

CAULFIELD RSL
SUB-BRANCH INC.
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Volume 17, Issue 5
October 2017

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FURFS



Official Newsletter of the Caulfield R.S.L. Sub-Branch Inc. & Caulfield R.S.S.& A. Club

Remembrance Day approaches



We are soon to launch the 2017 Poppy Appeal. Along with the ANZAC Day appeal, this event forms a major part of the fundraising campaign for our Welfare Fund.

"The annual Poppy Appeal is a cause that resonates with all Australians" said RSL Victoria's Appeals Manager, Peter Smith.

"Not only does buying and wearing a poppy show respect for our country's fallen heroes, it reminds us all that we need to focus on the next generation of men and women who have served Australia, and who may need help finding their feet following their career in the ADF."

Colin Bradley, President, Caulfield Sub-Branch acknowledges the phenomenal commitment shown by the members and volunteers who time and time again, make the Poppy Appeal such a success.

"Year in, year out, our community rallies together to support the Poppy Appeal in the lead up to Remembrance Day. I would like to thank the local community who support our Sub-Branch and wear their poppy in November" he said.

If you are able to help out with this year's Appeal - either by collecting or placing a box of poppies in your office, please contact our Secretary - David Labrum - at the Club.

St George's Day Club

The Caulfield RSL Committee

President

Colin Bradley

Senior Vice President

President

Bob Larkin

Vice President

Russell Phillips

Treasurer

Graham Cook

Secretary

David Labrum

General Committee

Geoff Goldsmith

Jacey Octigan

Shauna Phillips

General Manager

Rocky Rinaldi

The St George's Day Club formed in 2011 and they continue to meet every Tuesday morning at 10:30am.

The day starts with a chat, cuppa and a catch up, followed by some gentle exercises.

Following on, there are quizzes, cards and bingo.

Most weeks the group then have lunch in the Dining Room.

Membership remains fairly constant—between 15 to 20 people. Many of their members are over 90 and are now mainly female, so more male members would be most welcome.

The group try to organize an outing for lunch monthly.

The cost is \$10 (including lunch) or \$2 (with no lunch).

This is a great, friendly, regular social activity and we welcome anyone interesting in finding out more or participating to get in touch with the Club.



FSC Discounts for October

Caulfield RSL Member's discounts for upcoming Flying Saucer Club events.

The two nominated shows for October are:

Saturday 14th Oct—

Ronnie Charles & the Slick Lix Band

You'll be on your feet for

their mix of rock, rhythm & blues, soul, funk and jazz grooves.

Friday 20th Oct

Nick Stratford & The Yeah Nahs – **Album Launch**

The new album features 11 songs and is chock full of indie rock, anthems and other assorted musical treats.

To obtain your discount, you must book your tickets online and use the discount code of fsc1017 and show your members card at the door.

The full calendar of Flying Saucer Club events can be found on their website—

www.flyingsaucerclub.com.au

RSL Rewards for September

The RSL Rewards promotion for the month of September featured 5 double passes to the AFL Grand Final.

One of our Members - Rick W - was a winner of one of the double passes and had a great day at his first AFL Grand Final.

Remember, you can always redeem your points for exclusive rewards via the RSL Rewards website—
www.rslrewards.com.au

See page 4 for details of the RSL Rewards October promotion.



**Barry Smith
(New Zealand Service Member)**

**Titto William Radas
(Social Member)**

REST IN PEACE

AFL Grand Final Day

We had a great day on Grand Final day with the Club packed and full of colour. Thanks to all who cooked the snags at our sausage sizzle, bought raffle tickets (see winners on page 4) and helped make it a fun-filled afternoon.



Member & Second Chance Draws

Our Member's Draw didn't go off last week.
At time of printing the member's draw was up to \$3,500.

Remember - you need to be a current financial member, and claim your prize within 4 minutes of the 7.30pm draw to win.

The 8pm Second Chance Draw has been claimed most weeks - so be sure to hang around in order to be in the running for 10,000 RSL Reward Points.

AFL Final Series Raffle

Congratulations to Lauraine who won the major prize in our AFL Final Series raffle. She was the winner of the 116lt bar fridge.



