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2022 // EDITION 01

The official publication of the Returned & Services League of Australia (Queensland Branch)

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RSL NEWS STAFF & ASSOCIATES

Returned & Services League of Australia
(Queensland Branch) ABN 79 902 601 713

State President

Major General Stephen Day BSC, AM

State Deputy President

Wendy Taylor

State Vice President

Bill Whitburn OAM

Administration

PO Box 629, Spring Hill, Qld, 4004

T: 07 3634 9444

F: 07 3634 9400

E: reception@rslqld.org

W: www.rslqld.org

Advertising

Peter Scruby

E: massmedia@themediaworkshop.com.au

Editor

RSL Queensland

E: editor@rslqld.org

Content Coordinator

Meagan Martin | iMedia Corp

Graphic & Editorial Design

Rhys Martin | iMedia Corp

Printing & Distribution

Printcraft

W: www.printcraft.com.au

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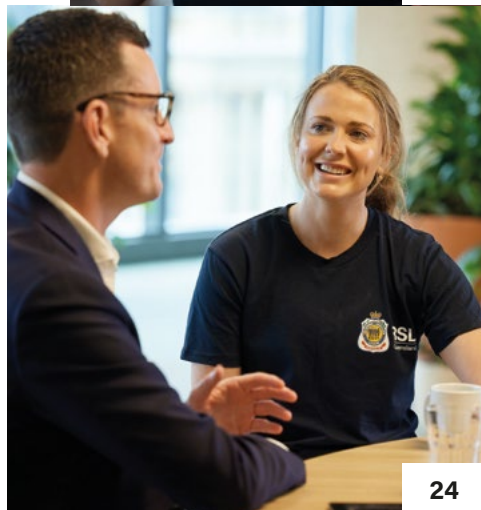
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Front Cover

Southport RSL Sub Branch member Doug Cumming and his wife Marlene, both ex-serving Defence members, signed up to Cooking for a Cause to give back to the community and meet other ex-Defence members with similar interests.

OUR SPIRIT OF SERVICE CONTINUES

FELLOW members, can I start by acknowledging the response by many across the State to the challenges posed by the recent flooding. Those who were able to assist were active on the ground, either physically helping or coordinating assistance.

The spirit of service continues. And it's that notion – our continued service – that I would like to build on as we rework our Strategic Plan.

Most of you will be aware that we've been looking for a permanent CEO. The search is over. We received over 100 applications for the job. With the help of an external recruitment company, the applications were whittled down to a list of 15.

This included a mixture of veterans and civilians; all had impressive experience and competencies. That list was further refined to five to go to interview. All five were not only capable of doing the job but also all veterans, which the selection panel felt was important.

After the interviews were completed, the panel unanimously agreed that Rob Skoda was the most suitable candidate. Rob, please accept our warmest congratulations. We all look forward to working with you.

We will need to start another recruitment process to replace our Chief Financial Officer Greg Pratt, who left us in January to take a break and

seek other opportunities.

PRIORITIES FOR 2022

Looking to the year ahead, we have two main priorities: encourage a leadership tone that honours the nobility of our purpose and to be very clear about what business we are in.

Given that I have written previously about these in my message to members in January 2022, I won't elaborate any further. However, there are another two challenges on our radar that should be addressed.

PROPOSED AMENDMENTS TO THE RSL QUEENSLAND CONSTITUTION

Our proposed constitutional change in 2021 was not adopted. The number of changes proposed made it complex and, for some members, confusing. The introduction of the Member Value Proposition (MVP) was polarising with strong opinions for and against.

We now intend to have a single focus for constitutional change; a member elected board made of veterans with a range of skills and experience to ensure that we are appropriately governed. We need to make the change because our current model, known as a representative model, is no longer suited to the challenges and complexity of governance today.

Our current model was

effective at a time when relevant experience and common sense were sufficient. But over time, governance gradually became more complicated. On the back of governance failures, Australian organisations started to move away from the model in the 1990s, to what is now called a skills-based model.

The problem with our representative model is that our Directors are not necessarily elected because of their Board skills. An independent analysis of the collective skills of our board shows strength in some areas but gaps in others.

Our regulator, the Australian Charities and Not-for-Profit Commission (ACNC), has intervened with other RSL organisations in recent years to address governance failings. In each case, mandates were issued to acquire skilled, independent, Directors.

Consequently, those organisations now have independent, non-veteran Directors included on their boards. I would not like us to experience the same and have the choice removed from members about our leadership.

RSL Queensland is a complex organisation with significant regulatory requirements and fiduciary responsibilities. The ACNC agrees and has been encouraging us for some

years to modernise our board structure.

We need to move now to choose our own board structure and remove the risk of one being chosen for us. I look forward to being able to release the Draft Constitution for your consideration and engage with members as we move towards the 2022 State Congress scheduled for 24-26 June.

OUR RELATIONSHIP WITH RSL NATIONAL

The second big issue is our relationship with RSL National. As much as we have tried to work together, there has been a disagreement for the past couple of years about money. Trust is low and hearts have hardened.

The disagreement is taking organisational effort away at both a national and state level from our core business of supporting veterans. It will require the attention of me and my colleagues to resolve. I will report back to you as we work through the challenges.



**Major General
Stephen Day DSC, AM
State President
RSL Queensland**

EMBRACING OUR CAPABILITIES

IT'S a privilege to write my first column as RSL Queensland CEO after being permanently appointed to the role on 11 February. I recently engaged with several RSL Queensland members to discuss a range of matters and I'm extremely thankful for your support.

I'm proud to continue playing a part in the organisation's growth and look forward to meeting and talking with more members and veterans in our communities to see how we can evolve.

LESSONS ALREADY LEARNED

I've been involved with RSL Queensland for almost six years and in the role of interim CEO since September 2021. Over that time, I've learned a great deal about the complexities of the organisation and the opportunities available.

For me, creating purpose and unity in the form of giving back to the wider community can be just as important as directly supporting our mates who have been impacted. We can bond on purpose while ensuring veterans who need greater care receive the support they need.

Many of us joined the military for something greater than ourselves – to find purpose, adventure, meaning and unity. We came from different walks of life, and with diverse experiences – many of us wanting to be part of

something bigger.

Some of us had troubled upbringings and were seeking a change. We joined the military, and our mates became family; our bonds were unshakeable, and our purpose was clear. We were different and we were proud.

