



RSL

Gympie Sub Branch

GYMPIE RSL SUB-BRANCH Newsletter

May 2026



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Website: gympiersl.com.au

Email: info@gympiersl.com.au

Office Hours: 10:00am - 11:00pm

Location: 217 Mary St, Gympie QLD 4570



VALE

John Nightingale
DOB 12 October, 1928
DOD 30 March, 2026

Les "Spike" Humphrys
DOB 30 March, 1940
DOD 1 April, 2026

We Will Remember Them

Lest We Forget

Photograph on Front Cover

Set within Memorial Park, the Memorial Flame is a meaningful feature of Gympie's war memorial precinct. It was installed to recognise the service and sacrifice of local men and women who have taken part in conflicts, from the World Wars through to more recent peacekeeping and military operations.

The flame is designed as a symbol of ongoing remembrance. Its continuous light reflects the idea that the contribution of those who served is not forgotten over time. This follows a broader tradition in memorial design, where an eternal flame represents respect, memory, and continuity.

The site is used regularly for community ceremonies, particularly on ANZAC Day and Remembrance Day. During these occasions, the Memorial Flame becomes a central point for services that include lighting of the flame speeches, wreath laying, and periods of silence. These events bring together veterans, families, and residents to acknowledge those who served.

Outside of formal ceremonies, the Memorial Flame also has an everyday role. As part of Memorial Park, it is accessible to the public and provides a place where people can quietly reflect. School groups and visitors often use the site to learn about local history, making it both a place of remembrance and education.

Overall, the Memorial Flame plays an important role in the community. It helps preserve the memory of those who served and provides a clear, lasting symbol of respect within Gympie.

Letter from the President

ADEL AMIN

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



It is my pleasure to provide this update following our recent Annual General Meeting, held on Saturday 28 March 2026. The AGM was well attended, reflecting a strong and engaged membership, and I thank all those who took the time to participate in the governance of our Sub-Branch.

The meeting provided an opportunity to reflect on the past year's achievements and challenges. Despite a period that has, at times, required resilience and adaptability, the Sub-Branch has continued to deliver meaningful support to veterans and their families, while maintaining a visible and respectful presence within our wider community. I acknowledge the ongoing commitment of our Board Directors, volunteers, and staff, whose efforts underpin everything we achieve.

I also extend my congratulations to those elected and re-elected to positions on the Board. Your willingness to serve is both valued and essential. As we move forward, a continued focus on transparency, professionalism, and member engagement will remain central to our work.

The 2026 Clubs Queensland & McCain Foods Awards for Excellence, held at the Brisbane Convention & Exhibition Centre, once again showcased the very best of Queensland's club industry, recognising excellence in dining, service, community contribution and overall operations across the state. Against a highly competitive field, Gympie RSL distinguished itself among the state's leading clubs, reinforcing its reputation as a consistently high-performing and community-focused organisation.

This year Gympie RSL was the winner of the Health & Wellbeing Award for our “Active Together/ Building Health and Connections for Veterans Program”. We were a Finalist in two further categories (“Special Achievement Award for Safer Gambling” and “Heart of the Community” for our “Beyond the Call-The Heart of Gympie’s Community”). To be awarded and recognised across so many areas is a real credit to that journey, our people and our unwavering focus on community.

Commemoration of ANZAC Day 2026 was a poignant and memorable event. This year’s service was particularly significant as it coincided with the completion of the upgrades to Gympie Memorial Park. These improvements represent a meaningful investment in a space that holds deep importance for our community. The enhanced facilities at the park provided a more fitting and accessible setting for reflection and remembrance. As custodians of these commemorations, we have a responsibility to ensure that the service honours the sacrifice of those who have served, while also remaining inclusive and relevant to future generations. It was heartening to see so many Veterans, members, families, and the broader community attending and supporting this important occasion.

I thank all those who contributed their time and effort to organisation and the delivery of all of the ANZAC Day events. Commemorations such as these are not only acts of remembrance, but also opportunities to strengthen community connection and understanding.

Finally, I remind members that our Sub-Branch, Gympie RSL Sub-Branch, remains committed to its core mission: supporting veterans and their families with integrity, respect, and care. Your continued involvement and support are vital as we carry this work forward.

Yours in comradeship,

A handwritten signature in cursive script, reading "Adel Amin". The ink is dark and the signature is fluid, with a long, sweeping tail on the final letter.



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

John G 70
Brian K 90
John K 80
John W 90



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



Greetings, you will have noticed that the Newsletter has a new appearance and title.

