



- THE VETERAN CENTRE -  
**FEBRUARY 2025**  
**NEWSLETTER**



**RSL**  
Gympie Sub Branch

# Photograph on Front Cover

(Image credit: Erica Guilane-Nachez/Adobe)

Elephants, the largest land mammals on Earth, made their mark in ancient warfare as creatures capable of devastating packed formations of enemy troops. Elephants could trample enemy soldiers, gore them with their tusks and even throw them with their trunks. They were often armored against enemy weapons, or had their tusks tipped with iron spikes. Some even carried a raised fighting platform on their backs for archers and javelin throwers.

Elephants were first used in war in India around the 4th century B.C., many centuries after wild Asian elephants first began to be tamed there around 4500 B.C. Elephants breed slowly and the captive herds were small, so wild males were usually caught and trained to be war elephants. In 331 B.C., the invading armies of Alexander the Great encountered the war elephants of the Persian Empire for the first time at the Battle of Gaugamela. The elephants terrified Alexander's soldiers, but that didn't stop them from winning the battle, and soon Alexander added all of Persia's war elephants to his own forces.

In 280 B.C., the king Pyrrhus of Epirus borrowed more than 20 African war elephants from the Egyptian king Ptolemy II, to attack the armies of the Roman Republic at the Battle of Heraclea in southern Italy. The elephants helped to rout the Romans, but by the time of the battle of Asculum the next year, the Romans had developed anti-elephant wagons covered in iron spikes and troopers were specially trained to attack the elephants with javelins. Pyrrhus also won that battle against Rome, but with huge losses among his troops, giving rise to the term "a Pyrrhic victory." The Romans also faced elephants in the Punic wars against Carthage, and in the Second Punic War (201-218 B.C.), the Carthaginian general Hannibal Barca led war elephants over the Alps to attack Italy from the north. Many animals died during the crossing.

Later, the Romans used war elephants themselves in their conquests in Spain and Gaul, where they were known for their terrifying psychological effect on undisciplined "barbarians." War elephants were also used in the Roman invasion of Britain under the Emperor Claudius in 43 A.D. Ultimately, elephants proved unsuited to war — they were too vulnerable to massed weapons, and too likely to panic: the terrified giant beasts often caused as much damage to their own forces as they did to the enemy.

Elephants continued to be used as war animals in Asia and India until recent centuries, and some animals continue today in ceremonial military roles, but the emerging use of cannons eventually ended their role in combat.



# VALE

Brian Brady

22 November 1938 to 29 December 2024

We Will Remember Them

Lest We Forget



## 24th February National Day of War Animals



Throughout history, not content with slaughtering and maiming each other, humans have seen fit to involve animals in the carnage.

This part of February's editorial is very difficult for the author to write. He is torn between, on the one hand, acknowledging how mutually valuable animals and humans are to each other and how important, on so many levels, is the bond between them and, on the other hand, having an abhorrence of involving animals in human aggression. Humans have a choice, animals do not!

The author has had the privilege of having both dogs and camels in his life and the thought of any of these exquisite animals being put in harm's way to satisfy his belligerence, not least given the trust they put in him, is, frankly, horrifying!

That said, it is always a source of emotive wonder when one comes across the myriad ways in which animals have been so instrumental in the saving of and enhancing the lives of humans and vice versa.

The author can attest to this fact because his two camels, while in his care during their 14 years together, ameliorated his PTSD in ways he did not realise, till he could no longer have them with him.

# National Servicemen's Day | 14 February

**National Servicemen's Day is celebrated on 14 February to honour the service of Australians who were required to serve in the military after World War II:**

## Who it honours

The day honours the hundreds of thousands of young Australian men who served in National Service schemes between 1951 and 1972. These men, also known as Nashos, served in Australia and overseas, including in Borneo, Malaysia, Papua New Guinea, and Vietnam.

## How the date was selected

The date of February 14th is said to mark either the day the first Nasho marched into a training camp or the day the last Nasho completed their Army obligation.

## How selection for service was carried out

Most 20-year-old Australian men were required to register and were then randomly selected for National Service by their date of birth in a "birthday ballot".

## How was it justified

Australia's National Service was a response to the global and regional conflicts that followed World War II, including the Berlin blockade, the Arab-Israeli war, the Korean War, the Suez Canal crisis, and the Vietnam War.

**National Servicemen's Day is commemorated with a wreath laying to honour the service and sacrifice of those who served. The Gympie service will commence at 10:00AM. Medals are to be worn and all are welcome.**



# ANNUAL GENERAL MEETING

*Sunday, 30 March 2025 | Registration 9AM*

All League members are invited to attend and participate.

