

THE BRANCH

NEWSLETTER Of the Hervey bay
rsl sub-branch Inc.

DECEMBER 2020



RSL
Hervey Bay Sub Branch



Members,

Welcome to the final issue of "The Branch" for 2020.



Since the last issue restrictions have eased off more and hopefully next year will be completely back to normal or, at least, normal as possible.

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Remembrance Day was observed by your Board over at Freedom Park along with other veterans. Your Board is planning to have ANZAC Day in 2021 with both the Dawn and Main Service. What format this service will take is unknown at this stage, but the services will occur.

As expected, Wellbeing section is very busy with veterans in need and with the Brereton Report open to public scrutiny, we are expecting more veterans to want assistance.

Pensions are also busy with more veterans submitting claims with the result that Advocates are being overloaded.

The Sub-Branch will be closed from 18 December 2020 to 4 January 2021. Secretary Kevin Collins and I will be 'on call' for this period. If anyone needs assistance please contact the Hervey Bay RSL & Services Memorial Club and they will contact one of us to attend to your needs.

I would like to thank the Board, staff, Pension and Wellbeing sections for their assistance during 2020 and to wish them a happy and safe Christmas.

Also, to all of the members of the Sub-Branch, a happy and safe Christmas and looking forward to seeing you all in 2021.



Brian Tidyman
President

Don't forget that you can keep abreast of what is happening with the Sub-Branch and Ex-Service Organisations by checking out our website - herveybayrslsubbranch.com.au or



Our office hours are Monday to Friday 9.00am - 12.30pm or  4197 7477.



11-13 Torquay Road, Pialba 4655



DATES TO REMEMBER 2021

Annual General Meeting

Last Saturday in February each year

February 27 10:30am
(held in 'Hervey House' at the RSL Club)



General Meetings

May 8 10:30am
August 14 10:30am
November 27 10.30am
(held in 'Hervey House' at the RSL Club unless advised otherwise)

Committee Meetings

Usually held the fourth Thursday of the month
(no meeting December).

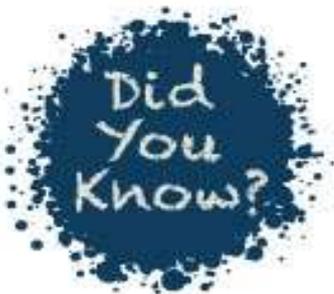
There will be a variation in April when the Committee meeting is held before ANZAC Day.

Check the website for updates and variations

Ensure the RSL Club has your correct mobile phone details to receive event notifications and reminders by SMS text message

Commemorations observed in Hervey Bay:

<i>April</i>	<i>25</i>	<i>ANZAC Day</i>
<i>July</i>	<i>4</i>	<i>Rimau Commemoration</i>
<i>July</i>	<i>27</i>	<i>Korea Memorial Day</i>
<i>August</i>	<i>15</i>	<i>VP Day</i>
<i>August</i>	<i>18</i>	<i>Vietnam Veterans' Day</i>
<i>September</i>	<i>14</i>	<i>Peacekeepers Day</i>
<i>November</i>	<i>11</i>	<i>Remembrance Day</i>



HAVE YOU BEEN TO ANY OF OUR SERVICES IN THE LAST COUPLE OF YEARS? WE MAY HAVE SOME GREAT PHOTOS OF YOU AND/OR YOUR MATES!

YOU ARE WELCOME TO COME AND LOOK AT OUR PHOTOS AND MAKE SOME COPIES.

WE ARE ALSO HAPPY TO EMAIL DIGITAL PICTURES TO YOU FOR EASY FORWARDING TO FRIENDS AND FAMILY OR FOR QUALITY REPRINTS.

Hervey Bay RSL Sub-Branch Pensions Service

Who are we?

The Hervey Bay Sub-Branch of the RSL offers a FREE Pensions and Advocacy service that is staffed and operated by qualified Compensation Advocates and Wellbeing Advocates .

Our staff provides professional advice and assistance on obtaining eligible benefits under the:

- Veterans' Entitlement Act (VEA);
- Safety, Rehabilitation & Compensation Act (SRCA) and
- Military Rehabilitation & Compensation Act (MRCA)

In addition, the RSL State Branch Pensions, Advocacy and Wellbeing Service have advocates throughout Queensland who are:

- Highly experienced in lodging claims under the
Veterans Entitlements Act (VEA),
Safety, Rehabilitation & Compensation Act (SRCA) and
Military Rehabilitation and Compensation Act (MRCA);
- Caring and qualified to practice in their areas of expertise;
- Able to draw on a wealth of operational and broad-based peacetime experience;
and
- Having served overseas and in the ADF for many years.

