

Newsletter

October 2025



RSL
Mount Barker
Sub Branch

**They shall grow not old,
As we that are left grow old,
Age shall not weary them,
Nor the years condemn,
At the going down of the sun,
And in the morning,
We will remember them.**



Presidential Ponderings

Greetings once again, fellow members.

October is a month rich with remembrance. Across our history, this month has carried moments of courage, sacrifice, and endurance that continue to shape the story of our nation.

On 1 October we mark the beginning of Operation Slipper in 2001, Australia's long military commitment in Afghanistan. For many, this is not distant history, but lived experience—shaping the lives of veterans and families in our own community. It reminds us that service is not only found in the pages of history books but continues in the lives of those who answered the call in recent decades.

Later in the month, War Widows Day on 19 October offers a poignant reminder that the impact of service is not borne by veterans alone. Behind every story of courage stands a family whose quiet resilience carries the memory forward. Their sacrifice, though often unseen, is every bit as profound.

And on 31 October, we remember the Charge of Beersheba, a moment of daring that still echoes more than a century later. It is a story not just of military brilliance, but of determination and mateship—the very qualities that remain the lifeblood of our RSL today.

As we reflect on these dates, let us take them not only as markers of history, but as reminders of what binds us together. Whether it is the endurance of those who served in Afghanistan, the strength of war widows, or the courage shown on battlefields long ago—each story calls us to honour, to remember, and to support one another.

This October, may we carry those lessons forward in our daily lives. A kind word, a shared story, or a moment of fellowship is how we keep that spirit alive—together, as a community.

Inside this issue

Presidential Ponderings	1
Secretaries Scribbles	2
Treasurer's Tidbits	2
Battle for Beersheba	3
Remembrance Day	4
Veterans' Health Week	5
Friday Dinner Menu	6
Bingo	7
Crossword	8
Octoberfest	9
Stair lift	10
NRL Grand Final	10
Our Supporters	11
Dates to Remember	12

General Information

- 23 Hutchinson Street
MOUNT BARKER SA 5251
- ABN: 19 270 627 978
- President
Michael Roberts
president@mountbarkerrsl.com.au
- Secretary
Ralph Strecker
secretary@mountbarkerrsl.com.au
- Treasurer
Rod Cooper
treasurer@mountbarkerrsl.com.au
- Phone: **0436 934 286**

LEST WE FORGET

Secretary's Scribbles

As October settles in, the longer days and warmer weather seem to lift the spirit. It's a good reminder that, just like the seasons, our own wellbeing needs time, care, and attention to stay strong.

This month, I'd like to put a spotlight on veteran health. For many of us, service has left its mark—sometimes physically, sometimes mentally, often both. It can be easy to carry those challenges quietly, but it's important to remember that no one has to do it alone. Support is out there, whether through the Department of Veterans' Affairs, Open Arms, your GP, or simply a trusted mate willing to listen.

Here at the Sub-Branch, the simple act of coming together—whether for bingo, coffee, or Friday night meals—isn't just social, it's good for our health. Staying connected, sharing a laugh, and being part of something bigger than ourselves helps keep the darker days at bay. If you haven't dropped by in a while, October is a great time to reconnect.

Behind the scenes, we're still working away on the office refurbishment and tenancy plans, with the aim of strengthening the resources available to veterans and their families right here in Mount Barker. More news on that soon.

Finally, a word of encouragement: take a moment this month to check in with yourself, and with someone else. Ask the question, share the cuppa, make the call. Looking after one another is at the heart of who we are.

Stay well, stay connected, and take care of your health—it's one of the most important things you can do, for yourself and for those who care about you.

"You are never too old to set another goal or to dream a new dream"

~ C.S. Lewis

Treasurer's Tidbits

With October upon us, the books are looking healthy and the Sub-Branch continues to tick along nicely. As Treasurer, that's always good news — though I'll admit, there are a few things I'd happily delete from the ledger if I could. (Electricity bills, I'm looking at you. Who knew turning on the urn for endless cups of tea could add up so quickly?)

The real secret to our financial wellbeing, however, isn't just numbers on a page. It's you. Every raffle ticket bought, every plate cleaned up, every sausage turned at a BBQ adds up in more ways than one. The balance sheet might show dollars and cents, but it's the effort and spirit behind them that keep us in the black.

