



PRESIDENT'S REPORT

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

I trust this report finds you well on the other side of the Annual General Meeting and Anzac Day, a very busy period on our calendar.

Welfare: Our Welfare Team has continued to actively reach 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 was delighted to announce that all veterans were eligible for a complimentary 'Roast of the Day' during lunch on Anzac Day and many took the opportunity to be able to sit down and relax with a nice meal. We continue to connect to Veterans and their dependents through direct liaison, outreach and referrals from VetCen. Considerable work goes on behind the scenes in this area that provides our vulnerable Veterans and their dependents with required support and referrals.



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 BDRSL, 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.

National Volunteer Week was celebrated with our Sub-Branch hosting a special event where we were able to celebrate the invaluable contributions of our dedicated RSL volunteers. The event was titled "Celebrating Our RSL Community Champions," and recognised and appreciated the exceptional efforts of many of the Sub-Branch volunteers.

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, the March meeting in Castlemaine, and the May meeting in Koondrook have been productive. We extend our congratulations to Immediate Past President Peter Swandale for his current role in the RSL Victoria State Executive who attends our Region 7 meetings as part of his role.

2024 Anzac Day: This year's Anzac Day held 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.

PRESIDENT'S REPORT

In conclusion, I hope that our Sub-Branch provides 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.



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LEST WE FORGET

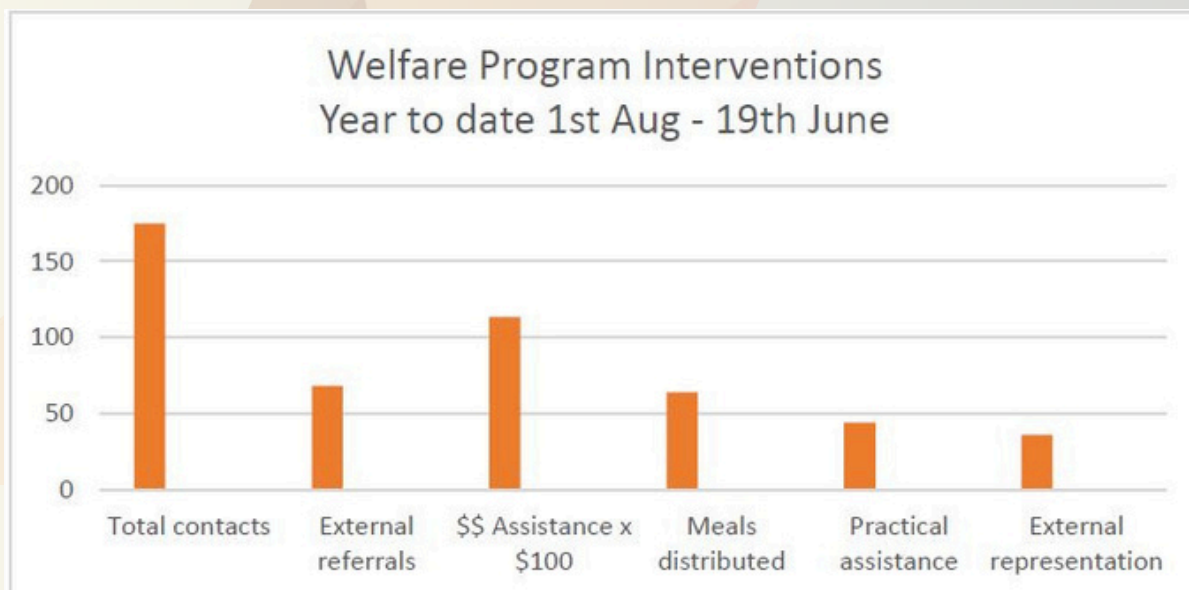
VETERAN SUPPORT- WELFARE

The BDRSL Welfare Program, through the Welfare and Charitable Sub-Committee (WCSC) delivers direct proactive support, connection and outreach to the Veteran community through face to face and telephone contact and off-site visitation. Service personal identified through networking, word of mouth and direct referral are supported in-house and followed up directly by the Welfare Advocate. Other contacts are connected to appropriate adjunct agencies to facilitate both autonomous support and ease of access to those support interventions. The Welfare Program strongly networks with all local and Statewide ESOs and support agencies to establish and cement sound relationships of support, trust and integrity.

