



RSL

Gympie Sub Branch

GYMPIE RSL SUB-BRANCH Newsletter

July 2026



Gympie Veteran Centre

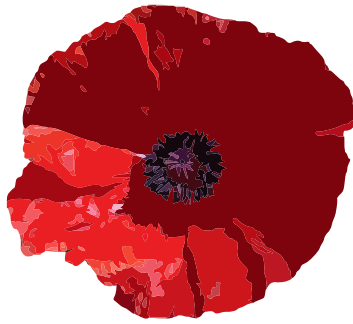
39 Monkland Rd (Cnr River Rd)

07 5483 7707
9:00am - 3:00pm

Gympie RSL Club

217 Mary St
07 5482 1018

Sunday - Thursday: 10:00am - 11:00pm
Friday & Saturday: 10:00am - Midnight



VALE

Edmund Makoiecki

DOB 13 June 1948

DOD 01 June 2026

We Will Remember Them

Lest We Forget

Photograph on Front Cover

The sacrifices of Australian personnel during the Korean War are remembered in July.

Images of Korean War veterans Grace Bury who served as a nursing sister, and Steve Dodd who was the first Aboriginal to sign up from South Australia. Source: Australian War Memorial



Flight Sergeant Cecil Sly, who was part of the campaign.

On 20 March 1951, Sergeant Cec Sly bailed out of his burning aircraft over North Korea and landed among Chinese troops. After hiding under enemy fire for more than an hour while air support attacked nearby positions, he was rescued by a second helicopter. Sly later received the Distinguished Flying Medal and the U.S. Air Medal for his bravery.

Source: Australian War Memorial

Warwick Bracegirdle saw extensive service in both the Second World War and the Korean War and was awarded the Distinguished Service Cross on three occasions.

Commander Warwick Bracegirdle commanded HMAS Bataan during the Korean War in 1952, leading naval bombardment operations against North Korean targets.

Source: Australian War Memorial



Letter from the President

ADEL AMIN

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



As we enter the second half of 2026, I have found myself reflecting on both the challenges and opportunities facing our Sub-Branch. While much has changed in the veteran community over recent decades, the values that unite us remain the same: service, mateship, remembrance and a commitment to supporting those who have worn our nation's uniform.

Our Members General Meeting (held on 14 June) was an important opportunity for members to come together, receive updates on the affairs of the Sub-Branch and contribute to the ongoing governance of our organisation. I would like to thank those members who attended and participated in the discussion. A healthy and vibrant Sub-Branch depends on engaged members who are willing to take an active interest in its future.

Over the weekend of 20-21 June 2026 , I had the privilege of representing Gympie RSL Sub-Branch at the RSL Queensland State Congress and Annual General Meeting in Brisbane. It was encouraging to meet with representatives from Sub-Branches across the state and to hear about the excellent work being undertaken on behalf of veterans and their families.

While every Sub-Branch is unique, many of us are grappling with similar issues. Across Queensland there is a growing recognition that we must continue to honour our traditions while also adapting to meet the needs of a new generation of veterans. The challenge before us is not simply to preserve our history, but to ensure that the RSL remains relevant, welcoming and effective for those who seek our support today and into the future.

One message that resonated strongly throughout the conference was that the strength of the RSL has always rested in its people. Buildings, committees and constitutions are important, but they are ultimately only tools. It is the commitment of members, volunteers and advocates that gives life to our mission. That is certainly true here in Gympie.

I am continually impressed by the dedication of our volunteers, Directors, Veterans Centre staff and members who generously give their time to support others. Much of this work happens quietly and without recognition, yet it has a profound impact on the lives of veterans and their families. On behalf of the Board, I thank each of you for your contribution.

The Board remains focused on ensuring that the Gympie RSL Sub-Branch is well governed, financially sustainable and positioned to continue delivering meaningful support to our veteran community. This includes maintaining strong relationships with our local community, supporting commemorative activities, strengthening veteran welfare services and encouraging greater member participation in Sub-Branch activities.

As always, I encourage members to stay involved. Attend meetings where you can, participate in our commemorative and social events, and reach out to fellow veterans who may be doing it tough. One of the greatest strengths of the veteran community has always been our willingness to look after one another.

The future of the Gympie RSL Sub-Branch will not be determined by any one President, Board or committee. It will be shaped by all of us working together with a shared commitment to the values and purpose of the League.

Thank you for your continued support and service to our veteran community.

Lest we forget.

