



War Veterans Village [Narrabeen] RSL Sub-Branch

Through an active membership we keep the ANZAC spirit alive and growing

FEBRUARY 2016

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“Experience and wisdom are the two best fortunetellers”

The President's Message



Hi one and all. I hope your festive season was one of joy and good cheer. Welcome to 2016 and a happy and healthy New Year to you all.

Our Christmas function was a huge success and enjoyed by all who attended. A special thank you to the Angels once again for their help to ensure the day was a success.

Our Annual General Meeting is scheduled for Thursday the 11 February 2016 followed by our normal monthly meeting. At the conclusion of the meetings a light lunch will be served.

Doug Smyth our Secretary/ Treasurer will be relinquishing his position with effect of the AGM however Doug will remain as a Committee member and be responsible for Membership, Meeting Minutes and the Monthly newsletter.

With Doug standing down I wish to call for nominations for the position of Secretary and Treasurer. Nominations to Doug before the AGM on the 11 February 2016.

Looking forward to catching up with you.

George Main
President

DIARY NOTE



1921 - 2016

Thursday, March 31st is the RAAF
95TH BIRTHDAY

Join RAAFie's and WAAAFie's
at a fun Lunch Party,
1200 hrs, in the Lone Pine

More details later

Chaplain's Corner

Challenge & Change or Challenge to Change?

For me personally this will be a year of both **challenge & change**. With a new hip on the way (probably by the time you read this!) I will be able to do some of those things I haven't for the past few years. With a change of residence Lesley and I will be able to spend more time in the village as we perhaps transition to our retirement here. There will also be the opportunity to change some of the 'specifics' of my ministry here in the village and beyond. The question I will need to not only ask but answer is, "Am I prepared to accept the **challenge to change?**" Perhaps this is a question you have asked yourself over recent times.

Are we looking for something different; do we want to be part of the life of the village; are we being as effective and efficient as we once were? These are some of the questions I hear people asking as I walk around. As I think of our ministry here I am also drawn back to the picture of the body of Christ - the people of the Church - and how it takes many different 'parts' to make the body. Each part is as important as the other and in order for the body to work well, each part must work well.

It is interesting that sometimes people feel a need to change which part they are, rather than persevere. I have seen some people blossom in areas they never thought they would and others who are able to step in to take someone's place and be part of the greater body.

I think this is a principle we can apply in all areas of our lives. We were once children, then parents, grand and even great grandparents. All wanting and needing to be part of the family, just with different and changing rolls to play, we move through life being the people we are called to be.

May you recognise and fulfil your calling.

Grace & Peace

Bob Durbin
Sub-Branch Chaplain

Observations on Growing Older

**“When people say you look “Great” . . .
they add “For your Age!”**

"Homes for Heroes"



Many of our members may be aware of the RSL LifeCare program called "Homes for Heroes" but do you know how it started and what the program is actually about?

Some two years ago I walked the Kokoda Track with our CEO, Ron Thompson and approximately another 60 odd trekkers. The walk was organized by a Queensland organization called "Mates for Mates" sponsored by the RSL State Branch of Queensland.

The walk was called a healing walk and many of the trekkers were Mums, Dads, Brothers, Sisters or family members who had lost someone in the Afghanistan War. Among the walkers there were serving soldiers along with recently discharged soldiers as part of the group. All of the soldiers were suffering PTSD. The idea of the walk was for the families and soldiers to talk to each other and assist one another with their grief and mental issues.

At the close of each day's walk at dusk we would all gather in a circle and talk about the highs and lows of the day. This also gave us the opportunity to introduce ourselves and if we felt the need to express our inner most thoughts and feelings this was the forum to do so.

Some nights around the fire some of the soldiers would ask me how I coped on my return from the Vietnam War and what issues I had to deal with and still deal with. We would talk for hours and I realized that these boys were suffering as I did on my return and they needed help.

On the last night on the track we held our customary highs and lows however by this time we were all both physically and emotionally drained. Many of the soldiers came forward to express their feelings and openly discuss their issues. What bought us all undone was one soldier, a medic who broke down when he stated "I am walking with the families of the boys who died in my arms. I tried my best to save them, but I failed."

As a result of our time spent walking with these soldiers we realized that something needed to be done to help. Many were homeless and were sleeping rough. In response to this crisis "Home for Heroes" was founded. The program has grown over the past two years however it is not without its issues but the "War Vets" has been taking care of veterans, servicemen and women for 100 years and will continue to do so.

Article by George Main

Dates to Remember

Monday 8th February Committee Meeting 11.00am
(Steven Stack Room)

Thursday 11th February Annual General Meeting
9.30am followed by General Meeting (Montgomery Centre)

General Meeting Dates For 2016

Please record in your diary

Thursday 10th March
Thursday 14th April
Thursday 12th May
Thursday 9th June
Thursday 14th July
Thursday 11th August
Thursday 8th September **See note below
Thursday 13th October
Thursday 10th November
Thursday 8th December

All meetings start at 9.30am and are held in the Montgomery Centre.

**Venue for September meeting yet to be finalised and will be advised in a later Newsletter

Membership

Life Member	= 1
Life Subscribers	=12
Service Members	=59
Associate Members (belonging to other sub-Branches	=41
Affiliate Members	=21
Our strength at 25 th January 2016	=134

The most destructive habit.....Worry
The greatest Joy.....Giving
The greatest loss.....Loss of self-respect
The most satisfying work.....Helping others
The ugliest personality trait.....Selfishness
The greatest 'shot in the arm'.....Encouragement
The greatest problem to overcome....Fear
The most effective sleeping pill.....Peace of mind
The most crippling failure disease.....Excuses
The most powerful force in life.....Love
The most dangerous act.....A gossip
The world's most incredible computer.....The brain
The worst thing to be without.....Hope
The deadliest weapon.....The tongue
The two most power-filled words.....'I Can'
The greatest asset.....Faith
The most worthless emotion.....Self-pity
The most beautiful attire.....SMILE!
The most prized possession.....Integrity
The most powerful channel of communication.....Prayer
The most contagious spirit.....Enthusiasm
Life ends; when you stop Dreaming,
Hope ends; when you stop Believing,
Love ends; when you stop Caring,
! So please share this balance sheet of life.
And Friendship ends; when you stop Sharing...!!