

QUEENSLAND

RSL NEWS

BUILDING OUR BRAND

**NEW CAMPAIGN
PROMOTES OUR
SERVICES TO
VETERANS**

NEED FOR SPEED

**RAEMUS ROVER
PROGRAM A
THRILLING SUCCESS**

MEASURING SUCCESS

**EVALUATION SHOWS
TRUE BENEFITS OF
TROJAN'S TREK**

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NOW.
ALWAYS.**

**100 YEARS OF THE ROYAL
AUSTRALIAN AIR FORCE**



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Booval QLD 4304

Phone: 07 3281 2249

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Shop 2, 161 James Street

Toowoomba QLD 4350

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Shop 3, 111 William Berry Drive

Morayfield QLD 4506

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CHERMSIDE

6, 832 Gympie Road

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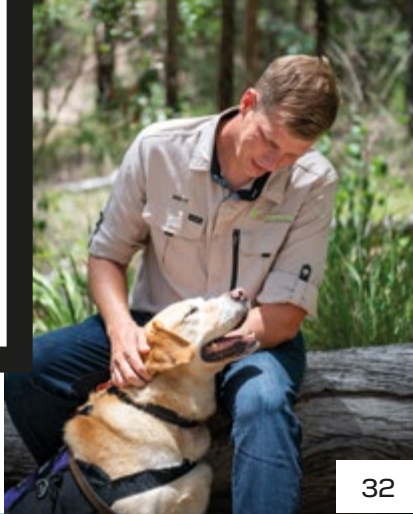
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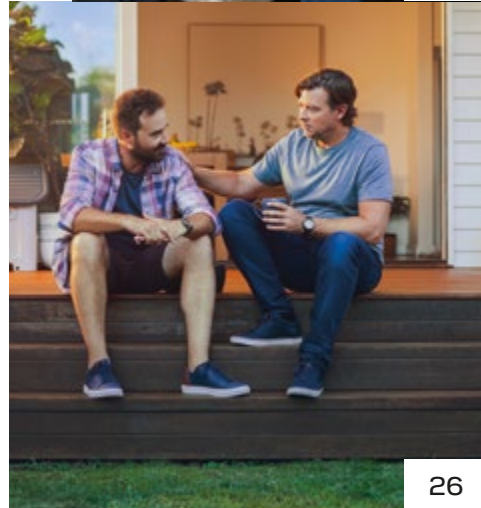
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In 2021 we celebrate 100 years of the Royal Australian Air Force (RAAF). Take a look back at the contribution the service has made in Australia and around the world.

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Research shows the majority of our Defence family doesn't realise the breadth of services RSL Queensland provides. A new campaign launched in March is working to rectify this.

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Front Cover

A new RSL Queensland campaign is reclaiming RSL Queensland's position as a service organisation by promoting the vast array of services available to our Defence family.

OVERJOYED THAT ANZAC DAY IS BACK

Perhaps the most exciting news for our Defence community in recent months is that ANZAC Day commemorations will go ahead this year!

I was very pleased to be part of the announcement made by Premier Annastacia Palaszczuk on 23 February that ANZAC Day Dawn Services, marches, and other commemorations could proceed as normal in 2021.

As I said on the day, I'm genuinely overjoyed and hope these commemorations will be bigger than ever before. For me, hearing that ANZAC Day could proceed was heartwarming, and made the hair on the back of my neck stand up.

ANZAC Day is Australia's most iconic commemoration, and we are determined that – just as we did last year – COVID-19 will not stand between veterans and the grateful community they have served.

As we mentioned, we are working in partnership with the Queensland Government, the ANZAC Day Parade Committee, and our District and Sub Branch network to bring these commemorations to life safely so veterans can be recognised and honoured for their service and sacrifice, and Queenslanders can pay their respects on ANZAC Day.

We were advised by the Queensland Government that attendance restrictions and additional requirements will be minimised based on the current environment, with guidance sheets sent to Sub Branches to help with ANZAC Day planning.

As a supplement to local commemoration activities, we will once again – by popular demand from the community – assist with a Light Up the Dawn marketing

“FOR ME, HEARING THAT ANZAC DAY COULD PROCEED WAS HEARTWARMING, AND MADE THE HAIR ON THE BACK OF MY NECK STAND UP.”

campaign for those who wish to show their support for veterans in this way. You can find out more at lightupthedawn.com.au

As ANZAC Day gets closer, we will also publish a map of services and commemorative activities across the State on our RSL Queensland website.

CELEBRATING THE RAAF CENTENARY

As a RAAF veteran myself, it's particularly meaningful that on 31 March 2021, the RAAF will mark 100 years of service to Australia. Our Air Force is world class and an integral part of the ADF. It deserves the recognition of our entire nation.

I spent six years in the Air Force from 1979 to 1985. It provided a great grounding for both my personal and professional life. The discipline I learned became especially valuable when I later joined the NSW Police Force, where I served for 14 years.

I was young and at a crossroads in my life when my stepfather encouraged me to sign up for

Defence. I underwent training in Edinburgh, South Australia, and from there was posted to Bay Squadron at RAAF Base Richmond.

I spent two years working at the Bay Squadron Library in the technical publications area and classroom facilitating. After that, I transferred to 34th Squadron as the technical publications officer. For four years I was responsible for the technical manuals aircraft manuals and books used by pilots.

I learned a great deal during my time with the RAAF. It was a significant learning curve and the perfect foundation for becoming a police officer.

In celebration of the RAAF Centenary, we've put together a feature beginning on page 12 of this magazine. I hope you enjoy looking back over the history and meeting some of our very own Air Force members.

COMMITTEE IMPROVEMENTS

On the recommendation of our external advisors, PricewaterhouseCoopers, we have

been making improvements to our committee structures.

The Constitution and Awards Committee has evolved to become the Governance, Constitution and Awards (GCA) Committee. RSL Queensland's success is built on robust governance practices, and we must ensure that we remain transparent and accountable, and support sound decision-making that serves the veteran family, RSL Queensland, and the League. The GCA Committee is being chaired by State Vice President Bill Whitburn OAM.

We established the Investment and Finance Committee, temporarily chaired by Barry Vains OAM, to look at the diversification of income streams for the organisation.

A new Veteran Affairs and Policy Subcommittee will be chaired by our State Deputy President Wendy Taylor to engage with policymakers and help influence decisions affecting the Defence community.

We still have the existing Nomination & Remuneration Committee and the Audit & Risk Committee, both of which contain external members who help advise the Board.



*Tony Ferris
State President
RSL Queensland*

NEW YEAR, NEW OPPORTUNITIES

Welcome to 2021 – a new year with plenty of new opportunities for us to embrace as we continue pursuing our vision to be the most valued and trusted partner to enrich the Australian Defence family's quality of life.

Our priorities for this year remain unchanged, with a focus on finalising our Veteran Services Strategy, incorporating both RSL Queensland and our subsidiary Mates4Mates. This strategy will ensure we lead the Defence community in reforming and standardising quality services that deliver impactful outcomes and are accessible to all veterans and their families regardless of location.

The strategy is progressing well, and I look forward to sharing more with you in the coming months.

A FOCUS ON MEMBERSHIP

We continue to refine our Member Value Proposition (MVP), readying it for launch later this year. Developed to address our declining membership, the MVP enables us to expand the membership, improve the member experience, increase volunteer numbers, and support members to commemorate, connect and thrive throughout life.

In a presentation to the Board on 28 January, the MVP received resounding support and was endorsed for further development. Together with General Manager Membership & Network Lisa McIlroy, I have now begun unveiling the proposed MVP to members at their District AGMs and listening to their feedback. At the time

“TO ENSURE AUTHENTICITY IN THE STORYTELLING, ACTUAL VETERANS WERE EMPLOYED AS ACTORS IN THE COMMERCIAL. IN ADDITION TO ALLOWING VIEWERS TO SEE THROUGH THE EYES OF A VETERAN, IT ALSO ALLOWED US TO PROVIDE EMPLOYMENT OPPORTUNITIES TO THE DEFENCE COMMUNITY.”

of publication we had attended three AGMs – Gold Coast, Sunshine Coast and the Western District – and will attend the remaining seven over the course of this year.

This is a critical component of our 2025 Strategy and it's important all members have the opportunity to have their say.

LIGHTS, CAMERA, ACTION

I'm excited to announce that on 8 March we officially went to air with a TV advertising campaign showcasing how RSL Queensland supports veterans and their families. Telling our story to both the general public and the veteran community is something many of you told us was a necessity.

Research tells us that many people are unaware of who RSL is, or what we do to support veterans. I think you'll agree that this ad is an excellent representation of the great work we do every day for the Defence community.

To ensure authenticity in the storytelling, actual veterans were employed as actors in the commercial, including lead actor

Zac McDonald, who served in the Army for eight years. In addition to allowing viewers to see through the eyes of a veteran, it also allowed us to provide employment opportunities to the veteran community.

You can expect to see the ads on television, in cinemas, on social media, and in Defence publications, as well as hear it on the radio. You can also go “behind the scenes” of the campaign on page 26 of this magazine!

ANZAC DAY 2021

If COVID-19 taught us anything, it was that the Australian spirit is as strong as ever. ANZAC Day 2020 was unusual, but Australians demonstrated resilience, ingenuity and mateship and found a way to come together, reflect and pay our respects by ‘Lighting up the Dawn’.

We applauded Premier Anastacia Palaszczuk's announcement on 23 February that ANZAC Day Dawn Services, marches and other commemorations could proceed as normal this year, supporting our representation on the need

for veterans to continue to be recognised by the public on this iconic commemoration.

As I write this column, we are working with our Sub Branch Network to help them host these commemorations safely. In addition to this, we will run a Light Up the Dawn for those who want to honour veterans on their driveways or balconies.

State Branch will also support Sub Branches by funding your ANZAC Day merchandise. We've been working with District Presidents to agree a simple and effective reimbursement process for this year and your District Secretary will let you know the details shortly.

In future years, ANZAC Day merchandise will be sourced by State Branch and dispatched directly to your Sub Branch by the supplier.

IT'S ONLY THE BEGINNING

If you can imagine it, I think this year will be even bigger than 2020. We're working on numerous projects that will make our organisation stronger.

I'm looking forward to getting back out there to visit you and hear your thoughts on how we can better work together to support veterans and their families.



Melanie Wilson
Chief Executive Officer
RSL Queensland

WE ARE READY FOR A YEAR OF CHALLENGES

Although many of the issues our community faced last year are still with us, I hope you are all beginning 2021 in a positive and hopeful frame of mind.

This year promises to be another big one for RSL Queensland, with our organisation on track to unveil new and improved support for veterans and their families.

CELEBRATING OUR SUCCESS

Our veteran services programs had some very impressive achievements in 2020, including over 5,000 DVA claims submitted, 159 individuals helped into safe, permanent housing and nine wellness programs supported. I'm very proud of these accomplishments and others we achieved in the infographic opposite.

We started the year reaching a significant milestone, with our award-winning Employment Program securing its 400th job for the veteran community.

And while we've achieved a lot, there's still a lot of work to do so we can reach the goals we set in our 2025 Strategy.

MEETING UNMET NEEDS

We are in the process of testing and implementing a standard method to assess the unmet needs of our veterans, allowing us to create individualised service plans for each person.

We know that our veterans have the best opportunities to live life well when they

have tailored support and are empowered to seek the help they need. We are working on having this process implemented across all our direct services in 2021.

It is important that we work in tandem with the Membership & Network team, led by Lisa McIlroy, to ensure our

collaborative support model continues to complement the services our Sub Branches offer. We will monitor the adjustments we make to veterans' and their partners' individual wellbeing to make sure the new support model continues to be effective and efficient.

“OUR VETERAN SERVICES PROGRAMS HAD SOME VERY IMPRESSIVE ACHIEVEMENTS IN 2020, INCLUDING OVER 5,000 DVA CLAIMS SUBMITTED, 159 INDIVIDUALS HELPED INTO SAFE, PERMANENT HOUSING AND NINE WELLNESS PROGRAMS SUPPORTED. WE REACHED A SIGNIFICANT MILESTONE, WITH OUR AWARD-WINNING EMPLOYMENT PROGRAM SECURING ITS 400TH JOB FOR THE VETERAN COMMUNITY.”

NATIONAL COLLABORATION

There are also opportunities for us to increase our collaborative efforts with other RSL State Branches, including working together on initiatives and representation to ensure the government understands the importance of RSL being a nationally connected and collaborative organisation.

As per a key pillar of our 2025 Strategy – ‘Veteran Peak Body’ – we are also keen to work with other aligned ex-service organisations so that veterans receive a consistent experience wherever they engage with our community.

VETERAN SERVICES STRATEGY

Underpinning this evolution is the development of our Veteran Services Strategy, jointly created by RSL Queensland and Mates4Mates. This key body of work is currently in development and will evolve the service strategy, allowing us to meet the 2025 Strategy and strongly support our vision, ‘Be the most valued and trusted partner to enrich the Australian Defence family’s Quality of Life’.



Robert Skoda
General Manager Veteran Services
RSL Queensland

Shoulder to shoulder with our Defence family, in 2020.



33,067 members
across Queensland



5,334
claims submitted



14,858
calls handled



\$783k
provided in crisis funding



9
wellness
programs



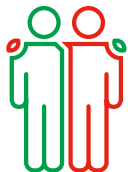
155
jobs found
for veterans and their partners



79 scholarships
offered
worth \$698k



\$1.5 million
invested
in veteran research



\$5.2 million committed
to physical and
psychological rehabilitation
through Mates4Mates



\$627K
for grassroots support by
Sub Branches and Districts



159 individuals
and families
helped into safe,
permanent housing



879 nights
spent in RSL short-term
accommodation

Between January and December 2020, RSL Queensland provided a broad range of programs and services to support current and former ADF members and their families.

Find out how we can help you.

134 RSL | rslqld.org



RSL
Queensland

ADAPTING FOR A BRIGHT FUTURE AND ENDURING LEGACY

The Membership & Network Team has been busy finalising one of our biggest first deliverables – our Membership Value Proposition (MVP). We were excited to present our initial proposal to the Board on 28 January.

The MVP is a vital part of our 2025 Strategy, and will help address our declining membership and further refine the reasons why people join RSL and why they stay.

From conversations with more than 12,000 veterans, members and families across a three-year period, you told us what was working, what wasn't and what benefits you want from your RSL membership.

A CALL TO CHANGE

The research we carried out before starting the MVP showed that changes were required in order for us to continue supporting future generations of veterans and their families.

But this couldn't happen overnight, and we are confident we've taken the time necessary to develop and implement a roadmap for the future based on research and facts.

We believe by implementing the MVP we will be able to help and support Sub Branches in a greater capacity to:

- make membership attractive for people to join their local Sub Branch
- consistently market the membership offering, thus attracting new members
- make it easier to join and stay a member
- keep members involved and fulfilled through volunteer opportunities at their local Sub Branch.

The new proposition gives our organisation greater consistency in our identity and external messaging, helping us to keep

providing a bright future and enduring legacy for all veterans and their families.

We are really excited to unveil the proposed MVP to members when we attend District AGMs over the coming months. We want to hear your feedback, and we urge you to come along to these meetings, watch our presentation and let us know your thoughts.

Our Sub Branch discovery sessions will also continue in 2021, with another 106 Sub Branches to visit in the first part

of this year. We look forward to meeting with members as part of these sessions.

MEMBERSHIP DIRECT

In another new development, you can now call 13 39 95 to speak directly to our membership team at ANZAC House during business hours. During our Sub Branch discovery sessions, members consistently told us they found it challenging to reach us by phone.

We've acted on this feedback, and we now have this dedicated phone line for membership enquiries. With a larger membership team coming on board in recent weeks, we now have the capacity to answer your call the first time, or return it within one business day. We also look forward to announcing new expanded hours for this phone line soon.



Lisa McIlroy
General Manager
Membership & Network
RSL Queensland

“THE RESEARCH WE CARRIED OUT BEFORE STARTING THE MVP SHOWED THAT CHANGES WERE REQUIRED IN ORDER FOR US TO CONTINUE SUPPORTING FUTURE GENERATIONS OF VETERANS AND THEIR FAMILIES.”

MAILBOX

An aerial photograph of two speedboats moving across a body of water, leaving a white wake that forms a large heart shape. The boats are at the bottom of the frame, moving towards the top. The water is a deep teal color, and the wake is bright white.

MORE NAVY CONTENT PLEASE

As a 20-year veteran of the Royal Australian Navy (1965 to 1985) I am rather disappointed – to put it mildly – that *RSL News* content is primarily Army, followed a long way down in percentages by a few mentions of the RAAF and then followed by a very small percentage, if any, of articles at all in relation to the RAN.

This has been evident for years in *RSL News* and in support of the RAN veterans, this needs to change to a lot more articles regarding the RAN and its veterans.

Roy Graham-Measor
CPOMTP3* - Retired

NOTE FROM THE EDITOR:

Thanks for your feedback Roy. We've heard similar sentiments before and try our best to represent Navy, Air Force and Army in our content. You'll notice that this edition includes a lengthy feature to celebrate the Centenary of the RAAF. We also make a concerted effort to depict all three services in the campaigns we run. Unfortunately, sometimes it comes down to the content submitted to us. We receive more items from Army veterans than any others. But we would love to hear what Navy veterans are up to! Please feel free to email your contributions to editor@rslqld.org. We always appreciate quality content and do our best to publish submissions in some capacity. Please ensure that the photos you send us are at least 1MB in size and you have permission from those pictured.

NEWS

REMINDER ABOUT POPPY SERVICES

DID you know that many of our Sub Branches can provide a Poppy Service to complement the funeral of a service man or woman? We consider it an honour and privilege to farewell those who served our country.

As part of a Poppy Service, an RSL representative will:

- deliver a eulogy, detailing the veteran's service
- recite The Ode
- sound The Last Post and Rouse
- provide poppies for mourners to place on the coffin in recognition of service.

Any person who has served in the ADF can be honoured with a Poppy Service. They do not have to have been a member of the RSL.

They are provided free of charge and are one of the ways the RSL honours servicemen and women for their contribution and supports their family through a difficult time.

Poppy Services are conducted by our Sub Branch volunteers. If your loved one was an RSL member, you can talk to their RSL Sub Branch about the possibility of conducting a Poppy Service. If they weren't a member, or you aren't sure, contact your nearest RSL Sub Branch to see if they conduct Poppy Services.

If you would like a Poppy Service at your own funeral, it may be helpful to talk to your next of kin about your wishes, so they know to contact your Sub Branch when the sad event occurs.

PIONEERING RSL EMPLOYMENT PROGRAM EXPANDS AGAIN

AN RSL initiative that takes a holistic approach to veteran employment rolled out across Australia in March, following outstanding success in Queensland, Victoria and South Australia.

The industry-leading RSL Employment Program not only helps veterans but offers an array of supporting services such as financial counselling, employment for partners and mental health support to empower veterans to remain in work.

RSL Queensland General Manager Veteran Services Rob Skoda said the program, based on a ground-breaking program piloted in Townsville, Queensland in 2017, has just launched in New South Wales and the Northern Territory, with Tasmania to follow in mid-March.

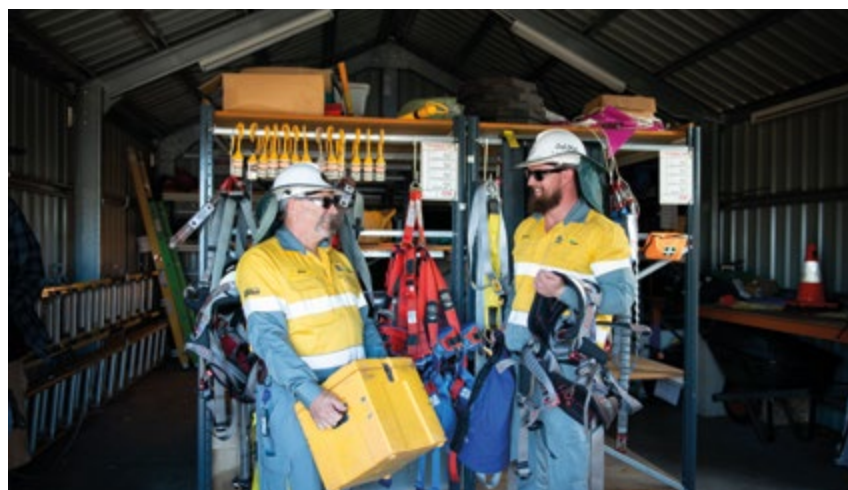
"Every year, around 5,500 Defence personnel leave the military for various reasons and unfortunately, a proportion of veterans struggle to find and maintain work," he said.

"The RSL Employment Program is designed to provide holistic and comprehensive support that addresses the unique challenges faced when transitioning from a Defence career into a civilian workforce.

"The program's approach has seen incredible success in Queensland, Victoria and South Australia, with 400 veterans so far securing jobs, plus a 150 per cent growth in enquiries and a remarkable 15 per cent growth in job placement in 2020, during a COVID-disrupted year," Mr Skoda continued.

The roll out of the RSL Employment Program across the country has been made possible through a \$6 million grant from the Australian Government, through the Enhanced Employment Support for Veterans grants program.

RSL National President Greg Melick said former Defence



personnel have a wealth of skills and experience that benefit civilian businesses, from technical and trade qualifications to corporate leadership.

"Veteran welfare is at the heart of everything RSL does and we welcome this comprehensive and holistic approach to addressing a major issue for our Defence family," Mr Melick said.

"When employers hire a veteran, they are hiring a committed employee who embodies team spirit, has a strong work ethic and is both an effective leader and team member."

Employers already on board with the program include Australia Post, Ergon Energy/Energex, Suncorp,

Wodonga TAFE, Boeing, BAE Systems and Brisbane Motorways Services.

Veterans, their partners and potential employers can learn more about the RSL Employment Program at rslqld.org/employment

FOUR MEMBERS AWARDED OAMS

CONGRATULATIONS to the four RSL Queensland members who were awarded Medals of the Order of Australia (OAM) in the Australia Day 2021 Honours List on 26 January. The award recognises their service to veterans, their families and the community.