# GOVERNANCE TRAINING

*Wednesday, 12 February 2025*

Everyone who is interested in running for a board position **must attend** Governance Training. To register, please send an email to: [erin.b@gympiersl.com.au](mailto:erin.b@gympiersl.com.au)



**RSL**  
Gympie Sub Branch



# Letter from the President

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## **ADEL AMIN**

*President of the Board of Directors,  
Gympie RSL Sub Branch*



This month, we will open nominations for members to stand as candidates for the Gympie RSL 2025-2026 Board of Directors. On 30th March, an election will be held for all Board positions. Our Board consists of six League (Veteran) members and three League (Social) members. According to our Constitution, the President, Deputy President, and Treasurer must be League (Veteran) members.

The annual election provides an opportunity for members to assess the credentials of all nominees, ensuring our elected Board possesses the collective skills, expertise, and personal attributes necessary to lead the organisation effectively. We are always seeking candidates who are passionate about our Gympie RSL and dedicated to its mission.

The Gympie RSL Board of Directors is responsible for overseeing the performance, governance, and strategic direction of our organisation. The Board holds ultimate accountability to our members for the club's governance, determines its strategic direction, and monitors the management's execution of this strategy.

Ongoing planning is crucial to our success. It enables us to enhance our ability to support the veteran community, expand services and amenities for our members, and contribute to local charities and community initiatives. I am proud of the strides made in the latter half of 2024 to align our leadership with our purpose. This is an ongoing journey, one that demands continual focus and attention, and will remain my top priority throughout my tenure as President.

Our Constitution outlines the role, structure, and responsibilities of the Board, as well as its operational procedures. The Board delegates specific responsibilities to sub-committees to drive individual projects.



A skills-based Board is essential as it ensures a balance of the right skills and experience in line with the organisation's needs. Directors must possess strong expertise across various business disciplines, while also demonstrating integrity, dependability, accountability, and the ability to communicate effectively, challenge assumptions, and negotiate. Effective boards engage in candid, respectful discussions, fostering a culture of healthy challenge - both among board members and with senior management. This process leads to better decision-making, as assumptions and information are rigorously tested.

As Veterans or those closely associated with the Veteran community, our Board Directors bring invaluable insight into the lived experiences of current and former Australian Defence Force personnel.

In recent years, clubs across Australia have been encouraged to diversify their income streams and reduce reliance on gaming revenue. In response, the current Board conducted a thorough analysis of available opportunities throughout 2024. We are pleased to announce the successful acquisition of the Mary Street buildings, which house established businesses with ongoing leases. This strategic move is an example of the Board securing our Club's future through forward-thinking initiatives. We remain committed to demonstrating to our current and future League members, as well as broader community, that we are open to innovative ideas, new programs, and enhanced support for our younger, growing membership. The growth of Gympie RSL is a marathon, not a sprint. I am confident that our Board will continue to evolve and meet the changing needs of veterans and their families.

I would also like to highlight several significant milestones to be commemorated in 2025:

- 110th Anniversary of Anzac Day
- 105th Anniversary of the Gympie & Widgee War Memorial Gates
- 100th Anniversary of Henry Moore's design of Memorial Park (1919 - 1921), a cornerstone of our local commemorations.
- 80th Anniversary of Victory in the Pacific.
- 50th Anniversary of the End of the Vietnam War.

May 2025 bring health, happiness, and continued progress to all.

*Adel Amin*



# Happy Birthday!

*To our Members celebrating a new  
decade in February:*

*Malcolm B 80th*

*Brian B 70th*

*Michael C 90th*

*Troy D 60th*

*Leslie L 80th*

*James R 80th*

*Robyn W 70th*

*Brian W 80th*

*Our best wishes to you all, and to all  
members celebrating birthdays this  
month!*

# Recollections of Vietnam and Beyond

by Garry R Casey

...continued from January 2025 Newsletter

Things have certainly changed over the years with the acceptance of the service of Vietnam Veterans and the RSL is now a very strong supporter of all veterans. What people need to remember is that the men and women who served there did so because it was the job that they were sent to do. They didn't make the decision to fight the war – politicians did.

With pressure from the Association, the Vietnam Veterans Counselling Service was set up. This provided a lot of help to Veterans in the early stages and due to the response the service continues to be expanded. The Counselling Service has had a number of name changes and now is known as Open Arms to encompass all veterans. I suppose the way that I had been living my life and with three failed marriages, I realised that there may have been some underlying problems associated with PTSD. I started listening to my family and sought counselling. Before that, I had put up a wall and tried to forget about it, rather than talking about and accepting it.

Through counselling, I have learnt how to identify the symptoms and understand PTSD and how to deal with it from there. I find the best therapy for me is being able to make other people aware of PTSD and how to identify and manage it. That is one of the reasons that I have got involved in the peer support group for the Police. I suppose that since I have been there and done that, I have a fair idea of what it is all about. I can now say, "I'm a Vietnam Veteran and proud of it."

