



BOXHILLRSL

BOX HILL NEWS



COVID-19 RSL Update

As metropolitan Melbourne is experiencing Stage 4 lockdown with increased restrictions on most of our living and working environment, Box Hill RSL facilities will remain temporarily closed. However, despite this we want you to know that your Sub Branch is committed to continuing to provide Welfare support services to veterans and their families.

I want to thank all members who have been in touch to offer support to myself, Faye and our Club over the last 5 months during this pandemic. I also sincerely thank all our loyal members who continued to retain their membership of the RSL in economically challenging circumstances, the Committee and Sub-Committees of all the sections really appreciate your commitment.

I expect there will continue to be many more developments and changes to the situation throughout the coming months and I ask you all to listen to the Government & Health Departments protocols and abide by them so that we can all do our bit to stop the spread and save lives and keep more people healthy.

We know that veterans have experiences of change, separation, and challenge during their service career that can assist them to cope well during this time. We also know that a number of our veterans & members fall into vulnerable categories. So, rest assured we are committed

to supporting you in any way we can during this time.

Our delivery of these services has changed in response to the current situation and in doing so our Welfare Manager Faye Clark is available via phone & email during business hours. Her contact details are:

Email: welfmgr@boxhillrsl.com.au

Phone: **03 9897 6780**

It is also important as a community to keep an eye out for every member of the RSL family so as together we will emerge from this challenge stronger than ever. Please reach out to your friends, family and ensure that they are ok.

For all the latest Box Hill RSL updates, I encourage you to follow www.boxhillrsl.com.au Members Updates, Latest News and subscribe to our email alerts.

I wish you all health and happiness during these trying times and cannot wait to see you on the other side where we can all together enjoy a drink, meal and a chat at the club!

Denis Fernando
General Manager



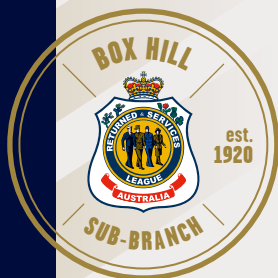
Welfare Report.

For all welfare matters telephone: Faye Clark on 9897 6780



BOX HILL NEWS

Stories by Members for Members



Our best wishes are with those members who are, or have been in hospital since the last issue.

**Nola Merryweather, Gordon Hang Gong,
Pat Keech, Vic Allen, Arthur Barnes and
Bill Gilmore**

VALE

lest we forget



Bob McLellan
Affiliate

Jocelyn Davis
103269 - RAAF

Christopher Holmes
3411750 - AATV

Lindsay Bail
3782489 - N.S.