The four recipients were:

- **David Mattiske OAM** – Southport RSL Sub Branch member. You may recall WWII veteran David's fascinating story 'A tale of war and peace', which was part of our VP75 commemorative coverage.
- **Gary Aldridge OAM** – Past President of Greenbank RSL Sub Branch.
- **Kenneth Higgins OAM** – Mackay RSL Sub Branch President.
- **John Russell OAM** – A member of Deception Bay Sub Branch. John received the OAM for service to Australian Antarctic research expeditions as an engineer.





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ALWAYS.

100 YEARS OF THE ROYAL
AUSTRALIAN AIR FORCE

AIR
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2021

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*In 2021 we celebrate 100 years
of the Royal Australian Air
Force (RAAF). Join us as we
look back on the contribution
the service has made in
Australia and around the world
– then, now and always.*

ON 31 March 2021, the RAAF will mark 100 years of service to Australia.

RAAF Squadron Leader Bruce Chalmers said the centenary was a unique moment for the RAAF community.

“Being a part of commemorating 100 years of operation and service in Australia is a once in a lifetime opportunity,” Bruce says.

“The day is more than an anniversary, it is our opportunity to inspire a new generation of aviation specialists, acknowledge the critical role the Air Force plays in our country, and highlight Australia’s rich aviation history.

“It is our chance to demonstrate the importance of the Air Force in the lives of our fellow Australians and our service in their name; then, now and always.”

FROM MODEST BEGINNINGS...

Founded in 1921, the Air Force has evolved to a world-class service that our country relies on in conflict and peace. Its establishment followed Australia's eight Australian Flying Corps (AFC) squadrons' involvement in reconnaissance during World War One, when military aviation came of age. Formally recognised as the RAAF, Australian air and ground crews played significant roles in World War Two across the world with more than 6,200 aircraft in 61 squadrons by late 1944.

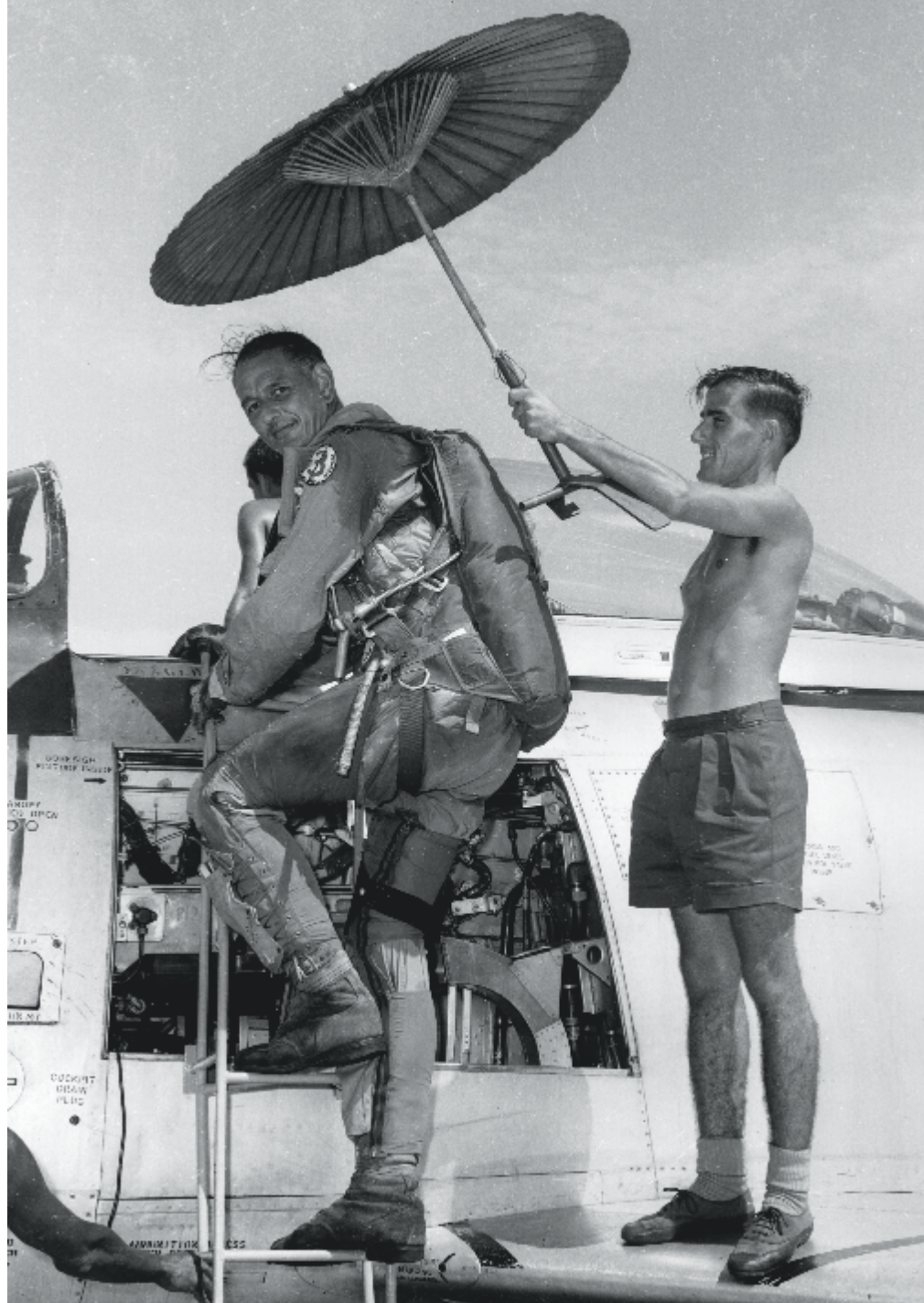
Today, the service continues to make important contributions to Defence and peacekeeping initiatives worldwide. On any given day, our Air Force has up to 700 people working on operations globally that contribute to coalition operations, peacekeeping, and humanitarian and disaster relief efforts.

In 100 years, the Air Force has earned its place in our nation's history and we'll be sharing more of the history of the RAAF and the stories of some of RSL Queensland's members who have served in the Air Force as we near the centenary on 31 March.

RIGHT
Commanding Officer 3SQN (F) WGCDR R.M. Hanstein climbing in/out of his A94 Sabre in Butterworth 19 June 62.

BELOW RIGHT:
The Women's Auxiliary Australian Air Force (WAAAF) was formed in March 1941 after considerable lobbying by women keen to serve and by the Chief of Air Staff who wanted to release male personnel serving in Australia for service overseas.

BELOW:
Kittyhawk pilots of No. 80 Squadron RAAF travel in a Jeep from their camp to the airstrip for a flight over the Halmaheras.





ABOVE:
Macchi A7-054
in formation.

RIGHT:
Number 35
Squadron Rotary
Royal Australian
Air Force
carry out Helo
training in Air
Force Iroquois
helicopters at
High range
training area in
Townsville.

LEFT:
A8-146 F111
on tarmac with
full weapons
display. Date/
Time 01OCT86.
UNCLAS
.Location
Amberley.
Country
Australia.
Originating
Agency RAAF
Amberley.



EVENTS WORTHY OF A CENTENARY COMMEMORATION

The centenary will be commemorated with various events (within COVID-19 safe environments) and a digital campaign, which includes a dedicated website that shares fascinating insights into the past and recent history of the service.

“Sharing our stories via social media, newsletters and our website is paramount while we navigate COVID-19 restrictions, and also gives our many service men and women – both current and past – the opportunity to participate in commemorating this special occasion, wherever they may be,” Bruce says.

Members, ex-service men and women, and aviation enthusiasts can attend events nationally including the Queen’s Colour Presentation Parade in Canberra on 31 March and several events locally at bases.



A LASTING CENTENARY LEGACY

Perhaps the most poignant event of the occasion will be the unveiling of the Air Force Centenary Memorial at Point Cook, Victoria.

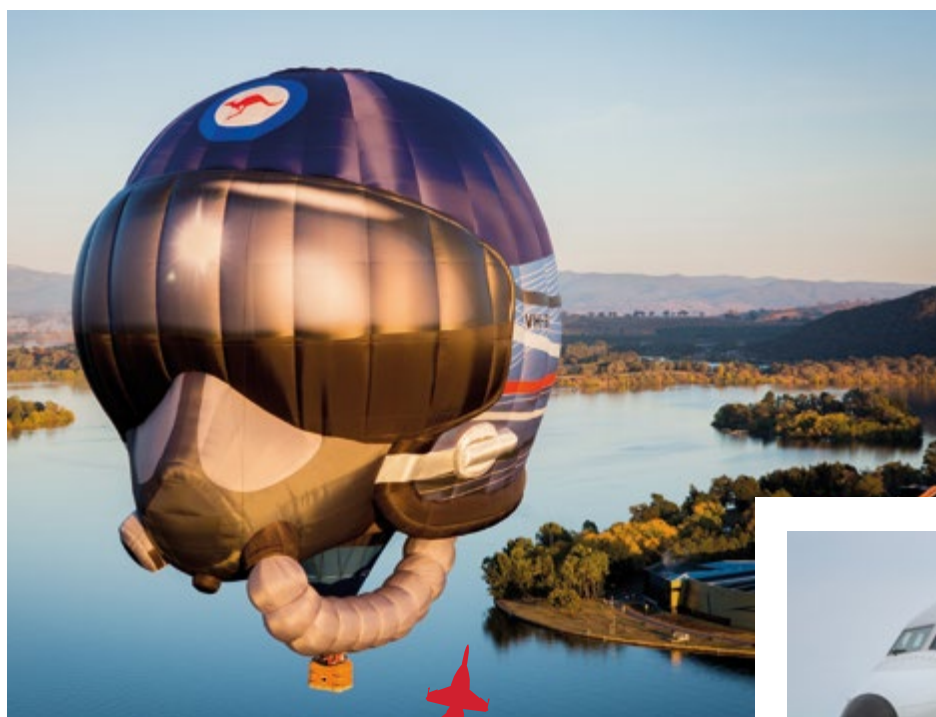
Considered the birthplace of the RAAF, Point Cook is a significant location for the service. Home to the 1938 memorial remembering those who lost their lives in service during WWI and the 2016 additional capsule with the names of 11,401 Australian Flying Corps and Air Force personnel who have died during operational service, the new memorial will be a poignant addition to such a revered location.

The memorial will recognise all those who serve, have served and will serve in the Air Force and can be viewed by visitors to the RAAF Museum Point Cook after November 2021.

Visit airforce.gov.au/100 regularly for details of RAAF Centenary events happening near you.

ABOVE:
A No 11 Squadron AP-3C Orion on the ground at Pago Pago airfield in American Samoa.

LEFT:
The Next Generation Air Force Balloon soars at sunrise over Lake Burley Griffin and the National Museum of Australia, Canberra.



RIGHT:
Indigenous Liaison Officer Flight Lieutenant Steven Warrior with local Indigenous dancers in front of a Royal Australian Air Force P-8A Poseidon at RAAF Base Edinburgh.



THE COMMUNITIES WE CREATE

Lani Pauli

A desire to travel the world led Doug Egan to enlist in the Royal Australian Air Force (RAAF), but a sense of community and connection keeps him building rapport with servicemen and women as he sets up a new RSL Sub Branch.

DOUG enlisted as an Airfield Defence Guard (ADG) in 2010, playing a part in securing air bases inside and outside the wire for seven years. For him, the choice to enlist in the Air Force seemed obvious, with many family members also in the RAAF and other Defence services.

“I chose the Air Force because I knew it would give me the opportunity to push and test myself both physically and mentally. When I joined, I knew I wanted to be in a combat role and being an ADG gave me exactly what I was looking for,” he explains.

“I got to see Australia, more so than I would have done on my own accord and travel overseas. People I served with were able to travel to America, Japan, and Singapore.”

Doug was deployed twice during his service – in 2012 and

2013 – to Multinational Base Tarin Kot in Afghanistan.

“Our job there was similar to home but with the added layer of being in a very intense war-like theatre,” he says.

“It was a completely different world to experience than how we live in Australia and was a real eye opener.

“And no matter how hard something was, I knew I had mates around me going through the same and we’d help each other get through it.”

A NEW CHAPTER FOSTERING COMMUNITY

After finishing his time in the RAAF in 2017, Doug is now President of RSL Queensland’s Springfield Sub Branch.

“Growing up, the RSL was a big part of my life and we would assist our local chapter every ANZAC Day,” he says.

“Now I have the opportunity to work with RSL Queensland to better the organisation and play a part in its future.

“It’s our organisation, it’s for the members. And as a younger member I am inspired because we are the ones who will inherit the organisation and it’s important we step up to make sure its long-standing history continues.”

Doug is eager to point out that his work in the Springfield Sub Branch is a part of a much larger network.

“The guys from Greenbank and Sunnybank, for example, have been fantastic to us as we start out. So our support extends beyond just our local area and into all of Queensland.

“There’s a bit of a perception that after you finish your service you’re left to dry and, if your mates are still serving, it can feel lonely. But there

are communities like RSL Queensland that you can go to and reconnect.”

THE CENTENARY IS A TIME TO REFLECT

For Doug, commemorating the RAAF Centenary gives him the opportunity to personally reflect on his service.

“It is a time to reflect on what we as a service have achieved over the past 100 years and think about how we’ll adapt and change in the next five to 10 years,” he says.

“The next generation will be pioneers as the service evolves, with new technology like unmanned aircrafts – I think we’ll be looking at a completely different Air Force.

“I think joining as a young member or joining as part of the Gap Year program is a fantastic life experience and I’d definitely do it again.”

AIR FORCE 2021

THEN • NOW • ALWAYS

THE RAAF JOURNEY – 100 YEARS OF FLIGHT

The origins of the RAAF extend back to the early days of aviation, and the service has continued to make important contributions to Defence and peacekeeping initiatives across the globe ever since. Take a look back at some of the important RAAF milestones over the past century.

15.JUN.1922

▼ AIRCRAFT PRODUCTION BEGINS IN AUSTRALIA WITH THE AVRO 504K

A British-designed Avro 504K trainer became the first aircraft built in Australia for the RAAF. The machine was handed over at Mascot, Sydney, by the Australian Aircraft & Engineering Company.



31.MAR.1921

THE AUSTRALIAN AIR FORCE (AAF) IS FORMED

The formation of the Australian Air Force was announced in the Australian Government Gazette on 31 March 1921. Later in the year, on 13 August, following receipt of approval from the King, the Governor-General signed an order authorising the use of 'Royal', making this the start date for the use of the Royal Australian Air Force name.



03.SEPT.1937

▲ INTRODUCTION OF THE NA-16-1A AIRCRAFT

The NA-16-1A undertook its maiden flight in Australia at Laverton. The aircraft was received in Australia in early August to serve as a template for local production under licence. It was actually the second aircraft, often known as the NA-33, which went into production with the Commonwealth Aircraft Corporation as the Wirraway (an Aboriginal word meaning 'challenge'). Although only an advanced trainer, orders for the Wirraway eventually ran to 755 aircraft, making this a key element in the development of Australian industry. The locally-produced model flew for the first time on 27 March 1939, and when war began the RAAF had its first seven on strength.

20.SEPT.1939

**PRIME MINISTER ANNOUNCES
EXPEDITIONARY FORCES TO
ASSIST RAF**

▲ Prime Minister Robert Menzies announced to Parliament that Australia was offering the British Government an expeditionary force to bolster the Royal Air Force as it expanded for World War II. Apart from a force headquarters, the offer comprised one Fighter Wing Headquarters with Nos 7 and 15 Squadrons, two Bomber Wing Headquarters with Nos 1 and 8 Squadrons, three Bomber Wing Headquarters with Nos 16 and 17 Squadrons, along with an air stores park, a medical receiving station, a base area headquarters and a base depot. The number of personnel required to man this force, including a reinforcement pool of 225, totalled 3,200 officers and men. Although the offer was accepted, and recruitment commenced on 9 October, Australia's subsequent commitment to the Empire Air Training Scheme saw the expeditionary plan put on hold on 20 October, then cancelled altogether 11 days later.

25.FEB.1941

FORMATION OF THE WOMEN'S AUXILIARY AUSTRALIAN AIR FORCE

The Minister for Air, John McEwen, issued a press statement announcing the immediate enrolment of female wireless and teleprinter operators to fill RAAF ground staff vacancies. Proposals to raise a Women's Auxiliary Australian Air Force (WAAAF) had been before the War Cabinet since July 1940, but not until 4 February was approval given; the Advisory War Council agreed with the decision the next day. McEwen's announcement made clear that the women were wanted only 'until they could be replaced by qualified men', and because legal doubts existed over whether women could be enlisted under the Air Force Act they were at first enrolled only as auxiliaries for renewable periods of 12 months. Nonetheless, the other services quickly followed the RAAF in establishing women's services for general war duty. The WAAAF grew to reach a strength of 18,664 in October 1944.



14.NOV.1944

**AUSTRALIA'S FIRST
ABORIGINAL FIGHTER
PILOT**

After joining the RAAF in August 1942 and serving as an aircraft mechanic, Len Waters applied for pilot training. Among the top five in his course at No 5 Service Flying Training School at Uranquinty, New South Wales, he graduated as a sergeant pilot. He completed an operational conversion course on the P-40 Kittyhawk with No 2 Operational Training Unit at Mildura, Victoria, at the end of which he was posted to No 78 Squadron on this day. Waters thus became Australia's first (and only) Aboriginal fighter pilot. While serving with 78 Squadron at Noemfoor (West New Guinea), Morotai (Netherlands East Indies) and Tarakan (Borneo), he flew 95 sorties; as the Japanese had few aircraft in these areas by this stage, his missions did not entail air combat. Promoted to Flight Sergeant in January 1945, he became a Warrant Officer 17 days before discharge in January 1946.



09.OCT.1947

▲ INTRODUCTION OF HELICOPTERS INTO THE AIR FORCE

The Air Force entered the helicopter age when its first rotary wing aircraft, a Sikorsky S-51 Dragonfly, was test-flown at Laverton RAAF, Victoria. Citizen Air Force squadrons based in Sydney and Brisbane operated the helicopters.

30.JAN.1951

► WOMEN'S ROYAL AUSTRALIAN AIR FORCE

The Women's Auxiliary Australian Air Force, which functioned during World War II, was disbanded in December 1947, but in July 1950 the re-formation of women's services in the Army, Navy and Air Force was approved, in principle, by Cabinet. This time, the Air Force's women's service would no longer be an 'auxiliary' but a branch of the permanent Air Force. The new service would be known as the Women's Royal Australian Air Force (WRAAF).



27.MAR.1953

◀ LAST AIR TO AIR COMBAT INVOLVING THE RAAF

Two Gloster Meteor Mk8 jets of No 77 Squadron, flown by Sergeants George Hale and David Irlam, were conducting a road reconnaissance over North Korea near Sinmak when Hale saw what he thought was a lone MiG-15. It was only as he dived into the attack that he realised he was opposed by three enemy aircraft. In the ensuing dogfight, Hale's cannon fire sent one MiG down on its back, belching black smoke and shedding bits of fuselage as it dropped from view. Immediately confronted by another pair of MiGs, he scored hits on one of these also and saw it trailing white smoke as it climbed away from him. Having expended all his ammunition, Hale broke off contact. This was the last time that 77 Squadron aircraft engaged in aerial combat in Korea, and indeed the last time that any RAAF unit has been involved in air-to-air fighting since.

13.DEC.1958

C-130A HERCULES TOUCHES DOWN AT RICHMOND

The first C-130A Hercules touched down at Richmond airbase on delivery from the United States, beginning a new era in RAAF airlift that lasted more than half a century. A total of five aircraft arrived under command of Wing Commander Ian Olorenshaw, who captained the first machine to touch down. Although a formal ceremony had been held on 6 November at the Lockheed factory in Marietta, Georgia, at which the aircraft were handed over to Australia's Ambassador to the US, Howard Beale, a further ceremony was arranged at which the recently retired Vice-President of Lockheed represented the company. In receiving its first Hercules just two years after the US Air Force accepted its first aircraft of this type, the RAAF became the first international operator. In later years, the RAAF also became the only country (apart from the US) to fly four generations of this one type.

14.SEPT.1970

AIR FORCE TAKES DELIVERY OF F-4E PHANTOM AIRCRAFT

The first five of 24 F-4E Phantom aircraft arrived at RAAF Base Amberley to provide Australia with an interim strike capability pending delivery of F-111s that were on order but had been subjected to various delays. The supersonic F-4E provided a substantial leap in technology and capability compared to the superseded Canberra and provided the RAAF with experience on the systems and maintenance of modern strike aircraft.

A GLEAMING TRIBUTE HONOURS
OUR ANZAC HEROES

LEST WE FORGET

MEN'S RING



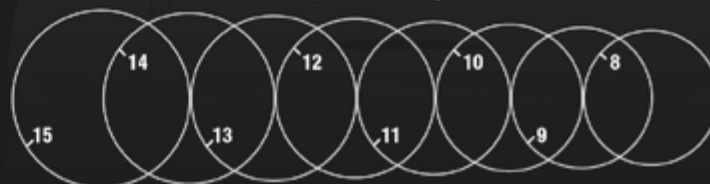
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We will remember them

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- Poignant tributes set within genuine onyx



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01.MAY.1977

WOMEN'S ROYAL AUSTRALIAN AIR FORCE DISBANDED

After nearly a decade of removing the inequalities between servicewomen and their male colleagues, the final step was taken of disbanding the Women's Royal Australian Air Force (WRAAF) as a separate entity and transferring its personnel to the ordinary RAAF. Similarly, members of the RAAF Nursing Service were integrated into the Air Force's Medical Branch. The separate disciplinary code formerly applied to women was rescinded, and a uniform code covered both sexes in areas such as powers of command. Provisions which discriminated against women by preventing WRAAF members from serving overseas, remaining in the Service after marriage, and receiving equal pay to men, had all been previously eliminated – in 1967, 1969 and 1972 respectively. From 1977, it was mainly only areas of employment classed as combat-related which remained closed to women in the RAAF.



