



BENDIGO
DISTRICT
R.S.L

NEWSLETTER

MARCH 2024

PRESIDENT'S REPORT

Dear Bendigo District, RSL Sub-Branch Inc Members and Families,

I trust this report finds you well. Our post-Christmas period has been notably busy, with our focus directed towards our Annual General Meeting and ANZAC Day.

Welfare: Our Welfare Team has been actively reaching out to all Service and Life Members. Through phone calls and personalised communication, we assess each veteran's situation to provide the necessary resources and support. I'm delighted to announce that all veterans were eligible for a complimentary 'Roast of the Day' during lunch on Anzac Day and was enjoyed by many.

Outreach and Engagement: Our Sub-Branch remains active across various areas in our buildings, local community, and broader region. We've initiated the formal process of establishing a Central Victorian Veterans and Families Hub, collaborating with organisations including Bendigo District RSL, RSL Victoria, Bendigo Legacy Club, and Vietnam Veterans Association Bendigo Branch. Our engagement with veterans continues through events such as veteran nights, morning teas, informal gatherings, and sheds programs. The Bendigo Military Museum's Faces of Peace Exhibition, showcasing our local veterans' experiences, has also been a significant success and will continue for an extended period.

Collaboration: We continue to work closely with RSL State Executive, RSL Region 7, and other Ex-Service Organisations to support our veterans. Meetings such as the January Region 7 gathering in Bendigo and the recent March meeting in Castlemaine have been productive. We extend our congratulations to Immediate Past President Peter Swandale for his current role in the RSL Victoria State Executive.

Commemorative Activities: Our Commemorative Sub Committee has been actively involved in events like Darwin Defenders, the 60th Anniversary of the Voyager Disaster, National Day for War Animals, Sandakan Memorial Service, and Anzac Day. The annual Anzac Appeal, a vital fundraiser, has seen considerable success so far, thanks to our dedicated Appeals volunteers.

2024 Anzac Day: This year's Anzac Day holds special significance as the march in Bendigo was led by peacekeepers. It's a proud tradition, honouring the contributions of Australians in maintaining global peace and security since 1947.

In conclusion, I hope that Anzac Day provided you with moments of connection and reflection, surrounded by a supportive and inclusive environment. Let us continue to be a beacon of support and advocacy for our veterans and their families.

Warm regards,
Glenn Ludeman
Sub-Branch President
Bendigo District RSL Inc.



VETERAN SUPPORT- WELFARE

The Welfare Advocate attended 11 networking meetings during this quarterly period. These ranged from Sub Committee meetings, Advocate's Community of Practice, Sheds supervisors, and external networking with other regional RSLs.

After a hiatus over the summer holiday season telephone contact with all identified Veterans and service personnel within the Bendigo District, identified through the BDRSL data base, has resumed. At the time of writing approximately 65% of close to 900 Service personnel have been contacted and offered support and assistance on their terms. While the majority of contacts require no further follow up, the debriefing and consultative analysis of each call identifies service personnel who have stated (directly or indirectly) that they could use some assistance in their lives. This support ranges from Military Compensation advice, home support due to increased age and physical limitations, mental health support, financial assistance, and social support and connectivity.

The Welfare Advocate has been proactive in locating and contacting Veterans in aged care / nursing homes and supported accommodation. Additional ex-service personnel are being located while on site. Further mining of the Veteran/service personnel data base is identifying others who are reliant on fulltime care and who are frequently impacted by isolation and lack of advocacy.

Individual responses:

- Responded in total to 15 contacts and/or requests for support.
- Food distributed - 8 frozen meals delivered in response to 3 requests.
- Approximately 16 hrs of home maintenance and support has been provided. This includes garden, gutters, fencing, and internal cleaning and repairs across 5 separate clients.
- Referred 9 contacts to external support services such as mental health intervention, homelessness, financial support, and military compensation.