This quarterly report provides an overview of activities, initiatives, and developments pertaining to the WCSC supported by the Bendigo District RSL Sub-Branch during the reporting period of December 2023 - June 2024. The report highlights key achievements, challenges, and ongoing efforts to enhance the welfare and support of Veterans and their dependents in the region.

Veterans Engagement and Support:

The Welfare Program has continued the initiative that was commenced in 2023 to contact all identified Veterans within the District who are on the RSL's database. At the time of writing close to 75% of service personnel – out of a total of close to 900 - have been contacted and offered welcome, connection, support, and assistance on their terms. While the majority of contacts require no further assistance the consultative analysis undertaken post-contact identifies approximately 20% who are in need of or request support for common themes such as financial support, assistance with house/garden tasks, and opportunities for social inclusion.



- Total contacts include: ad hoc walk ins, telephone contacts, visitations, and call outs.
- External referrals include: DVA support issues, legal advice, welfare / financial support, Veteran's support services.
- Financial assistance includes: individual food / fuel vouchers, utilities support, home / garden maintenance support.
- Meals distributed include: individual fresh and frozen take away meals only.
- Practical assistance includes: assessment/authorising of home maintenance tasks, pickup from individual homes to appointments, liaising with 3rd parties etc.
- External representation includes: any initiated networking and collegial opportunities with sector colleagues and associated agencies.

VETERAN SUPPORT- WELFARE

Outreach:

A strength-based networking and outreach strategy has been pursued by the incumbent Welfare Advocate. Local Exservice Organisations - Rochester RSL, Shepparton RSL and Castlemaine RSL have been contacted and key personal communicated with. Organisations such as Lifeline Bendigo/Goldfields, the Veteran's Counselling Service, and Uniting Agewell for example have been networked within this report period.

Outreach and connection has identified issues such as:

- The difficulty involved in working through compensation issues with DVA. The Welfare Advocate has sourced other referral points for Military Compensation Advocacy and has safe, sensitive and competent agents acting on behalf of Veterans.
- The need for social connection which is absent from a lot of Veterans lives. A significant number speak of a sense of loneliness in their lives. Proactive inclusion is achieved through invitational outreach to the BDRSL Sheds program, Veteran's in-house social functions, and other affiliated community activities.
- Many Veterans need to seek support to complete routine domestic tasks such as gardening chores or internal / external home maintenance. Amongst other issues that this raises there are greater incurred financial expenses.
- Many are struggling with the impact of advancing age and the lessening of cognitive and physical capacity. This has an impact upon self-esteem and self-confidence.

Upcoming Initiatives:

- The Welfare & Charitable Sub-Committee is considering ways to resurrect the Hospital Visitation Program that was in place before the impact of Covid closed down contact and on-site visitation.
- The Welfare program is also considering recruitment to bolster the endeavours of current members and sustain the sub-committee.
- The Welfare Hub is under-resourced and utilised.
- More "welfare-specific" activities could be organised. The welfare advocate has plans to aggressively drive this with the up-coming commencement of the new Veteran's Activities Coordinator.

The Sub-Committee remains committed to supporting the welfare of Veterans. We continue to foster a strong pro-active and supportive community for veterans in the region by supporting our Veterans through effective welfare programs and initiatives.

John Edelsten
Chair- Welfare & Charitable Sub-Comittee
Bendigo District RSL Inc.

03 5443 4013

welfare@bendigorsl.com.au

www.bendigorsl.com.au/welfare-office

MONDAY - THURSDAY

9:00am - 4:30pm

VETERAN SUPPORT- HEALTH AND WELLBEING

This report provides an overview of activities, initiatives, and developments pertaining to the Health & Wellbeing Sub-Committee (HWBSC) supported by the Bendigo District RSL during the reporting period of January - June 2024. The report highlights key achievements, challenges and ongoing efforts to enhance the health and wellbeing of Veterans in the region.

