



TOUKLEY RSL SUB-BRANCH

Newsletter



Auckland NZ – War Museum

NEW SUB-BRANCH MEMBERS

Vale

Christopher Wagner

Phillip Forbes

Kevin Foley

Welcome to the following new sub-Branch Members:

Service

Auxiliary

Christine Buckman

Nil

Sub-Else

NIL

Internment of Ashes

Christopher Wagner – 27th July

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.**

Kevin Foley Funeral - Palmdale	Monday 14th July – 11.30am
Sub-Branch Committee Meeting	Monday 21st July – 10.30am
Interment - Christoper Wagner	Saturday 26th July – 2.30pm
Xmas in July Wellness & Wellbeing	Sunday 27th July – 11.00am
Sub-Branch General Meeting	Monday 4th August – 10.30am
Vietnam Veterans Day	Monday 18th August – 11am



Presidents Report:

Another busy month for the Committee – especially the Welfare group – which has grown in numbers. It is pleasing to see the efforts of Committee and others who are contributing to the Welfare workload and helping out fellow members. See Welfare report later in newsletter for the names of those involved.

I attended the Inception Workshop held by EJE Architecture of The Ary Masterplan DA. This meeting was an opportunity for the architects to display their initial thoughts on the re-design of The Ary. The sub-Branch under the Deed of Accommodation that was drawn up in 2008 must have an equal amount of office space in any redevelopment. However the meeting did show up a potential problem in the storage of some of our other material we have accumulated over the years. Also the company that has been engaged to develop the DA for the project has requested an easement over the two lots

that make up the Cenotaph i.e. the car park and the Cenotaph. I have referred this to Mark Bowen Legal for a legal opinion on this.

I also attended the Commissioner's Dinner of the Australian Cadet Corps at Riverwood on Friday 13 June. It was a good night with the Cadets receiving their Merit Certificates and their promotions.

I was required by 30 June to submit the Annual Information statement to the Australian Charities and Not-for-profits Commission. With the assistance of our auditors – Bishop Collins – I was able to lodge the return on time and we are again registered as a Charity organisation.

I attended the CCDC meeting at the Wyong Veterans and Family Hub. Proposed changes to Membership were discussed with the re-introduction of a membership fee and creation of a new class of member – Allied – being people who served not with the ADF but with Allied nations. The Membership Officer is opposed to the reintroduction of the membership fee.

The peripheral lights problem has still not been resolved at the Cenotaph. The Electrician has to redo his work with longer cables so that the plumber can complete the drainage works.

Marie Berry has settled in well to her new position working in Membership alongside Roy Norman.

The tickets for the Xmas in July party and monster raffle on Sunday 27 July from 11.00 am to 3.00 pm are on sale today and then each Thursday morning in the sub-Branch office at The Ary.

Ian Collier
President

Editorial from Rob Sellers:

SCUBA Warrior

How do YOU spend the last Friday of every month? Rob Sellers and a small band of veterans from across the coast have a unique way of volunteering to assist the greater community and as a side benefit, looking after their own wellbeing. Most of these veterans are SCUBA divers, some were trained in the services and some in “civvie” street. Scuba Diving has long been known to improve social interactions of divers due to the nature of the activity. Scuba diving boosts self-confidence and self-esteem and has even saved lives for those PTSD sufferers who turned to Scuba for their therapy.

Of this last group, some have been trained through a program run through The Scuba Gym Australia, located on the NSW Central Coast. The Scuba Gym has created the veteran friendly Scuba Warrior program. Scuba Gym is operated by a hardworking local, Lyndi Leggett. Lyndi is the child of a veteran and has firsthand experience with the impact of PTSD and empathy needed working with veterans.