The changes are designed to reflect the fact that the RSL Club and the Veteran Centre are a single entity not two separate organisations. One can not and does not exist without the other. One of the ways that will reinforce this concept and counter the illusion that there are two entities is to have a unified Newsletter. In the past the Veteran Centre published a monthly newsletter and the Club published a separate newsletter with each publication concentrated solely on their own activities, news and publicity.

With this edition for May, 2026 the Club and Veteran Centre will have a combined document which will contain stories, information and items of interest from the Gympie RSL Sub-Branch.

A three person committee, Elay C, David B and Dion C will be responsible for the production and eventual publication of the Newsletter. The committee welcomes contributions and ideas, which can be submitted via email or provided as a hard copy to the committee or to me personally, as in the past, via news@gympiersla.com.au.

I will also be available at the VSC each Wednesday from 9am to 3pm if you would prefer to share your ideas in person.

Deadlines are the same, namely, all contributions should be given to the committee or me on or by the 3rd Wednesday of each month. If an item of importance/urgency occurs after the deadline, consideration will be given to including it otherwise, all items received after the 3rd Wednesday will be held over for inclusion in the following month. The newsletter will continue to be published monthly and that previously published by the Club will cease to exist.

It is hoped that this new format and arrangement will continue to give you reading pleasure, the information you need or want and the sense that the RSL Sub-Branch is working for you, as always.

You will see that on the penultimate page of this newsletter there is a survey page. The hope is that those of you who obtain a hard copy of the newsletter will complete the survey, tear off the last page and hand it in at one of the three the reception desks, Mary Street, Nash Street or the Centre in Monkland Street. Those who receive an email copy will find the link to a digital form on the RSL website.

It should be noted that, though the Club and VSC are one, there are certain services that one or the other offer, e.g. the Club is where you renew your membership and the VSC is where you seek assistance of various types such as with the DVA.

Please, be assured of the integrity of all publicity appearing in the Newsletter and that all other information is valid as at the time of publication.

Finally, This is an appeal. Is there anyone who would be interested in understudying me, Dion Channer, in the role of committee member charged, alongside my two excellent colleagues, with publishing the monthly Gympie Sub-Branch Newsletter? It is wise to plan for a smooth continuation should circumstances prevent me continuing, please contact me.

***May you enjoy this
and every future
Newsletter.***



Horatio Lord Nelson was pacing the quarterdeck of HMS Victory in the full uniform and regalia of Vice Admiral, highly visible to his sailors - and the French marksman in the mizzen on the French ship, Redoutable who shot and killed him!



Daniel Maclise - The Death of Nelson



Detail from The Death of Nelson in the Palace of Westminster

Australia just made history

For 125 years, no woman had ever commanded the Australian Army. That changes in July, when Lieutenant General Susan Coyle takes charge, becoming not just the first female Chief of Army, but the first woman to lead any branch of the Australian military.

Coyle is no token appointment. She enlisted in 1987, served in Afghanistan and the Middle East, commanded 1,200

troops as the first woman to lead Joint Task Force 633, and holds three postgraduate degrees including one from the US Army War College. She spent nearly four decades earning this moment.

The appointment comes at a charged time. Last October, over 2,300 women filed a landmark class action lawsuit against the Australian Defence Force, alleging decades of systematic sexual harassment, assault, and discrimination that went unpunished. The ADF is under intense pressure to change, not just in policy, but in culture. Defence Minister Richard Marles summed it up simply: "You cannot be what you cannot see." Whether this appointment signals real reform or is just symbolic remains to be seen. But for every woman in uniform who was told this was not her place, today, the Australian Army disagrees.



Australia appoints first-ever female army chief in 125-year history amid defence reshuffle.



FOR
VETERANS
& THEIR
PARTNERS/
CARERS*

Glenwood SWIMMING & GYM

ALL DAY ENTRY (6AM-6:30PM) SUNDAY-FRIDAY (CLOSED SATURDAY)
VILLAGE SWIM & GYM | 348 ARBORVIEW 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 vcadmin@gympiersla.com.au

www.gympiersl.com.au/welfare



RSL
Gympie Sub Branch

JIU JITSU FOR VETERANS



REX CARNEY

Owner/2nd Deg Black Belt

**FIVE SESSIONS FREE FOR CURRENTLY
SERVING, VETERANS AND A PLUS ONE
(PARTNER OR MATE)!**

**GENEROUS WEEKLY VETERANS' ONLY
MEMBERSHIP DISCOUNT**

**CONTACT REX TO GET STARTED
0416044363 | INFO@TERRALUTABJJ.COM**

112 DUKE STREET, GYMPIE

TERRA LUTA
Brazilian Jiu Jitsu



RSL
Gympie Sub Branch



AUTUMN

HEALTH & WELLBEING PROGRAM

GIRLS DAY OUT

Every 3 weeks
Contact for more
information

Day trip adventures for
female veterans and
partners of veterans.