Lorna House
Affiliate

Tom O'Donnell
Army

Patricia Trevare
Affiliate

Arthur Collingson
VX137851 - Army

Alan O'Toole
N.S. Army

Richard Bond
Social - Volunteer

Members in Aged Care

GEORGE AGIUS, Livingstone Gardens, 29 Livingstone Road, Vermont South

BEULAH ANDERSON, Alawarra, Inala, 220 Middleborough Rd, Blackburn Sth

COLIN BARRACLOUGH, Alawarra, Inala, 220 Middleborough Rd, Blackburn South

RON BATTEN, Heritage Gardens, 325 - 329 Canterbury Rd, Bayswater Nth

MAUREEN BRAYNE, Alawarra, Inala, 220 Middleborough Rd, Blackburn Sth

ERICA CAMPBELL, Opal Salford Park, 100 Harold St, Wantirna

MYRA CAMPBELL, Dorothy Henderson Lodge, 157 Balaclava Rd, Marsfield

MARGARET CAVILL, Highwood Court, 359 Warrigal Rd, Burwood

ALWYN CHARLESWORTH, Uniting AgeWell, 75 Thames St, Box Hill

BRIAN & THERESA CLANCY, ESTIA Lodge, 211-217 Wantirna Rd, Ringwood

MOLLIE CLOUGH, Kew Gardens, 22-24 Gellibrand St, Kew

ARTHUR COLLISON, Uniting Aged Care, 75 Thames St, Box Hill

ALMA & JAMES D'ARCY, Blue Cross, 48 Dorking Rd, Box Hill

JOCELYN DAVIS, Vasey RSL Care, 702-723 Hawthorn Rd, East Brighton

JOHN DONALDSON, ESTIA Health, 879 Plenty Rd, South Morang

NOEL & LOIS DUNN, BUPA, 296-304 Springvale Rd, Donvale

ALMA GEORGE, Broughton Lea, 9 -17 Broughton Rd, Surrey Hills

RHODA GORDON, Faversham House, 27 Shierlaw Ave, Canterbury

GORDON HANG GONG, Alexandra Gardens, 42 Old Warrandyte Rd, Donvale

SUSIE HALL, Rathdowne Place Aged Care, 497 Rathdowne St, Carlton

NORMA HARVEY, Sherbrook, 14-18 Tarana Ave, Ferntree Gully

KEN HAZELWOOD, Regis Lake Park 40 Central Rd, Blackburn

PAULINE HIRONS, Blue Willows, 74 Warrandyte Rd, Ringwood

KATHRYN HOLMES, Alawarra, Inala, 220 Middleborough Rd, Blackburn Sth

BOB HOWDEN, Mannacare, 371 Manningham Rd, Doncaster

NORMA IRELAND, Eva Tilley, 110 Burke Rd, Balwyn North

CARMEL JOHANSEN, Opal Gracedale, 205 Warrandyte Rd, Ringwood Nth

WILLIE KLOMP, Dutchcare, 736 Mt Dandenong Rd, Kilsyth

DOREEN KNOP, Livingstone Gardens, 39 Livingstone Rd, Vermont South

IVY JEAN KUTCHER, Faversham House, 27 Shierlaw Ave, Canterbury

GARRY LEVEY, Broughton Lea, 9-17 Broughton Rd, Surrey Hills

BETTY MADDOCK, Faversham House, 27 Shierlaw Ave, Canterbury

BERYL MAINON, Arcare Surrey Hills, 18 Florence St, Surrey Hills

NOEL MCMAHEN, Faversham House, 27 Shierlaw Ave, Canterbury

BORIS MATHERS, Grand Cedar 61-63 High St Rd, Ashwood

NOEL OUTHRED, BUPA Donvale, 296-304 Springvale Rd, Donvale

JACK PHILIPS, Waverley Valley 29-33 Chesterville Rd Glen Waverley 3150

FRED PIKE, Faversham House, 27 Shierlaw Ave, Canterbury

LOIS PRICHARD, Arcare Surrey Hills, 18 Florence St, Surrey Hills

GEORGE REDFERN, Blue Cross, 40 Dorking Rd, Box Hill

AVRIL SCHOLEFIELD, Lynbrook Park, 42 Olive Rd, Lynbrook

MYRA SPENCER, Faversham House, 27 Shierlaw Ave, Canterbury

BARBARA STRUDWICK, Nellie Melba ACF, 2 Collegium Ave, Wheelers Hill

EDNA TANDY, Alawarra, Inala, 220 Middleborough Rd, Blackburn Sth

DAVID TAYLOR, Blue Cross, 250 Waterdale Rd, Ivanhoe

JOHN VALENTINE, Emerald Hill, 215 Napier St, South Melbourne

PHIL WALTER, Regis Lake Park, 40 Central Rd, Blackburn

LANCE WARD, Arcare, 75 King St, Templestowe

HARRY WESTBURY, Aveo Domaine, 31-43 Victoria St, Doncaster

JACK WHITTEN, James Miller Centre, 9 -15 Kent St, Glen Iris

Our Volunteers:

MAKING THE BEST OF COVID LOCKDOWN

I ASKED OUR VOLUNTEERS 'WHAT THEY WERE DOING DURING LOCKDOWN':

5 / Ways to Wellbeing

The '5 ways' are based on extensive international research about the modifiable determinants of wellbeing. You can do this even during COVID-19. Here are some suggestions.



CONNECT



BE ACTIVE



**KEEP
LEARNING**



BE AWARE



HELP OTHERS

Knitters

When you tell creative people that they must stay at home they say "no worries" because staying indoors and sitting in front of the TV is their superpower.