Services We Offer

The Hervey Bay RSL Sub-Branch's Pensions and Wellbeing Service covers disability pensions, compensation payments, associated allowances, income support payments and treatment available to entitled veterans and former serving members of the Defence Forces and their dependents.

The Pension and Wellbeing Office is open Monday to Friday, 9:00am to 3:00pm at Suite 18, 2nd Floor of the Signature Building, 19-21 Torquay Road, Pialba.

Ph: 07 4184 9496

M E R R Y C H R I S T M A S E V E R Y O N E !

HERVEY BAY RSL SUB-BRANCH OFFICE CLOSURE DATES:-

Close: Friday 18 December 2020 at 12noon

Re-Open: Monday 4 January 2021 at 9:30am



Hervey Bay RSL Sub-Branch Wellbeing Team

**Our team of 18 Support Officers
are trained and authorised to assist
the ex-service community
(Army, Air Force, Navy and Police)
This is a free service.**

How can they help?

Support Officers are trained to assist with a range of services:

- Visits to Hospitals, homes and aged care facilities (these visits do not include the provision of information or advice); and
- providing services and support on behalf of the Sub-Branch, including but not limited to emergency financial support, accommodation and welfare checks.

How to contact the Wellbeing Team:

Office 📞 (07) 4184 9496
After Hours 📞 (07) 4197 7444
Email: welfare@herveybayrsl.org.au

**To make an appointment with Wellbeing phone Meagan
during office hours: Monday to Friday 9.00am to 3:00pm.**

Do you want to help?

**We are looking for more volunteers for our
Wellbeing and Pension teams and you do not have
to be ex-service to help out.**

**It would be an advantage if you have been involved
in nursing, Community Services or Lifeline and
could give a couple of hours per week. Advocacy
Training and Development Program ("ATDP")
training and mentoring will be offered to those
wishing to do more.**



Peacekeepers Day 2020 on Monday 14th September was again commemorated in Freedom Park in Hervey Bay. This year was the 75th Anniversary of our Australian Peacekeeper services. The numbers who attended were down, but that was due to the COVID restrictions in place. The spirit of all those who turned up was not dampened by those restrictions.

It was evident that this milestone was important for Hervey Bay and Australia. Hervey Bay RSL Sub-Branch President, Brian Tidyman led the commemorative service with an opening prayer by Chaplain Jeff Jarvis in which he acknowledged the sacrifices and dedication of our peacekeepers.

Two Peacekeepers on the Board of the Hervey Bay RSL Sub-Branch laid a wreath on behalf of the Sub-Branch.

Persons of note attending included the Fraser Coast Regional Council Mayor Mr George Seymour and the State of Queensland Member of Parliament Mr Ted Sorensen.

In his address, President Brian spoke of the fact that Australian Peacekeepers serve unarmed in sometimes high risk situations since 1947. "We must not forget the great risks that our Peacekeepers have made to protect the inhabitants of the nations in which they serve". "On this 75th Anniversary of our Australian Peacekeepers involvement we honour their valuable service and sacrifice."

President Brian also gave an account by the long list of all the places where we have provided peacekeeping services. He also stated that this Australian Service is on-going. "We need to remind ourselves that peace can only be achieved by our active and positive contribution and service to keep peace."



Peacekeepers Day

What's the Sub-Branch been up to lately?

