Newsletter is posted following that month's General Meeting. Thanks to Ian Collier for putting the Newsletter together each month. Ian also welcomes your contributions so if you have an item which you think could be shared with your Sub Branch comrades, please forward them to Ian.

Thanks to John Noorbergen, our Facebook page is also being continually updated with upcoming events and photos.

I am pleased to advise that the application for Life Membership of the RSL for Tom Hobbs has been completed by both the Sub Branch and Central Coast District Council and forwarded to the State during last month. We are all hopeful of a positive outcome for Tom who deserves this prestigious award for his many years of dedication to both the Sub Branch and the community. I will keep you informed of any developments.

The Committee regularly receives enquiries from members of the public or relatives of veterans seeking assistance and information on a wide variety of subjects. Many enquiries are on medal entitlements, interments at the cenotaph, or families requesting photos of a relative's plaque. We sometimes receive updated information for our plaques, resulting in a replacement plaque with amended information being ordered. We recently received an enquiry from a family member seeking information on a member of the Sub Branch Committee in the 1970's. We welcome these enquiries and are always happy to help out wherever possible.

I am pleased to report that the two one-day Wellbeing Support Officer Workshops, on Friday 26 August and Wednesday 28 September are fully booked. These Workshops are run by Cathy Every (Legacy) and Tiffany Kelly (Open Arms) at Diggers' Inn and are targeted at non-accredited support officers who assist the Sub Branch with visitations.

Although just over four months since our last Anzac Day commemoration services, the Committee has been proactive in commencing our forward planning for Anzac Day 2023. Each year, the Sub Branch conducts 21 services at Schools and Aged Care Facilities as well as the Dawn and Morning services at the cenotaph. Commencing next year, we will be conducting an additional service and are pleased to have now included Bright House Pre School at Buff Point to our list. Another friendly reminder to members of our next Annual General Meeting which will be held on **Sunday 19 February 2023** – just over five months away. At this AGM all positions will be declared vacant. Please consider volunteering to serve on the Committee. This is your Sub Branch: have a say in ensuring that we have a future and leave a legacy. Elections are held every three years. I am more than happy, at any time, to answer any questions or concerns that you may have, or to explain what is involved.

Bob Wilson - President

. 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 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.



WANTED NEW MEMBERS

National Servicemen's Association Central Coast Sub-branch Toukley

Benefits- monthly meetings held 3rd Sunday every month except APRIL, DECEMBER and JANUARY, regular social luncheons for members, family and friends, BBQ's, Bus trips to places of interest.

Membership forms available from our Membership Officer Bobby Byrnes on 0400 352 811 or email robertbyrnes7@bigpond.com

Volunteers required for Vietnam Veterans Park at Gorokan.

The Vietnam Veterans Park which is on the left hand side of Wallarah Road just as you drive over the Toukley Bridge towards Gorokan is maintained by the Vietnam Vets group. The group would appreciate some assistance if anyone has a few hours to spare. They meet on a Wednesday at 9.30 every five weeks in winter and about every 2-3 weeks in growing season. If anyone has some spare time please contact John Fraher on 0408 092 230 or email at jffcashman@hotmail.com.au.

Puzzle Corner



Trivia

1. If 64 sweets are divided equally between 16 people – how many sweets does each person get?
2. Where in the United States of America would you find the baseball team the 'Pirates'?
3. What "Muppet" character sings "It's Not Easy Being Green"?
4. Which US state is nicknamed 'The Lone Star State'?
5. What is the name given to the largest of all the penguins?
6. Which of Santa's reindeer is female?
7. What books by writer J.K. Rowling were best sellers with kids in the 1990's and 2000's?
8. If you are dealt a Blackjack, what did you get?
9. Persian, Abyssinian and Ragdoll are breeds of which animal?
10. Which European country gave us the dish of goulash?
11. Stollen' are traditional Christmas fare from which country?
12. A Pekingese dog originates in which country?
13. Indigo most closely resembles which other color?
14. Because clouds reflect the light of the sun, what color are they?
15. Alfred Nobel, namesake of the Nobel Peace Prize, invented what ?
16. I am the first U.S. astronaut who walked on the moon July 20, 1969, who am I?