A little hint for other veterans and anybody else that may be suffering from PTSD. Listen to your loved ones – your relatives, especially your spouses. They can read you like a book and will see the signs long before you do. They may not know the cause or the reason, but they will see the changes. All you have to do is to listen and accept what is being said to you. The hardest part is accepting it. Once you have done that, the problem can be managed.

People are still scared of psychiatrists and psychologists. They think it's a bad sign and they are diminished if they go to see one. They don't want to admit they may have a problem. A lot of the problems arise because they have been buried and are triggered by another event a long time later, even up to 20 or 30 years later.

I know of a senior non-commissioned officer, a good mate and veteran who has had to retire from the Army due to PTSD. As he said, he suddenly lost the plot and the hardest part was being able to accept that he had PTSD.

He has since undergone treatment and can get on with his life because he knows how to manage his particular problems.

I see a lot of veterans starting to open up a lot more and talk about their experiences. People from all walks of life are coming out of the closet, so to speak, and seeking help or just admitting that they served in Vietnam. I only found out last year that one of my cousins who served in the Navy, is a Vietnam Veteran. There are about 300 Vietnam Veterans in the Territory but only about 30 or so were financial members of the Association. A lot say they will support the Association, but they don't want to get involved. There are still many that shun society and prefer to live alone in bush retreats. The VVCS and the Association is striving to bring help to these people so that they can lead a better life and join society. Unfortunately, there are many that we will never reach and for others the battle has been lost.

A Vietnam Veterans Mortality Study released by the Minister for Veterans' Affairs in 1996 showed that Vietnam veterans suffer a significantly greater risk of dying from cancers, ischemic heart disease and suicide than the rest of the Australian male population. Deaths from all cancers are 21% greater, with prostate cancer 53% higher and lung cancer 29% above the general male population. Deaths from suicides are 21% higher. A more recent study was released in 2005 and a Royal Commission into Defence and Veteran Suicide, which covers current and past service, more recent conflicts such as East Timor, Iraq and Afghanistan and other peace keeping operations has just submitted its findings and recommendations to the Government.

I was divorced in 2000 and eventually remarried in July 2008. Michelle is a keeper! I retired from the NT Police in March of 2009 after serving nearly 34 years. I was also a member of the Northern Territory Emergency Service as a volunteer (and for six months as paid staff) for about 25 years and 12 years as a volunteer with the Northern Territory Fire Service – Howard Springs Volunteer Fire Brigade. I also served with various sporting organisations, Palmerston RSL and Veterans Australia NT Branch. Veterans Australia NT Branch changed their name from the Vietnam Veterans Association NT Branch as numbers were dwindling, so they now cater for all veterans.

I was honoured to be appointed as a Member of the Order of Australia (AM) in the Australians Day Honours list. The citation reads "For significant service to the community through emergency response organisations."

We left the NT and moved to Queensland in 2023 and are now settled in Southside, Gympie. It seems that I have come home because my Great Great Grandfather, Thomas William Casey was a Mounted Constable in Gympie and area in the 1890's to the early 1900's. The majority of his family were born in Gympie, with my Grandfather born in Tiaro. There are also other relatives that lived and worked in the Gympie area. I am related to Clifford Stitt and Frank Scateni who were both killed in WWI and their names are on the Mary Street Memorial Gates.



Since arriving in Gympie, I have joined the RSL Sub Branch and I am now a Board Director and recently elected as President of the Vietnam Veterans Association, Gympie Branch.



As the Vietnam Veterans Motto says,  
*“Honour the Dead but Fight Like Hell for the Living.”*

**Editor’s Note:** Thank you to Garry Casey for sharing his story with us.

We invite any and all veterans and war widows to share stories - short and sweet, long and grief-filled, amusing or otherwise - with us.

# Adages for Life

## **Law of Mechanical Repair**

After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

## **Law of Gravity**

Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

## **Law of Probability**

The probability of being watched is directly proportional to the stupidity of your act.

## **Law of Random Numbers**

If you dial a wrong number, you never get a busy signal; someone always answers.

## **Law of Variation**

If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

## **Law of the Bath**

When the body is fully immersed in water, the telephone will ring.

## **Law of Close Encounters**

The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with (or if you're looking your very worst!)

## **Law of Results**

When you try to prove to someone that a machine won't work, IT WILL!!!

## **Law of Biomechanics**

The severity of the itch is inversely proportional to the reach.

## **Law of Coffee Enjoyment**

As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

## **Law of Physical Surfaces**

The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

## **Law of Logical Argument**

Anything is possible IF you don't know what you are talking about.

## **Law of Physical Appearance**

If the clothes fit, they're ugly. (See Law of Close Encounters)

## **Law of Public Speaking**

A closed mouth gathers no feet!

## **Law of Commercial Marketing Strategy**

As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!