- 7 Sept 2020 - Sub-Branch Member and Wellbeing Visitation Officer, Gavin Hoad, joined the Sub-Branch Committee. Welcome Gavin!
- 8 Sept 2020 - President Brian Tidyman was on radio FM107.5 talking to David Grainger
- 14 Sept 2020 - President Brian presided over the Peacekeepers Day Commemoration Service at the Cenotaph, Freedom Park (see article on opposite page).
- 15 Sept 2020 - Former District Advocate, Michael "Tiny" Andersen will be based in Hervey Bay at the Pensions & Wellbeing offices three days a week.
- 16 Sept 2020 - Students from Hervey Bay High School Year 12 Modern History class attended at the Sub-Branch for a talk by Vietnam Veterans from all areas of service (see article page 8).
- 29 Sept 2020 - Sub-Branch Committee Members Gavin Hoad and Tony Lewis represented the Hervey Bay RSL Sub-Branch Inc, and laid a wreath at the Police Remembrance Day service in Maryborough.
- 6 October 2020 - President Brian updates listeners on Sub-Branch news during his regular spot (first Tuesday of the month) on the Dave Grainger Brekky Show on Radio 107.5.
- 7 Oct 2020 - Our Sub-Branch was successful in securing two bespoke hampers from RSL Queensland this Christmas. These hampers will be gifted to two disadvantaged veterans and their families, as identified by our Wellbeing Co-ordinator, Cherie.
- 28 Oct 2020 - President Brian and his wife Rose were guests at the Nasho's 5th Anniversary function on "The Deck" at the RSL Club.
- 28 Oct 2020 - President Brian and the Sub-Branch Committee hosted RSL Queensland delegates District Vice Presidents' Graeme Davies and Martin Muller, and RSL Queensland Head of Network Services, Marius Daniels, on the "RSLQLD Discovery Tour" at the RSL Club.
- 9 Nov 2020 - President Brian was interviewed for the Channel 7 Local News in relation to Remembrance Day in Hervey Bay.
- 11 Nov 2020 - President Brian and the Sub-Branch committee attended Freedom Park and laid a wreath at the Cenotaph for Remembrance Day (see pictures page 18).
- 12 Nov 2020 - President Brian and his wife Rose were delighted to attend the TPDSA Christmas Luncheon at the Hervey Bay RSL Club.
- 21 Nov 2020 - President Brian and Secretary Kevin Collins attended the RSL Wide Bay District Meeting in Kingaroy.
- 24 Nov 2020 - The last Diggers Lunch of the year! (see article on page 10).
- For the months of September, October and November the Sub-Branch provided an RSL Poppy Service at seven funerals.
- Administrative assistance and/or supply of ordnance was provided to five Ex-Service Organisations and cadets in the Hervey Bay area.



ANGUS HOUSE

Conveniently located close to the heart of Brisbane, Angus House provides a welcoming environment and all meals for veterans who need to access specialist medical treatment, convalesce after treatment, or take time out from a domestic situation.

The Hervey Bay State High School Year 12 Modern History class

had an amazing opportunity to interview veterans about their experiences during and after the Vietnam War.

The students were captivated by the interesting stories that the RSL members shared and the rare opportunity to hear directly from people who lived through such historical events.

The students all learned a lot and really appreciated the experience. Many thanks to the RSL and to the veterans who shared their stories with us.



Tinka Welton
Head of Department - Humanities
Hervey Bay State High School
16 September 2020

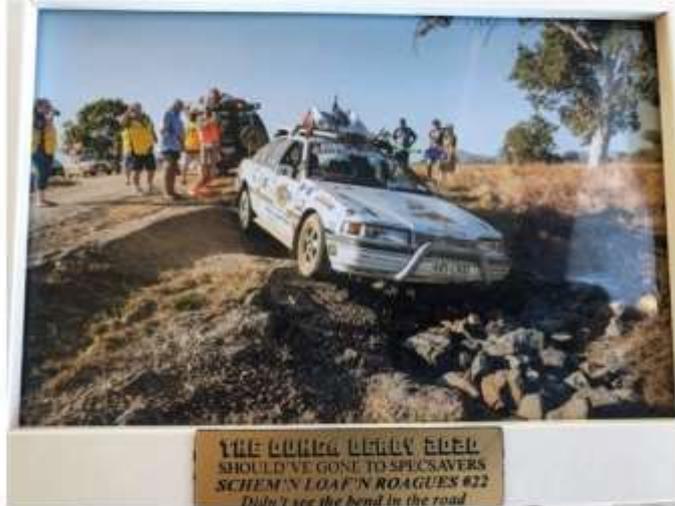
Thank you to veterans Ross Richards, Dutchy
Lensing, Brad Gray and Brian Tidyman



DUNGA DERBY 2020

Congratulations to all! The best year ever for fundraising!

Well Done Brian Semler - your car made it home on wheels instead of on the back of a truck!



↑ Hervey Bay RSL Sub-Branch President Brian Tidyman was pleased to receive an award from the Dunga Derby for outstanding contribution (pictured here with Sub-Branch Treasurer Tracy Gillespie).

➤ Specsavers Award to Brian Semler in car #22

THANK YOU TO THE
HERVEY BAY SEA SCOUTS
FOR THEIR WONDERFUL CARDS AND
POSTERS COMMEMORATING
REMEMBRANCE DAY
AND THANKING OUR VETERANS
FOR THEIR SERVICE.



