



BOXHILLRSL

BOX HILL NEWS



Contributions can be emailed to the Editor Faye Clark at: welfmgr@boxhillrsl.com.au

Dear Members,

'Welcome back – you've been sorely missed!'

After 87 days of silent kitchens and empty tables, it is a delight to welcome all our Members back to Box Hill RSL on Monday 1st November 2021.

I am so delighted that you are part of our amazing community, I appreciate and value your positive energy and dedication throughout this time. As a Club that thrives on welcoming our Members and Guests, we are extremely excited to reopen our venue with a BANG! Our Members play a huge role in the success of our Club and we pride ourselves on not only creating memorable experiences but ensuring Box Hill RSL is a safe place for all our Members and Staff.

We will be re-opening and taking Reservations from Monday 1st November from 9am onwards. You can make your bookings by calling Reception directly on 9897 6700 or visiting our website boxhillrsl.com.au.

- We will be offering two seatings for Lunch and Dinner in the Bistro.
- The Deck will recommence on Friday and Saturday nights for Pizzas.
- Limited Functions activities will be permitted on the Deck & Upton Room including reduced capacity and catering options.

We hope this will give our Members clarity about what to expect of our Club and what is expected of them. We want to reassure you that every effort is being made to make your next visit to Box Hill RSL be the best it can possibly be.

Denis Fernando
General Manager

To coin a phrase, we are all in this together: we need you to play your part in our plan of reopening.

Here are a couple of things you need to know prior to your first visit to your Club:

Vaccination Policy:

As per the government mandated direction, it is a legal requirement to be fully vaccinated to dine in any Victorian hospitality establishment. Proof of vaccination will be required by all Members and Guests.

Did you know you can get a digital proof of your vaccinations downloaded straight onto your phone!



Currently, you can prove your vaccination status with either an immunisation history statement or a COVID-19 digital certificate.

Here is how:

The quickest way to access your COVID-19 vaccination certificate is through the Medicare app or your MyGov online account.



Your COVID-19 digital certificate won't be generated until after your second dose.

Once the records are updated, you'll be able to access your documents through Medicare Online (accessed via MyGov) or the Express Plus Medicare app. The documents are also available via the government's My Health Record service.



My Health Record

You can save them to your phone by using it to log on to the above services, accessing the certificate, and clicking "add to Apple Wallet" on iPhones or "save to phone" on Android phones.

If you have trouble accessing a digital version of your vaccination records, you can call the Australian Immunisation Register on 1800 653 809 and have it sent to you by post.

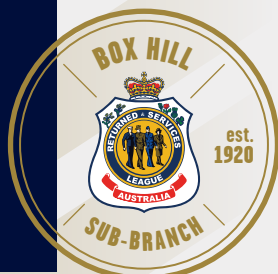
Welfare Report.

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.

