



THE RETURNED & SERVICES LEAGUE OF AUSTRALIA
(NEW SOUTH WALES BRANCH INCORPORATED)
"The Price of Liberty is Eternal Vigilance"

Combined Services RSL sub-Branch

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JUNE 2024 NEWSLETTER



NEXT GENERAL MEETING
THURSDAY 4th JULY 2024
(AMERICAN INDEPENDENCE DAY)
TO BE HELD AT 11.00 AM
ON LEVEL 2, 5-7 BARRACK STREET,
SYDNEY

(Light luncheon and refreshments
served afterwards)

OUR GUEST SPEAKER IS BEN JOHNSON

Ben is one of our Committee Members. He was a former Sergeant in the United States Air Force. He served in Afghanistan and Iraq among other places.

MOTION ON NOTICE

"That the Combined Services RSL sub-Branch accept the City of Sydney RSL sub-Branch as a Chapter under the provisions of the Constitution and Standing Operating Procedure 11."

The City of Sydney RSL sub-Branch has requested this and our Committee has unanimously endorsed this request. If approved, then all members of their sub-Branch become members of ours and their sub-Branch becomes a subordinate group of our sub-Branch. As a Chapter, they may meet separately, if they wish, for separate meetings and social functions. However, their members also become full members of our sub-Branch and may attend our meetings and functions as well.

BY- ELECTION FOR SECRETARY/TREASURER

A by-election will be held for the Secretary/Treasurer position of our sub-Branch. Robert Lawrence recently resigned. He has held the position since Angela Valentine Flint retired in April last year. Rob currently lives in the Blue Mountains and has his own business there. We wish him all the best in his future endeavours.

With respect to the position, the Committee is also interested in anyone willing to assist as an Assistant Treasurer. Kim currently manages the bookkeeping, but we would like to increase the financial skills set on the Committee. Anyone interested in nominating for the position of Secretary/Treasurer or being on the Committee as an Assistant Treasurer should email or phone Kim Metra by 3rd July.

FURTHER SUB-BRANCH EVENTS

MONDAY 15th JULY:

VISIT TO THE JEWISH HOLOCAUST MUSEUM IN CONJUNCTION WITH THE MASONIC RSL SUB-BRANCH

11.00 am for a guided tour. Lunch in a nearby restaurant is to be arranged. Entrance fee is \$22. If you wish to attend, contact Stan Beaman.

Stan Beaman Mob: 0414 903 900 Email: sbeaman2@bigpond.com

Further details are on the sheet attached at the end of this Newsletter.

THURSDAY 5th SEPTEMBER: President's Luncheon.

12 Noon for 12.30 the Luncheon will be held at the Barracks Restaurant, Level 1, 5-7 Barrack Street, Sydney.

For members and friends of the sub-Branch. RSVP by Monday 2nd September required to Kimberly Metra by email or phone (during office hours) contacts at the top of this Newsletter.

THURSDAY 7th NOVEMBER: GENERAL MEETING:

The Reverend Andrew Nixon, our Honorary Chaplain, will be our Guest Speaker. Andrew will be speaking on the role and challenges of chaplaincy in the Defence Forces.

VALE: DONALD JAMES CRAWFORD

One of our members passed away on 12th May after a long illness. Don was formerly a member of Concord RSL sub-Branch. He transferred to us in 2019 after that sub-Branch closed down.

Don was born on 18th September 1925 at Concord West, and he enlisted with the Army on 13th October 1943. He saw active service in Borneo at the Battles of Tarakan and Balikpapan fighting with the Second/Second Pioneer Battalion in the Seventh Division right up until just after the Surrender of Japan.

Promoted to Corporal, he remained with the Army assisting with recovery operations and war graves overseas until his discharge from the Army on 30 June 1947.



During his service, he earned:

1939/45 Star

Pacific Star

War Medal 1939/45

Australian Service Medal 1939/45

Australian Service Medal 1945/75 with Clasp SW Pacific

Our condolences go to his wife, Val, and his family.