When we left the military, many of us found it difficult to lose this mateship, the bonds we'd formed and our greater purpose. I envisage RSL Queensland being a place where veterans of all backgrounds and generations can work together on a purpose greater than ourselves.

I see us pitching in to help the community thrive, assisting other volunteer organisations with expertise borne by our skills gained in service, and coming together to positively impact our fellow Aussies.

As we help others, we unite – spinning yarns and continuing our camaraderie for a purpose greater than ourselves – allowing us to realise our value in society and continue the impact we began when we first joined the service.

“Ensuring you have the tools and resources available to help your community grow and prosper in the towns and regions you represent is vital. It's about giving you the scaffolding you need to help make your individual Sub Branch a place where veterans and their families in your region want to visit.”

PUTTING WHEELS IN MOTION

Of course, it's one thing to say all this and another to put it into action. Over the next few months, I believe we have several priorities. First, a focus on getting into the community and – for me personally – gaining a solid understanding of the current state of membership.

I'll be engaging with our District and Sub Branches, attending AGMs and District meetings. To me, this is crucial to understanding and planning for the future of the organisation.

Ensuring you have the tools and resources available to help your community grow and prosper in the towns and regions you represent is vital. It's about giving you the scaffolding you need to help make your individual Sub Branch a place where veterans and their families in your region want to visit. I want the organisation to stand for purpose, unity, family, and camaraderie – so we can be the place the veteran community naturally turns.

COLLABORATION IS KEY

While RSL Queensland is the largest ex-service organisation, we are not the only ones

with a voice. Leading with humility will help us define our success. The key to bringing about any level of success is collaboration.

Collaboration with my fellow leadership team, including our new State President Major General Stephen Day DSC, AM, and collaboration with our communities across Queensland. Together we can drive the focus, giving all that we do heart, purpose, and solidarity at every step of the journey.

THE YEAR AHEAD

As some of you who have spoken to me know, I'm quite excited for the year ahead and for the ability to work with teams across our network. There's so much happening that will mean greater support and connection to Sub Branches.

I look forward to sharing more on these initiatives throughout the year and I want to thank the Sub Branches for their ongoing work bringing the veteran community together every day.



Robert Skoda
Chief Executive Officer
RSL Queensland

THE START OF A NEW CHAPTER

AS we are well and truly in the new year, I'm settling into my role as Acting General Manager of the Membership and Network team. I have grown up around the RSL, and I have seen first-hand how the mateship and support found in a local RSL helped – and continues to help – the people I love.

So, it's with that as my motivation, that I have gotten to work with my team. We've travelled over 46,000 kms to connect face-to-face with hundreds of members. But kilometres travelled aren't about us, they're about you, and making sure we met *you* where you needed us to.

WHAT WE'VE BEEN DOING AND WHAT'S TO COME

Everything we've been working on is to increase our support to you, your District and Sub Branch. We've been able to secure \$400,000 in grant applications and reimburse over \$540,000 in merchandise to 125 Sub Branches, launched the Veteran Services Toolkit, implemented ways to reduce the admin burden for Sub Branches and much more.

It was your feedback that led to us expanding, revitalising, and improving the support we provide members and Sub Branches, to help you grow and thrive, now and into the future. Simply, we want to make it easier for you to continue supporting veterans and their families, for the next 100 years and beyond.

“Everything we’ve been working on is to increase our support to you, your District and Sub Branch. We’ve been able to secure \$400,000 in grant applications and reimburse over \$540,000 in merchandise to 125 Sub Branches.”

We know our Sub Branches are facing both current and future challenges. These include increasing membership, building knowledge in the community about what an RSL Sub Branch does, promoting your Sub Branch, and engaging more volunteers. And, perhaps most importantly, you signalled you need better support from us. And you were right. We needed to do better.

This year, we'll focus on improving processes and operations, attracting the right volunteers for your Sub Branch, an online merchandise portal, marketing templates, support seeking out and applying for grants, and ongoing IT roll outs. All of these are focused on making your work in the Sub Branch easier.

Every part of the RSL Queensland network needs to be involved in shaping our shared future.

IT ISN'T A ONE SIZE FITS ALL APPROACH

We know that Stanthorpe has different needs from Samford, and that Bundaberg isn't Bowen. We know that every Sub Branch will require a different combination of resources and support.

We know you're already doing an excellent job with the tools you and your District have. We're not trying to reinvent the wheel or replace what's already working.

We know some Sub Branches don't need assistance and some have asked for help. And, my team and I are going to be out and about as much as possible to discover what each area needs. Getting to know our members is paramount for me.

WE'RE STILL LEARNING, AND THAT'S OKAY

We haven't always got it right, and we're continually learning. We'll continue to keep trying because you matter. That's our

most important reason *why*. Our *what* is to support your District and Sub Branch as they support you.

We'll do that with responsiveness, humility and honesty. That's our *how*. We won't promise things we can't deliver. I came into this role knowing what I'm good at and what I'm not good at. One of the things I'm good at is not promising things I can't deliver.

We're going to check in a lot and work a lot more closely with the Districts and members. We're going to be radically honest with you as we get to work to achieve all that we want to.

LET YOUR VOICE BE HEARD

Achieving our goals in the next year is going to take work, and I'm keen to hear your feedback – the good and the bad. I encourage you to share your comments, suggestions and questions through your District. Until the next issue, I look forward to speaking with many of you on our travels.



Kalie Ashenden
Acting General Manager
Membership & Network
RSL Queensland

Helping veterans and their families, so they can get on with more of the good.



211

individuals and families
helped into safe,
permanent housing



995

nights spent in
RSL short-term
accommodation



\$1.3M

provided in
emergency funding



4,150

new clients
welcomed



13,096

calls handled



282

jobs found for veterans
and their partners



6,904

claims submitted



57

scholarships granted

In 2021, RSL Queensland provided a broad range of programs and services to support veterans and their families.

FIND OUT MORE

 [rsl queensland](#)



RSL
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NEWS

NEW STATE PRESIDENT ELECTED AT AGM



ON 8-9 December 2021, RSL Queensland delegates from across the State gathered in Brisbane for the State Congress and AGM. Delegates voted to keep the RSL Constitution unchanged and elected a new State President – Major General Stephen Day DSC AM.