Vic Allen, Heather Haward

VALE

lest we forget



Betty MADDOCK
AFFILIATE

Brian ADEY
VX94500 22AIB

Bernard GOODCHILD
538383 RRAA

Donald MATHESON
VX119859 – 36WW/T Sec

Geoffrey BURRIDGE
PM8158 RAN

Francesca PANETTA
AFFILIATE

Heather COOMBS
AFFILIATE

Bruce SMILEY
VX92244 2/1 TANK ATTACK

Members in Aged Care

GEORGE AGIUS, Blue Cross, Livingstone Gardens, 39 Livingstone Rd, Vermont South

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

ERICA CAMPBELL, Opal Salford, 100 Harold Street, Wantirna

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

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

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

DON EDWARDS, Broughton Lea, 9-17 Broughton Road, Surrey Hills

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

RHODA GORDON, Faversham House, 27 Shierlaw Ave, Canterbury

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

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

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

NORMAN JARMAN, Blue Cross, 48 Dorking Road, Box Hill

JOY JONES, Blue Cross, 48 Dorking Road, Box Hill

RON KELSALL, Regis Shenley Manor, 440 Camberwell Road, Camberwell

GEORGE LEONDAS, Blue Cross, 48 Dorking Road, Box Hill

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

DON MC DONALD, Blue Cross, 48 Dorking Road, Box Hill

DON McKIRDY, Inala, 220 Middleborough Road, Blackburn South

NOEL MC MAHEN, Faversham House, 27 Shierlaw Ave, Canterbury

ALEX MAGNER, Blue Cross, 48 Dorking Road, Box Hill

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

MAURICE MATHERS, Grand Cedar 61-63 High Street Road, Ashwood

MARGERY MAXWELL, Newman's on the Park, 33 Newman's Road, Templestowe

RHONDA O'TOOLE, Strathdon, 17 Jolimont Road, Forest Hill

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

FRED PIKE, Faversham House, 27 Shierlaw Avenue, Canterbury

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

MYRA SPENCER, Faversham House, 27 Shierlaw Ave, Canterbury

BRENDAN STAFFORD, Manna Care, 371 Manningham Road, Doncaster

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

KEVIN TREVARTHEN, Bapcare, Karana, 55 Walpole Street, Kew

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

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

LANCE WARD, Arcare, 75 King Street, Templestowe

ERIC YOUNG, The Orchards, 107 Anderson's Creek Road, Doncaster East

RUSSELL ZENNER, Broughton Lea, 9-17 Broughton Road, Surrey Hills

SPECIAL GENERAL MEETING

To amend Branch Bylaw 10A:

After each Victorian RSL State Conference Branch Bylaw 10A is updated with any changes that were passed. The Sub-Branch cannot change the amendments, but each Sub-Branch must vote to accept the changes.

Meeting to be held on Monday morning November 15th, 2021, at 10:00am: Box Hill RSL Sub-Branch Upton Room. Please note only eligible financial Service and Affiliate members who have been double vaccinated may vote. Attending members will only be allowed to enter Box Hill RSL

Sub-Branch Inc. for the General Meeting and will then leave directly thereafter. If circumstances prevent a physical meeting taking place a Zoom meeting will be held online at the same time and day. Please email the secretary your details: name, member number, email address. Thank you.

To view this Special Resolution, it can be seen in the Welfare Office during normal business hours. Should you require further information please contact the Secretary via email (secretary@boxhillrsl.com.au).

MEMBERS IN LOCKDOWN

We have been busy over recent times engrossed with our many interests and we are fortunate to live under five kilometres (by road) from our daughter Kathryn and her family.

Some years back, we both belonged to a Begonia Society, but changed to the easy care succulents as a much simpler proposition to maintain in our warming climate.

On the decking under cover of an awning just outside the dining/kitchen area, we maintain pots containing a collection of herbs, readily available during preparation of meals.

We still have several tough, drought and heat resistant cane begonias in our garden which produce excellent flowers over a long period.

We grow several cultivars of rosemary, produce our own crops of Lisbon lemons and Smyrna quinces. In addition, a small Kaffir lime I gave to Sharlee as a birthday present decades ago has grown into a tree which dominates the garden. A columnar crab apple (which does not require pruning) contributes to Sharlee's enthusiasm for making and bottling of her delicious chutneys which she distributes as presents to friends and family. A small native lime also gives us flavoursome bright yellow fruit for the chutney.

We propagate the begonias and succulents which also serve as gifts. In recent years, we have given small fig trees also destined for the gardens of others.

Recently I acquired a range of fig cultivars which I hope to espalier in pots. Moving heavy pots around does improve bone density, which prevented lasting damage from a fall this year which led to me spending 10 rather uncomfortable days in the Box Hill Teaching Hospital.

The Box Hill RSL used to have a Garden Club - perhaps that could be resuscitated. Even those living in apartments or units with little available space can grow herbs in pots, or using tiny wicking beds (made from discarded food grade plastic pails) for growing veggies.

I would like to thank Tara and Denis from the Box Hill RSL Sub-branch who assisted and comforted me where I landed in a painful, untidy heap of fractures at the bottom of those rather hard, unyielding concrete steps.

And a particularly heartfelt shout out for Faye Clark, of Welfare Section, who labours assiduously to assist those members seeking invaluable advice related to pensions and benefits, while organising haircuts and lots of other duties including assisting members in aged care.



I was delighted to have Faye kindly visit me while I was an involuntary "guest" of the Box Hill Teaching Hospital during May this year.

Sharlee is busy with Zoom meetings through her Book Club at the local U3A, while I am occupied with keeping our small garden in some measure of good order and discipline.

One of our neighbours kindly trims our nature strip when the grass becomes somewhat unruly.