RSL Badge

The RSL badge is a symbol of readiness to render service to our country and former comrades. It is a time-honoured emblem that should be worn with a deep sense of pride.

The RSL badge may only be worn by members of the League - those who have served in the Defence Forces of the Commonwealth of Nations or its Allies.



On the badge, red stands for the blood ties of war that exist between comrades; white for purity of motive – to serve without personal gain or ambition; and blue for the willingness to provide service to a comrade anywhere under the blue sky. In the centre of the badge, a sailor, soldier, airman and servicewoman march with their arms linked, depicting all services and ranks marching together in unity and camaraderie.

Issue of RSL Badge:

A numbered RSL member badge is issued as part of the new service member process undertaken by the RSL Queensland Membership Team.

Hello to all!

Another year is fast coming to an end, hopefully next year will be a much safer and healthier one for all.

Because of the virus we as an auxiliary have been unable to attend functions which we would normally have. Next year we hope we can fulfil these activities.

On Wednesday 11 November, four of our ladies attended the Remembrance Day services placing a floral tribute on the day. To our member, Mrs Nell Frahm, thank for doing this arrangement for us.

To the RSL Sub-Branch and the Services Memorial Club, our thanks for all your help during this time - it is very much appreciated.

Tuesday, 1st December will see our Christmas luncheon and our final meeting for 2020 we hope all have an enjoyable day with everyone enjoying their Secret Santa gift.

To each and everyone we wish you a very Merry Christmas and a safe and happy New Year. Hoping to see your smiling faces in 2021.

God Bless.
Joan Hawkes
Secretary
Nov 2020



DIGGERS CHRISTMAS LUNCH



A fabulous time was had by all at the recent Christmas themed Diggers Lunch held in Hervey House at the RSL Club.

A two course lunch was enjoyed by over 100 veterans and their carers.

Thank you to all our hard working volunteers and Club function/catering staff for making the day a success!





Australian Government
Department of Veterans' Affairs

Some Australian veterans are entitled to an official commemoration

The nature of a veteran's war service may mean that they have an entitlement to have their service commemorated on their final memorial.



However, not all veterans are eligible.

If you are not sure as to a veteran's eligibility, please contact the Office of Australian War Graves by phone 1800 VETERAN or via email wargraves@dva.gov.au



Getting to know you



In this edition we find out more about our Sub-Branch Committee Member, Tony Lewis:

- Which service did you serve in and for how many years? *I served 21 years in the RAN.*
- Your job in the service? *My first 10 years were in the communications dept as a signalman then I transferred to electronic warfare.*
- Most memorable moment whilst serving? *There are plenty, probably joining my first ship, HMAS Adelaide; watching 22 tomahawks launch and head towards their target; first visit to an UP TOP port; seeing the pyramids, working with US aircraft carriers; exchange to a French warship.*
- What did you do after leaving the Military and for how long? *I worked for NSW police as a civvie for a short period prior to starting with the Attorney General's Dept where I remained for 13 years.*
- Why did you choose Hervey Bay? *Climate, cost of housing and getting out of the rat race that was my daily commute from Wollongong to Sydney.*
- Something we don't know about you? *Plenty.*
- What's your favourite time of the day and why? *I am just grateful if I wake up, it doesn't matter what time it is.*
- If you could only ever eat three foods what would they be? *Lemon Gelato, Chinese food, Kingston biscuits. All the good stuff for a diabetic.*
- What are three things still left on your bucket list? *Another cruise, travel and more travel.*
- What are you passionate about? *My darling wife; I am a passionate NSW Blues supporter; our Border Collie.* 
- What is the one piece of advice you would give to others about life? *Enjoy it, you never know how long you have or how long your health will hold up.*

*Don't forget to visit our webpage for all the latest Sub-Branch news.
www.herveybayrslsubbranch.com.au*

APPS DESIGNED FOR THE DEFENCE FAMILY

A round-up of what's on offer.

Many of us rely on smart phone apps to inform, educate and entertain. Now, there are also a variety of apps designed specifically for current serving and ex-ADF members - offering everything from advice about alcohol consumption to mental health support.

The apps mentioned below are not a replacement for advice from your GP or mental health professional. If you are struggling and need to speak to someone please call us on 134 RSL or Open Arms on 1800 011 046.

High Res:

This app has been designed by DVA to assist current and ex-serving ADF members and their families manage the stresses of military life.