MajGen Day served in the Australian Army for 40 years, including conflicts in Africa, Timor-Leste, Iraq, and Afghanistan. He has been formally recognised for his leadership by the Australian, French and United States governments.

In 2015, he left the full-time Army to work in business, principally with PricewaterhouseCooper. He provided advice to boards and executives on leadership and the developing cyber threat. In 2018, he was asked to return to full-time duty and worked for the Prime Minister in leading the national drought response.

MajGen Day continues to serve on a part-time basis as a mentor to Army Brigade commanders and is the author of the current ADF Doctrine on Leadership. He has served on several boards including The Sporting Wheelies, The University of New South Wales Cyber Centre, and ACT Cricket.



TOP: Major General Stephen Day DSC AM was elected as the new State President at the RSL Queensland AGM on 8-9 December 2021.

LEFT: The Opening Ceremony at the AGM, held at the Royal International Convention Centre, Brisbane.



THANK YOU TO *Tony Ferris*

RSL Queensland also thanked outgoing State President Tony Ferris for his stewardship over the past few years. Since being elected in 2018, he helped the then 102-year-old organisation navigate the pandemic and change how we worked and delivered services to veterans and their families.

When the pandemic had us staying home on ANZAC Day in 2020, RSL Queensland needed to rethink the way we had always commemorated. With Mr Ferris at the helm, we launched the award-winning 'Light Up the Dawn' campaign and brought the ANZAC spirit into homes like never before.

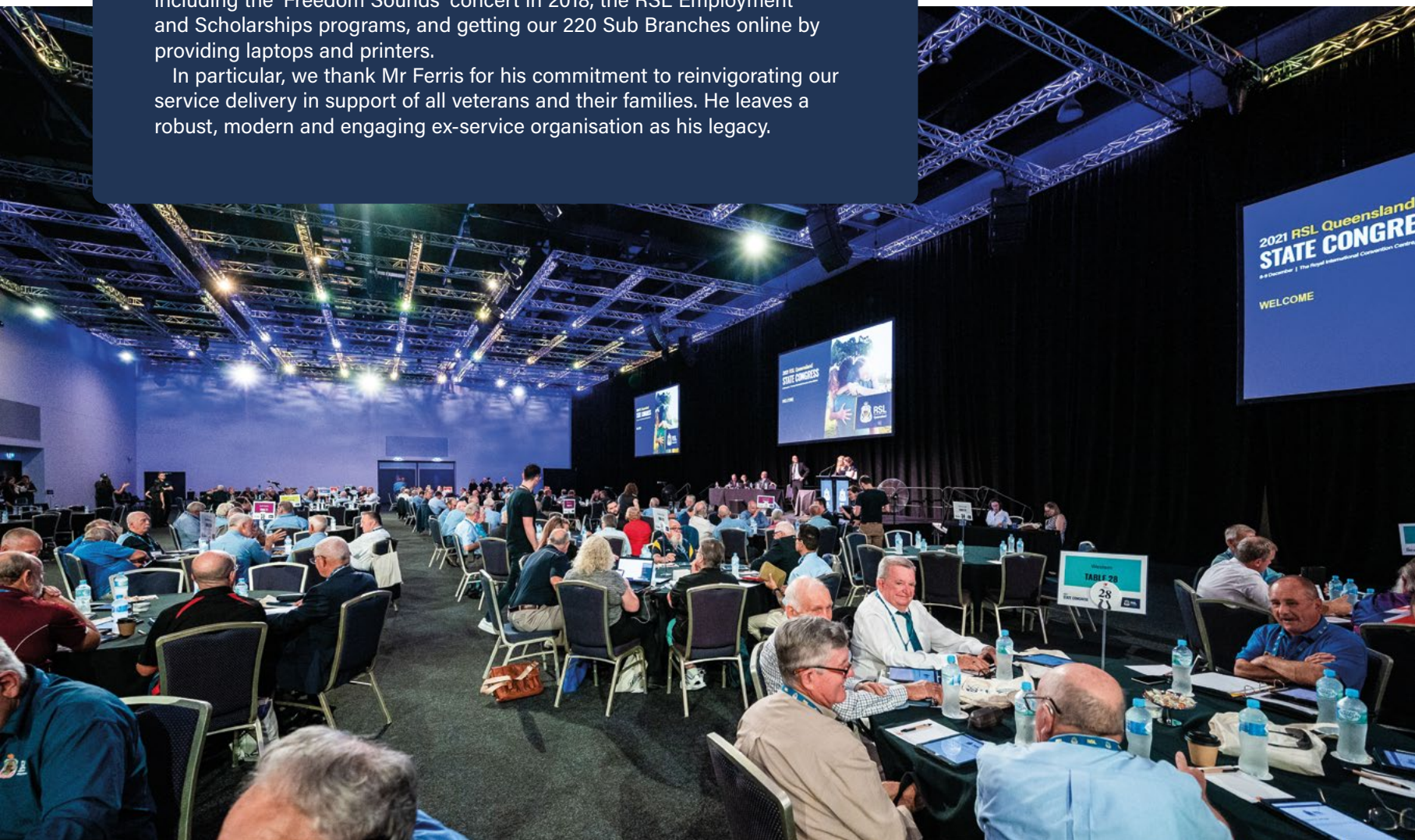
During his time as State President, he championed many initiatives, including the 'Freedom Sounds' concert in 2018, the RSL Employment and Scholarships programs, and getting our 220 Sub Branches online by providing laptops and printers.

In particular, we thank Mr Ferris for his commitment to reinvigorating our service delivery in support of all veterans and their families. He leaves a robust, modern and engaging ex-service organisation as his legacy.



ABOVE: Michael Goodwin OAM was guest speaker at the gala dinner.

BELOW: The State Congress offers members an opportunity to hear from a range of RSL leaders, discover valuable information and insights at business sessions and enjoy networking opportunities.





SCHOLARSHIPS FOR DEFENCE PARTNERS

There are a limited number of scholarships still available for Defence partners looking to start study in 2022. RSL Queensland Scholarships support Defence partners to upskill, retrain or gain degree qualifications for re-entry into the workforce, pursuing a new career, or relocating more easily.

To understand eligibility or to apply, please visit rslqld.org/scholarships. Applications close 30 April 2022.

