RSL
Gympie Sub Branch

GYMPIE RSL NEWSLETTER

November 2026



Royal Australian Air Force security forces conduct a patrol through Tarin Kowt in Uruzgan province, Afghanistan, March 31, 2013.

Gympie Veteran Centre
39 Monkland Street, Gympie QLD 4570
07 5483 7707

Gympie RSL Club
217 Mary Street, Gympie 4570
07 5482 1018

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From the President



LINDSAY FRANCIS
Acting President of the Board of Directors,
Gympie RSL Sub Branch

Dear Members,
As we welcome November, we approach one of the most significant occasions on the RSL calendar - Remembrance Day. On 11 November, we come together to honour the courage, sacrifice and service of the men and women who have served our nation, and to remember those who made the ultimate sacrifice.

Remembrance Day is an opportunity to reflect not only on the freedoms we enjoy today, but also on our collective responsibility to ensure the service and sacrifice of our veterans is never forgotten. I encourage all members, their families and the wider Gympie community to join us in commemorating this important occasion.

The past few months have been a period of considerable activity and change for Gympie RSL. While change can bring challenges, it also presents opportunities to reflect, strengthen our foundations and build a positive future for our organisation. The Board remains firmly focused on good governance, responsible stewardship and ensuring that Gympie RSL continues to meet the needs of our members, veterans and the broader community. Working closely with our CEO and management team, we are committed to creating an organisation that is welcoming, progressive and sustainable.

There are a number of exciting initiatives being explored to enhance our facilities, improve the experience of our members and guests, and strengthen the services we provide. We recognise the importance of balancing our commercial operations with our core purpose - supporting veterans and their families. A strong and successful Club enables us to continue delivering meaningful assistance, connection and opportunities to those who have served.

Equally important is our commitment to strengthening relationships across the Gympie community. Whether through commemorative activities, community partnerships, volunteering or simply providing a welcoming place for people to gather, Gympie RSL has an important role to play.

I would also like to acknowledge our wonderful volunteers, whose generosity and dedication make such a difference, particularly through our Veterans' Support Centre and commemorative activities. To our staff and management team, thank you for your continued hard work and commitment during a busy period.

Finally, to our members, thank you for your loyalty, encouragement and ongoing support. Your involvement is what makes Gympie RSL the organisation it is today.

I look forward to working together as we continue building a strong, united and vibrant future for Gympie RSL.

Lest We Forget.

Lindsay Francis
Acting President
Gympie RSL



GYMPIE RSL

Veteran Services Centre

SUPPORT | ADVOCACY | WELLBEING | COMMUNITY

A PROUD NOMINATION

We are delighted to acknowledge Ian Bowd, who has been nominated for the 2026 Senior Citizen of the Year award.

Ian is a valued VSC volunteer and has given over 25 years of service in support of veterans and their families.

We are very proud to have Ian as part of our team. His commitment, generosity and ongoing support make a real difference in the lives of local veterans and their families.



Thank you Ian!

SERVICE DELIVERY OVERVIEW

Our team continues to provide practical assistance, advocacy and wellbeing support to veterans and their families.

WELLBEING SUPPORT

Service type	September total
Office appointments	18
Home & Aged care visits	8
Telephone appointments	1

COMPENSATION SUPPORT

Service type	September total
Office appointments	25
Outreach - Hader Clinic	3

Together We Continue to Honour Service

THROUGH MEANINGFUL SUPPORT,

VETERANS HEALTH WEEK

A fantastic week of activities bringing our veteran community together for connection, learning and fun.

Monday 19th	Pottery workshop with a local veteran, Southside, 10:00am
Tuesday 20th	Coffee and Chat
Wednesday 21st	Open Arms information session with a clinician, including morning tea
Thursday 22nd	Australia Zoo trip
Friday 23rd	Bingo at the VSC, followed by Bill and Sonia's BBQ lunch.
Sunday 25th	Noosa River Walk, starting at the Yacht Club at 8:30am.

SEPTEMBER ACTIVITIES & EVENTS

A busy and enjoyable month with a great turnout across a variety of activities.