Adel Amin



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

<i>Adel</i>	<i>A</i>	<i>70</i>
<i>Colin</i>	<i>M</i>	<i>60</i>
<i>William</i>	<i>R</i>	<i>80</i>
<i>Edward</i>	<i>U</i>	<i>70</i>
<i>Minas</i>	<i>V</i>	<i>90</i>



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



My sojourn in Australia and Japan ended in the final week of September 1983. My beloved Trieste was beckoning me back to her bosom. Within a day or so of my return to her sweet autumnal streets I found myself working as a 'lettore', (reader) and professorial assistant at the School for Interpreters and Translators, a faculty of the University of Trieste.

I was told I was replacing a 'lettrice', (a woman reader) who'd had to return to England and my contract would be for a year. It turned into twenty!

My second academic year was as a 'lettore' in the Faculty of Political Sciences but I was now a teacher and worked under the professor, Chair of English.

Over the years I had a number of different professors, all Italian save one. In the latter part of the 1980's 'he who was to be obeyed' was a delightful American academic with whom I had a wonderful rapport, happily, as I did with them all.

Sadly, the poor man suffered from very severe Rheumatoid Arthritis so I found myself alone in the English Department a lot of the time. Good training for what was to follow.

At the time, we shared about twenty students each year. There were four language choices, English, French, German and Spanish. Students had to take any two and most chose not to take English.

The exam protocol consisted of a written exam that, if the candidate received a minimum of 18 out of 30 was qualification to sit for the oral exam which is what counted for their degree. The written exam we set up was a couple of essays on a subject chosen by the candidate.

Suddenly, this all changed. One day, towards the end of a particular year my professor told me the rules had been amended - English was to be an obligatory subject and a choice of one of the other three as a second language subject.

We stared at each other and I remember we just cracked up and started laughing hysterically!

From twenty we now had to anticipate at least two hundred and fifty students!!!!

My prof had it covered - we'd change the written exam into a multiple choice question paper with a cover sheet with the correct answers punched out so, if, through the hole we saw a mark, the answer was correct.

But, I hear you ask, how did you prepare the papers?

Here began my introduction to computers! The professor brought his personal beast, and it was, and set it up on a table in our shared office. Green lit screen in a heavy box in which the tiny wrist watch looked ridiculous.

This was however, not the first time I'd had a brush with computers. You'll recall that I told you at the beginning, that I spent time in Australia and Japan. I made paper by hand for a living.

Just up the road from where I lived in Adelaide was Flinders University where I'd worked as an audio visual tech in another life.

The University was changing their computer system and out went the card programming. The cards came to me and I recycled them. They made exquisite handmade paper. Japan was where I learned to make 'Washi', (rice paper) with a family of papermakers.

The survey which some of you have kindly completed, reminded me of the multiple choice question exam papers we prepared and that led me to think of my relationship with computers. 'Rudimentary' I think sums it up nicely.

Recently however, it has had a fillip in that our most excellent and kind IT expert, Elay wrote me a 48 page manual to guide me through the intricacies of Canva which is the programme we use to produce the newsletter. A sort of 'Canva for an Idiot'.

Now, with the unification of the two newsletters I was reminded of the rule change at the Faculty of Political Sciences.

And where, I hear you ask, is this leading?

Well, your survey answers of course, didn't I tell you that? Oh, oops, my bad.



Making Washi

Japanese paper

Let's deal with the elephant in the room. The combining of the two newsletters.

This was a decision taken by the Board so we, the committee, have to work within this parameter and make the journal as excellent as we can.

A request was made for more information about changes to the DVA system. We are seeking advice on this suggestion and shall keep you informed. There are two links that you may find useful in this issue.

We do attempt to keep articles short or at least to a reasonable length. If a text is long but considered worth publishing it is rendered episodic if possible. We certainly don't want to bore you and we do have a paper budget.

As with information about the DVA, we are taking the request for information about aged care and related matters seriously and hope to include it in future editions.

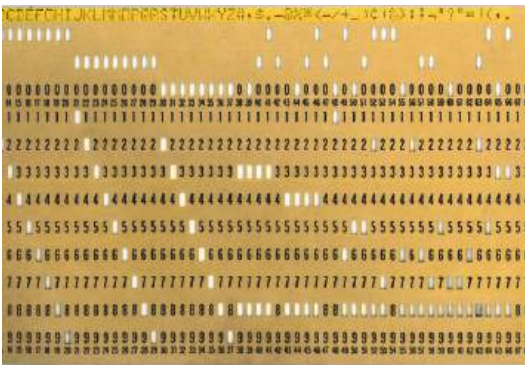
The suggestion that photographs of those whose names appear on the Vale page be included, with the family's permission, is being considered.