PTSD Coach:

This app is offered by DVA for current and ex-serving ADF members and features information about PTSD as well as links for support and help.

Operation Life:

The Operation Life app is another DVA app that designed to help those at risk deal with suicidal thoughts with the support of a clinician.

The Right Mix:

The Right Mix has also been developed by DVA and provides tips and strategies to try and reduce the impact of alcohol consumption on your life.

Survive to Thrive:

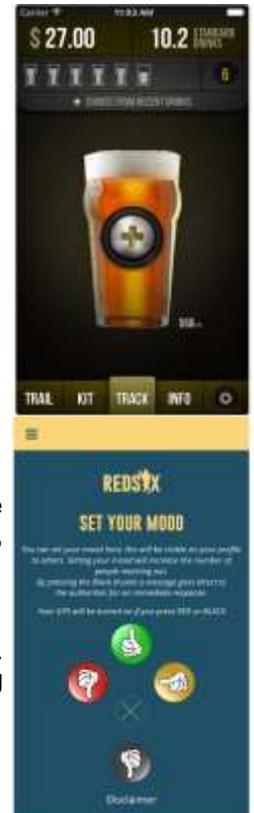
The Survive to Thrive program has been developed and backed by ADF members who have firsthand experience with PTSD. The broader program contains video coaching modules, exercise and nutritional information as well as a smart phone app.

REDSIX

REDSIX has been developed to try and lower the suicide rate within the veteran community. The app's peer-to-peer veteran community aims to support other veterans who are struggling with their mental health. In iTunes, search for Six* to download.

Do you know of any other useful apps? Let us know!

(Information taken from RSL Queensland website)



SUICIDE AWARENESS WORKSHOP - LIFELINE AND HERVEY BAY RSL SUB-BRANCH

Throughout 2020 the Hervey Bay RSL Sub-Branch has maintained its commitment towards training our Wellbeing Officers in areas of mental health. On Friday 25th September 2020



L-R Harry Ghitgos, Sub-Branch President Brian Tidyman with Lifeline Trainers Marion Sneddon and Pat Corsen.

Harry Ghitgos (Volunteer Counsellor) arranged a Suicide Awareness Workshop presented by Lifeline.

The workshop, over two and half hours, assists in gaining an understanding of those having suicidal thoughts along with how to build confidence in dealing with the issue.

The morning was a great success with all WHO volunteers and administration staff attending.

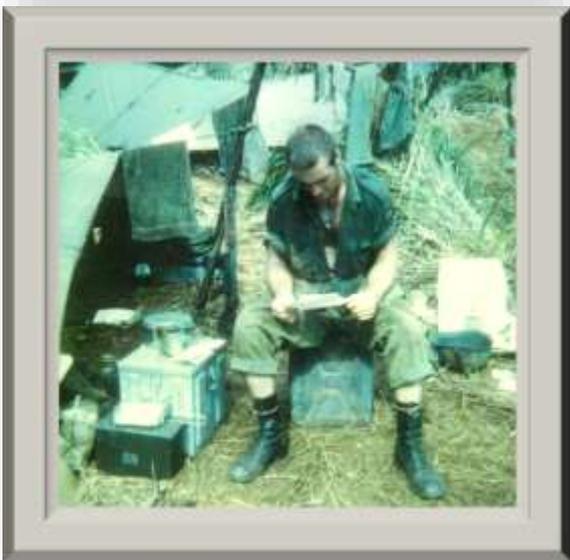
Thank you to Brian and the RSL Sub-Branch committee for providing the venue and also to Lifeline.

BLAST FROM THE PAST

The year is 1969

Do you recognise this handsome fella driving the jeep towing the Citroen? →

The location is Flinders Fire Support Base in Vietnam ↓↓



Donations of lovely patchwork quilts from Hervey Bay Quilters

Hervey Bay RSL Sub-Branch Member, Dallas, is a resident of Fairhaven Nursing Home.

“WOW” was his initial response to receiving the gift of a handmade quilt. Dallas insisted it be placed on his bed as staff finished making it. Rather than be escorted down to the dining room, he stated he wanted to stay and admire his quilt. As visitation officers (Aileen & Paul Bennett) left his room, Dallas was sitting looking and touching the ducks on his quilt. He asked that his “thanks’ be passed onto the quilting ladies.

Hervey Bay Quilters are regular donators of handmade quilts in conjunction with the Hervey Bay Sub-Branch.