Member Profile : Terry Murray

Terry was born on the 21st October 1948 at Paddington. N.S.W.

Terry attended Panania Primary school and secondary schooling at East Hills Boys High. In 1963 at the age of 15yrs.Terry left school and started a shoe repair shop at East Hills.

He joined the Regular Army at age 17yrs.and in 1969 served in Vietnam.

After his discharge from the Army, Terry was the owner/operator of a Trucking business on the Central Coast.

From 1976-1993 Terry was employed as a Shunter, Guard, Bridge Fetter and Station Master with State Rail.

Terry was the Pension / Welfare officer for the Central Far West from 1995-1999 and also Delegate Assist DVA .

In 1996 Terry was Legatee with the Orange Division of Legacy.

From 1993-1995 Director of the United Services Memorial Club at Narromine.

1994-1999 Secretary of the Narromine RSL sub-Branch.

On the 31st August 2008 Terry was the guest of NSW Premier Morris Iemma at Government House.

On behalf of Veteran's on the 13th September 2009 Terry met with NSW Premier Nathan Rees at Government House.

Foundation President of the Vietnam Veteran's Association of Australia Hunter/Central Coast Sub Branch. In 2011 Terry was Vice President of Toukley RSL Sub Branch.

From 2009 Committee member for Anzac Memorial Services at Wyong Rugby League Club Group and Wallarah Bay Recreational Club. Terry also held the position of Treasurer at Toukley RSL Sub Branch in 2019.



Private Barry Charles Mauger – 25th July, 1947 to 22nd June 2022

Service No. 2790451 – Member of Toukley RSL sub-Branch

Unit: 7RAR, Vietnam Veteran



Barry Charles Mauger

Barry was a National Serviceman who was conscripted on 17th July 1968 and was discharged 16th July 1970. He served 88 days on the front line in Vietnam with the 7th Battalion, Royal Australian Regiment. He was awarded 4 service medals including the Vietnam Service Medal. Barry's family are all locals living in the Toukley area most of their lives.

Barry's wife Maree along with other family members took great care of him throughout his illness. He was so proud of his family and when his granddaughter, Brooke decided to join the Air Force in April this year, he was full of praise for her and the future, that Brooke would have in the service. Brooke could not attend Barry's funeral, being at Forest Hill Wagga Wagga, in training and wrote a eulogy which was read out and most were in tears at the reading.



Barry's Granddaughter - Brooke Mauger ACW

Barry's funeral was attended by the Committee of Toukley RSL Sub-branch who also carried out an RSL Service, led by the president Mr Bob Wilson OAM.

Welfare Report

On Friday 12 August Mike Humphries, Roy Norman and Ian Collier attended 3 sessions at Ourimbah RSL, [1] Service NSW, [2] Trustee and Guardian and [3] Veteran Affairs.

{A} Matters Discussed in Service NSW:

Savings Finder Program – Savings on all energy supplies at home can be found on this web site: www.energymadeeasy.gov.au

It is also easy to arrange for a one on one discussion with one of the staff at Service NSW to go through what is available. You can call on 13 77 88 to make an appointment or just call in at a Service Centre. If you call say you want to discuss the Savings Finder Program.

Most important to us all is Energy Rebates. This is the savings on Council, Electricity and Gas. It's important to note that all bills from suppliers must show that a rebate has been shown on the bills. If not we all need to contact our suppliers and request a rebate as long as we hold a Pension Card, Seniors Card or a DVA Health Card.