Our regular events remain the backbone of both our finances and our community life. Bingo still runs like clockwork (with the occasional burst of friendly rivalry), Coffee and Chat remains a midweek highlight, and Friday Night dinners keep proving that good company pairs best with good food.

Looking ahead, October brings more opportunities to gather and raise a little extra for the cause. Keep an eye out for details of our upcoming BBQs and fundraising activities — and if you haven't volunteered yet, don't worry, we'll happily hand you the tongs.

So, thank you once again for your support, your laughter, and your willingness to pitch in. It makes the Treasurer's job a lot more pleasant — and it ensures our Sub-Branch stays strong, welcoming, and ready for whatever the next season brings.

What do constipated Treasurers do? *Work it out with a pencil!*

Battle for Beersheba—31 October 1917

On 31 October 1917, one of the most remarkable feats in Australian military history took place in the arid desert of southern Palestine. The Battle of Beersheba, fought as part of the wider Sinai–Palestine Campaign of the First World War, is remembered not only for its strategic importance but also for the legendary mounted charge of the Australian Light Horse—an event that has become woven into Australia’s national story. At this stage of the war, the British-led Egyptian Expeditionary Force faced stiff resistance from the Ottoman Empire, which had constructed strong defensive lines stretching from Gaza inland to Beersheba. Two previous Allied attempts to capture Gaza earlier in 1917 had ended in failure, at great cost. Commanders now sought a fresh approach: rather than strike head-on once more, they would attempt to outflank the Ottoman line by seizing Beersheba. The town was crucial not only for its defensive position but also because it contained vital wells—water was scarce in the desert, and without securing those wells, any advance would falter.

The attack on Beersheba began in the early hours of 31 October, with British and Dominion infantry forces pressing against Ottoman defences. Progress was steady but slow, and as the day wore on it became clear that a dramatic move was needed to secure the town before nightfall. Failure to do so would risk losing momentum, endanger the horses by denying them water, and potentially doom the entire campaign. Late in the afternoon, Brigadier General William Grant’s 4th Light Horse Brigade—comprising the 4th and 12th Light Horse Regiments—was ordered to mount a direct assault on the Ottoman trenches protecting Beersheba. The Light Horse were not traditional cavalry in the European sense; they were mounted infantry, usually fighting dismounted with rifles. Yet in this desperate moment, they would be asked to do the unthinkable: charge directly on horseback, bayonets fixed in hand as makeshift lances, across nearly 6 kilometres of open ground.

What followed was extraordinary. As the Australians spurred their horses forward, the dust and thunder of hooves created both speed and confusion. Ottoman artillery and rifle fire raked the field, but the pace of the charge was so rapid that the defenders could not adjust their sights effectively. In less than half an hour, the Light Horse overran the trenches. Some dismounted to fight hand-to-hand, while others galloped straight into Beersheba to secure the wells before they could be destroyed. The shock of the attack shattered Ottoman resistance, and the town was captured by evening. The victory came at a cost—31 Australians were killed and 36 wounded—but the result was decisive. The fall of Beersheba turned the tide of the campaign in the Middle East, enabling the Allied capture of Gaza a week later and opening the road north through Palestine to Jerusalem and eventually Damascus. Strategically, it was a breakthrough after months of stalemate. Symbolically, it became a moment of immense pride, demonstrating the daring, resourcefulness, and courage of the Australian Light Horse.

In the years since, the Battle of Beersheba has grown into a powerful symbol of Australian service. Commemorations are held annually, both in Australia and at the battlefield itself in modern-day Israel, where memorials and preserved trenches still stand as a testament to what occurred. The story of Beersheba reminds us not only of the bravery of those who rode that day but also of the broader sacrifices made during the First World War. As we pause this October to reflect on their deeds, we honour their place in history and ensure that their legacy of courage and service endures for generations to come.





Each year on the 11th of November, Australians pause to reflect on the service and sacrifice of those who gave their lives in times of war, conflict, and peacekeeping. At 11 am, we observe one minute's silence to honour the moment the guns fell silent on the Western Front in 1918, bringing an end to the First World War. More than a century later, this tradition continues as a solemn reminder of the cost of freedom and the importance of remembrance.