L3 Advocate,
Michael “Tiny” Andersen
has compiled a list of interesting information.



War Widow/er Pensions

Partners of Gold Cards holders, may not have the entitlement to a War Widow/ers Pension they expect.

If the card is embossed TPI or EDA, then the entitlement is secured.

A plain Gold Card may not guarantee a War Widow/er entitlement, unless the veteran passes, as the consequence of an accepted condition.

Recently we have been discovering many veterans who have been issued with a Gold Card for having rendered operational service and attaining 70 years of age.

These cards often have no accepted conditions, and hence the partner may not be entitled to widow/er benefits.

Veterans with White or plain Gold Cards, are encouraged to review their entitlements.

Contact the Veteran Centre on 4184 9496 and make an appointment to speak to an advocate.

Household Services.

Most of our older veterans who have conditions accepted under the Veteran Entitlement Act, only have access to Household Services such as gutter cleaning, on a part pay basis. Several years ago, once a veteran reached Gold Card status, applying for reviews or claims under other Acts was strongly discouraged.

Times have changed. A veteran on TPI, EDA, Gold Card or even White Card may now safely look at applying for claims under other Acts. The main reason we may do this is to access better household services.

If we apply under the Safety Rehabilitation and Compensation Defence Related Injuries Act (DRCA) access to greater household services may be obtained. Lawn mowing, oven cleaning, high cleans, heavy pruning... to the maximum value of \$490.44 per week (conditions apply).

As long as we do not accept any financial payout under DRCA, this will not affect your VEA pensions, or Gold Cards

Veterans with White or plain Gold Cards, are encouraged to review their entitlements.

Contact the Veteran Centre on 4184 9496 and make an appointment to speak to an advocate.

Claim Reviews

If you do not have a Gold Card embossed TPI or EDA, then you should consider a review every 5 years.

Too often we are visited by veterans who possibly should have had other conditions accepted, or a higher rate of pension, several years ago.

Veterans with White or plain Gold Cards, are encouraged to review their entitlements

Contact the Veteran Centre on 4184 9496 and make an appointment to speak to an advocate.



FOUR REASONS TO USE AN ADVOCATE

ANITA JAENSCH11 September 2020

RSL Queensland's free advocacy service can help you navigate the DVA claims process and ensure you get the best possible outcome.

Making a DVA claim for a condition or injury received during service can be confusing and time-consuming, but the advice and support of a qualified advocate can take the guesswork out of it.

RSL Queensland Head of Veteran Services Graeme Alley says there are four main benefits of working with an advocate.

1. A GUIDING HAND

"RSL's team of advocates liaises with the DVA daily on behalf of their clients," Graeme says. "They'll ensure you've got all the documentation and evidence you need to prove your claim, and support you through the process. Claims can take some time to be assessed and approved, but our advocates will keep you informed at every stage."

He says having the support of an advocate can be particularly helpful for veterans who are suffering from PTSD or mental health issues.

"Our advocates will take the time needed to ensure veterans fully understand what is happening and why, or to reassure them if their claim is delayed.

2. SPECIALIST KNOWLEDGE

RSL Queensland advocates are all knowledgeable about the Acts governing veteran compensation and the claims process. But they can also draw on a bank of knowledge and expertise from their colleagues across the organisation, some of whom have decades of experience in compensation and advocacy.

Graeme – a veteran himself – points out that many RSL advocates are also ex-Defence members. "That means they share with their clients a unique understanding of what it means to have served and to have transitioned back into civilian life," he says. "This gives them the ability to empathise with their clients in a very different way."

3. A HOLISTIC APPROACH

While RSL advocates work to ensure veterans receive any compensation they're entitled to, they are also able to link them with other programs and services that will result in a better overall outcome.

"Above all, we're focussed on wellness," Graeme says. "We want to improve our clients' quality of life and that's often best achieved through a combination of factors – compensation certainly, but also things like rehabilitation services, social connection and support in finding civilian employment."

RSL advocates understand the full range of services and programs available to veterans – both from DVA and from ex-service organisations like RSL Queensland and Mates4Mates. They work with veterans to develop a wellness plan that incorporates all the elements that will result in the best possible outcome.

"Sometimes if veterans are too focussed on compensation above all else, they may begin defining themselves according to their level of disability. We want them to focus on being well again," Graeme says.

4. ADVOCATES ARE ON YOUR SIDE

"Ultimately, our advocates are only there to help veterans. Our advocacy services are provided completely free of charge, and you don't have to be an RSL member to get assistance," Graeme says.