{B} Matters Discussed in Trustee and Guardian: All the information can be found on this web site: www.tag.nsw.gov.au

1. Making a Will – [everyone of working age should have a Will in place.]

2. Duties of an Executor - the Executor is the name of a person designated and nominated to fulfil the wishes embodied in your Will. Most of the time, the Executor is someone close to you or trusted.

Whatever the nature of their relationship, the primary duty of the Executor is to ensure your final wishes are fulfilled. In performing their role, an Executor should also be prepared to handle several tasks and must be trustworthy. It's recommended the Executor does not live overseas and you should review your Executor at least every 5 years. As you could have fallen out with the person or lost contact over the years or the Executor has passed away or too ill to look after your wishes.

3. Power of Attorney – you appoint a person as Power of Attorney to manage your financial and legal affairs when you don't have the capacity to make them for yourself.

4. Enduring Guardian - An Enduring Guardian is someone you appoint to make lifestyle and health decisions on your behalf, when you don't have the capacity to make them for yourself.

{C} Veteran Affairs: All information can be acquired from the web site: veteransaffairs@veterans.nsw.gov.au or www.veterans.nsw.gov.au

This was just a pretty much general discussion with the main point being the current suicides hearing going on at the moment. All details can be acquired from the web site with a decision due in 2024. Most of the other topics we all know about or can be read in the web site.

Wellbeing Support Officers Training – Diggers – 26 August 2022

Presenter – Tiffany Kelly – Time 9:15am – 4pm

Toukley RSL sub-Branch attendees – Ian Collier – Roy Norman – Mike Humphries

Objectives of Course:

1. Identify the definition, role and responsibilities of the Wellbeing Support Officer

[A] Definition of wellbeing – “A state of contentment and happiness with low levels of distress overall good physical and mental and outlook , or a good quality of life”

[B] DVA Veteran centered model – Discussion on DVAs concept for looking after veterans was covered, interesting discussion but no real concern for our attendees.

2. Recognise and implement the skills and knowledge required

[A] Have a realistic expectation of the volunteer work – Designate time for visits where possible split with others if possible.

[B] Understand times of stress and limit times – When talking to a veteran be aware of their and your stress. Understand the pressures, anxiety and stress that can occur as a volunteer.

3. How to practice the responsibilities

[A] Record keeping – Record keeping is an extremely important responsibility . You need to make and keep notes of veterans of all conversations whether, phone, SMS, email or visits.

[B] Records must show – Demographic information, name, date of birth, address, contact details, emergency contact information. Service records, and assessments from the discussion. Dates and times of appointments, any information the veteran may wish you to record.

[C] Storage of Veterans files – Make sure to keep all files in a lockable safe place. Make sure the veteran’s information cannot be compromised or confidentiality has not been breached. Veteran’s records need to be kept for 7 years.

4. Know the requirements of the Australian Privacy Principles and Work Health & Safety legislations

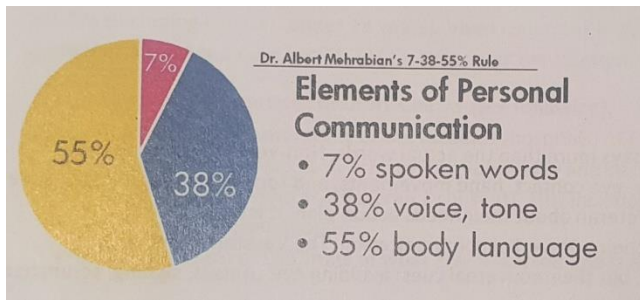
Acts that require on line reading – The 1988 Privacy Act & the Freedom of Information Act 1982 are recommended to understand the duties and responsibilities.