17.MAY.1985

▼ ARRIVAL OF FIRST F/A-18 HORNET AIRCRAFT

The first two F/A-18 Hornets landed at RAAF Base Williamtown, New South Wales, on completion of their delivery flight from the US. On approaching Williamtown, the group was met by a flight of Air Force Mirage fighters, which escorted them to their destination. Each Hornet was refuelled seven times from the accompanying KC-10 tanker as the group headed towards Hawaii from California. South of Hawaii another KC-10 flew out to meet them and refuelled the first tanker. After passing Hawaii, the Hornets were each refuelled another eight times before the epic flight was over. This trans-Pacific flight lasted 15 hours.



30.JUN.1988

▼ FIRST FEMALE PILOTS

On receiving their wings from No 144 Pilots Course at No 2 Flying Training School at Pearce, Western Australia, Flight Lieutenant Robyn Williams and Officer Cadet Deborah Hicks became the Air Force's first female pilots. Williams went on to qualify as a flying instructor, underwent test pilot training in Britain and led the resident RAAF project team taking delivery of new C-130J Hercules transports.

13.OCT.2002

BALI BOMBING

A day after terrorists detonated bombs in two tourist bars on the Indonesian island of Bali on 12 October, killing 202 people (88 of them Australians) and injuring another 209, the Air Force was at the forefront of the relief effort mounted by the Australian Defence Force. Air Force members from across the country were activated and C-130 Hercules transports were specially configured for aeromedical evacuation tasks. Unfortunately, this was to be repeated on 1 October 2005 when a second wave of bombs detonated in Bali killing another 25 people and injuring more than 100 (17 Australians).

To learn more about the history of the RAAF, visit
airforce2021.airforce.gov.au/journey



01.JAN.2020

OPERATION BUSHFIRE ASSIST

Chief of the Defence Force General Angus Campbell was tasked by Minister for Defence Senator the Hon Linda Reynolds CSC in November 2019 to give an order to local base commanders, making clear that they had the authority to use Defence resources to respond to any local contingencies under Defence Assistance to the Civil Community Category 1 (DACC 1) and that assistance continued into 2020. Senior ADF officers and other commanders were empowered to provide emergency assistance in local emergency situations to save human life, prevent extensive loss of animal life, or widespread damage to property. RAAF aircraft transported firefighter strike teams from Canberra, Adelaide and Hobart among other tasks throughout the Bushfire Assist response. Defence enhanced its planning and liaison support to emergency services including embedding planners into Queensland State Disaster Coordination Centres and New South Wales Rural Fire Service headquarters.



31.MAR.2021

THE ROYAL AUSTRALIAN AIR FORCE TURNS 100

This day marks the centenary of the formation of the RAAF. During the remaining months of 2021, events and initiatives will be undertaken to honour the sacrifices and service of the past 100 years, show today's highly capable force, and foreshadow our future evolution. Air Force members will pause momentarily to reflect and commemorate this milestone before renewing their focus to deliver an agile and capable Air Force that is an integral element of the Australian Defence Force's Joint Force.



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Order your exclusive AF100 watch for delivery from March 2021. Now is the time to secure a limited edition, numbered Aviator or Airfield watch. Designed to honour the Air Force Centenary, each limited edition watch features a piece of historic RAAF aircraft and a sequenced number - only available during pre-order.

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*While stocks last



CELEBRATING A QUARTER CENTURY OF SERVICE

✍ Lani Pauli

Ross Wadsworth enlisted in the RAAF after a massive life change. He served for a quarter of a century and now spends his days giving back to the RSL community as a welfare officer.

IT was a significant life event in 1990 that motivated registered nurse Ross Wadsworth to enlist in the RAAF.

Originally commissioned as a flying officer (and achieving the rank of Wing Commander on discharge), Ross spent a quarter of a century as a serving member working through general ward duties, health logistics and nursing duties.

He was responsible for the preparation, repair and reconstitution of health equipment and spent time in Richmond, Townsville and Canberra.

"I had cared for veterans as a registered nurse at what is now known as Greenslopes Private Hospital in Brisbane," he explains.

"My father was a navigator bombardier in the Air Force so my decision to enlist was partly because of that connection and

also because of the stories I'd heard from patients about their own military experience.

"I felt that a career in the Air Force would be diverse, offering the opportunity to really challenge myself personally and professionally. On deployments you are often looking after people in pretty harsh environments."

During his service, Ross was deployed overseas several times but said it was commanding a Joint Task Force to Pakistan that was the most personally rewarding.

"We were able to provide health care to more than 10,000 people during the two and a half months we were there, which was a phenomenal effort," he says.

"I finished my career as happy as the day I joined."

PAYING IT BACK

Life after serving hasn't slowed

down for Ross, who is now a welfare officer at the Ipswich RSL Sub Branch and Vice President of Moreton District.

"This is my way of paying it back and supporting the community. I look after a cohort from the ages of 22 to 102.

"When you return to civilian life it can be hard to know where and how to access support. I've seen many of our members rediscover their sense of belonging and being a part of something by joining the RSL."

For Ross, the simplest act can often have the biggest impact.

"Picking up the phone to say 'G'day' can make a big difference to someone's day," he says.

"During the past year when a lot of our members haven't been able to meet in person, we've definitely found people embracing new ways of keeping connected like Facebook and Skype.

"Everyone at some point in their life needs a hand to get through a situation and it's my job to help the veteran community to be the best they can be."

HOPE FOR THE FUTURE

As Ross looks back on 26 years of service to the RAAF, he says it is the future of the service that gives him a moment of hope.

"I think of how far things advanced during my time in the Air Force and how far they have advanced in 100 years of service," he says.

"I think of the advent of new technologies and aircraft that have meant we can transport more medical equipment and enhance our tactical and strategic reach in vital operations.

"I'm hopeful of the advances we'll keep making as the aviation industry evolves and the influence they'll have on how we provide health care in the future."

VIETNAM VETERANS HONoured

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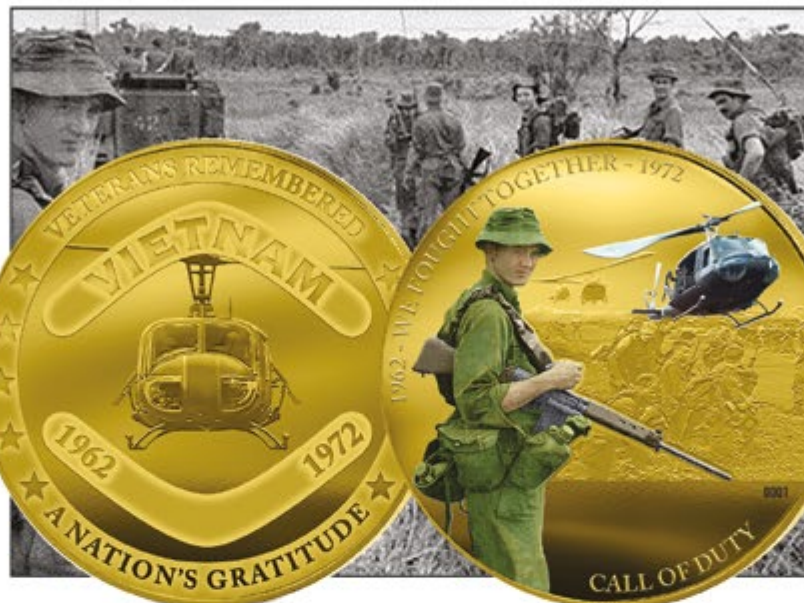
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Vietnam 55th Anniversary Commemoration

Our Vietnam veterans remain unique heroes in the Anzac legend. No service personnel before or after the conflict have endured as much on and off the battlefield. Like the diggers of previous generations, they are deserving of our respect.

From 1962, when the first military advisors entered the region, the Vietnam theatre has polarised popular opinion. As our troops were committed to action against the Communist People's Army of Vietnam in 1965, it became apparent that the Vietnam conflict would be a war unlike any other. Waged on the nightly television news as much as on the battlefield, civilians saw war in all its ugly brutality. By the time of the Tet Offensive in 1968, serious questions were raised as to why our troops were fighting there in the first place. Were the Communists really a threat to our freedom? As the casualties mounted, so did the political rhetoric. Caught in the middle were our diggers. Whether they joined up freely or were conscripted 'nashos', they became unwitting

casualties of a war nobody understood or wanted. The worst was to face them upon their return home. Spat at, abused, denied return servicemen status that their fathers had enjoyed, they retreated from society. By 1987, our Vietnam veterans were duly given the recognition they so justly deserved. Their call to duty has reverberated through the Anzac legend, a lone voice seeking solace amongst the heroes of Gallipoli, Kokoda, Korea and other conflicts which have become part of our collective history. That voice is now given substance and form in the "Call of Duty – Vietnam 55th Anniversary Commemorative" golden proof coin.



Each commemorative is individually numbered, meaning no two are alike. Yours is the one and only issue of its kind – the ultimate collector's item

Struck to a high specification and layered in pure 24-carat gold, only 9,999 numbered issues will ever be minted. It is available now for only \$29.99 – a saving of \$50.00 – plus \$9.99 postage and handling.

Due to the extreme limitation, only the earliest responders will successfully secure this proof coin honouring our Vietnam veterans. A Certificate of Authenticity detailing important provenance information pertaining to the coin will be issued with the coin. Peak collector interest is all but assured for this long overdue commemoration to those who were only 19 and with it the potential of a swift, early sell out of the "Call of Duty – Vietnam 55th Anniversary Commemorative."



The earliest applications will receive the lowest edition numbers. For this reason applications will be processed on a strictly first-come, first-served basis and are limited to one per Australian household. Successful applicants also qualify to view the next coin in the *Veterans Remembered Commemorative Collection* for only \$79.99 (plus \$9.99 postage and handling) sent entirely without obligation on our 14-day home approval service. All the coins are minted to Proof quality, the highest possible collector quality. Applicants may cancel at any time and all purchases are covered by The Bradford Exchange 14-Day Money-Back Guarantee.

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**NEW CAMPAIGN
SERVICES TO**



PROMOTES OUR VETERANS

What do you do when your core community is missing out on vital support and assistance because there's uncertainty around the services available to them?

 Lani Pauli



THAT'S the question RSL

Queensland faced when research showed that an overwhelming majority of veterans and their families – the very community we are committed to helping live well – didn't realise the breadth of services we provide.

To answer this challenge, and as a first step towards a larger program that will redefine and reclaim the RSL brand as a service brand, we set about creating a campaign to challenge perceptions and raise awareness around the vital and life-changing services RSL Queensland offers our community every day.



The campaign launched on 8 March Queensland-wide and will run through to the end of the year. It utilises a range of platforms including TV, cinema, billboard, social media and Defence publications, to ensure a high number of veterans and their families see the ads and become aware of RSL Queensland's services.

The campaign video tells a moving story of a recently transitioned veteran, Paul, and his family, who find help and support from RSL Queensland while traversing life's challenges. A three-day shoot was filmed across Brisbane in January, taking in office, home and outdoor lifestyle scenes which depict RSL Queensland's employment, DVA claims and wellness programs. Supplementary ads for scholarships and crisis support were also produced.





All of the actors except two are ex-serving or Defence partners. The campaign's lead actor, Zac McDonald, joined the army in 1995, serving for almost eight years.

"I was really young when I left and I didn't know what to do," he says.

"Leaving is like leaving your family and being out on your own. It's been good to be involved with promoting an organisation like RSL Queensland that helps veterans during this process and provides ongoing assistance."

RSL Queensland CEO Melanie Wilson says it was important that the faces in the campaign were those of real veterans.

"Not only does featuring veterans provide employment for members of the community, but it gives our campaign real authenticity," she says.

"We know that veterans trust veterans and the more we can normalise veterans taking the steps needed to seek help, the more members of our Defence family we can help."

WE'RE LISTENING

Not just a corporate line, RSL Queensland took the insights from our research to heart, seeing it as an opportunity to tap into the collective voices of our 33,000 members.

"RSL Queensland is a highly recognised name, but our research highlighted that members and the public thought we were an entertainment and gambling provider, not an organisation delivering highly valuable services to the ADF community," Melanie says.

The research showed consistently that members weren't aware RSL Queensland offered employment, DVA advocacy, accommodation support, mental and physical health services, crisis services and bereavement support programs.

"We want this campaign to help members and the broader veteran community to learn about and have a deeper understanding of the services we provide. We want them to reach



out to us if they need help, or act as an advocate and refer other veterans and their families to us,” Melanie says.

SHOULDER TO SHOULDER, AT EVERY STEP

“We know that being part of Defence isn’t always easy,” Melanie says.

“The experiences our ADF personnel have while serving, and then as they transition out of service, can have a life-long impact.

“And it is important we are able to communicate to veterans that they don’t have to navigate this chapter alone – there are a wide variety of welfare services designed to support them and their varying needs – from new recruits joining Defence to life after they finish service.

“As the largest ex-service organisation in Queensland, we help thousands of veterans every year, with practical support and assistance, as part of our mission to ensure a bright future and enduring legacy for our Defence family.”

To find out more about the campaign and the services we offer, visit rslqld.org/services ←



“I WAS YOUNG WHEN I LEFT THE ARMY AND WASN’T REALLY READY FOR THAT SORT OF TRANSITION. WHEN YOU’RE IN THE ARMY YOU HAVE YOUR MATES ALL AROUND YOU. LEAVING IS LIKE LEAVING FAMILY – YOU LOSE YOUR SENSE OF PURPOSE.”



MEET ZAC MCDONALD, THE FACE OF RSL QUEENSLAND’S NEW CAMPAIGN

Our new campaign features the faces of veterans from across Queensland and leading the action is Gold Coast-based actor Zac McDonald.

Zac enlisted in the Army in 1995 as a heavy vehicle mechanic. He worked in Sydney and Brisbane, before being deployed to Timor in 1999. After almost eight years of service, Zac left Defence.

“I was young when I left the Army and wasn’t really ready for that sort of transition,” he says.

“When you’re in the Army you have your mates all around you. Leaving is like leaving family – you lose your sense of purpose.

“I got a job pretty quickly, but I wasn’t ready for it and needed more time.”

It was during this time that Zac ended up getting a job as an actor with what he describes as “a bunch of other ex-Army guys”.

“I loved it and off the back of that I did a few good years as an actor before my partner and I went travelling before settling down.”

After a stint working in the mines, and with three kids, Zac owns EPL Waterproof and Structural Solutions on the Gold Coast.

His advice to members in the process of leaving service?

“Be open to things. Get involved in the community, with your family. Try not to lose ties immediately from your mates in service because they’ll keep you grounded, too.”





EVALUATION SHOWS TRUE BENEFITS OF TROJAN'S TREK

Trojan's Trek is one of our first partner programs to be evaluated by GMRF – part of our aim to ensure our programs deliver real and measurable outcomes for veterans.

 Anita Jaensch

 Matilda Dray

OPPOSITE TOP:

Army veteran Brett van der Heide and Yogi, his Golden Labrador assistance dog.

OPPOSITE BOTTOM:

Twelve months after discharging from the Army, Ramon Fenton struggled with her identity and purpose. Trojan's Trek provides an opportunity to share her experiences with other female veterans and like-minded women.

"WHEN YOU'RE SHARING YOUR EXPERIENCE WITH OTHER FEMALE VETERANS AND LIKE-MINDED WOMEN, THERE'S AN UNDERSTANDING, THERE'S A CONNECTION, EMPOWERMENT AND INSPIRATION THAT YOU'VE GONE THROUGH SOMETHING SIMILAR AND THEY'VE GONE THROUGH SOMETHING SIMILAR."

"TROJAN'S

Trek actually saved my life."

Ramon Fenton could not be more clear about the difference Trojan's Trek has made in her life. After joining the Army at 17 and being deployed to East Timor, Iraq and Afghanistan, Ramon was medically discharged in 2012. At first, she thought she had adjusted well to civilian life.

"It wasn't until 12 months after that I struggled," Ramon says. "When you're in the military, you've got a network, you've got your identity, you've got a purpose. But once you're out, all that's taken away from you. So I struggled with who I was, what my purpose was. My group of friends had changed – they were still serving, I was a civilian."

Fellow Army veteran Brett van der Heide tells a similar story. After discharging, he found full-time work and thought he'd settled well into civilian life. But after four years, his PTSD caught up with him. "My whole world felt like it was falling apart around me," he says.

A DIFFERENT APPROACH TO TRADITIONAL TREATMENT

After trying traditional treatment paths, both Ramon and Brett heard about Trojan's Trek – a peer-led program which aims to teach veterans tools and techniques to modify their thinking and behaviour, improve personal relationships and build self-esteem. It combines group sessions based on Cognitive Behavioural Therapy with nature-based activities.

"I was not comfortable with just the medical approach for it, like psychiatrists and psychologists and talk therapy. I wanted to try and find something outside the box that I could relate to, to try and get myself better," Brett says.

Ramon agrees. "I thought participating would be something different other than just going to the doctor or the nurses or continuing

taking medication. I thought it was an opportunity to meet some like-minded women – female veterans – that were going through something similar, if not the same, to myself."

CREATING CONNECTIONS, SHARING EXPERIENCES

"I did my first trek in 2014 in South Australia," says Brett. "Making that first phone call to the Trek commander at that time was probably the hardest thing I ever did, putting my hand up."

Brett's Golden Labrador Yogi has been stretched out peacefully while we talk. But when the conversation becomes more difficult, he gets to his feet and lays his head on Brett's knee.

"I got Yogi when he was a pup and when I got him, I did not think that I needed an assistance dog at all," Brett explains. "I was doing my civilian work and then when everything fell apart in my life, I approached an organisation to work out how I could better my life."

"So Yogi got trained up. I trained him myself to be an assistance dog and then went to another organisation to get him trained up the rest of the way to pass his public access test."

"Yogi helps me in a multitude of ways. He picks up on my anxiety and he can come up and just take my mind off things. He has a presence that's able to pull me from what I'm worried about and just make me focus back on him."

Brett says at first he wondered how the trek was going to work.

"We're out in the middle of nowhere with a bunch of Vietnam veterans pretty much telling us how they recovered after their time overseas. I didn't think it actually related to me at all, with my service being such a short time and what I'd seen. But the lessons and the sessions that we got while we were out there, and the one-on-one chats with those people, helped out heaps," he says.

Ramon points out that the military experience transcends age, service, conflict and gender.

"When you're sharing your experience with other female veterans and like-minded women, there's an understanding, there's a connection, empowerment and inspiration that you've gone through something similar and they've gone through something similar."

"It doesn't have to be in the same service or the same time or the same era, but just sitting next to someone that gets you, and understands your language is very comforting," says Ramon.

She says when she started telling her own story during her first trek, one of the other women began crying. "I asked, 'What's wrong?', and she said, 'I wished you'd shared your journey at the start of the week, because I'm going through something similar to what you're going through.'"

BEEN THERE, DONE THAT – AND CAME OUT THE OTHER SIDE

RSL Queensland has been working with Trojan's Trek since 2015 to deliver the trek in Queensland, providing access to a 'circuit breaker' for veterans struggling to cope with life beyond Defence.

The treks are facilitated by veterans – many of whom have previously participated in the program themselves.

In fact, both Brett and Ramon were so powerfully affected by their experience that they returned as mentors.

"I wanted to give something back to the people that helped me so much," Brett says.

"In 2015, the trek in Queensland kicked off, and I was back on as a participant/training mentor, and I did a good job there helping other people. I really enjoyed it, got a kick out of it, and got invited back to the trek in 2016 to be a mentor and facilitator there."

"It's nice to see the facilitators and mentors have been in the situation where you are at the moment





“IT’S NICE TO SEE THE FACILITATORS AND MENTORS HAVE BEEN IN THE SITUATION WHERE YOU ARE AT THE MOMENT — A LITTLE BIT SCARED, A LITTLE BIT VULNERABLE. SEEING THEM SHARE THEIR JOURNEY IS INSPIRATIONAL, TO KNOW THAT THEY’VE SEEN THE LIGHT AT THE END OF THE TUNNEL.”

– a little bit scared, a little bit vulnerable,” says Ramon. “Seeing them share their journey is inspirational, to know that they’ve seen the light at the end of the tunnel.”

Brett says the benefit of a peer-led approach is that is less prescriptive

than traditional therapies.

“The participants that come on the trek are talking to people that have been there and done that themselves. We can say that we’ve done this. This has worked for us and it may work for you. And they see that recovery within ourselves or the changes within ourselves and go, ‘I can be that bloke too.’”

“So when a veteran asks me about the program, the thing I like to say to them is one, it’s a week out of your life. You know, it could change your life. It may not, for me it did.

“I also say to them that it’s laid back, it’s not strenuous at all. There’s no walking involved – or pretty little walking. Most of it’s done in four-wheel drives. And it’s good to sit out around the campfire and talk to mates and be yourself.”

Ramon says she often sees participants make significant progress over the six-day trek.

“You see them on day one – a bit shy and a bit scared – but by day six, they’re bouncing around. They’re a different person.

They’ve learnt so much about themselves and other people.” She smiles. “We’re like farmers – we plant a seed, and they

ABOVE:
RSL Queensland has been working with Trojan’s Trek since 2015 to deliver the trek in Queensland, providing access to a ‘circuit breaker’ for veterans struggling to cope with life beyond Defence. The treks are facilitated by veterans – many of whom have previously participated in the program themselves.

LEFT:
Four years after discharging from the Army, Brett’s PTSD caught up with him and his life was falling apart. He wanted to find something outside the box to help himself get better. Trojan’s Trek was the answer.

water it and continue the journey after Trojan’s Trek.”

“I find that helping veterans on the trek also helps me in my recovery,” Brett adds.