During this reporting period, the HWBSC continued its efforts to promote the physical, mental, and emotional wellbeing of our veterans and members. The BDRSL is currently in the hiring phase for a new Veteran Activities Officer.

Programs and Initiatives:

During this period, the Health and Well Being Sub Committee facilitated the following regular activities for this reporting period:

- The Sheds programs offer woodwork, metalwork, art, gemstones, leatherwork, haircuts, lead lighting and Computers.
- Group Cross-Fit.
- Yoga in conjunction with Kangaroo Flat RSL.
- Veterans' Morning Tea.
- Veterans' Golf Day.
- Walk, Talk & Cuppa in conjunction with Bendigo Veterans Exercise Program.
- An ongoing 3-month calendar of events for Veterans' activities.
- An enhanced Veteran support brochure stand is displayed at the entry of the RSL providing support and activities offered.

Initiatives that have also occurred during this period are:

- Monthly Health and Wellbeing Newsletter.
- Sheds working group to enhance Sheds arrangements for the Veteran Community.
- Melbourne Flower Show visit 20th March 2024.
- Veterans' Family Day at the Big Bendi 17th March 2024.
- 2024 Be Well, Be Connected; Expo for older adults and people with disabilities 15th May 2024.

Potential Events are:

- AFL Trips.
- Victorian Historic Racing Register (VHRR): Winton Car Racing Winton Festival of Speed on the 3rd August 2024.
- Victorian Historic Racing Register (VHRR): Historic Sandown on the 11th November 2024.
- BBQ on the RSL rear terrace for veterans' groups, i.e RSL Sheds Program.

Health and Wellbeing Support:

Is now extended by the use of:

- Monthly Calendars.
- Health & Wellbeing Program Newsletter.
- Veteran Support Brochure Stand.

These are located at the front and rear entrance to the RSL, on the Bendigo District RSL Veteran Support and Central Victorian Veterans Facebook sites.

VETERAN SUPPORT- HEALTH AND WELLBEING

Challenges and Opportunities:

Collaboration opportunities with other Ex-Service Organisations (ESO) was achieved by 2024 Be Well, Be Connected; Expo for older adults and people with disabilities held on the 15th May 2024.

Upcoming Initiatives:

Looking ahead to the next quarter, the Health and Wellbeing Sub-Committee are planning day trips with invitations extended to surrounding Sub-Branches.

Possibilities may include:

- Ballarat - Sovereign Hill
- Bicycle ride on the O'Keefe Rail Trail to Axedale
- Train trip to Kyneton RSL for lunch offering other Sub-Branches in the area to catchup.
- Star Cinema Movie Nights.

Conclusion:

Appreciation to our previous HWPSC Chair Sherri Burke, for her tireless efforts in supporting the Health & Wellbeing Program during her tenure.

The BDRSL Health & Wellbeing Program Sub-Committee remains committed to improving the overall health and wellbeing of our Veterans. The initiatives undertaken during this quarter reflect our dedication to promoting physical, mental and emotional wellness within our community.

Glenn Ludeman
Interim Chair



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

July			
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
Chair Yoga (Deep Breathing & Mindfulness)	Thursday- 11 th + 25 th (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

August			
ACTIVITY	DATE	TIME	LOCATION
Walk, Talk, Cuppa	Friday- 2 nd	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 4 th	11:00am Tee Off	Neangar GC / BDRSL
Veterans Morning Tea	Friday- 16 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
Chair Yoga (Deep Breathing & Mindfulness)	Thursday- 8 th + 22 nd (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

September			
ACTIVITY	DATE	TIME	LOCATION
Walk, Talk, Cuppa	Friday- 6 th	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 8 th	11:00am Tee Off	Neangar GP / BDRSL
Veterans Morning Tea	Friday- 20 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
Chair Yoga (Deep Breathing & Mindfulness)	Thursday- 5 th + 19 th (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

COMMEMORATIVE ACTIVITIES

ANZAC Day

Thank you one and all for helping us to commemorate ANZAC Day this year. The turnout from the people of Bendigo for both the Dawn Service and the morning service was amazing. It is vitally important that the commemoration of this sacred day be held in the highest esteem, to remember the service and sacrifice given to our nation by so many over so many years, in so many conflicts.