Activity	Total Attendees
Liv Well Pilates	25
Fit Together	12
Splash Aerobics	7
Pool Use	31
Tai Chi	9
Rifleman's Lunch	6

Activity	Total Attendees
SMEAC Trip	2
Girls Day Out - Montville	10
GDO - Cheese Factory	9
Chair Exercise	24
Rainbow Beach Trip	10
Sealife Mooloolaba	23

SUMMER PROGRAM PLANNING

Some exciting events coming up over the summer months.

Date	Event
17 December	Christmas Hampers at VSC
21 December	Christmas Lights & Dinner
16 January	Snorkelling at Mudjimba Island
20 January	Ten Pin Bowling
26 January	Australia Day
6 February	Gut Health Activity
13 February	Silent Movie



Great company, Great outings!

OUR VOLUNTEERS

Our volunteers are at the heart of everything we do.

917.5 Volunteer hours

5,037.10 Kilometres travelled

From providing transport and assisting with events to offering companionship and helping behind the scenes, their dedication allows us to reach more veterans and deliver a wider range of services.

Thank you to all our volunteers!

COMMUNITY CONNECTIONS

The VSC continues to maintain community engagement through:

- Coffee and Chat
- Upcoming Open Arms sessions
- Regular hall usage including:
  - Cribbage
  - War Widows meeting
  - Vietnam Veterans meeting
  - Choir sessions (Tuesdays)
  - Tai Chi (Mondays)
  - Information sessions

FLEET MANAGEMENT & ADMINISTRATION

Both VSC vehicles remain serviced and maintained.

- Canival travelled: 1,138 kms
- Stonic travelled: 616 kms
- Mary Valley: 21 kms

Development of the ECINS database continues, with progress made to better support service tracking. Mandatory training, Mental Health First Aid (2 & 3 November) and trauma-informed care training remain ongoing.

Veteran Voice - Wearing the Mask

There's an unspoken rule in the military. You don't show weakness. You get on with the job. You carry the weight. You keep the wheels turning. If something breaks inside you along the way… You deal with it quietly.

Over time, most people in these professions learn to wear what can only be described as a mask. It's the mask that says "I'm fine." The mask that laughs at the dark jokes, that shows up to work, performs, leads, protects, and keeps everything moving. From the outside, the mask looks like strength. What most don't realise is that wearing the mask comes at a cost. The mask isn't something people consciously choose. When your job involves responding to trauma, chaos, death, danger, and human suffering, there isn't always time to stop and process what you've just seen. You move to the next job.

Over time, you learn to compartmentalise, putting things in boxes in the back of your mind so you can keep functioning. At first, this ability is actually helpful. It allows people to perform in environments where most others couldn't.



The problem is that those boxes never disappear.

What makes the mask so powerful is that it hides the weight people are carrying. Colleagues see competence. Family sees someone who is tired but "handling it." The public sees a professional doing their job. What they don't see is the accumulation of experiences that were never properly unpacked.

Eventually, carrying that weight quietly starts to take its toll. Not always in dramatic ways. Sometimes it shows up slowly. Short tempers. Emotional numbness. Disconnection from others. The Mask Starts to become the Identity. The most difficult part about the mask is that, over time, it stops feeling like something you wear.

It starts feeling like who you are. You become the person who holds it together. The one who doesn't complain. And because of that, taking the mask off can feel incredibly uncomfortable. It can feel like vulnerability, like failure, like letting people down. So the mask stays on.



Even when the cost of wearing it grows. Eventually, people reach a point where the mask begins to slip.

Sometimes it happens after a particularly difficult job, or after years of accumulated pressure.

Sometimes it appears during transition, when someone leaves the military and suddenly loses the structure and identity that once held everything together. Without the uniform, the team, and the mission, the mask can start to crack. That's when people realise just how much they've been carrying. In many ways, the bravest thing someone can do after a career of service is take the mask off. Not dramatically. Not all at once. But slowly, in safe spaces, with the right people around them.

Real recovery doesn't mean forgetting the past, or pretending things never happened.

