

MARCH / APRIL 2025 ISSUE: #269

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BOXHILLRSL

BOX HILL NEWS



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

Women's Auxiliary

Hello and welcome to autumn. It still very much feels like summer with the heat we have been experiencing.

The Women's Auxiliary Annual General Meeting was held on February 24th. The only changes to the committee were Helen Harrington's resignation as Vice President, Susan Sims elected unopposed to fill the position, and Carol Calder joining as a new committee member, also unopposed. We sincerely thank Helen for her valuable contributions to the committee and extend a warm welcome to Carol.

We proceeded with the general meeting. It was mentioned that the Auxiliary covered the cost of framing the portrait of King Charles III. Check him out at reception.

A card was received from Pam at Wantirna Health for all the knitted rugs. A big thank you to the knitting ladies, what a great job you are all doing.

Our guest speaker in March was Sarah Bartels, joined by Michelle, who discussed the FaPMI (Families where a parent has a mental illness) Club, a program run by Eastern Health. This initiative provides activities and events for children whose parents face mental health challenges, offering vital support to affected families. As part of our 2025 community involvement we have donated \$5,000 to this important cause. We also continue support for the VCentre (a Vasey RSL Care service), and our contributions to Box Hill Hospital where we supply toiletries for the emergency department as needed.

On Wednesday the 12th March we had our first bus trip of the year to Bruno's Art and Sculpture Gallery at Marysville. What a wonderful day we all had. We brought together the Women's Auxiliary, the Bowlers, the Nashos and the Day Club. It was a day of laughter and kindness. At the end of the day everyone mentioned how much they had enjoyed themselves and they would be joining us for any other trips.

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ANZAC DAY 2025



Dawn Service
FRIDAY 25TH APRIL 2025

**To be held at the World War One
Memorial in Box Hill Gardens,
commencing at 5.30am.**

We look forward to seeing members and guests at the service and at the Gunfire Breakfast afterwards.

Welfare Report.

For all welfare matters telephone: Faye Clark on 9897 6780



BOX HILL NEWS

Stories by Members for Members



VALE

lest we forget



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

Ron Kirk, Terry Stacpoole, Malcolm Fraser, David Marsh, Brian Kirwan

Florence Kelsall
Affiliate

Rodney Miller
0319323 RAAF

Robert Roberts
Affiliate

Barrie Grigg
3755349 N.S

Brendan Stafford
3789481 - RAASC

Members in Aged Care

GEORGE AGIUS,
Blue Cross, Livingstone
Gardens, 39 Livingstone
Road., Vermont South

JOHN BROWNBILL,
Faversham House, 27
Shierlaw Ave, Canterbury

BERYL BURROWES,
Regis, 40 Central Road,
Blackburn

RENE CALDWELL, Arcare
Surrey Hills, 18 Florence
St, Surrey Hills

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

ERIC DARBYSHIRE,
Faversham House, 27
Shierlaw Ave, Canterbury

ALWYNNE FAIRWEATHER,
Faversham House, 27
Shierlaw Ave, Canterbury

SHIRLEY GILBERT, Victoria
Grange, 514 Burwood Hwy,
Vermont South

MAX HAYES,
Myrtleford Lodge, 73
Prince Street, Myrtleford

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

JOY JONES, Box Hill Views,
48 Dorking Road, Box Hill

CHARLES JOHNSON,
Walmsley Aged Care, 112
Greeves Drive, Kilsyth

DON McKIRDY, Alawarra,
Inala, 220 Middleborough
Road, Blackburn South

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

ARTHUR AND LORRAINE OWEN, Blue Cross,
Livingstone Gardens, 39
Livingstone Road, Vermont

FRED PIKE,
Faversham House,
27 Shierlaw Avenue,
Canterbury

GORDON PRESS, Boronia
ACF, 7 Cogee Street,
Boronia

HELEN PRICE, Box Hill
Views, 48 Dorking Road,
Box Hill

MYRA SPENCER,
Faversham House, 27
Shierlaw Ave, Canterbury

DAVID TAYLOR,
Blue Cross, 250 Waterdale
Rd, Ivanhoe

MARJ TURRIFF,
Faversham House, 27
Shierlaw Ave, Canterbury

FREE MOVIES FOR MEMBERS Presented by Ray Wall

Thursday 29th May,
2025 at 10.30am

The Thursday, MAY 29th, 2025, Movie will be **"My Spy"**. My Spy is a 2020 American Comedy, rated PG and runs for 99 minutes.

