



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
1922 CENTENARY 2022

Cooroy Pomona RSL Sub Branch

September 2020



NEWSLETTER



2020 Commemorations have been different

PRESIDENTS REFLECTIONS

Dear Members

It has been a very tumultuous year so far for all Australians. We last saw members at our meeting in March and due to COVID-19 we have been keeping our distance until now. The Executive and I have continued to meet weekly either via Zoom in the initial lock down period and more recently at the RSL Club. Greg and Nick have continued to call our Monday welfare people and Greg Holmes and John Zupp have also been contacting members to ensure they are safe and well.

During the time of lockdown, the Club has gone through significant renovations including new carpet and painting for the Sub Branch Meeting Room and we are truly grateful to the Club Management and Club Board. You will also notice that our memorabilia is now in a common area thanks to the great work of Peter Watts and Denis Thompson.

ANZAC Day was a very different experience. Light up the Dawn was a great success. I also laid a Wreath at dawn on behalf of the Sub Branch at the Cenotaph.

We look forward to seeing as many members at the 10^h September Sub Branch Meeting remembering the social distancing rules when entering the Club.

Patricia Geelan

President



REPORTS

TRANSPORT

There is no need to enlarge on the Covid-19 and how it has affected our transport system. However because of the social distancing we have continued our service for medical and hospital appointments on a limited basis. Denis Thompson, our Transport Co-Ordinator has made himself available for driving during this period.

The Toyota 11 seater has served us well for 8.5 years and has been replaced with a new Toyota Hi-Ace 350 CSW.

Apart from carrying 11 passengers this bus is vastly different from the old one with all the 'bells and whistles' fitted. There is no wheel chair lift which will mean some changes in our transporting arrangements, details of which you will be told of once we are back in full swing again.

After having travelled 227,413 kms, carried in excess of 7,500 passengers and drivers clocking up in excess of 7000 hours the old bus was sold to a private buyer.

The Kia Carnival 7 seater remains in the fleet and will serve us for many years yet.

There is an allocation made in our finances so that when the time arrives there'll be no real drag on our funds.

Denis Thompson



Toyota Hi-Ace 350 CSW

WELFARE

During the past 6 months we've not lost touch with our members, and although we have not carried out our usual hospital and aged care visits we have maintained our telephone contact.

Greg Dyce and Nick Vanzutphen have continued in this role and report that all our Monday contacts have maintained good health and have managed to 'stay out of trouble' and in spite of Covid are all in good spirits.

Greg Dyce

—-<oo000oo>—

MEMBERSHIP

Greg Holmes has continued his sterling role as membership officer and maintained contact with members new and old. He must have felt a bit lonely on his own and has somehow managed to second John Zupp as his trusty off-sider. "Welcome to the role John".

Together they have performed the mammoth task of contacting all our members by telephone, keeping them informed of the Sub Branch activity during this 'shut down' period. Thanks Greg & John

Greg would like us to draw your attention to the Friday afternoon informal get-together commencing on 18 September between 4pm & 6pm. See the large ad in this edition.

The purpose of this get-together is simply to meet your mates, have a quiet drink, and a chat on a purely casual basis.

Greg Holmes



YOUR HEALTH & ALCOHOL

This programme is supported by the partnership agreement between the ex-service and veteran community organisation and the Department of Veteran Affairs

Have your drinking habits changed due to Covid-19?
Here is some helpful information from DVA



Change the Mix: Ten Tips

Choose a healthy mix
and try our ten tips
to change your drinking habits

1. Don't drink on an empty stomach - eat before and during drinking.
2. Set a limit on your drinking time
3. Start with a juice or soft drink to quench your thirst
4. Choose light beer or other low alcohol drinks
5. Drink slowly and don't top up drinks
6. Refill your own glass.
7. Have water or other drinks between alcoholic drink
8. Drink at your own pace
9. Do something else while you drink. Have a meal; play a game of pool or cards.
10. Have one or two alcohol free days a week

SUPPORT THE SUB BRANCH

THURSDAY NIGHT RAFFLES commencing 10 September at 6pm

PRIZES: Wines—Beers—Lots of vouchers & great prizes

**ALL FUNDS RAISED FROM THE RAFFLES SUPPORT
VETERANS AND FAMILIES**

Editorial

There is no need to tell any of you that the year to date has presented the impossible task of trying to plan anything and slot in events according to the normal programme. Grand celebrations had been planned for March to mark 100 years of Cooroy RSSILA/Cooroy Pomona RSL. All of these had to be cancelled a week or two before the event was due to begin.

The usual ANZAC Day commemoration, including Dawn Service, breakfast, parade, etc was thrown into chaos but our resilient community took up the challenge and we saw some great improvisation with the whole of Cooroy and beyond "Lighting Up the Dawn". Good onya people!!!