And it certainly doesn't mean someone is broken. Recovery is about learning how to carry those experiences differently. Reconnecting with purpose, identity, and meaning outside of service.

Understanding the qualities developed through service, resilience, leadership, loyalty, and courage still exist. Across the veteran community, conversations around mental health and wellbeing are slowly changing. There is growing recognition that strength and vulnerability are not opposites. They are part of the same story.

Sometimes the most powerful step forward is simply creating spaces where the mask can be set down, even if only for a little while. When that happens, something important becomes possible.

Connection.

Understanding.

And the realisation that no one has to carry it all alone.

Here for You

SUPPORT DIRECTORY
VETERANS | FAMILIES | OUR COMMUNITY

You are not alone.

Whether you're a veteran, a current-serving Defence member, a family member or a carer, there are people ready to support you. Here are trusted services you can contact.

1 CRISIS & MENTAL HEALTH SUPPORT

24 HOURS A DAY, 7 DAYS A WEEK

Emergency Services
If someone is in immediate danger, call **000**.
000

Lifeline
Crisis and suicide prevention support.
13 11 14

Open Arms
Veterans and families counselling and mental health support.
1800 011 046

Beyond Blue
Mental health support for anxiety, depression and distress.
1300 22 4636

Safe Zone Support
For current and former ADF members and families.
1800 142 072

2 DVA, ENTITLEMENTS & ADVOCACY

SUPPORTING OUR VETERANS AND FAMILIES

Department of Veterans' Affairs (DVA)
Compensation, pensions, health cards, rehabilitation and entitlements.
1800 838 372
dva.gov.au

Gympie RSL Veteran Services Centre
Local advocacy, DVA claims and veteran wellbeing support.
(07) 5483 7707

RSL Queensland Veteran & Family Wellbeing Centre – Sunshine Coast
DVA claims, appeals, wellbeing, employment and emergency assistance.
(07) 5458 8300
rslqld.org

3 HEALTH & WELLBEING

FOR A HEALTHIER TOMORROW

Gympie Community Health Centre
General health and community-based services.
(07) 5489 8690

Gympie Community Mental Health Service
Specialist mental health assessment and support.
(07) 5489 8777

Mates4Mates
Veteran focused psychological, physical rehabilitation and wellbeing programs.
mates4mates.org

4 HOUSING & FINANCIAL SUPPORT

PRACTICAL HELP WHEN YOU NEED IT

Community Action Inc – Gympie
Community housing and financial counselling.
(07) 5482 8959

Queensland Homeless Hotline
Emergency accommodation information and referrals.
1800 474 753
(24/7)

National Debt Helpline
Free, confidential financial counselling.
1800 007 007

RSL Queensland
Emergency financial assistance and veteran housing support (eligibility criteria applies).
134 775
rslqld.org

Stronger Together

Need help finding the right support?
Contact the Gympie RSL Veteran Services Centre on **(07) 5483 7707**.
Our team can help you navigate services and find the support you need.

A Unique Opportunity to Honour Our Veterans Overseas

Have you ever wanted to be part of an Anzac Day commemoration at one of Australia's most significant overseas military heritage sites? DVA is inviting veterans and family members of veterans to express their interest in volunteering as representatives at overseas commemorative services in 2027.

Volunteer opportunities are available at:

- Gallipoli, Türkiye
- Villers-Bretonneux, France
- Sandakan, Malaysia
- Hellfire Pass, Thailand
- Isurava, Papua New Guinea
- Singapore

Expressions of Interest Close 8 November 2026 .

If you are a veteran or family member of a veteran with a passion for remembrance, history and community service, we encourage you to consider this opportunity. For further information, visit www.dva.gov.au

At Gympie RSL, we recognise the importance of keeping the stories of Australian service alive. Opportunities such as these allow veterans and their families to make a personal contribution to commemorations that hold such significance for our nation.



Photo courtesy of the Australian Government Department of Veterans' Affairs (DVA).

COMING Soon

THE
GYMPIE EXCHANGE

COFFEE | FOOD | COMMUNITY

A FRESH CHAPTER IN MARY STREET

The Gympie Exchange is a new café and eatery, bringing great coffee, delicious food and a welcoming space to the heart of Mary Street.