Synopsis: "To save his career, a demoted CIA operative must cater to the whims of a precocious girl when she uncovers his surveillance mission on her family."



Thursday 26th June,
2025 at 10.30am

The Thursday, June 26th, 2025, Movie will be **"Front of the Class"**. Front of the Class is an American Drama, based on a true story, released in 2008. Rated PG and runs for 95 minutes. If you missed watching this inspirational movie when I showed it in 2014 or want to see it again don't miss it!

Synopsis: "Based on the true story of Brad Cohen, a young man diagnosed with Tourette Syndrome who defies the odds to become a teacher. When Brad was growing up, teachers and other adults (even his father) interpreted Brad's involuntary sounds and sudden jerking movements as attempts to get attention or simply acting up."



WOMEN'S AUXILLIARY CONTINUED //



The owner of the gallery, Bruno, was quite a spectacular man who tried to make us laugh and shock us at the same time. He said he had made all of the sculptures and built the new art gallery since the fires and managed the extensive gardens which housed 197 sculptures. I don't know how he does it all!

Our thanks go to Emi for finding the sculpture park and Therese for all the work arranging a wonderful but large lunch for us and the great bus and driver. These trips would not happen without all the work these ladies put in. Our very sincere thanks.

We are looking forward to a very busy year ahead and ask that you all support our upcoming Mother's Day Raffle.

Thank you to all those who helped which is very much appreciated.

Susan Sims

Vice President Women's Auxiliary

WOMEN'S AUXILIARY APRIL GUEST SPEAKER

The Women's Auxiliary invites you to a special event featuring

JENANI THERONE: ARTIST, AUTHOR, AND PRODUCER

Date: Monday, 28th April

Location: Box Hill RSL, Upton Room

Time: 11:00 AM

*Join us as Jenani shares insights from her book, **Of Service**, reflecting on her transformative journey, the people involved, and the profound impact it had on her life. She will be accompanied by Dave Cox, a veteran featured in the book, who will perform an original song inspired by the story.*



"**Of Service** is a profound tribute to Australia's veterans. This fine art publication humanises over 100 veterans through evocative living portraits and personal stories, presenting them not just as soldiers but as resilient individuals with lives beyond their service. Jenani embarked on a 36,000-kilometre journey across Australia, dedicating over 3,000 volunteer hours to connect with each veteran, capturing their essence in familiar, relatable contexts. Launched at the Shrine of Remembrance, Melbourne, on 20 June 2024, with a foreword written by The Hon. Dr Brendan Nelson AO, **Of Service** stands as a beacon of hope and a testament to the enduring spirit of our veterans."

From Australian War Memorial site.

To ensure you secure a seat registration is required:

RSVP by Monday, 21st April

Email: emi@boxhillrsl.com.au

Contact: Emi Luppino at 0414 750 108

We look forward to seeing you there and morning tea will be provided.

BUS ADVENTURE INVITATION TO SEE THE NAVY AT: **HMAS CERBERUS** TRAINING BASE

Due to Navy security requirements, you must register your intent to come by mid-April as Base Entry Permits must be obtained well in advance.

Contact: Jane Underwood, Secretary of **TPI Eastern Suburbs Social Club** on 03 9833 4519 or jane@acatravel.com.au for more details.

You will be asked for your phone contact and email to begin the process.

ONLY COST TO YOU WILL BE YOUR LUNCH AT FRANKSTON RSL.

WEDNESDAY 21 MAY
LEAVING 9AM FROM BOX HILL RSL

Day Section

We kicked off 2025 with our AGM giving our members an update on our Section followed by an informal chew'n'chat session. This is always popular with our members, particularly at this time of year when there is plenty to discuss after the festive season.