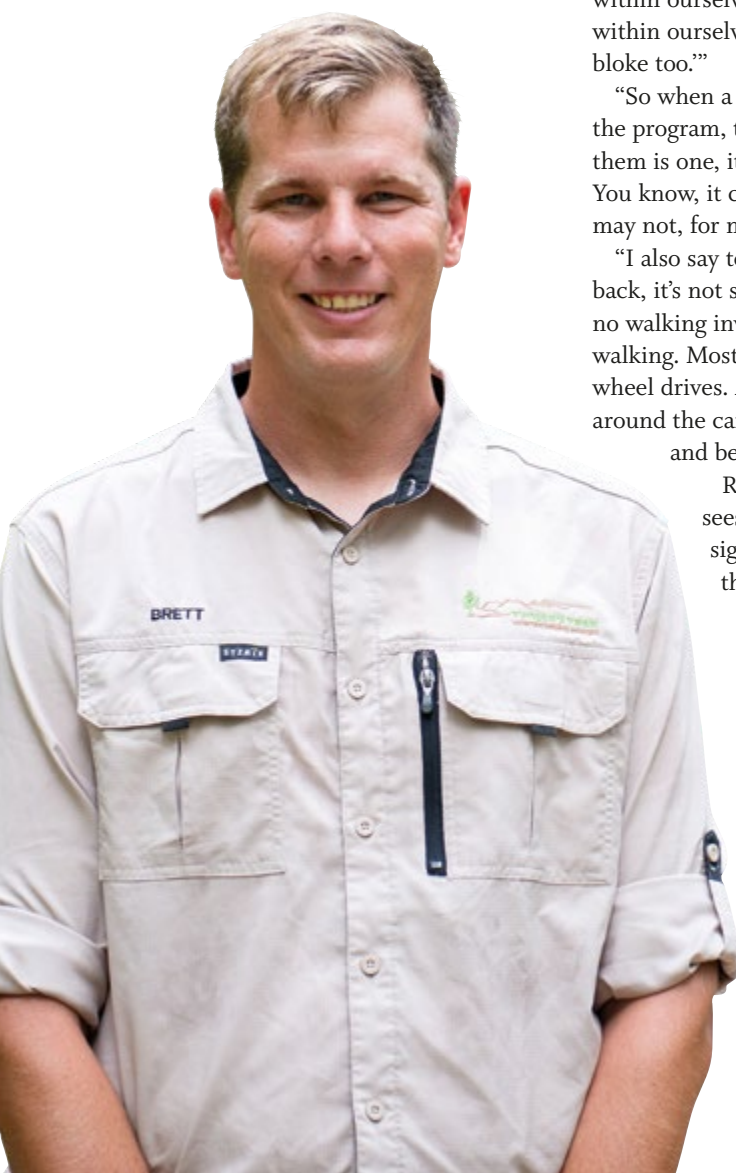
“I’ve got sort of a pretty long way to go in my own recovery. But Trojan’s Trek has given me that boost that I needed to be able to get my life back on the track that I wanted it to go.”

EVALUATION GIVES CONFIDENCE IN OUTCOMES

The Trojan’s Trek program was recently evaluated by Gallipoli Medical Research Foundation (GMRF), which found that participants experienced significant improvements in depression, anxiety, PTSD, interpersonal relationships, self-efficacy and life satisfaction over time, with these improvements maintained even after two months.

General Manager Veteran Services Rob Skoda says these evaluations give RSL Queensland the confidence of knowing our programs make a real, measurable difference to the quality of life of veterans and their families.

“The evaluation has shown that Trojan’s Trek may have therapeutic benefits that we hope can make a significant difference to the lives of veterans who are struggling to deal with the challenges of transition, improving their resilience, personal relationships and self-esteem,” Rob says. ←



Queensland's unique ANZAC Day Commemoration Committee has been a proudly independent citizens' organisation since its inception in 1916.

The net profits from conducting our Annual Badge Appeal, with support from RSL Queensland Sub Branches and other ex-service organisations, are used to:

- Conduct the annual Students' Commemorative ANZAC Service and Brisbane City Dawn Service
- Promote the spirit of the ANZACs through education and publicity
- Contribute to veterans' welfare



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GETTING BACK INTO YOUR COMFORT ZONE AT

140KM/HR

✍ Matilda Dray

Queensland RSL News Editor Matilda Dray was lucky enough to jump in an off-road race car with driver Ian Baker to experience the RAEMUS Rover program first-hand. After hurtling around the track at speeds of up to 140km/hour, she learned why the RSL Queensland-sponsored program is such a thrilling success.





As I zip up my overalls, fit the helmet and get strapped safely into the race car – with a headset and microphone so I can communicate with Ian during the drive – my heart is beating fast with nervous excitement.

Sitting in the car, I know I’m trusting Ian with my life, and he immediately puts me at ease with calm reassurance. He hits the starter button and takes off along the dirt track. As the speedometer rises, the trees speed by faster, the turns get increasingly sharper and my squeals get louder (sorry Ian!).

A highly experienced driver, Ian has complete control of the car the entire time, and if something were to go wrong (which it never has), the car is fitted with roll bars and a plethora of safety equipment.

“You ready for the jump?” Ian asks, as he pushes his foot down on the accelerator.

“YES!” I yelp, over the noise of the revving engine.

But I’m not quite prepared for how my stomach drops as the car hits the jump and we hurtle through the air. I’m also not prepared for how insanely fun it is and how much I wish we could do a second lap.

At the end of the circuit, the crew helps me out of the car via the roof. I’m exhilarated and can’t stop babbling excitedly about what an incredible experience it was. I now fully understand why this program is so successful.

ADRENALINE RUSH FORGES A POSITIVE FRAME OF MIND

The unique nature of the RAEMUS Rover program is based on the idea of adrenaline therapy.

Adrenaline is a powerful hormone that increases your heart rate, elevates your blood pressure, and boosts your energy. The RAEMUS Rover experience helps create a mindset that is positive, open and trusting and leaves you ready to listen and communicate in deeper way.

Participants are placed in a situation where teamwork and trust are essential to success.

“In off-road racing, the teamwork between the driver and the navigator needs to be very good, because the trees come up rather quickly!” Ian laughs.

“The incentive of teamwork for self-preservation is very similar to the high reliance on your mates when you’re in the military service. And the adrenaline

rush excites them and puts them in a very positive frame of mind.”

After speeding around the track, Ian and his crew share stories from their own lives and talk about what they learned along the way. They find that participants are more open to suggestions and guidance thanks to their changed mindset.

“They’re more likely to trust you and be honest about what’s really going on in their life,” Ian says.

“We talk with honesty and in military language, which makes them feel comfortable. We help them recognise where they need to adjust their own health and wellbeing pathways in a straight up language. And everyone has their own path, so we are non-judgemental.”

COMBATting NIGHT TERRORS

There have been many success stories over the years, but one stands out for Ian. This veteran suffered from post-traumatic stress disorder, which manifested itself in anxiety tremors that caused him to lash out during the night.

As a result, his assistance dog slept in between him and his wife in bed to ensure he wouldn’t accidentally hurt her during the night.

“At the end of the program, his dog slept at the end of the bed and he



cuddled his wife for the first time in three years,” Ian says.

“When they’re leaving, people have quietly told me ‘I’m glad I came and did this, because if not I wouldn’t have been here long,’” Ian reflects.

HIS REASON TO KEEP GOING

Ian was just 15 when he joined the Army as an apprentice in 1983 and he served 33 years as a mechanical engineer. During that time, he was part of 15 different units, including cavalry, infantry and armour, and was posted to Iraq and East Timor.

Part of his job was to maintain the equipment for a bomb disposal unit – a challenging job which saw several members of his team suffer physical and psychological injuries.

ABOVE:
Queensland RSL News Editor Matilda Dray was excited to take to the track with off-road race car driver Ian Baker.

BELOW:
Soldiers from the 6th Engineer Support Regiment and RSL Queensland staff participated in a two-day event organised by RAEMUS Rover as part of Veterans Health Week 2020.

“For about 12 months, the whole group was subjected to some of the most sustained indirect fire Australians had been subjected to for a very long time. That developed a whole heap of guys with mental health issues,” Ian says.

He established RAEMUS Rover in 2012, while he was still serving.

When he discharged at the end of 2015 at the rank of Regimental Artificer Sergeant-Major (ASM), Ian had a host of injuries himself. He had a missing vertebra, blown apart knees, crushed discs, only 50 per cent of contact in his right shoulder, and ankles that had been dislocated and torn seven times.

The joy of helping other veterans through the program provides him with the motivation to keep going





LEFT:
Army veteran
Ian Baker
established
RAEMUS
Rover in 2012.
Although he
has a host of
injuries himself,
delivering the
program gives
him direction
and a reason
to stay fit and
healthy.

through the physical and mental pain.

“RAEMUS Rover gives me direction – a reason to get up and stay fit and healthy myself so I can deliver the program,” Ian explains.

HELPING HUNDREDS OF VETERANS

Each year, the 18-member RAEMUS Rover crew helps hundreds of veterans, with various track programs held at Willowbank Raceway and races around Queensland. They also operate monthly workshop days, where participants can learn welding, fitting and vehicle mechanics, or simply drop in for a chat.

The program is designed for younger veterans who may need a more active form of therapy to feel genuinely engaged and examine their own situations.


“It’s for those people who are still

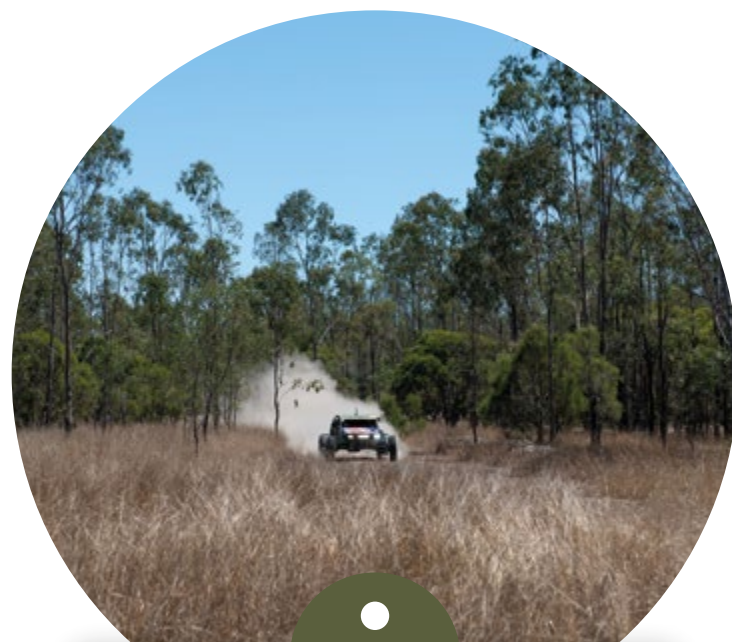
very dynamic and can’t just sit there and talk. They need to be challenged,” Ian says.

“And we couldn’t deliver this program without the financial support of RSL Queensland.”

The team also makes veterans aware of other support pathways available, such as other RSL Queensland programs, ex-service organisations, or Department of Veterans’ Affairs entitlements.

“A lot of people have very little idea about the expanse of support that is available, and they come away saying, ‘It was brilliant – you opened my eyes to things I’d never thought of before,’” Ian says.

If you’re looking for mateship, camaraderie and excitement in a team that knows what you’re going through, get in touch with the RAEMUS Rover team. 



LEARN MORE

TO FIND OUT HOW YOU CAN GET INVOLVED IN UPCOMING EVENTS, CONTACT THE RAEMUS ROVER COORDINATOR.

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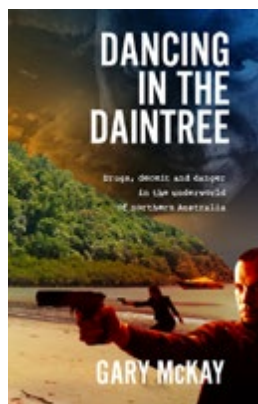
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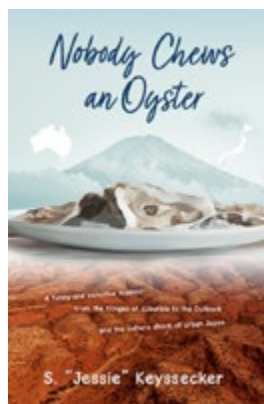
RECENT RELEASES:



ISBN: 978-1-925707-37-3

Bob McTaggart returns from a tour of duty with his special forces unit in Afghanistan and his world is turned upside down. He tries to put his life back on an even keel only to find himself dangerously involved in the dirty and deadly world of drug trafficking.

McTaggart has to rely on all of his sharply honed skills to survive in the tropical rainforests of Far North Queensland and on the Great Barrier Reef. The prize is worth millions, but the deceit, betrayal and uncompromising greed by merciless and unscrupulous men and women make life hazardous for all who want to play in this deadly game.

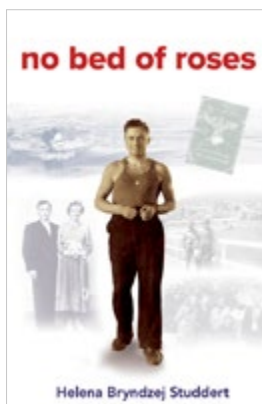


ISBN: 978-1-925707-25-0

A funny and sensitive memoir about growing up on the semi-rural outskirts of Brisbane in the 1960s and 1970s, and living and working in the Queensland Outback. From there, to the opposite end of the spectrum and to urban Japan.

Hilarious things happen when the assumptions we make are wrong. Come with Susan on this crazy journey and expect plenty of belly laughs. With short anecdotal chapters, it is the ideal commuting or bedtime read, and perfect for book clubs.

With few or no phrasal verbs, it is also a great book for readers for whom English is a second language.



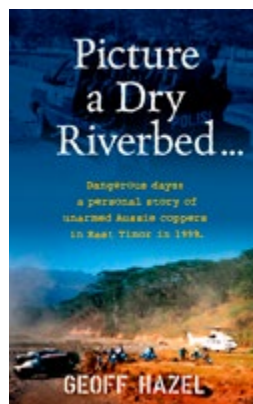
ISBN: 978-1-925707-24-3

"And then came a very, very sad day for me... April 1942."

In no bed of roses, Teo speaks his story of being taken from his Polish village and forced into labour in Germany during World War II. He recalls the hardship, longing for home and perplexity of having his life turned upside down.

At fifteen, he struggles to cope with work, hunger and cold. He fails in an attempt to go home, sees the Allied Forces advance and at the end of the war, decides he cannot return to Poland, so he emigrates to Australia.

Often the history of everyday ordinary people is lost. This engaging oral narrative is part of Australia's shared history. Told with an endearing innocence and subjective humour.



ISBN: 978-1-925707-08-3

The time: 1999.

The location: The mountainous district of Ermera, East Timor.

The Participants: Locals from the various Timorese factions; Indonesian Police and Military; International Electoral Observers; United Nations personnel, paid staff, international volunteers, locally employed staff, three Military Liaison Officers and twenty five Police Officers from 8 nations.

The task: To organise and conduct a vote, known as the Popular Consultation, on East Timor remaining as part of Indonesia or becoming an independent nation. The story — how the determination, dedication and courage, often to the point of valour, of the UN personnel overcame all obstacles and faced down all threats which enabled the East Timorese to exercise their right to decide.

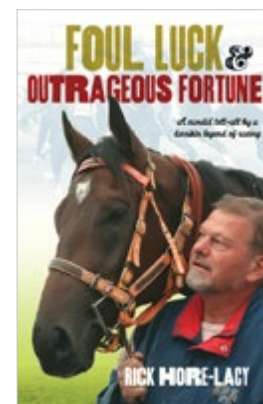


ISBN: 978-1-925230-67-3

2001. East Timor remains a dangerous place. Memories of pro-Indonesian savagery linger, a resurgent militia threatens, and a secret war rages between Indonesia and Australia. Agent runner Matt Hurley is swept up in a maelstrom when one of his agents is brutally murdered.

Seeking justice, he must partner with the shadowy world of counter-intelligence and in doing so, familiar faces begin to surface from his own troubled past; the wily spymaster Harry Faversham, and the talented and irresistible Maggie. The rollercoaster gathers speed with the death of the killer, but all is not as it seems.

To bring everything into the open Hurley conceives a strategy to terrify his true quarry into confession.



ISBN: 978-1-925230-14-7

Rick Hore-Lacy, law-student-turned-horse-trainer who became an Aussie legend in the sport of horse racing. The outspoken larrikin caused a furor in the Elite horse racing industry by breaking conventions with his vociferous opinions and infamous actions.

Told with uncompromising honesty, this is a tale that will take you to the inner sanctum of the 'Sport of Kings' and into the heaving action of the most exciting wins of his 20 Group-One victories.

A story that tells of criminal sabotage, crushing mistakes, outrageous success, and above all, indomitable Aussie spirit.

MATES 4 MATES

THE QUARTERLY MAGAZINE
FOR OUR DEFENCE COMMUNITY

We stand with all
veterans and their
families impacted
by service.

STAND WITH US.

+

**STRONGER
TOGETHER.**

WHY SUPPORT FOR
THE FAMILY UNIT IS
IMPORTANT.

+

**SOLDIER RECOVERY
CENTRE TARGETING
INJURIES.**

NEW CLINICAL
PROGRAMS.

Understanding
suicide and
mental illness.

IT'S OKAY TO ASK FOR HELP.

A message from our CEO Troy Watson.

It's hard to believe that it's March already. This year is shaping up to be one of our busiest yet – with more people already reaching out for support. We know that the need continues to be more important than ever.

Our commitment is to provide more accessible services and improve our referral pathways with other organisations so that veterans always have somewhere to turn for support.

It's devastating when more veteran suicides are reported, and people feel like they don't know where to turn. This has to change.

As a sector, veteran support organisations need to work together to combat these issues so that more people are supported and ultimately, more lives are saved.

We will be expanding our online services and putting resources behind that to improve accessibility of services, particularly for those living more remotely. In addition, we are working to align more closely with RSL Queensland, to ensure a seamless transition between the services we both offer.

This time of year, in the lead up to ANZAC Day, can be quite



emotional for many veterans, or families who have loved lost ones in the past. If I can ask anything of you this year — it's to reach out for support if you need it, or encourage those around you seek support.

One of our clinical psychologists talks more about mental illness and suicide on page 7 which I encourage you to read. On page 3, one of our Mates shares how getting support for the entire family can make all the difference. And on the back page, we've included more information about how to join Mates4Mates.

This year, let our focus be on supporting those around us and together, finding a way forward.

Take care. ■

Troy



Shop your support.

Every purchase supports veterans and their families. Shop online today.

mates4matesshop.org

Make the call that makes the difference.

Contact Mates4Mates to find out about our services, how you can access support or get involved.

mates4mates.org

[1300 4 MATES](tel:13004MATES)

**Keep up to date,
follow us:**



Mates4Mates supports current and ex-serving Australian Defence Force members, and their families, who have been impacted by their service. We are an initiative established by RSL Queensland. If you would like to contribute to our magazine please contact Mates4Mates Communications & Media Manager via marketing@mates4mates.org or call 1300 462 837. Written and edited by Laura McKoy. Design by Sven Kolesarić.

Stronger together.

Nearly one in four people who access support at Mates4Mates are family members of veterans impacted by service. When veterans are dealing with mental health issues or injuries, the dynamics of their family can be altered significantly. But with the right support, families can find a way forward.



When Anna Douglas' husband, Wayne, was diagnosed with post-traumatic stress disorder (PTSD) and started deteriorating, she had no idea of the extent of difficulties that she was about to face.

Wayne served in the Australian Army for more than 20 years before discharging. But like many veterans, the trauma of his experiences followed him home.

Anna soon discovered that in addition to veterans becoming socially isolated, partners can quickly become isolated too.

"All of a sudden we are carers – and have to pick up the skills and knowledge to support our partner, and try to find people to support us along the way," she said.

"Veterans face the trauma every day, but we also live through that

trauma with them and that can be challenging.

"You learn their trigger points and can predict their behaviours – but as a result it can change your behaviour and you can experience symptoms of secondary PTSD too."

Anna knew she had to find ways to focus on what was in her control. She took it upon herself to learn about veteran issues, PTSD, and how to support Wayne. Through this, she has found Mates4Mates to be an important pillar of support.

"Mates4Mates engage the entire family which has been amazing. This has given us the opportunity to take part in activities and spend time together without any of the stress," she said.

"For me, as a partner, it provides so much respite. Wayne said it has also enabled him to become a better father and connect with his children. It helps him get out of the house and into a safe place to socialise.

"We've also been able to use services like the couples counselling, and find a community there."

While many days are still tough, Anna said that by having the

support of Mates4Mates – which has become like an extended family to them – she has learnt that she can build resilience and get through it.

Now, she's passionate about raising awareness of the impacts of service-related injuries on families and the importance of having more support and information available.

"I've seen many veterans and partners find themselves overwhelmed and wanting to give up, but you can work through it with support. We need to have that message out there. A veteran family can work," she said.

"There is support from organisations like Mates4Mates. Open Arms is also available 24/7."

Anna said she also wants to encourage the wider community to educate themselves on the issues that veterans face.

"It's important that we have more empathy for their experiences.

"We need to be a lot more embracing towards veterans and families to help them get through."

For support, call Mates4Mates on 1300 462 837 or Open Arms on 1800 011 046.

"I've seen many veterans and partners find themselves overwhelmed and wanting to give up, but you can work through it with support. We need to have that message out there. A veteran family can work."

— Anna





**We stand with
all veterans
and their families
impacted by service.**

WILL YOU STAND WITH US?

ANZAC Day is an important time to remember the incredible sacrifice of Australian soldiers, and reflect on the impact that their sacrifice still has to this day. It's a day that brings people together in a way that not many other days do – providing a strong sense of community and belonging.

We have so many people reaching out to us each year to find out how they can best give back to veterans. This time of year inspires people to be part of something bigger than themselves.

Veterans are still struggling and need our support as service-related injuries remain an issue to this day.

So, this April, we're encouraging you to join with us as we stand with veterans and their families through their recovery. There are so many ways you can show your support.

Find out more at
supportmates4mates.org.

What does ANZAC Day mean to you?

We asked three of our staff members what ANZAC Day means to them. Everyone marks the day in their own way – while some prefer to attend a parade or stand at the end of their driveways, others may choose to spend it with loved ones, or simply have a quiet day to themselves.



MARCIA MORGAN

LIAISON OFFICER

ANZAC Day to me is a day of reflection on mateship and

remembering those that are no longer with us from the Army family, and marching for them as they no longer can. It's also about being thankful for all of those that have served, making our country what it is today. On ANZAC Day I will be thinking about all the mates that I have lost during my service and after.



SVEN KOLESARIĆ

MULTIMEDIA
CREATIVE SPECIALIST

To me, ANZAC Day is a time for people of all

walks of life to gather, remember and respect those past and present who devote their lives to protecting our way of life.

