

MARCH / APRIL 2026 ISSUE: #275

26 Nelson Rd, Box Hill 3128 | T: 03 9897 6700 | W: boxhillrsl.com.au



BOXHILLRSL

BOX HILL NEWS



Contributions can be emailed to the Editor
Jan Durham at: newsletter@boxhillrsl.com.au

From the General Manager

Hi Members,

Well, I can't believe it's already April and we're a quarter of the way through the year. It's been a very busy start to the year with lots happening around the club. As we approach Easter and Anzac Day, there is also much to look forward to.

I'd like to inform all members that on the 13th April we are closing off the main driveway entrance to the club for urgent works. These works are likely to take no longer than a week. This will be a disruption to the way you enter the club, and I recognise that many members will be inconvenienced by these works. Unfortunately, they are unavoidable and we are making every effort to appropriately sign and direct traffic into and out of the carpark with the least amount of trouble.

Can I please ask all members to use the top entrance nearest Whitehorse Road and the Avani Hotel for the entire week commencing 13th April. There will be a temporary location to safely pick up/drop off passengers or access taxis and rideshares. This will be directly in front of the library on the main carpark level and 25 metres from the front door. Please plan ahead when visiting the club during this period. We will have additional disabled car parks assigned to level B1 with easy all abilities access into the club via the lifts. If you require assistance staff will be on hand to direct you. Thank you for your understanding.

To make your visit more enjoyable and to speed up the entry process on arrival, all members are now requested to sign in by swiping on one of our 3 kiosks in the foyer. As the reception area can get very busy and congested during peak service periods, simply scan your digital card or swipe your physical member's card. By doing this you will also be rewarded with entries into our promotions and receive extra chances to win unique in venue prizes and vouchers.

Warm regards,

Ben Myers
General Manager

ANZAC DAY SERVICES

2026



ANZAC SCHOOL CHILDREN'S SERVICE THURSDAY 23 APRIL AT 1.15PM

This annual early ANZAC Day service at the World War One Memorial in Box Hill Gardens is a valued tradition that gives the next generation an opportunity to reflect, learn and pay their respects to those who served and sacrificed for our country. All welcome.

ANZAC DAY DAWN SERVICE SATURDAY 25 APRIL COMMENCING AT 5.30AM

Ceremony held at the World War One Memorial in Box Hill Gardens.

Members and guest are invited to attend as we gather to commemorate and honour our fallen comrades. Join us afterwards for the traditional gunfire breakfast.

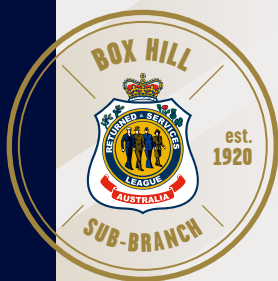
Welfare Report.

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.

Patricia Keech

Caroline Hanrahan
W320254 WRAAF

Pam Ferguson
Affiliate

Robert Ward
3/7469005 NS

Members in Aged Care

JOHN BROWNBILL,
Faversham House, 27
Shierlaw Ave, Canterbury

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

BEV & MALCOLM FRASER,
Willowbrae, 81-85 Porter
Street, Templestowe

NEVILLE FROSTICK,
Livingstone Gardens, 39
Livingstone Road, Vermont

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

**SHARLEE AND LLOYD
GOSS**, Bupa, 12 Burton
Avenue Clayton

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

DOROTHY HOUSE, Estia
428 Scoresby Road,
Knoxfield

JAMES JAMIESON,
Donvale Gardens, 300-304
Springvale Road, Donvale

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

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

GREG MCKIE,
Box Hill Views, 48 Dorking
rd. Box Hill

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

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

FRED PIKE,
Faversham House,
27 Shierlaw Avenue,
Canterbury

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

VALDA ROSEVEAR,
Box Hill Views, 48 Dorking
Road, Box Hill

MYRA SPENCER,
Faversham House, 27
Shierlaw Ave, Canterbury

JOAN WATERS,
Bupa, 120-124 Maroondah
Highway, Croydon

FREE MOVIES FOR MEMBERS Presented by Ray Wall

Thursday 30th April
2026 at 10.30am

The Thursday, April 30, 2026 Movie will be **"The Hundred-Year-Old Man Who Climbed Out of the Window and Disappeared"**. The Hundred-Year-Old Man Who Climbed Out of the Window and Disappeared is a 2013 Swedish Adventure/Comedy rated M and running for 114 minutes.