Some of the suggestions made have already been acted upon.

We thank you for completing the survey and making the suggestions. May we ask that, where appropriate you give reasons for your answers, particularly if they are negative. May you enjoy serenity.



1980's vintage computer



Programming cards

Celebrating Inger's 25 Years of Service

Recently, Gympie RSL celebrated a significant staff milestone as Inger marked 25 years of service with the Club.

Over the past quarter of a century, Inger has been a familiar face and a valued member of the Gympie RSL team. Throughout countless events, celebrations, busy service periods, and everyday interactions with members and guests, she demonstrated unwavering dedication, professionalism, and commitment to the Club and its community.

Reaching 25 years of service with a single organisation was a remarkable achievement and reflected not only Inger's loyalty but also the positive impact she made during her time with the Club. Her contribution helped shape the welcoming and friendly environment that members and visitors have come to know and appreciate at Gympie RSL.

During the celebration, Board Directors, Management, and fellow staff members acknowledged and thanked Inger for her outstanding service and commitment over the past 25 years.

On behalf of everyone at Gympie RSL, congratulations were extended to Inger on this exceptional milestone. We thank her for everything she has contributed to the Club and the community throughout her 25 years of dedicated service.



Weekly Entertainment

VISIT OUR WEBSITE
FOR MORE
UPCOMING ACTS

JULY 3RD | 7:30PM TIL LATE

HANNAH ROSE

JULY 4TH | 7:30PM TIL LATE

GR8 CO

JULY 10TH | 7:30PM TIL LATE

BUZZ KARAOKE

JULY 11TH | 7:30PM TIL LATE

SUNSET NOVA

JULY 17TH | 7:30PM TIL LATE

OPEN MIC NIGHT

(Hosted by Sunset Nova)

JULY 18TH | 7:30PM TIL LATE

SWEATY PALMS

JULY 24TH | 7:30PM TIL LATE

NICK RIVERS

JULY 25TH | 7:30PM TIL LATE

TRAINWRECKS

JULY 31ST | 7:30PM TIL LATE

MICHAEL GANT

Artists & Time subject to change

Morning Melodies

10AM
TIL
1PM

\$20

2 COURSE LUNCH

includes main and dessert!

INCLUDES
\$5 WORTH
OF RAFFLE
TICKETS!

Thursday 16th July
Seleen Mcalister

Book at Reception

FRIDAY NIGHT Frenzy

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

EVERY FRIDAY NIGHT AT 9PM

PURCHASE ANY BEVERAGE BETWEEN 5PM - 9PM EVERY FRIDAY NIGHT
AT RHYTHM BAR TO RECEIVE AN ENTRY INTO THE DRAW.

Terms & conditions apply. Members only.
One entry per beverage purchased. Must be present to win.

GYMPIE RSL



What's On

EVERY WEEK

MONDAYS

12-2.30pm Wheel'y Winnings
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

WEDNESDAYS

9.30-11.30am Bingo
1.30-3.30pm Grocery Grab
5-6pm Happy Hour
6pm APL Poker
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 Raffles
6pm APL Poker
7:30pm-Late Live Music

SATURDAYS

1-4.30pm Lucky Dice
5-7pm Community Raffles
7:30pm-Late Live Music

SUNDAYS

1.30pm APL Poker
1.30-3.30pm Bingo



SCHOOL HOLIDAY FUN

\$10 PER CHILD
FREE KIDS UNDER 3
LIMITED
TICKETS
AVAILABLE



KIDS BINGO

THURSDAY
9TH JULY 2026

Doors open: 9am
Eyes Down: 9:30am

ATRIUM BISTRO
(LEVEL 3)

Book online* or at reception

PlayBack GYMPIE
\$100 VOUCHER

WIN A \$100
PLAYBACK
ARCADE
VOUCHER!

Buy any kids meal to enter
Drawn last day of every month

PLUS... GO IN
THE MAJOR
DRAW TO
WIN A
PLAYSTATION!

MAJOR DRAW THURSDAY 9TH JULY AFTER KIDS BINGO

WIN A PLAYSTATION 5

+ A BONUS \$200 EB GAMES VOUCHER

*Online booking fees apply. All children must be accompanied
by their parent/legal guardian at all times. Non-alcoholic event.
PlayStation prize can be claimed even if you're not present.
Must be present for \$200 EB Games Voucher.