It means strength, inclusivity, and community. I will be standing for friends currently serving in the Defence Force, and remembering my grandparent's brothers who served in conflicts past.



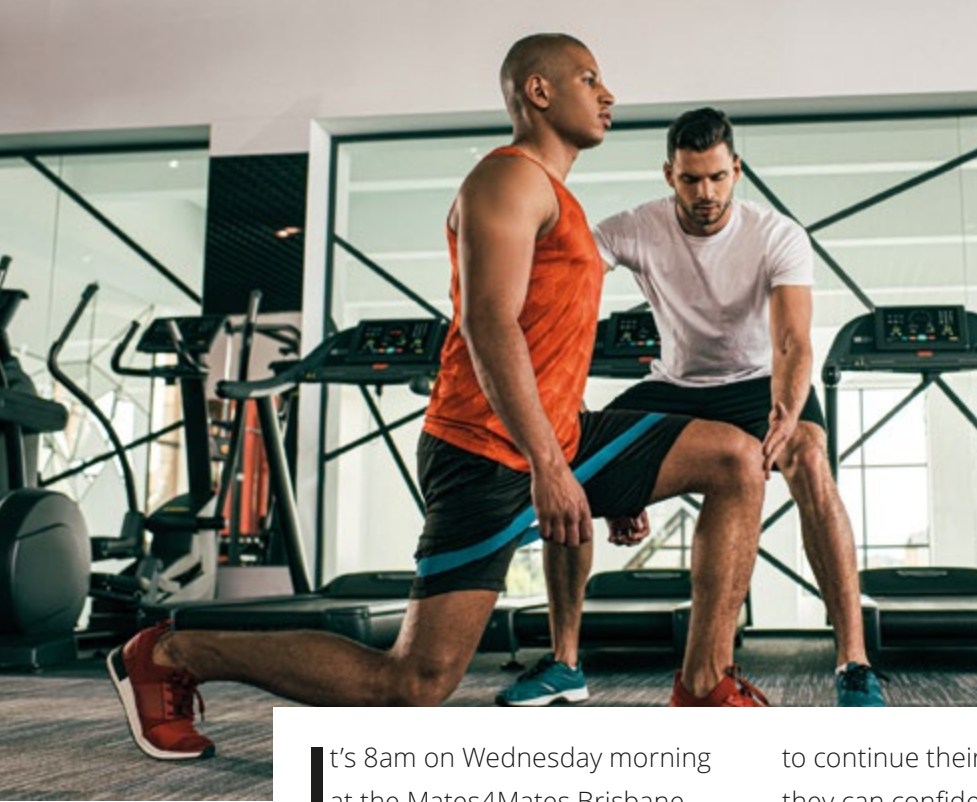
TRINITY PENNISI

COUNSELOR

"For me, ANZAC Day is a day to remember the sacrifices and

hardships our service men and women endured in the past and more recently to protect Australia. It's a day to pay respect and show gratitude through remembrance. ANZAC Day is also about passing on the importance of remembering to my children.

I stand for and wear my grandfather's and my great uncle's WWII medals each ANZAC Day. My great uncle lost his life whilst serving in PNG and never had the chance to live on and have a family. Similarly, I think of the numerous, nameless gravestones of the Australian soldiers lining the rows of the Bomana War Cemetery in Port Moresby."



Movement improvement with the Soldier Recovery Centre.

Over the past two years, Mates4Mates has been providing rehabilitation support to soldiers, helping them move forward from injuries so they can return to Defence or transition out physically and mentally stronger.

It's 8am on Wednesday morning at the Mates4Mates Brisbane Family Recovery Centre and a group of soldiers are warming up in the gym. They're here from the 7th Brigade Soldier Recovery Centre at Gallipoli Barracks in Enoggera for their regular rehabilitation sessions with the Mates4Mates Physical Rehabilitation team.

to continue their careers once they can confidently manage their movement issues or injuries.

Mates4Mates Clinical Lead and Exercise Physiologist Nolan Woo said what started as a small program two years ago has now developed into a comprehensive program that continues to yield results.

"We have refined and expanded

our program over two years, to provide the best-possible outcomes for soldiers," Nolan said.

"We have evolved from just treating simple musculoskeletal injuries to supporting more complex needs, ranging from acute to chronic injury, pre-and post-operative care, and soldiers presenting with mental health symptoms.

"As a result, many have been able to successfully improve their movement and mental wellness, preparing them to successfully transition out of Defence, or reintegrate back into their unit.

"Importantly, soldiers are introduced to the wide range of services at Mates4Mates, so they have a support base outside of Defence."

Over the past two years, Mates4Mates has delivered over 660 hours of support through nine eight-week programs.

Participants are assessed before, during and after each program, to measure their functional movements and motivation levels.

After completing a recent program, one soldier said, "Doing rehabilitation through Mates4Mates was highly beneficial both physically and mentally. I gained a lot of knowledge and optimism as I saw vast improvements in my injuries."

Over 40 per cent of participants completely resolved all functional movement issues by the end of their program resulting in a decreased risk of relapse and continued improved performance.

"With the right support, we know that many injuries can be overcome or better managed. We understand what it means to serve and the nature of injuries that can occur, and we feel extremely privileged to be providing support to the Soldier Recovery Centre program," Nolan said.



"Doing rehabilitation through Mates4Mates was

highly beneficial both physically and mentally.

I gained a lot of knowledge and optimism as

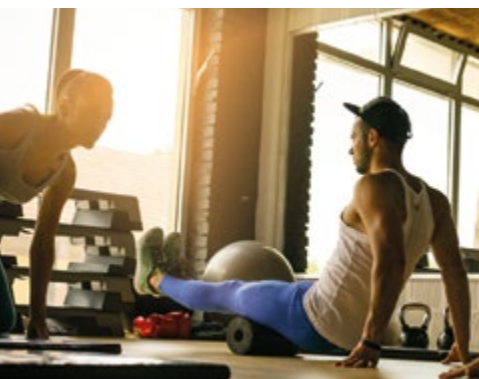
I saw vast improvements in my injuries."

— Participant

Whether they have back injuries, are struggling with movement in their shoulders or knees, or have ligament issues, they're here to improve their functional movement, mental health and find new motivation.

This group is one of two groups from the Soldier Recovery Centre

that Mates4Mates supports. The second, is a group of soldiers on base at Gallipoli Barracks, who will be reintegrating back into Defence,



A look at our impact in 2020.

At Mates4Mates, we know how challenging it can be to overcome service-related injuries and mental health issues. But, through our wide range of integrated support services, thousands of veterans and their families found a new way forward in 2020.

This was only made possible by our supporters, fundraisers and partners – so thank you. We are proud of the work we have done, and continue to do, and are committed to delivering even more services in 2021.



2,269 exercise physiology sessions were provided in 2020 to improve injuries and help more people manage their pain.



We saw a **21% increase in new members** in 2020.



Over 5,630 people in the ADF community have directly benefited from our services since we first launched.

Physical rehabilitation and wellbeing programs resulted in **9,233 points of connection** between staff and members.



1,036 psychology and exercise physiology appointments were delivered through telehealth, increasing the accessibility of services.



Through COVID-19 lockdowns, we made **over 1,100** welfare calls



and delivered **over 700** pieces of online content, keeping our community connected.

4,038 psychology appointments were provided in 2020 to improve the mental health of our ADF community.



More than 23,700



connections were made between staff and members face-to-face and online.

Breaking the stigma around suicide and mental illness.

✍ Georgia Ash, Mates4Mates National Clinical Manager and Clinical Psychologist

Suicide among veterans is higher than the general population and as distressing as it is to talk about, we need to talk about it and mental health issues in order to prevent more men and women taking their lives.



As a Clinical Psychologist I know that 'talking therapies' work. I know that people can change, grow, and thrive under the most difficult of circumstances and I know that people can recover from mental illness and lead fulfilling and purposeful lives.

It is an undeniable fact of life that part of the human experience means we will experience emotions such as pain, suffering and grief, but we will also experience joy, love, happiness and many other emotions. Of course, when we are in emotional pain, it is hard to see any relief in sight. If we are depressed, highly anxious, suffering from PTSD or other mental health issues, we may just see doom and gloom.

However, it's important to remember that viewing the world through the lens of mental illness is like looking through a dirty windscreen. Your vision is blurred, you can't see clearly, and things, people and places may look different, appear out of place or simply not there at all.

Everything may appear too difficult, take too much effort and it may seem that there is no end in sight to what you are experiencing. Essentially, you are not seeing reality. You are seeing your own distorted view of reality and thinking that this will be your forever way of feeling.

The good news is that things can and do get better. The great thing about life is that it is fluid. We are always changing, growing and experiencing. Nothing is permanent, nothing is static, including the way you feel right now. Things change and with change comes growth and potential. The simple act of knowing that there is hope, that life does change, and that support is available, can and does save lives.

Numerous times I have seen the power of communication and social connection in supporting people through dark and distressing times. I know that starting the conversation, picking up the phone, making an appointment with your

GP and obtaining a referral, can seem daunting, but you're not alone in feeling this way.

Everyone can feel hesitant at first to ask for help. That is okay. We all need help once in a while. You, me, everyone.

I truly believe some of the most courageous people I have ever met are those that walked into my therapy room willing to talk about and seek help for their problems. By doing so they have taken the first step towards recovery and a better life. Not just for themselves but for all those that love and support them.

If you are experiencing or know of someone experiencing emotional pain, please reach out. Help is always available.

Mates4Mates provides lifesaving support services to current and ex-serving Defence members, and their families. Take the first step to getting help by calling us today on 1300 462 837.

If you are in immediate danger, please call 000. Or for 24-hour support, phone Open Arms or Lifeline.

“Everyone can feel hesitant at first to ask for help. That is okay. We all need help once in a while.”

— Georgia Ash

MATES4MATES

Here for those
impacted by service.



Join Mates4Mates

Find a way forward from
service-related injuries.

Support for all current and ex-serving Defence
members impacted by service, and their families.

- ✓ Psychology appointments
- ✓ Physical rehabilitation and wellbeing programs
- ✓ Social activities
- ✓ Skills-based recovery programs



Join Mates4Mates

Register today



CARVING OUT A PLACE IN THE COMMUNITY

Close bonds with the local community are
revitalising the Magnetic Island RSL Sub Branch.

 Anita Jaensch

THE first rays of sunlight have just begun to gild the horizon, the pre-dawn silence broken only by the sound of the waves crashing onto the sand.

Suddenly, a staccato burst of machine gun fire shatters the peace, as landing craft approach the beach.

You could be forgiven for thinking you've travelled back in time to Gallipoli but, in fact, you're standing on the shores of Alma Bay, experiencing the unique Dawn Service hosted by the Magnetic Island RSL Sub Branch.

Sub Branch President Brad Starr paints a vivid picture as he stands by the Island's granite cenotaph. It's not hard to imagine being part of the 2,000-strong crowd, waiting in the darkness

for the service's dramatic start. This year, of course, the Dawn Service had to be cancelled due to COVID, but Brad rallied the small island community to participate in Light Up the Dawn instead.

"I was really, really proud of the island's efforts," Brad says. "Really proud."

Now in his early forties, Brad served with 3rd Battalion Royal Australian Regiment, and was among the first soldiers on the ground in East Timor on 21 September 1999.

The experience, he says, was confronting.

"We went in there and we professionally did the job that was asked of us – to secure the city of Dili, deter the enemy and protect the local people. Then, after securing an area on the border



BELOW:
Magnetic Island
ANZAC Day
service.



between East and West Timor at Maliana, we went down into what they call the Oecusse enclave, which is a piece of East Timor inside West Timor, on the coast, and we secured that area.

“Probably the biggest moment that really grabbed me was when we were departing the Oecusse enclave. We left on the Balikpapan class LCH – landing craft. I was on the last ship out and as we were pulling out to go back to Dili, the kids came down to the beach and held on to the ropes and tried to pull us back in, going, ‘No, Aussie, please don’t go. No, Aussie, please don’t go,’ bawling their eyes out. That was a tough day. That was a bloody tough day.”

When he came back to Australia, he found his civilian friends didn’t want to hear about his experiences in Timor. “So I clammed up, I just buried it, didn’t talk about it.”

But when his first daughter was born, the memories re-emerged and he

was diagnosed with PTSD. “And I went on the merry-go-round of struggling to survive with work, and struggling to survive with family, and struggling to survive. It cost me my marriage. In that time, I had another daughter and I moved out and just had to go and fix myself. I could not let my two daughters grow up without a dad,” he says.

“Moving to Queensland on my own was one of the toughest things I’ve ever done, but the best thing I’ve ever done.” After driving trucks around the state, Brad eventually ended up on Magnetic Island with his new wife and stepdaughter.

“When we moved to Maggie Island, I sought the RSL out. I started off as Vice President on the Board here, and then they slipped me up into the big chair,” he laughs.

While the pandemic caused a hitch in the Sub Branch’s operations – as it did for most of our Sub Branches –



Brad is positive about its future.

“It’s a bit of an exciting time for the Sub Branch, coming out the other side of COVID,” he says. “Our membership of social members is growing exponentially. It’s that quintessential safe place for mums and dads and families to come in and have a meal.”

With a new chef and a new modern Australian menu, the Digger’s Plate – the Sub Branch’s kitchen – is open on Fridays and Sundays for dinner, and they’re also trialling a Saturday night opening. In the New Year, the Sub Branch will hopefully return to hosting a successful market every Friday night, with local crafts, good food and live music.

For Brad, the true value of these activities is their role as a bridge

between the Sub Branch and the community.

“To be part of the community, to hear the yarns of the old fellows and that sort of thing – that’s all good, that’s all positive. But we’ve got a brand new generation we’ve got to look after. You can’t expect a veteran to reintegrate into the community if you’re going to put him or her on a pedestal. They don’t want to be made a fuss of.

“You’ve got to segue into it, bring them into the fold that way.

“It’s being part of the local footy club, being part of the local surf club, being part of the local school. We’ve got to actively go out and seek them and say, ‘Listen mate, this is what we can do for you. Come and have a yarn.’”

MAGGIE’S WARTIME PAST

Located just eight kilometres off the shores of Townsville, Magnetic Island played a significant role in Queensland’s coastal defences during World War II. While its harbours provided shelter to large numbers of ships, its rocky hills provided a vantage point from which to spot enemy aircraft. Visitors to Maggie can still visit the heritage-listed military fortifications in the hills above Arthur Bay. ←

“LOCATED JUST EIGHT KILOMETRES OFF THE SHORES OF TOWNSVILLE, MAGNETIC ISLAND PLAYED A SIGNIFICANT ROLE IN QUEENSLAND’S COASTAL DEFENCES DURING WORLD WAR II.”

BELOW:
Brad Starr (centre) with fellow soldiers departing Darwin for East Timor in 1999.





Christmas 2020 was a first for many, with communities across the globe battling isolation and financial hardship due to the ongoing impacts of COVID-19. But a group of dedicated RSL Queensland volunteers and suppliers pulled together to provide a little Christmas cheer in an unprecedented initiative for those of our Defence family most in need.

 Tim Schaefer

THE Christmas season is usually a joyful time in Australia. It's all about pudding and prawns, cricket and carols, beaches and beers; it's the perfect opportunity to relax with family and friends in the sun, and to reflect and celebrate the year that was.

But in 2020, the impacts of the COVID-19 virus changed that reality for many in the Defence family. In the months before Christmas, many older veterans were separated from their families for long periods due to pandemic restrictions.

Many younger veterans struggled financially after losing their livelihoods as the economic fallout from the pandemic took its toll. And for veterans

battling mental health issues, COVID-19 only compounded their challenges.

At RSL Queensland, we see the impacts and the need for support firsthand. Every month, demand for our programs and services increases.

During 2020, we helped 159 veterans and their families find safe, permanent housing. We also funded 879 nights in short-term accommodation and provided \$783,000 in crisis funding.

With Christmas approaching, the RSL Queensland team wanted to do something extra special for veterans in need, over and above the support we provide every day. We recognised that many people would struggle to put

Christmas lunch on the table, or have enough money spare to buy gifts for family and friends.

The RSL Queensland team came up with the idea of creating personalised Christmas hampers. Filled with popular Christmas foods and supplies, gifts, and a \$100 supermarket gift voucher, the hampers meant some of our veterans most in need could enjoy a special day and a yummy Christmas lunch.

Bringing the Christmas Spirit Hampers project to life was a massive undertaking. The project was led by a volunteer team of RSL Queensland staff who worked on the hampers whenever they could find time in between their everyday tasks.



ABOVE:
RSL Queensland
staff member
Taanusha Halder
participated
in the hamper
packing
morning.

LEFT:
The hampers
were filled with
popular
Christmas foods
and supplies,
gifts, and
a \$100
supermarket gift
voucher.

RIGHT:
Staff member
Ben Morris
writing in a
Christmas card
to include with a
hamper.





ABOVE LEFT:
Emerald RSL
Sub Branch
President
Noel Mallyon
and Secretary
Bryan Ottone
delivered a
Christmas
hamper to
97-year-old
WWII veteran
Col Randles and
his wife Edna at
their home in
Capella.



ABOVE RIGHT:
Goodna RSL
Sub Branch
member John
Oliver's face
lit up when he
was presented
with one of
the Christmas
hampers. John
was extremely
grateful and
wanted to know
what he did to
deserve the gift.



CENTRE LEFT:
Staff member
Shirley Soodeen
getting into the
Christmas spirit.

CENTRE RIGHT:
RSL Queensland
CEO Melanie
Wilson packing
a Christmas
hamper.



BELOW LEFT:
District
Secretary Hayley
Bryan handing
over a Christmas
hamper at the
South Eastern
District office.

BELOW RIGHT:
Staff members
Zsafia Zold and
Jessica Callec
packing boxes.





It was a passion project, borne out of a desire to give back. There was no precedent, nothing to compare it to; RSL Queensland had never done anything like it on such a scale before.

The project required the help of hundreds of people and dozens of corporate sponsors to bring it to life. Our Sub Branches and District Offices were instrumental, helping the team identify 240 veterans who needed a hamper the most. Our District Secretaries then spent countless hours gathering details of recipients so hampers could be tailored to their needs.

Over a dozen of RSL Queensland's suppliers and partners signed on to financially support the project and ensure the team could fill the hampers with quality products. When picking items for the hampers, the team sought out Queensland suppliers wherever possible to ensure recipients enjoyed a slice of home.

In early December, months of hard work came together when about 50 members of the RSL Queensland team gathered in Brisbane to hand pack the hampers. Emotions were high and the energy in the packing room was magical as the team worked to provide a little Christmas spirit to those who gave so much for us.

The hampers were then shipped out, and in mid-December they started arriving on doorsteps throughout Queensland.

Recipients included a 102-year-old digger, a Medal of the Order of Australia recipient, 60 young families, veterans battling post-traumatic stress disorder, 40 people who recently received support via our homelessness program, and more than 90 older veterans and war widows who are isolated or in poor health.

In some regions, our selfless Sub Branch teams and District Secretaries hand-delivered some of the hampers to those most in need.

The response was heartwarming. Many recipients got in touch via our regional teams and expressed their true gratitude and thanks for making their Christmas just a little bit merrier and a little bit brighter.

Considering it had never been done before, the inaugural Christmas Spirit Hampers project was a stunning success. From small things big things grow, and RSL Queensland is already committed to bringing the project back in 2021 so we can help even more veterans this Christmas and beyond. ←



Michelle Oliver was one of many staff members happy to be part of the gift giving.





During the Australian advance at Broodseinde Ridge captured Germans willingly assisted to bring in our wounded, even under heavy shellfire. (AWM: E00888)



THE WORST SINGLE DAY IN AUSTRALIA'S MILITARY HISTORY

While there are other more famous WWI battles – such as Fromelles or the ANZAC Cove landing – we rarely hear about a battle that accounted for the deadliest day in Australia's history. The battle for Broodseinde Ridge in Belgium on 4 October 1917 saw 1,279 Australian troops die in just one day of fighting.

 Paul Carolan



Members of the 5th Australian Field Ambulance bringing in wounded during the Australian attack at Broodseinde Ridge (AWM: E00886).



An informal portrait of one of the best type of prisoners in the compound at Hoograaf, the day following the capture of hundreds of Germans in the advance over Broodseinde Ridge (AWM: E00884).

BROODSEINDE

Ridge was part of the Passchendaele Offensive – a ‘bite and hold’ strategy employed by the Allies after three years of fighting on the Western Front.

The attack consisted of 12 Allied divisions (three Australian, one New Zealand and eight British) against 10 German divisions.

It was a chilly 16 degrees Celsius that morning, with a misty drizzle falling from the grey sky. It had been raining for several days and the ground was a sodden, muddy quagmire. Another 5mm of rain would fall on the day of the battle.

The Germans had the high ground and had prepared and planned an attack for the same time and place as the Allies. Charles Bean and Keith Murdoch were also present to watch the attack.

Using the cover of darkness, the Australians moved to their hop-off trench and were in position in no man’s land by about midnight. Here they waited.

The German artillery barrage began at about 5.20am and by 5.30am it had intensified to become a heavy bombardment. What the Allied army did not know was that the Germans were about to attack Zonnebeke, where the Australian 2nd Division were from.

Most of the German barrage fell onto the 1st and 2nd Divisions. At this point, Bean guessed they lost a seventh of the men, including those killed or wounded. The barrage lasted about 15 minutes.

By 5.45am there were lines of Germans advancing towards the Allied positions. One Australian officer wrote that the Australian losses were so great from the German artillery that they were glad they could get going.

When the sun rose at 6am, the Allies followed behind their artillery – slipping and sliding in the mud and bomb craters – as the barrage crept forward towards the German lines.

They walked about 90 metres before lines of Germans emerged out of the chilly mist, walking towards them with fixed bayonets. The Germans shot and then retreated, with the Allies in hot pursuit, following them back to their positions.

They reached the first objective – called the red line positions on the battle map – between 6.45am and 7.20am. They were supposed to wait there until 8.10am, but they kept up the momentum and moved forward to the final blue line objective, not wanting to give the Germans time to set up their defensive positions.

As the Australians approached, the Germans opened fire with their whizzbang 77mm artillery rounds. They did so from atop defensive positions on multiple pill boxes, machine gun posts and barbed wired entanglements still in place from the Allied bombardment.