We are fortunate in having a group of neighbours who look out for each other, enabling us to feel safer and more secure than otherwise would be the case. There is also a mixture of age groups, which is a welcome bonus.

Lately, I have taken an interest in beekeeping, although I fear my physical limitations might get in the way of actually being able to maintain a few hives. There are already some devotees of this agricultural pursuit active in the membership of our Sub-branch.

Sharlee and I enjoy reading, although I have perforce to rely upon aids supplied by Vision Australia.

Belonging to Writers Victoria, I have had material published in an online newsletter of a prominent Australian sporting club boasting a membership of over 200,000.

I should not forget to give a shout out also to the Volunteers, including President John Haward, who form the Committee.

We should cherish these people, who donate their skills and time to deliver the benefits and services provided by our RSL Club. Indeed, we should take every opportunity to thank them for their selfless efforts on our behalf.

With our best wishes to all in these challenging times

Sharlee (Affiliate) and Lloyd Goss (Service Member)

MEMBERS IN LOCKDOWN // CONTINUED



I have gone from doing three-hour 70-kilometre bike rides three or four times a week to one-and-a-half hour 30-kilometre rides to comply with restrictions.

I stick to the five kilometres from home as the crow flies going in a big circle. I have also been doing a bit of family history research.

Apart from getting takeaway coffees twice a day, life is pretty boring. Hopefully other members are leading more interesting lives.

Paul Fraser

Top: Waiting for exercise duration to be lifted from 2 hours to 3 hours and able to go to 10kln from home.



Compared to many during lockdown, Julie and I have had things pretty easy. We know people who live alone, people isolated in aged care facilities, people living in small units and apartments, people with their family interstate or overseas, people who are financially stressed, people who are depressed and people with chronic illness. But all around us we see evidence of a greater sense of community than before the pandemic. We see people ameliorating the plight of people in the above situations. We see a shift in the way we think ... like the value placed on a hug is now greater than the value of owning a Ferrari.

We have had several notes from different people dropped in our letter box offering to help with shopping, to take people to medical appointments, to do chores or just have a chat.

We are blessed with a large, verdant front garden full of flowers. We sit in it to have lunch or afternoon tea or to read a book and get the afternoon sun. We would often converse with the passersby out for their two hours of exercise... at a social distance of three or four metres. The interactions are mutually welcomed. We now know many more people in our neighbourhood... people we would enjoy to sit down with over a cuppa or a beer when restrictions are lifted.

Having six beehives in our back garden means we get two or three hundred kilograms of honey each year. Albeit we give most of it away, over the years we have accumulated

quite a bit for rainy days. This pandemic has provided us with the metaphoric rainy days. Each of the passersby we have engaged with have been given a jar of honey. Some have wanted to pay for it but we refuse payment and suggest they consider the concept of 'paying it forward'.

This year our lemon trees have produced many hundreds of lemons. Over a three-week period, once or twice a day, we'd fill a plastic bucket with lemons and hang it on our front fence for people to take. On our walks, we found there were others doing the same thing. It was unexpected, yet most pleasing, to find, on different occasions, lemon tarts, slices of lemon cake, strawberry jam left on our front porch from people who had taken lemons.

Our 'pet' fox, Wally, lives in our front garden. He is not real, but very realistic. Each day he is in a new position and children and adults alike, like to play the game "Where's Wally"!

Waiting in a line to have a pre-op COVID test at the Box Hill Hospital, I witnessed a man deliver multiple bouquets of long-stemmed roses for the nurses inside in recognition of, and a thank- you for, the service they provide despite the inherent danger.

I reflected on this, and thought, in Vietnam in 1970, I got five medals for doing what Infantry Soldiers at War do, so how many medals should these nurses get for trying to save lives at great risk to themselves?

Graeme Agnew

My name is Goldie Greyhound and this is my day in lockdown.

It starts at 6.30am when I wake up Brenda to take me for a walk and get the newspaper.

We walk for about an hour so that I can check out the street for any possums that may be still around. Then it is home.

After breakfast it's time for play and a nap. While Brenda does the housework, I will do a bit of gardening: dig holes, and I have to be quick as Brenda doesn't like that, then it is over the road to visit a

new dog on the block and make friends.