Monday Night Kids Eat free

WITH PURCHASE OF A MAIN MEAL

Select any item from our kids menu.
Limited time only.



PLUS FREE
ICE CREAM

*Conditions apply. Kids must be 12yrs and under

INTERNATIONAL CUISINE Night

NEW
CUISINES
EVERY
WEDNESDAY
NIGHT

EVERY WEDNESDAY

ATRIUM BISTRO
5PM-8PM

Visit our website to book now.
See our friendly staff for this
week's cuisine.



Little Haven Palliative Care and Cancer Support

Compassionate Care • Living Support

Learn About Important Future Planning Documents

Join a social worker from Little Haven for an informative and practical session covering essential future planning documents, including:

- Enduring Powers of Attorney
- Advance Health Directives
- Statements of Choices

This presentation will explain the purpose of these documents, how they help protect your wishes, and the steps involved in putting them in place. Whether you are planning ahead for yourself or assisting a family member, this session will provide valuable information in a welcoming and supportive environment.

Event Details

Date: Tuesday, 29 July

Time: 10:00am

Location: Veteran Centre Hall, 39 Monkland Street, Gympie

There will also be an opportunity to ask questions and discuss any concerns you may have regarding future planning.

Tea and coffee will be provided.

We encourage all interested community members to attend.

I like the type of people whose sense of humor may be described as "inappropriate with a high chance of shenanigans and mischief."



Malarkey is also welcomed.



What's on your mind?

Do you think that when fish are thrown back into the water, they go around yelling about alien abductions, and the other fish think they're crazy and stop talking to them?



I'm tired of worrying all the time about everything but I'm also worried that nobody will worry as well as I do about all the things that need to be worried about.



I will never understand people's fascination with their ancestry...
Isn't knowing your current family bad enough?



The car you're interested in can sit six people without any problems.

I don't think I know six people without any problems.

Battle of Jutland - May 31st, 1916

The Battle of Jutland was part of a naval arms race between Britain and Germany that had been developing for nearly twenty years. In the late nineteenth century, Germany deliberately sought to challenge British naval dominance and establish itself as a major world power. Both nations invested heavily in building battle fleets, but Britain maintained an advantage in large surface warships. As a result, the outcome of the Battle of Jutland was largely shaped by Britain's success in this prewar naval arms race.

The day of battle itself, when these great fleets clashed, would disappoint the high expectations held by the leaders and peoples on both sides of the North Sea. While the battle did not lack in high drama, the day's ending did not result in one side or the other winning a clear-cut victory.

Jutland revealed the deadly nature of modern naval warfare, with 25 warships sunk and over 8,500 men killed in one day. Casualties would have been greater if both commanders had not avoided risking their battleships at critical moments.

The admirals took decisive actions during the battle's course that precluded a decisive action. Instead of a single-day showdown to determine naval mastery, the fleets limped back home to lick their wounds after having inflicted appealing damage on the enemy.

This ambiguous result would not stop both governments from claiming the trophy of victory. The day of battle had come and gone, but the cruel war at sea to command the maritime Commons would continue on without respite until the conflict's end more than two years later.



While Jutland did not end the naval stalemate in the North Sea, it did produce important strategic consequences. One consequence of Jutland was to convince Germany's naval and military leaders that the German battle fleet stood little chance of success in wresting command of the maritime Commons from Britain.

Instead, Germany's rulers sought to win by executing an all-out submarine offensive against the world's merchant shipping that sustained the British and Allied war effort. This decision for unrestricted submarine warfare would prove fatal and self-defeating because it provoked the United States' entry into the war against Germany. Jutland, then, by swaying Germany's leaders toward a submarine offensive, paved the way for their own country's eventual defeat in the Great War and the rise of the United States as a naval and military great.

Trivia

Think you know a little bit about everything? Put your knowledge to the test with these 10 fun questions covering history, geography, nature and Australia. See how many you can answer correctly!

1. Where is your femur?
2. Which nut has the most calories - Brazil, cashew or macadamia?
3. Name Henry VIII's 8 wives.
4. Capital of France, Germany and India.
5. Name the heir to King Charles III.
6. Which camel has 2 humps, Bactrian or Dromedary?
7. Do echidnas lay eggs or have live offspring?
8. Name of longest river in Austratia.
9. Name of Australian woman named a saint.
10. Who is known as the 'singing budgerigar'?

Afghanistan

Afghan War from 2001 to 2021



Initial Commitment: Following the September 11 attacks in 2001, Australia invoked the ANZUS Treaty and committed military forces to support the US-led coalition in Afghanistan. The Australian Defence Force (ADF) deployed over 1,100 personnel between October 2001 and June 2002.