Synopsis: After living a long and colorful life, Allan Karlsson finds himself stuck in a nursing home. On his 100th birthday, he leaps out a window and begins an unexpected journey.



Thursday 28th May,
2026 at 10.30am

The Thursday, May 28, 2026 Movie will be **"The Captain"**. The Captain is a 2019 Chinese Action/Adventure, inspired by true events, rated PG, and running for 111 minutes.

Synopsis: Directed by Andrew Lau, the film is based on a real-life incident in May 2018, when the cockpit windshield of a Sichuan Airlines flight shattered while the plane was flying 30,000 feet above the Tibetan Plateau. The co-pilot was sucked halfway out of the cockpit, and passengers started losing consciousness due to low pressure.



WHAT'S ON & WHEN

Keep informed about our latest scheduled activities!

GENEALOGY GROUP

1st Monday of the month from 10am-12 noon in the Poppy Room, with lunch in the bistro afterwards.

DAY CLUB

2nd and 4th Tuesday of the month in the Upton Room

WOMEN'S AUXILIARY

4th Monday of the month at 10.30am in the Upton Room

TAI CHI

1st and 3rd Wednesday of the month at 1pm

MENS DISCUSSION GROUP

Meets 2nd Thursday of the month, 2pm-4pm in the Sports Bar.

PROSTATE CANCER GROUP

Meets 3rd Tuesday of the month at 9.30am in the Upton Room.

KNITTERS GROUP

Every Thursday 11.30am-1.30pm in the Sports Bar, with lunch in the bistro afterwards.

The knitting Group will be celebrating **World Wide Knitting in Public Day** again this year on Saturday 13th June, **in the Lounge area**, please feel free to drop by and say hello.

For more details on all groups, contact Faye in Welfare on 9897 6780

Anzac Day Appeal Box Hill RSL

We need volunteers!

Please give us a few hours of your time, between Monday 13th April to Friday 24th April 2026.

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 2026 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:

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Expiry Date:

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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

Women's Auxiliary



Welcome to the Autumn edition of the Women's Auxiliary's newsletter.

In February we held our AGM and our President Judy Coates read out her annual report for the previous year. It made me realise how much work we had done and how much money we had raised to help support the Veterans. A big thank you goes to the committee and members for making 2025 a very successful year.

We then moved on to the general meeting where I am pleased to report that the committee for 2026 will remain the same, led by President Judy Coates and Secretary/Treasurer Emi Luppino.

I wonder if you remember the bushfires that raged in Victoria in January? They were devastating and many who were affected were Veterans who lost everything. The Hawthorn RSL swung into action and asked for donations for Operation Veterans Assist to help the Veterans, their families and Veterans who rushed to help. Judy Coates was on to it even though we were on our Christmas break and got the committee to agree to donate \$3,000. This is what we work towards every year and what a worthy cause.

In May of this year the Women's Auxiliary will be celebrating its 40th birthday and at our Birthday Luncheon we are asking members to wear something you still have in your wardrobe that you wore 40 years ago. Good luck with it if it still fits, however, it should create a lot of fun.

Think back to Princess Diana where we all copied her and wore the big sleeves and bouffant hair!

Anzac Day is fast approaching and the Children's Service will be held at the Box Hill Gardens adjoining the Box Hill RSL on Thursday April 23 at 1.15pm. The Women's Auxiliary will be helping on the day and we hope for fine weather as over 500 schoolchildren will be attending. Everyone is welcome to come along.

Our first bus trip of the year was to Bendigo. We travelled up the Calder Highway with a short toilet break somewhere along the way! Arriving at the Bendigo Central Deborah Gold Mine where we disembarked the bus and got on to a 100-year-old tram. The driver was fun and there was a talk along the way telling us that this was the Anzac Tram and we listened to recordings of letters written to the families from the Anzacs themselves.

We were told about the history of the old buildings we passed and the town of Bendigo.

On the way back, we stopped in the middle of town near the fountain, and the driver told us we were on top of a bridge. It's an unseen bridge that looks like a road but covers the Bendigo creek that runs for about 300 metres under the road. I've been to Bendigo many times but never knew about that.

After our tram trip the bus took us to the All Seasons Resort Hotel where we enjoyed a main meal and sweets for \$15. It was very good value.