Whether you're meeting friends, enjoying a casual meal or simply taking a moment to unwind, The Gympie Exchange offers a relaxed, light and bright atmosphere for everyone to enjoy.

Good food. Great company. Right here in Gympie.



GREAT COFFEE

DELICIOUS FOOD

A WELCOMING COMMUNITY SPACE

Girls Day Out

FRIDAY 13TH NOVEMBER

Maleny Handmade and Artisan Christmas Markets

DEPARTS FROM VETERANS SERVICES CENTRE AT 7.00AM

RETURNS TO VETERANS SERVICES CENTRE AT 4.30PM

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

www.gympiersl.com.au

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Summer HEALTH & WELLBEING PROGRAM

TAI CHI	CHOIR	FIT TOGETHER	GLENWOOD SWIM & GYM
Mondays from 9am	Tuesdays from 5:30pm	Wednesdays from 1pm	Sunday-Friday (closed Saturday) 6am-6:30pm
Open to RSL members and veterans	Open to the community, veterans and members	Open to veterans, partners and carers	Open to veterans, partners and carers

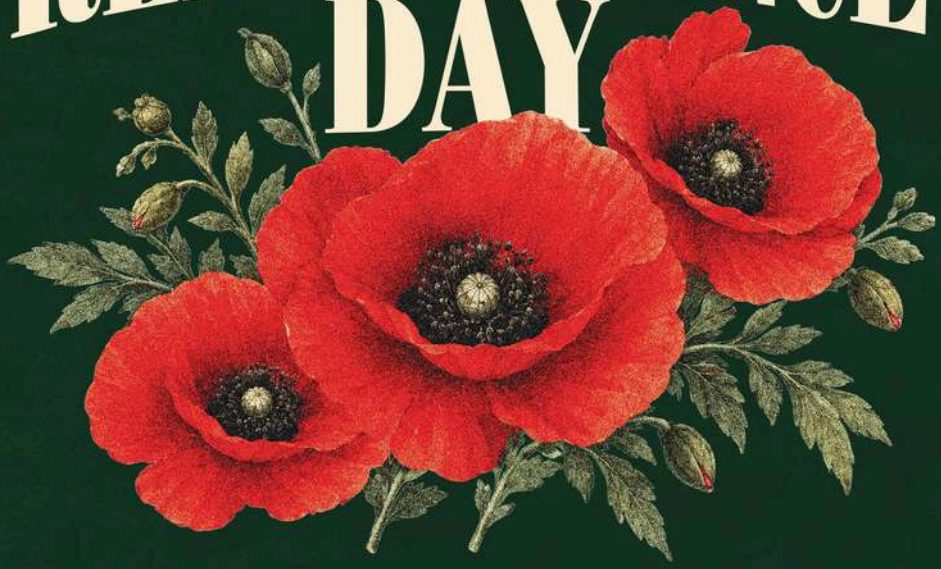
CHAIR EXERCISE	PILATES	BOXING	SPLASH AEROBICS
Thursdays from 12pm	Fridays from 12pm	Monday to Thursday from 5pm-8pm	Friday 2pm - 3pm
Open to veterans, partners and carers	Open to veterans, partners and carers	Open to veterans only	Open to veterans, partners and carers

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

www.gympiersl.com.au/welfare

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Gympie Sub Branch

REMEMBRANCE DAY



WEDNESDAY, 11TH NOVEMBER

10:30AM | MEMORIAL PARK, GYMPIE

ALL ARE WELCOME

VETERANS AND FAMILY MEMBERS OF VETERANS
ARE ENCOURAGED TO WEAR MEDALS

WE WILL REMEMBER THEM

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Around the Club

COMMUNITY RAFFLES - SUPPORTING LIFEHOUSE GYMPIE

Gympie RSL Community Raffles proudly supported Lifehouse Gympie recently, helping this local organisation continue its important work supporting women, couples, mums and families through pregnancy, parenting and times of uncertainty.



