



## Newsletter September 30, 2020



### President's message

It is with great pleasure that I can inform you that after a meeting on Monday September 28, the Sub Branch and the Services Club now have an agreement in principle on the substantive issues that we been discussing for months.

Both parties met with representatives of the bank, NAB, to sort out the details.

The agreement in principle is being drawn up and will be sent to the lawyers representing both parties to draw up a formal agreement in line with our discussions. The Sub Branch thanks the Services Club for its co-operation.

– **Geoffrey Gardiner, Sub Branch President**

### State Government approves Memorial Garden landgrab

**Queensland Transport Minister Mark Bailey has announced \$7 million in state funding and \$4.2 million in council funding towards an \$18.2 million extension of Third Avenue to Nicklin Way that will, if it goes ahead, devastate our Memorial Garden.**

The funding is part of a \$57 million project that includes the extension of Bells Creek Arterial Road to the Bruce Highway.

Mr Bailey said a Federal Government \$7 million commitment to the Third Ave expansion was expected to be confirmed as part of its Budget.

He said the Third Avenue project was a great example of how all levels of government were working together on the Sunshine Coast – but he did not mention community opposition to the project slicing through the Caloundra RSL Memorial Garden.

A statement from Mr Bailey's office quoted Sunshine Coast Council Acting Mayor Rick Baberowski and Cr Terry Landsberg welcoming the Queensland Government's commitment to the Third Avenue intersection project.

"What is important about this commitment is that it is an essential first phase in delivering a much needed alternative access to the Caloundra CBD and beaches," Cr Landsberg was quoted as saying.

The Sub Branch has never denied that traffic upgrades were needed to relieve congestion on Caloundra Road. However we have consistently said other options for the upgrade, particularly along Arthur St, would provide just as much traffic efficiency but avoid desecrating our Memorial Garden.

The Sub Branch is now considering the next step in its campaign to save the garden.

– **Terry O'Connor, Junior Vice President**



### Auxiliary to meet on October 5



The Women's Auxiliary will meet on October 5, its third meeting since the club opened up. Good numbers have attended and along with the meetings we have enjoyed lunches together.

We are trying to keep the meetings as normal as possible with guest speakers including Terry O'Connor from the Sub Branch giving the ladies an update on what is happening there. There are more speakers organised for the next two meetings.

The ladies were very generous in donating personal items to Share the Dignity, a charity that makes an on-the-ground difference to those experiencing poverty by providing products to those in need of help.

This year we are unable to have our Christmas markets due to distancing, which is disappointing but understandable.

Because of this we are holding a raffle which will be sold in the club. Tickets will be \$10 each, and with only 200 tickets for sale there will be at least 10 prizes including an oil painting, jewellery, crocheted blankets, dinner and more. Please support us so we can support the Sub Branch.

One of our ladies has been a long time in hospital but is now in rehab so hopefully there will be lots of improvement.

I would like to thank the Club staff, especially Priscilla, in their support of our meetings.

– **Helen Smith, President, Caloundra RSL Women's Auxiliary**

### Chaplain Max's tips for health

Navy Chaplain Rendell "Max" Walker, of MH-60R, says stress and anxiety are normal and natural parts of our lives, but need to be handled right.

"You and I need to manage these parts of our lives just like we do for other aspects of life," he says.

"Stress (whether internal or external) has a cause and anxiety (over a range of intensity) is our response to stressors.

"To look after our family and friends, we need to be resilient when it comes to managing our own lives with respect to stress and anxiety. Here are some tips that you can apply to moderate and shape a resilient response for your own mental health."



1: **Relaxation**

This includes controlled breathing techniques, meditation, reading, having a massage or a bath.

2: **Do things you value**

Prioritise the most valuable and meaningful areas of your life to avoid spreading yourself too thin.

3: **Family and friends**

Good social support can act as a buffer against stress, so surround yourself with people who know how to relax and have fun.

4: **Be in the moment**

Practice mindfulness; engaging in the present reduces stress and makes you less likely to worry about the future.

