



RSL

Mount Barker
Sub Branch



Newsletter

June 2026

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Don't Forget
BBQ's
6th June Aston Hills
21st Jun— Showground

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.

General Information

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

LEST WE FORGET



As we move into June, I would like to take the opportunity to thank all those members and volunteers who supported our first barbecue at the Mount Barker Market. While there was certainly a learning curve involved in establishing a new fundraising activity, the day proved to be a success and provided a valuable opportunity to raise both funds and awareness of our Sub-Branch. These events rely

entirely on members giving up their time, and I sincerely appreciate everyone who assisted with setup, cooking, serving, pack-up, and all the many tasks in between.

I would also like to thank those members and guests who attended our recent Mother's Day function. It was pleasing to see such a good turnout and, judging by the positive feedback received, everyone appeared to enjoy the afternoon. Events such as these provide an important opportunity for members, families, and friends to come together in a relaxed and social environment, strengthening the camaraderie that is such an important part of our RSL community. I would particularly like to extend our thanks to the Olive Branch Café for providing the excellent catering, which was very well received by all in attendance.

Looking ahead, our next major social event will be our inaugural Christmas in July celebration. While Christmas in July events have not been part of our recent social calendar, we are looking forward to introducing what we hope will become a popular annual tradition for our members and guests. The event will provide an opportunity to enjoy good food, fellowship, and a touch of festive cheer during the middle of winter. Further details regarding dates, bookings, and activities will be provided in the coming weeks.

As always, I thank all our members, volunteers, and supporters for their ongoing commitment to the Sub-Branch. Whether you contribute through volunteering, attending events, supporting fundraising activities, or simply maintaining your membership, your involvement plays an important role in ensuring the continued success and strength of our organisation. Together, we continue to honour the service and sacrifice of those who have served our nation while maintaining a strong and respected presence within our local community.

"The most difficult thing is the decision to act, the rest is merely tenacity"

~ Emelia Earhart



As we move into June, I continue to become more comfortable and confident in the role of Secretary. Every month brings new challenges, new experiences, and plenty of opportunities to learn more about the many activities that keep our Sub-Branch operating successfully. There is rarely a quiet week, and it has been both rewarding and enjoyable to become more involved in the day-to-day workings of the organisation.

It has also been encouraging to see more members stepping forward to assist around the Sub-Branch. Whether helping at fundraising activities, supporting social events, assisting with maintenance, or volunteering behind the scenes, every contribution is valued and appreciated. The strength of our Sub-Branch has always been its members, and the willingness of people to become involved helps ensure that the workload is shared and that we can continue to provide a welcoming and active environment for all.

Preparations for our 2026 Christmas Raffle have now commenced. While Christmas may seem a long way off, successful fundraising events require a great deal of planning and organisation well in advance. Over the coming months we will be seeking support from local businesses through donations of goods, services, vouchers, or financial contributions. These generous donations form the foundation of our raffle and play a significant role in its success each year.

If you know of a business that may be interested in supporting the raffle, we encourage you to approach them on behalf of the Sub-Branch or alternatively let the committee know so that we can make contact. Local business support is vital to our fundraising efforts, and we are fortunate to have many community-minded organisations that recognise and value the work we do in supporting veterans and their families.



I am pleased to report that the financial position of the Sub-Branch remains healthy and stable. Through careful management and the continued support of our members, volunteers, and the wider community, we are well placed to meet our current commitments while continuing to invest in activities and initiatives that benefit both our members and the veteran community.

One of the highlights during the past month was the successful introduction of our barbecue at the Mount Barker Market. While it was our first attempt at this particular fundraising activity, the day proved to be very worthwhile and demonstrated the potential for future market appearances. Fundraising events such as these not only contribute to the financial wellbeing of the Sub-Branch but also provide an excellent opportunity to engage with the local community and promote awareness of the work we undertake. My thanks go to everyone who assisted on the day and helped make the event a success.