A number of families and individuals laid wreaths at the Cenotaph as they did also for Vietnam Veterans Day. Thanks to all those who took part in this way.

What a pity we were unable to give greater credence to V P Day (75 years on) but I am sure there were many families who remembered.

I don't know if you are aware that 2nd September (the first Wednesday in September of each year) is now officially acknowledged as Battle for Australia Day. This day was proclaimed by the Governor General to commemorate not only all those who gave their lives but to the host of service men and women who were prepared to give their lives for Australia.

Our thanks must go to our Sub Branch executive during this 'downtime' who have continued to work tirelessly in conjunction with State & District to keep the ball rolling. All of our memorabilia has now been photographed and listed to put it all back in order following several years and many moves. The display cabinet in the reception area bears testament to this hard work.

Finally a reminder to you all that Thursday 10th September at 4pm our Sub Branch monthly meetings will recommence. Due to Covid-19 distancing regulations it would be helpful if you could RSVP to reception ph.5447 6131

John Diprose Editor

Our generation is becoming so busy trying to prove that women can do what men can do, that women are losing their uniqueness.

Women weren't created to do everything a man *can* do. Women were created to do everything a man *can't* do.

Your fingers have fingertips but your toes don't have toetips, yet you can tiptoe, but not tipfinger.





Posthumous Honour for Australian War Dog

Do you know?.....

On 26 October 2018 Operations dog “Kuga” received the PDSA Dickin Medal.

A military working dog who served with the Special Air Service (SASR) regiment in Australia has received the animal’s VC for his remarkable action while on duty in Afghanistan in 2011.

Special Operations Military Working Dog (SOMWD) Kuga was posthumously awarded the PDSA Dickin Medal at a special ceremony at the Australian War Memorial in Canberra.

Kuga is the first Australian dog to receive the PDSA Dickin Medal in its 75 year history.

Belgian Malinois Kuga has been posthumously recognized for his actions during Operation Slipper in the Khas Uruzgan district of Afghanistan. Kuga indicated the presence of an enemy ambush concealed among trees along a river. Kuga swam into the river to apprehend the enemy and in doing so was shot five times. He survived and was returned home to Australia, though he died less than a year later.

Cpl Mark Donaldson—the recipient of the Victoria Cross for his actions in Afghanistan—received Kuga’s medal on behalf of the regiment. The world renowned PDSA Dickin Medal was introduced by PDSA’s founder Maria Dickin CBE in 1943. It is the highest award any animal can achieve whilst serving in military conflict.



Call ‘em what you want — war dogs or military working dogs — they have been around for centuries worldwide. The states had an unofficial canine war force in World War I, but military dogs did not become officially recognized until March 13, 1942, when a private organization, Dogs for Defense was established to recruit the public’s dogs for the U.S. military’s War Dog Program, known as the K-9 Corps.

The photos above show military dogs in World War II, Vietnam, and as an item of interest the smallest war dog known (7 inches tall) who was found in a foxhole in New Guinea and served with American troops in the Pacific Islands. She became the first therapy dog after the war.



To all Serving and Ex Service Members



Come and join us
each Friday

commencing 18 September

4pm—6pm and have a quiet drink together

A bar area will be set aside solely for all serving
and Sub Branch members

We look forward to seeing you here
at Cooroy RSL & Citizens Club

Tricia Geelan— President

Do your medals need remounting?

MEDAL MOUNTING SERVICE

Also available:

Replica Medals

Miniature Medals

Ribbon Bars



Contact Greg

Ph. 5482 9523 mb. 0408 829 520

email :luw@bigpond.com

A lot of folk are wondering why
Veterans aren't panicking about
COVID-19, well

The current events have made me realise that my
present life and my previous life in the military hold a
number of similarities.....

- * Never any toilet paper
- * Lots of tinned food
- * Being told what to do all the time
- * Ordered into groups or defined size of groups
- * Watching others panic
- * Constant instructions which are always changing
- * Information which is out of date by the time you receive it.
- * Being told what to do in your free time
- * Standing in long queues to get food
- * Carrying a mask around all the time
- * Weekend plans all bugged up
- * Your favourite bars are off limits
- * Living under a permanent curfew
- * Constant travel restrictions

RSL is Family — Don't be afraid or hesitate to look after our mates

There may come a time in the life of some of our members when the difficult and emotional decision must be made for one partner to move into a care facility. A good friend of mine was recently faced with this decision and with his permission I have included below a very personal account of his thoughts and feelings at the time.

This account may be of assistance to someone facing the same decision.