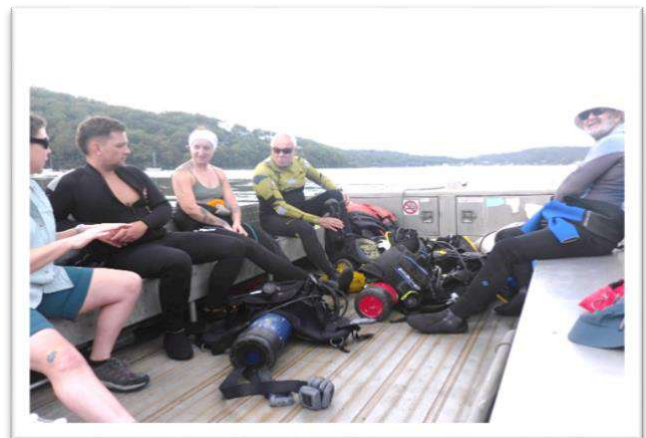
Scuba Warriors is a program that understands veterans and provides an opportunity to learn to dive and get qualified as an open water scuba diver. Veterans not only learn to dive in a safe and supported environment, but an ongoing benefit is the opportunity to continue to serve by getting involved in community focused activities underwater. For more information about the Scuba Gym directly go to. <https://thescubagym.com.au/veterans-ptsd-and-amputees/>. Funding is not available from the NDIS so a ‘go fund me’ page has been created. If you are interested in assisting with financial contributions please go to <https://www.gofundme.com/f/keep-scuba-therapy-alive-for-those-who-need-it-most>.

And what are the community focused activity: primarily it is working with the Clean4shore organisation in removing manmade debris from under the surface in our waterways. The dives take place where we suspect manmade rubbish is accumulating or deliberately being dumped these places are

invariably very close to the shoreline or, more commonly, off jetties and wharves. Hazards encountered in these dives include, strong currents, limited visibility, stingers of many kinds, numb (electric) rays, fishhooks, boating activities, sunburn, etc. During recent forays the group have recovered motor scooters, shopping trolleys, fishing rods, bicycles (by the dozen), beer bottles (by the hundreds/thousands). One of the lesser-known pollutants in this environment is soft plastics in the form of garbage and normal household plastic bags. Many of these end up by being ingested by marine life causing injury and death.

Volunteers are always welcome to assist in lifting the items recovered from below the surface into the boat. Interested? Contact Rob Sellers

A future newsletter will have some information on how the Scuba Gym has evolved internationally and how it has been able to assist veterans in dealing with PTSD, limb amputation and anxiety in their lives.

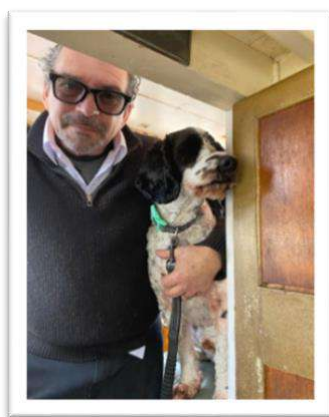
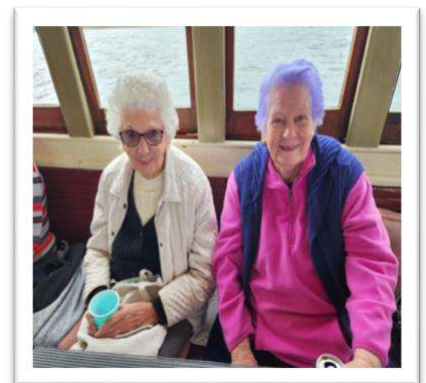
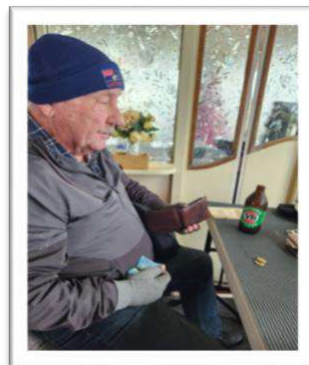
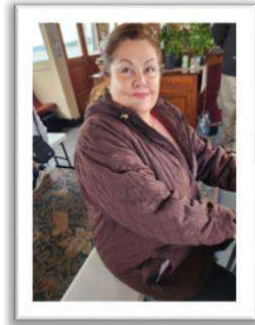


Arriving back at the wharf at Lions Park in Woy Woy after a clean-up at Ettalong and Wagstaff. Heading out from the wharf at Lions Park in Woy Woy for a clean-up in the Clean4shore boat . Anyone missing their, shopping trolley, razor scooter, bicycle, vehicle tyres?