On 11th February, we celebrated St. Valentine's Day in advance with everyone getting some chocolate hearts as they came in. I gave an account of the origin of the custom which dated back to the 3rd Century in Italy. Valentine and Valentina were very popular names at that time. Emperor Claudius the second had outlawed marriage for young Christian men but a clergyman/priest named Valentine performed marriage ceremonies in secret. When jailed for this, he befriended a jailer who had a blind daughter. Valentine cured her blindness but was still executed for performing the marriages. Shortly before his execution he sent the girl a letter signed "From your Valentine." He was buried on Via Flaminia on 14th February so this date has been observed as the "Feast of St. Valentine" since the 8th Century. Through folk traditions, it has become a significant cultural, religious and commercial celebration of romance and love all over the World. People like to visit Verona in Italy, the home of Shakespeare's 'Juliet', to leave love letters/padlocks on the balcony as a symbol of commitment. I wonder if that is where the fairly recent craze of putting padlocks on Melbourne's bridges originated. St. Valentine keys are given to lovers as a romantic symbol and as an invitation to unlock the giver's heart, as well as to children to ward off epilepsy (aka St. Valentine's Malady.)

Janet now knows the significance of her old carved wooden spoon after my explaining that from the 17th Century these were given to loved ones in Wales on 25th January to celebrate St. Dwynwen, the patron saint of lovers. Snowdrops are the present in Denmark and in South Africa. This is the Roman tradition of Lupercalia and is acknowledged by pinning the name of your love interest on your sleeve. Now you can understand the saying "wear your heart on your sleeve." A whole week is devoted to celebrations in July in Argentina.

Everyone listened intently to my whistle-stop World tour of Valentine customs and added bits too about this and other customs they are familiar with. We certainly are a multi-cultural nation and we need to respect others' beliefs. Some countries ban Valentine celebrations as these conflict with Islamic culture.

On 25th February, Chris Newman entertained us with old, familiar songs but there were some different ones in his repertoire. It's always good to hear everyone join in and he had no bother getting us to do so. Once again there were lots of smiles and cheeriness as everyone exited the Upton Room.

Charis, our March speaker from Eastern Health, gave us a real insight into food labelling. She began by asking us how many read food labels and seemed surprised that so many of us do. Jeannine had supplied boxes/packaging from foodstuffs and Charis explained some of the information. I was amazed that there are almost 20 types of sugar/sweeteners. Non-nutritive sweeteners influence blood glucose causing later sugar spikes and can lead to health issues. She dispelled some myths e.g. supposed health foods are not always healthy and star ratings are not always reliable. Many products have no bearing on cholesterol despite being advertised as being beneficial.

Another fascinating list was that of different types/names for salt of which there were at least 18. The list of fats also had about 20 variations on it too. Despite saying "no fat" some products actually do contain fat even though it is less than 1%.

From personal experience, I know food colourings and flavourings can and do affect behaviour and concentration amongst children. The response can be virtually instant and can last a long time. Perhaps more research should be done on diet-related behaviour for conditions such as ADD/ADHD.

Charis gave us advice on how to seek help re diets and apps which give information. This proved a very worthwhile talk, judging by comments made, questions asked and information being sought by our members. Thanks, Jeannine, for arranging it.

Our meetings are on the 2nd and 4th Tuesday each month and new members are welcome.

For further details contact:

Mary Simpson (Co-ordinator): 9077 9784

Allana Kirk (Secretary): 9819 3527

Future dates:

April 8 and 22, May 13 and 27

Mary Simpson

Co-ordinator

JAPAN'S FINEST ART

Just recently Box Hill RSL received rare international recognition when the Japanese Art Exhibition was opened by the Consul General of Japan, Mr Tokuro Furuya. Mr Furuya was greeted by our President John Haward and welcomed in a short speech. Mr Furuya responded, telling everyone what a credit it was to Box Hill RSL to have done such a magnificent job creating this display.

Invited guests, including Mr Keith Wolahan MP, Mr Paul Hamer State MP, Mr Robert Clark a previous state MP and Attorney General, along with some of the Box Hill Committee celebrated the occasion and enjoyed a beautiful morning tea in the Lancaster Bar. Also on hand were members of the Japanese Art association. All who were present had a special morning as the attached photos show.

Two special guests who attended this unveiling of the exhibition were responsible for putting this exhibition together. They are Mark Whorlow and Colin McDonald. These two gentlemen worked for three days to bring this exhibition together and I thank them for all of their time and patience.

The exhibition consists of one full suite of Samurai Armour. An interesting note is that there is not an ounce of leather, the armour is all sewn by hand. The head dress is the same and both look splendid in the purpose-made exhibition units. There are nine Samurai swords dating back many hundreds of years - in fact one is around 600 years old. I pass this exhibition every day at the RSL and cannot but help to notice something different in it. The response to this display has been extraordinary, and people often ask me if this is the best display I have done -- it is certainly up there with them.