In 2025, the Mount Barker RSL Sub-Branch will once again host our local Remembrance Day service. The ceremony provides an opportunity for veterans, families, school groups, community organisations, and members of the public to come together in unity and respect. We invite all residents to join us on Tuesday, 11 November, to share in this important act of remembrance.

Public Support – Badge Sales

In the week leading up to Remembrance Day, RSL volunteers will be conducting badge sales at Mount Barker Central. Purchasing and wearing a poppy or badge is a simple but powerful way to show your support. Funds raised directly assist the RSL in providing welfare, advocacy, and support services for veterans and their families in our community. Every badge sold represents a visible sign of gratitude and remembrance.

Why It Matters

Remembrance Day is not only about reflecting on the past—it is about recognising the ongoing impact of service and sacrifice on today's veterans and their families. By attending the service, buying a badge, or simply pausing for a moment of silence, each of us plays a part in ensuring that the legacy of those who served is honoured and never forgotten.

An Invitation to All

We warmly encourage everyone in the community to take part, whether by attending the service, wearing a poppy, or supporting badge sales. Together, our shared acts of remembrance keep alive the values of courage, mateship, and sacrifice that have shaped our nation.

Let us stand united this *Remembrance Day 2025*—to remember the fallen, to support the living, and to pass on the spirit of remembrance to future generations.



Australian Government
Department of Veterans' Affairs

VETERANS' Health Week

Each year in October, Veterans' Health Week provides an opportunity to focus on the wellbeing of those who have served, as well as their families and communities. At the time of publishing this newsletter, the dates and theme had not been announced. That said, highlighting the importance of staying connected with mates, family, and community is a foundation for good health.

For many veterans, life after service can sometimes feel isolating. That is why connection—whether through a chat over coffee, attending an RSL activity, joining a walking group, or simply picking up the phone—is so important. Staying connected supports not only our mental health but also our physical wellbeing, encouraging us to stay active, engaged, and supported.

Ways to Get Involved This October

Join Local Events:

Come and join us for Bingo on the Tuesday, Morning Tea on the Wednesday and for our catered evening meal on the Friday. Everyone is welcome and details of each event can be found in this newsletter.

Check In on a Mate:

A simple conversation can make a real difference. If you haven't heard from someone for a while, give them a call.

Prioritise Your Health:

Book that check-up you've been putting off, start a new exercise routine, or try a mindfulness activity. Small steps add up.

Get Outdoors:

With spring in full swing, enjoy the sunshine. Walking, gardening, or simply sitting outside can lift both body and spirit.

Support is Always Available

It's important to remember that help is never far away. If you or someone you know is finding things tough, support services such as Open Arms – Veterans & Families Counselling (1800 011 046) are available 24/7.

A Final Word

Veterans' Health Week is not just about looking after yourself—it's about looking after each other. This October, let's celebrate the strength of connection within our veteran community and take positive steps towards a healthier, more supported future. Together, we can ensure that no veteran ever feels alone.

Quick Health Tips for Veterans

- ✓ **Stay Active:** Even a 20-minute walk each day can boost energy and mood.
- ✓ **Keep Hydrated:** Water supports focus, energy, and overall wellbeing.
- ✓ **Eat Well:** Fresh, balanced meals fuel both body and mind.
- ✓ **Connect with Mates:** A chat, a call, or a cuppa goes a long way.
- ✓ **Rest & Recharge:** Quality sleep is essential—aim for 7–8 hours.
- ✓ **Seek Support:** Don't hesitate to reach out if you need help (remember OpenArms 1800 011 046).

Dinner Menu — October



Friday 3rd of October

- ✓ Lasagne with Salad and Chips
- ✓ Tiramisu Sponge



Friday 10th of October

- ✓ Roast Beef with Vegetables and Gravy
- ✓ Jam Roly Poly Pudding with Custard



Friday 17th of October

- ✓ Crumbed Prawns with Salad and Chips
- ✓ Pancakes with Maple Syrup and Ice Cream



Friday 24th of October

- ✓ Corned Beef (braised cabbage, potato, carrots & mustard sauce)
- ✓ Lemon Steamed Pudding



Friday 31st of October

- ✓ Paddle of four German Beers
- ✓ Oktoberfest themed food
- ✓ \$20 per Person

*Members are eligible for
a FREE meal during the month of their*

Cost is: \$22.00 for members
\$22.00 for under 18yrs

\$25.00 for non-members
\$17.00 for children under 12yrs

Bookings are essential. Either in person or call/text **0436 934 286**.
Bookings must be made by 12 noon on the Wednesday prior.

