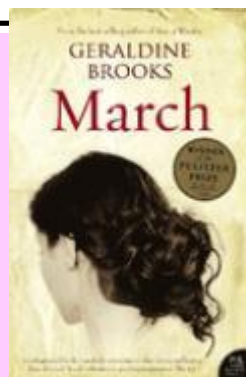


## Book Corner



Australian Geraldine Brooks took out the 2006 Pulitzer prize for this novel based on the absent father from Louisa May Alcott's Little Women called March.

An idealistic abolitionist, March went to serve the Union cause as a chaplain. However, the war tests his faith not only in the Union, which is capable of barbarism and racism, but in himself. As he recovers from a near fatal illness, March must reassemble and reconnect with his family, who have no idea what he has endured.

A love story set in a time of catastrophe, March explores the passions between a man and a woman, the tenderness of parent and child, and the life changing power of an ardently held belief. This paperback is published in Australia by ABC Books.



Email us at  
subbranch@  
cooroyrsl.com.au

## From the Hospital Visitor

The demand for hospital visits at Eden continues to be strong with about 15 veterans or their dependants being confined there at any one time. Generally I visit once a week and I know that my visits are appreciated. Mal Muir, our membership officer, now assists me by undertaking the Kabara visits, thank you Mal.

John Diprose

## From the Commemorations Officer

A working bee will be held at the Memorial Garden, Cooroy Cemetery, on Monday 25 May at 9.00am. Assistance is needed to spread garden mulch. All welcome.

Eric Cull

## From the Welfare Officer

I have continued to have a regular flow of phone calls from our members over the past quarter with a range of welfare concerns; I hope that I have been able to answer their concerns.

I myself have been unwell for part of the time but hope to be back on deck shortly.

Margaret Castledine

## From the Membership Officer

First of all I would like to thank Grahame Wearne for his support in helping me over the last three months. Grahame and the Club staff have been a great help in guiding me onto the right track.

We have had a steady increase in membership over the last three months and I welcome all of those new members and hope to see you at our monthly meetings.

For any members who have not renewed their membership for this year I would like to point out that your non-payment can cause a loss of continuity of membership which could affect any future awards you may be entitled to.

If you are aware of any veterans living in our catchment area who are not members of the Sub Branch I ask that you encourage them to join, application forms are available at the Club reception.

Malcolm Muir



# COOROY POMONA RSL SUB BRANCH NEWSLETTER



COOROY POMONA RSL

June 2009

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## Presidents Message

Firstly, I must thank all those Sub Branch members for their attendance on ANZAC Day. I think that it was another very successful day, apart from our luncheon entertainment (if that's what you would call it) our only consolation is that we did not pay him. Of course we are now well and truly into the year and I ask you to help support our Sub Branch functions and raffle nights. We are looking for some Sub Branch members and wives/partners to help and host tables for our widow's luncheon on Saturday 13 June, If you can come along please book at the Club reception.

Sub Branch member Thomas Johnson a

former Army apprentice is seeking other Army apprentices from within our Sub Branch. If you know of any please contact Thomas on 5485 0058. A reminder, we have a library in the meeting room which contains a great range of books with more to arrive shortly. Please ensure that you sign out/in any books you take to read.

I look forward to seeing you at our functions and monthly meetings.

Ken Morgan

### Vale

Vale, Don Gordon. I am sorry to inform you that Don, a past member passed away 11 May 2009.



## Sub Branch Committee

President  
Deputy President/Pensions Officer  
Vice President/Membership Officer  
Secretary  
Treasurer  
Welfare Officer  
Hospital Visitor/Asst. Treasurer  
Property Officer  
Commemorations Officer  
Library Officer

Ken Morgan  
John Simmons  
Malcolm Muir  
Phil Hutchinson  
Barry Castledine  
Margaret Castledine  
John Diprose  
Vern Johnston  
Eric Cull  
Jim Dunstan

*'Look beneath the surface: never let a thing's intrinsic quality or worth escape you.'*

Roman Emperor Marcus Aurelius (121-180 A.D.)