He encourages veterans to have a chat with RSL Queensland's Veteran Services team to see what their options are.

"Take the time to find out how we can help," Graeme says. "Having an advocate by your side can make the claims process simpler and less stressful."

RSL Queensland's advocates can work with you face-to-face, via telephone or online, including lodging your claim online.

DVA Pension Pay Days
for 2021:

January 14 + 28

February 11 + 25

March 11 + 25

April 8 + 22

May 6 + 20

June 3 + 17

July 1 + 15 + 29

August 12 + 26

September 9 + 23

October 7 + 21

November 4 + 18

December 2 + 16 + 30



COFFEE CLUB

Come along to our monthly coffee club.

Enjoy a great coffee, a good chat and connect with us.

We hope to see you there.

HERVEY BAY RSL
SUB-BRANCH INC.
COFFEE CLUB

COME ALONG &
ENJOY A CUPPA

HAVE A CHAT
&
CONNECT

MONTHLY COFFEE
GROUP – FIRST
FRIDAY OF EACH
MONTH

SEE YOU THERE @
10.00AM

THE CLUB HOUSE
HERVEY BAY

Cnr Tooth St
and
Old Maryborough Rd
Pialba

Courtesy Bus: 1300 775 287



Happy Birthday Ian from the Hervey Bay RSL Sub-Branch!

It was a rather lonely birthday for Hervey Bay RSL Sub-Branch member, Ian, until the Wellbeing Co-ordinator, Cherie Lewis, arrived with a birthday cup cake and rendition of the Happy Birthday song.

Ian remains living in Hervey Bay following the passing of his wife, his children reside interstate and could not visit due to Covid19 restrictions. Ian is registered with the Wellbeing Program and is supported by volunteer visits by our visitation officer Barry Toohill.



The Hervey Bay RSL Sub-Branch was unable to host a Remembrance Day service this year due to the COVID19 restrictions however Sub-Branch President Brian Tidyman and the committee paid their respects at the Cenotaph in Freedom Park and observed a Minute of Silence.



REMEMBRANCE DAY 2020

- ↑ Sub-Branch President Brian Tidyman laying a wreath at the Cenotaph
- ↓ Some of the Sub-Branch committee at Freedom Park
- Sub-Branch President Brian Tidyman with some members of the RSL Women's Auxillary who laid a wreath at the Light Horse War Memorial, Freedom Park.

Photographs by Victor Jackson



CORN & ZUCCHINI FRITTERS WITH SALSA

INGREDIENTS:

FRITTERS-

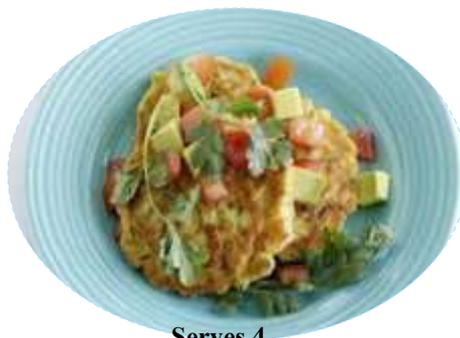
50G BUTTER, MELTED
 ½ CUP (125ml) MILK
 ¾ CUP (110g) PLAIN FLOUR
 2 EGGS BEATEN LIGHTLY
 210g CAN CREAMED CORN
 2 MEDIUM ZUCCHINI (240g) GRATED COARSELY
 VEGETABLE OIL TO SHALLOW FRY OR YOU CAN USE SPRAY OIL AND LIGHTLY SPRAY THE PAN BETWEEN EACH FRITTER.

SALSA-

3 MEDIUM TOMATOES CHOPPED COARSELY
 2 MEDIUM AVOCADOS CHOPPED COARSLEY
 ½ SMALL RED ONION
 2-4 TABLESPOONS LIME JUICE
 2 TABLESPOONS FRESH CORRIANDER

METHOD

COMBINE BUTTER, MILK, FLOUR AND EGG IN A MEDIUM BOWL, WISK UNTIL SMOOTH.
 ADD CORN AND ZUCCHINI, MIX WELL
 HEAT OIL IN PAN. COOK HEAPED TABLESPOONS OF BATTER ONE-TWO AT A TIME DEPENDING ON HOW MANY YOU CAN FIT TO YOUR PAN. COOK FOR ABOUT 2 MINUTES EACH SIDE OR UNTIL BROWNEED AND COOKED THROUGH. IF SHALLOW FRIED, DRAIN FRITTERS ON ABSORBENT PAPER.