Pete French
Military Welfare Advocate



03 5443 4013

welfare@bendigorsl.com.au

www.bendigorsl.com.au/welfare-office

MONDAY - THURSDAY

9:00am - 4:30pm

VETERAN SUPPORT- HEALTH AND WELLBEING

For more information or to RSVP to any of these activities, please contact the Health and Wellbeing Coordinator: P: 03 5443 7097 or E: healthwellbeing@bendigorsl.com.au
Web: www.bendigorsl.com.au/health-wellbeing



2024- Health and Wellbeing Program- Calendar of Events

April

ACTIVITY	DATE	TIME	LOCATION
Walk, Talk, Cuppa	Friday- 5 th	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 7 th	11:00am Tee Off	Neangar GC / BDRSL
Veterans Morning Tea	Friday- 19 th	10:30am - 11:30am	BDRSL Sub-Branch
RSL Sheds	Monday - Wednesday	9:00am - 12:00pm	BDRSL Sub-Branch
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Yoga- Mindfulness (Deep Breathing & Relaxation)	Thursday- 4 th + 18 th (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

May

Walk, Talk, Cuppa	Friday- 3 rd	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 5 th	11:00am Tee Off	Neangar GC / BDRSL
Veterans Morning Tea	Friday- 17 th	10:30am - 11:30am	BDRSL Sub-Branch
RSL Sheds	Monday - Wednesday	9:00am - 12:00pm	BDRSL Sub-Branch
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Yoga- Mindfulness (Deep Breathing & Relaxation)	Thursday- 2 nd , 16 th , 30 th (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

June

Walk, Talk, Cuppa	Friday- 7 th	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 2 nd	11:00am Tee Off	Neangar GP / BDRSL
Veterans Morning Tea	Friday- 21 st	10:30am - 11:30am	BDRSL Sub-Branch
RSL Sheds	Monday - Wednesday	9:00am - 12:00pm	BDRSL Sub-Branch
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Yoga- Mindfulness (Deep Breathing & Relaxation)	Thursday- 13 th + 27 th (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

COMMEMORATIVE ACTIVITIES

Animals of War



Animals have played a significant role in the conflicts and operations involving Australia. They served alongside humans in various military roles and provided comfort as mascots and support animals.

On the 24th February a service was held in the memorial garden to say thank you and to remember the loyalty, bravery and camaraderie give by so many of our animal friends in time of conflict and in times of peace.

Darwin Defenders

The Darwin Defenders were remembered on the 19th of February with a service in the memorial garden. The service was made even more poignant by having three generations of the Hosking family in attendance. Bill, who is one of the very few remaining Darwin Defenders. His son Graham, who was MC for the event and Alister, who spoke of his memories growing up and hearing the stories from Bill. The service was well attended with wreaths being laid by local groups and dignitaries.

"Lest We Forget"



www.bendigorsl.com.au

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E: office@bendigorsl.com.au

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COMMEMORATIVE ACTIVITIES

Voyager 60th Anniversary

On Saturday the 10th February, we remembered the tragic loss of life which occurred when, 60 years ago, the Royal Australian Navy destroyer, HMAS Voyager (II), collided with HMAS Melbourne (II) and sank 20 nautical miles south-east of Jervis Bay. Of the 314 crew of Voyager, 82 were lost in Australia's worst peacetime military disaster. Many more lives were altered forever.

On the anniversary of the Voyager's loss, we remember the brave men lost in peacetime as they trained to defend their country. They too are our heroes, and they died in the service of our nation.

"Lest We Forget"



COMMEMORATIVE ACTIVITIES

Sandakan

The commemorative service held on Sunday the 3rd of March to remember and honor the bravery and loss of life on the Sandakan Death Marches was very well attended by veterans and members of the public.

2,434 prisoners of war lost their lives on the death marches. We can only wonder at the hellish conditions the prisoners endured.

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SUNDAY MARCH 3



**SANDAKAN
Commemorative Service
11:00 AM**

**Sandakan Memorial
Crook Street Park, Strathdale**



VETERANS
Happy Hour

1ST FRIDAY OF EVERY MONTH 6 - 8PM

VETERANS CONNECTING WITH OTHER VETERANS
DISCOUNTED DRINKS* RAFFLE PRIZES**

\$500 Jackpot

*Veterans to receive a 20% discount on drinks between 6-8pm on the 1st Friday of every month.
**If the jackpot is not claimed after 3 draws, it will jackpot the following month by \$500.