## **Doctors' Law**

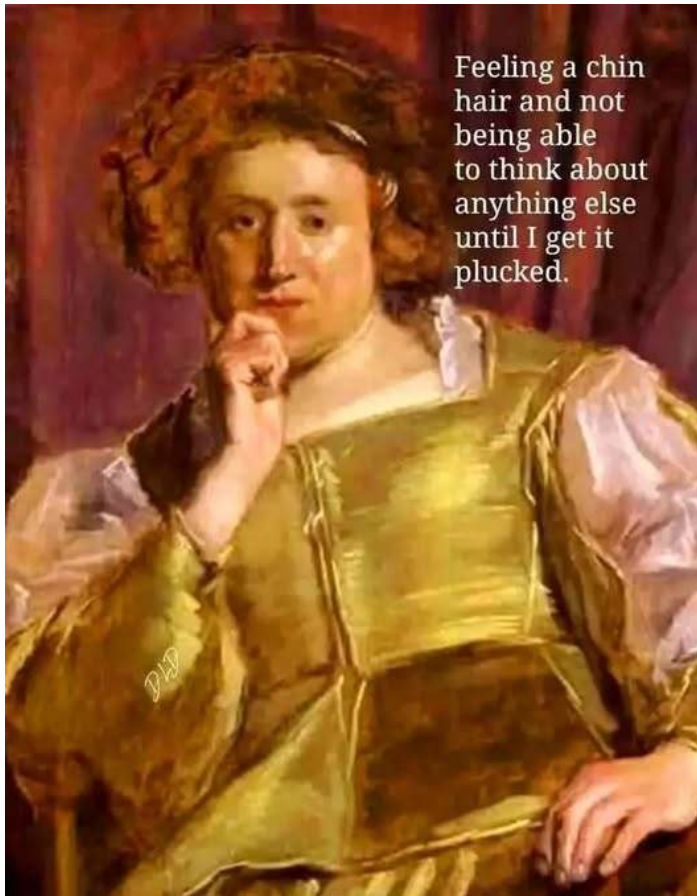
If you don't feel well, make an appointment to go to the doctor, by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.

## **Law of Theatres & Sports Arenas**

At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people are also very surly folk.

## **Murphy's Law of Lockers**

If there are only 2 people in a locker room, they will have adjacent lockers.



Feeling a chin hair and not being able to think about anything else until I get it plucked.

Have you ever realized how surreal reading a book actually is? You stare at marked slices of tree for hours hallucinating vividly



We put a man on the moon years ago....YEARS....I'm confused as to why we stopped. We could have them all up there by now

Jean-baptiste Greuze 1725-1805



I can't believe that it has been an entire year since I haven't lost weight or become a better person.

Lally  
12/22

made with mematic

Lady Seated Holding a Wineglass, Gerard ter Borch, 1617-1681



I was poor when I was young,  
but after years of hard, honest work ...

I am no longer young.



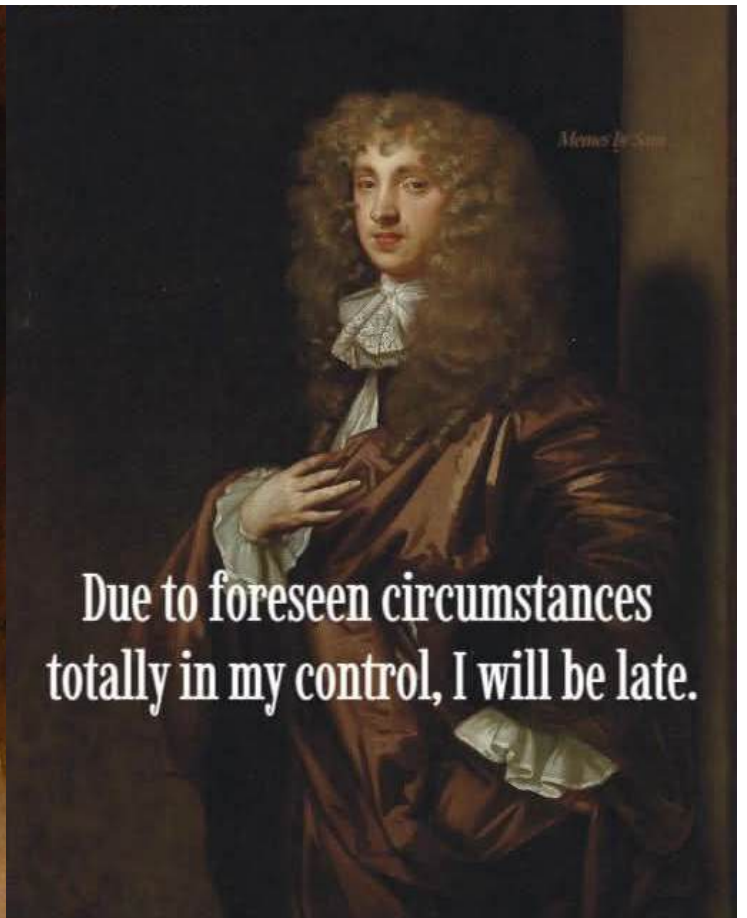
**I wish my life had background  
music so I could understand  
what the hell is going on...**



**Legend says that  
when you're  
overwhelmed  
and on the edge  
of a nervous  
breakdown, a  
small child will  
appear and tell  
you that you  
made their  
sandwich wrong.**



Due to foreseen circumstances  
totally in my control, I will be late.