They Shall Not Grow Old. . .

Lest We Forget



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LEST WE FORGET

BENDIGO MILITARY MUSEUM

The Bendigo Military Museum continues its efforts to honour the service and sacrifice of local Veterans by preserving the rich military history of our region. We remain focused on working with the community to improve our collection and exhibits whilst planning for the future to provide a museum the Sub-Branch can be proud of.

The year commenced with the Golden Rivers Artist exhibition and was followed in Autumn with the Faces of Peace exhibition which showcased local veterans in Peackekeeping, Peacebuilding and Peacemaking operations around the world. Faces of Peace opened on the 5th April and has been extremely well received so it has now been decided to extend its tenure to November 2024. If you haven't seen it yet, I strongly recommend you do so. Heartfelt thanks must go to those veterans who contributed their stories and memorabilia to make the exhibition such a compelling display.

Our cataloguing team continues to do great work in cataloguing all BDRSL Sub-Branch Memorabilia on the Victorian Collections Database. They have catalogued 7549 items as of 31st May 2024. The team has also catalogued the items inside the Havilah Road premises as well as the pieces in the Memorial Garden and grounds e.g. Spitfire, Bofors etc. These items are now discoverable on the Victorian Collections Database which will hopefully draw more visitors to the Sub-Branch.

We have hosted numerous visitor groups since the last newsletter; too many to mention in fact. Kym is doing a great job coordinating the various school and social groups which request visits and our ever-reliable tour guides are doing a fantastic job supporting him. For the first time we opened the Museum upon the completion of the ANZAC Day Dawn Service and saw 343 people file through the building. This was a record for us and followed on from the strong numbers over Easter.

We have successfully engaged academia and have had two (2) students (1 Deakin Univerity, 1 Melbourne University complete their placements where they spent 300 hours supporting BMM activities. We are looking to engage further university students once the new semester commences. We have also had three (3) work experience students within the BMM so far this year which has worked out well.

In closing, I'd like to acknowledge the tireless work of Lena (our Curator) and the support we receive from the office and maintenance staff. As stated previously, we can't do anything without our band of dedicated volunteers, and we truly appreciate their efforts and selflessness as well. If you are interested in volunteering a few hours, particularly as a Tour Guide, please feel free to contact us via email at museum@bendigorsl.com.au or call the museum on 5442 4513 on Wednesdays between 10.00am and 2.00pm.

Steve Burke
Chair, Bendigo Military Museum Sub-Committee



APPEALS

I'm glad of this opportunity to give our members a brief update on what we've been up to with appeals in recent months.

The last Appeals report made much of the fact that we were gearing up for the 2024 ANZAC Appeal. Well, it's obviously now come and gone and I'm very pleased to report that we raised almost \$86,000.

As for every appeal, thanks must go to every school and business that took and sold honesty Boxes, every organisation that allowed us to sell at their location and every volunteer that devoted their time and effort and, through which, allowed us to achieve what we did. However, there are also some special thanks for contributions 'above and beyond':

- Vietnam Veterans of Australia (FSB Bendigo) for the use of their facilities throughout the Appeal.
- The Bendigo Jockey Club, the Bendigo Showgrounds Market and the Bendigo Rotary for allowing us to sell at the Bendigo Golden Mile race meeting and the Easter Fair.
- Strathfieldsaye IGA, Long Gully IGA, Eaglehawk IGA, Maiden Gully IGA, Kennington Strath Village, APCO Junortoun, Bendigo Marketplace, Bendigo Pie Shop, Epsom Village and Bunnings Epsom for permitting us to operate our selling locations.
- The Real Estate agents of Bendigo for yet again completely manning the Selling Location at the Gillie's Corner and again providing incredible support to our selling efforts.
- Ray White Bendigo for completely manning the Strathdale selling location throughout the Appeal.
- The leaders and members of 410 Squadron, Australian Air Force Cadets, TS Bendigo Australian Navy Cadets and 309 Army Cadet Unit for giving their time to sell at major activities around town.
- Ian Anderson and Jeff Crust for arranging and selling badges in Mitiamo and Elmore respectively.
- And, without whom none of this would have been possible, the Appeals Committee of Grace Warner, Sam McGowan, Andy Turner and Hugh Elphinstone.