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members get more

VETERAN SUPPORT- HEALTH & WELLBEING



Walk, Talk, Cuppa Repeat

Did you know that walking is often referred to as the wonder drug? It helps reduce the risk of Cardiovascular disease, stroke and type 2 diabetes. It also helps with balance and bone health. Best of all it's FREE. Join Ben from Thrive Fit at 28 Abel St, Golden Square, at 9am for a morning walk on the first Friday of each month. (walk at your own pace) and then finish off with a cuppa on us.

VETERANS YOGA

Fortnightly on Thursdays 11am – 12pm

Free and open to all veterans and their dependents

Vin Yoga or Flow yoga is available for veterans and dependants. Improve core strength, balance and flexibility. For more information please contact the team on 5443 7097 or healthwellbeing@bendigorsl.com.au

Kangaroo Flat RSL Hall, Station Street, Kangaroo Flat 3555

21st March	4th April
18th April	2nd May

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e: healthwellbeing@bendigorsl.com.au

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Get together each fortnight at the Kangaroo Flat RSL hall and give a yoga session a try.

Yoga is great for maintaining strength and flexibility and also gives you an opportunity to gather with other veterans for a catch up.

Thursday at the Kangaroo Flat RSL hall from 11.00am. All welcome.

The monthly Veteran's Morning Tea is a relaxed and fun way to catch up with friends in a no pressure environment. Morning tea is held each month at the Bendigo RSL at 10.30am

We would love to see all the regulars here and hope that we can get new faces in the crowd.

Please RSVP to healthwellbeing@bendigorsl.com.au or call 5443 7097 one week prior to the date.

This allows us to cater properly for you

Veterans Morning Tea

BDRSL Members Lounge
10.30-11.30am

UPCOMING DATES:		
19th April, 2024	17th May, 2024	21st June 2024

Please RSVP by leaving a message on 5443 7097 - 1 week before the Morning Tea
For more information please email: healthwellbeing@bendigorsl.com.au

f www.bendigorsl.com.au
Ph: (03) 5443 7097
e: healthwellbeing@bendigorsl.com.au

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RSL VETERAN CLASSES

SESSION TIMES:

- SUNDAY 8AM-9AM (RSL VETERANS ONLY)
- WEDNESDAY (DURING NORMAL TIMETABLE)

There is nothing like a bit of a mid-week pick me up. Get yourself over to Crossfit By Design from 5.30pm for group fitness session with other veterans. We also have a Veterans only session held each Sunday morning at 8.00am. Get your heart pumping and loosen up the limbs. No pressure to break records. Just do what you feel right.

BENDIGO MILITARY MUSEUM

It has been a gigantic start to the year at the Bendigo Military Museum! Over the last 3 months we have:

- Gone live with our new website
- Increased our digitisation & cataloguing efforts
- Received a \$10k grant from the City of Greater Bendigo which enabled an exciting video project with Hebron Films and 10 local peacekeepers
- Submitted a grant application with the Saluting Their Service Fund
- Said goodbye to our temporary exhibition Remembrance by Golden Rivers Artists
- Hosted a talk and book launch by Brenda Tranter
- Welcomed hundreds of people through our doors over Bendigo's biggest Easter Weekend on record
- All while preparing for our major exhibition for 2024 – Faces of Peace.

As always none of this would have been possible without the dedicated efforts of our humble (and extremely talented!) volunteers. If you would like to join their ranks, please reach out to us at museum@bendigorsl.com.au

Upcoming exhibitions at the BMM

1. Faces of Peace - 6th April-24th November 2024
2. Ink in the Lines – 6th December 2024-27th April 2025
3. Royal Australian Survey Corps 110th anniversary exhibition – 10th May- 20th July 2025
4. Art of Sacrifice - 2nd August 2025-January 2026



APPEALS

Ladies and gentlemen,

As I was very pleased to report in our 2023 Annual Report, 2023 was yet another successful year for Appeals and for our efforts in raising funds for our Veterans and their families.