Other prize winners are:

- 2nd Prize - Beer & Sherrin Hamper - Julie H
- 3rd Prize - Beer & Sherrin Hamper - William M
- 4th Prize - Sherrin Hamper - Aleah E
- 5th Prize - Sherrin Hamper - John D
- 6th Prize - Sherrin Hamper - Sue R
- 7th Prize - Sherrin Hamper - Emily W
- 8th Prize - Sherrin Hamper - Brendan B

Military History Speaker Program

For those with an interest in military history comes a fascinating evening telling the story of two of Australia's greatest generals—Monash & Chauvel.

These generals commanded the two most effective armies in defeating the Germans and Turks in the Great War in the critical and deciding year of 1918.

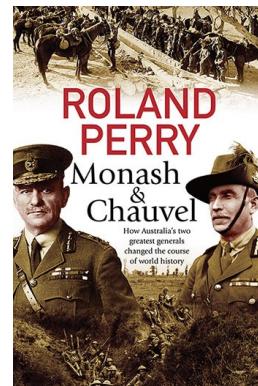
Distinguished historian and author, Roland Perry, will

tell the story of the emergence and dominance of these brilliant Australian soldiers and how our two greatest generals changed the course of the Great War.

The event will be held on Wednesday October 25th from 7pm at the Pompey Elliott Memorial Hall, 403 Camberwell Road, Camberwell.

Cost is \$10—payment at

the door. Doors open at 6.30pm.



RSL Rewards for October

Visit rslrewards.com.au for terms & conditions

This month, you can win a share of 500,000 RSL Reward points by swiping your card on one day only Black Friday—Friday October 13th.

Swipe your card at the kiosk or when buying food or drink to be in the running to win one of 5,000 point giveaways on offer.

See www.rslrewards.com.au for more information.

Vasey RSL Health Care

Vasey RSL Health Care have a wide range of programs, accommodation and care packages available.



VASEY RSL CARE

Home Care Health & Wellbeing Independent Living Residential Care

EXCELLENCE IN AGED CARE: SERVING THOSE WHO SERVED

Whether you need assistance in your own home, advise on health & wellbeing to help maintain your independence or need to look at an Independent living unit or Residential Care, the staff at Vasey RSL Health Care are available to assist.

Ask at the Club for a brochure on the services available, or contact them on 1300 602 108.

Home Care



- Assistance in your own home
- Government funded
- Ages 65+
- What do you need help with?

VASEY RSL CARE

EXCELLENCE IN AGED CARE: SERVING THOSE WHO SERVED

Health & Wellbeing



- Maintain your independence
- Emotional & physical health
- Hot lunch and good company
- At ANZAC Day Therapy Centre, Brighton

VASEY RSL CARE

EXCELLENCE IN AGED CARE: SERVING THOSE WHO SERVED

Independent Living



- Self-contained 1 & 2-bedroom rental units
- For war widows and veterans
- Villages across metro Melbourne

VASEY RSL CARE

EXCELLENCE IN AGED CARE: SERVING THOSE WHO SERVED

Multiscreen

\$10,000

Member's Draw

The Wednesday

\$10,000

Multiscreen

*draw will now
not start until
November.*

*The draw is
conducted by
Multiscreen
involving 10
Clubs and is
drawn twice—
at 6.30pm &
7.30pm*

*We are still
waiting on
Multiscreen to
confirm the
start date...
stay tuned!*



Veteran's Health Week

Veteran's health week runs from October 21st to 29th.

This year's theme is—Stronger, Healthier, Happier:
Finding a Fitter You!

With 'Physical Activity' being this year's theme, we are bringing you sessions to encourage activity - but make it enjoyable. Exercise' need not be hard work: it can be fun and sociable as well as beneficial!

This session offers effective techniques for:

- Releasing tension and stiffness in joints
- Improving digestion
- Increasing strength and flexibility
- Improving your body's ability to heal
- Finding enthusiasm to look after yourself!

Vasey RSL Care will be running a yoga class at Caulfield RSL on Monday 23rd October from 10am.