FREE RATs FOR DVA CARD HOLDERS

DEPARTMENT of Veterans' Affairs and other concession holders will be able to access up to 10 free Rapid Antigen Test (RAT) kits over the course of three months, with a maximum of five in a single month.

Stock of RATs have been limited, so if you cannot get access to one, and have COVID-19 symptoms or are a close contact, you can attend a State clinic to get a PCR test for free. Please note: You no longer need a PCR test to confirm a positive rapid antigen test.

Find a COVID-19 testing centre via qld.gov.au.



CEMENTING LEADERSHIP TO SERVE OUR VETERANS IN 2022 AND BEYOND



ON 11 February, RSL Queensland announced the permanent appointment of Robert Skoda to the position of Chief Executive Officer. This follows Robert performing the role of interim CEO, since September 2021.

Prior to holding the role of interim CEO, Robert was General Manager, Veteran Services and General Manager, Veterans Affairs & Policy at RSL Queensland. He has served as a member of the Royal Australian Air Force where he was deployed across Afghanistan, the Middle East and Timor-Leste.

"Rob will continue to provide the stability and leadership that he has brought to our organisation and communities since beginning the role last year. The leaders of our organisation will play a critical role in setting the tone for our organisation and team by leading with humility, purpose and always operating with the highest understanding and empathy for people," says RSL Queensland State President, Major General Stephen Day DSC, AM.

"Robert's commercial and service

experience, understanding and insight into the needs of veterans and their families, and his contribution to delivering improved outcomes and quality of life, is second to none.

"His personal service experience, business acumen, alongside his deep understanding and tireless passion for our community of veterans were central to Robert's selection to the CEO role. These attributes make him the ideal person to continue driving our organisation forward into the future," adds MajGen Day.

CEO Robert Skoda is extremely proud to be continuing his work in leading the organisation as RSL Queensland continues to grow its services for veterans and their families.

"I am incredibly passionate about RSL Queensland and the pivotal role we play serving the needs of all members, veterans and their families," Mr Skoda says.

You can read more about his leadership philosophy and vision for the organisation in the CEO Column on page 5.

MAIL BOX

AN IMAGE OF SIGNIFICANCE



THANKS for including the article on Ray Deed on pages 51-53 of *Queensland RSL News* Ed 3 2021.

One point that the writer was not made aware of was the significance of the five men in the photo, including Ray Deed, being in South Vietnam in 1970.

They had all been in 3 RAR in Korea in 1951 and were awarded the US Presidential Unit Citation for their actions in the Battle of Kapyong. On 30 September 1970, the AATTV – of which the five in the photo were a part of at one time – was awarded the US Meritorious Unit Citation, so all had two US Unit Citations.

Ray Deed is an active member of the 31st Battalion Association Brisbane Branch and we wrote a story on the photo on our website 31bnassn.org.

Mick James
31st Battalion Association
(Brisbane Branch)



Vulnerable men, women and children on the Gold Coast enjoyed a nourishing meal in late 2021, thanks to the culinary prowess of veterans who attended the RSL Queensland Active Lifestyles' Cooking for A Cause event with OzHarvest.

Lani Pauli

THE cooking workshop saw budding chefs learn how to make Moroccan chicken with vegetables, and meat pies. As well as making 100 meals to support people in need, the recipes made use of food that would otherwise go to waste.

Southport RSL Sub Branch member Doug Cumming and his wife Marlene,

both ex-serving Defence members, signed up to the Cooking for a Cause event for a few reasons.

"To us it felt like it was something important and a way to give back to the community. What we cooked was going to go out to people who needed the help," Marlene says.

"And from our personal side it was

about getting out and meeting other people who had left the Defence Force and had similar interests.

"It was a safe and friendly environment to go and meet new people in. It was a win-win for so many reasons."

In Queensland, OzHarvest rescues more than 30,000 kilograms of

BELOW: Southport RSL Sub Branch member Doug Cumming and his wife Marlene, both ex-serving Defence members, signed up to Cooking for a Cause to give back to the community and meet other ex-Defence members with similar interests.



nutritious food – that’s almost the weight of five adult elephants – delivering it fresh to more than 250 charitable agencies every week.

OzHarvest Engagement Manager QLD Michaela Windsor says Cooking for a Cause is a fun and simple way to engage people in themes of food waste, food insecurity, and sustainability in the kitchen.

“It’s a true joy seeing people come together, work with our trained chefs and create hundreds of restaurant quality, delicious meals using beautiful produce that are delivered

“In addition to the 100 meals made during the event, RSL Queensland’s booking funded a further 3,500 meals through OzHarvest’s unique food rescue program that sees quality, excess food collected from food businesses and delivered fresh and free of charge to charities.”



ABOVE: RSL Queensland Active Lifestyles participant Lorraine Banner.

RIGHT: Participant Sarah cooking up a storm at the Oz Harvest Cooking for a Cause event.



to charities working on the front lines of food insecurity,” she says.

“In addition to the 100 meals made during the event, RSL Queensland’s booking funded a further 3,500 meals through OzHarvest’s unique food rescue program that sees quality, excess food collected from food businesses and delivered fresh and free of charge to charities.

“Impactful programs like Cooking for a Cause quite literally keep our wheels on the road.”



STAYING CONNECTED AFTER SERVING

Doug served in the Army for more than 20 years and Marlene served in the Royal Australian Electrical and Mechanical Engineers (RAEME) corps.

Having a continued connection with veterans is something Marlene believes is important to foster.

“I didn’t spend long in the Army myself,” Marlene says. “But I remember when I got my first ribbon

and badge, I felt so privileged. It was a little bit overwhelming. Veterans are very important people.”

After cooking up a storm with OzHarvest, they’re both planning to try more Active Lifestyles Events.

“It was such a good experience. I love the connection of going back to the military community with RSL Queensland. The program and the reason for it is fantastic,” Marlene says.

“Some of the people I spoke to during the cooking class were struggling and shared how big of a deal it was for them to come out of the house and meet people. But they came because it was a safe environment, and they knew there’d be like-minded people there.”

For anyone thinking of coming along to an event, Marlene wholeheartedly encourages them, saying

“Some of the people I spoke to during the cooking class were struggling and shared how big of a deal it was for them to come out of the house and meet people. But they came because it was a safe environment, and they knew there’d be like-minded people there.”