Our regular Bingo sessions continue to be one of the cornerstones of our fundraising efforts and remain very well supported. The consistent attendance and enthusiasm shown by both members and visitors make Bingo an important contributor to our ongoing financial stability. In addition to generating valuable income, these sessions provide a welcoming social environment that many people look forward to each week. Thank you to the dedicated volunteers who continue to organise, run, and support these events.

As we move further into the year, preparations are already underway for future fundraising activities, including our 2026 Christmas Raffle. Planning ahead allows us to maximise opportunities and ensure that these important initiatives continue to support the work of the Sub-Branch. Every dollar raised helps us maintain our facilities, support veterans and their families, and continue providing services and activities for our members.

Thank you once again to everyone who contributes to the financial success of the Sub-Branch through volunteering, attending events, purchasing raffle tickets, or simply supporting our activities. Your efforts make a genuine difference and are greatly appreciated.

"The mind is everything. What you think, you become!"

~ Buddha

Welfare Update—June Perry

You are probably all aware that one of our long-standing members and Life Member, June Perry, is currently residing at Strathalbyn Aged Care. We are pleased to report that she continues to enjoy regular visits from Sub-Branch members. Like many residents in aged care, she experiences both good days and more challenging days, but it is clear that the company, conversation, and support of fellow members are greatly appreciated.

The flowers that have been delivered and the visits made over recent months have certainly helped brighten her days and remind her that she remains a valued part of our RSL family. In particular, the visits from Mozart have proven to be a great source of comfort and enjoyment, with a friendly paw and a wagging tail often succeeding where words alone cannot.

We encourage members who may have some spare time to consider paying a visit. However, to ensure visits remain comfortable and enjoyable, we ask that members attend in small numbers where possible. A short visit, a friendly chat, and a familiar face can make a tremendous difference and help maintain the strong bonds of friendship and camaraderie that are such an important part of our Sub-Branch community.

Thank you to everyone who has already taken the time to visit and support her during this period.

D-Day: The Day the Changed the Course of History



On 6 June 1944, Allied forces launched one of the most ambitious military operations ever undertaken. Known as D-Day, the Normandy landings marked the beginning of the liberation of Western Europe from Nazi occupation during the Second World War. More than eighty years later, the courage, sacrifice, and determination displayed on that day continue to inspire generations.

The operation, codenamed Operation Overlord, involved the coordinated efforts of troops, sailors, airmen, and support personnel from many Allied nations. In the early hours of 6 June, thousands of airborne troops were dropped behind enemy lines to secure key objectives and disrupt German

defences. As dawn broke, an armada of more than 5,000 ships crossed the English Channel carrying over 150,000 Allied soldiers towards the beaches of Normandy in northern France.

The landing areas were divided into five beaches: Utah, Omaha, Gold, Juno, and Sword. Each beach presented its own challenges, but nowhere was the fighting more intense than at Omaha Beach, where American forces faced fierce resistance and suffered heavy casualties. Despite determined German opposition, the Allied forces gradually secured footholds along the coastline and began moving inland. The scale of the operation was unprecedented. Years of planning, intelligence gathering, deception campaigns, and logistical preparation had been required. Thousands of aircraft provided air cover, while engineers, medics, and support troops worked tirelessly to ensure the advancing forces could continue their push into occupied Europe.

While Australia did not participate as a formed military force in the Normandy landings, many Australians were involved in the broader Allied war effort in Europe. Australian airmen serving with the Royal Australian Air Force and the Royal Air Force flew bomber, fighter, transport, and reconnaissance missions in support of the invasion. Australian sailors serving in the Royal Navy and other Allied naval forces also played important roles in the operation. Their service formed part of Australia's wider contribution to the defeat of Nazi Germany.