# THE PROPHET

By Khalil Gibran

*The Prophet* is a book of prose written by Khalil Gibran, a Lebanese-American writer, in 1923. It has never been out of print and is one of the most translated and best-selling books of all time. We hope you enjoy the inclusion of select chapters in this newsletter.

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Then a priestess said, Speak to us of Prayer.

And he answered, saying:

You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.

For what is prayer but the expansion of yourself into the living ether?

And if it is for your comfort to pour your darkness into space, it is also for your delight to pour forth the dawning of your heart.

And if you cannot but weep when your soul summons you to prayer, she should spur you again and yet again, though weeping, until you shall come laughing.

When you pray you rise to meet in the air those who are praying at that very hour, and whom save in prayer you may not meet.

Therefore let your visit to that temple invisible be for naught but ecstasy and sweet communion.

For if you should enter the temple for no other purpose than asking you shall not receive:

And if you should enter into it to humble yourself you shall not be lifted:

Or even if you should enter into it to beg for the good of others you shall not be heard.

It is enough that you enter the temple invisible.

I cannot teach you how to pray in words.

God listens not to your words save when He Himself utters them through your lips.

And I cannot teach you the prayer of the seas and the forests and the mountains. But you who are born of the mountains and the forests and the seas can find their prayer in your heart,

And if you but listen in the stillness of the night you shall hear them saying in silence,

“Our God, who art our winged self, it is thy will in us that willeth.

It is thy desire in us that desireth.

It is thy urge in us that would turn our nights, which are thine, into days which are thine also.

We cannot ask thee for aught, for thou knowest our needs before they are born in us:

Thou art our need; and in giving us more of thyself thou givest us all.”

Then a hermit, who visited the city once a year, came forth and said, Speak to us of Pleasure.

And he answered, saying:

Pleasure is a freedom-song,

But it is not freedom.

It is the blossoming of your desires,

But it is not their fruit.

It is a depth calling unto a height,

But it is not the deep nor the high.

It is the caged taking wing,

But it is not space encompassed.

Ay, in very truth, pleasure is a freedom-song.

And I fain would have you sing it with fullness of heart; yet I would not have you lose your hearts  
in the singing.

Some of your youth seek pleasure as if it were all, and they are judged and rebuked. I would not  
judge nor rebuke them. I would have them seek.

For they shall find pleasure, but not her alone;

Seven are her sisters, and the least of them is more beautiful than pleasure.

Have you not heard of the man who was digging in the earth for roots and found a treasure?

And some of your elders remember pleasures with regret like wrongs committed in  
drunkenness.

But regret is the beclouding of the mind and not its chastisement.

They should remember their pleasures with gratitude, as they would the harvest of a summer.

Yet if it comforts them to regret, let them be comforted.

And there are among you those who are neither young to seek nor old to remember;

And in their fear of seeking and remembering they shun all pleasures, lest they neglect the spirit  
or offend against it.

But even in their foregoing is their pleasure.

And thus they too find a treasure though they dig for roots with quivering hands.

But tell me, who is he that can offend the spirit?

Shall the nightingale offend the stillness of the night, or the firefly the stars?

And shall your flame or your smoke burden the wind?

Think you the spirit is a still pool which you can trouble with a staff?

Oftentimes in denying yourself pleasure you do but store the desire in the recesses of your  
being.

Who knows but that which seems omitted today, waits for tomorrow?

Even your body knows its heritage and its rightful need and will not be deceived.

And your body is the harp of your soul,

And it is yours to bring forth sweet music from it or confused sounds.

And now you ask in your heart, "How shall we distinguish that which is good in pleasure from  
that which is not good?"

Go to your fields and your gardens, and you shall learn that it

is the pleasure of the bee to gather honey of the flower,  
But it is also the pleasure of the flower to yield its honey to  
the bee.

For to the bee a flower is a fountain of life,

And to the flower a bee is a messenger of love,

And to both, bee and flower, the giving and the receiving of  
pleasure is a need and an ecstasy.

People of Orphalese, be in your pleasures like the flowers  
and the bees.