Cruise on the Wangi Queen Showboat – Friday 27th June

It was freezing but we are tough, we took on the sea and the dolphins and enjoyed a good lunch and the day out! The skipper and his dog, photo below and the dolphins were amazing.



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 - monthly meetings held 3rd Sunday every month except December, 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 located on the left-hand side of Wallarah Road just as you drive over the Toukley Bridge towards Gorokan is maintained by the Vietnam Veterans 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 weeks in growing season. If anyone has some spare time please contact Steve Edmunds on 0428 093 726 or email at sheenasteve21@gmail.com

Tommy Hobbs will be raising money for the Children's Hospital by running in his 38th City2Surf on the 10th August. He will be collecting during the General Meeting. Please dig deep for this worthy cause.





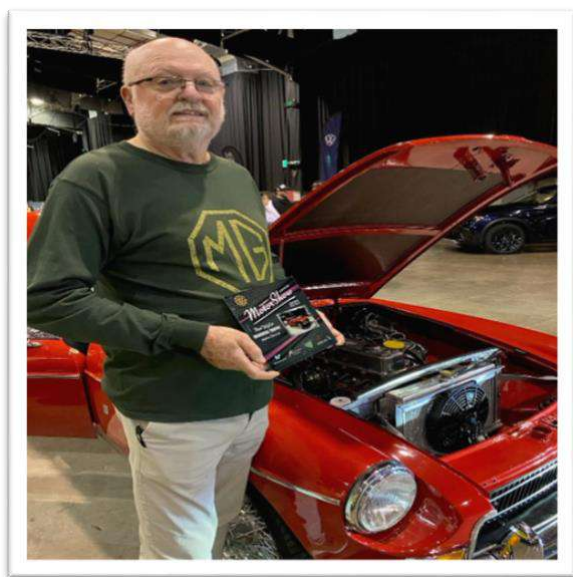
Members enjoying their birthdays during July