As you'll no doubt understand, all the efforts of the Appeals team since Jan 2024 have been directed to gearing-up for the current 2024 ANZAC Appeal. We are very much looking forward to reporting the success of the ANZAC Appeal in our next Newsletter.

As always when considering volunteering to support an appeal, please ask yourself:

If not me, who? And, if not now, when?

Carl Chirgwin
Appeals Sub-Committee Chair
15 April 2024



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Ph: (03) 5442 2950
E: office@bendigorsl.com.au

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WHAT'S ON



Paul has established himself as one of Australia's finest entertainers. He has a talent for mimicry and is well known for his renowned tribute to British superstar Robbie Williams. Paul's voice is so similar to Robbie's that some have even accused him of miming! He even has the Stoke On Trent accent down to a tee!

Come and see The Australian Robbie Williams Tribute show and find out what everyone has been raving about. Let him 'entertain you' !

The third Friday of each month sees us rewarding the Affiliate members here at the Bendigo RSL. Beginning at 6.30pm there are three chances to take home the Affiliate's jackpot. If we can't find a winner, it increases by \$50 next month. We also have two gift cards to give away AND we run a raffle with two \$50 meat trays for anyone to win. Any proceeds go directly to support local veterans and their families.



Our courtesy bus is supplied for the use of all members and guests. The bus is available Thursday through until Saturday each week from 4.30pm until 9.00pm.

We will pick up and drop patrons off within a 10km radius from the Bendigo RSL.

Call reception on 5442 2950 to make a bus booking.

With the Veterans Jackpot increasing by \$500 a month, there is never a better time to get yourself along to our monthly Veterans Night. There are three chances to win the cash, the first one at 6.30pm, plus a Veterans Happy Hour. We have a couple of gift cards to give away and a meat raffle open to everyone to enter. Veterans Night is held on the first Friday of each month.

Looking forward to seeing you here.



FUNCTIONS

Bendigo District RSL offers you the very best facilities for conferences, meetings, Christmas parties, engagement parties, weddings, and rooms for any family occasion.

We can cater for several different styles of corporate events, from smaller board meetings to large presentations and launches.

Our sit-down events cater for up to 200 people and we can be creative with the venue's flexible floor plan. We can design and decorate the space to suit your function. You can utilise the fully licensed bar stocked with wines, beers, spirits, soft drink, tea, and coffee.

Our dedicated staff will provide outstanding service to small and large groups and have a wealth of experience and expertise.

Our friendly and professional Function and Events Team can help create the perfect setting to suit your occasion and budget and are more than happy to provide advice and recommendations on further services we can arrange.

For further details about our celebration packages please visit our BDRSL website or contact our Functions Manager Ratna at any time via email on: functions@bendigorsl.com.au, or alternatively, you can give her a call on 03 5442 2950 during office hours.



WINNERS



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GIVING BACK

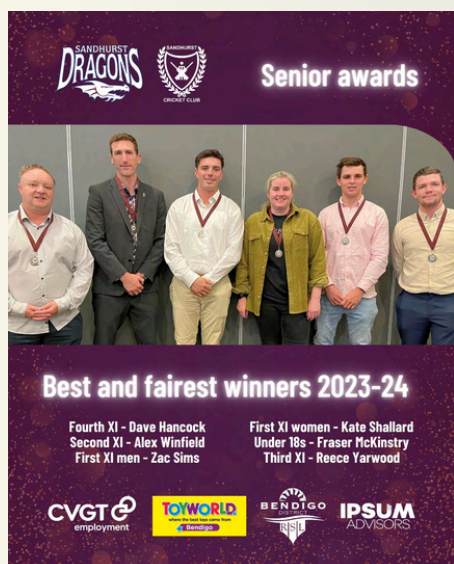
The Bendigo District RSL is excited and proud to sponsor a number of causes including local sporting and support groups as well as statewide and national institutions.