LAST MONTH'S GENERAL MEETING

We were privileged to have Deborah Shepherd, a Clinical Psychologist at the National Centre for Veterans' Healthcare as a speaker. She spoke on mental wellness for us all.

Deborah gave us 5 tips for mental wellness.

1. ACKNOWLEDGEMENT

Including managing emotions and..." It's OK not to be okay."

2. SELF COMPASSION

Put your own oxygen mask on first, know your limits, create your boundaries.

3. FILL YOUR TOOLBOX

Physical, mindfulness, relaxation, distraction, social connections.

4. GIVE YOURSELF PERMISSION

Don't be your own harsh critic, start small, give yourself permission to say no and permission to rest.

5. REACH OUT HAVE GOOD SOCIAL CONNECTION

Socially connect with family, partners, and friends.

RESOURCES ARE AVAILABLE:

- Open Arms <https://www.openarms.gov.au/>
- Soldier On <https://soldieron.org.au/>
- RSL Australia <https://www.rslaustralia.org/veteran-support>
- Veteran Mindfulness Australia <https://veteranmindfulness.com.au/>

24/7 Phone Lines to call:

Open Arms – 1800 011 046

Defence all-hours support line – 1800 628 036

Defence Family Helpline – 1800 624 608

1800 VETERAN (1800 838 372) – advice, claims support

Safe Zone Support – 1800 142 072; anonymous counselling line

Beyond Blue – 1300 224 636

Apps for mindfulness:

- Smiling mind; guided meditation
- Kardia app; breathing timer with visual prompts

Open Arms self-help tools; controlled breathing, grounding, PMR, cognitive re-framing etc.

- <https://www.openarms.gov.au/get-support/self-help-tools/show-all-tools>

Go Beyond – online module to help with transition to civilian life

<https://gobeyond.org.au/>

OUR VISIT TO THE LANCERS MUSEUM IN CONJUNCTION WITH THE MASONIC RSL SUB-BRANCH

The Lancers Barracks is the oldest mainland occupied barracks in Australia. This was a successful visit held on Monday 20th May with about 20 members of both sub-Branched attending. It was great to visit a museum with much colonial history as well as a range of historical vehicles and tanks.

Afterwards we adjourned to the nearby Commercial Hotel for lunch and finished off an informative and socially enjoyable day.

More photos and videos can be found on our FB page.

Please click the link for a video

<https://www.facebook.com/share/v/6FTZWcRCkd4nL6EL/>







EDITORIAL:

Ron Hack, PRESIDENT

Kimberly Metra, BUSINESS SUPPORT MANAGER

18 June 2024

VISIT TO THE JEWISH HOLOCAUST MUSEUM

LOCATION: Jewish Holocaust Museum, CNR Darlinghurst Rd and Burton St, Darlinghurst.

DATE: 15 July 2024

TIME: 1100-1200h – Guided tour

1200-1230h – Presentation by Holocaust survivor (Digital/Interactive)

LUNCH: Probably at The Tropicana, 227 Victoria St, Darlinghurst. Good food choice, reasonable prices. *If anyone has a possibly better location in mind, let Stan know.*

COST: \$22 pp

RV: At the museum entrance at 1045h

TRANSPORT: Own means.

- a. Bus up Oxford St to the Law Courts at Taylor Square, then walk down Darlinghurst Rd one (big) block. The obvious landmark is Green Park.
- b. Bus up William St to Kings Cross, then walk south along Darlinghurst Rd four blocks.
- c. Train to Kings Cross Station, then walk south along Darlinghurst Rd as mentioned above.
- d. Taxi/Uber obviously also a choice.

Note: Actual bus route numbers not yet known but will be provided.

RSVP: Stan Beaman would like to have a reasonably clear attendance figure a week in advance (i.e., 10 Jul).

Cheers

Stan Beaman

CONTACTS: Stan Beaman Mob: 0414 903 900 Email: sbeaman2@bigpond.com
Museum: 9360 7999



Jewish Holocaust Museum
Cnr Darlinghurst Rd & Burton St, Darlinghurst



Tropicana Caffe
227 Victoria St, Darlinghurst