Pictured L-R: Mark Whorlow, The Consul General of Japan Mr. Tokuro Furuya, Brian Tateson and Colin McDonald.



In approximately one months' time, we intend to update this display with all new artefacts. I would encourage everyone to look as it may not be there very soon.

Brian Tateson
Curator of Memorabilia

RSL Victoria Branch - Hall Of Fame Annual Awards 2024

In February this year we attended an Awards night at Frankston RSL.

Our table of ten consisted of Wei Wei Dai, our Duty Manager, together with Ben Myers, our General Manager, Les Davis, our Operations Manager, and Committee members.

The night honours individuals who have made an outstanding impact on the provision of exceptional customer service to their members and guests over a long period of time. Congratulations goes to Wei Wei Dai on being awarded the Achievement and Recognition Award for 2024. Wei Wei joined the RSL 20 years ago. This prestigious annual event celebrates the remarkable work of the 10A RSL Network in advancing the objectives of the RSL.

On behalf of all our veterans, their families and guests, we salute you Wei Wei for doing a great job over many years.

Arthur Merryweather
Vice President



PAKENHAM RACECOURSE "MEMBERS RACE DAY"



MONDAY 2nd JUNE
LEAVING BOX HILL RSL 11AM

\$40
PER PERSON

Includes: Coach Fare, Entry to Racecourse, Race Book, Choice of Main Meal.

Bus leaves Box Hill RSL at 11am sharp, and returns to Box Hill RSL, Departing 15mins after last race.

BOOK EARLY TO AVOID DISAPPOINTMENT - PAYMENT AT RECEPTION

Contact: Les: 9897 6700 Les@boxhillrsl.com.au

Knitters Group

Have you ever had to visit the emergency department at Box Hill Hospital?

One of our long-time knitting members found herself in that situation recently. Anticipating a long wait she brought her knitting along. A paramedic, also waiting with a patient, noticed her knitting and stopped to ask what she was making.



Karen explained that she was knitting for the Box Hill RSL which donates handmade items to various charities, including the hospital. The paramedic was thrilled to hear this, as their ambulance carries knitted "trauma teddies" to comfort children during transport. These teddies help calm young patients in distress.

They were so grateful and excited to meet someone from a group that helps create these special teddies!

The first three months of the year have been remarkably productive, yielding a generous collection of rugs, beanies, baby items, twiddle mitts, and scarves. Judy Coates has already delivered donations to St Kilda Mums, while Pam Redcliffe from Wantirna Health has collected three large bags of items. Pam is always thoughtful and prompt with her thank-you messages.

We also had the joy of celebrating two of our members' birthdays - Dorothy (Dot) turned 98, and Renée celebrated her 96th year young!



We're thrilled to welcome Jeanette McRobb, our newest member, who is also part of the Genealogy group at the RSL!

At the same time, we send our best wishes to Hazel Mourney as she downsizes and moves closer to family in Mornington.

Hazel has been a dedicated member of the knitters' group for many years. If you ever had leftover bits of wool Hazel was

the one to give them to, as she had a remarkable talent for transforming them into beautifully coloured blankets.



Our knitting group is a vibrant community of 16 talented women, each bringing unique skills at various levels. With members ranging in age from 56 to 98, we warmly welcome anyone interested in joining our friendly and relaxed social gatherings.

We meet every Thursday from 12 pm to 2 pm in the Sports Bar, followed by lunch for those who wish to stay. Come along, knit, chat, and enjoy great company!

Even if you don't wish to join, you can still support us! Donations of wool are always greatly appreciated. We prefer machine washable acrylic 8-ply yarn, but all contributions are welcome. A heartfelt thank you to the wonderful people who have already donated their yarn and knitted blankets.

Happy knitting or whatever hobby brings you joy!

Emi Luppino and Joy McKelvey

Box Hill RSL Knitters Group Joint Co-Ordinator

WORLDWIDE KNIT IN PUBLIC DAY

The Worldwide Knit in Public Day is set for **Saturday, June 14th**, and the RSL Knitting Group is excited to take part once again. Join them as they showcase their skills and creations, sharing their passion with the community.