GLENWOOD SWIM & GYM

Sunday-Friday
(closed Saturday)
6am to 6:30pm

For Veterans, Partners
& Carers. Membership
\$20/ month.

CHOIR

Tuesdays
From 5:30pm

Open to all members of
the Gympie Community
with any voice type and
experience.

BREATHWORK

Weekly gentle
breath flows.
Contact for more
information.

Relax and reset through
your breath.

LIIV WELL PILATES

Thursday
11am to 11:45am
\$5 per person

Reformer class on
Thursday. Limited spaces
bookings essential.

FIT TOGETHER

Wednesdays
1pm to 2pm

Free for Veterans
Partners & Carers.
Gympie Aquatic
Recreation Centre
(Gympie ARC).

CHAIR EXERCISE

Thursdays
1pm to 2pm

Free for Veterans
Partners & Carers.
Gympie Aquatic
Recreation Centre
(Gympie ARC).

SPLASH AEROBICS

Fridays
1pm to 2pm

Free for Veterans
Partners & Carers.
Gympie Aquatic
Recreation Centre
(Gympie ARC).

MARCH 2026
THROUGH
MAY 2026

For more information, call 5483 7707 or email reception@gympiersla.com.au





I'm officially at the age where if I see a chair, I'm going to sit down.



When you're young and you drop something, you just pick it up.

When you're older and you drop something, you stare at it for a while, wondering if you actually need it anymore.



WHEN SOMEONE TELLS ME THEY WANT TO GIVE ME A PIECE OF THEIR MIND...

I JUST THINK, "I CAN'T TAKE THE LAST PIECE!"
DISCOVERED EBAY



Oui oui, today I had a little croissant and too much coffee, and so I had, how do you say... une panique attaque.

THE BEST WAY TO TEACH YOUR KIDS ABOUT TAXES IS BY EATING 30% OF THEIR ICE CREAM.

ATTRIBUTED TO BILL MURRAY



SOLD THE CAT



NURSE-LED WALK-IN CLINIC

FREE – No appointment needed

Our nurses assess, treat, and provide advice for non-life-threatening injuries and illnesses.

- Available for adults & children (2+ years)
- Free for Medicare & non-Medicare patients
- Open 10:00am – 6:00pm, Monday–Saturday
- Closed on Public Holidays

Patients are seen in order or prioritised by urgency.

We can help with:

- Fevers, coughs & colds
- Earaches & sore throats
- Infections & rashes
- Minor eye issues
- Cuts & burns
- Minor head injuries
- Strains & sprains
- Gastroenteritis
- Urinary tract infections
- Women's health concerns
- Emergency contraception

"From personal experience, this is an excellent service" -Dion Channer

2/21 Exhibition Road, Gympie

Sunshine Coast
Health



Queensland
Government



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)

SOCIAL DANCING ON SATURDAY EVENINGS

Long Flat Hall, Gympie
7:30pm • \$10 Entry

BYO Supper
**Every 2nd, 4th &
5th Saturday of
the month**
0461 289 752



Treatment programs and workshops
Open Arms offers free group programs for serving and ex-serving members and their families to support them in living their best life.

Call 1800 011 046 to speak with an Open Arms staff member for help finding the right program. Programs include both face-to-face and online group options.

The Department of Veterans' Affairs also funds flexible training programs to support the veteran community in mental health and suicide prevention. Learn more and enrol at Protect – Mental Health First Aid Australia.

www.openarms.gov.au/get-support/programs-workshops

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

JEFF WINTERBURN

**VETERAN
CENTRE**

Chaplain



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

JEFF

0437 678 981

**ANZAC DAY
AIR FRESHENER**



BUY NOW

WHILE STOCKS LAST



**VETERAN OWNED
BUSINESS**

amethystroyal.com.au



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

0412 842 635



admin@adaptivebodiesalliedhealth.com

GympieHearing

At Gympie Hearing, our mission is to change lives by opening up a world of sound, communication and connection. As the only independent audiologist in Gympie, we provide personalised, comprehensive hearing care tailored to your needs. With over 15 years of experience, we offer professional, comfortable service in a welcoming, supportive environment.