Troop Deployment: Over the course of the conflict, approximately 40,000 ADF personnel served in Afghanistan, with a peak deployment of around 1,550 troops in 2009. The ADF's contributions included Special Forces, air support, and logistical operations. Department of Veteran's Affairs

Casualties: The war resulted in the deaths of 47 Australian soldiers and injuries to 263 others. The financial cost of Australia's involvement is estimated to be over \$7.5 billion.

ABC (Australian Broadcasting Corporation)



Free 12-Month Health & Fitness Support for Veterans

HEART HEALTH

The Department of Veterans' Affairs (DVA) offers a free 12-month Heart Health Program for eligible ex-ADF members with operational, warlike, non-warlike, peacekeeping, or border protection service, as well as those covered under the ADF Firefighters Scheme.

What's Included?

- 12 months of personalised health coaching
- Fortnightly support from qualified allied health professionals
- Guidance on nutrition, weight management, heart health, sleep, stress, diabetes, alcohol reduction, and healthy lifestyle goals
- Assistance with gym or pool memberships, home exercise equipment, or training gear

The flexible program is available Australia-wide and can be tailored to suit those living in metropolitan, regional, or remote areas, as well as participants who are working, studying, or retired.

Check Your Eligibility

If you have not previously completed the Heart Health Program, you may be eligible to participate.

Learn more or register your interest at:

www.veteranshearthealth.com.au/eligibility/

Or please call the program phone number at 1300 246 262.

Army Run 29th March 2026 (Brisbane, Qld)

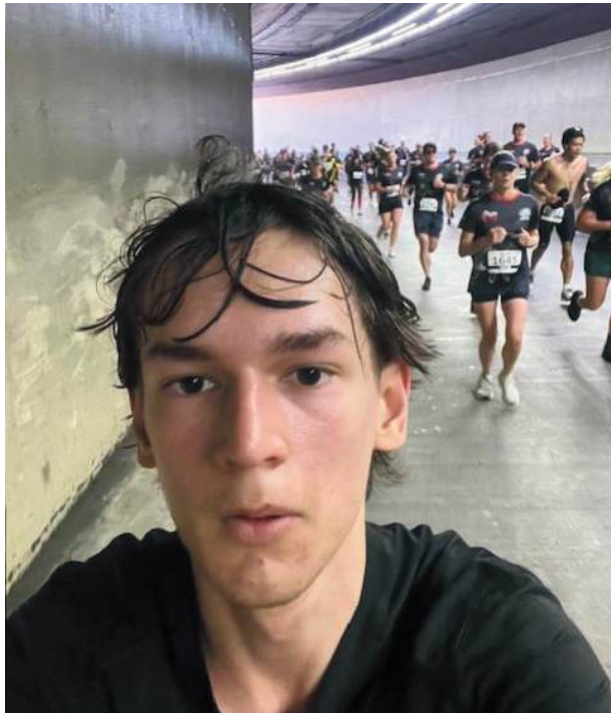
As a Veteran and I can say I have been through the grinder. So many Veterans have, it just part of the business. Unfortunately, my family has been through that hell as well. Rather than reflect on the worst aspects of service, I'd like to reflect on a recent experience where most of the family had a great experience: Run Army, 2026. For more than two decades, I didn't talk about my service. When the kids saw the first photo of me, they didn't even believe it was me... "How could you be so skinny, Dad?" Over the past decade, with a lot of work via RSL Gympie, I've been able to connect to both local and Department of Veterans Affairs' (DVA) supports, including the Acute Support Package.

Last year, my teenage son, who had taken a keen interest in running had expressed an interest in doing a more professional event. In close consultation with DVA we were able to support this endeavour with a purchase of new running shoes and entry into Run Army, 2026. And run he did...

It should be said that E* wanted to do the 15km longer run but he had to take a toilet break after his 10km and missed the last 5km. He is keen to do the 15km next year.

As an aside, E* not only got to attend but so did his Mum, his young Sister & Athena, the dog. They did the 5km walk.

Image: E on the 10km route looking sweaty. (source: Supplied)*





Left: E with the Army Boys. Post run. This is how recruitment works. (source: Supplied)*

Everyone got a medal. Including Athena.



E* thought it was the most amazing experience of his life, and not only does he want to do it again, but he is now considering a half marathon in New Zealand with his uncle.

Not only does Mum and little Sister want to do this again next year but they are dragging G*, the younger brother along who now wants to do it.