5: **Use humour**

Simple ways to de-stress using humour include watching your favourite comedy show, listening to what little kids say and try to see the funny side of a situation.

6: **A healthy lifestyle**

Eating nutritious foods, getting adequate sleep and regular exercise, all assist in helping people cope with daily life stressors.

7: **Ban negative thoughts**

Substitute all-or-nothing thinking like 'if I don't get full marks I am a failure' with realist thoughts such as: I am intelligent and a valuable person regardless of my results.

8: **Learn to say No**

Don't say yes to win approval at the expense of yourself: it is okay to say no and most people will appreciate clear boundaries and honesty.

9: **Prioritise yourself**

It is important to remember that you will have trouble being of any use to anyone if you are stressed to the point you are burnt out.

10: **Self compassion**

Take comfort in the knowledge that everyone feels stressed at some time and we are all in this together. Respect and love yourself.

Give some or all of these ago, and if you like, give me some feedback of how you went.

– **Chaplain Max ([rendall.walker2@defence.gov.au](mailto:rendall.walker2@defence.gov.au))**



### Tell us what's happening

Now, more than ever with the shutdown of normal communication through meetings and the usual get-togethers, the Sub Branch needs your input. This newsletter is your vehicle to tell your mates what's happening: what's good, what's different; what's worth knowing; what brilliant TV series or movies you've watched or whatever stupendous

news you want to share with the world. Send your news tips to newsletter editor Terry O'Connor, email [TerryO@caloundrarsl.com.au](mailto:TerryO@caloundrarsl.com.au).



Have you served in the Army and deployed on operations?

Have you transitioned out of the forces in the past five years?

Transition from the military is important, and Griffith University seeks ex-Army personnel to complete a confidential on-line survey:

**The Lost Soldier: Understanding Soldier Identity**

If you are interested in participating visit <https://is.gd/lostsoldier>.



At the end of the survey, you can express interest in a face-to-face intervention in Brisbane.

For more information email [megan.fry@griffithuni.edu.au](mailto:megan.fry@griffithuni.edu.au).

This QR code should take you directly to the survey in a web browser.

### What a great day for social bowls



What a day we had on Sunday September 13 – great weather, great people, great bowls, great BBQ, and also a great attendance – 20 bowlers and 20 enjoyed the BBQ.

Apologies were received from Ross Norman and Dulcie Wilson. A big thank you to Gene Nipperess for cooking the delicious BBQ.

We welcomed a new member, Stan Pollock. Also, four guests joined us – Al & Chris Franks and David & Shirley Lowe. We hope you will come again.

Steve Ward won an RSL cash card with "closest to the hooter" and the bowls winners of the day were Terry & Sharyn O'Connor

with the highest losing margin.

Our draws of an RSL cash card went to Toni Ward, Sharyn O'Connor and Terry O'Connor, and Vic Burr won the Pelican Waters Bowls Club voucher.

Something new:

We had a raffle of two breakfast trays – piled with bacon, eggs, chops, tomatoes and sausages, kindly donated by Noel Harm.

Thanks so much for your generous donation Noel, which raised \$127.80 for our club. Vic Burr and Georgina Nielsen each won a tray.

Social bowls stalwart Roy Howard deserted us – he was too busy winning the Pelican Waters Bowls Club Pairs Championship.



Death is a part of life.

Let's talk about death and dying.

Dying2Learn

### Dying2Learn - online course starts in October

Do you find talking about dying and death confronting? This can leave you feeling isolated, in distress, and unable to support loved ones who are at the end of life or dying.

Dying2Learn is an online course that aims to help people to be prepared to engage with issues arising at the end of life.

The free course runs from October 5 to November 2 and is open to all.

Dying2Learn enables participants to learn supportively and contribute to discussions. It is run by the CareSearch Project at Flinders University with funding from the Federal Health Department.

To save a spot and find out more, visit [www.caresearch.com.au/Dying2Learn](http://www.caresearch.com.au/Dying2Learn).

### Committee contacts

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Please feel free to contact any of your committee members.