“Impactful programs like Cooking for a Cause quite literally keep our wheels on the road.”

there’s nothing to lose and everything to gain.

“With OzHarvest, we were doing something for someone else, but with other Active Lifestyles events you’re making stuff and doing things that keep your mind active. Rather than sitting at home, you’ve got an opportunity to get out there and possibly make new friends.”

The event itself has motivated Doug to sign up as an OzHarvest volunteer.

“I do a lot of volunteering myself and helping people is so important in life,” Marlene shares.

“It’s part of what you learn in the



ABOVE:
Veterans helped cook 100 meals to support people in need on the Gold Coast.

Army, to be a team player. Being able to give back to the community is very important and now he has a way to give back.”

PUT A DATE IN YOUR DIARY

RSL Queensland has a full schedule of events planned in 2022, including

high ropes, pottery, abseiling, leather work, kayaking, blacksmithing and more.

You don’t need to be an RSL member to attend. To register your interest and find out when events are happening, email partnerships@rslqld.org or visit rslqld.org/whats-on ←

RIGHT:
Veterans Care Association President Gary Stone and RSL Queensland Wellbeing Advocate Pauline Ryan.



Honouring those who were only 19

Veterans Remembered Wallet



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2 bill compartments



Wallet shown smaller than actual
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Amongst the most courageous men of the Anzac legend, the diggers of Vietnam have endured much on and off the battlefield. Now you can honour one who was "only 19" with the Veterans Remembered Wallet, a fine men's accessory that lets him carry his pride in serving in Vietnam in a stylish new way.

Crafted of genuine black leather, our exclusive design features a dramatic embossed image by acclaimed artist Robert Todonai depicting diggers patrolling the open fields of Vietnam. An Iroquois "Huey" chopper watches over them above. The words "Veterans Remembered" and the message "A Nation's Gratitude" expresses a thanks that can never be said enough. Inside the wallet, there are 5 credit card slots, 2 slip pockets, two large compartments for bills and an ID window with an oval opening so you can easily remove the ID. Plus for added security, the wallet is constructed with theft-protective material that helps block attempts to scan and steal information from your credit and debit cards.

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SELF-CARE IN UNCERTAIN TIMES

Looking after your mental health remains as important as ever during what has been a long stretch of uncertainty.





after our own mental health. The first is the ability to recognise the signs of anxiety. These could be physical manifestations, such as increased heart rate or muscle tension, headaches, or feeling uneasy in your stomach.

Ask yourself, do you find it hard to wind down at night because of worry or constantly thinking of a worst-case scenario? Is the nonstop media coverage of COVID-19 making you irritable or frustrated with family and friends? Clinical Psychologist and Research Officer at GMRF, Dr Sarah Hampton, says if you identify with some of these signs, it's essential to practise healthy coping



“Without the routines of commuting, school pick up, and social engagements, we can sometimes feel unfocused and lost. By bringing routine to your daily life, you can create a sense of certainty during uncertain times.”

MANY of us would have been hoping for a fresh start in 2022. 2021 was a full-on year with many COVID-19 developments, from vaccinations to border closures. However, the New Year has come and gone, and the global pandemic remains an unwelcome presence in our lives, and not one that's likely to end anytime soon.

With that in mind, it remains as important as ever to look after your own mental health during these long stretches of uncertainty. COVID-19 has upended our social and work routines, and the barrage of negative news coverage has been constant. It isn't a surprise that many of us feel a sense of uninterrupted anxiety and stress.

It's not unusual to feel anxious when everyday life is derailed. But how can we manage those feelings and take better care of ourselves during challenging times?

THINGS TO REMEMBER

RSL Queensland's research partner, Gallipoli Medical Research Foundation (GMRF), points to three primary aspects to help look

“Try to look on the bright side. As tough as it has been these past few years, there are always positive things in our lives. Friends, families, hobbies.”

mechanisms so your anxiety doesn't get the better of you.

Second, don't forget to stay active. Looking after yourself physically by exercising, eating well, staying hydrated and getting enough sleep is an effective and natural way to metabolise stress hormones in your body. Take a walk or go for a run! Getting out in the sunshine is a great way to boost your mood and get some vitamin D.

And finally, give yourself a break from COVID. The pandemic has been central to our lives these past years; it's led the news almost daily, it fills up our social media feeds, and it's what we talk about at home and work. Staying informed is essential,





especially with constantly changing health advice and restriction updates. However, consuming too much news can be detrimental to your mental health. Always focusing on the negatives can contribute to a heightened state of anxiety.

Try watching less TV or avoiding online news sites, and get the facts from established reputable sources, such as the Australian Government's website. We only need the facts, not the hype. Dr Hampton suggests avoiding distressing topics and focusing on something else can better our long-term mental health.

STAY POSITIVE

Positivity can be a powerful force. Try to look on the bright side. As tough as it has been these past few years, there are always positive things in our lives like friends, families or hobbies. If you find yourself spending more time at home than you otherwise would, ask yourself what's the one thing you always wished you could do – and then do it. Is it to learn a new skill or to play an instrument? Is there a DIY project you've been putting off for too long?

Mark Albrecht, life coach at Veteran's Care Association, suggests creating and sticking to a schedule

to help stay motivated during the long haul of COVID. Without the routines of commuting, school pick up, and social engagements, we can sometimes feel unfocused and lost. By bringing routine to your daily life, you can create a sense of certainty during uncertain times.

If you are struggling and need help, please reach out. Get in touch with our Veteran Services team on 134 RSL during business hours. If you need urgent assistance after hours, please contact Open Arms on 1800 011 046. Their counsellors are available 24 hours a day, seven days a week. ←

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A man with short dark hair and glasses, wearing a dark suit jacket over a light-colored shirt, is shown in profile from the chest up. He is looking out a large window with a view of a city skyline. The background is slightly blurred, showing a modern office interior with a wooden table and chairs.

AN EMPLOYER WHO
UNDERSTANDS IS A

POWER

*Taking steps towards finding meaningful
employment as a veteran or their partner
doesn't have to be a struggle.*

 Lani Pauli



EREFUL
THING



P

rograms like our RSL Employment program can provide support to help you find the right

role. Whether transitioning into civilian life or settling somewhere new after relocating, finding meaningful employment is a crucial piece of the puzzle to create purpose and direction.