**WE'RE ON OUR WAY TO SEE YOU!**

**WHEN: FRIDAY 7TH FEBRUARY**

**WHERE: TIN CAN BAY RSL SUB-BRANCH**

**TIME: 10:30AM UNTIL 12:30PM**

**WHAT: MEET THE ADVOCATES  
(WELLBEING AND COMPENSATION)**

**COME AND HAVE A BBQ AND A CHAT**





DEC 2024  
THROUGH  
FEB 2025

# SUMMER



## HEALTH & WELLBEING PROGRAM

### MODEL HOBBY CLUB

Every Monday  
from 12pm to 1pm

Veteran Centre,  
44 Nash St

### GYMPIE RSL CHOIR

Every Tuesday  
from 5:30pm to 6:30pm

Veteran Centre,  
44 Nash St

### FIT TOGETHER

Every Wednesday  
from 1pm to 2pm &  
Saturday from 9am

Gympie Aquatic  
Recreation Centre  
Book online:  
[www.trybooking.com/COADM](http://www.trybooking.com/COADM)

### CHAIR EXERCISE

Every Thursday  
from 1pm to 2pm

Gympie Aquatic  
Recreation Centre  
Book online:  
<https://www.trybooking.com/COACU>

### SPLASH AEROBICS

Every Friday  
from 1pm to 2pm

Gympie Aquatic  
Recreation Centre  
Book online:  
<https://www.trybooking.com/COADE>

### SWIMMING - GYMPIE

All day entry every  
Wednesday,  
Friday & Saturday

Gympie Aquatic  
Recreation Centre  
For Veterans & their  
Partners/Carers Children  
welcome upon application at  
Veteran Centre

### SWIMMING & GYM - GLENWOOD

All day entry every  
Wednesday,  
Friday & Sunday

Village Swim & Gym | 348 Arborfive  
Rd For Veterans & their  
Partners/Carers Children welcome  
upon application at Vet Centre

### 10-MINUTE WINDOW

Fitness, Education, and  
Community Activities  
A holistic support  
program for veterans

Call or email  
[vso2@gympiersla.com.au](mailto:vso2@gympiersla.com.au)

### MYSTERY BUS TRIP

Wednesday  
4 December 9am to  
2:45pm | \$25pp

For Veterans & their  
Partners/Carers  
Book online: [www.trybooking.com/CVKCP](http://www.trybooking.com/CVKCP)

For more information, call 5483 7707 or email [reception@gympiersla.com.au](mailto:reception@gympiersla.com.au)



[www.gympiersla.com.au/welfare](http://www.gympiersla.com.au/welfare)







**FOR  
VETERANS  
& THEIR  
PARTNERS/  
CARERS\***



# Glenwood SWIMMING & GYM

**ALL DAY ENTRY EVERY WEDNESDAY, FRIDAY & SUNDAY  
VILLAGE SWIM & GYM | 348 ARBORFIVE RD**

\*Children of Veterans welcome upon application at Veteran Centre; must show DVA, RSL Membership &/or Veteran Centre Family Card upon entry

**For more information  
call 5483 7707 or email  
vadmin@gympiersla.com.au**

**[www.gympiersl.com.au/welfare](http://www.gympiersl.com.au/welfare)**



**RSL**  
Gympie Sub Branch



# VETERAN CENTRE SPOTLIGHT



**ALI COLBOURN**

## **Can you describe your role?**

I am a Military Compensation & Wellbeing Advocate. I assist veterans and serving members with personal injury claims related to their Defence service by applying my legislative knowledge to achieve positive outcomes.

## **What's a typical day like for you?**

I conduct client interviews, manage memberships, handle countless emails and phone calls, follow up on claims, address wellbeing cases, attend meetings, and complete plenty of admin and paperwork. I also enjoy catching up with colleagues, volunteers, and veterans.

## **What aspect of your work are you most proud of?**

Making a meaningful difference in people's lives—financially, emotionally, and medically. I'm proud to earn their trust, support them through challenges, and help them access life-changing treatments. The friendships I've built with members, volunteers, and colleagues mean a lot to me.

## **How do you feel your role contributes to the success of the team?**

My experience in admin and advocacy allows me to assist team members with questions and mentor newer advocates. I think my positive outlook on life and experience contributes to the team's morale. I'm often referred to as the "mum" of the team as I'm always checking in on my colleagues well-being and helping them out where I can.

## **What's your favourite thing to do outside of work?**

Spending time with my family and pets is my favourite. I also enjoy jet skiing, fishing, gardening, music, and the outdoors.







**It's membership renewal time at the Gympie RSL for our League Members. Life Members/Subscribers will need to collect their new coloured card.**

From 1st December until 28th February, you can pay your renewal and/or collect your new card from Mary Street Reception

You can also renew at the Bar on Level 3 (just preferably not during lunch/dinner operations)

Your new card will ensure you can continue to receive your Mateship Meal offer and access to many other benefits of being a sub branch member including: assistance with pension & compensation claims, wellbeing support, social events, seasonal health & wellbeing programs, complementary tea & coffee daily, group exercise classes and more!

***We look forward to seeing you in the club soon!***



# 10 MINUTE WINDOW

*Fitness, Education, Community*

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The **10-Minute Window** Program is a 12-week pilot aimed at connecting and engaging younger veterans.