Thanks also to all those schools and businesses that took and sold Honesty Boxes for us. In no particular order, thanks to:

Quarry Hill Primary School
Eaglehawk North Primary School
Girton Grammar
St Joseph's P/S
Kennington P/S
St John of God Hospital- Bendigo
Central Newsagent
White Hills Chemist
Fitzpatrick's Home & Hardware
Abbotts Building Supplies
Golden Square P/S
Camp Hill P/S
California Gully Primary School
Marong Primary School
Bendigo Kangan Tafe

Eaglehawk Primary School
St Francis of the Fields
Lockwood South Primary School
Camp Hill Hotel Eaglehawk
Quarry Hill Café & Larder
Kennington Dental
ESTIA Golden Square
Victoria Police
Café Roubaix
Ray White Real Estate
Ambulance Victoria
BUPA Bendigo
Elmore-Campaspe Run
Elmore-Tin Teapot Café
Benetas (St Laurence Court)



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APPEALS

Congratulations to Annette Curtis, Bev Billingsley, Bev Parish, Pat Petri, Hugh Elphinstone, Brian Palmer and Heather and Howard MacDonald, all of whom received certificates recognizing their support to our Appeals over many years.

But, as always, there are a number of others who also deserve our special thanks. Our deepest thanks and appreciation to:

- Pam and Ross MacDonald
- Lyn Young
- Ian Ray

The focus of the Appeals team is now fully on gearing-up for the 2024 Poppy Appeal. The key dates for the Appeal are:

- Committee Start-Up meeting: Mon 09 Sep 2024
- Committee Confirmatory meeting: Mon 21 Oct 2024
- Working Bee (Appeals Office) - SetUp Tue 29 Oct 2024
- Sell at Bendigo Cup (if permitted): Wed 30 Oct 2024
- Distribute Honesty Boxes: Thu 31 Oct/Fri 01 Nov 2024
- Sell at BDRSL Members' Night: Fri 01 Nov 2024
- Sell at Selling Locations: Sun 03 Nov – Mon 11 Nov 2024
- Sell at BDRSL: Fri 08 Nov 2024
- Sell at Showgrounds Market: Sun 10 Nov 2024
- Collect Honesty Boxes: Tue 12/Wed 13 Nov 2024
- Working Bee (Appeals Office) -Closure Wed 13 Nov 2024
- Committee Wash-Up Meeting: Thu 14 Nov 2024

As always, we'd be very grateful for any of you who can help with this 2024 Poppy Appeal, whether helping with the set-up and close working bees, selling badges at our various selling locations around town or distributing/collecting the honesty boxes to schools and businesses. If you're a regular volunteer and haven't heard from me or one of the team by early November 2024, don't be bashful, please give the front office or me a call and we'll fix what has obviously been an oversight.

The biggest challenges facing us for future Appeals continue to be the economic environment and our internal sustainability. We can't do anything about the economics, but we CAN do something about our number of Volunteers. So please remember:

Carl Chirgwin
Appeals Chair
Bendigo District RSL Inc.



CENTRAL VICTORIAN VETERANS

Central Victorian Veterans (CCV) members supported the Sandakan Commemorative Service on the 3rd March 2024 with approximately 12 members helping out for the service, CVV Chair laid a wreath for the service.

Anzac Day 2024 saw a large number of members from CVV March in the Dawn and Morning Services and undertaking duties at the many services around the Bendigo area.

27th April 2024 CVV Veterans and family attended the Anzac Day Memorial Game at the Red Energy Arena and was enjoyed and appreciated by all who attended.

The Annual Dinner this year on Saturday 14th September, Australian Peacekeepers Day. CVV have been asked and welcomed the opportunity to facilitate this event.

Tim Hughan

Chair- Sub-Committee- Central Victorian Veterans.


Bendigo District RSL Inc.