Your Box Hill RSL Knitting Group has been busier than ever knitting and crocheting beautiful handmade items for charity. Whilst we have missed catching up in person and enjoying lunch together at the RSL, we have all been keeping in touch and our volunteer hours have been adding up. We even had a couple of our members hospitalised during this time but all are well now.

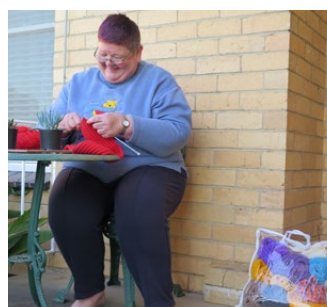
Since the beginning of the first lockdown we have clocked up over 1,500 hours and made over 100 items consisting of: beanies, scarves, cowls, gloves, toddler/baby jackets, knee rugs and cot blankets.

We work as a team and spread our skills. Some of us make complete items and others knit squares that one of our other members will then make into knee rugs. Over 120 squares have been produced during this time.

The Knitting Group members are Dorothy Conway, Karen Holt, Hazel Mourney, Vilma Dodd, Bettina Pollard, Viti Keys, Maree Ritchie, Yvonne Yodgee and Laura Yodgee.

While we patiently wait for the lockdown to end, we will keep busy making and look forward to when we can catch up again.

Laura Yodgee



Above:

Pictured are Hazel Mourney, Karen Holt, and Judy Coates, along with items made by Dorothy Conway & Judy Coates.

Bowling Section

This is how Dennis has spent his days in lockdown: painting. On the wall behind him is his previous painting done during this time. Hope this is of some interest to you.



Heather Arnel

I have been sorting the family tree and the family photos, pottering in the garden on fine days and feeding my mates. Would love to say I've booked a trip. Trust all is well with you.



Cheryl Ryan

I managed to scratch together for your newsletter, a bit of what the bowl section, and its members have been up to in recent shutdown times.

Like everybody else at the moment, during these disturbingly shutdown times, the bowl section and bowl players have found it quite difficult in not being able to take to our green, whilst the RSL itself, sadly, is in full closure.

The good news being, negotiations took place with Blackburn North bowling club, which resulted in their generosity to let us use their greens for four hours at a time, on two separate days a week for a roll up, and to get together for a social game (10 people 5 rinks at a time).

These games are well in line with COVID-19 health regulations, and all precautions are taken, for the safety of everyone.

This has proved to be very successful enjoyable times, for our ardent social winter bowlers. Thanks to club man Peter Houghton for his availability in organising, and in the running of these events. We are all appreciative of your input and time, Pete, and to those who have participated and taken up this opportunity to continue to bowl.

Other members, a few having to put on hold their usual, this time of year, holiday plans to warmer weather up north, are filling their days by including some extra exercise; I have just got myself a rowing machine, looks good alongside my treadmill and bike (little more motivation needed). Some members are experimenting with cooking new recipes, replanting the garden, house painting, reading, and sewing; now the mask pattern is available, all fancy materials and ideas are coming into focus, just ask Cheryl Frail. Some have taken up new hobbies and others returned to past hobbies they haven't had the time to participate in recently.



We are a close family orientated bowls club, now that we are unable to gather face to face, caring members are ringing, emailing etc to keep in touch, especially with isolated members living on their own to check their wellbeing, and offer assistance in any capacity.

We have also had recently a couple of male members hospitalised and now fitted successfully with body performance enhancers! Got ya, (pacemakers). Watch out for the bionic team called the "Heartbeats" on our green this season if, and when, we ever get there.

Management are holding monthly meetings, via Zoom, getting together days and dates for our special bowling events and social days next year, which is quite difficult due to the unpredictability of the current situation; the need of the Pennant season fixture yet to be finalised by BV, still to come, all need to be put together for the printing of the 2020/2021 members book, which we hope will go ahead shortly.

In the meantime, we all look forward in the near future (hopefully) to getting back together, to enjoy company and celebrate a much better, happy, healthier way of life for everyone.

Helen Harrington

Volunteers

Trying to stay motivated to keep fit.