Through activities such as **surfing, MMA, and paintball**, participants can enjoy time with fellow veterans in a setting that's not only enjoyable but also helps build connections.

Every 4 weeks (on a Saturday morning), we will host one of these events followed by lunch at the RSL club, where a guest speaker/s will discuss important topics like **mental health, physical well-being, and financial management**.

**CrossFit Membership:** As part of the program, each participant will receive a membership to CrossFit Release, offering three coached sessions per week and 24/7 access to the gym, allowing for flexibility outside of scheduled classes.

These sessions are designed to improve physical fitness, build resilience, and foster a sense of achievement and confidence.

We'd love for you to join us in making this program a success!

To register your interest or if you require any further information please do not hesitate to reach out to David on **vso2@gympiersla.com.au** or phone the Veteran Centre on (07) 5483 7707.

# 10 MINUTE WINDOW

*Fitness, Education, Community*

A holistic support program for veterans



[www.gympiersl.com.au/welfare/](http://www.gympiersl.com.au/welfare/)



**RSL**  
Gympie Sub Branch



# Veterans Ride Waves



On the third Saturday of January, the veterans participating in **10-Minute Window** went out to Noosa for a surf. Spirits were high and the instructor was excellent, ensuring everyone stood up on their board - with varying degrees of success of course, but as long as you're having fun, does it really matter?

The outing was followed by lunch back the Veteran Centre, where Martin Muller met the group and explained the motivation for this pilot program and thanked the veterans who came forward to participate as we learn and grow through this trial.

*There are a lot of good things to come!*

# FRUITS AND VEGETABLES IN SEASON IN OUR REGION IN FEBRUARY

Given the importance of a good diet what will follow each month in 2025, is a list of fruit and vegetables which are in season in our region.

## Fruits

Avocados	Nectarines
Berries: Blueberries	Oranges: Valencia
Berries: Raspberries	Passionfruit
Berries: Strawberries	Peaches
Figs	Pears: Howell
Grapes	Pears: Williams
Limes	Pineapples
Lychees	Plums
Mangosteens	Prickly Pears
Melons	Rambutans

## Vegetables

Beans: Butter	Lettuce
Beans: Flat	Mushrooms
Beans: Green	Onions
Beans: Snake	Okra
Capsicum	Peas: Sugar snap
Celery	Radish
Chillies	Spinach
Chokos	Squash
Cucumbers	Sweetcorn
Eggplant	Tomatoes
	Zucchini

## **Aussie Mandarin Thai Beef Salad**

### Serves 4

- 1 Aussie mandarin zest and segment )
- 2 tsp Gourmet Garden Thai blend 500g beef strips
- 3 tsp olive oil (reserve 1 tsp for the pan)

### Directions

1. Take 1 tsp Aussie mandarin zest and 2 tsp of juice from the Aussie mandarin. Place any remaining segments aside.
2. Whisk Aussie mandarin zest, juice, 2 tsp olive oil and Thai blend together.
3. In a wok or frying pan heat 1 tsp oil and add beef. Stir fry ingredients until the beef has browned.
4. Pour Aussie mandarin and Thai sauce over the browned beef and mix together until evenly coated.

### Plating

Serve on a bed of rice or mesclun of mixed salad leaves, drizzled with remaining juices and topped with mandarin segments







## **RIFLEMEN'S LUNCH**

*All Corps and services are welcome!*

**1ST FRIDAY OF EVERY MONTH AT MOOLOOLABA SLSC**

**Gympie RSL Sub Branch's Veteran Centre provides a free bus for this event each month.**

**Please RSVP by text message to  
Wuzzy (0437 552 965)**

### **The Learner Dance Group Inc**

**Long Flat Hall - Gympie**

**Contact Bruce - 0427 967 568**



**Dancing every  
Saturday Night**

**\$10 entry**

**7:30pm start**

**BYO Supper**

**1st & 5th of the month is mix of Old Time & New Vogue**

**2nd & 4th Saturday of the month is - Old time.**

**3rd Saturday is - New Vogue.**

## BEATING THE BLUES

This skills-based program can help you understand the situations and thinking patterns that can contribute to depression, and learn strategies and techniques to help manage symptoms.

## DOING ANGER DIFFERENTLY

This program will help develop a better understanding of anger, recognise the impact that anger can have on you and your relationships and make practical changes.

## MANAGING PAIN

An educational and skills based program which assists participants to develop an understanding of pain and focus on strategies to improve their experience of pain.

## STEPPING OUT

This program is for ADF members and their partners who are about to, or have recently separated from the military.

## SLEEPING BETTER

Sleeping Better is an educational and skills-based group program to help manage disturbed sleep.

## PARENTING PROGRAMS

Parenting programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their families.