After lunch we are off to the park and a walk around the lake for an hour or so while Brenda meets some friends at a distance with masks on! I don't quite understand why they are wearing masks - maybe they are unfriendly, I don't know. Then it is home and time for a nap before tea. After tea I have to check the boundaries for any sign of possums tonight. Oh well, someone has to do it.

IT'S A DOG'S LIFE IN LOCKDOWN.

Brenda Burr



Keeping boredom away during lockdown!

Like most, I am retired and locked up in our house trying not to catch COVID. For me it's especially important not to catch anything because my wife is a double lung transplantee and lives with a very heavily suppressed immune system. If I catch anything, even a common cold it could prove fatal to her.

Lockdown is hard on everybody; we miss seeing our grandchildren and children. The grandkids continue to grow up without us being around, that time is stolen, never to be recaptured. FaceTime is good, but not the same as being with them.

Caring for my wife is a full-time job because her double lung transplant

has turned out to be very debilitating for her and she needs a lot of help and care. However, in lock down that is not enough to keep me sane! So, I started exploring the internet and researching historical material on mankind's evolution and development since man climbed down from the trees and started living on the planet.

What started as just curiosity has turned into a passionate hunt for knowledge, I am reading articles written on the subject, viewing lectures on the subject, taking notes from the lectures and writing my own understanding on what I have learnt and absorbed. I find the day goes very quickly as I immerse myself in the study. Once I get



to a certain level, I might enrol in some official study in an online university. I had forgotten how exciting learning can be and the lockdowns have re-introduced me to a forgotten passion. Mind you it was more of a chore than a passion when I went to school many years ago.

John Bergman



HOW FAR IS TOO FAR?

How far is too far? One son, wife and two grandkids in Germany – **TOO FAR**
One son, wife and two more grandkids in Sydney – **TOO FAR**
One son and wife in Melbourne (Mulgrave) – **TOO FAR**

Happy COVID Day

My wife and I walk each day from at least 10 to around 15 kilometres, we don't do anything else much.

The only thing we really do miss, besides our extended family, is our social dancing.

Happy COVID to you all!

Neil Brown

MEMBERS IN LOCKDOWN // CONTINUED



Our garden has been our saviour during all the long lockdowns, just to sit and admire or plan our next garden job has been lovely. Nature is beautiful and calming. Any excess produce goes to our neighbours.

Chris and Lyn Biviano

We left the Edinburgh Shield on May 24th and headed north to Tathra, NSW, to visit relatives. As we were about to head home, we received a message to say Victoria was about to go into another lockdown. After a lot of deliberation, Mick and I decided, as we had a booking in Port Douglas for mid-July, we would keep going and not return to Melbourne.

After meandering up the NSW coast, playing bowls, where we could, we arrived in Port Douglas on July 18th.

We have had seven beautiful 26-degree weeks in that lovely town, no masks, no

lockdown, and really not much social distancing.

Now it's time to head home, hopefully back to warmer weather. Let's hope we can all get back to our Club in the not-too-distant future.

Cheryl Frail

Top right: Cheryl and Mick at Christmas in July at Big 4 caravan park in Port Douglas.

Bottom right: Cheryl and Michael Frail with John (our Bowling Section President) Lynne Woodford... dinner at The Tin Shed, the combined services club at Port Douglas.



Member Celebrates 100 Year Birthday RUSSELL WILLIAM ZENNER

Russell Zenner was born in Berwick, Victoria, on 23 September 1921, the youngest of five children.

In his childhood he travelled to many locations around Victoria as his father was a stationmaster with Victorian Railways.

He finished year 12 at Melbourne Boys High School and commenced work with the State Savings Bank of Victoria in 1937.

His banking career was cut short by WWII and he enlisted with the RAAF. His pilot training was curtailed by a need for other expertise in the service, so he was posted to the Middle East as a radio

operator. He served with both the RAAF 216 and 267 squadrons, RAF. He logged over 1600 flying hours on his tour which took him to Italy, Malta, Yugoslavia and Iran just to name a few. He finished his tour and returned to South Australia as an instructor until war's end.