WHAT'S ON

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.



VETERANS
Happy Hour

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

\$500 Jackpot

1ST FRIDAY OF EVERY MONTH 6 - 8PM

*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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BENDIGO DISTRICT RSL
LEST WE FORGET

MyRSL
members get more



**Courtesy Bus
Now Running**

4.30pm - 9.00pm

BENDIGO DISTRICT RSL BUS

Covering a 10km radius around the Bendigo District RSL Sub-Branch every **Thursday, Friday & Saturday**

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.



WALK, TALK, CUPPA

Join us at 9am First Friday of the month

Walk at your pace and your distance

Meeting at Thrive Gym 28 Abel Street, Bendigo

Friday 5th July Friday 2nd August Friday 6th September

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.



AFFILIATE
Happy Hour

3RD FRIDAY OF EVERY MONTH

\$250 JACKPOT
RAFFLE PRIZES

10% DISCOUNT
ON FOOD & DRINKS 6-8PM

*Affiliate members receive a 10% discount on food & drinks between 6-8pm on the 3rd Friday of every month.
**If the jackpot is not claimed after 3 draws, it will jackpot the following month by \$250.

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BENDIGO DISTRICT RSL
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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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LEST WE FORGET

WINNERS



☆☆☆☆☆
Thursday
MEMBER'S NIGHT
 6PM - 8PM

WEEKLY MEMBER'S
JACKPOT
\$1,000 MAX VALUE **\$5,000***

PLUS meat trays and gift card draws from 6pm
Tickets available at the bar

Phone 03 5442 2950 to book

*The \$1K jackpot if not won, increases each week by \$1K until a max of \$5K is on offer. Then the \$5K must be won before the jackpot resets to \$1K again.

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BENDIGO
 BENDIGO MILITARY SERVICES
 LEST WE FORGET

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GIVING BACK

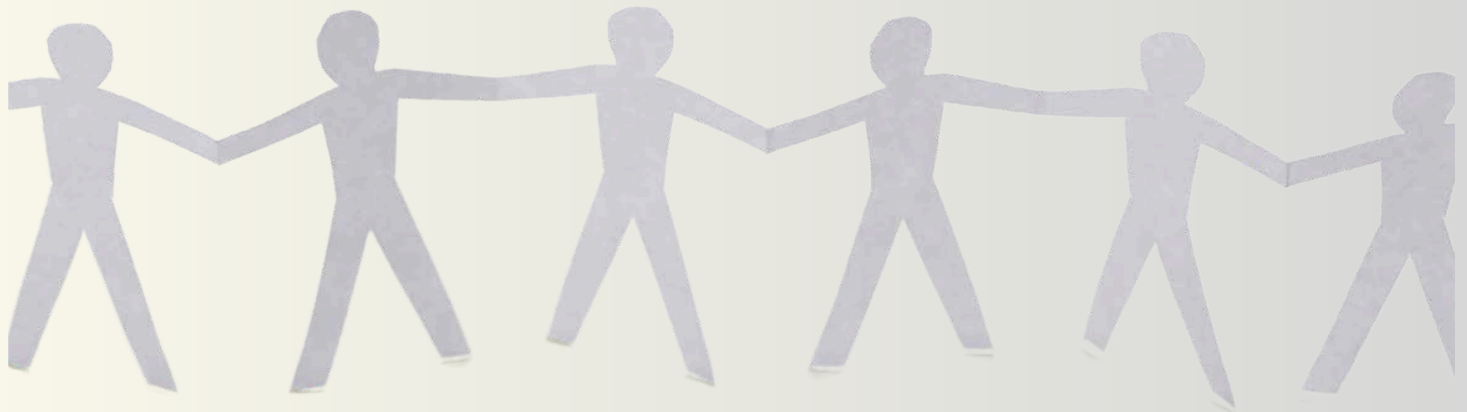
The Bendigo District RSL is excited and proud to sponsor a number of causes including local sporting and support groups as well as statewide and national institutions.