5. Understand the communication basics for discussions with Veterans

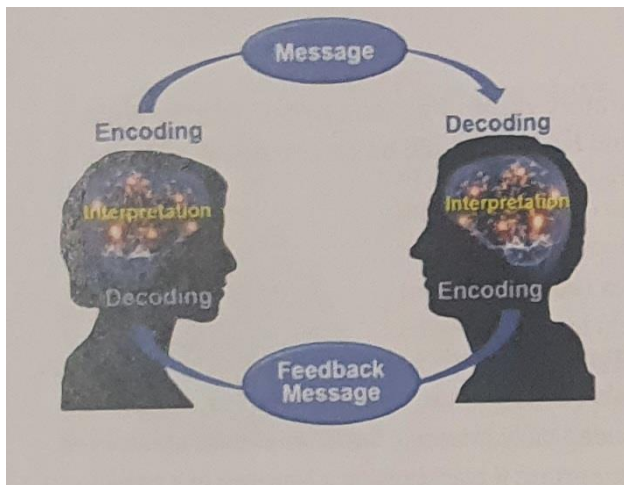
There are ways to communicate:

[A] Verbal – Interesting facts of a verbal discussion are shown below.

Personal Communication: Voice and body language is most important when having a discussion with a veteran their voice, tone and body language could change and the conversations subject should be changed after noticing their reaction.



Process of Communication: You need to have careful choice of words, allow for breaks or silence, but always listen carefully. Check periodically that the veteran understands and is still interested in the conversation. Be aware of the veteran's body language and always monitor their emotions. Always show respect, use a calm voice, listen, and think before you speak.



5. Understand the boundaries and limitations of a Wellbeing Support Officer

[A] When visiting at Veteran's home – There are a number of things to consider before visits:

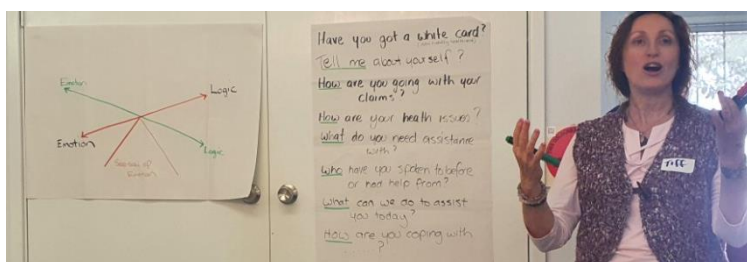
- Is the person living alone, consider taking another person to the visit with you.
- Make sure the veteran will be able to converse with you.
- Do not take the veterans file with you, make notes and add them to the veteran's file later.
- Make sure there is a phone or there is mobile reception at the premises in case of emergency.
- Register any slips, falls or accidents for you or the veteran.
- Check access and the animal situation before going. [Could be an aggressive dog]

[B] Visiting a veteran in hospital or age care facility – There are a number of things required and to keep in mind:

- Letter of Introduction, from sub-Branch to introduce you.
- You need to be aware that infections are a real problem at these facilities. Wash your hands on entry, do not sit on beds, and do not visit if you are sick, do not give the veteran food or drink without checking with staff.
- Check in with the staff on arrival and sign in.
- Do not enter a ward or room that is closed or curtained off – check with authorities.
- Be observant of security measures, do not leave an external door open or let a person outside without checking.
- Be aware of the visiting hours – try to avoid lunch or late afternoons.
- Ensure to sign out after visits.

NOTES FROM SUPPORT OFFICER'S TRAINING:

- **Very well presented by Tiff**



- All attendees were given 2 folders, The Wellbeing Support Officer's Learning Guide and the second, a Presentation folder with timings for session and forms and information regarding Open Arms, DVA, The Newcastle Beacon, Kookaburra Kids, Life Care, Legacy and The National Centre for Veterans Healthcare [Concord Hospital].
- We were lucky with the attendees of this training as we also had Kathy from Legacy and a representative of Beacon along with other sub-branch members who added very good comments and added discussion throughout the day.
- Most important to our sub-branch is the many discussions on visits to veterans as many struggle with conversing with veterans at hospitals, Aged Care facilities and their homes. Unless you know a veteran it's difficult to converse for the first time. So

when visiting veterans we have to start from scratch and seek their input on their health, service, family and interests.

