



Terrigal Wamberal RSL sub Branch

NEWSLETTER

President's Message

Dear Members,

With the easing of COVID restrictions, we could confidently plan and successfully implement all of this year's principal activities.

While there was a respite from COVID, bad weather seriously interfered with our overnight trip to Katoomba in March. Because of heavy rain and mist, traditional sightseeing locations were not possible. However, our overnight accommodation and evening meal at The Carrington did lighten the group's mood.

We are incredibly proud of our ANZAC Day Dawn Service. While we respect the traditional order of service, technology allows us to be innovative. For example, this year, we introduced online streaming and a direct broadcast by local Radio Station Triple M (107.5).

Remembrance Day services were held at the Terrigal Beach Memorial and Breakers.

Sub-Branch members and their partners enjoyed a three-day excursion to Canberra last month. The itinerary was well-planned and enjoyed by all.

We were saddened by the passing of a respected member, Len Ellis, who died in hospital on 30 November following unsuccessful treatment for a brain tumour. Sub-Branch members paid their respect at Len's funeral service on 7 December, with an RSL Tribute.

Our last social event for the year was our Christmas Luncheon at Breakers on 13 December.

In compliance with the RSL Constitution, all sub-Branch committee positions will be declared vacant after the February 2023 meeting. Members will be invited to nominate for the vacant positions before the AGM in March.

The sub-Branch Office will close on 15 December and reopen on 18 January 2023. Therefore, **there will be no sub-Branch meeting in January.**

On behalf of the Committee, I wish you and your family a Merry Christmas (remember Santa is watching) and a safe and happy New Year.

Regards,

Terry Saxby



INSIDE THIS ISSUE

Meet The Members	2
Veterans Health Day	3
Remembrance Day	4
Canberra Excursion	5
Vale Len Ellis	6
Christmas Luncheon	7
Sponsors	8

Upcoming Event

- Next sub-Branch Meeting
11 February 2023
- AGM 11 March 2023

MEET THE MEMBERS

LUKE HILL



Hi, I am Luke, a Terrigal Wamberal Sub-Branch member, and I attend most monthly meetings. I have also just started swimming with the Veterans Ocean Swimming group on Thursday mornings in Terrigal and I enjoy catching up with members over a swim and coffee.

I grew up in Western Sydney and went to Mamre Christian College and St Mary's Senior High School. I worked in my father's bookshop out of school while I waited to be accepted into the Army. I joined the Army in July 1997 and was posted to the School of Infantry after completing basic training.

While at the School of Infantry, a Warrant Officer from the 3rd Battalion Royal Australian Regiment came to chat with my intake about volunteering for the Parachute unit. The cool video and motivating speech hooked me, and I volunteered on the spot with a bunch of mates. A few weeks later, I found myself in Holsworthy and then on the basic parachute course in Nowra.

My unit was deployed to Timor Leste in September 1999 with INTERFET and a second time with UNTAET in 2002.

I was discharged from the Army in 2003 to get married and travel to Europe. Whilst living in the tiniest motorhome you have ever seen in Scotland, I trained as a commercial diver and worked around the UK doing underwater surveys and construction.

I returned to Australia and worked around Sydney Harbour on underwater construction and salvage. A pretty hard gig, as you can imagine, spending every day enjoying the views and the occasional fish and chips from Doyles at Watsons Bay. The work become too sporadic as a diver, and having decided to start a family; I considered other employment opportunities.

I joined Corrective Services NSW and worked in numerous locations, including Parramatta, the State's oldest prison. I left after 13 years of service, and at the time, I held a commissioned rank as a trainer, working at the Corrective Services Academy.

I swam the English Channel in 2014 and used this challenge to raise \$50,000 for cancer research, a cause close to my heart after losing my mum to cancer at a young age.

I was also privileged to be a member of the Australian Invictus Games team in Sydney in 2018. This was an amazing experience for my family and me. Some surreal memories will stay with me forever, such as being lucky enough to climb the Harbour Bridge with Prince Harry and coming away with a Bronze medal in swimming.

At Invictus, I learnt about the power of using sport to connect and lift veterans from all services who have suffered not only physical but mental conditions from their service. From the crowds and personal feedback I received from friends and family, it was also a way to help people outside the military understand what veterans experience and have been through.

Thanks for reading a little about me, and I will see you all at the next meeting.