The success of D-Day did not come without cost. Thousands of Allied personnel were killed, wounded, or missing on the first day alone. Many never made it beyond the beaches they had fought so hard to reach. Yet their sacrifice helped establish the foothold that would ultimately lead to the liberation of France, the advance into Germany, and the eventual end of the war in Europe less than a year later.

For veterans and serving personnel, D-Day remains a powerful reminder of the courage required in military service. It also highlights the importance of teamwork, leadership, planning, and resilience in overcoming seemingly impossible challenges. The soldiers, sailors, and airmen who took part knew the risks they faced, yet they carried out their duties with remarkable determination and selflessness. Today, the beaches of Normandy are peaceful places visited by thousands of people each year. The cemeteries, memorials, and museums that stand there serve as lasting reminders of the immense sacrifice made by those who fought for freedom. Rows of white headstones overlooking the coastline bear silent witness to the price that was paid on what became known as "The Longest Day."

As we commemorate the anniversary of D-Day, we honour not only those who landed on the beaches of Normandy but all those who served during the Second World War. Their courage and sacrifice helped shape the world we live in today and ensured that future generations could enjoy the freedoms that many now take for granted.

Lest We Forget.

The Korean War—Australia's Forgotten War



The Korean War began on 25 June 1950, when Communist North Korea invaded South Korea. In response, the United Nations called on member nations to assist South Korea. Australia was among the first countries to answer that call, committing naval, air, and ground forces to the conflict. The war became the first major military confrontation of the Cold War and carried significant implications for international security throughout the Asia-Pacific region.

Australia's involvement began almost immediately. Royal Australian Navy ships operating in the region were among the first Allied forces to take part, while No. 77 Squadron of the Royal Australian Air Force flew

combat missions in support of United Nations operations. In 1951, Australian Army units joined the fighting as part of the 27th British Commonwealth Brigade, later serving with the 1st Commonwealth Division.

Australian soldiers faced rugged terrain, harsh winters, and a determined enemy. One of the most significant actions involving Australian forces occurred during the Battle of Kapyong in April 1951. As Chinese forces launched a major offensive, troops from the 3rd Battalion, Royal Australian Regiment (3RAR) helped halt the advance and prevent a breakthrough towards Seoul.

The battle became one of the most celebrated actions in Australian military history. For their courage and determination under difficult circumstances, 3RAR was awarded the United States Presidential Unit Citation, one of the highest honours that can be bestowed upon a military unit.

As the war progressed, large-scale manoeuvres gave way to static defensive positions and trench warfare, often drawing comparisons with the First World War. Australian personnel continued to serve with distinction throughout the conflict despite constant dangers from artillery, patrol clashes, and enemy attacks.

By the time an armistice was signed on 27 July 1953, approximately 18,000 Australians had served in Korea. The cost was significant. 340 Australians lost their lives, more than 1,200 were wounded, and many others carried the effects of their service long after returning home.

Unlike veterans of the Second World War, many Korean War veterans returned to a nation focused on post-war growth and prosperity. The conflict received relatively little public attention, leading to it becoming known as "The Forgotten War."

Today, memorials and commemorative services help ensure that the contribution of Korean War veterans is properly recognised. The Australian National Korean War Memorial in Canberra stands as a lasting tribute to those who served and those who did not return.

As we mark the anniversary of the outbreak of the Korean War on 25 June, we remember the Australians who answered the call to serve in a distant land. Their courage, professionalism, and sacrifice helped uphold international peace and security during a critical period of history. Their service deserves to be remembered not as a forgotten chapter, but as an important part of Australia's military heritage.

Lest We Forget.

Looking After Your Health During Winter

As winter settles in across the Adelaide Hills, the colder weather brings its own challenges, particularly for veterans, seniors, and those with existing health conditions. Shorter days, cooler temperatures, and an increase in seasonal illnesses can all affect our wellbeing. A few simple steps can help keep us healthy, active, and connected.