With the cover of darkness now gone, it was about teamwork, brains, speed and probably some bloody mindedness. The Lewis machine gunners fired at the German machine gunners to make them duck their heads down, allowing other men to get close enough to put grenades into the German pillboxes and flush them out.

The Australians achieved their final objectives by mid-morning, when they consolidated their new positions. During the day, the Germans counter-attacked fiercely with men and artillery, but the Australians held on.

Later that day, Bean came across a German officer POW who said, “Your men are funny, they rob while they fight.”

His comment referred to the souvenir hunting conducted by uniformed Australian ‘tourists’. In April 1918, the positions would unfortunately be retaken by the Germans, only to return to the Allies in September 1918. Such is the ebb and flow of the tides of war.

As a result of the battle, two Australians were awarded Victoria Cross medals – Lewis McGee (buried in Tyne Cot Cemetery) of the 40th Battalion and Walter Peeler of the 3rd Battalion. Seven British soldiers were also awarded VCs for their actions on that day.

Australia suffered a total of 6,432 casualties – 1,279 killed and 5,153 wounded.

German history refers to the battle as ‘the black day of October 4’, while Australian history on the other hand tells us it was an overwhelming success because it achieved all its military objectives.

What is not widely known, however, is that numerically the battle for Broodseinde Ridge is the single worst day in Australia’s military history.

To compare it to other notable battles, 751 people died at ANZAC Cove and almost 2,000 died as a result of the battle of Fromelles – both on the day and as a result of the battle in the days that followed – making Fromelles the deadliest battle in Australian history. ←



CLOCKWISE FROM ABOVE: The Headquarters of the 18th Battalion, about 150 yards from the front line, on Broodseinde Ridge. The photo was taken immediately after a salvo of enemy shells had passed close overhead and a 'dud 77' had dropped within a few yards of the photographer (AWM: E01050); The New Zealand Infantry moving up to the Ypres sector in anticipation of the attack on Broodseinde Ridge two days later (AWM: E00874); German prisoners captured by the Australian troops in the attack marching back to the Prisoners of War Compound under mounted military police escort (AWM: E00875); Supporting troops of the 1st Australian Division walking on a duck-board track form a silhouette against the sky as they pass towards the front line to relieve their comrades, whose attack won Broodseinde Ridge and deepened the Australian advance (AWM: E00833).





THE Pawfect

OFFICE ENVIRONMENT

Every dog has its day at RSL Queensland.



If a dog-friendly office is high on your list of workplace wants, RSL Queensland might be the employer for you! We welcome pups with open arms at ANZAC House – something our staff say is one of the many reasons they love coming in to work.

RSL Queensland CEO Melanie Wilson is a strong supporter of the pooch policy and *leads* (get it?) by example.

“What a bonus to be able to bring your furry friend to work – I certainly do! I have a 16-year-old staffie who accompanies me most days to the office,” Melanie says.

“There’s a lot of research out there that talks about the benefits of animals in the workplace, and RSL Queensland certainly has embraced that. It is one of the more progressive organisations in Australia in terms of understanding the benefits from an employee engagement perspective.”

Studies have shown that pups

lower stress and foster increased communication among staff, improving the office culture and creating a more unified workforce.

“We often see dogs of all shapes and sizes coming around for catch-ups and pets. It’s a really lovely dynamic to add to the office,” Melanie says.

MEET SOME OF OUR BELOVED FLOOFERS

Whether you’re a fan of big or little dogs, you’re sure to find a furry friend to pat most days of the week.

If you don’t believe that our staff are dedicated dog lovers, just check out our list of regular office pals!

We love Cotton the corgi, Montana the staffie, Penny the toy cavoodle, Pippa the Cavalier King Charles, Bella the kelpie, Zac the border collie, Bosley the Frenchie, Dolly the Japanese spitz, Kiba and Mochi the English staffie cross kelpies, Gaffy the maltese cross mini poodle, Max, Elkie and Rosie the miniature schnauzers, and Spooky and

Sarge the golden retrievers.

Graphic designer Sarah Pattison has been bringing her spoodle Godfrey into the office since he was a tiny 3kg ball of fluff. He is now a hefty 13kg ball of fluff!

“Godfrey is always on his best behaviour. I think our policy is fantastic and is certainly a perk of working for RSL,” Sarah says.

“I’ve also met a lot more people who I otherwise wouldn’t have had a reason to talk to because either I’ve had a dog, or they did.”

A self-confessed dog fanatic, Compensation Advocate Sharon James believes the love staff show for dogs reflects the care they have for the Defence community.

“The culture at the RSL is very dog friendly, which for me is amazing,” Sharon says.

“It’s a really kind place to work, everyone is very compassionate, and their focus is on veterans. So that is really important.”

“A SELF-CONFESSED DOG FANATIC, COMPENSATION ADVOCATE SHARON JAMES BELIEVES THE LOVE STAFF SHOW FOR DOGS REFLECTS THE CARE THEY HAVE FOR THE DEFENCE COMMUNITY.”

OPENER:
Matilda Dray
and Penny the
toy cavoodle.

ABOVE:
Cotton the
corgi.



“THERE’S A LOT OF RESEARCH OUT THERE THAT TALKS ABOUT THE BENEFITS OF ANIMALS IN THE WORKPLACE, AND RSL QUEENSLAND CERTAINLY HAS EMBRACED THAT. IT IS ONE OF THE MORE PROGRESSIVE ORGANISATIONS IN AUSTRALIA IN TERMS OF UNDERSTANDING THE BENEFITS FROM AN EMPLOYEE ENGAGEMENT PERSPECTIVE.”

ABOVE LEFT: Andrew Bell and his pup Pippa the Cavalier King Charles.

LEFT: Kiba and Mochi the English staffy cross kelpies.

DOG POLICY HELPS THEM BE GOOD GIRLS AND BOYS

With so many doggos coming into the office, it's important to have an official policy so staff understand their responsibilities. We have a group on Workplace (essentially Facebook for the office) called Fur-Kids of RSL, with 140 members who love to chat about anything pup related.

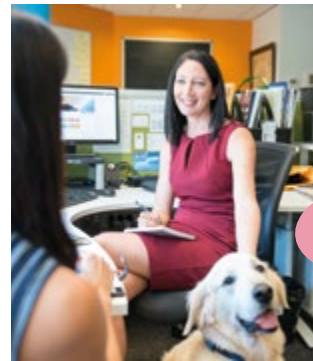
The day before a dog visits the office, the owner is asked to post a picture on Workplace to let the team know where he/she will be located. For health and hygiene reasons, they aren't allowed in kitchen areas, and must stay off office furniture.

Pups should be on a lead or restricted to their owner's work area. And because we understand that pooches aren't always pawfect and can have the occasional accident, our lovely Assets Management team have put together a 'Puppy Clean Up Kit' to help take care of any spills.

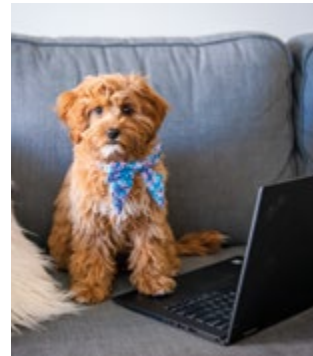
So, if you have a fluffy friend that you think would do zoomies at the thought of being allowed to join you at work, check out some of the great job opportunities available at www.rslqld.org/About-Us/Careers. We can't wait to pat your pup! ←



ABOVE:
Alana Liddle
and Gaffy the
Maltese cross
mini poodle.



**FAR TOP
RIGHT:**
Carolyn Butt
and Dolly the
Japanese spitz.

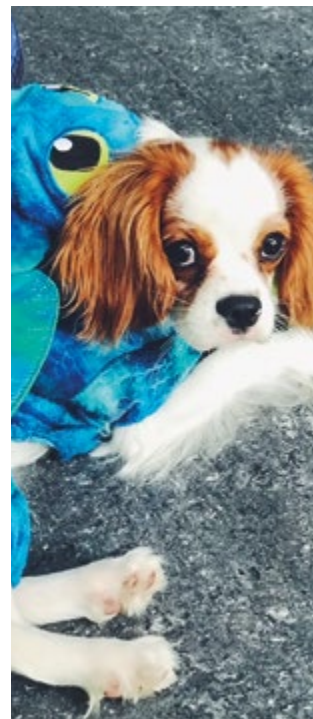


FAR RIGHT:
Compensation
Advocate
Sharon James
with Montana
the staffy.

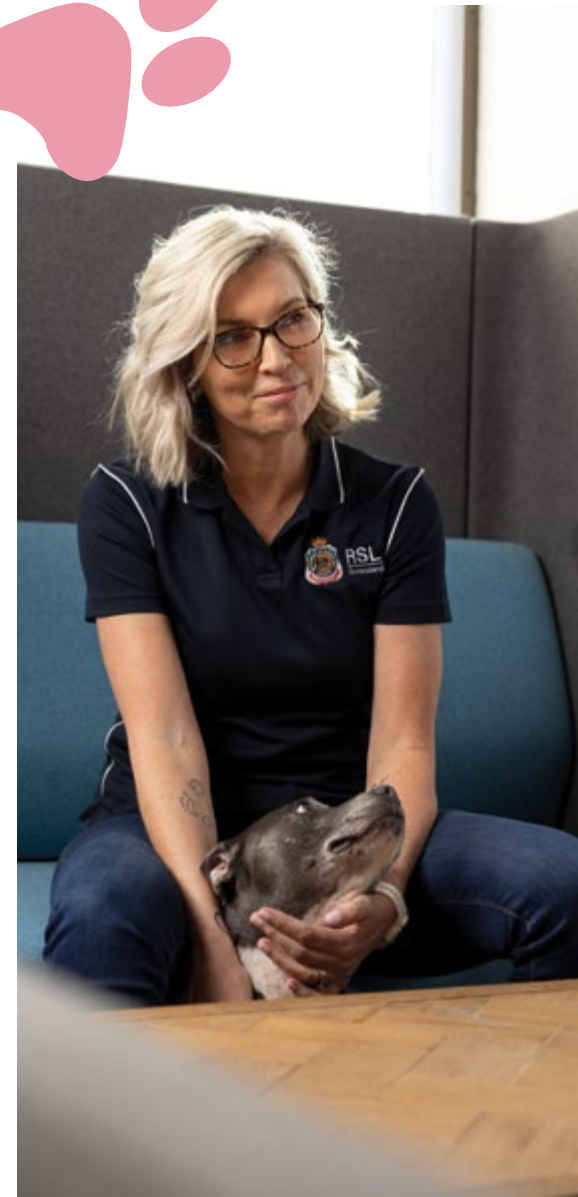
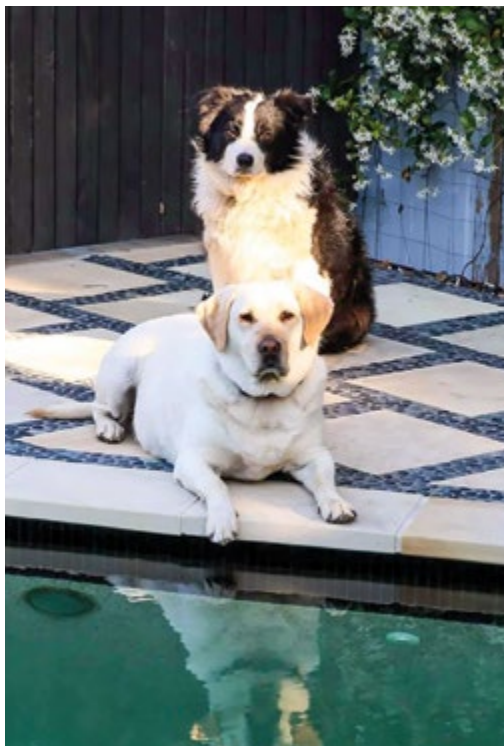
CENTRE TOP:
Matilda with
Oscar the
golden retriever.

**CENTRE
MIDDLE:**
Penny working
from home.

**CENTRE
BOTTOM:**
Pippa dressed
up for the office.



LEFT:
Stella the
labrador and
Zac the border
collie.



ESO CORNER

In each edition of *Queensland RSL News*, the ESO Corner will shine a spotlight on different ex-service organisations. These groups provide valuable assistance to the Defence community, and RSL Queensland is proud to partner and collaborate with many of them.



DEFENCE COMMUNITY DOGS

Improving the lives of veterans
one paw at a time.

Defence Community Dogs (DCD) is a unique program providing highly trained assistance dogs to current

and ex-serving Australian Defence Force members who need physical and emotional support to deal with mental health conditions, including post-traumatic stress disorder (PTSD).

Assistance dogs can increase independence and self-esteem and are trained to provide home support, community support, and community access support. Veterans who have participated in the program described their dogs as a truly invaluable part of their rehabilitation.

Past dog recipients have reported improved sleep patterns, reduced episodes of stress and anxiety, reduced reliance on medication, greater independence, and a renewed ability to reconnect with family and friends. Partners and carers have also reported increased independence, and some have even been able to return to work.

RESCUE DOGS GET PROFESSIONAL TRAINING

Every dog in the DCD program is a rehomed or rescue dog and must pass a strict health and temperament assessment before being accepted.

The dogs undertake at least eight to 10 months (a minimum of 250 hours) of professional dog training and must pass numerous assessments to graduate. Training takes place at correctional centres, with the help of professional dog

trainers and under the guidance of Steve Austin, one of Australia's leading dog trainers.

DOGS SHARE A CELL WITH INMATES

Each dog is allocated to a handler for the duration of their training – a specially selected, minimum security inmate. The dogs spend 24 hours a day with their handler, who looks after all their needs. They even share a cell together.

All dogs are trained to assistance dog level, with training specifically focused on helping veterans cope with their illnesses and injuries. This level of training equips each dog with the competencies and skills required to complete a Public Access Test (PAT), through which they ultimately attain assistance dog accreditation.

COMPREHENSIVE HANDOVER

Once a dog has completed the extensive training program, it can be matched with a suitable and eligible veteran and the pair attend a comprehensive handover workshop at the training facility. Veterans spend eight days working with DCD's professional trainers and program staff, learning how to correctly handle, communicate and care for their new assistance dog.

This also gives veterans an opportunity to gradually bond with their new dog under the supervision of a professional trainer. The DCD team also provides ongoing support to veterans throughout the working life of their assistance dog. ←



Tom and Bruce

▲ "For nearly a year, Bruce has been the biggest (and at sometimes only) driving factor to push me through the days of turmoil – as well as the greatest comfort and companion for the days full of sunshine too. I receive many comments about how much the bond between Bruce and I has improved and how outgoing and active I have become as a result."

LIFE- CHANGING COMFORT



Rob and Gus

▲ "Rob has rarely left the house in the past eight years," his wife said. "But now wherever we go, Gus goes. Gus and hubby are inseparable. They are together 24/7. If he goes to the shops, or the bank, or anywhere, Gus is with him all the time. The relationship that they have is truly amazing."

Michael and Lola

▼ "Lola has pulled me out of nightmares several times since I've had her. I normally kick my feet and punch in my sleep, but Lola jumps up on the bed and lays straight across my feet and puts her weight on them. It brings me back to the real world. Having Lola has been absolutely life changing."



Mick and Zac

► "The new member of the family has been a hit! I'm still lost for words. Zac is exactly what we needed. There is so much joy and excitement around this place in a time that calls for plenty of it. Previously, I was dwelling on the negatives in our life, my illness, doctors' appointments, and my wife's battle with cancer. Zac has brought a positive focus into my life. My whole family loves Zac and he has brought laughter, joy and hope into our home."



TARGETED SUPPORT FOR THE TRANSITION TO 'CIVVY STREET'



Dr Madeline Romaniuk



The Gallipoli Medical Research Foundation (GMRF) has developed a ground-breaking new tool to help veterans make the most of life after service.

Every veteran will have their own unique experience of military service, and the same goes for the process of transitioning out. While one may struggle with finding new purpose, another might have difficulty building meaningful relationships with civilians.

There is growing understanding of the difficulties with transition and the need for appropriate support. But how do you know what the best support is for each individual?

The Gallipoli Medical Research Foundation (GMRF) has developed a ground-breaking new tool that will help measure adjustment and reintegration to civilian life following military service. The tool will identify areas of need that can be targeted to support veterans in making the most of life after service.

GMRF Associate Director of Mental Health Research, Dr Madeline Romaniuk, has seen a full range of transition experiences first-hand. While working as a clinical psychologist with veterans, she observed that many struggled to adjust to civilian life, while others seemed to transition without difficulty. But there was no research available explaining why.

“For some, the journey from military service to civilian life can be a daunting prospect. ‘Civvy Street’ may seem at odds with the culture and familiar structure of Defence and can

leave some veterans feeling a very real sense of loss,” Dr Romaniuk says.

“More than just a job, they lose their tribe, their purpose and their identity all at once. It’s little wonder reintegration to civilian life has been recognised as a period of increased risk for the development of psychological disorders.”

To find solutions, Dr Romaniuk and her team undertook a comprehensive research study to determine what goes into a successful and mentally healthy transition. The *Service to Civilian Life Study*, conducted in partnership with RSL Queensland, is the largest qualitative study into the transition experience of Australian veterans.

Dr Romaniuk and her team conducted more than 180 hours of interviews with veterans, partners and health professionals. By better understanding the lived experience of veterans, the team were able to identify key themes important to transition.

With the help of RSL Queensland, GMRF has translated these findings into a world-first, self-reporting tool called the M-CARM (Military-Civilian Adjustment and Reintegration Measure).

The M-CARM highlights five factors as most important to psychological adjustment and reintegration:

- purpose and connection
- help seeking
- beliefs about civilians
- resentment and regret
- regimentation.



Simon Payne’s journey to civilian life

*Trooper in Royal Australian Armoured Corps
Deployed to Afghanistan in 2011*

I transitioned from Defence in January 2013. The first six months were really hard for me. It was a huge adjustment leaving the structure of the military and it was very strange not having people following me up or having to do things a certain way.

In the Army, you get told what your purpose is. Getting out, I had to retrain my thinking. You’ve got to give yourself purpose and make decisions for yourself.

For a lot of us veterans, there can be an ‘I’m all good’ attitude and downplaying of problems. We tend to bottle things up, and if that bottle explodes it can be disastrous. The first step to recognising you’ve got a problem is to be able to look within yourself, but that can be very hard to do.

That’s why the M-CARM resonated with me. Assessing what you need is the crucial first step, and this tool can get veterans going in the right direction.



These factors encompass the sense of loss veterans may feel and target cultural and psychological issues that may arise during and after the transition process.

The M-CARM was launched in December 2020 and has already been accessed by over 150 veterans, health providers and researchers to help determine how a veteran may be adjusting and reintegrating, as well as identifying areas of need.

“When developing this research, it

FIND OUT MORE ABOUT THE M-CARM

WHO IS THE M-CARM FOR?

The M-CARM is for all Australian Defence Force veterans, regardless of when you transitioned.

HOW DO I TAKE THE M-CARM?

The M-CARM is available online at m-carm.org and takes approximately five minutes to complete.

WHAT DO I DO WITH MY RESULTS?

If the M-CARM profile indicates areas where you may benefit from assistance, there are a few options. You will be eligible to enrol in Go Beyond at gobeyond.org.au, a free tailored online training program. You can also link in to an ESO (ex-service organisation) or see your health care provider.

HOW DO I SPEAK TO MY HEALTH PROVIDER ABOUT MY SCORES?

Provide a copy of your M-CARM profile and outline the areas identified as working well and those where you may benefit from assistance. Your health provider can recommend resources or refer you to someone who can help.



Find out more or support GMRF's work at gallipoliresearch.com.au

was vital that the end product was a tool readily accessible for veterans," Dr Romaniuk says.

"It takes just five minutes to complete and it provides an immediate report. It highlights areas you may be doing well in and outlines where you might benefit from some extra support."

RSL Queensland General Manager Veteran Services Robert Skoda says the research partnership enables RSL Queensland to refine the services they

offer to the veteran community.

"Understanding the underlying challenges of transition and reintegration, and the effect these have on Defence families, is critical if RSL Queensland is to provide appropriate and effective services," Mr Skoda says.

With the partnership of RSL Queensland, GMRF continues to progress research to develop evidence-based, real-world solutions to enhance the quality of life for our veterans and their families. ←



Help needed to trial a tool to assess civilian readiness!

GMRF had a terrific response to its Veteran Reintegration Study but would now like to hear from current-serving ADF personnel who are transitioning out. This research has ADF command approval and organisational support from Joint Health Command. Participation is voluntary and includes completing three online surveys, which you can access on a mobile device and complete while on duty. Visit bit.ly/MRS-S1 or scan the QR code below to find out if you're eligible and for further information.

A Toilet Seat That Changes Lives!

Returned serviceman Terry O'Brien says he knew his luck had changed when he saw an advertisement for the Coway toilet seat bidet.

He said the bidet toilet seat was one of the best investments they had made in their personal health and hygiene. After years of toileting problems Mr. O'Brien no longer finds going to the loo an issue.

"It has only been a week but this bidet has changed my life."



- ✓ Warm water wash
- ✓ Warm air dryer
- ✓ Soft closing lid
- ✓ Heated seat & more...

Funding options available

The BIDET SHOP

3054 4362
www.thebidetshop.com.au



MILITARY DISPLAYS IN GOONDIWINDI

For the past six years, Goondiwindi RSL Sub Branch members have been creating a military display in the home of their patron, Karen Woods. It began as an exhibition of memorabilia from the World Wars, collected by Karen's husband, Graham. Several scenarios were then created to add interest, and the display has evolved to include military service from 1950 to the present. It's been of considerable interest to the local community and provided an opportunity to educate young people about Australia's military history. Each year, RSL members cook a barbecue for visitors and Karen leads a group of enthusiasts who answer questions about the vehicles, weapons, uniforms, and life in the ADF. In 2020, the Woods opened their home on 12 different evenings, with the culmination being a fundraiser for the Sub Branch that raised over \$2,000. At this event, Goondiwindi Regional Council Mayor the Hon Lawrence Springborg AM gave a special mention of the community's servicemen and women. Pictured at the event, from left, are Russell Billsborough, Earl Williamson and Greg Rixon.