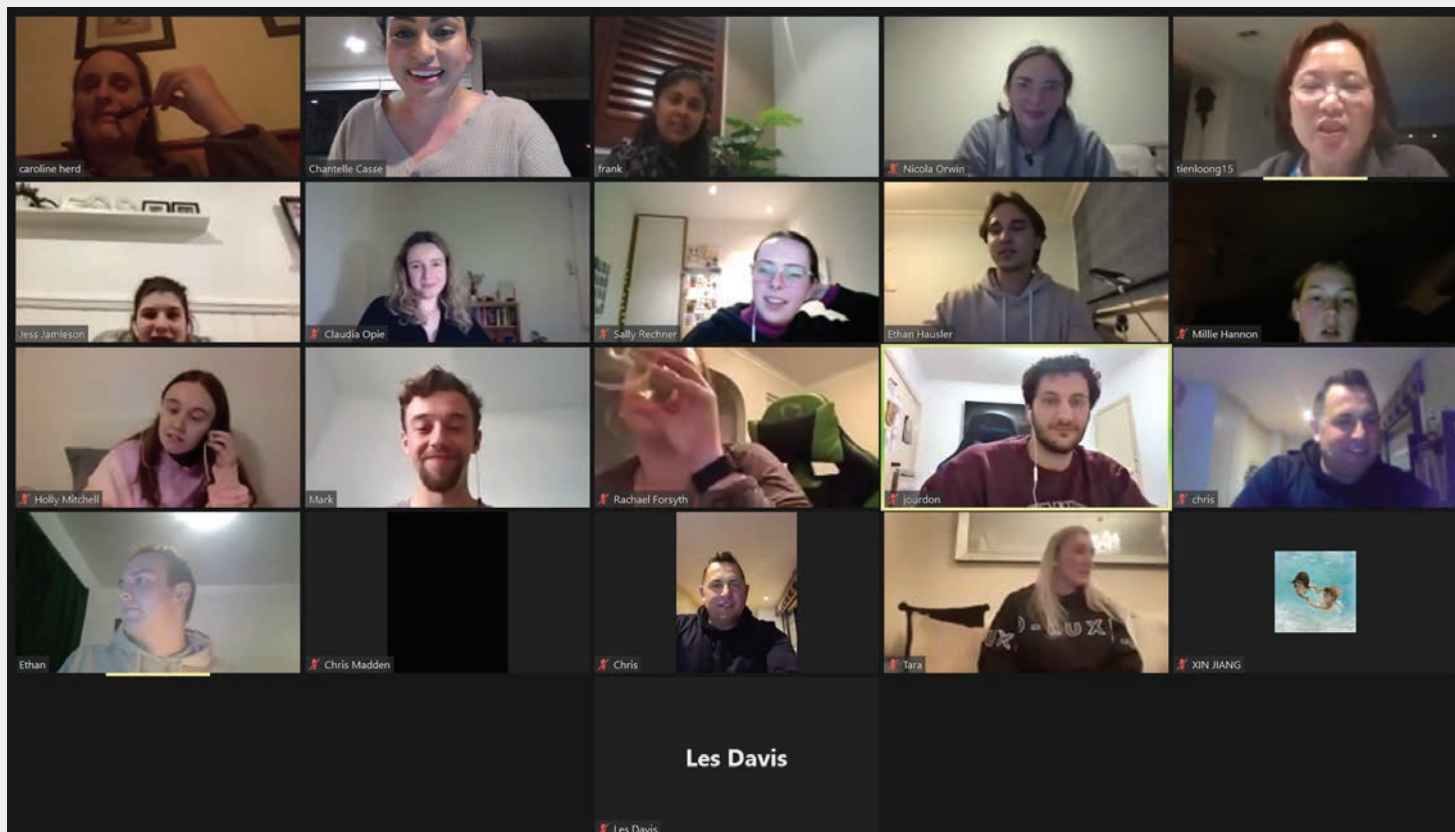
He continued with the Bank after demobbing until his retirement in 1979 as a Branch Manager.

He has been married for 71 years and his wife Therese is living with him in care. He has three children, five grandchildren and three great grandchildren.



He attributes his longevity to health, luck and having a strong relationship with his family.