Visit us at  
www.cooroyrsl.com.au

### From the Women's Auxiliary



The Women's Auxiliary meets every second Monday of the month at 1.00 PM in the RSL Club. We have coffee after the meeting and all are welcome. Come along and join the friendly ladies of the Auxiliary and make some great friends.

Enquires please phone Lyn Morgan on 5485 1025.

Lyn Morgan



## Calendar for the Remainder of the Year

Monthly Meetings	Second Monday month 5pm
Women's Auxiliary Monthly Meetings	Second Monday month 1pm
Lunch for Veterans' Widows	Saturday 13 June
Vietnam Veterans' / Long Tan Day	Tuesday 18 August
Merchant Navy Day	Wednesday 03 September
Women's Auxiliary Dinner Dance	Saturday 29 August
Lunch for WW2 and Korean Veterans	Saturday 05 September
Sub-Branch Annual Dinner	Saturday 10 October
Remembrance Day	Wednesday 11 November
Annual General Meeting	Sunday 14 February 2009

## VETERANS WIDOW'S LUNCH

Saturday 13 June

The annual lunch for Veterans' Widows will be held in the Club on Saturday 13 June commencing at 12.00. The Sub Branch will be hosting the widows and Sub Branch and family members are encouraged to support the function.

**BOOKINGS ARE ESSENTIAL – CALL 5447 6131**

## Treasurer's Trivia

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but how many limbs were to be painted. Arms and legs are 'limbs,' therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint)

Barry Castledine

## From the Pensions Officer

### Beyond the Call

This book has recently been published by DVA and is well worth a read. The Hon Alan Griffin MP in his message said 'There are around 400,000 veterans living across Australia today. But because they aren't in uniform anymore, we may not recognise them straight away as veterans. They might be our neighbours, our bosses, our workmates, our friends.

The word veteran conjures images of older Australians who served in World Wars or Vietnam but as the stories in this book show, veterans are men and women of all ages who have served Australia in wars, conflicts or peacekeeping roles.

Many still carry with them the mental and physical effects of that service and the stories in this book show the strength and resilience of our veterans and their families.

If, as ordinary Australians, we can understand the challenges that many of our veterans and their families face every day, then we can offer support and perhaps make small but significant changes in our relationships'.

To obtain a copy please call John Simmons on 5485 5342

**VVCS - Veterans and Veterans Families Counselling Service**

VVCS provides counselling and support to Australian veterans, peacekeepers, their families and eligible personnel. VVCS is a specialised and confidential Australia-wide service.

VVCS can provide you with a range of services in addition to group programs including individual, couple and family counselling, case management services and the Veterans Line – the after hours crisis telephone counselling service. VVCS can also provide you with information, self-help resources and referrals to other services.

### VVCS Group Programs for 2009

Anger Management, Lifestyle Management, Depression and Anxiety, Sleep and Relaxation

Relationships, Program for Partners and Sons and Daughters

Heart Health, Outreach Heart Health, Stepping Out (transition from the ADF to civilian life)

Changing the Mix (alcohol correspondence program)

Miscellaneous Programs – Retirement, Alcohol Management, Grief and Loss, Health, wellbeing & lifestyle workshops and PTSD workshops.

For more information on the VVCS programs which are available call 1800 011 046, VVCS Maroochydore 5479 3992 or John Simmons on 5485 5342.

### \$9.4 MILLION TO IMPLEMENT SUICIDE STUDY RECOMMENDATIONS

The Government is allocating \$9.4 million in additional funding to boost mental health services for veterans and ex-service personnel, the Minister for Veterans' Affairs said recently.

The Government has accepted all of the recommendations of the *Independent Study in the Ex-service Community*, which was released recently. The Minister said "Changes that will be made include the strengthening of mental health programs, including suicide prevention, and the simplification of administrative procedures faced by those transitioning out of the ADF, or applying for compensation. More experienced case managers will be assigned to support clients with complex needs and DVA will increase access to mental health clinical expertise. This funding is in addition to the Government's recent commitment of \$83 million over four years to address the gaps identified in mental health care in the ADF and transition through discharge," Mr Griffin said.

John Simmons