## BUILDING BETTER RELATIONSHIPS (COUPLES ONLY GROUP PROGRAM)

Building Better Relationships can help you rediscover what's important in your relationship, and help strengthen and rebuild the relationship with your partner.

## UNDERSTANDING ANXIETY

This program will help you better understand anxiety, and link between thoughts, feelings and behaviour when you are experiencing anxiety.

## RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

## RELAXATION & STRESS MANAGEMENT

This program provides skills and tools to help you identify and manage stress, and develop relaxation and mindfulness skills that can assist in everyday life.

To register your interest or for the most up to date information visit the Open Arms Website <https://www.openarms.gov.au/get-support/programs-workshops/upcoming> or Scan the QR Code





**JEFF  
WINTERBURN**



# **VETERAN CENTRE** *Chaplain*

Jeff is a Veteran and Non-Denominational Chaplain available to the Veterans of the Gympie RSL.

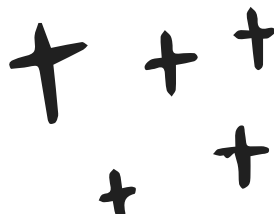
**Please contact Jeff if you would like to engage his service.**

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**JEFF** | 0437 678 981

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44 NASH ST GYMPIE





# Coffee & CHAT

ALL VETERANS WELCOME

Every Tuesday at 10AM  
Rendezvous Café, Gympie RSL

JOIN US FOR A HOT CUP OF  
COFFEE AND WARM CONVERSATION –  
BOTH ARE FREE!

TRANSPORT  
AVAILABLE;  
ADVANCE  
BOOKING  
ESSENTIAL

For more information, email us at  
[reception@gympiersla.com.au](mailto:reception@gympiersla.com.au)  
or call 07 5483 7707



[www.gympiersl.com.au/welfare](http://www.gympiersl.com.au/welfare)



**RSL**  
Gympie Sub Branch

## Health Providers working with DVA Clients

SUNSHINE  
DERMATOLOGY

Experience is  
*everything.*

DR GARY HOLMES  
DERMATOLOGIST

Sunshine Dermatology is the oldest Dermatology practice on the Sunshine Coast. Dr Holmes continues to provide a complete Dermatology service to all **existing and new DVA Gold Card holders and DVA White Card holders (covered for skin).** *To see the specialist, you must first have a valid referral from your GP.*

SKIN  
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CHECKS

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SURGICAL  
CREAM  
TREATMENT  
OF SKIN  
CANCERS

TUESDAYS & THURSDAYS  
8AM - 4PM  
07 5444 8588  
[sunshinedermatology1@gmail.com](mailto:sunshinedermatology1@gmail.com)

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Upgrade your exercise and  
nutritional habits to  
naturally boost your energy  
levels and achieve more  
with your life!



Exercise Physiology & Dietetics  
58 Channon St, Gympie  
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Ph: 1300 AH TEAM  
(24 8326)

 The  
**Allied Health Team**<sup>®</sup>  
ACHIEVING HUMAN IMPROVEMENT  
*Servicing the Gympie community since 2011*



**ENERGYCHIRO**  
**RELIEVE & REVITALISE**

Clinic addresses:

82 River Road, GYMPIE

and

Kon-Kiki Tower 1

Level 5 Suite 507

55 Plaza Pde, Maroochydore

Phone number: +61 0490 051 055

Email: [admin@energychiro.com.au](mailto:admin@energychiro.com.au)

**Donna  
Griffin**  
**Occupational  
Therapist**

Private OT – Gympie

Ph: 0419 777 891

Usual work days:

Monday, Tuesday,  
Thursday





ADAPTIVE BODIES  
ALLIED HEALTH

## ADAPTIVE BODIES ALLIED HEALTH **EXERCISE PHYSIOLOGY**

OUR PRACTITIONERS ARE READY TO HELP  
YOU ON YOUR JOURNEY TO BETTER  
HEALTH

- ✓ CHRONIC DISEASE MANAGEMENT
- ✓ MUSCULOSKELETAL CONDITIONS/INJURY PREVENTION
- ✓ WORK RELATED INJURY REHABILITATION
- ✓ SURGICAL REHABILITATION
- ✓ CHRONIC PAIN MANAGEMENT



Contact Us ▶

0412 842 635

admin@adaptivebodiesalliedhealth.com

**Do you know of a  
great health provider  
that works with  
veterans  
specifically?**

**Let us know!**

**Email  
news@gympiersla.  
com.au**

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news@gympiersla.  
com.au**

# SANA

## PHYSIOTHERAPY

0434 119 110

www.sanaphysio.com.au

info@sanaphysio.com.au

Our team will work with you to set goals and tailor the program to your needs. We are here to help manage pain and improve quality of life.

Personalised Care  
Exercise & Movement  
Holistic Approach





**RSL**  
Gympie Sub Branch

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## Newsletter Submissions

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