We then came back to Melbourne via Heathcote, Doreen, Greensborough arriving at the RSL at 5pm.

Thank you Therese for all your work in making this a great day.

Stay safe, healthy and happy.

Susan Sims
Vice President

MOTHER'S DAY HIGH TEA

SUNDAY MAY 10TH 3PM - 5PM
LANCASTER BAR

\$65 PER PERSON

All mums treated to a glass of sparkling wine
PLUS automatic entry to win a gourmet Mother's Day hamper*

SCAN TO BOOK:

*Terms & conditions apply. Organ 4 346 4118 05 25



Bookings Essential:
 Contact BHRSL Reception.
 Ph 03 9897 6700 or email
reception@boxhillrsl.com.au
 to reserve a seat.

BOX HILL RSL HEALTHY EATING PUBLIC SEMINAR:

EATING WELL, AGING WELL

Join the Box Hill RSL free public seminar to explore how healthy eating can support ageing well. The seminar will introduce key dietary principles associated with healthy ageing, with examples drawn from the Mediterranean diet, one of the most widely studied dietary patterns linked to longevity and health. The seminar will then focus on extra virgin olive oil (EVOO), a central component of the Mediterranean diet, including a guided tasting with Cobram Estate to explore its flavour characteristics and quality attributes.

The session will conclude with a tasting experience guided by Cobram Estate, where participants will have the opportunity to sample high-quality olive oils and learn how flavour, aroma, and sensory characteristics contribute to quality and enjoyment. This event offers a unique opportunity to

combine science, nutrition, and sensory experience in exploring the foundations of healthy eating.

PRESENTERS:

Professor Russell Keast is a Professor of Sensory and Food Science and Director of the Centre for Advanced Food Sciences at Deakin University. Russell is a food and sensory scientist and he was co-discoverer of oleocanthal, a natural anti-inflammatory in olive oil.

Professor Lynn Riddell is Professor of Nutrition at Deakin University and a member of the Nutrition Society of Australia. With over 25 years experience exploring the relationship between diet and healthy living Lynn will provide practical, evidenced based recommendations for healthy ageing.

**Venue, Date and Time: Box Hill RSL
 26 Nelson Road, Thursday May
 28th 6.00-7.00pm.**

DISPLAY CELEBRATING THE UPCOMING 60TH ANNIVERSARY OF LONG TAN, AUGUST 18, 2026

It doesn't seem long ago that we celebrated the 50th anniversary of the Battle of Long Tan with a Black-Tie Dinner I organised at the National Gallery of Victoria with 500 guests, and yet here we are, ten years down the track, again celebrating the 60th Anniversary of the Battle of Long Tan.

We honour the troops of "D" Company 6 RAR, the APCs of 3 Troop 3rd Cavalry regiment, and the New Zealand Artillery, with a new exhibition dedicated to these troops. This current display will go on until August 18, 2026, with small changes every now and then to the exhibition.

On August 18 1966, Delta (D) Company, Royal Australian Regiment (6RAR), fought an "encounter" battle to defeat North Vietnamese forces in the Long Tan rubber plantation. The plantation was only a few kilometres from the 1st Australian Task Force base at Nui Dat.

D company suffered 42 casualties, including 18 dead – more than one third of its strength.

The North Vietnamese Army outnumbered them ten to one, some 245 enemy troops were killed.

There are two other tributes that we have at Box Hill RSL



to honour our troops who fought at Long Tan and in the conflict of South Vietnam: one is the Vietnam Gallery on the first floor, and the other is with the permanent Long Tan Cross near the Library on the ground floor of our new building. This cross is a complete replica of the original one at the AWM in Canberra. Prior to the Australian Troops who were in the Afghanistan conflict, that battle in South Vietnam was Australia's longest, lasting ten years

I trust all our members visiting Box Hill RSL for lunch or dinner take time to view the exhibition of the 60th Anniversary of the Battle of Long Tan in the Bistro area -- there are some special items on display, and, can I add, all original.

"Lest We Forget"

Brian Tateson
 Curator of Memorabilia

JOURNEY TO THE NATIONALS

Ever wondered how many veteran and community groups the Box Hill RSL supports each year? In 2025 alone, Box Hill RSL supported nearly 40 groups and organisations through financial contributions. One of these groups was the **Box Hill City Band Inc.**

If you attended the **2025 ANZAC Day Dawn Service** at Box Hill Gardens, you may already recognise them. They were the band that performed both the New Zealand and Australian National Anthems, **the Box Hill Academy Brass Band**. They will be returning to perform again at this year's ANZAC Day Dawn Service. Their director, Lauren Innes, also served as the Bugler during the service.