BINGO at the RSL

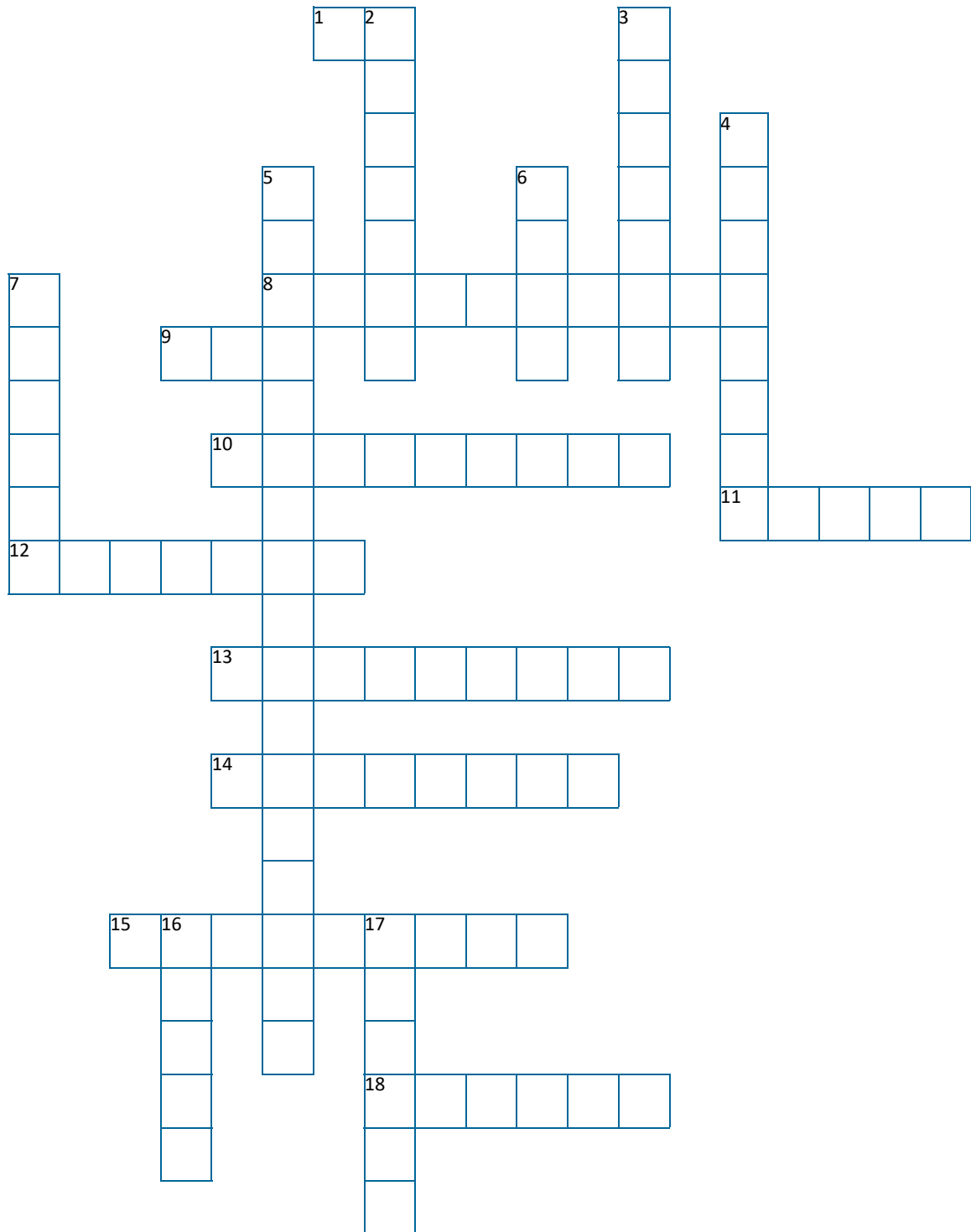


- ✓ Every **Tuesday** at the RSL, in the downstairs dining area.
- ✓ Doors open at **12 midday**
- ✓ Eyes down at **1:00pm**
- ✓ 10 games plus a flyer game.
- ✓ Cash Prizes - Lucky Door Prize.
- ✓ We will always endeavour to have a snack available on the day at a very reasonable cost.
- ✓ Come along and bring your friends and neighbours for a fun afternoon.
- ✓ Scheduled to finish about **2:45pm**