Protect Yourself Against Seasonal Illness

Winter is the peak season for influenza, colds, and other respiratory illnesses. For older Australians, these can sometimes lead to more serious complications. One of the best ways to protect yourself is to receive your annual flu vaccination. As influenza strains change each year, annual vaccination remains important even if you have been vaccinated previously.

Other simple precautions include: Washing your hands regularly; covering coughs and sneezes; avoiding close contact with people who are unwell; staying home and resting if you are sick; keeping vaccinations up to date.

Keep Moving

When the weather turns cold, it can be tempting to stay indoors. However, regular physical activity remains one of the best things you can do for your health.

Regular exercise helps: Maintain strength and mobility; improve balance and reduce the risk of falls; support heart health; improve sleep and energy levels; boost mood and wellbeing.

Exercise does not need to be strenuous. Walking, gardening, stretching, or participating in community activities can all provide valuable benefits. Even plastering walls and ceilings can be beneficial—just ask Ralph.

Looking After Mental Wellbeing

Winter can sometimes affect mental health, with reduced daylight hours and less social interaction contributing to feelings of loneliness or low mood. Your mental health is just as important as caring for your physical health.

Simple ways to support your wellbeing include: Maintaining a regular routine; spending time outdoors when possible; enjoying hobbies and interests; staying in contact with family and friends; seeking support when needed.

Stay Connected

One of the greatest strengths of the RSL community is the camaraderie between members. Social connection plays a vital role in maintaining good health and wellbeing. A phone call, a visit, attending Bingo, joining a Friday night dinner, or simply sharing a conversation can make a real difference. This is especially important for members who live alone, have limited mobility, or may be experiencing health challenges.

We also encourage members to continue supporting those in aged care or recovering from illness. A friendly visit or a few minutes of conversation can brighten someone's day and remind them that they remain a valued part of our community.

Looking After Each Other

Winter is a reminder that good health involves more than avoiding illness. It means staying active, maintaining social connections, and looking out for one another. As members of the Mount Barker RSL Sub-Branch, we have always taken pride in supporting our mates. Whether it is checking in on a fellow member, offering a helping hand, or sharing a conversation over a cup of tea, these simple acts help strengthen our community.

This winter, take a little extra time to look after yourself—and if you can, check in on a mate as well.

Good health is not just about adding years to life; it is about adding life to those years.

Last Post and Reveille Explained

Many Australians have heard the haunting notes of The Last Post and Reveille at Anzac Day, Remembrance Day, and other commemorative services. While these bugle calls are familiar to many, fewer people understand their origins and significance.

The Last Post originated in the British Army and was traditionally sounded at the end of the day's activities. As evening approached, sentries would be posted around the camp, and a series of bugle calls would confirm that all posts were manned and secure. The final call in this sequence became known as The Last Post, signalling that the day's duties had ended and that the camp could settle for the night.

Over time, The Last Post took on a deeper symbolic meaning. In commemorative services, it represents the end of a soldier's earthly duties and serves as a tribute to those who have made the ultimate sacrifice in service to their country. The solemn notes encourage reflection, remembrance, and gratitude.

Following a period of silence, the bugle call Reveille is sounded. Traditionally, Reveille was used to wake soldiers at dawn and signal the start of a new day. At commemorative services, it symbolises awakening, renewal, and hope. It reminds us that while we honour those who have passed, their memory continues to live on.

At Dawn Services, a shortened version known as the Rouse is often played instead of the full Reveille. The Rouse carries the same symbolic message of awakening and remembrance while being more suited to ceremonial occasions.

Together, The Last Post and Reveille form one of the most powerful traditions in military commemoration. They remind us of sacrifice, service, and the enduring responsibility to remember those who served before us.

Care Packages—A Taste of Home for Deployed Personnel

Throughout Australia's military history, families, friends, schools, community groups, and organisations such as the RSL have sent care packages to Australian personnel serving overseas. While the contents have changed over the years, the purpose has remained the same—to remind deployed members that they are remembered, appreciated, and supported at home.