Lifehouse offers a free, confidential and welcoming place to access options information, counselling, practical assistance, maternity and baby goods, individual support programs, online classes and more. A huge thank you to everyone who purchased raffle tickets, donated and helped make this possible. Your support is what makes our community raffles so meaningful. Together, we're making a difference in our community.

CHEERS TO 25 YEARS, INGER!

Celebrating 25 years of dedication and a well-earned retirement. After an incredible 25 years at Gympie RSL, Inger has officially called time on her final shift and begun a very well-earned retirement!





From all of us at Gympie RSL, thank you, Inger, for 25 years of hard work, dedication, laughs and memories. We wish you all the very best for retirement. May the years ahead be filled with plenty of relaxation, good times, adventures and absolutely zero alarm clocks!

And don't worry, Inger… we'll make sure the staff don't forget their name badges.

AFGHANISTAN COMMEMORATIVE COIN

Honouring 25 years of Australian service. Marking 25 years since Australia's service in Afghanistan began in 2001, this special DVA coin recognises the courage and sacrifice of more than 35,000 Australians who served.

CLAIM YOUR FREE COIN

Veterans, families and community members can register for free postage or collect in person from selected locations from 10 November 2026.
Register: dva.gov.au/Afghanistan-anniversary
A lasting keepsake honouring Australia's service and sacrifice.

Commemorative coin front



Commemorative coin back



U&I Co.
FINE JEWELLERY
VETERAN OWNED • PROUDLY GYMPIE
Crafted for Connection.
Celebrate life's special moments with meaningful diamond jewellery, bespoke designs and timeless pieces.
GYMPIE RSL
Gympie RSL proudly supports our local veteran-owned businesses.
Discover the collection at uandi.co
198 Mary Street, Gympie

The Forgotten Horses of Fraser (K'Gari) - Special Film Screening



Did you know that horses played a vital role in Australia's wartime history?

Their stories of service, courage and sacrifice are often overlooked, but an upcoming locally produced short film is helping to bring this important part of our history to life.

Gympie RSL is delighted to host a special screening of The Forgotten Horses of Fraser (K'Gari), a short film produced on the Fraser Coast by Pluggas Studio.

Told through the eyes of a horse who went to war, this unique production offers a moving and thought-provoking perspective on the extraordinary contribution of horses during wartime.

An initiative of the 5th Light Horse Regiment - Hervey Bay Troop, the film provides a wonderful opportunity for our community to come together, discover a lesser-known chapter of Australia's military heritage and reflect on the animals that served alongside our troops.

Screening Details:

- Date: Sunday, 29 November 2026
- Time: 2pm
- Venue: Gympie Cinemas
- Hosted by: Gympie RSL

We encourage our members, veterans, families and the wider Gympie community to come along and support this special local production while honouring an important part of Australia's wartime history.

Supporting Our Veteran Mission

EVERY VISIT MAKES A DIFFERENCE



Gympie RSL is more than a place to meet friends, enjoy a meal or share a drink. Behind every visit is a bigger purpose – supporting veterans, their families and our community.

Gympie RSL proudly serves those who have served our nation. This commitment continues through our Veteran Services Centre, where veterans and their families can access advocacy, welfare assistance, wellbeing programs and opportunities to connect with others.

A Strong Club Supports a Strong Mission

Unlike many RSL Sub Branches, Gympie RSL directly owns and operates its licensed Club. This means the success of our hospitality, dining, entertainment and other commercial activities helps generate the financial resources needed to support our broader charitable and community objectives.

When you choose to dine with us, attend an event, bring friends along or renew your membership, you are helping sustain an organisation with a purpose that extends far beyond its doors.

Your Support Helps Us Deliver

Veteran advocacy and welfare

Assistance with DVA claims, entitlements, wellbeing and practical support.

Health and social connection

Activities and programs that encourage fitness, friendship and reduce isolation.

Commemoration and remembrance

Honouring the service and sacrifice of generations of Australians.

Community support

Helping local charities, schools, sporting clubs and community organisations.

A stronger local community

Providing employment, supporting local suppliers and creating a welcoming place for people to come together.