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

Parma Nights **only \$22.90**

NOW MONDAY & TUESDAY

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

Picture is a representation only. Not available public holidays - no further discounts apply

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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**

Picture is a representation only. Not available public holidays

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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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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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BIG BREAKFAST ONLY \$22.90

Sunday 9am - 11am
Kids, Seniors and Vegetarian options available.

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PARMAGEDDON
AVAILABLE MONDAYS ONLY

ONLY \$28 **DOUBLE 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

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

MyRSL

WEDNESDAY Steak Night 250g rump **only \$29**

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

Picture is a representation only

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

MyRSL

Tradies' Deals

In the Sportsbar | Lunch only | Mon - Fri

ONLY \$22

Picture is a representation only

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Ph: (03) 5442 2950
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MyRSL

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!

www.bendigo.com.au
Ph: (03) 5442 2950
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MyRSL

Winter Warmers Menu Only \$22

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

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

Choose from:

- Curry of the Day
- Pasta of the Day
- Pie of the Day
- Wrap of the Day

www.bendigo.com.au
Ph: (03) 5442 2950
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MyRSL

MONSTER BURGER AVAILABLE MONDAYS

Two hand-made beef patties, Bacon, egg, cheese, tomato, lettuce, grilled onion, and tomato relish aioli

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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MyRSL

WEEKLY MEMBER'S JACKPOT

Thursday MEMBER'S NIGHT 6PM - 8PM

\$1,000 MAX VALUE \$5,000

PLUS meat trays and gift card draws from 6pm
Tickets available at the bar

Phone 03 5442 2950 to book

*The \$1K jackpot if not won, increases each week by \$1K until a max of \$5K is on offer. Then the \$5K must be won before the jackpot resets to \$1K again.

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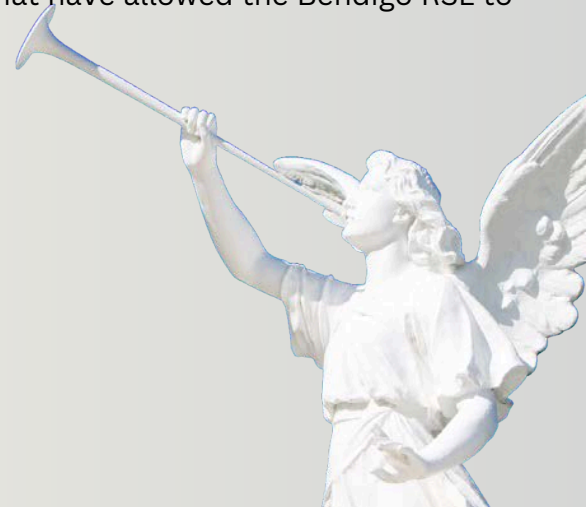
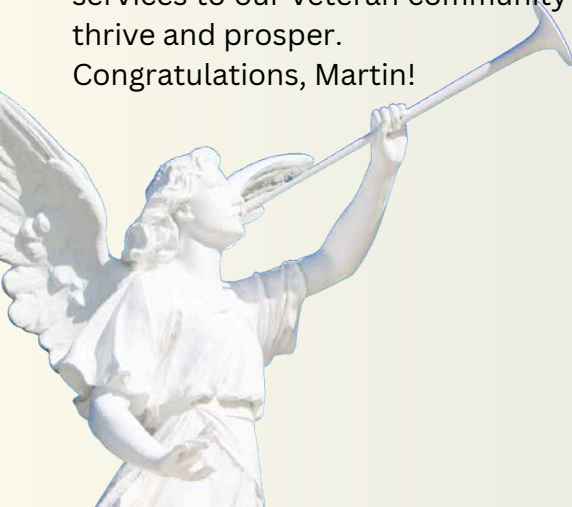
Doin' Time



A big shout out and heartfelt congratulations to our General Manager, Martin, for completing 10 years of dedicated service to the Bendigo RSL, veterans, members, staff, and the wider Bendigo community.

Over the past decade, Martin has guided significant changes, resulting in a substantial increase in services to our veteran community and spearheading initiatives that have allowed the Bendigo RSL to thrive and prosper.

Congratulations, Martin!



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*Terms and conditions apply



MyRSL

LEST WE FORGET