The event will be held from **11am to 1pm** in the Lounge area. If you're at the RSL that day, feel free to stop by, the knitters would love to chat and exchange stories about their work.

A donation basket will also be available for anyone who would like to contribute wool or yarn. Your generosity is always appreciated!

NEW NURSES EXHIBITION

The Memorabilia Department of Box Hill RSL has recently been given two very rare WW2 nurses' uniforms. The first one is a "Walking Out" uniform donated by Col Jan McCarthy which is currently on display with the person's medals. The uniform is in pristine condition and will remain this way as we will take very good care of it. The same applies to the other uniform, which is a physiotherapist

uniform. This is a uniform I have not seen before and I guarantee that many of our members have not either. It is also accompanied by a nurse's duffle coat. These uniforms are not only out of the ordinary, they are very special to our Memorabilia Department.

Brian Tateson
Curator of Memorabilia



Anzac Day Appeal Box Hill RSL

We need volunteers!

Please give us a few hours of your time, between Monday 14th April and Thursday 24th April 2024.

Simply leave your name & contact number at Reception or phone our Welfare Section on 9897 6780.

The success of this Appeal depends on you, the Members of the Box Hill RSL.

Thank you for your support



Donations from the Appeal go towards the welfare of our ex-servicemen and women who still suffer as a consequence of their military service and to their dependants who may be in need. **Please Help**

IF YOU WOULD LIKE TO MAKE A DONATION TO OUR ANZAC DAY APPEAL PLEASE RETURN THIS SECTION WITH YOUR DONATION



Please find enclosed \$ being my/our donation towards the 2025 Anzac Day Appeal.

Cheques/Money Orders should be made payable to: 'Box Hill RSL'

Name on Card:

Membership No:

Card Type:

☐

Mastercard

☐

Visa

Card Number:

Expiry Date:

Signature:

Donations can also be made online at www.boxhillrsl.com.au or scan the QR code below



ADDRESS TO: The Secretary, Box Hill RSL - PO Box 1318, Box Hill VIC 3128

BOWLING SECTION

Our bowls pennant season has finished, with three out of four teams playing in finals and the other team ending up in 5th position, so a very good result overall for our club.

The Saturday Division 4 side played Doncaster in the Elimination Final. Unfortunately they were beaten, not only by a better team, but also by very hot and windy weather.

Both Tuesday pennant sides played off in finals with our club hosting on the first day of the final series.

The Division 3 side was beaten in the Preliminary Final and the Division 5 side won the first semi-final and went directly into the Grand Final.

Sadly, in a very exciting match in the Grand Final, Division 5 was beaten by two shots on the very last end, but they will go up a section next season.

It was great to see the number of our club members who went along to support the players.

Our club championship program is now complete.

Most recent events to be decided were:

Triples Champions – Winners:



Heather Arnel, John Woodford, PT Desai, pictured with Sharon Johns from Vasey RSL Care who sponsored the day.

Runners up were Peter Houghton, Helen Harrington and Robert Lam

100-up – Winner:



David Moran (right), Runner-up: John Knezevich (left)

Presidents Cup – Winner:



Alan Schumer, Runner-up – PT Desai

Mixed Pairs – Winners:



Peter Houghton and Heather Arnel; Runners-up: Jan Durham and David Moran.

Our men's singles champion, Peter Forbes, represented Box Hill RSL in the Regional play offs.



Unfortunately the event coincided with our Championship Triples day, so, we were sorry Peter didn't have many supporters there to cheer him on. Well done Forbsie.

Another of our special days coming up is Memorial Day. This is an important day to remember our members who passed away during the year. We have a game of bowls and afternoon tea consisting of scones, with jam and cream (of course, baked by Denise Kirwan). Delicious! Thank you Denise, your efforts are greatly appreciated.

The Duke of Edinburgh Shield is fast approaching, being two weekends before Easter. This is a state-wide RSL bowls tournament, very competitive, a lot of fun and a terrific 'team bonding' weekend. Yarrowonga Bowls Club will be our hosts. It is a strong competition as our opponents could be from anywhere in Victoria. Last year we were pipped on the post for the shield -- look out this year!

As winter approaches, quite a few of our club members leave the cool weather in Melbourne and head north. Safe travels to those lucky people and stay warm to those who remain at home but, most of all, we want to see you back with us for next year's pennant season.

Cheryl Frail
Vice Chairperson