In September 2024, the Box Hill RSL Committee agreed to donate \$6,000 to the **Box Hill Academy of Brass** to assist with the purchase of new uniforms. Then, in June 2025, Box Hill RSL provided a further \$3,000 to help support the band's trip to New Zealand in July to participate in the New Zealand National Band Championships.

We are delighted to share that the Box Hill Academy Brass were victorious in New Zealand and are now the 2025 Australian and New Zealand Youth Grade National Champions.

Treasurer Lindsay Burke and I were honoured to represent Box Hill RSL as special guests at the **"Journey to the Nationals"** pre-Nationals' concert for the Box Hill Academy Brass, Whitehorse Brass Bands, and Box Hill Training Academy Brass on Saturday 14 March in Vermont. Joined by Mayor Kirsten Langford, we enjoyed an outstanding concert, the kind of



Above: Box Hill Academy of Brass

performance you would expect to pay top dollar to experience at Hamer Hall Arts Centre Melbourne.

The band delivered a performance that far exceeded what one might typically expect from musicians of their age. Their sound ranged from powerful, striking passages to soft, mellow tones that gave the audience goosebumps. These young performers are playing at an incredibly high level, especially considering that only two years ago they were listed as a C-grade band and have now risen to A-grade status under the leadership of their directors, Lauren Innes and Broden Ford. It is a great credit to both of them.

Between the three bands, they performed a range of musical pieces that some people might recognise, including We Will Rock You, as well as others whose names were too difficult to pronounce or remember. It was interesting to watch one of the musicians using what appeared to be a foot-operated mouse to turn the pages of his music on an iPad while continuing to play his trombone.

One of the most impressive aspects of the performance was the musical confidence and enthusiasm the players brought to the stage. Their energy was evident throughout the concert and translated into a lively and engaging sound that captivated the audience from beginning to end.

The band delivered an impressive

and polished performance, demonstrating not only strong technical ability but also a genuine understanding of musical expression. If this performance is any indication of their future development, this ensemble is well on its way to continued national success.

As they continue their journey to the Nationals in Brisbane later this year, we wish them every success and the very best for the future.

Emi Luppino
Committee Member

★★★★★
Simply brilliant
GLAMADELAI

The most hilarious Wedding Reception ever

CONFETTI & CHAO2

INTERACTIVE SHOW AND 3-COURSE MEAL
From the creators of Faulty Towers The Dining Experience

7PM SATURDAY MAY 9TH
\$95 per person | Drinks at bar prices
Doors open 6:30PM

SCAN TO BOOK:



Above: Marilyn Vella with Jeannine.



Above: Kit and Joy enjoy music by Ron Kingston.

Day Section

Our first 2026 meeting was just after Australia Day so we celebrated this by having Lamingtons. Nobody knew the origin of this custom so I enlightened the group. In 1900 the Queensland Governor had unexpected guests so his chef made cakes for them. Seeing as the host was called Lord Lamington, they named the cakes after him.

On 10th February we had a brief AGM, giving a resume/ account of 2025 events and outlined what we planned for this year. The decision to incorporate a few "chew 'n' chat" days seemed a popular idea as it gives members a chance to catch up with old friends, rather than "listening to a lecture" as one person commented. Loneliness can take many forms: Couples can become housebound when one partner is incapacitated, giving a feeling of isolation so it is important that we try to alleviate this.

For Valentine's Day we had special door prizes – chocolates and wine - which proved very popular and we also had the usual vouchers.

Jeannine began a short talk on her experience and recollections from 1977 by asking members what they were doing then, so several comments floated around the room. In that year she met South Vietnamese boat people who had come to resettle their lives as immigrants in Melbourne. After a Social Worker had established a program whereby immigrants interacted with army

families based in Liverpool NSW. Terry, Jeannine's husband, was posted in Holsworthy Barracks at that time, hence her involvement. The funniest thing Jeannine remembered, was the first question posed by a Vietnamese dentist: "What is TAB?" and "How do you use it?".

On 24th February we welcomed a new entertainer, Ron Kingston. He was so popular that I was asked to rebook him right away. Kit and Joy took to the floor which delighted Ron.