VETERAN'S HEALTH WEEK

November 2022



Cathy Welsby—Accredited Practicing Dietitian

Our DVA-sponsored health day was held at Saltwater Creek, Long Jetty, on 3 November. Unfortunately, the initial date for the event in September was postponed because of bad weather, and perhaps with the ongoing threat of further unfavourable conditions, the number of members attending was relatively small.

The theme for the day was camaraderie, exercise, and diet. In addition, Central Coast dietitian Cathy Welsby conducted a Q&A session on the benefits of healthy food.

Once again, we thank Roger and Barry for organising the catering from purchase to cooking. They do this every year, and it is much appreciated.



Barry preparing afterburner fuel



Pep talk by VP Peter



Enthusiastic members ready to go



REMEMBRANCE DAY 2022



Terrigal Beach Memorial

Remembrance Day services were held at the Terrigal Beach Memorial and Breakers Country Club.

With assistance from Luke Hill and John Williams, Bruce Grant conducted the Terrigal Beach Service. An estimated crowd of about 100 witnessed the ceremony. The Member for Robertson, Dr Gordon Reid, and the member for Terrigal, Adam Crouch, attended and laid a wreath. Michael Hickey, representing Brisbane Water Legacy, also laid a wreath.



Mounties President John Dean

Sub-Branch President Terry Saxby led the Service at Breakers. The Federal and State Members sent a representative to lay wreaths. The President of the Mounties Group, John Dean and his wife Lorraine (also a member of the Mounties Board) attended and laid a wreath on behalf of Breakers. David Ferry laid a wreath on behalf of Brisbane Water Legacy.

The sub-Branch appreciates the members who assisted with our poppy sales activities, especially Roger and Barry, who are always the first to volunteer.



Wamberal Memorial Hall



Roger and Barry on the job

CANBERRA EXCURSION

21-23 NOVEMBER



MOUNT AINSLIE

The sub-Branch bus trip to Canberra was well planned with an itinerary that included a tour of The Mint, the Australian War Memorial, Parliament House, Australian National Museum and a coach tour of the city and its environs. However, I think it is fair to say that the weather was unpleasant, especially during the bus stop at Mount Ainslie. While the view of Canberra was spectacular, the wind was brutal.

The War Memorial, even under refurbishment, was a special place to visit and tour. On day two, most of the group attended a moving Last Post Ceremony. We were invited to lay a

wreath in the Commemorative Courtyard during the service.

Earlier that day, we visited Parliament House for a walk around. In addition, Dr Gordon Reid, the Member for Robertson, met with our group during a break in the lower house.

We arrived home safely, and while the accommodation at the Canberra Mercure and travel on the coach was pleasant, we were all looking forward to home comforts.



PARLIAMENT HOUSE

VALE LEN ELLIS
07/01/1949—30/11/2022



Len was a patriot who served Australia with distinction during his 21 years in the Navy. He remained a member of the Naval Reserves until he resigned in 2012 because of ill health.

After leaving the Navy, he joined Sydney Ferries and was a Captain on the various fleet that serviced Sydney Harbour and surrounds.

He joined the sub-Branch in 2012, later joined the committee, and served as the Club's Welfare Officer for several years. We all have fond memories of Len, especially with his strict adherence to protocols and chastising those who didn't.

Len was diagnosed with an aggressive brain tumour several years ago and fought this insidious condition with courage and good humour until treatment was no longer effective.

Sub-Branch members gathered to celebrate Len's life at his funeral service on 7 December.

We have lost a good man and a great mate.

CHRISTMAS LUNCHEON 2023



Fashion Icons—Michael & John

We celebrated our 77th annual Christmas luncheon in style at Breakers Country Club on the 13th of December.

Our guests included the Member for Robertson, Dr Gordon Reid, and representatives from Breakers, Creightons and the Terrigal Surf Life Saving Club.

The President welcomed members and guests and thanked the sub-Branch Committee for their

service during the year. He remarked on the financial support received from the Mounties Group and Creightons and expressed his appreciation on behalf of the sub-Branch.

The table presentation, meal and service by Breakers were exceptional. Roger Wrightson and his helpers did a great job organising the merchandise raffled during the afternoon.



President Terry with Dr Reid



Neil, Bill, Peg, Jan & Elaine

PRINCIPAL SPONSORS