Sessions are completely FREE for members of the ex-Service Community - veterans and war widows.

But you must book!

Sessions are limited to 20 places and are available on a first-come-first-served basis.

Call 9810 5500 and speak to Linda Vine to register by phone .

Seniors week and Springtime Music



The City of Glen Eira's Seniors Week is on in October. Featuring walks, concerts, cultural and sporting activities, many of the events are free or an a nominal cost. Find out more about what's on at the Council website—<http://www.gleneira.vic.gov.au/Community-services/Aged-and-seniors/Seniors-Festival>

—o0o—

Bayside Council is also celebrating Seniors Week from October 4th—17th. Their theme is Celebrate Ageing Well. See more on their website—<https://www.bayside.vic.gov.au/tags/seniors-festival>

—o0o—

Glen Eira Council are presenting a series of free outdoor events in the area's parks & gardens from October 15th—November 19th.

Bring a blanket and a picnic for an afternoon of music, merriment & a celebration of Spring.

www.gleneira.vic.gov.au/Places-and-events/Arts-and-Culture/Springtime-Music-seniors-festival

Public transport is free in Seniors week on all trains, trams and buses and regional trains, coaches and buses.



New items on the menu

With the warm weather finally on its way, it was timely to update our menu,

There are now some great new seasonal dishes to try, including paella with chicken, chorizo, tomato, garlic, chilli & peppers (pictured left) grilled lamb fillets on black rice and okra, grilled haloumi on a quinoa,

zucchini, eggplant, herb & rocket salad.

There's also oven-baked nachos or Moroccan chicken salad with crispy chorizo, fresh herbs, tomato, grains & tzatziki (all pictured right)

All perfect for the warmer weather!



MRC Charity Foundation Race Day

Thanks to everyone who supported the recent Bendigo Bank East Malvern MRC Foundation Race Day.

At the barrier draw, our manager Rocky had the third pick, and selected Harlow Gold, and hopes were high for this Hayes-trained horse.

Unfortunately, Harlow Gold didn't salute the judge in this race—the race was won by the 2nd picked horse, Harlem—but the assembled group had a great day out in our elevated location on a perfect Melbourne day.

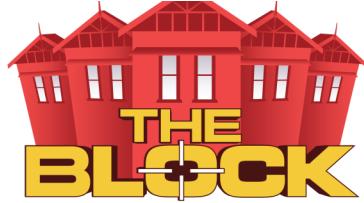
The MRC Foundation announced in early October that the annual race day had raised a record-breaking \$190,000 for 19 local charities and community groups.

Money raised for Caulfield RSL will go directly into our Welfare Fund to benefit veterans, their families and descendants.



Upcoming events

Inspect ‘The Block’



Contact Us

If you have a comment or story you would like to submit to FURFS, or you have a business and would like to offer discounts or specials to your fellow CRSL members, then drop us an email at furfs@crsl.com.au or Furfs Caulfield RSL 4 St George's Road Elsternwick, 3185

On Sunday October 15th from 10am—2pm our new neighbours at “The Block” will be having an Open for Inspection morning.

After you've had a look at their handiwork on Regent Street, why not come and join us in The 4 Court for a flavoursome BBQ and some drinks—listen to some great music from our jazzy/ soul duo - and maybe meet some new neighbours!

Spring Fling

Come and join us before heading off to the races for special Spring Racing Happy Hours.

On major race days—Caulfield Guineas, October 14, Caulfield Cup, October 21, Cox Plate, October 28, Derby Day, November 4, Melbourne Cup Day, November 7, Stakes Day, November 11 and Sandown Cup Day, November 18—we will be having a special Happy Hour between 10am and 12 noon.



We are Off and Racing!
Happy Hour
10.00am - 12noon on Major Racedays

Rugby League World Cup

Towards the end of October, the 2017 Rugby League World Cup is being held in Australia, Games will be played across 13 cities in Australia, New Zealand and Papua New Guinea.

Matches will be played at day and night, with day and night matches, including several double header's.



... and returning in 2018 ...



On Wednesday 18th May, 2018
Basil, Sybil and Manuel will be back at the Caulfield RSL
More details to follow!