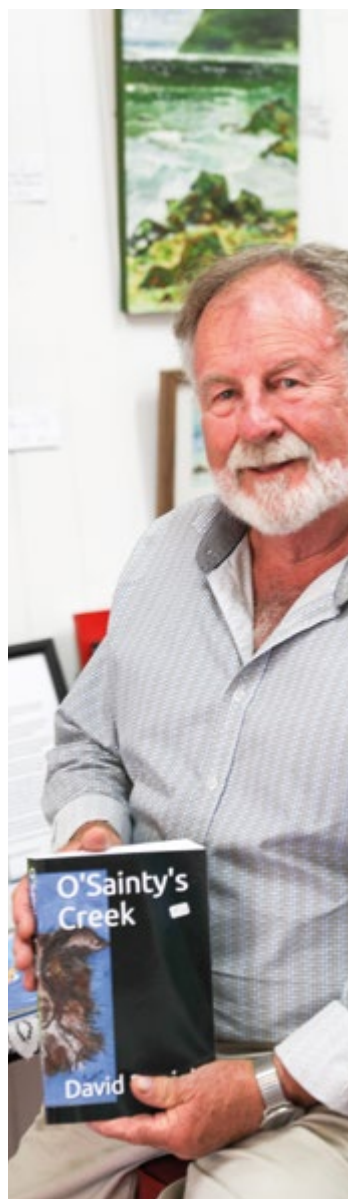
STALWART LIFE MEMBER TURNS 104

Life Member Bill Bruce celebrated his 104th birthday on 2 January. Bill lives north of Brisbane and was a stalwart member of the now closed Nebo RSL Sub Branch for many years.



FROM VIETNAM VETERAN TO CHILDREN'S AUTHOR

Vietnam war veteran David Daniel has been a member of West Cairns, Gympie and now Blackbutt RSL Sub Branches and has written a total of 25 books. He writes and illustrates mainly children's books – originally created for his grandchildren – with his most recent being *The Hippo Loses his Mojo*. David is pictured with another book, *O'Sainty's Creek*, which you can enter to win a copy of in the Giveaways section of Edition 2 of *Queensland RSL News*. David was called up for service in 1969, trained at Puckapunyal and later served with 86 Transport Platoon in Vietnam (1971). His tour coincided with the withdrawal of Nui Dat and the winding down of operations in Vung Tau. He counts himself lucky that his duties covered Phouc Toy. It left him with a questioning perspective on life during a thousand years of war, and he's spent much time studying it since. After discharging from the Army, David joined the Queensland Department of Primary Industries and was stationed from the Torres Strait to the southern border. You can find his books at daviddaniel.com.au.





COMMEMORATIVE MEDALLIONS HONOUR WWII VETERANS

Pine Rivers RSL Sub Branch Vice President Joseph Carroll has been busy delivering Commemorative Medallions and Certificates to deserving WWII veterans. COVID restrictions meant the Sub Branch couldn't present the medallions on the 75th anniversary of VP Day on 15 August 2020 so it was postponed. On Remembrance Day, Joseph visited Maranatha Nursing Home to present medallions to, from left, Bob Graydon, Len Charrington, Richard Smith, Eric Hibbs and Allan Male OAM. More than 20 staff and residents acknowledged the service of these men. Joseph also presented a medallion to Alexander Gagino, who said he was "one of the lucky ones to come home". Coincidentally, Alexander has been married to his wife for 75 years. Dorothy Morrow was emotional when accepting her medallion at Inverpine Homes in the presence of her daughter. Joseph was able to crack a joke and get Dorothy to laugh for the photo. Wilbur Muller was at home surrounded by 10 family members, including his daughter and two granddaughters, when he accepted the honour. Sadly, another veteran, Roy Burgin, passed away on 17 August, before he could be presented with his medallion. Roy, who was a prisoner of war, lived to just over 100 years old. Joseph made the presentation to Roy's family, including his daughter, two sons, eldest granddaughter, and youngest grandson. The family donated a copy of Roy's memoirs to the Sub Branch library.



RESTORING A WWI HONOUR ROLL

Geebung RSL Sub Branch's WWI Honour Roll restoration project ensures veterans from St Matthias Anglican Church will be remembered forever. The roll is a unique piece of memorabilia and the project was made possible thanks to support from the Queensland Government.



FIVE OF SEVEN PAST PRESIDENTS AT DINNER

Centenary Suburbs RSL Sub Branch celebrated its 20th year of service to veterans at an anniversary dinner on 30 November 2020. Formed in July 2000 with 24 members, it now boasts a membership of 131 and operates from an office at Jindalee Bowls Club. Over 100 veterans and guests celebrated the milestone, including five past presidents. From left, Bill Krause (first President from 2002-2003), Mal Lancaster (third 2007-2009), Alan Worthington (fifth 2010-2016), current President Georges Lefevre (2018-present) and Ewan McLeod (sixth - 2017). Only two past presidents were absent - Don Robertson (2003-2006) and John Howie (2010). Other guests included RSL Queensland State President Tony Ferris and Brisbane North District President Merv Brown.



JOHN'S JOURNEY INTO CARE

After being an active member of Mudgeeraba Robina RSL Sub Branch since 1989, 88-year-old John Foley recently relocated into St Vincent's Services in Southport. John served for several years in the Royal Naval Air Service and the Royal New Zealand Navy. When his wife died unexpectedly six years ago, they were living in an apartment close to Robina Shopping Centre. It was good while they were both active, but when she passed away, John found himself alone and unsteady on his feet. He placed an advertisement on Gumtree, with a photo of himself and his pet cockatiel, both looking suitably miserable. John received a phone call from a couple in Robina whose house had a flat attached. During his first visit, the couple's white Maltese dog immediately jumped onto John's lap and sat there for the remainder of his 'interview'. It was enough to convince the couple that he was the tenant for them. John lived in their flat for the next six years. He took the Maltese to his weekly 'Story Dogs' volunteer job at the local school and his lovely new neighbours helped him through various challenging times, including two falls, a concussion, heart attack and pneumonia. Although it took some time, John eventually decided that it was time to go into care. It was not an easy decision, given the costs and his desire for independence. John is a firm believer that there should be more government funding for care, but he's grateful to have found a place where he is well fed and cared for.



NEW FLAGS FOR ASHGROVE

Ashgrove RSL Sub Branch was presented with new Australian, Aboriginal and Torres Strait Islander flags in February. Assistant Minister for Waste Reduction and Environmental Management Trevor Evans MP presented the flags to Sub Branch President Paul Prince and Vice President Kenneth Cook. Councillor for The Gap Steven Toomey is also pictured at the handover.



NEW PLAQUES IN MUNDUBBERA

Mundubbera RSL Sub Branch members recently added two new plaques to the Mundubbera Cenotaph. Funding for the project was granted through the Department of the Premier and Cabinet and the plaques were produced by a Gayndah business.



MOTHER AND SON HONOURED ON AUSTRALIA DAY

North Gold Coast welfare and events coordinator Melanie Annand and her son Thomas were recognised for helping veterans and their families at an Australia Day breakfast hosted by the Sub Branch. Councillor Owen William-Jones (pictured) presented Melanie with a Service to the Community Award and President Tony Young gave Thomas an Australia Day Medallion for services to the Sub Branch. More than 80 people attended the event. Deputy Mayor Cr Donna Gates is also pictured.

DESCENDANTS OF THE FIRST VICTORIA CROSS

Descendants of the first Victoria Cross awards given to an Australian and a New Zealander gathered at Toowong RSL Sub Branch's Remembrance Day service on 11 November. Jon Howse, left, represented his grandfather General Sir Neville Howse VC KCB KCMG FRACS, while Bruce Woodhouse represented his great grand uncle Major Charles Heaphy VC. As well as being a soldier, General Howse was also a surgeon, politician, and community leader.



GRACEMERE COMMEMORATES AIRCRAFT CRASH

In December, Gracemere and District RSL Sub Branch members travelled to Canal Creek Memorial to commemorate the anniversary of the historic aircraft crash at Rossmoya in 1943. Pictured from left, Tony and Ruth Harris, Bas Soper, Barry Lollback, Allan Lawrie, Norm Collins, and Lyn Thomas. The group also visited the Commonwealth War Graves to pay their respects. The Sub Branch has kept busy with various other events including a Christmas party, Veterans Health Week activities and a fishing charter.





STATE COUNCIL OF AUXILIARIES AGM

A total of 36 delegates attended the 2020 RSL Queensland State Council of Auxiliaries AGM at five different locations around the state – Brisbane, Bundaberg, Toowoomba, Townsville, and Cairns. Sunshine Coast District President Ian Hall chaired the election of Council members, including State President Rebecca McEwan (one-year term), Vice President Judith Kranen OAM (three years), Treasurer Mary Okely (three years), and Councillors Geraldine Murray (three years), Glenis Rogers (three years), Eva Paine (two years), Linde Cavanagh (two years) and Ruby Gamble (one year). The 2019 Joy Bryson Shield was awarded to Meandarra/Glenmorgan Citizens Auxiliary for achieving the greatest percentage increase in membership. Gerry Murray and Sue McIntyre are pictured accepting the shield from Maureen Sargent OAM. The 2019 John & Jill Burgess Trophy was won by Taroom Citizens Auxiliary for the greatest number of new members in the year. RSL Queensland State President Tony Ferris, Vice President Bill Whitburn and Patron Leane Ferris were also part of the AGM.



GATTON KEEPS MOVING

Gatton RSL Sub Branch continues its Tuesday morning exercise group program, to the tune of 60s music and under the direction of new exercise instructor, Lyn.



CHRISTMAS BREAKFAST WITH VETERANS

More than 100 people attended North Gold Coast RSL Sub Branch's Christmas breakfast for veterans and their families at Club Helensvale on 19 December. At the event, every member received a Christmas hamper funded by the Sub Branch and Gold Coast Deputy Mayor Cr Donna Gates. The Gold Coast District Charitable Objects Fund helped pay for the meal.

C OMMUNITY



OUTBACK RETREAT MOVES TO ADAVALE

Alaric Outback Retreat has relocated to The Hut in Adavale – the original property used by founder Ted Robinson for Vietnam veterans. Thanks to donations of accommodation, haulage and supplies, the hut was significantly upgraded by Ted, Alan Christie and other veterans. This included fencing, construction of eight dongas with power and air conditioning, set up of a fire pit and the installation of water tanks. Water and septic connections are next and other future upgrades include kitchen facilities and an outdoor seating area. A big working bee is planned in March in readiness for ANZAC Day in Adavale. They need all hands on deck, so if you can help out or you want to visit the retreat, please contact alch46@yahoo.com.au, alaricoutbackretreat@gmail.com or text message 0457 455 608.

DONATION SUPPORTS EQUINE PROGRAM

The Australian War Animal Memorial Organisation (AWAMO) presented Mates4Mates with a cheque for \$2,400 in support of its Equine Therapy Program. AWAMO raises funds through the sale of its dual pin, which includes both a red and purple poppy. Participants in the equine program interact and engage with horses through an educational and emotional experience, in a safe and calm environment, learning basic natural horsemanship while developing a trusting relationship.



SIT DOWN AND ENJOY THIS UNIQUE MEMORIAL

Beaudesert RSL Sub Branch says it has been overwhelmed by the positive response received from around Australia about its Remembrance Day seat. Former Sub Branch Board member Dr Robert Maher envisaged the seat as a tribute to veterans past and present.



NATO MEMORIAL FOR SERVICE ANIMALS

The Australian War Animal Memorial Organisation (AWAMO) has been approached to provide a memorial for service animals that served in NATO. It will be erected near an existing NATO memorial in Fréthun in northern France, which honours those who died in operations under the NATO flag. The choice of Fréthun as the site for the memorial was made because of its proximity to many NATO founding countries and its wide accessibility. An artist's impression of the proposed memorial is pictured.



WALKING 4 WARRIORS

Boyne-Tannum RSL Sub Branch is supporting the Walking 4 Warriors Endurance Challenge on Saturday 24 April. Several of the Sub Branch's younger members will join the Young Veterans association for an ANZAC Day with a difference. Walking 4 Warriors wanted to acknowledge the commitment and sacrifice made by veterans by putting themselves through some pain and suffering. Team member Craig Watson said, "I may not be a veteran myself, but it is my way of personally experiencing some pain and suffering to honour those who have." The 24-hour endurance challenge will begin on 24 April and continue through until the ANZAC Day Dawn Service at Stirling Park, Boyne Island. For more details email 24hrenduranceforvets@gmail.com or contact the Sub Branch via rsl.boynetannum@gmail.com or 07 4973 3652.



HELPING A WAR WIDOW AND HER FAMILY WITH EDUCATIONAL EXPENSES

Emerald RSL Sub Branch is a great example of how collaborating with other ex-service organisations can change lives and positively impact the local community. The Sub Branch donated funds to Legacy to help war widow Taboko Stevens and her family. The donation will assist with educational expenses for her five children, two of whom are studying at university. The family is pictured having morning tea at the Sub Branch. Taboko's former husband Malcolm fought in four campaigns for Australia, including the Vietnam War, and was killed in a car accident several years ago.



STUDENTS INTERVIEW VETERANS

For the second year running, Geebung RSL Sub Branch and Aspley State School have collaborated on the Stories of Service initiative. Students pair up and interview veterans to explore and understand their unique life experiences. Normally, interviews are done in person, but they were done via video call this year due to COVID-19 restrictions. Students presented a short biography for teachers, parents, veterans and their families, and this year Member for Aspley Bart Mellish MP. Students benefit academically from the experience, but also gain genuine insight into the diversity of Australian veterans. Veterans also benefit from the experience and enjoy being heard and feeling respected.

GEEBUNG SUPPORTS LOCAL COMMUNITY

Leading up to Christmas, Geebung RSL Sub Branch donated food and toys to support the work of Zillmere Community Centre. The centre operates year-round, providing for the less fortunate in the community. Centre team leader Sharon Watler and her team of volunteers do an amazing job and the Sub Branch is proud to support their organisation. Pictured from left are Sub Branch President Harry Boxsell, acting Secretary Teague Musch, Sharon Watler and CEO Greg Hurley.



HAMPER FOR 86-YEAR-OLD VETERAN

Marian RSL Sub Branch President John Edwards presented 86-year-old member Brian Lansdowne with a Christmas hamper donated by RSL Queensland. Brian has been an active member of the Sub Branch for many years and his contributions are greatly appreciated by his mates.





HMAS VOYAGER COMMEMORATION

CMDR Phillipa Hay, CO HMAS *Moreton*, pictured second from left, took part in the HMAS *Voyager* commemorative service on 14 February. She is pictured with three survivors of the collision, from left, Vic McDowd, Alan Hellier and Rob Khan. The trio regularly attend the commemoration and lay a wreath bearing the words, "Oh Voyager sleep long, sleep well, rest becalmed the ocean swell, guard with pride your silent crew, remembered well by those who knew." The service was posted on the RSL Queensland website, which helped encourage a larger turnout to this year's event. It was attended by representatives from several Navy ESOs, RSL Sub Branch members who served in the RAN, relatives of current and ex-serving RAN members and the general Parish community.



CHRISTMAS HAMPER APPRECIATED

Salisbury RSL Sub Branch member Keith Williams was very appreciative of the Christmas hamper presented to him by President Tony Stevenson. Keith was particularly impressed to see the goods in the hamper were mostly Australian made and praised the good work of RSL Queensland.

GRAVE OF WWI SOLDIER DEDICATED

The life and service of WWI soldier Walter Newbury Ford was honoured by a small group at his burial site west of Gunnewin, a soldier settlement near Injune. Several local community members were involved, including, from left, station owner Cliff Harland, emcee Bryce Duke, Roma RSL Sub Branch member Jim Robinson, researcher Beryl Giles, Bill Stanford, who assisted with site construction, Bruce Cosh, who donated the fence, Roma Sub Branch member Noel Kerr and stonemason Graham Girle.





SUNNYBANK EDUCATES NEXT GENERATION

Sunnybank RSL Sub Branch is on a quest to educate the next generation. It recently awarded two bursaries to Sunnybank Special School students Tyson Dunn, pictured, and Jasmine Massey. The award was presented by Surendra Prasad OAM, Chair of the Australians of Indian Heritage War Memorial Committee. The committee recently established this new primary school bursary program, which mirrors one already set up for secondary students in the region. The bursaries help fund education costs for the recipients. Sunnybank President Hugh Polson praised the work of Surendra and his committee.



HISTORIC WAR DOG MEMORIAL IN USA

Late last year, Australian War Animal Memorial Organisation (AWAMO CEO) and founder Nigel Allsopp funded the New Zealand War Dog Memorial in Michigan, USA. Although COVID meant limited NZ attendance, a small group of ex-military dog handlers from the USA unveiled the memorial on 24 October. During the opening, US President of the Military Working Dog Memorial Phil Weitlauf described it as an historic day. "This is a first, three nations coming together – the USA, Australia and New Zealand – sharing the brotherhood of military working dog handlers and honouring our K9 heroes," Phil said.



MEMORIAL PATHWAY TREE PLANTING AND DEDICATION

Goondiwindi RSL Sub Branch members have been heavily involved in the construction of a memorial pathway within Goondiwindi Community Gardens. The project began with a section of pathway, followed by the planting of 10 red bottle brush trees and two smaller white ANZAC bottle brushes, donated by Bernie Paisler. This was followed by a dedication ceremony to officially open the pathway, named the RSL Memorial Tree Walk. Russell Billsborough made a special plaque for the start of the pathway and spoke at the official opening. Hannah Wells acknowledged the hard work of the Sub Branch members, thanking them for their commitment and ongoing interest in the gardens. Pictured are Sue Fairbanks, Annette Billsborough, Carolyn Farrell and Judy Spackman.

WIN

BASTARD BEHIND THE LINES

He escaped from Singapore's Changi prisoner of war camp to become one of Australia's great World War II guerrilla fighters.

"The way I look at it is this... When you're behind the line and get yourself into trouble, you've got to get your bloody self out irrespective of anybody else. That's why I like it."

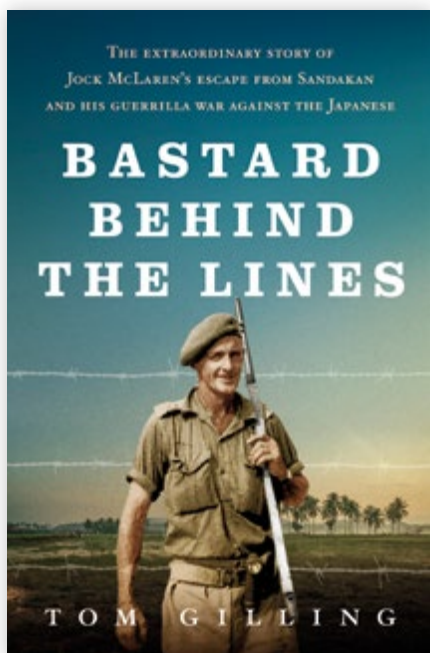
Scottish-born but a Queenslander to the bone, Jock McLaren was a true Australian hero. As a prisoner he escaped twice, first from Changi and later from the infamous Sandakan POW camp in Borneo. After paddling a dugout canoe across open sea, he fought for two years with American-led Filipino guerrillas, his exploits so audacious the Japanese put a price on his head.

At the helm of his 26-foot whaleboat, the *Bastard*, McLaren sailed brazenly into enemy-held harbours, wreaking havoc with his mortar and machine guns before heading back out to sea. In early 1945 he joined Australia's secretive Z Special Unit, parachuting into Borneo to carry out reconnaissance and organise anti-Japanese resistance ahead of Allied landings.

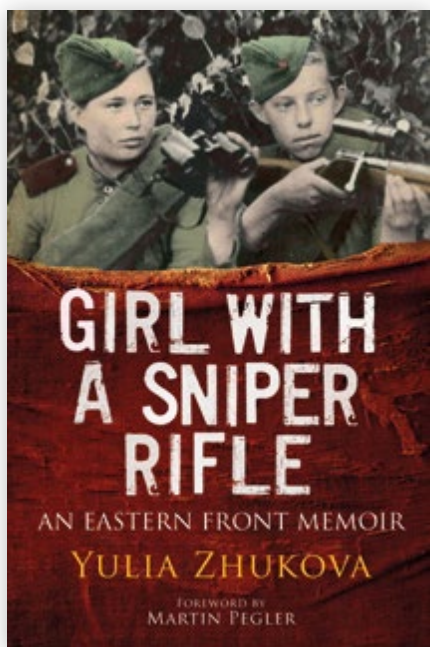
He cheated death on numerous occasions and saved his own life by removing his appendix without anaesthetic, using 'two large dessert spoons' and a razor blade.

Drawing on Allied and Japanese wartime documents, *Bastard Behind the Lines* brings the story of a courageous digger vividly to life and throws light on a rarely explored aspect of Australia's Pacific war.

Bastard Behind the Lines by Tom Gilling is published by Allen & Unwin (RRP: \$29.99).



FOR YOUR CHANCE TO WIN one of four copies of *Bastard Behind the Lines*, email your name, address and contact number to editor@rslqld.org (with the subject 'Bastard Behind the Lines') or post to 'Bastard Behind the Lines', PO Box 629, Spring Hill Qld 4004. Competition closes 30 April 2021.



GIRL WITH A SNIPER RIFLE

In this vivid first-hand account, we gain unique access to the inner workings of Stalin's Central Women's Sniper School, near Podolsk in Western Russia.

Luliia was a dedicated member of the Komsomol (the Soviet communist youth organisation) and her parents worked for the NKVD. She started at the sniper school and eventually became a valued member of her battalion during operations against Prussia.

She persevered through eight months of training before leaving for the Front on 24 November 1944, just days after qualifying. Joining the third Belorussian Front, her battalion endured rounds of German mortar as well as loudspeaker announcements beckoning them to come over to the German side.

Luliia recounts how they would be in the field for days, regularly facing the enemy in terrifying one-on-one encounters. She sets down the euphoria of her first hit and starting her "battle count" but her reflection on how it was also the ending of a life.