SALSA- COMBINE ALL CHOPPED INGREDIENTS IN A BOWL AND GENTLY MIX.
 SERVE FRITTERS TOPPED WITH SALSA.

TIP- KEEP COOKED FRITTERS WARM IN THE OVEN AS YOU COOK THEM.

VALE

1 SEPTEMBER 2020 — 30 NOVEMBER 2020



HOBBS, Ronald George	3793828	Army	19.08.2020
BLATCH, Alice Elizabeth	QF273714	Army	22.08.2020
PAVEY, Walter John	11728291	Army	09.09.2020
MARTIN, Peter James	314849	Army	10.10.2020
VESTRIS, Ronald Henry	VX108635	Army	19.10.2020
McALISTER, Maxwell Kenneth	47822/8255914	Army	23.10.2020
MACLACHLAN, Robert	22417225	Scottish Army	25.10.2020
LOGAN, Michael	R52677	RAN	23.10.2020
CANT, John	416056	RNZ Air Force	28.10.2020
RASHLEIGH, Mervyn Clyde	A24698	RAAF	07.11.2020
TOY, Malcolm John	3/779073	Army	10.11.2020
GRIFFITHS, Leonard	160350	Army	14.11.2020
RAE, Malcolm Douglass	A137092	RAAF	19.11.2020

TRANQUIL THEY LIE, THEIR KNIGHTLY VIRTUE PROVED.
THEIR MEMORY HALLOWED IN THE LAND THEY LOVED.
LEST WE FORGET

Hervey Bay Ex-Service Organisations

Ex-Service Organization	Meeting details	
Hervey Bay & District Veterans' Association PO Box 3042 HERVEY BAY Q 4655	Second Thursday of the month 11 am Hervey Bay RSL Club	
Hervey Bay Ex-Servicewomen's Social Club, Hervey Bay Branch P.O. Box 3339 HERVEY BAY Q 4655	Second Monday of the month 10.30 am Hervey Bay RSL Club	
Hervey Bay Legacy Group PO Box 3302 HERVEY BAY Q 4655	Contact Legacy House on 4194 5111 The office is open Tue-Fri 9:00am to 1:00pm. There is an answering service for after-hours.	
Hervey Bay Old Salts PO Box 3042 HERVEY BAY Q 4655	First Sunday of the month Alternating between the Hervey Bay RSL Club and a private residence	
Hervey Bay RSL Sub-Branch Inc PO Box 3042 HERVEY BAY Q 4655	<u>Committee:</u> Fourth Thursday of the month 10.15 am Hervey Bay RSL Club	<u>General Meeting:</u> Feb, May, Aug, Nov 10.30 am Hervey Bay RSL Club
Hervey Bay RSL Women's Auxiliary PO Box 3042 HERVEY BAY Q 4655	Second Tuesday of the month 10 am Hervey Bay RSL Club	
National Servicemen's Association of Australia Hervey Bay Branch PO Box 3042 HERVEY BAY QLD 4655	Fourth Wednesday of the month 10.30 am Hervey Bay RSL Club	
Naval Association of Australia Fraser Coast Sub-Section PO Box 3042 HERVEY BAY QLD 4655	Second Sunday of the month (excluding January) 11.00 a.m. Hervey Bay RSL Club	
RAAF Association Hervey Bay PO Box 1076 HERVEY BAY Q 4655	Second Wednesday of the month 10.30 am Hervey Bay RSL Club	
TPDSA (Fraser Coast) Inc PO Box 3241 HERVEY BAY Q 4655	First Wednesday of the month Alternating between Hervey Bay RSL Club and Maryborough RSL Club	
Legacy Laurel Club PO Box 5482 TORQUAY Q 4655	Third Monday of the month 2 pm Hervey Bay RSL Club	
Vietnam Veterans' Association of Australia Hervey Bay City Sub-Branch PO Box 3243 HERVEY BAY Q 4655	First Monday of the month 10 am Veterans' Social Centre, Main St, Pialba	
War Widows' Guild PO Box 1238 HERVEY BAY Q 4655	First Monday of the month 10 am Hervey Bay RSL Club	

For further information contact the Hervey Bay RSL Sub-Branch on 4197 7477

**The
Hervey Bay RSL Sub-Branch Inc.
use Chris Thompson
at Law Essentials for all their
legal requirements.**



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