Paul Aikenhead

What have I done to beat the boredom? Well I thought I would be able to sleep in for a little while, but no, 6am my alarm clock (Goldie the greyhound) wakes me wanting to go for her morning walk!

Then I am fully awake, so time to start the day. I cleaned out cupboards and found things that haven't seen the light of day for years! By this time I have had enough cleaning and it's time for a break and a nice cup of tea.

Regards

Brenda Burr

Snooker Section

My wife Margaret has been busy making face masks and getting in some snooker practice on our table. Myself, I've been busy around our Warburton Home and some snooker practice for me as well.

Rick Conomy



Darts Section

We've been keeping out of trouble. We did manage to sneak in a few lunches at the Club before the second shutdown. 7am shopping who would have thought!

Helen still knitting charity rugs and playing 'Words with Friends' Scrabble on her phone. I've been busy with the Box Hill Art Group. We have been setting weekly challenges for our members to keep them involved.

We have just finished our online exhibition. The opening was on YouTube last Monday night.

Helen & Ray Jones



Visitors

Visitations go on. 102-year-old Broughton Lea resident, Alma George and 72-year-old Graeme semi-joke that they act out the *Balcony Scene* from Act 2 of Shakespeare's *Romeo and Juliet*: 'That which we call a Rose, by any other name, would smell as sweet' -- Graeme said he has always loved older women. Right now, hugs and kisses and love are gestures through a pane of glass and words over the phone.

Julie Agnew

It is a beautiful morning. At least I can lie in bed and look out over the back garden.

What happened? Smoke alarm batteries were up for changing. I brought in my very sturdy stepladder but failed to lock in the braces. My brain was in neutral. I got about three steps up the ladder when its feet slid outwards very quickly, and I landed very heavily across five steps.

Very unlike me, I said to Julie an ambulance was in order. I am black and blue in many places, but the cheek bone is the worry. It is likely the five pieces will be pinned together. It could have been way worse ... and I can still laugh without it hurting. Anyway, stay well and keep hubby off ladders.

Graeme Agnew

A timely warning to all those would be DIY's over 60 out there!!!



NSSA Section

I have been far busier in my home office than before COVID-19. Although the Whitehorse Nashos have been unable to meet at the RSL, the State Nasho Executive Committee has continued to meet via Zoom teleconferencing. Zoom is a great way to have "everyone in the same room" without having to leave home. Box Hill RSL member Richard Tregear has recently been appointed as State Treasurer of the NSAA Victorian State Executive; Malcolm Fraser and Jim Farrow have been appointed to the State Committee to coordinate Nasho Navy Day celebrations at HMAS Cerberus in October. Sue Stewart

and I still have a lot of re-organisation work to do in the library, and will return to the task when restrictions are eased.

Peter Norman



Committee

A DAY IN THE LIFE OF LOCKDOWN

Lockdown doesn't have to be boring all you need to do a find an interest.

I've managed to keep reasonably busy during the lockdown, I have several daily chores to do which occupy part of my day.

The chore I get the most enjoyment out of is cooking. I do the cooking in my house, I like cooking and try to be creative when I can. This invariably means that I need to shop for ingredients. My neighbour said to me I should use home delivery, my response was the shopping trip is my way of getting out of the house. On the whole my cooking skills have been good with very few disasters. The only trouble being unlike a restaurant, I can't send the disaster back to the kitchen and order something else.

I am still in contact with the 305 Army Cadet Unit; I run weekly Zoom meetings with the Cadets and, on other occasions, I and my staff plan for a resumption of face-to-face training when the COVID-19 restrictions allow. It has become very challenging trying to keep our Cadets engaged. I worry about the numbers of Cadets who will lose interest and not return.

During August I will be instructing on an online promotion course for Cadets from all over Victoria. At the moment I'm trying to become familiar with the software I need to use, never having used it before.

I've also written a small piece for George Petrou for inclusion in a book he is writing and, of course, I'm now writing this piece for Faye.

As a committee member I've also attended online meetings for the committee and the Box Hill RSL centenary book.

RSL ACTIVE

One of our new Committee members has been keeping himself busy during ISO. Chris Gray joined the Box Hill RSL Sub Branch Committee this year and keeps his mind and body healthy by joining in on some of the events run by RSL Active.