From thorough hearing assessments to advanced hearing aids and ongoing support, our goal is to make your journey pleasant, effective and stress-free, putting your hearing health first every step of the way.



Lynda Reid

2/31 Wickham Street,
Gympie QLD 4570
07 5211 1877

www.gympiehearing.com.au
admin@gympiehearing.com.au



Health Providers working with DVA Clients



ENERGYCHIRO **RELIEVE & REVITALISE**

EnergyChiro is a chiropractic clinic in Gympie offering gentle, non-invasive treatments such as spinal adjustments and soft tissue therapy to improve movement, relieve pain, and support overall wellbeing.

82 River Road, Gympie &
Kon-Kiki Tower 1 Level 5 Suite 507
55 Plaza Pde, Maroochydore

+61 0490 051 055
admin@energychiro.com.au



The
Allied Health Team
ACHIEVING HUMAN IMPROVEMENT

Servicing the Gympie community since 2011

**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

Monday - Friday

Ph: 1300 AH TEAM

(24 8326)



Donna Griffin

Occupational Therapist

Private OT – Gympie

Ph: 0419 777 891

Usual work days:

Monday, Tuesday,
Thursday

SUNSHINE **DERMATOLOGY**

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.*

TUESDAYS & THURSDAYS

8AM - 4PM

07 5444 8588

sunshinedermatology@gmail.com

Clubs QLD Health & Wellbeing Award 2026

On Thursday 26th March, Gympie RSL & Veterans Centre were thrilled to be awarded the **Clubs QLD Health and Wellbeing Community Services Award for Veterans** for 2026. This honoured award was accepted by wellbeing and compensation advocate Alecia (Ali) Colbourn and RSL Gympie President Adel Amin. Below is Ali's speech read out to a room of over a thousand guests.

“To be recognised with the Clubs Queensland Community Services Award in Health and Wellbeing for 2026 is an incredible honour but tonight isn't really about us.

It's about the people we serve. It's about the veteran who needs a lift to a medical appointment because there is no other way to get there. The widow trying to rebuild her life after unimaginable loss. The person on the brink of homelessness who just needs someone to stand beside them and say, “we've got you.” This year alone, our team has delivered over 7,500 volunteer hours.

We've supported
672 advocacy
appointments,
helping people
navigate pensions,
compensation,
aged care,
disability support,
and housing.
We've travelled
more than 25,000



kilometres getting people to medical care, connection, and community. And we've made over 1,100 wellbeing calls, simple check-ins that often mean the world to someone who might otherwise feel alone. But these aren't just numbers.

They are conversations. They are car rides. They are moments of grief, resilience, laughter, and hope. They are lives changed. We are especially proud to provide free medical transport because we know that, in regional communities, access is everything. When public transport can't meet the need, community must step in and we're proud to help close that gap.

We also bring people together, whether it's through wellbeing programs like pilates, choir, surfing, or simply creating spaces where veterans can reconnect and rediscover joy. And of course, ANZAC Day- our region's largest community event. A time when thousands come together, across generations, to remember, to honour, and to ensure that the stories of service live on.

This award belongs to so many people.

To our incredible staff at the RSL Club and Veterans Centre, your compassion, dedication, and tireless work make all of this possible. To our Board of Directors, thank you for your leadership, your time, and your unwavering support. And to our volunteers, you are the heart of everything we do. This simply does not happen without you.

We are also proud to give back more broadly, supporting local schools, charities, and community groups because strong communities are built when we lift each other up. Tonight, this recognition means a great deal, but the real reward is in the work itself.

In showing up.

In standing beside people when they need it most.

In building a community where no one feels forgotten.

So to everyone we serve, this is for you.

Thank you so much."

Ali Colbourn



What's On

GYMPIE **RSL**
MAY
2026

\$20,000 **BANKROLL** **BOOST**



TUESDAY 7TH APRIL
– SUNDAY 31ST MAY

EACH WEEK 6X MEMBERS
WILL WIN UP TO
\$500 CASH

DRAWS EVERY SUNDAY FROM 2PM

ENTER WITH EVERY \$10 GAMING PLAY
OR \$5 SPEND ON FOOD & BEVERAGE
FROM 10AM ON TUESDAY 7TH APRIL.

Terms & conditions apply. Gamble responsibly.

FRIDAY 15TH MAY

6X MEMBERS WILL WIN A SHARE IN

\$1,000 CASH

DRAWS EVERY 30 MINS FROM 2PM – 4:30PM

ENTER WITH EVERY \$10 GAMING
PLAY FROM 10AM ON FRIDAY 15TH
MAY.