- We learnt a lot out of the format of this training and now have a greater knowledge of what is available to support our elderly veterans and have confidence to guide them to other benefits available to them
- There were issues in the Support Officer's Training that do not affect us greatly. But it was interesting to hear that others covered these areas and it was most interesting hearing their comments and actual issues they had been through.
- We were made aware that **ALL** veterans with more than **1 day service** are entitled to a DVA White Card. This can be applied for by ringing 1800 838 372. It currently only covers mental health issues but that may change in the future.

WELLBEING/VISITATION OFFICERS' MONTHLY REPORT FOR AUGUST 2022

OFFICER	NUMBER OF VETERANS/FAMILY VISITS	HOURS	KILOMETRES TRAVELLED	PHONE CALLS	TRAINING HOURS	FUNERALS Interments
Tiffany Kelly	5	6	100	4	12	
Michael Humphries	4	12	14	4	13	1
Roy Norman	6	14	65	4	12	1
Ian Collier					12	1
TOTALS	15	32	179	12	49	3

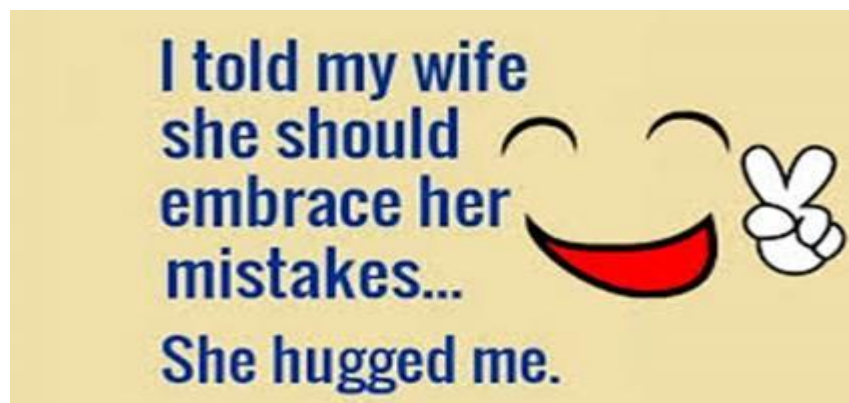
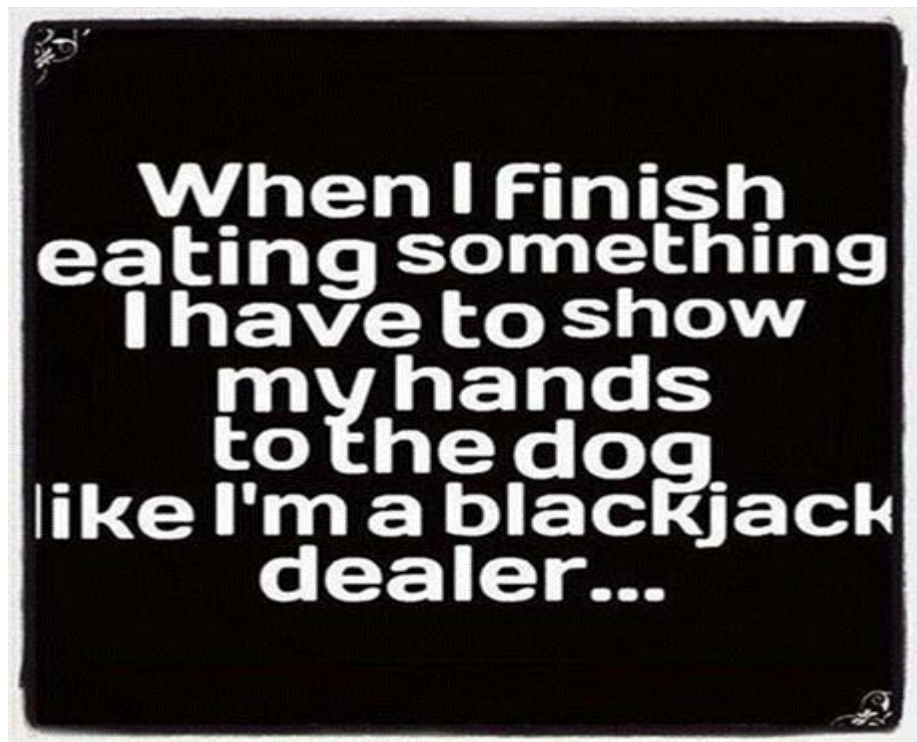
Tommy Hobbs City2Surf story