Thank you to Army Run, 2026 and the Department of Veterans Affairs' for allowing this to happen. Especially the Acute Support Package. Hell, I might even get up for it, but I'll just do the 5km walk. Too old and fat for all that running.

Kudos



Shane Granger

Queensland Government Support for Veterans

The Queensland Government provides information on a range of support services available to veterans and their families, including housing assistance, employment and training opportunities, health and wellbeing services, financial and legal support, grants, and programs to assist with the transition to civilian life.

For information on these services, visit:

<https://www.qld.gov.au/community/getting-support-health-social-issue/veterans>

The Queensland Government also provides information on concessions that may help reduce the cost of certain everyday expenses. Eligibility conditions apply, and these concessions are not available to all veterans.

For information on available concessions and eligibility requirements, visit:

<https://www.qld.gov.au/community/getting-support-health-social-issue/veterans/financial-and-legal-support/concessions>





Gympie RSL is commencing a monthly visit program for local veterans to SMEAC, beginning Wednesday 19 August 2026.

These visits will be held on the third Wednesday of each month and will form part of SMEAC's Wellness Wednesday program.

The initiative provides an opportunity for veterans to regularly come together in a relaxed setting, catch up with mates, and take part in a supportive environment focused on wellbeing and connection.

SMEAC offers a range of services on site, including access to medical and allied health professionals such as a GP, psychologist, exercise physiologist, social worker, and dietitian. Facilities also include a fully equipped gym and the Remembrance Walk and memorial areas.

Morning tea and lunch are provided for veterans, with barista coffee and other café items available for purchase.



Gympie RSL Choir to Perform in Amamoor

The Gympie RSL Choir will perform at the Village Green Café, Amamoor, on Sunday 19 July 2026 from 10:00 am, welcoming passengers arriving on the Mary Valley Rattler.

Made up of local singers from across the region, the choir regularly performs at community gatherings, commemorative events and special occasions.

Passengers stepping off the train will be greeted with live music, creating a lively welcome for visitors spending time in Amamoor.

Music Spotlight - Sunset Nova

Sunset Nova ignites the stage with a blend of musos from Gympie & The Fraser Coast. Led by powerful female vocals, ambient soaked guitar riffs, driving drums and groovy basslines, these versatile performers deliver hits from the 80's right through to popular current songs.

With a diverse repertoire, professional musicianship, and passion for connecting with people through music, Sunset Nova delivers memorable live entertainment that keeps audiences talking long after the final encore.

Catch 'Sunset Nova' locally in the Gympie RSL Rhythm Bar or Hosting the monthly Open Mic Night.



Gladstone Veterans Charity Ball

Do you like to dance and have fun?

The Gladstone RSL Sub-Branch is pleased to invite our members to attend the Veterans Charity Ball 2026, to be held on Saturday, 26 September 2026 at the Gladstone Entertainment Convention Centre (GECC).

Tickets will be available exclusively to veterans and RSL members until 30 June 2026. Following this date, any remaining tickets will be released for public sale. With limited seating available, we encourage members to secure their tickets early to avoid missing out.

Guests will enjoy:

- A three-course dinner
- Live entertainment
- Silent auction and raffles
- Guest speakers and presentations
- Supporting programs that assist veterans & their families

Tickets can be purchased via the following link:

<https://www.eventbrite.com/e/veterans-charity-ball-tickets-1989365603071>

Dress Code: Black Tie (Veterans are encouraged to wear their medals.)



VETERANS
CHARITY
Ball



EDUCATION CHANGES EVERYTHING

Along the Kokoda Track

You can help make education possible.

For students across the Kokoda region in Papua New Guinea, education is more than a classroom. Flexible Open Distance Education (FODE) is a second chance and, for many, their only chance to complete high school.

Right now, students are ready to return to school at Kokoda College or Mt Koiari FODE Centre - the only high school along the Kokoda Track - operated by Australian registered charity, Kokoda Track Foundation.

They need your support to make study possible.

A pathway to further education and employment. A pathway to renewed hope. A pathway to a brighter future.

“

I saw that my Grade 10 certification had no value and I had to upgrade to Grade 12 to continue doing community-based work.

Thank you for giving me that opportunity.

Sandy

Grade 11 student at Kokoda College



**SCAN QR CODE
TO DONATE**



Until 30 June 2026,
your donation will
be matched up to
\$30,000.

DOUBLE
Your impact

DONATE NOW

TAI CHI

★

FOR VETERANS

★

BOOK YOUR SPOT ON
EVENTBRITE



↑ SCAN ME!