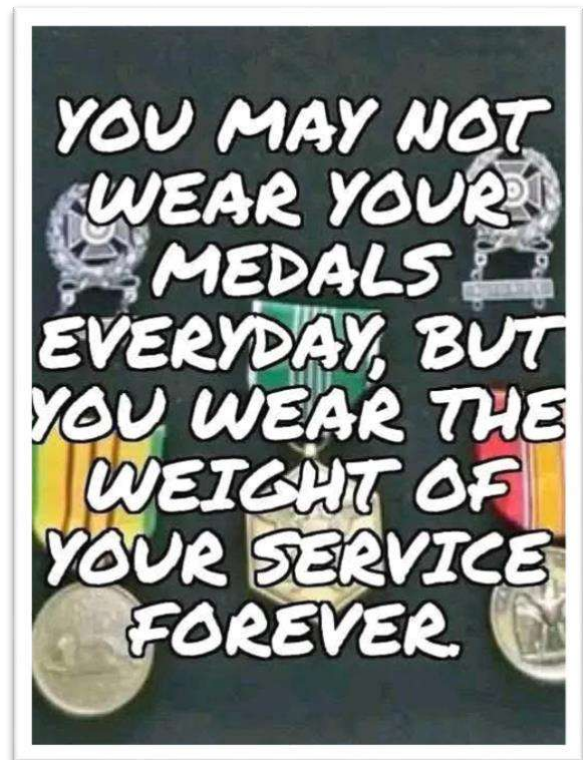
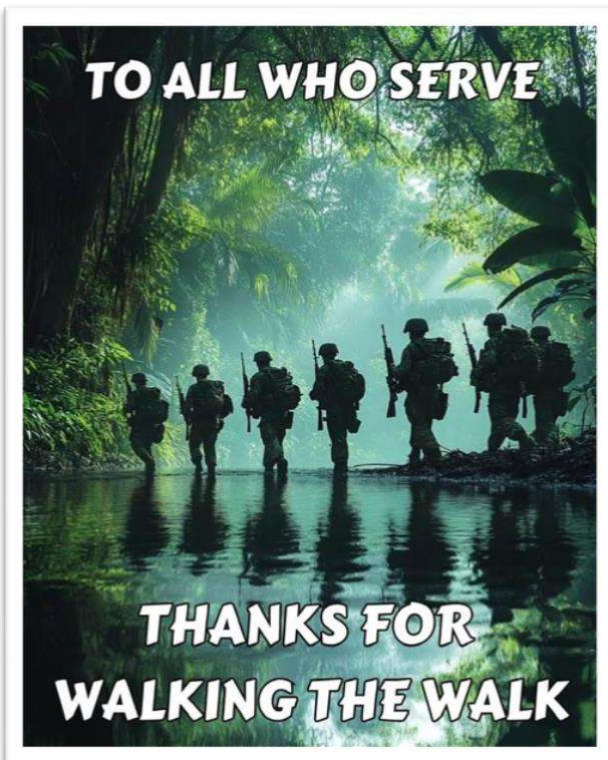
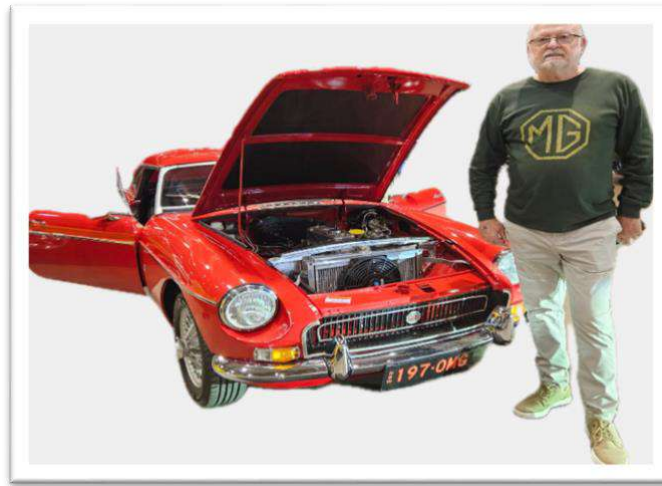
**1st – Paul Forrest, 3rd – James Irvine, 5th – Christine Buckman,
8th – John Carruthers, 9th – Cheryl Day, 12th - Don Thompson,
14th – James Bowring, 14th - Margaret Scott, 16th - Roland Gloss,
17th – Robinson Wilson, 18th - Charles Stokes, 27th – George Meier,
27th - Edward Turner, 30th – Leonard Payne, 31st – Paul Davis.**

Steve Climpson's Internment and wake. Thanks to the those who attended, especially Steve's comrades in the Nasho's. The family were very appreciative of the roll up and RSL Representation as well as the attendance of the Wallarah Point Nursing Home personnel where Steve spent his last days.



Steve Edmonds took his MG to a car show in Tamworth – he won the Memorial Trophy for his 1970 MGB Roadster at the Motor Show on 16th May





Auxiliary Report – JUNE 2025

On the 27th June, attendee's departed from Lemon Tree Passage on board the Wangi Queen (which is over a hundred years old), for a two and a half hour luncheon cruise whilst enjoying the waters of Port Stephens.

Whilst allowing for the fact that we were taking the cruise in winter, feedback was favourable. For those that made their way out to the front of the boat, you could see several dolphins surfing the bow; What a sight!

Everybody enjoyed the luncheon, and we all sang happy birthday to Mick Henly for surviving to the ripe old age of 60! Thanks to the staff of the Wangi

Queen, who, when requested, played a couple of songs over the PA system from Mick's favourite band ACDC; there was added excitement from Mick when flashing coloured lights were turned on for added effect inside the cabin.

Updates on the trips scheduled for the rest of the year:

25th July – Alison Homestead visit with the Sub Branch paying the ten dollar entrance fee per person, which also includes a morning tea; this will be covered by the Sub Branch as a co-contribution. Lunch has been changed from Diggers Club at Ettalong, to the Kincumber hotel at Kincumber, and is at your own cost.

29th August – Newcastle Botanical Gardens; at this point in time, there is an entrance fee of five dollars per person. Lunch has been organized for Stockton RSL at the Three Sicilians Restaurant; Ron Whitby advised that the food is 'fantastic'. Lunch is at your own cost.