Helping educate employers is equally important. Our evidenced-based program helps employers understand the inherent value in hiring veterans and their partners, how to maximise their skills in their organisation, and deepen their understanding of the unique challenges they face in Defence.

To date, we've helped more than 400 veterans and more than

150 Defence partners secure meaningful employment after Defence – providing support with career counselling, translating transferable skills, application writing and interview coaching. Likewise, we continue to work with employers – big and small – to demonstrate the value of hiring former Defence members and Defence partners.

With 5,500 people leaving the Defence Force each year, there's an untapped talent pool ready to work hard and achieve success in their new career paths.

One employer who has worked with us for the past 18 months is Brisbane-based Australian finance, insurance and banking corporation, Suncorp Group Limited.

EMBRACING NEW ROUTINES

Since leaving Defence, Suncorp employee and veteran Ben Dullroy has experienced some significant achievements.

Ben, Executive Manager Project Delivery, joined the Army when he was 17 years old, served for almost a decade and continues to serve in the Army Reserves today.

"One of the biggest challenges you face when leaving Defence is knowing where to start," he shares.

"You're used to things the way they are and a certain culture. When you transition to civilian life a lot of things are very different, and you need a helping hand and guidance on how to adjust."

"Personally, I felt a bit of a loss of identity. We're so used to our

ABOVE: Suncorp Executive Manager Project Delivery Ben Dullroy joined the Army when he was 17 years old, served for almost a decade and continues to serve in the Army Reserves today.

“One of the main initiatives we have at Suncorp that supports veterans and their partners is the ability to be flexible with ways of working. When partners are deployed, for example, we’re able to move with them and keep our job.”

uniforms, ranks and structure. And when you step outside of Defence as a civilian, in a lot of ways, you must reinvent yourself.

“For me, I found it challenging to get my bearings and understand how to be a civilian as opposed to being in the military.”

SKILLS FOR LIFE

The skills developed in Defence can benefit a range of civilian businesses – from technical and trade-specific roles to corporate leadership positions.

Ben believes many of the skills he honed during his Defence career, such as being task orientated and a natural ability to get things done, translate well to civilian employment.

“Hiring Defence partners and veterans is incredibly valuable to Suncorp. They bring a skillset that we need and a service ethos that aligns to our culture.

“The RSL Employment program offers a lot of benefits for veterans and Suncorp. As a veteran it provides you support and guidance, filtering out a lot of the noise that can be around during transition.

“And as potential employer, RSL Queensland is an organisation I can trust and work for the members’ best interests.”

RSL Queensland, through the RSL Employment program, works with organisations like Suncorp to better understand the skills veterans bring to organisations,

and discuss the best strategies to engage and retain veterans and their partners.

“The RSL Employment Program works in collaboration with a variety of organisations to provide free access to a veteran and partner talent pool,” says Carmen Dyce, Senior Manager Employment Program.

“Working with organisations such as Suncorp, who provide flexible working arrangements and great initiatives to support career progression, aligns well with the needs of our ex-Defence and Defence partner clients.”

FLEXIBILITY IS KEY

Harvard Business Review found that employees generally place a high value on opportunities that improved their work-life balance. They wanted to work for organisations that offered flexible

“Working with organisations such as Suncorp, who provide flexible working arrangements and great initiatives to support career progression, aligns well with the needs of our ex-Defence and Defence partner clients.”





ABOVE: Suncorp Portfolio Manager for DUT Personal Injury Nicole Revell's husband has served since 1995. As a Defence partner, Nicole has experienced challenges common to those in her position, including numerous relocations and her partner's deployment.

hours, work-from-home options, and additional leave.

Add this to the unique experiences of having a partner in Defence, and these opportunities become not just wants, but needs.

Suncorp Portfolio Manager for DUT Personal Injury Nicole Revell's husband has served since 1995. As a Defence partner, Nicole has experienced challenges common to those in her position, including numerous relocations and her partner's deployment.

"From moving around Australia or to different locations, it isn't uncommon that you have to leave your job every two or three years

and set up a new position," she explains.

"You restart your life again. Or when partners deploy it can often happen very quickly and you feel as though you're a single parent for quite a few months of a year, which presents challenges when you're working full-time."

"Working at Suncorp gives us flexibility that really matters. When my husband was deployed to Afghanistan, I felt supported the whole way through. I was able to work flexibly to ensure that whenever I had a concern with my children, at school or health-wise, I was able to step away when needed.

"One of the main initiatives we have at Suncorp that supports veterans and their partners is the ability to be flexible with ways of working. When partners are deployed, for example, we're able to move with them and keep our job."

Ben champions Suncorp's commitment to creating a flexible environment for their staff to thrive.

"Suncorp is a flexible employer with work from home and location independent work options to offer staff a really supportive environment. We have military and emergency response leave options and many other initiatives to support veterans and their spouses." ←

The RSL Employment Program works with over 200 Australian employers who are interested in hiring veterans. Learn more about how the RSL Employment Program can support you at rslemployment.com.au





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Forsake the real life. Embrace the fantasy.

The Song of the Prophet has long foretold that an apocalypse of storms, pestilence and war would tear the land of Rhye asunder. The path to salvation is obscure — hope seems to lie in a mysterious saviour, somewhere beyond the Seventh Sea.

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The King of Rhye is part fairy tale, part dark fantasy, part whimsy and all heart, as the glorious legacy of rock band Queen is realised in a full-blown literary adventure for the ages.



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Dieter Paesano exploits the greed of small business "entrepreneurs" operating on the fringes of the gold industry in Africa. They are attracted by any proposition, risky or not. However, Paesano is running out of projects, the financial returns are falling and the punters are getting restless. He resorts to strong-arm tactics to keep them compliant and puts his thuggish minder, Shorty to work.

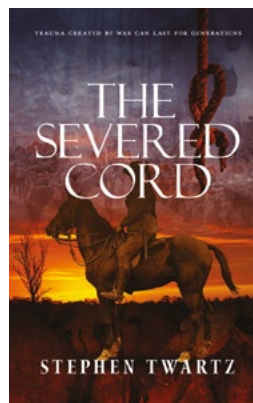
A proposal comes across Paesano's desk, one that has been passed over by the major mining houses. Dr Richard Curie, a scientist has developed intellectual property that enables gold to be won from low value ore. Paesano buys out Curie's interest. He teams Curie with another scientist and locks them away. The scientists begin to fear for their lives as violence escalates ...