WINNERS

Crossword Puzzle



Across

- 1 Awarded 'For Valour'
- 8 Australian horsemen who charged at Beersheba
- 9 Shortened form of Returned and Services League
- 10 1916 Battle in France where Australians first fought in large numbers
- 11 Symbol of remembrance worn in November
- 12 Allied Commander-In-Chief in the Middle East (WWI)
- 13 Middle Eastern city captured by the Allies in Dec 1917
- 14 Sacred site for Australians at Gallipoli
- 15 Country where the Battle of Beersheba took place
- 18 Conflict often called 'the forgotten War'

Down

- 2 Heroic quality shown under fire
- 3 Nickname of WWI troops from Down Under
- 4 Comradeship valued by Australians
- 5 French town where Australians fought in Apr 1918
- 6 The first name of Monash, Australia's famous WWI general
- 7 WWII campaign fought along this famous track
- 16 Annual day of remembrance on 25 April
- 17 Gallipoli peninsula lies in this country



Date: 31 October 2025

Time: 6:30pm (after the Ode)

Where: Mount Barker RSL

- ✓ Taste some German beer (paddles of four beers).
- ✓ Enjoy some traditional German food.
- ✓ Come dressed in your German beer-drinking attire!

Facts

- ✓ Germany has over 1,500 breweries and 5,000+ beer brands (mostly in Bavaria).
- ✓ Beer is Healthy— Beer is 93% water! It contains minerals such as calcium, phosphorus, magnesium and potassium. It also has various B(eer) vitamins.
- ✓ Beer was invented in Mesopotamia around 4000BC. The golden drop was made by chance. Barley and wheat flatbreads were soaked in water (easier to eat) and the stuff began to ferment and the pulp developed an intoxicating effect.
- ✓ Beer on Prescription! Beer helps patients with urological complaints purge out the kidneys and flush out toxins. It should not be consumed too cold, and whether it can contain alcohol should be discussed with your doctor. In the Czech Republic and Poland this is done.
- ✓ Strongest beer is found in Schorschbräu in Gunzenhausen with 57% alcohol. It will cost you a pretty penny with 40ml costing around 30 euros.



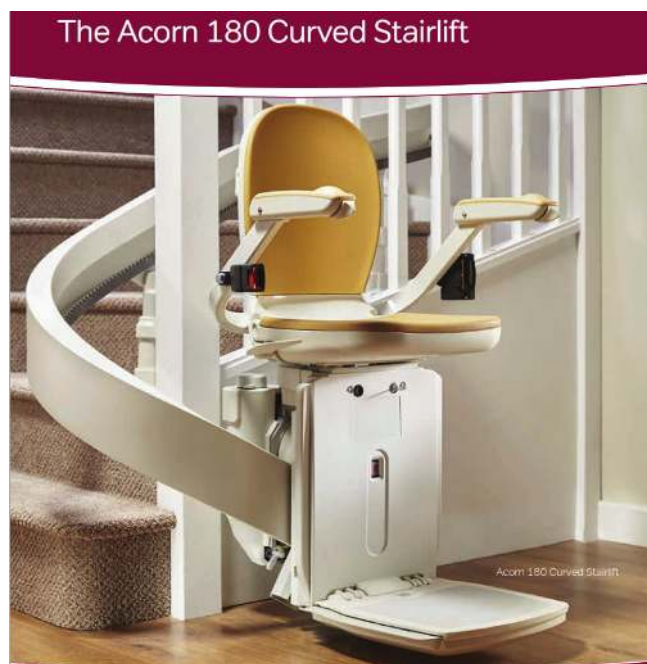
Improving Access at Mount Barker RSL

Accessibility is a key priority for the Mount Barker RSL Sub-Branch as we continue to make improvements to our historic building. One of the projects currently under consideration is the installation of a chair lift, which would make it much easier for members and visitors with mobility challenges to access our facilities.

