

# Leongatha RSL

## Newsletter



Spring is a great time to be out and about, with the chills of winter behind us, and the heat of summer in front of us it feels good. Things don't stop at the RSL and we have been very busy since the last newsletter.

Remembrance Day went very well, and it was encouraging to see the number of people that attended despite the weather, although it stopped raining for the service and started as soon as the service was completed. The band was an added part of the service this year and was well received.

Our Oaks Day luncheon was well attended and thanks to Wendy and her team for a great job in organising and co-ordinating this day.

The Shane Warne Heart Machine made its second visit to the Club during Veterans Health Week and was once again well utilised.

We have a number of events and initiatives coming up and I would encourage you, if you can, to join our Socials (see page 8 for details) as we are continually posting updates and this is the best way for you to keep abreast with everything that is happening at the Club.

Enjoy the Spring and we look forward to seeing you at the Club - Greg Nugent, General Manager

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# Ladies Day



[www.jorgiakate.com.au](http://www.jorgiakate.com.au)

Ladies Day was a huge success with over 80 ladies frocking up in their best race day attire to enjoy a day with friends, family, food and drinks. The ladies were treated to a sumptuous lunch featuring canapes and delicious desserts specially designed by head chef Jake and his team. Laughter was heard from afar as the ladies enjoyed a flutter on some races, their own 'special horse race', fashions on the field and of course the highlight of the day was a fabulous fashion show featuring outfits from local boutique clothing store JorgiaKate. Models confidently strutted their stuff on the runway displaying the latest trends and showcasing the beautiful clothing that JorgiaKate has to offer. A fabulous day where old friends caught up and new friendships blossomed was had by all.







# Shane Warne Heart Health



## FREE Health Check

-  Blood pressure
-  Heart rate
-  Weight & height
-  BMI & body fat
-  Type 2 Diabetes risk

FREE HERE  
Oct 13- 27

during RSL opening hours.  
Self test in 4 minutes  
Bookings not required  
Short waiting times may apply






The last phase of our use of the Shane Warne Heart Health Machine took place from October 13 to 27, attracting another wave of individuals eager to assess their heart health. It was a wonderful opportunity to provide this initiative to local residents who might not have otherwise had the chance to undergo this test, which has assisted many in monitoring their own well-being.



# Some interesting Statistics as a result of the Heart Machine being at the Club

## Severe Blood Pressure



**2 (0.6%)** recorded Severe Blood Pressure ( $\geq 180/110$  mmHg)



**213** health checks triggered a **GP call-to-action** for at least one of high BP ( $\geq 140/90$  mmHg), high BMI ( $\geq 35$ ), and/or AUSDRISK ( $\geq 12$ )

## Blood Pressure Recency



**155 (44.8%)** reported they had not had their blood pressure measured in last 12 months

AUSDRISK	98	46.0%
AUSDRISK   BP	35	16.4%
BP	29	13.6%
BMI	16	7.5%
BMI   AUSDRISK	15	7.0%
All	12	5.6%
BMI   BP	8	3.8%

## Blood Pressure Medication



**32.7%** recorded high blood pressure despite being on BP medication (uncontrolled BP)

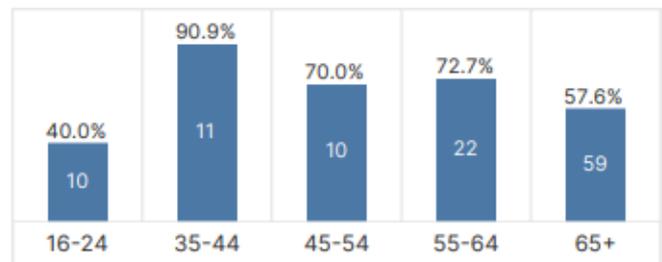


**63.5% (73)** expressed interest in making lifestyle changes

## Type 2 Diabetes Prediction



**20 (6.5%)** are predicted to develop Type 2 Diabetes in the next 5 years.



\* Refer to companion guide for more information

Note: Age groups with less than 10 participants are suppressed.