ISBN: 978-1-925707-69-4

Many war veterans and their families have endured years of debilitating physical and emotional problems, and as a result they and their families have arguably suffered as much or more than those who have died during all conflicts in which Australia has participated. Because of this the author believes that returned service people have just as much right to be named on community war memorials as those who died during or as a result of their service.

Hundreds of thousands of our returned heroes, primarily from the two World Wars, have not been named on community war memorials. This book explains why this has happened and gives step-by-step guidelines to assist communities to update their memorials.



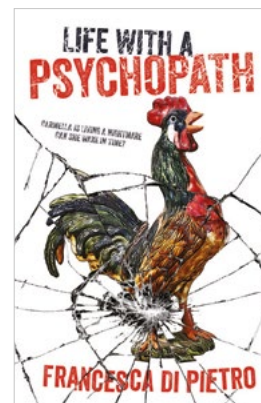
ISBN: 978-1-925707-79-3

The Severed Cord is a story about love, loss and redemption.

As the world turns to war in 1914, three brothers and an aboriginal stockman have a decision to make — join the conflict or remain within their rural idyll.

When the eldest enlists, the remaining brothers are bound to follow and Jimmy, the aboriginal stockman is coerced into joining them in Palestine, where they battle to survive, eventually returning to Australia, their lives forever changed.

In Palestine, Jimmy assumes the role of protector and is forced to negotiate a world where prejudice is suspended only to be replaced by the horrors of war, a conflict that leads to the most profound betrayal and loss.



ISBN: 978-1-925707-71-7

Carmella is an intelligent and confident woman. She's overcome bullying and racism in her childhood and built a successful life for herself.

When Carmella meets the charming Shaun, she thinks she's hit the jackpot. Recovering from a rocky first date, the relationship develops into a promising connection, but then degenerates, in stages, into an abusive disaster.

The previously strong Carmella finds herself adhering to insane rules set by Shaun.


Just as Carmella thinks her life has hit rock bottom, she obtains the assistance of gifted psychologist who offers her a fresh perspective. Is this crucial support enough for Carmella to find the strength to leave Shaun or will she be stuck in this terrifying nightmare forever?



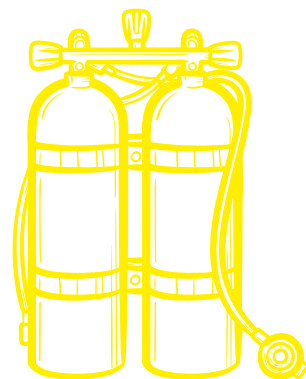
ISBN: 978-1-925707-66-3

Go into the trenches with the Australian troops of the 9th Battalion. Follow the exploits of Lieutenant Peter Bowen and Sergeant Craig Williams during the major battles of 1917 and 1918. Then go to the streets of Paris and London and observe the impact that the Great War had on the civilian population. Follow Sister Ann Copley as she works selflessly to nurse the casualties of war. Observe some of the changes that took place at this time regarding the relationships between men and women. Empathise with Yvette, a young 'war widow' whose life is turned upside down, and her struggle to find companionship.

This book shows how broken were the lives of those who lived through it, and some of the questioning of societal values that followed.



**GOLD
COAST
VETERAN
PAVING
THE PATH
FORWARD**



Established in 2021 by ex-RAN sailor Jonathan Farnell, Pathfinders Diving runs the Veteran's and Veteran's Families Pathfinder Diving Club to support veterans still battling at home.

✍ Lani Pauli

A pathfinder is defined as a person who goes ahead, discovering and showing others the way.

It seems fitting that veteran Jonathan Farnell named his business – which aims to help veterans through their transition to civilian life – Pathfinders Diving.

Having served in the Navy for five years, the Gold Coast local is using his experiences to help lift others up.

"My mum is a psychologist and I guess I inherited her caring nature. I've always naturally gravitated towards supporting other people through their tough times," Jonathan says.

“Once you go underwater and you’re diving, it doesn’t exist anymore. It’s all out of your head. All there is, is the dive.”

RIGHT: Navy veteran Jonathan Farnell, left, is turning his passion for diving into a career change, setting up Pathfinders Diving, a diving school that will also help veterans transitioning to civilian life.

FROM SHIP TO SHORE

Jonathan joined the Navy with ambitions to be a clearance diver and started his Defence career as a marine technician.

“I figured I’d start there and transfer to a clearance diver. I loved the water and have always been a big fan of boats,” he says.

“I did my basic training and went through category school, where I injured my knee pretty badly.”

His naval career progressed in spite of his injury, and he was posted to HMAS *Kuttabul*, HMAS *Success* and HMAS *Adelaide* during his service.

“I worked on the commissioning of the HMAS *Adelaide*, and it was around then that I blew out my knee again,” he says.

“The crew on *Adelaide* was just fantastic,” he says.

“To work together as a team. That was the highlight of my career – that teamwork. Turning up for work, doing the job and hanging out with your mates. That was the best time.”

FORCED TO LOOK BACK

Just as Jonathan was starting to see a path ahead for his career, he was diagnosed with post-traumatic stress disorder (PTSD). He says several key traumatic events throughout his Navy career combined to force him to seek a diagnosis.

“I just kind of sucked it up, moved on and focused on my career,” he explains of the time period after each event.

“Unfortunately, it was the butterfly effect of events that happened.

“One day at my desk at FSU I could have sworn I could hear construction works outside and I was getting concerned about what was going on. I went to one doctor who brushed it aside and then I went to another doctor who was incredible, suggesting I might have been experiencing anxiety.”

“I thought anxiety was just being worried about the future but working with this doctor I learnt that the symptoms I was experiencing was my body telling me I needed a break. That it had had enough.

“I hadn’t faced my problems.” Shortly after leaving service,



Learn more about Jonathan’s diving program at www.pathfindersdiving.com or email contact@pathfindersdiving.com





Jonathan spent five months in a mental health hospital.

"They could see my body and mind had just been pushing through and it was all catching up with me," he says. "That's where I was diagnosed with PTSD, depression and anxiety."

It took him two years to come back to life after the experience.