GYMPIE VSC HALL
MONDAYS
9AM TO 10AM



12 PEOPLE MAX
PER SESSION

\$5
CASH ONLY
PAY ON THE
DAY



TAI CHI

★

FOR VETERANS

★

BOOK YOUR SPOT ON
EVENTBRITE



↑ SCAN ME!



**CURRA COMMUNITY
HALL**
TUESDAYS
8AM TO 9AM



12 PEOPLE MAX
PER SESSION

\$5
CASH ONLY
PAY ON THE
DAY





VILLAGE
S.W.I.M & G.Y.M

Glenwood

FOR
VETERANS
& THEIR
PARTNERS/
CARERS*

Glenwood SWIMMING & GYM

ALL DAY ENTRY (6AM-6:30PM) SUNDAY-FRIDAY (CLOSED SATURDAY)
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.gympiersla.com.au/welfare



RSL
Gympie Sub Branch

JIUJITSU FOR VETERANS

TERRA LUTA

Brazilian Jiu Jitsu



GENEROUS WEEKLY VETERANS' ONLY MEMBERSHIP DISCOUNT

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

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

**112 DUKE STREET,
GYMPIE**

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



BUDDYUP AUSTRALIA



**Outdoor
Adventures**



**Social
Activities**



**Wellness
& Recovery**



**Fitness
& Performance**

DEFENCE • FIRST RESPONDERS • COMMUNITY

***Join an event based community for current & ex-serving
Defence, First Responders & their families.***

For those that show up in service of the community,
Buddy Up Australia is your community showing up for you.
This is your space to decompress, connect and grow.

Buddy Up Australia hosts events nation-wide

Join activities in your state, as well as online events you can access
anywhere.



FIND EVENTS

BEYOND THE BEST
www.buddyupaustalia.org

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

Cleaning Service for Veterans

Services include:

- Domestic & Household Cleaning
- Individual Support
- Transportation

Contact

Giverny:

0435 951 208



Happy2helpcleaning@hotmail.com

ADAPTIVE BODIES



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

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

This Month in History – The Korean War Armistice

July marks an important anniversary in Australian military history. On 27 July 1953, the Korean War Armistice Agreement was signed, ending three years of active fighting on the Korean Peninsula.

The war began on 25 June 1950 when North Korean forces invaded South Korea. Australia quickly joined the United Nations response, committing naval, air and ground forces. More than 17,000 Australians served during the conflict.

Australian personnel distinguished themselves throughout the war. The Royal Australian Navy provided naval gunfire support, escort duties and carrier operations.

The Royal Australian Air Force's No. 77 Squadron flew more than 18,000 combat sorties, initially in Mustang fighters and later in Meteor jet aircraft. On the ground, Australian soldiers served as part of the 1st Commonwealth Division, earning a reputation for skill, resilience and professionalism. One of the most famous Australian actions was the Battle of Kapyong in April 1951. The 3rd Battalion, Royal Australian Regiment helped halt a major Chinese advance towards Seoul, a contribution that earned the battalion a United States Presidential Unit Citation.



Australian forces were heavily involved in the successful Battle of Maryang San in October 1951. Rather than launching a direct assault against heavily defended Chinese positions, 3RAR used difficult terrain to outflank the enemy, advancing along steep ridges and attacking from unexpected directions.

Through a series of coordinated assaults, the Australians captured key hilltops, including Hill 317, and then held them against repeated Chinese counterattacks. Their aggressive manoeuvring, effective use of artillery support, and ability to exploit weaknesses in the enemy's defences were crucial to the victory, which is widely regarded as one of Australia's finest achievements in the Korean War.

This July, we remember the service of all Australians who served in Korea and recognise their contribution to a mission that helped shape the modern Asia-Pacific region.



Gympie Veteran's Centre Activities - Expressions of Interest

Dear Veterans & Families,

We are currently planning a range of activities, outings, and bus trips for the Veterans Centre, and we greatly value your input.

Whether you are looking to learn something new, meet like-minded people, enjoy some friendly competition, or simply get out and about more often, we encourage you to register your interest.