YOUR CLUB. YOUR COMMUNITY. THEIR FUTURE.

Every meal enjoyed, every event attended and every visit contributes to something bigger.
Thank you for supporting Gympie RSL and helping us continue our mission of service, remembrance and community connection.

What's On at Gympie RSL

GOOD TIMES • GREAT COMPANY • SOMETHING FOR EVERYONE

There is always something happening at Gympie RSL! Whether you enjoy a relaxed meal, a friendly competition or an evening of entertainment, the Club is a welcoming place to catch up with friends and make new connections.

Great food and family favourites

Make the most of a night out at the Atrium Bistro. Monday's Kids Eat Free offer gives families a reason to enjoy dinner together, while weekly parmy specials and changing dining promotions add variety to the menu. Check the current offers when booking, as days and conditions may change.



Music, dancing and entertainment

Rhythm Bar & Lounge

Rhythm Bar is the place to enjoy live performers, a relaxed drink and a lively atmosphere. Regular Friday and Saturday entertainment is complemented by special events, themed celebrations and Morning Melodies — a lovely opportunity to enjoy music with friends.

Something special on the calendar

Our Melbourne Cup Luncheon follows on Tuesday 3 November, bringing a festive race-day atmosphere to the Club.



For bookings, times and the latest information, visit ask our friendly team gympiersl.com.au/whats-on or ask our friendly team.

FIND-A-WORD

Find 14 hidden words across, down or diagonally.

G	R	S	V	R	G	Y	X	J	G	J	X	X	L	Z	U
L	J	Y	Y	E	W	G	H	V	N	R	A	T	I	W	B
X	Z	I	W	H	Y	X	V	O	C	G	F	J	X	E	M
E	G	K	J	M	F	S	Z	F	O	X	R	P	X	Q	Q
T	C	E	P	S	E	R	K	N	M	E	T	C	H	G	E
M	S	I	M	T	M	U	I	F	M	B	H	O	A	G	M
U	E	L	A	S	A	U	S	E	U	A	E	E	O	P	R
Q	P	M	D	P	E	M	M	D	N	C	T	G	T	T	I
U	X	X	O	Y	D	B	O	G	I	D	L	T	O	K	H
F	F	N	A	R	E	T	E	V	T	D	S	I	I	S	I
H	N	B	K	R	Y	G	R	N	Y	A	K	H	C	U	P
D	K	Z	P	M	A	E	L	P	G	V	A	Y	I	P	K
P	U	H	O	R	S	E	S	M	B	C	F	A	V	P	D
S	S	M	U	E	E	Q	Z	Q	X	D	D	C	K	O	V
R	U	O	N	O	H	H	Z	O	N	M	B	Q	L	R	C
O	C	K	W	G	W	I	R	D	V	J	W	W	E	T	E

WORDS TO FIND

VETERAN	SERVICE	MATES
GYMPIE	MEMORY	HONOUR
SUPPORT	COMMUNITY	REMEMBER
COURAGE	RESPECT	FRIENDSHIP
EXCHANGE	HORSES	

Gympie RSL Community Raffles

This November, your raffle ticket can help make a real difference in the lives of local people.

100% OF PROCEEDS GO DIRECTLY TO COMMUNITY ACTION INC.

Throughout November, 100% of proceeds from the Gympie RSL Community Raffles will go directly to Community Action Inc., helping support the vital work they provide across the Gympie region.

Community Action Inc. is a local not-for-profit organisation that has been supporting individuals, families and the wider community for more than 40 years. Their dedicated team provides practical support, advocacy and access to essential services for people experiencing hardship and challenging circumstances.

Their services include housing and homelessness support, domestic and family violence services, financial counselling and emergency relief, youth and family support, multicultural and settlement services, and community development programs.

By purchasing a raffle ticket, you're doing more than going into the draw for a great prize. You're helping provide support, connection and opportunities to local people when they need it most.

COME ALONG, GRAB YOUR TICKETS & SUPPORT YOUR COMMUNITY

Tickets on sale 5–7pm
Draws from 7pm

Gympie RSL Community Raffles

Local people. Real support. Lasting impact.