“As my time as a full time carer draws to a close, some reflections on the emotional treadmill. Julie could be in care in a matter of weeks. During this journey I have met lots of other carers and the emotional rollercoaster is often similar. I have tried to be open in my sharing even at the risk of being thought of as a drama queen, whinger, or milking sympathy. If you know other carers please support them

There are a few carers who seem to love it and find fulfillment in the role. Sometimes this is co-dependency, which isn't a good thing in the long term. Tiredness, anger, guilt, loneliness, frustration, laughter, care, love ... and that is just the first five minutes after Julie gets up in the morning (only slightly exaggerated).

The loneliness of a carer is real! I do well with home help, family visits, I get support for 24 hours a week the equivalent of one day. Which means it is Julie and I for the equivalent of six days. Six days without an adult conversation or intimacy.

Lots of guilt. She needs to be cleaned, but I can't face the abuse just now, I'll do it later. Now I feel like an uncaring failure, guilty that I am failing her as a carer. Guilt that I just want a holiday. Guilt that I don't want to go back home when someone else is with her.

Anger, frustration when she can't understand simple English. And the inevitable “Why me?” question.

Then occasionally the brain cells line up and a glimpse of the old Julie appears. Just a flicker. But it brings a moment of closeness. Some days Julie is in a good mood with lots of laughter. Days to be treasured. Oh, I wish there was a USB plug on her head so I could see what is going on.

Now as the time draws to a close, I have feelings of relief and excitement—then guilt because I am happy she is going.

No doubt the next part of the journey will be filled with another roller-coaster—the journey continues.” *Andy*

IMPORTANT NOTICE

The next Sub Branch meeting will take place

on

THURSDAY 10 SEPTEMBER

at 4pm

If you plan to attend please RSVP at Reception

This will help with social distancing



COMMEMORATIVE CENTREFOLD





The long awaited mosaic panels

It's been more than 12 months since the concept of filling the blank panels in the laneway came to mind. depicting Airforce, Navy and Army.

(Photo 1)

Next came design ideas, with Sketches, and the first panel. **(Photos 2 & 3)**

Plans were made to unveil the wall during the Sub Branch Centenary Celebration in March 2020, but alas Covid-19 ensured this was not to be. Various dates were proposed but un-fulfilled. Finally it was agreed to install the mosaics **(Photos 4,5,6)** and hold an official unveiling when we are able.

We are grateful to Llew O'Brien MLA Wide Bay for highlighting to us the possibility of a grant through 'Stronger Communities Programme'



The grant was approved and the RSL Club offered to pay half of the remaining costs. Many thanks to them for this generous offer.



Sue Hoskin, a local Mosaic artist, was contracted to design and implement the work.

Sue was already known to us with her mosaic mirror behind the reception desk. The mosaic panels were installed 21st August with the help of Peter Watts, Denis Thompsen, Jamie Whiteway & John Diprose.

(Photo 4). Sue added her final touches **(Photo 5)**

Completed mosaics **(Photo 6)**



SUPPORT
YOUR
LOCAL
RSL
CLUB

**ALL DAY BREAKFAST
UNTIL 5PM**

BACON & EGG ROLL OR WRAP \$7.5M \$9.5NM
BACON, FRIED EGG & CHEESE WITH BBQ SAUCE

BACON & FRIED EGGS \$10M \$12NM
2 BACON, 2 FRIED EGGS & 2 PIECES TOASTED SOURDOUGH,
SPINACH & TOMATO RELISH

TWO EGG OMELETTE \$12M \$14NM
HAM, CHEESE, SPINACH & TOMATO RELISH

WAFFLE & ICE CREAM \$10.8M \$12.8NM
BELGIAN WAFFLE WITH MAPLE SYRUP & 2 SCOOPS OF ICE CREAM

BIG BREAKFAST \$14.8M \$16.8NM
2 BACON, 2 FRIED EGGS, GRILLED TOMATO, HASH BROWN,
2 CHIPOLATAS, SPINACH, TOASTED SOURDOUGH & TOMATO RELISH

EXTRAS

- 1 RASH BACON \$2.5
- 1 FRIED EGG \$1.1
- HALF GRILLED TOMATO \$1.1
- 1 LARGE FLAT MUSHROOM \$4.8
- HASH BROWN \$1.0
- 2 CHIPOLATAS \$2.1
- 2 PIECES TOASTED SOURDOUGH \$1.2
- CHEESE SLICE \$0.6
- ICE CREAM PER SCOOP \$1.0
- EXTRA SAUCE \$1.0

M - MEMBER PRICE NM - NON MEMBER PRICE

EVERY DAY

A sweet Deal ♥

**FRESH BAKED
MUFFIN OR SCONE
WITH ANY COFFEE**

\$7.50

Thursday

BINGO

Doors Open 9am
Eyes Down 9.30am

*** ***

**FRIDAY NIGHT &
SATURDAY LUNCH
RAFFLES**

105984 48694



SERVING & EX-SERVICE MEMBERS

Meet & have a drink together

EVERY FRIDAY FROM 4PM-6PM

Commencing 18th September