Girl with a Sniper Rifle by Yulia Zhukova is published by Big Sky Publishing (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *Girl with a Sniper Rifle*, email your name, address and contact number to editor@rslqld.org (with the subject 'Girl with a Sniper Rifle') or post to 'Girl with a Sniper Rifle', PO Box 629, Spring Hill Qld 4004. Competition closes 30 April 2021.



COURAGE UNDER FIRE

On 24 August 2010, in battle in Afghanistan, Corporal Daniel Keighran risked his life in a hail of gunfire to save his fellow soldiers. His actions saw him awarded the Victoria Cross for Australia, making him the 99th Australian to receive our country's highest award for bravery.

Courage Under Fire tells of Daniel's unlikely journey to become one of Australia's most celebrated soldiers.

Inspired by his much-loved grandfather, a WWII veteran, Daniel joined the Army after a troubled childhood. There he found the structure that was missing from his teen years. Although just 17, Daniel adapted quickly to the demands of life in the military, always willing to learn, always wanting to grow, always seeking to emulate the example of his grandfather.

Courage Under Fire is an outstanding military memoir, packed with tales of multiple tours, accounts of extraordinary camaraderie, and a reflection on the unseen cost of service. Most of all it is a testament to the idea that anything is possible if you know what you stand for.

Courage Under Fire by Daniel Keighran VC is published by Macmillan Australia (RRP: \$44.99).

FOR YOUR CHANCE TO WIN one of four copies of *Courage Under Fire*, email your name, address and contact number to editor@rslqld.org (with the subject 'Courage Under Fire') or post to 'Courage Under Fire', PO Box 629, Spring Hill Qld 4004. Competition closes 30 April 2021.



QUEENSLAND RSL NEWS WINNERS *Edition 4, 2020*

YOU SHOULDN'T HAVE JOINED

D Cummings,
Murrumba Downs
J Allen, Bundaberg South

FAMILY FIRST

E Pointon, Cleveland
L Johnson, Gympie
J Tranter, Cleveland
R Warne, Coral Cove

NORM BOMBER COMMAND

M Charteris, Granville
J Graham, Nambour
G Williams, Aspley
P Harrington, Cashmere

THE KOREAN KID

G Snijders, Ferny Grove
I Melham, Proserpine
D Stone, Cooloola Cove
J Knox, Sandstone Point

* Winners' books will be posted to the address supplied in the weeks following publication of the magazine.



WITH MY LITTLE EYE

With My Little Eye is the very funny true story of three children recruited by their parents to work for ASIO in the 1950s.

Growing up in the 50s, the three Doherty children were trained by their parents to memorise car number plates, to spot unusual behaviour on the street and, most important of all, to avoid drawing attention to themselves.

The children became unwitting foot soldiers in Australia's battle against Soviet infiltration in the Cold War. They attended political rallies, stood watch on houses owned by communist sympathisers, and insinuated themselves into the UFO Society. In 1956, the Doherty family went on a beach holiday with Vladimir and Evdokia Petrov, the famous Soviet defectors, who were hiding from Soviet assassins.

Dudley and Joan Doherty swore their children to secrecy, and for decades they didn't even discuss among themselves the work they did for ASIO. This book is a poignant and very funny account of a peculiar childhood in 1950s suburban Australia.

With My Little Eye by Sandra Hogan is published by Allen & Unwin (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *With My Little Eye...*, email your name, address and contact number to editor@rslqld.org (with the subject 'With My Little Eye') or post to 'With My Little Eye', PO Box 629, Spring Hill Qld 4004. Competition closes 30 April 2021.

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29819, ACT Permit No. R20/00218, VIC Permit No. 10444/20, NSW Authority No. GOCAU/2332, SA Permit No. M13951. Close date: 8pm (AEST) 12/05/21. Draw Date: Drawn 10am (AEST) 19/05/21 at ANZAC House, 283 of 1,047,584 bonus tickets. Entrants must be 18 years or over. Winners notified by registered mail. Results published in The Australian on 21/05/21. Cheque, money order and credit card payments must be received by Floor plans are for illustration purposes only. Any rental estimates provided are for informational purposes only. Selling costs and market variations apply when selling gold bullion. Travel is in the form of a voucher, is rslartunion.com.au.





THESE THINGS NEVER HAPPEN TO ME!



EXCITEMENT was in the air as the winner of Australia's biggest ever prize home lottery, Draw 381, was announced.

Knowing the winner was from Mullaloo in Western Australia, and a VIP Club member, the team waited with bated breath for Steven McMaster* to contact them after many attempts to call

and give him the life-changing news.

As RSL Queensland Lotteries General Manager Tracey Bishop's phone began to ring the office fell silent.

Steven was nearly speechless as he was informed of his new \$8.5 million property portfolio and \$100,000 gold bullion book

buyers' prize.

"Are you sure?" were the first words Steven exclaimed after learning he is the new owner of Australia's biggest ever prize home lottery valued at \$8.5 million.

After saying that these things *never* happen to him, the team was so happy to tell him his luck

had changed and cannot wait for him to visit his new abode and decide what he wants to do with his \$8.5 million property portfolio.

Congratulations and thank you to all our ticket holders. Each ticket sold helps Australia's veterans and their families.

**Name changed for privacy reasons.*

COMMUNITY CONNECT

SPORT IN THE ARMY EXHIBITION

The Army Museum South Queensland opened an exhibition '*Sport in The Army*' in February 2021, displaying Army sporting memorabilia and other pieces. On 16 September 1945 on a ground at Torokina, Bougainville, a forgotten piece of military sports history took place.

Rugby League was usually played as an inter regimental or inter battalion competition, with sides picked to represent their regiment or battalion irrespective of their birth place. This competition was played by teams based on the soldier's place of enlistment, and as the battalions were made up of mainly Queensland and New South Wales personnel, it was billed as "*Interstate Rugby League Series, Bougainville*".

Both games were won by Queensland: 10 - 9 & 20 - 13. The trophy was handed over to Queensland Rugby League by the Army at half time in a 1946 Brisbane Club match. It was donated to the Army Museum South Queensland in November 1998.

Bookings can be made online by visiting armymuseumssouthqueensland.com.au, emailing info@armymuseumssouthqueensland.com.au or calling 0429 954 663. Cost is \$15.00 per person, which allows entry to the Barracks, an audio presentation, a Devonshire morning tea served with mess silver, a walking tour of the historical barracks, a souvenir booklet and a group photo. Bookings can be made for groups or individuals.

CALLING FOR VIETNAM WAR NURSES

Did you serve as a nurse during the Vietnam War? *QCWA Ruth* magazine writer Avril Priem is looking for volunteers to interview for an article she is writing for the 55th anniversary of the Battle of Long Tan. Contact Avril via email aprie16@gmail.com or phone 5533 8831.

HELP IDENTIFYING MEDALS

Are you interested in helping Andrew Faine identify a collection of medals he found in a box of his parent's belongings? If so, he can be contacted via 0497222171 or andrewdfaine@yahoo.com.au.



REUNIONS

HQ1ATF ASSOCIATION REUNION

A HQ1ATF Association Reunion will be held in Canberra from 18-22 November 2021 in memory of the group's D&E losses at Long Khanh on 12 June 1971. The reunion will be held at Capital Country Holiday Park at 47 Bidges Road, Sutton NSW 2620. Phone 02 6230 3433, email bookings@capitalcountryholidaypark.com.au or visit www.capitalcountryholidaypark.com.au

SEEKING REGINALD GEORGE STEADMAN

Do you know the whereabouts of ex box packer (equipo) Reggie Steadman (Toota Turtle)? He served at RAAF Base Amberley in the mid to late 1970s and was last seen in Melbourne. He was about 5'5" and stocky but could eat an extra large pizza and enjoyed his rum. He served on various bases, including Darwin. There are many people who would love to see him, but especially Paul Noble, Col Anderson (Sootie) and Reg (Magilla Gorilla). Contact Paul Noble on 0411 401 776.

SEEKING TONY BEHM / BEHAM

Wing Commander Terry Shanahan (R'td) is seeking to connect with former Air Force Group Captain Tony Behm / Beham of the RAAF who was on OTS with him circa 1975. Would Tony, or anyone knowing his whereabouts, please contact Terry via taraglen@skymesh.com.au or 07 46 644 214.

VIETNAM REQUIEM CONCERT

Tickets are now on sale for Vietnam Requiem, a musical concert which aims to create a deeper understanding of the Vietnam War. The concert also acknowledges the service and sacrifice of veterans and those affected by the war. The premiere will take place on 5 and 6 June 2021 from 1.30 - 4.15pm at the Llewellyn Hall, ANU, Canberra. Learn more at theflowersofwar.org.

DID YOU SPEAK TO WILLIAM PASSMORE AT GREENSLOPES?

Are you the RSL volunteer who spoke to William Alfred Passmore at Greenslopes Hospital in 2013 and recorded part of his life story before he died? His grandson Conor Humphries is hoping to track down the information for family records. William was born on 20 October 1922 and passed away on 26 August 2013. He was likely a commando and may have been lost alone for several weeks in New Guinea, before finding his platoon again and coming home safely. Please contact Conor on 0424 340 240.

Last Name	First Name	Service Number	Sub Branch
Messer	Cyril	A12594	Gayndah Sub Branch Inc.
Grimwade	Donald	QX64268	Tweed Heads & Coolangatta Sub Branch Inc.
Gunder	Morthen	1/713141	Gracemere & District Sub Branch Inc.
Fraley	Archie	7006170	Magnetic Island Sub Branch Inc.
Medway*	Harry	162707	Currumbin/Palm Beach Sub Branch Inc.
Maclean	James	1/700148	Bribie Island Sub Branch Inc.
Tucker	Donald	R51306	Cairns Sub Branch Inc.
Burns	Victor	QX500958	Tweed Heads & Coolangatta Sub Branch Inc.
Caddies	Ralph	1731760	Nambour Sub Branch Inc.
Jones	John	14575	Yeronga-Dutton Park Sub Branch Inc.
Dunlop*	Hugh	132177	Maryborough Sub Branch Inc.
Turnbull	John	414515	Innisfail Sub Branch Inc.
Dale	Desmond	A115629	Kedron-Wavell Sub Branch Inc.
Luxford	Neil	1732884	Herbert River Sub Branch Inc.
Bilby	Henry	NX205514	Hervey Bay Sub Branch Inc.
Hosking	Donald	A28496	Oakey Sub Branch Inc.
Ferrier	Kenneth	23635 (NX193201)	Southport Sub Branch Inc.
Wilson	Gary	1202365	Gordonvale Sub Branch Inc.
Buzelin	Jean	217830	Nerang Sub Branch Inc.
Fountain	Steven	453761	Greenbank Sub Branch Inc.
Coleman	Ronald	35847	Caboolture-Morayfield & District Sub Branch Inc.
White	Barry	A116895	Redlands Sub Branch Inc.
Warland	Marjorie	QF272449	Gaythorne Sub Branch Inc.
Lemon	Ronald	1703132	Ipswich Sub Branch Inc.
McKewin	Raymond	R54793	Gympie Sub Branch Inc.
Zollner*	Martin		Ayr Sub Branch Inc.
Hardke	Richard	1/723017	Beaudesert Sub Branch Inc.
Evans	Kenneth	4077644	Bribie Island Sub Branch Inc.
Lloyd	Alfred	5411254	Sherwood-Indooroopilly Sub Branch Inc.
Edney	James	A15618	Sandgate Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Pengelly	William	121491	Kedron-Wavell Sub Branch Inc.
Batiste	Gregory	214361	Maroochydore Sub Branch Inc.
Rockett	Richard	JX302428	Wondai Sub Branch Inc.
Weier	Allan	1/703728	Laidley Sub Branch Inc.
Johnson	Ronald	1/5004	Herbert River Sub Branch Inc.
Heal	Bryan	14786	Sunnybank Sub Branch Inc.
Hughes	David	14166784	Sherwood-Indooroopilly Sub Branch Inc.
Hicks	Brian	134743	Mackay Sub Branch Inc.
Cox	Ellis	3/159016	Hervey Bay Sub Branch Inc.
Sharrocks	Terence		Centenary Suburbs Sub Branch Inc.
Mackenzie	Michael	O6700	Yeronga-Dutton Park Sub Branch Inc.
Polkinghorne	Geraldine	F322524 / 8229771	RSL Defence Servicewomen's Sub Branch
Craig	Alexander	441094	Bundaberg Sub Branch Inc.
Craig	Alexander	Q114167	Bundaberg Sub Branch Inc.
Brown	Debra	L229493	Tewantin/Noosa Sub Branch Inc.
Bolton	Graeme	714809	Beenleigh & District Sub Branch Inc.
Dixon	Andrew	2810993	Thuringowa Sub Branch Inc.
Ezzy	Denis	1733443	Bribie Island Sub Branch Inc.
Dadson	Graham	1410833	Redcliffe Sub Branch Inc.
Stanton	Paul	r66825	Dayboro Sub Branch Inc.
Crook	William	1/712506	Redlands Sub Branch Inc.
McKaskill	Margaret	R84976	Sherwood-Indooroopilly Sub Branch Inc.
Cornell	Peter	11803	Nerang Sub Branch Inc.
Finegan	Grahame	1735322	Gaythorne Sub Branch Inc.
Clark*	Alexander	2/5563	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Minto	George	139210	Bardon Sub Branch Inc.
Jard	Raymond	51273	Redlands Sub Branch Inc.
Moore	Ernest	QX57061	Sandgate Sub Branch Inc.
Brittingham	Ronald	62092	Cooktown Sub Branch Inc.
Fisk*	Rae	NX138435	Greenbank Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Coogan	Ray	QX50804	Tweed Heads & Coolangatta Sub Branch Inc.
Townsend	Kenneth	21768	Sherwood-Indooroopilly Sub Branch Inc.
Hodgson	Alick	B3573	Maroochydore Sub Branch Inc.
Tame	Leslie	435739	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Gallott	Paul	A120270	Hervey Bay Sub Branch Inc.
Weston	Ron	QX151584	Mudjimba Sub Branch Inc.
Shanahan	Philip	A13645	Kawana Waters Sub Branch Inc.
Coxon	Robert	717909	Beerwah and District Sub Branch
Tardiani*	Monica	F1/034	Kedron-Wavell Sub Branch Inc.
Orchard*	Dudley	14759	Redlands Sub Branch Inc.
Trevor	Ruby	105094	Woodgate Beach Sub Branch Inc.
Lanham	Robert	16867	Kedron-Wavell Sub Branch Inc.
Smedley	Robert	2900261	Bundaberg Sub Branch Inc.
Butterfield	Brian	136875	Gympie Sub Branch Inc.
Dinwoodie	Peter	110874	Runaway Bay Sub Branch Inc.
Griffiths	Frederick	2595198	Surfers Paradise Sub Branch Inc.
Dux	Maurice	1/708656	Beaudesert Sub Branch Inc.
Oehlman	Jean	Q268606	Harlaxton Sub Branch Inc.
Pugh	Kenneth	D/JX363320	Toowoomba United Sub Branch Inc.
Larney	Lloyd	A1770	Maleny Sub Branch Inc.
Field	Edward	NX109374 (N280244)	Maroochydore Sub Branch Inc.
Barnes	Cedric	QX58782 (Q152166)	Maroochydore Sub Branch Inc.
Wedlock*	John	150104	Maryborough Sub Branch Inc.
Soley	Desmond	133748	Capricornia & Rockhampton Region Sub Branch Inc.
Faulkner	Lillian	99336	Sarina Sub Branch Inc.
Smith	Alexander	435930	Mackay Sub Branch Inc.
MacLeod	Kyle	1/713902	Townsville Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Brushe	Desmond	162730	Kedron-Wavell Sub Branch Inc.
Beckett	Robert	VX117844	Hervey Bay Sub Branch Inc.
Talbot*	Brian	VX110634	Currumbin/Palm Beach Sub Branch Inc.
Allen	Donald	4721288	Goodna Sub Branch Inc.
Clark*	Tom	QX54988 (Q112741)	Ayr Sub Branch Inc.
Drinnan	Gordon	170771	Surfers Paradise Sub Branch Inc.
Lawrence	Raymond	242760	Yeronga-Dutton Park Sub Branch Inc.
Burnett	Raymond	139248	Kedron-Wavell Sub Branch Inc.
Walker	James	440470	Kedron-Wavell Sub Branch Inc.
McDonagh	Charles	28358	Sherwood-Indooroopilly Sub Branch Inc.
Auton	Jeffrey	1733262	Maryborough Sub Branch Inc.
Pearson	Robert	36632	Banyo Sub Branch Inc.
Lilley	Vernon	425321	Gympie Sub Branch Inc.
Stanley-Setches	Keith	29360	Nerang Sub Branch Inc.
Grutt	George	57109	Oakey Sub Branch Inc.
McIntosh	Trevor	A116749	Bundaberg Sub Branch Inc.
Pavey	Ronald	QX56201	Bribie Island Sub Branch Inc.
Vanderwolf	Harold	1738267	Maryborough Sub Branch Inc.
Carters	Keith	A33800	Bundaberg Sub Branch Inc.
Foxwell	Stanley	110658	Mareeba Sub Branch Inc.
Ruddick	Leonard	128660	Bundaberg Sub Branch Inc.
Reason	Flora	102812	Tewantin/Noosa Sub Branch Inc.
McDonald	Allan	VX94041	Currumbin/Palm Beach Sub Branch Inc.
Kirkegaard	Graham	A19364	Cooroy-Pomona Sub Branch Inc.
Townson	James	1200162	Townsville Sub Branch Inc.
Broomhall*	Ray	171477	Kingaroy/Memerambi Sub Branch Inc.
Fisher	Eric	151673	Sherwood-Indooroopilly Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Briggs	Keith	1/714990	Kedron-Wavell Sub Branch Inc.
Joyce	Ian	1734286	Maroochydore Sub Branch Inc.
Steel	James	1731507	Proserpine Sub Branch Inc.
Smith	Myrtle	Q4112	Caloundra Sub Branch Inc.
Bimrose	Herbert	A112182	Mareeba Sub Branch Inc.
Hooper	Daniel	170595	Herbert River Sub Branch Inc.
Wildman	Alan	13403	Gympie Sub Branch Inc.
Thompson	Robert	R611658	Kedron-Wavell Sub Branch Inc.
Thomson	James	15413	Redcliffe Sub Branch Inc.
White	Lester	1736541	Roma Sub Branch Inc.
Lucht	Evan	1735599	Yeppoon Sub Branch Inc.
Fisher	Gavan	R46889	Sherwood-Indooroopilly Sub Branch Inc.
O'Connor	Michael	1/701329	Redlands Sub Branch Inc.
Payne	Byron	1/725826	Beaudesert Sub Branch Inc.
Pennicard	Stanley	14115671	Hervey Bay Sub Branch Inc.
Strong	William	CSS/ X840535	Goodna Sub Branch Inc.
Draper	Ronald	CSSD/9461	Bribie Island Sub Branch Inc.
McAndrew	Warren	A1651	Bribie Island Sub Branch Inc.
Schafferius	Wayne	1204535	Townsville Sub Branch Inc.
Parcell	John	1201221	Wynnum Sub Branch Inc.
Bessey	Edward	2412084 - 2411743	Thuringowa Sub Branch Inc.
Lawrie	David	E39679	Nerang Sub Branch Inc.
Soper	Frederick	A112072	Marian Sub Branch Inc.
Bailey	John	R96119	Caboolture-Morayfield & District Sub Branch Inc.
Whittaker	John	465067	Greenbank Sub Branch Inc.
Gibbings	Colin	1200285	Nambour Sub Branch Inc.
Hoult	Trevor	719533	Wondai Sub Branch Inc.
Kirby	William	Q153482	Kedron-Wavell Sub Branch Inc.
Kapper	Bevan	A115840	Maryborough Sub Branch Inc.
Jenkins	Albert	2748683	Tweed Heads & Coolangatta Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Gurnett	William	R55922	Surfers Paradise Sub Branch Inc.
McGinley	Kevin	A223651	Moura Sub Branch
Marks	Laurence	6/991	Townsville Sub Branch Inc.
May	Thomas	6046	Redcliffe Sub Branch Inc.
Chriscoli	Alan	214846	Rosewood Sub Branch Inc.
Van Der Meer	Bruce	260830102	Sunnybank Sub Branch Inc.
Lambert	Robert	4091260	Greenbank Sub Branch Inc.
Jacobsen*	William	1/711605	Maryborough Sub Branch Inc.
Hansen	John	1202272	Townsville Sub Branch Inc.
Shipley	David	0126032	Cooroy-Pomona Sub Branch Inc.
Cafarella	Thomas	V517561	Tweed Heads & Coolangatta Sub Branch Inc.
Hewitt	John	A125800	Townsville Sub Branch Inc.
McIntosh	Kevin	569502	Emerald Sub Branch Inc.
Austin*	Nathan	8590698	Greenbank Sub Branch Inc.
De Jersey	Ronald	6/705808	Maroochydore Sub Branch Inc.
Cooper	Raymond	0538	Caloundra Sub Branch Inc.
Bland	Jason	1810541	Bundaberg Sub Branch Inc.
Lay	Milton	2785429	Magnetic Island Sub Branch Inc.
Turner	Brian	DSMX 80788	Hervey Bay Sub Branch Inc.
Bryce	Michael	O15320	Kenmore/Moggill Sub Branch Inc.
Myles	Anthony	R51709	Currumbin/Palm Beach Sub Branch Inc.
Wieland	James	14910	Woodgate Beach Sub Branch Inc.
Bean	James	A122661	Forest Lake & Districts Sub Branch Inc.
Sutherland	James	2/770441	Hervey Bay Sub Branch Inc.
Wotherspoon	Mark	6710471	Currumbin/Palm Beach Sub Branch Inc.
Hunt	Ronald	O15658	Mackay Sub Branch Inc.
Lee	Edward	1-721965	Townsville Sub Branch Inc.
Cilento	David	Q01911/ 1719936	Toowong Sub Branch

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How will you **LIGHT UP THE DAWN?**

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This ANZAC Day, RSL invites all Australians to light up the dawn in remembrance of those who have served and sacrificed for our nation.

For information on local services, contact your Sub Branch or visit lightupthedawn.com.au

Lest we forget.



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