During both World Wars, parcels often contained practical items such as socks, scarves, tobacco, chocolate, writing paper, and family photographs. These small comforts helped boost morale and provided a welcome connection to home during difficult times.

In more recent deployments to places such as East Timor, Iraq, Afghanistan, and the Middle East, care packages have included snacks, toiletries, magazines, coffee, and messages of support from schools and community groups. Although modern technology allows personnel to communicate more easily with loved ones, receiving a package from home remains a special experience.

For many deployed personnel, the greatest value of a care package is not the items inside but the knowledge that someone has taken the time to think of them. A handwritten note, a child's drawing, or a simple message of thanks can provide a significant boost to morale during long periods away from family and friends. The tradition reflects the strong bond that exists between the Australian community and its servicemen and women. It demonstrates that, regardless of where they may be serving, Australians continue to appreciate the commitment and sacrifices made by those in uniform.

While military service has changed over the years, the importance of maintaining that connection between home and those serving overseas remains as strong as ever. Sometimes the simplest gesture can make the biggest difference.

No matter how far from home they may be, they are never forgotten.

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 (side games if numbers permit)
- ✓ 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 around **2:45pm**

WINNERS



Dinner Menu — June



Friday 5th of June

- ✓ Roast Chicken, Vegies and Gravy
- ✓ Quince & Apple Crumble with Custard and Cream



Friday 12th of June

- ✓ Crumbed Prawns with Salad and Chips
- ✓ Black Forest Cake



Friday 19th of June

- ✓ Sweet and Sour Chicken with Rice
- ✓ Banana Fritters with Icecream



Friday 26th of June

- ✓ Fellowship night
- ✓ Food and Activities TBA

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

Cost is: \$27.00 for members
\$27.00 for under 18yrs

\$30.00 for non-members
\$22.00 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.

Sudoku

Easy

5			6	7	8	9	1	
6	7		1		5		4	8
	9	8		4	2	5		7
8		9	7	6	1	4	2	
4	2		8	4		7	9	1
	1	3	9	2	4	8		6
9	6	1	5		7	2	8	
2		7	4	1	9		6	5
	4	5	2	8	6	1		9

Medium

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

Hard

						2		
	8				7		9	
6		2				5		
	7			6				
			9		1			
				2			4	
		5				6		3
	9		4				7	
		6						

Harvey Norman

Mount Barker



Specsavers

NOVA

HAIR & BODY

Tim Adams

CLARE VALLEY

urbancellars

Woolworths



NAIRNE
COMMUNITY
PHARMACY



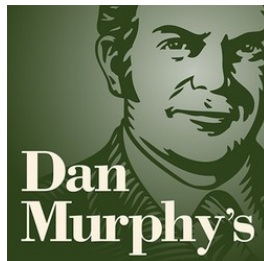
Mount Barker Central

Simply Style

Mount Barker



FROM THE FAMILY FARM
BEERENBERG
SINCE 1839



ROOS
MBFC

Bakers Delight

STRAND
Strandbags Mt Barker



BROWSE IN & \$AVE



AstonHills
nail&beauty

THE
Coffee Tin



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.

Significant Dates

General Meetings	Committee Meetings	Morning Tea and Chat
Monday—6 Jul 2026 Monday— 3 Aug 2026 Monday—7 Sep 2026	Committee Meetings will be called as deemed necessary.	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!

On This Day	Event	Remarks
1 June 1966	Vietnam War	The 1st Aust Task Force established in Phuoc Tuy province.
6 June 1944	D-Day	Allied invasion of Normandy, France.
6/7 June 1969	Battle of Binh Ba	Decisive role in clearing North Vietnamese troops.
7 June	Military Working Dog Day	Honouring the brave canines that have served alongside ADF personnel since 1943.
16 June 1948	Malayan Emergency	Federation of Malay declared the Malayan Emergency.
19 June 1941	Syria-Lebanon Campaign	Battles of Wadi Zeini and Merdjayoun
22 June 1943	Japanese Invasion	John Curtin announces that immediate threat has passed.
25 June 1942	Milne Bay	Allied troops arrive and begin constructing air base.