The answer to Marilyn's "Who am I?" quiz was Caroline Chisholm. It was no surprise that Jeannine guessed it as she had won an award named after her, in 2013. This provided a follow-up topic for our next meeting. The award was presented by Anna Burke MP who held the Federal Seat of Chisholm from 1998-2016 including as the well-respected Speaker in the House of Representatives in Canberra. Jeannine helped for several years at Ashwood School which catered for students with a mild intellectual disability. The award was given in recognition of her outstanding voluntary work with the students. Well done, Jeannine! The award had been set up by Anna Burke who had been born in Ashwood.

Funnily enough, Marilyn's quiz on 10th March had a connection to me this time. It was about Professor (Dr.) Ian Frazer. Born in Glasgow, he was educated at Robert Gordon's College in Aberdeen, my hometown. He developed and patented the technology for HPV (Human PapillomaVirus) vaccine with Dr. Jian Zhou at the

University of Queensland having moved to Australia in 1985 after being headhunted to research viral immunology. He was the founding CEO and Director of Research of the TRI Aust (Translational Research Institute). He contributed to the further development of cervical cancer vaccine. In 2006, he was Australian of the Year. He did express his views on television occasionally during the Covid pandemic.

Robert Gordon's College was where my two brothers and then our son Chris were educated. Our daughter went for her final two years of secondary education there when the school went co-educational - it had previously been an all -boys school. They staggered the intake of girls so it was a bonus that Julie managed to attend. The philosophy of the school's principal at that time was to "Create Good Citizens" as much as academics and sporty pupils.

Several of our members have experienced health issues of late and not been able to attend meetings. We send best wishes to them and our hopes that things will improve.

For further details, contact:

Mary Simpson (Co-ordinator)
9077 9784

Allana Kirk (Secretary) 9819 3527

Future Dates:

**April 14 and 28, May 12 and 26,
June 9 and 23**

Mary Simpson
Co-ordinator

BOWLING

Pennant season has finished with our Division 4 Section 4 Saturday team doing well by reaching the preliminary final, but getting beaten after a tough match. Division 6 Section 4 had a difficult season and ended 6th, but weren't relegated. Hopefully next season will be a bit more successful.

Both our midweek teams reached the finals. Division 3 Section 4 ended the season in the Grand Final, but were beaten on the day by Alphington, who not only had a home game advantage, a grass green, but also a much stronger team. The Division 4 Section 3 side completed the season in the elimination final and finished 4th. We are now filling in our time by enjoying social bowls.

Last week we had our annual Club Triples Tournament, which was a long, but very enjoyable day of bowls, finished off with a sausage sizzle. The day was sponsored by Vasey RSL Care, one of our valuable sponsors who had a representative, David Goodwill, come to present the prizes and speak to us about the work Vasey do in the aged and veterans care areas. He spoke to people individually and has organised to follow up with some of our members. Winners on the day were Mark Leonard, David Moran and Peter McGuigan with Judy Smith, Nick O'Leary and Lance Caldwell runners-up.

Our club championships are nearly completed and our champions will receive their trophies at the President's Presentation day in late April.

Coming up we have the 71st Duke of Edinburgh Shield competition and this year (petrol willing!) we will be travelling to Deniliquin for the weekend of play. We also have



Above: David Goodwill from Vasey RSL Care with winners Mark Leonard, David Moran and Peter McGuigan.

Memorial Day which completes the formal part of our annual bowling calendar.

Our Annual General Meeting will be held on May 3rd. We are looking forward to members who have never been on our committees, putting their hands up for the several positions which will become vacant.

During the Winter months we will commence the rotation social bowling with our neighbours, Blackburn North and Mitcham. This started during Covid and, due to popular demand, has continued. It has built up lovely friendships with those clubs and gives us the opportunity to play on three different bowling surfaces so that we are familiar with them when required in pennant.

Now the cooler weather is approaching, we will lose several members to the warmer climes for a time, but the toughies of Box Hill RSL bowls will still be playing on over the off-season.

We are always looking for new bowlers and new members and invite any members of the Box Hill

RSL who may be interested in joining us or learning how to play to ask for our contact details at reception and we will certainly follow up with you.

Cheryl Frail
Vice Chairperson



Box Hill R.S.L. Sub-Branch Inc. trading as Box Hill RSL
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Sub-Branch Secretary: Andrew Guest
Association Registered No: A0057903U