Terms & conditions apply. Gamble responsibly.

MOTHER'S DAY Brunch



SUNDAY 10TH MAY, 9AM-11AM

EXCLUSIVE MENU AVAILABLE
FROM LOADED PANCAKES TO
A BIG BREAKFAST!

PLUS, KIDS EAT FOR ONLY \$15!

BOOKINGS ARE ESSENTIAL

STATE OF ORIGIN

LIVE & LOUD ON THE BIG SCREEN

MAY 27 | JUNE 17 | JULY 8



**WIN TWO TICKETS
TO GAME 3!**

PURCHASE ANY XXXX PRODUCT TO ENTER!



EARN TRIPLE ENTRIES WITH EVERY XXXX PURCHASE MADE IN THE
RHYTHM OF BAR DURING GAME 2!

START EARNING ENTRIES FROM 10AM WEDNESDAY MAY 6TH -
WEDNESDAY JUNE 17TH. WINNER WILL BE ANNOUNCED ON THURSDAY
18TH JUNE. MEMBERS ONLY.

GYMPIE

RSL

Community Raffles

**Proudly Supporting
Gympie Riding For Disabled**



Every Friday & Saturday

\$500 IN PRIZES

On sale at 5pm | Draws from 7pm

Tickets: \$2 for 1, \$5 for 3, \$10 for 7 or \$20 for 15



Weekly Entertainment

VISIT OUR WEBSITE
FOR MORE
UPCOMING ACTS

Artists & times subject to change.

MAY 1ST / 7:30PM-11:30PM

HANNAH ROSE

MAY 2ND / 7:30PM-11:30PM

DOGWOOD CROSSING

MAY 8TH / 7:30PM-10:30PM

BUZZ KARAOKE

MAY 9TH / 7:30PM-11:30PM

PUBLIC NUISANCE

MAY 15TH / 7:30PM-11:30PM

OPEN MIC NIGHT

MAY 16TH / 7:30PM-11:30PM

SWEATY PALMS

MAY 22ND / 7:30PM-10:30PM

GEORGIA BLUE

MAY 23RD / 7:30PM-11:30PM

SUNSET NOVA

MAY 29TH / 7:30PM-10:30PM

MICHAEL GANT

MAY 30TH / 7:30PM-10:30PM

MERLIN

Morning Melodies

\$20

2 COURSE LUNCH

Includes main and dessert!

Thursday 21st May - 10am-1pm

Tennessee Rose Book at reception

**WIN UP TO A \$200 RSL VOUCHER
JUST BY ENJOYING A DRINK!**

FRIDAY NIGHT Frenzy

**EVERY FRIDAY
NIGHT AT 9PM**

One lucky member
will be drawn to
select 1 of 5 cards,
each containing a
mystery prize!

Purchase any beverage
between 5PM-9PM every
Friday night at Rhythm
bar to receive an entry
into the draw.

Terms and conditions apply. Members only. One entry per
beverage purchase. Must be present to win.



EVERY WEEK

MONDAYS

12-3pm Crack the Code

5-6pm Happy Hour

5-8pm Kids Eat Free

7-9pm Trivia

TUESDAYS

12-2.30pm Tuesday

Treasures

5-6pm Happy Hour

7-9pm Bingo

WEDNESDAY

9.30-11.30am Bingo

1.30-3.30m Grocery Grab

5-6pm Happy Hour

6.45pm Members Draw

THURSDAYS

12-2.30pm Cash Pyramid

5-6pm Happy Hour

5pm-8pm Parmy Night

FRIDAYS

12-2.30pm Rising Riches

5-6pm Happy Hour

5-7pm Community Ruffles

6pm APL Poker

SATURDAYS

1-4.30pm The Big Spin

5-7pm Community Ruffles

7-11pm Live entertainment

SUNDAYS

1.30pm APL Poker

1.30-3.30pm Bingo

VETERANS & PARTNERS ONLY EVENTS

Girls Day Out

Eunundi Markets

WEDNESDAY MAY 6

DEPARTS FROM VETERANS SERVICES
CENTRE AT 8:15AM

RETURNS TO VETERANS SERVICES
CENTRE AT 2:30PM

TO RESERVE YOUR SEAT CALL (07)
5483 7707 OR VISIT THE VETERANS
SERVICES CENTRE (39 MONKLAND
STREET, GYMPIE)

The Ginger Factory

MONDAY MAY 25

DEPARTS FROM VETERANS
SERVICES CENTRE AT 8:30AM

RETURNS TO VETERANS
SERVICES CENTRE AT 3:00PM

TO RESERVE YOUR SEAT CALL (07)
5483 7707 OR VISIT THE VETERANS
SERVICES CENTRE (39 MONKLAND
STREET, GYMPIE)

GYMPIE VETERAN CENTRE

OPEN WEEKDAYS 9AM TO 3PM

39 Monkland Street, Gympie Qld 4570

Phone: (07) 5483 7707 | Email: secretary@gympiersla.com.au

Ali's Farewell

Hi everyone,

I just wanted to take a moment to say thank you.