It is very important that we, as a charitable organisation, assist community groups at a grass level which it is hoped will help build a happier, healthier and vibrant community.

Below are a few of the organisations the Bendigo District RSL has been happy to contribute to:

15th Force Support Squadron
309 Army Cadets
8th 7th Battalion, Royal Victoria Regiment
Cancer Council of Victoria
Legacy Australia
Kangaroo Flat RSL
Gurkha Welfare Trust
Integra Service Dogs
410 Squadron Aust Airforce Cadets
Australian Navy Cadets
Royal Victoria Regiment Association Inc.
Newstead Rural Transaction Centre Inc.
(Avenue of Honour project)
Victorian Rifle Association Inc.
Castlemaine & Kyneton Rifle Clubs
Bendigo Cricket Club Inc.
Bendigo Easter Fair Society Inc.
Bendigo Jockey Club
Bendigo RSL Eaglehawk Edinburgh Shield
Bendigo Tennis Club Inc.
Cancer Council of Victoria
Epsom Football Club
Jacob Floyd (*Deaf football Australia*)
Central Victoria Veterans Support Centre

Neangar Park Golf Club Inc.
Victorian CP Football Team
North West Lightening Inc. (*Hockey*)
Radio KLFM
Mandurang South Pony Club
Sandhurst Cricket Club Inc.
Maxi Shanahan (*Deaf Football Australia*)
Long Gully Neighbourhood Centre
Youth of Tomorrow Ltd.
Bendigo Tennis Association
Be.Bendigo
Victorian RSL Lawn Bowls
Loddon Valley Football Netball League
North Bendigo Bowls
East Bendigo Bowls
Breeze Tennis Academy
National Breast Cancer Foundation
Bendigo Tennis Association
Bendigo VRI Bowling Club
RSL Victoria
Bendigo BMX Club
Golden City Soccer Inc.
Bendigo Tourism
Black Dog Ride (*Mental Health Fundraiser*)



PROMOTIONS



GET OUR FREE APP

GAIN INSTANT ACCESS TO:

- Exclusive App only Member benefits
- Digital Membership Card with all your Membership details & Rewards
- Our Members only Interactive Game | Menus & Booking facilities
- What's On info & much more!

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BENDIGO DISTRICT RSL FRIDAY NIGHT LIVE MUSIC

LIVE MUSIC STARTS AT 7:30 PM

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HAPPY HOUR

4:30pm - 5:30pm
MONDAY - FRIDAY

Schooner of beer	\$6.50
Glass of house wine	\$6.50
Pint of soft drink	\$5

*Not available public holidays

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MONSTER BURGER

AVAILABLE MONDAYS

Only **\$28**

Served with chips, a glass of house wine, pot of beer or soft drink

Not available on public holidays. Picture is a representation only.

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The Big Breakfast

SUNDAY 9AM - 11AM

Kids and seniors options also available

only **\$22.90**

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PARMAGEDDON

AVAILABLE MONDAYS ONLY

ONLY **\$28**

DDOUBLE SCHNITZEL
chips, a glass of house wine, pot of beer or soft drink

Ask one of our staff about the topping selection on the night!

Picture is a representation only. Not available public holidays

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SUPER SATURDAY

12pm - 2pm
EXTENDED HAPPY HOUR EVERY SATURDAY

\$22 POT & PARMA

or enjoy with a glass of house wine or pot of soft drink

Watch all your favourite sports live on the **BIG screens**

*Not available public holidays

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WEDNESDAY Steak Night

Includes pot of beer or a glass of house wine or soft drink

250g rump only **\$27**

Picture is a representation only

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FREE TRIVIA NIGHT

Presented by **TRISTAR**
Trivia & Entertainment

First Wednesday of the month 7pm - 9pm

In the Large Function Room Teams of 4-10 people

Prizes and giveaways throughout the night!

Bistro open from 6pm

Book Early and have dinner before playing Trivia!