Faye
Welfare Coordinator



STAFF IN LOCKDOWN

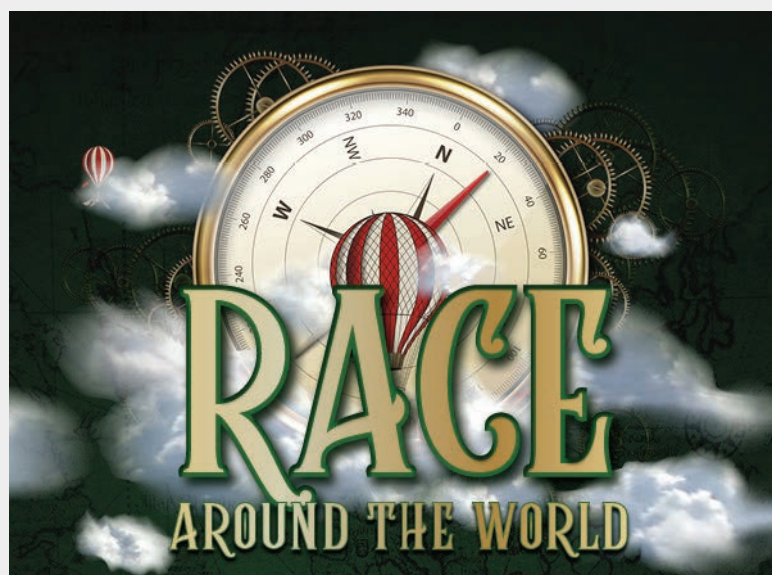
Over the last few months Box Hill RSL hosted two virtual games nights for our staff. It was high priority from the management team to ensure we connected with our staff during this extended lockdown, so, I as our Functions and Events Manager, organised and facilitated two terrific virtual events: Race Around the World Trivia Night and Bingo. We had a variety of staff join us from front of house to our kitchen staff to ensure we kept things spicy. Both events were a great hit with the winners taking home some great prizes at the end of the night.

Congratulations to our Trivia Night team winners 'Bring Mark Back' (Ethan M, Ethan H, Sally and Mark) for coming in first place and, in a close second, was team 'Fire Birds' (Tara, Meraya, Irene and Rachel). Staff members Ethan, Chris and Millie had the lucky cards and took out the win for Bingo!

It was a great way to keep in touch with our staff during lockdown.

Chantelle Casse

Function and Events Manager



Memorabilia Report

Museum Victoria Visit Box Hill RSL

Recently, Box Hill RSL had a visit from Museum Victoria, but this was not a social visit but one that involved five days of hard work. Their objective was to show our memorabilia team how to mark and log all our memorabilia, which is one of the biggest collections throughout the RSL network.

As the photo shows, Terry Sturrock, Lindsay Burke, Andrew Guest, Brian Tateson from Box Hill RSL and Lynda Barnard and Geraldine Brault from Museum Victoria, worked from 9am till 3.30pm every day learning many different cataloguing to storing our large collection of uniforms to our vast collection of memorabilia - a very long day for all who attended. This was achieved through Museum Victoria donating a new computer and camera, and the use of a mobile darkroom. My sincere thanks to Lynda and Geraldine for giving their time to photograph and catalogue some of our memorabilia and to train us.

Obviously, our team at Box Hill RSL cannot record all our items in one day, it will take more than 12 months, but we will get this huge project done. I also have to thank our



memorabilia team for the days' time they gave up to help out with this project. Members can remember when they walk past and look at the memorabilia at the Box Hill RSL, what time goes into it from our volunteers. A great five days was had by all, and now it is time for work, when the lockdown finishes!

Brian Tateson
Memorabilia



Remembrance Day is a day on which we think of those veterans who have made the ultimate sacrifice that we may enjoy our democratic way of life. It is a day where, by the sale of Remembrance Day tokens, we can help support the welfare of the many Veterans, their Wives and Families who still suffer and who are in need. **Your donation to this worthy cause is appreciated!**

(Please return below section with your donation)



2021 REMEMBRANCE DAY APPEAL

Enclosed is a \$10.00 Poppy Badge. Please forward your donation to:

The Secretary, Ray Wall, Box Hill RSL - PO Box 1318, Box Hill 3128

Please find enclosed \$ Being my donation towards the 2021 Remembrance Day Appeal.

Name: Membership No:

Money Orders and Cheques to be made payable to "Box Hill RSL".

Alternatively you can go to our website www.boxhillrsl.com.au and follow the link to donate.



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