We Would Love to Hear Your Thoughts On:

- Bus trips and day outings
- Fishing trips
- Indoor activities
- Outdoor activities
- Information sessions and workshops
- Trivia Nights (club vouchers/prizes)

Activities Currently Being Explored:

- Card & Board Games
- Dominoes
- Drumming
- Guitar Group or Lessons
- Model Making
- Tai Chi

If there are other activities or programs you would like to see offered, please let us know. We would especially appreciate feedback on:

- Places you would enjoy visiting
- Activities you would like to participate in
- Preferred days and times that suit you best

Current Activities:

Chess Club

Mondays at 10:00am

Whether you're an experienced player or just learning the game, Chess Club offers a relaxed and welcoming environment to enjoy friendly competition and connect with others.

Model Making

Returning soon, we would appreciate feedback on preferred days and times for this activity.

Cards Group (starting with Cribbage)

Thursdays, we would welcome feedback on suitable times for participants.

Why Get Involved?

These activities are designed to:

- Encourage social connection and mateship
- Support wellbeing and mental health
- Build confidence and new skills
- Create regular opportunities for veterans to come together in a relaxed and supportive environment

Register Your Interest

If you would like to participate in any of the above activities, or have suggestions for other programs you would enjoy, please contact the Veteran Centre team.

Your feedback will help us determine which groups and activities to organise first. We look forward to building a vibrant and welcoming veterans community together.



Trivia Answers: Turn page upside down to reveal!

1. It is the thigh bone.
3. Deliberate mistake, he only had 6.
5. Prince William, Prince of Wales.
7. Echidnas lay eggs.
9. Sister Mary Mackillop

2. Macadamia.
4. Paris, Berlin and Delhi.
6. Bactrian.
8. River Murray
10. Kylie Minogue

WINTER

JUNE 2026
THROUGH
AUGUST
2026

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-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

LIIV WELL PILATES

Friday 11am-11:45am
\$5 per person

Limited spaces bookings essential

FIT TOGETHER

Wednesday
1pm-2pm

Free for veterans partners & carers
Gympie aquatic recreation centre (Gympie ARC)

CHAIR EXERCISE

Thursdays
1pm-2pm

Free for veterans partners & carers
Gympie aquatic recreation centre (Gympie ARC)

SPLASH AEROBICS

Fridays
1pm-2pm

Free for veterans partners & carers
Gympie aquatic recreation centre (Gympie ARC)

SWIMMING CLASS

All day entry every
Wednesday, Friday & Saturday

For veterans & their partners/carers Children welcome upon application at Vet Centre
Gympie aquatic recreation centre (Gympie ARC)

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



www.gympiersl.com.au/welfare



RSL
Gympie Sub Branch

CHOIR

CALLING ALL CROONERS!

**EVERY
TUESDAY
FROM
5:30PM**

39 Monkland Street, Gympie

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

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

**REGULAR
PERFORMANCES
THROUGHOUT
THE YEAR**

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.

**LOCATED IN
NOOSAVILLE, QLD**



**DEBORAH GRAY |
NURSE PRACTITIONER**

**6+ years
experience in
Scrambler Therapy**



**SCRAMBLER
THERAPEUTICS**

Survey

- **How often do you read the newsletter?**
☐ Every issue ☐ Most issues ☐ Occasionally ☐ Rarely
- **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



RSL
Gympie Sub Branch

Acting Team Leader

Lauren Mann

Email

info@gympiersl.com.au

Compensation Advocates

Ian Bowd

Ryan Cairns

John Fahey

advocate@gympiersla.com.au

Website

gympiersl.com.au

Enquiries

(07) 5482 1018

Veteran Services Officers

Lauren Mann

vso1@gympiersla.com.au

Celine Lang

vso2@gympiersla.com.au

Chelle Dobson

vso3@gympiersla.com.au

Catherine Maguire

vso4@gympiersla.com.au

Deputy President

Lindsay Francis

deppresident@gympiersla.com.au

Treasurer

Gerard Irvine

treasurer@gympiersla.com.au

Secretary

Robyn Murtagh

robyn.m@gympiersla.com.au

secretary@gympiersla.com.au

VSC Administration Officer

Bronwyn Kubank

Bronwyn.k@gympiersl.com.au

Chief Financial Officer

Brad Wines

07 5482 1018

bm@gympiersl.com.au

Directors

Garry Casey AM

garry.c@gympiersla.com.au

Jan Collins

jan.c@gympiersla.com.au

Venue Manager & Acting CEO

Daniel Ferguson

07 5482 1018

manager@gympiersl.com.au

Adrian Kosch

adrian.k@gympiersla.com.au

Craig Coleman OAM CSM

craig.c@gympiersla.com.au

President

Adel Amin

president@gympiersla.com.au

Executive Assistant to CEO

Erin Brunty

07 5482 1018

erin.b@gympiersl.com.au