RSL-SA Application for Service Membership

I hereby apply to be admitted as a Service Member of the Returned & Services League of Australia and a member of the: _____ Sub-Branch.

Personal Details

Title: _____ Given Names: _____
Surname: _____
Honours / Awards / Decorations (Post Nominals): _____
Sex: _____ D.O.B: _____ Country of Birth: _____
Postal Address: _____
Suburb: _____ Post Code: _____ State / Country: _____
Phone(W): _____ (H): _____ (M): _____
Email: _____

Service Details (Please attach proof of service)

Service Number: _____ PM Keys Number: _____ Rank: _____
Service: ☐ Air Force ☐ Army ☐ Navy Type: ☐ Regular ☐ Reserve ☐ National Service ☐ Other
If Other: (Provide Details) _____
Date of Enlistment: _____ Discharge Certificate No (if applicable): _____
Date of Discharge: _____ Length of Service: _____ Years: _____ Months: _____
Campaign & Service Medals: _____

Theatres of Operations or Conflicts (Check all applicable)

☐ World War 2 ☐ Vietnam ☐ Peacekeeping ☐ Regular Forces ☐ East Timor
☐ Korea ☐ BCOF (Japan) ☐ Somalia ☐ Reserves / CMF ☐ Afghanistan
☐ Malayan Emergency ☐ Borneo Confrontation ☐ Gulf War / Kuwait ☐ National Service ☐ Iraq
Other: _____

Previous Membership Details (if applicable)

Previous Membership: ☐ Yes ☐ No Date first joined the League: _____
Badge number of previous membership: (if applicable) _____
State & Sub-Branch of previous membership: (if applicable) _____

Declaration and Agreement

☐ I declare that the above information is true and correct.
☐ I agree to uphold the Constitution of the League and its By-Laws

Signature of Applicant: _____ Date: _____
Proposed By: _____ Seconded By: _____
Accepted by Sub-Branch: Sub-Branch Member _____ Sub-Branch Member _____
(Honorary Secretary) Date: _____

Privacy Statement

We will not use any of the information on this membership form without your specific permission in writing, other than to record you as a member of the League and will not pass that information to anyone outside the League.
ABN 19 219 796 904

October 2017



RSL-SA Application for Affiliate Membership

I hereby apply to be admitted as a Affiliate Member of the Returned & Services League of Australia and a member of the: _____ Sub-Branch.

Personal Details

Title: _____ Given Names: _____
Surname: _____
Sex: _____ D.O.B: _____ Country of Birth: _____
Postal Address: _____
Suburb: _____ Post Code: _____ State / Country: _____
Phone(W): _____ (H): _____ (M): _____
Email: _____

Are you related to a Service person ☐ Yes ☐ No

If "yes" please specify: Service Number: _____ Name: _____

Unit Served With: _____ Conflict: _____

Previous Membership Details (if applicable)

Previous Membership: ☐ Yes ☐ No Date first joined the League: _____

Badge number of previous membership: (if applicable) _____

State & Sub-Branch of previous membership: (if applicable) _____

Declaration and Agreement

☐ I declare that the above information is true and correct.

☐ I agree to uphold the Constitution of the League and its By-Laws

Signature of Applicant: _____ Date: _____

Proposed By: _____ Seconded By: _____

Accepted by Sub-Branch: Sub-Branch Member _____ Sub-Branch Member _____
(Honorary Secretary) Date: _____

Privacy Statement

We will not use any of the information on this membership form without your specific permission in writing, other than to record you as a member of the League and will not pass that information to anyone outside the League.
ABN 19 219 796 904

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