Last month, representatives from Acorn Stair Lifts visited the Sub-Branch to assess our staircase. They have since provided a product solution tailored to our needs, ensuring it will be safe, reliable, and suitable for our building.

To help fund this important upgrade, we have applied to the Mount Barker Regional Council for a community infrastructure grant of around \$10,000. While this support would provide a welcome boost, the project will still require a significant financial contribution from the Sub-Branch.

Successful grant applicants will be notified in November, and we are hopeful that our application will be favourably considered. If approved, the chair lift will represent a major step forward in improving accessibility for our veterans, their families, and the wider community who use our facilities.



“Change the way you look at things, and the things you look at change.”

- Anonymous



Date: Sunday, 5 October 2025

Time: From 7:00pm

Where: Mount Barker RSL

Catch the action of the NRL Grand Final live on the big screen with great company, cold drinks and plenty of atmosphere.

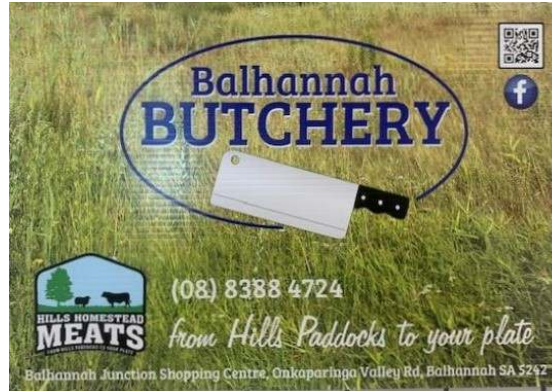
Bring your mates, wear your team colours, and enjoy the game right here at your local RSL.



Our Supporters!



(08) 8393 6900



Aston Hills Shopping Centre—(08) 8388 4724



www.mbfc.com.au



Balhannah—(08) 8398 0009



K&B Mitre 10—(08) 8391 0533



North to South Electrical—0437 777 385



Urban Cellars Mount Barker—(08) 8398 3084



Harvey Norman Mount Barker—(08) 8393 0800



Richies Tavern —(08) 8398 4244

About the RSL

We are Australia's largest ex-service organisation, founded in 1916 to support veterans and their families. Initially focused on repatriation and medical services for WW1 veterans, the RSL's mission has evolved to address the changing needs of each generation of servicemen and women.

Core Functions:

- Veteran Welfare
- Advocacy
- Commemoration
- Support for Families
- Camaraderie
- Public Education

Membership

We are always looking to bring new members into our group! If you know anyone that may be interested in joining us, please pass them our contact details, or even just give them this newsletter.

No doubt, there are many Veterans out there in the community that have not thought about joining their local RSL. There are many more community members that we would like to invite into our ranks as well. They just need to be aware that we are here!

We are here to provide a place for the Veteran community and members of the community in general to mix, relax and enjoy some like-minded company.

Change of Contact Details

We don't want to lose contact with members. So please let the Secretary know if you change your address, phone or email details.

Dates to Remember

BBQ Fundraiser	Location	Details
Saturday — 4 Oct 2025	Aston Hills Shopping Centre	Meet at the RSL at around 9:00am to prepare and transport equipment to location.
Saturday — 18 Oct 2025	Urban Cellars—ALDI Carpark	

General Meetings	Committee Meetings	Morning Tea and Chat
Tuesday—7 Oct 2025	Tuesday— 21 Oct 2025	Don't forget that the Sub-Branch hosts a Morning Tea every Wednesday morning at 10:00am. Light refreshments available for a small donation. This is open to everyone, so bring along a friend or neighbour!
Tuesday— 4 Nov 2025	Tuesday— 18 Nov 2025	

Significant Dates	Event	Remarks
1 Oct 1918	Middle East Campaign	Australian troops capture Damascus.
3 October	Vietnam Veterans	Welcome home parade, Sydney (1987)
4 Oct 1917	Battle of Broodseinde (Belgium)	Major victory for the AIF on the Western Front
19 October	War Widows Day	Honour the sacrifices of War Widows and raise awareness.
20 Oct 1944	Philippines Campaign	Australian forces land at Leyte, Philippines.
23 Oct 1942	Second Battle of El Alamein	Decisive point in the desert war.
31 Oct 1917	Charge of Beersheba	Famous Australian Light Horse mounted charge in Palestine.