25th 26th September – Overnight trip staying at Young Federation Motel. Following breakfast, we travel to Murrumburrah to view the 'Bill the Bastard' Horse. Following this, we will visit the sculptor of Bill, Carl Valerius, whilst enjoying a wonderful morning tea prepared by Carl's very supportive wife Faye. Costs for the trip to be advised at the next general meeting on the 7th of July.

31st October – Fort Scratchley which is located at Newcastle, where attendees will go on a tour of the facility and be present for the 1.00pm firing of the cannon. Lunch has been changed from the Hexham Bowling Club, which was scheduled for 12.15pm, to the Souths Leagues Club at Merewether at 1.30pm.

28th November – At the time of printing, all details for this trip remain the same.

There are now 15 members of the Auxiliary, with our next luncheon/bus trips for 2026 planning meeting scheduled for the 11th of August 2025.

Since the last general meeting, there is a new member of the Auxiliary Christine Buckman.

Christine Sellers

Auxiliary Co-Ordinator

Puzzle Corner



Trivia Questions:

- Who was the first Black president of the United States?
- Who was the god of the sea in Ancient Greece?
- What English city had a great fire in 1666?
- Who wrote a famous diary during World War II?
- Which scientist came up with the idea of gravity when an apple fell on his head?
- What group of people from modern-day Norway explored and conquered land by sea between the 9th and 11th centuries?
- Which English king had six wives?
- What is the national bird of the United States?
- What country first used paper money?
- What ship sank in 1912?
- Who was president during the American Civil War?
- Where were the first Olympic Games held?
- Which famous person was the teddy bear named after?
- Which group of ancient peoples worshiped cats?

President:

Graham Kerle JP

Secretary:

Danny Chouffot

Treasurer:

Kelly Gray



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NSW 2259

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Helping Veterans and Their Families

We are located at 203 Main Road, Toukley. We are available at Toukley on Tuesday morning from 08.00 till midday by appointment, and on Thursdays from 08.00 till midday for interviews and as a drop in coffee centre to meet others and relax.

We are available to assist serving and ex serving veterans and their families in their interaction with DVA as Advocates. We have available;

- Four Advocates to assist with claims advice and general advice on DVA requirements.
- Wellness officers to assist with,
 - Counselling
 - Mental health contacts
 - Seeking appointments with Medical Practitioners
 - Homelessness
 - Widow and widower rights and entitlements.

If you have worn the ADF uniform for more than one day, or are the family of such a person, you may have entitlements that you do not know about. Drop in and let us help you.

We look forward to meeting you.

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

Welfare Report June 2025



TOUKLEY RSL SUB-BRANCH

WELLBEING/VISITATION OFFICERS' MONTHLY REPORT FOR THE SUB-BRANCH

OFFICER	NUMBER OF VETERANS/FAMILY VISITS	HOURS	KILOMETRES TRAVELLED	PHONE CALLS	TRAINING HOURS	FUNERALS Interments
Michael Humphries	6	4	30	3	0	0
Roy Norman	8	20	25	74	0	0
Brian Knight	1	4	15	0	0	0
Mick Henly	1	6	30	15	0	0
Christine Sellers	1	16.5	45	20	0	0
Ian Collier	0	0	0	1	0	0
Ron & Teresa Whitby	7	15	36	14	0	0
TOTALS	24	65.5	181	127	0	0

Puzzle Corner Answers



- Answer: Barack Obama
- Answer: Poseidon
- Answer: London
- Answer: Anne Frank
- Answer: Sir Isaac Newton
- Answer: The Vikings
- Answer: Henry VIII
- Answer: Bald eagle
- Answer: China
- Answer: The RMS Titanic
- Answer: Abraham Lincoln
- Answer: Greece
- Answer: President Theodore (Teddy) Roosevelt
- Answer: The Egyptians

TOUKLEY RSL SUB - BRANCH

Friend of:	David Harris MP
President:	Ian Collier
Vice President:	Mike Humphries Mick Henly
Secretary:	Alan Thiele
Treasurer:	Terry Murray
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