A short summary of my city2surf adventure. The alarm is off at 3.00am for a quick breakfast, a shave and off to Wyong station to catch the 10 to 5 am train to Central arriving at 7.00 am

Get my starting spot and an hour to wait for a 8.15am start with Mike getting us away at 8.30 am. Arrive at BONDI 2hrs 25 mins later very thirsty now the interesting part the money was a WHOPPING \$3631.00 of which the Toukley sub-Branch members donated \$220.00 and on behalf of the Children's Hospital thank you very much. I look forward to do it all again next year.

THANK YOU ALL ONCE AGAIN

TOMMY HOBBS.



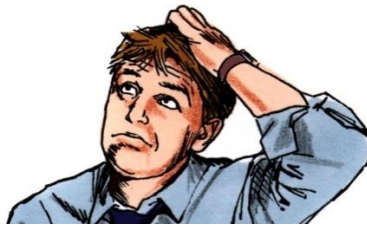
Bartender : "Your glass is empty Murphy. Will you be having another ?"

Murphy : "And why would I be wanting two empty glasses. "

She : "What's that mark on your shoulder"

He : "A birthmark." She: "Had it long ?"

Puzzle Corner Answers



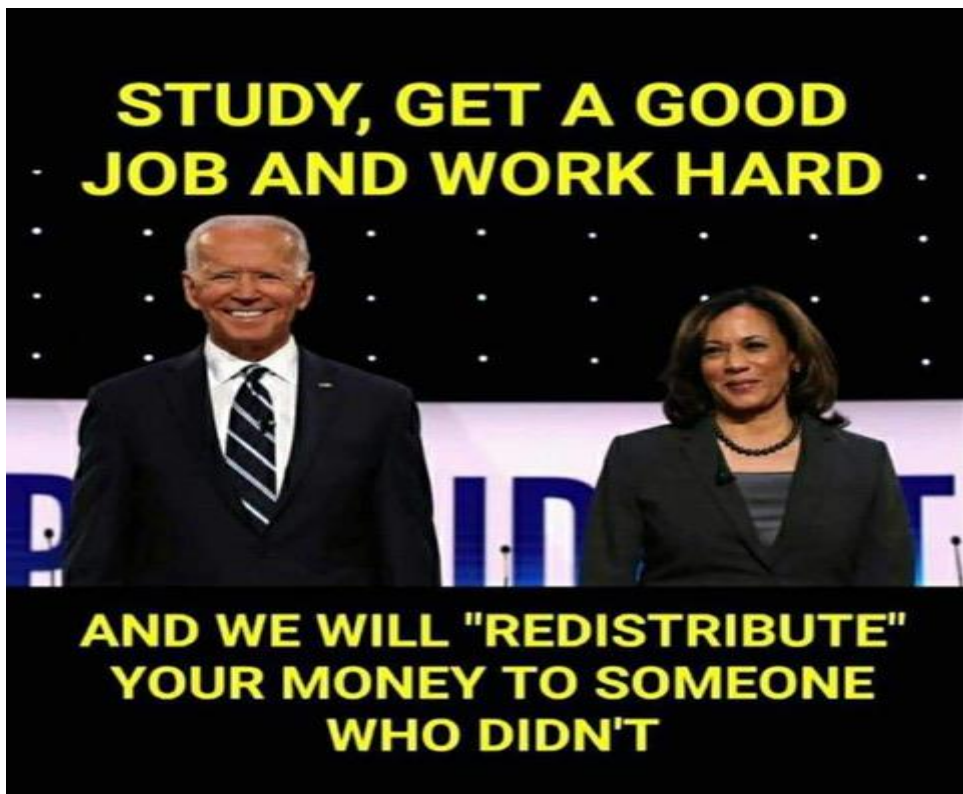
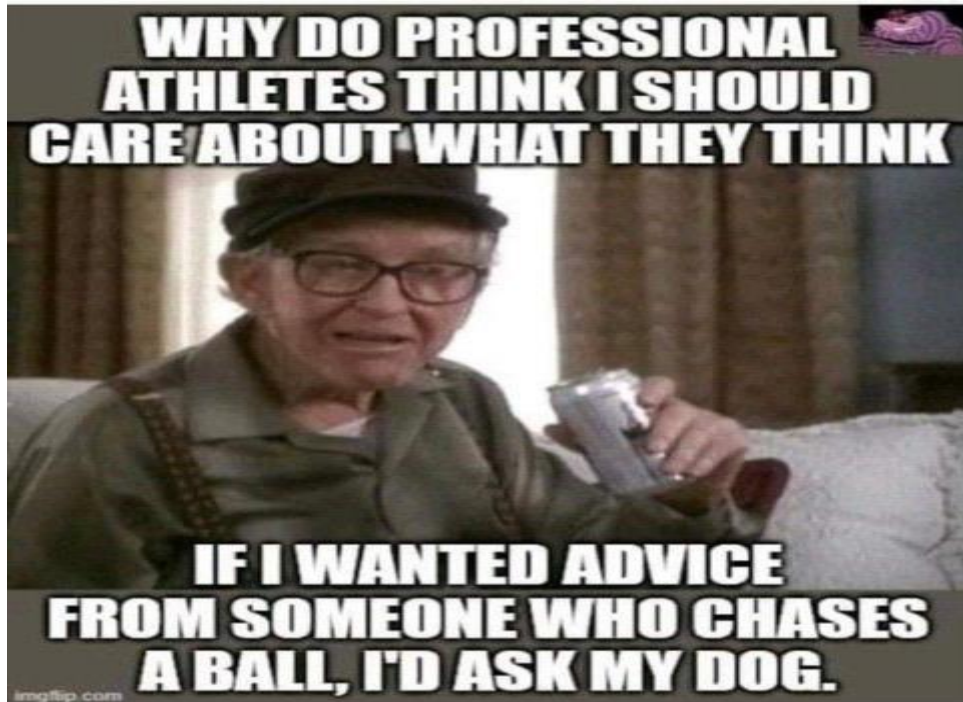
1. 4
2. Pittsburgh
3. Kermit the frog
4. Texas
5. Emperor
6. Vixen
7. Harry Potter
8. 21
9. Cat
10. Hungary
11. Germany
12. China
13. Purple
14. White
15. Dynamite
16. Neil Armstrong

From the Editor : Thank you to Roy Norman, Tommy Hobbs, Mike Humphries, Tony Harris & Bob Wilson for contributions to the newsletter.

Young Johnny was late for school again. “And what kept you this time Johnny ?” asked the young mistress in despair of another yarn. “It’s the breeding season miss and I had to put the Bull to the cows “ he said. “Couldn’t your father do that ?” she said. “Oh no” said Johnny “ it has gotta be a bull.”

If you need help :

Emergencies	000
Open Arms	1800 011 046
Lifeline	13 11 44
Kids Helpline	1300 224 636



TOUKLEY RSL SUB BRANCH

Patron:	Karen McNamara
President:	Bob Wilson
Vice Presidents:	George Meier Ian Collier
Secretary:	Judith Walker
Treasurer:	John Fraher
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Trustees:	Bob Wilson, George Meier, Milton Porter
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