## Obesity



**39.4%**  
BMI  $\geq 30$



## AUSDRISK



**49.2%**  
AUSDRISK ( $\geq 12$ )



## Bodyfat%



**55.7%**  
%Body Fat high - very high



## Blood Pressure



**23.6%**  
BP  $\geq 140/90$  mmHg



## Smoking



**6.7%**  
Smoke daily



## Vaping



**2.3%**  
Vape daily



# Leongatha RSL KOKODA

## TREK SCHOLARSHIP

On ANZAC DAY 2025 we announced that the Committee had endorsed the creation of a Kokoda Scholarship aimed at sending two students on the experience of a lifetime following the steps of those brave veterans who fought on the track.

The objectives of the Trek are:

- To foster leadership, teamwork and personal growth amongst the students.
- To connect today's youth with Australian history and the values of courage, endurance, mate-ship and sacrifice.
- To provide opportunities for students that may be financially or socially disadvantaged.
- To strengthen community ties between business, education and community.

After an extensive recruiting process that included information nights, a 600 word essay on what Kokoda means to Australia and an interview with an independent interview panel, the following students were selected to participate in the scholarship:

Rose Bowler - Mary Mackillop Catholic Regional College  
Bede Challis - Leongatha Secondary College



# BISTRO

*closed*

**SUNDAY 30 NOVEMBER-DINNER ONLY**

Our staff will be enjoying a well earned X'mas party!

The VENUE will be OPEN normal hours 11am-10pm

BISTRO OPEN for lunch as usual

CLOSED FOR DINNER



# HAVE YOU BOOKED?

Thinking of holding your end of year gathering at the Leongatha RSL?

Dates are filling quickly!

if you haven't booked already reserve your spot now!  
Call 56622747 or email [events@leongatha-rsl.com.au](mailto:events@leongatha-rsl.com.au)



LEONGATHA RSL



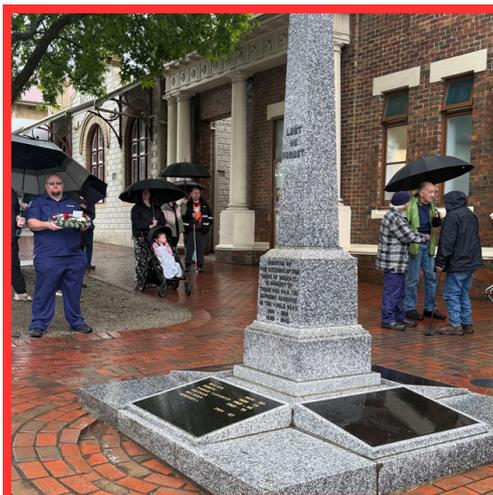


# Remembrance

## DAY 2025



ON NOVEMBER 11, 2025, the community of Leongatha and surrounds came together to commemorate Remembrance Day with a solemn service at the Cenotaph. Despite inclement weather, approximately 70 attendees participated in this heartfelt event hosted by our general manager, Greg Nugent, and President Bill Verboon. Retired Lt. Colonel John Blunt served as the guest speaker, reflecting on the history of Remembrance Day. Following his address, Greg delivered a poignant reading of the poem "The Poppy." Wreaths were laid by representatives from various organisations, including the RSL, TPI, Legacy, Emergency Services, the Council, and members of the public, followed by Bill Verboon's recital of the Ode of Remembrance. The service featured musical accompaniment from members of The South Gippsland Brass Band, culminating in moving renditions of "The Rouse" and "The Last Post" performed by bugler Natalie Stewart. Following the ceremony, guests gathered at the Leongatha RSL for light refreshments, providing an opportunity to reconnect and reflect.



# V A L E *Phillip Head*



Phil Head was a dedicated volunteer who served the veteran community with exceptional commitment. Originally working for the VAN office and Centrelink with DVA supporting veterans and their families with care and professionalism. After retiring, he continued his service as a pensions officer with the Leongatha RSL, where his knowledge and compassion made a profound difference to many.

Phil was a highly valued member of both the RSL and Legacy, and he also gave generously of his time as a volunteer within the Mirboo North community. We will miss his quick wit and sense of humour, qualities that brought warmth and ease to everyone who knew him.

We are thinking of his wife Jan and their family as we navigate this huge hole that has been left.