I still remember the very first time I came into the RSL as a customer. I loved it straight away, the food was amazing, the venue was beautiful, and the staff were so kind and welcoming. It left such an impression on me that I knew I wanted to be part of it.

Not long after, I applied for a HR role. At the time, I had experience working in HR and accounts for a large catering company with over 100 employees across 10 different sites. I was shortlisted and interviewed... and then I completely freaked out and withdrew my application.

It's safe to say I regretted that decision.

A couple of months later, another role came up in accounts, and I applied again.

Julie, who was the Business Manager at the time, saw my name and called me

back in. That particular role had already been filled, but another opportunity had opened up in the Sub Branch. Julie remembered me, my nature, my background, and my experience as a practice manager in a busy psychology clinic, and offered me a different role in an admin and client-facing position.

During that time, I learned so much- about the club, about the Sub Branch, and about the Veteran Support Centre. I had the chance to meet so many of you along the way, and really understand the heart of what happens here. Then not long after, the position of advocate came up, our first paid compensation advocate role. I applied, and I was incredibly lucky to begin that journey with Ian Bowd as my mentor.



Ian has been such a steady and familiar presence in the Sub Branch for many years, and I'm so grateful for his guidance and support and more than anything, his friendship.

Through that role, I was able to bring together my past experience and everything I had learned here, and I found something I genuinely love doing: helping people. Supporting veterans and their families through what can often be very complex and emotional processes has been an absolute privilege.

Working here at the RSL has been such a meaningful part of my life. It's been more than just a workplace, it's been a constant.

As most of you know, I've recently been through one of the hardest personal challenges I've ever faced. And through that time, this place, and the people in it, have been there for me in ways I'll never forget. The support, the understanding, and even just the sense of normality that coming to work gave me... it truly meant so much.

I've had the privilege of working alongside some truly incredible people, people who care deeply about what they do and who show up every day to support others in really important ways.

To my colleagues, thank you for your support, your teamwork, and all the little moments along the way. The chats, the laughs, and the challenges we worked through together... they've meant more than you probably realise.

While it's time for me to move on to a new chapter, I'll take a lot of great memories with me.

I truly wish all of you, and the RSL, nothing but continued success and growth.

Thank you again for everything.



Living with ongoing pain can be exhausting - physically and emotionally.

You are not alone.

scramblertherapeutics.com.au
0437 501 371
info@scramblertherapeutics.com.au

At Scrambler Therapeutics, we are proud to support veterans living with persistent and neuropathic pain.

Scrambler Therapy is a non-invasive, drug-free neuromodulation treatment developed in Italy. It delivers gentle electrical signals through small skin electrodes placed near the painful area. These signals aim to help retrain the nervous system and reduce the brain's perception of pain.



DEBORAH GRAY |
NURSE PRACTITIONER

6+ years
experience in
Scrambler Therapy



SCRAMBLER
THERAPEUTICS

AFGHANISTAN

Curated by Ellie Waterhouse, Afghanistan is a profoundly moving and compelling photographic exhibition by award-winning photojournalist and author Andrew Quilty. Living in Kabul for almost a decade, from 2013 to 2022, Quilty's powerful images capture the complex tapestry of daily life throughout the country.

- 30 January 2026 – 4 April 2026
- 24 April 2026 – 14 June 2026
- 22 July 2026 – 19 September 2026
- 1 October 2026 – 31 December 2026
- 7 May 2027 – 25 July 2027
- 6 August 2027 – 17 October 2027
- 23 October 2027 – 19 December 2027
- 28 January 2028 – 22 April 2028
- 1 May 2028 – 31 July 2028

Logan Art Gallery, QLD
Noosa Regional Gallery, QLD
Mulgrave Gallery, QLD
Longreach Museum of Art, QLD
Broken Hill City Art Gallery, NSW
Swan Hill Regional Art Gallery, VIC
Burrinja Cultural Centre, VIC
Devonport Regional Gallery, TAS
Migration Museum, SA

Find more info at <https://magsq.com.au/touring-exhibitions/afghanistan/>

The Official Opening of the Memorial Flame

Today, I attended the official opening of the new Memorial Flame and Pillars at Memorial Park. There is no greater way to express pride in our nation and to strengthen the spirit of patriotism in our communities than by honouring those who have served. This memorial stands as a powerful reminder of that truth.