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HARD RATED ALCOHOLIC LEMON

ALC. 4.5% VOL.

NOW ON TAP

18+ FOR PEOPLE OVER THE AGE OF 18 ONLY

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SUPER SATURDAY

12pm - 2pm

\$6 BEER SCHOONERS/
GLASS OF HOUSE WINE
\$5 SCHOONER SOFT DRINK

Parma & Pot beer, glass of house wine or pot soft drink

Watch all your favourite sports live on the **BIG screens**

PUNTERS CLUB - \$10 ENTRY | GUARANTEED \$200 PRIZE POOL

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AUTUMN SPECIALS

Available for lunch Tuesday - Friday
Not available public holidays - no further discounts apply.

ONLY **\$22**

PLUS free pot of beer, glass of house wine or pot of soft drink

CHOOSE FROM:

Salad of the Day	Curry of the Day
Bolognese Pasta	Wrap of the Day

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Doin' Time



The milestones keep rolling on.

Congratulations to Karina O'Shea, our Sub-Branch Welfare Office Manager, on reaching 10 years' service to the Bendigo District RSL and Bendigo Veterans. Thank you, Karina. It is a pleasure working with you. Thank you for the service you have given to the Sub-Branch and its members over the past ten years.



During February we celebrated a very special 100th birthday for Pierce Grenfell.

Pierce is an absolute icon in the Eaglehawk and Bendigo communities with a very long history with the Eaglehawk Brass Band. Pierce served as Mayor of Eaglehawk in 1962 and had 9 years of service on the Eaglehawk Council.

Pierce is a World War 2 Veteran and served with the 7th Australian Infantry Battalion in Papua New Guinea.

Happy 100th Birthday Pierce, from a very grateful RSL community.



See insights and ads
www.bendigorsl.com.au

Boost post

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All reactions:

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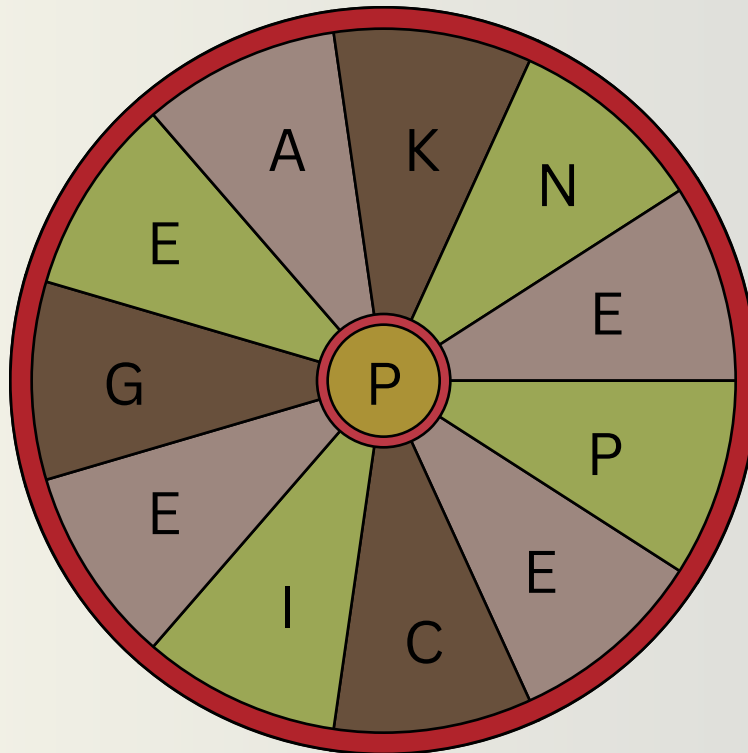


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LEST WE FORGET

Word Wheel Puzzle

Create as many words possible with the letters in the wordwheel. You can only use each letter once and every word must contain the letter in the center of the wheel.



Here is a little help to find the 12 letter word:

Someone (such as a soldier) who helps to prevent or stop fighting between countries or groups.

The 12 letter word is:

.....
.....
.....
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.....
.....