*"A life is not measured by the number of years we live, but by what we do with the years we are given"*

Phillip truly lived this.

## WHAT'S THE **BEST**

way to keep up to date?

**FOLLOW US ON OUR SOCIALS**



[www.facebook.com/leongatha.rsl](http://www.facebook.com/leongatha.rsl)



[www.instagram.com/leongatha.rsl](http://www.instagram.com/leongatha.rsl)



**TOY RAFFLE WINNERS!**

DRAWN NOV 21ST

1 <sup>st</sup>	Dianne Shaw
2 <sup>nd</sup>	Michael Ryan
3 <sup>rd</sup>	Jessica Norton
4 <sup>th</sup>	David Poole
5 <sup>th</sup>	Hilary Wallace
6 <sup>th</sup>	Ian Tuckett
7 <sup>th</sup>	Jenny Douglas
8 <sup>th</sup>	Leanne Jorgensen
9 <sup>th</sup>	Renee Warren
10 <sup>th</sup>	Ayana Sohi
11 <sup>th</sup>	Margaret Clark
12 <sup>th</sup>	Mike Butterfield

LEONGATHA RSL EST 1919

*Christmas Hours*

Closed Christmas day  
 Closed Boxing Day  
 all other days business as usual

# HALLOWEEN



Yet another spook-tacular Halloween bash drew in a swarm of costume enthusiasts! Little goblins colored their way to victory, while grown-ups sipped on ghoulish cocktails and flaunted their wild outfits. The highlight of the night was the costume contest! Monsters, movie stars, and everything in between strutted their stuff, earning cheers and gasps. The judges were caught in a web of indecision, as everyone knocked it out of the pumpkin patch with their Halloween spirit!



**DONATIONS SO FAR** 

Leongatha RSL

# Tree of Hope

Donate here for local distribution

Spread a little bit of joy!  
 Help bring happiness to those in our community by donating a gift or food item here to brighten someone else's Christmas.

 leongatha-rsl.com.au 

Our partnership with the Leongatha Salvation Army for the Tree of Hope initiative has been an incredible triumph, and we are immensely grateful to all who have contributed. Community members have generously donated a large array of food and gifts that will go to needy families, however there is still time to donate if you haven't already. Donations can be made right up until November 28<sup>th</sup> for collection by the Salvation Army who will then distribute the goods in time for Christmas. After such a successful launch we are excited to announce that this will become an annual event which we anticipate will only get bigger every year.

**BUSINESS**  
**Christmas**

From groups of 1- 30pl  
 Let us host your staff Christmas breakup  
 \$50 p/h includes 2 course dinner, background music & drink on arrival.

**FOOD - DRINK - MUSIC**

**5:30PM ONWARDS**

SATURDAY	<b>6</b>	DECEMBER
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LEONGATHA RSL  
 BOOKINGS 5662 2747

Members  
**CHRISTMAS PARTIES**

**THURSDAY  
DEC 18**

**UP FOR GRABS**  
 20 X RAFFLE PRIZES  
(hams, hampers, electronic goods etc)  
 2 X \$500 CASH  
(guaranteed give away to 2 members on night)  
 2 X VENUE GIFT CARDS  
(every guest in the complimentary draw to win)

**FRIDAY  
DEC 19**

**UP FOR GRABS**  
 ASSORTED HAMS  
(a selection of hams to choose from)  
 1 X MEGA SEAFOOD PLATTER  
(an assorted fresh seafood platter)  
 6 X VENUE PRIZES  
(6 x complimentary prizes picked off the board)

**SANTA BOTH NIGHTS!**  
 COME 1 NIGHT OR BOTH BUT  
 BOOK EARLY TO AVOID DISAPPOINTMENT  
 56622747

Terms and condition apply - prizes may change subject to availability

**BOOK NOW!**



# FAB FRIDAY

COMMUNITY RAFFLES

Want your club to **HOST?**

Email Kate - [kate.gourlay@leongatha-rsl.com.au](mailto:kate.gourlay@leongatha-rsl.com.au)