This project began as a vision of the local veteran community. It was brought to life through their dedication and cooperation across all levels of government. I pay tribute to those members of the Gympie RSLA Sub Branch who gave so much of their time, energy and spirit to see this through.

I also acknowledge the Gympie Regional Council Team and Mayor Glenn Hartwig's leadership in navigating the complexities of planning and construction. This project was made possible by \$1.8 million in Commonwealth funding, an election commitment I made in March 2022, which the current Federal Government honoured. I thank the Government and Senator Anthony Chisholm for supporting and officially opening this important memorial.

The new memorial is more than a structure; it is a place of reflection, remembrance, and meaning. The four pillars, representing mateship, endurance, sacrifice, and courage, stand as enduring symbols of the values forged in service. Their design, evolving through light and shadow, invites every visitor to reflect in their own way.



At its heart, the Memorial Flame honours all servicemen and women from the Gympie Region. Positioned to capture the rising sun, it reflects the enduring words: “At the going down of the sun, and in the morning, we will remember them.”

Surrounded by gardens inspired by Gallipoli, and a Wall of Remembrance bearing 327 poppy placements, each representing a life lost from the Gympie Region, this is a place that connects past, present, and future. It will stand for generations as a place where our community can gather, reflect, and remember those who gave everything for our nation.

-Llew O'Brien MP



RSL Queensland offers a wide range of programs for current and former Defence members and their families to improve mental and physical resilience, and connect with others. These include free and heavily subsidised Peer-Led Programs, and social connection activities with RSL Rec Connect.

Please find below a range of upcoming programs offered by RSL Queensland and our partners or go to our website:

www.rslqld.org/whats-on

UPCOMING PROGRAMS

Waves of Wellness Surfing Experience (WOWSE)

Location: Caloundra, Sunshine Coast

Date: Friday, 1st May - Friday, 19 June

A free eight-week evidence-based learn-to-surf program for veterans. It facilitates functional recovery while promoting social inclusion, engagement, and enhanced quality of life. The primary focus of the program is to introduce surfing to participants as a way to improve physical health, mental health, and well-being in a neutral, non-intrusive environment. The program uses the ocean and surfing as a conduit to explore, stimulate and facilitate positive therapy outcomes.

Happy Paws Happy Hearts | Defence Families

Location: Wacol, Brisbane

Date: Saturday, May 2 - Saturday, June 20

Families will participate in weekly group training sessions with RSPCA Darwin rescue animals and along the way, the program aims to improve individual and family communication, wellbeing, and engagement.

PTSD Resurrected | REBOOT

Location: Online

Date: Monday, 4 May - Wednesday, 6 May

Reboot Recovery Intensive is a short course that provides practical help for veterans and their families, addressing the internal values conflict and spiritual wounds of service. This three-day, intensive course is run by PTSD Resurrected founders Andy and Zoe Cullen with the support of RSL Queensland.

Op PTSD Support | Respite Retreat

Location: Coolangatta, Gold Coast

Date: Monday, May 18 to Monday, May 25

Through Operation PTSD Support, partners can take a break from the stress of caring for their loved one, share experiences with others who are in a similar situation, and learn more about PTSD and mental health first aid. Partners can also take advantage of Operation PTSD Support's private online community to connect, ask for advice or participate in one of its regular social events.

Dig In Health Co. | Paddock to Plate

Location: Yandina, Sunshine Coast

Date: Friday, May 22 - Sunday, May 24

Learn the fundamentals of permaculture and nutrition in a 3-day workshop held at Yandina Community Gardens Inc. The program is designed to promote positive mental health outcomes through knowledge and practical skills to improve nutritional intake.

Rec Connect | Llama Farm Walking Tour

Location: Ipswich

Date: Saturday, 02 May

In this walking Llama Farm Tour, you will discover the heart of farm life, and enjoy an engaging, family-friendly experience set on 80 picturesque acres at The Llama Farm, home to Queensland's largest llama herd.

Raemus Rover | Off Road Racing

Location: Willowbank, Ipswich

Date: Saturday, June 27 - Sunday, June 28

For Veterans and partners looking to experience the thrill of off-road racing. The Raemus Wellness Program allows participants to rediscover their purpose, unlock confidence and get the adrenaline pumping. Event dates may be rescheduled due to wet weather.