The RSL Active program has been set up by RSL Victoria, is supported by the Victorian Government and it provides an opportunity for veterans to connect socially, increase support networks and most importantly improve physical and mental health.

About two years ago Faye Clark, our Welfare Manager, asked if I was willing to assist the BHRSL Welfare Department and become one of the team of volunteers conducting the RSL Funeral Service. I agreed and since then I've conducted many services for our veterans and their bereaved families. It has been and is a great privilege to assist the veterans family and pay due respect for the service of the veteran who has passed. Sadly I've conducted the RSL Funeral Service three times during the lockdown period. I am privileged to be able to do this on behalf of the RSL and our members. The funeral directors have been very conscious of the hygiene and social distancing measures so I have felt very safe. I do not detract from the number of mourners, the family can invite, as I am counted as a staff member.

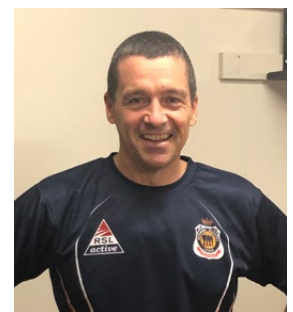
If you require RSL assistance Faye is still bravely manning the phone. She is just a call away.

Stay safe, be well and follow the lockdown guidelines. I look forward to seeing you again at our RSL when this pandemic is over.



Lindsay Burke

As a result of the current COVID restrictions RSL Active is delivering a number of activities online which include: Veterans Yoga, Art Classes, Physical Training Sessions and more recently Guitar lessons.



More information can be found on the RSL Victoria website: www.rslvic.com.au

Chris Gray

Committee Continued...

REDUCING THE CLUTTER!

For years now I have been promising my filing cabinet to bring it up to date by cleaning out all the files in the four drawers! Dare I say that thanks to COVID-19 and, having to stay at home, I have been able to achieve this.

I have reduced the clutter in four drawers down to two. Both filing cabinet and myself happy with the end result! I have attached photo of myself at my workstation in the garage.

John Sheehan



WE CELEBRATE OUR NEW CENTENARIAN

ERIC YOUNG BORN 26/7/1920

Eric was born in Ramsgate, Kent UK. He married his first wife in 1942 and had a son who was four in 1947 when sadly they both died of polio.

During the Second World War he served in the Air Force as ground crewman with Bomber Command. Eric was serving in Belgium when the war was coming to an end and was looking forward to going home when he was transferred to Germany for a year. He was in Luneburg when British Field Marshal Bernard Law Montgomery accepted the German 19th Division's surrender and the newly appointed German Commander in Chief, Admiral Hans-Georg von Friedeburg signed the initial Surrender document on 4th May 1945.

Eventually Eric returned to England and secured a good job but decided to 'go to sea', joining the P & O line as Steward, where he was offered a job in Australia.

Eric migrated to Australia in 1954 to work at a Dry Cleaning shop in Hawthorn, where he met his second wife Pauline, who worked a few doors down in a Millinery shop. They both went on to work for Holeproof for many years. They were married in 1956 and enjoyed a wonderful 55 years until Pauline died in 2011.

Eric has been a member of the RSL for 40 years, transferring from Balwyn RSL just before its pending closure in 2018. He has made lots of friendships during this time and certainly he is a favourite with members and staff here at the Box Hill RSL.

Sadly, there was no big celebration for Eric at his Aged Care Facility because of COVID but his family organised for staff to make sure he celebrated this significant milestone with balloons, cake etc., and we sent a hamper of his favourite goodies and flowers.



Faye Clark

Welfare Coordinator



AND REMEMBER A BIRTHDAY OF ANOTHER

Betty Kerr will celebrate her 105th Birthday this August. Betty until her late 90's, played pennant bowls with Box Hill Bowling Club. When this club closed in 2010, Betty transferred to Box Hill RSL Bowls and subsequently became a Life Member. HAPPY BIRTHDAY, BETTY!!

Faye Clark

Welfare Coordinator

Above:

Betty is pictured above with Judy at her 100th Birthday celebration in 2015.