**FAB FRIDAY**  
LEONGATHA BASKETBALL

NOV 28 2025

**FAB FRIDAY**

**Woorayl Lodge Auxiliary Group**

Dec 5th

- Members Draw
- \$5 Schooners
- Joker poker cash
- \$500 meat trays

All profits from the sale of raffle and joker poker tickets going directly to Woorayl Lodge Auxiliary Group

**FAB FRIDAY** featuring **KORUMBURRA CROQUET CLUB**

DEC 12

- \$500 worth of meat
- Joker poker cash
- Members Draw cash
- \$5 schooners - members price

Gather family and friends, reserve a table for a meal and drinks, and purchase raffle tickets for a chance to win prizes, all while supporting a great local club in fundraising for essential equipment!

All profits from the sale of meat raffle and joker poker tickets going directly to Korumburra Croquet Club.

Bookings essential - 566227  
[www.leongatha-rsl.com.au](http://www.leongatha-rsl.com.au)

MEAT RAFFLES    JOKER POKER    MEMBERS DRAW    \$5 SCHOONERS

Final fab friday **HOSTS** for 2025  
come along and support your community!

**\$25K+**  
has gone back to our community through this initiative!

**FAB FRIDAY** **TOP 5** Leaderboard

Ranked by Community Group who has raised the most money hosting one FAB FRIday raffle night.

Money made rounded up to the nearest dollar

<b>1ST</b>		<b>LEONGATHA MOTORCYCLE CLUB</b>	<b>\$2007</b>
<b>2ND</b>		<b>OMK PINK STUMPS</b>	<b>\$1790</b>
<b>3RD</b>		<b>KOONWARRA/RSL CRICKET CLUB</b>	<b>\$1665</b>
<b>4TH</b>		<b>IMPERIALS CRICKET CLUB</b>	<b>\$1545</b>
<b>5TH</b>		<b>NERRENA RED CAPS CRICKET CLUB</b>	<b>\$1105</b>

**HAVE YOU BOOKED YOUR CLUBS SPOT FOR 2026?**



# Staff Profile

## Mary McInnes-Griffiths

At 20 years old Mary has established herself as a fantastic venue allrounder. Having worked here for almost 4 years, starting in the bistro she is now progressing through a Cert 3 in Hospitality and our patrons and staff love seeing her growth.



### Craving a bite from our menu? 😊

Chicken parma with no ham and 'Mary's special salad'

### Thirst quenching favourite? 🍷

Frozen coke

### Best part of the gig? 🎉

Making her coworkers laugh (she's very good at it too!)

### Mary's chill time? 🧘

Reading, doing jigsaws and other puzzles, lego and playing with her Coolie Kelpie Beanie.

### How do the RSL crew see Mary? 😄

Eccentric, hilarious, whimsical, sincere, kind, caring, joyful and a little ray of sunshine.

### The not so great part of the job? 😞

When patrons leave toothpicks on the table!

### A fun nugget about Mary...

Mary has conjoined or webbed toes on both feet!

# The Poppy

I am not a badge of honour,  
I am not a racist smear,  
I am not a fashion statement,  
To be worn but once a year,  
I am not glorification  
Of conflict or of war.  
I am not a paper ornament  
A token,  
I am more.  
I am a loving memory,  
Of a father or a son,  
A permanent reminder  
Of each and every one.  
I'm paper or enamel  
I'm old or shining new,  
I'm a way of saying thank you,  
To every one of you.  
I am a simple poppy  
A reminder to you all,  
That courage, faith and honour,  
Will stand where heroes fall.

## VALE

It is with deep sadness that we report the passing\*  
of the following members:

Service - Natalie Roy  
Service - Graeme McKinnon  
Service - Rodney McConchie  
Service - Ewen Donaldson

Affiliate - Judith Levey  
Affiliate - Patrick Cummins

Social - Glenise Jans  
Social - Lorraine Trease  
Social - Peter Bolge  
Social - Elsie McBride

\*passed since September 1st and the  
printing of this newsletter.

**NO BINGO**  
Dec 23rd & 30th or Jan 6th

BACK TO NORMAL TUESDAY JANUARY 13<sup>TH</sup>

Numbers in circles: 50, 62, 5, 30, 35, 5, 50, 35, 62, 35, 62.