ONGOING THROUGHOUT 2026

Survive To Thrive Nation

Location: Online Modules

The STTN Program is an online evidence-based program with a focus on proactive health and wellbeing for transitioning veterans. The program consists of eight interactive self-paced personal development modules, focussing on topics such as purpose, resilience, indoctrination, stigma, social support, motivation, self-discipline, meditation and exercise, and crisis management, and supported by peer mentors with lived experience.

[Learn More](#)

More events and information available at www.rslqld.org/whats-on

Getting to Know Our Team



Coffee Shop and Main Bar

What do you enjoy most about your role here at the RSL?: Making connections with customers and being of support to them. I like to create a bond with regulars, letting them know they have someone to talk to, offer a listening ear when they need that. I want to be more than just the person who makes their coffee. I never disregard their need to have a chat and always aim to be of support.



Main Bar and Rhythm Bar

How do you keep a positive attitude during long or busy shifts?: Talk to positive people and keep working hard.



Main bar, Rhythm Bar and Gaming

What inspired you to work in hospitality, and what do you love most about it?: Growing up, my older sister was a venue manager, so I kind of followed in her footsteps. Also, at school I always loved talking and socialising. My teacher suggested to get into hospitality and when I did, I never looked back. I like that every day is a new day, no two days are the same.



Bistro

What's your go-to way to make someone feel welcome?: Smile and say hello.

The Gympie Returned & Services League (RSL) Sub Branch was established in 1919 by returned soldiers following World War I to support comrades, and promote the welfare of veterans and their families. From its beginning, the Sub Branch adopted the motto “The Price of Liberty is Eternal Vigilance,” a principle that continues to shape its work today.

Today, the Gympie RSL Sub Branch operates from the Veteran Services Centre at 39 Monkland St, Gympie, where it provides a wide range of welfare and advocacy services to help veterans and their families. These services include wellbeing support, assistance with pensions, compensation and service record claims, medal claims, transport support, home and hospital visits, funeral poppy services, and access to veteran-focused programs and activities.

The Sub Branch also offers opportunities for social connection, reducing isolation among veterans through events, activities and shared experiences that build camaraderie and community.



The Park gates were Constructed for the Prince of Wales Visit to Gympie and opened by him in 1920. They are a constant reminder of those men and women who have fallen serving our nation.

Vietnam



Between 1962 and 1973 over 60,000 Australians served in the war in Vietnam. There were regular Army, National Service, Navy and Air Force personnel involved in the military campaign. 523 service personnel died, some 2,400 were wounded but no one who served would be unscathed from both their service and the treatment meted out to them on their return to Australia.



Poppy Services

The RSL is honoured to support veterans and their families through our Poppy Services, ensuring service and sacrifice are remembered with dignity and care.

Our Sub-Branch can assist with Poppy services for veterans and RSL members, including RSL representation, the recitation of the Ode, the Last Post, and a minute's silence.

Poppy Services provide a simple yet powerful symbol of remembrance, honouring the service, sacrifice, and legacy of those who have served.

For those with no known relatives, we will arrange a Poppy service attended by representatives of the RSL to ensure nobody is laid to rest alone.

Providing this service is a privilege and an important part of our commitment to supporting our community in times of loss.

Lest We Forget



Survey

We genuinely value your feedback on this newsletter and encourage you to share your thoughts with us, whether positive or critical. Every comment helps us understand what's working and where we can improve. We're committed to evolving and delivering content that better meets your needs, because there's always room for improvement and we want to grow with your input.

- **How often do you read the newsletter?**
 - Every issue / Most issues / Occasionally / Rarely / Never
- **How would you rate the overall quality of the newsletter?**
 - Excellent / Good / Average / Poor
- **How easy is the newsletter to read and navigate?**
 - Very easy / Easy / Neutral / Difficult
- **How useful is the “What’s On” section?**
 - Very useful / Useful / Not very useful
- **Do you feel event information is clear and up to date?**
 - Yes / No
- **Do you find the advertisements useful?**
 - Yes / No / Sometimes
- **Have you ever used a service from an advertisement in the newsletter?**
 - Yes / No
- **How would you rate the visual design of the newsletter?**
 - Excellent / Good / Average / Poor
 - Why?
- **How do you usually access the newsletter?**
 - Printed copy / Email / Website / Other
- **What would you like to see more of in future newsletters?**
- **Any other feedback or suggestions?**

IMPORTANT CONTACTS



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