"It took a while to start finding the joy in life again and in things like diving," he says.

"Every time I went diving, I felt like I

was coming back to life."

DIVING TAMES IT ALL

For Jonathan, setting up his diving equipment and getting ready to go down is like a wave of release.

"Once you go underwater and you're diving, it doesn't exist anymore. It's all out of your head. All there is, is the dive."

Jonathan is now turning his passion for diving into a career change, setting up Pathfinders Diving, a diving

school that will also help veterans transitioning to civilian life.

"There's a big difference between instructing and going for a dive by yourself. Instructing someone – to me – is a lot better than just doing a normal dive," he says.

"When you're instructing, you have to stay switched on the whole time. So, you become a lot more aware of your surroundings. You're worrying about the group being trained to respond to something should it happen. You're ready for anything."

A PATHFINDER IS CREATED

Jonathan is now finding clarity and a new direction through setting up his business.

"Everyone has been so helpful. I thought I was going to have to go at this alone. It's the community coming together, and it's restored my faith in our structure a lot," he says.

"I want to help people like myself that need companionship and mateship. I want to make the courses as easy as possible for people to access. I want to share how much I enjoy diving and what it gives me with other people."

Jonathan's hope is that eventually the programs and courses will be recognised by organisations like the Department of Veterans' Affairs to help veterans.

"Being under water is forced meditation. When I came out of the Navy, I tried everything. I tried the books, I tried meditating. I tried music. I tried everything and nothing worked," he says.

"Diving works because you have to focus on breathing and it is subconscious because the better you breathe, the longer you can stay underwater. It's a simple equation." ←

"Diving works because you have to focus on breathing and it is subconscious because the better you breathe, the longer you can stay underwater. It's a simple equation."

Disclaimer: RSL Queensland is not affiliated with Pathfinders Diving in any way and does not guarantee the accuracy, currency or completeness of any material created or published by Pathfinders Diving. RSL Queensland does not accept any responsibility or liability, including indirect or consequential loss, arising from, or connected to Pathfinders Diving or any reliance upon this article, whether or not caused by the negligence of RSL Queensland or its agents. This article is not a substitute for exercising your own judgement, making your own enquiries and/or obtaining independent advice regarding whether Pathfinders Diving and its products and services are suitable for your individual circumstances.





THE HELP YOU NEED ON THE HOME FRONT

Run by veterans for veterans, HomeFront Australia provides day to day household services to free up valuable time to do the things that help your return to civilian life.

Even with the best intentions, sometimes life gets in the way and all the *Little Things* around the house can stack up. Before long, what was a *Little Thing* is now a *Big Thing* and without realising it, they can stop us moving forward in our daily life.

But reaching out for help doesn't have to be something we only do once it all seems overwhelming. In fact, regular help with the *Little Things* gives us all time to enjoy the more important things in life, such as connecting with family and friends, finding meaningful employment or study, or discovering a new hobby.

And that's where services like HomeFront Australia can step in to take a few things off your plate.

WHO IS HOMEFRONT AUSTRALIA?

In a nutshell? HomeFront is a veteran owned and operated company specialising in delivering home services to veterans with no out-of-pocket expense.

They support more than 1,200 veterans with Department of Veterans' Affairs (DVA) approval for household services – under a DRCA or MRCA – with tasks around the house like general cleaning, mowing and gardening, window cleaning, gutter cleaning, pool cleaning and more. Their network of more than 650 vetted service providers across Australia can also help with meal preparation, shopping assistance and dog walking.

RUN BY AUSTRALIAN VETERANS FOR VETERANS

HomeFront Australia was founded in 2016 by veterans David Ballantyne and Chris Moss, who collectively have served in Iraq, Afghanistan, Egypt, East Timor, South Sudan, and the Gulf States. They served full-time in the Army for 15 years and both still serve as Army Reservists.

After returning home and leaving Defence, Chris says they recognised there were a lot of veteran families like theirs that needed support in their homes.

"We know that it can get hard when you've left Defence and have been out for a few years," he says. "If you're a veteran with accepted service conditions, we've made it easier than ever to access your entitlement for DVA household services.

David says they're driven by providing support services to vulnerable Australians.

"The fulfilment of changing someone's life for the better, even if it is through something as easy as meal preparation, providing some cleaning or gardening for them – you're actually changing their lives," he says.

IT'S FOR ALL AGES AND ABILITIES

David says their clients' average age is 42 and most have young or growing families.

"Veterans are 25-year-old women you walk past in the supermarket, and they are 70-year-old men you sit next to on the bus," he says.

"There's no one size fits all for the veteran who needs the support of our services, and from families



Learn more about Homefront Australia and how they may be able to support you by calling 1300 20 60 40 or visiting homefrontaustralia.com.au



to single older people – we all need a helping hand sometimes.”

YOU HAVE ONE POINT OF CONTACT, HOMEFRONT TAKES CARE OF THE REST

After you’ve been through the claims and entitlement process, David says many veterans can find it hard to begin a similar process again to organise something like household support.

“We call it administration fatigue. They’ve been handed from one place to another. The last thing they want when they finally get their entitlement is to have another chaotic experience of having to book service providers, have people change on them, have

strangers in their house – and these are sometimes vulnerable people,” he explains.

“We make it very simple to engage quality service providers to deliver services in your home and let our clients know it’s not another trial in their efforts to reach out for help.”

Through HomeFront Australia, you coordinate your household service providers through one contact. Even if you move homes or cities – your contact remains consistent with HomeFront Australia, who’ll organise your new service providers, leaving you to focus on what matters.

“Having HomeFront come in and help, it’s creating an opportunity to

take that slice of time and allocate it somewhere else. Somewhere to serve yourself – your own wellness, your family, your mates. It’s someone coming in and giving you a slice of your day back to do something that helps your path to returning to civilian life.”

NO OUT-OF-POCKET EXPENSES

In the business of making life easier for veterans and their families, HomeFront Australia also manage the administration side of things.

Veterans have no out-of-pocket expenses as Homefront Australia invoices DVA directly for any services provided. ←

“Veterans have no out-of-pocket expenses as HomeFront Australia invoices DVA directly for any services provided.”





A NEW TRADITION OF GIVING





RSL is steeped in tradition. Now, a new tradition created and driven by our own RSL Queensland volunteers, is spreading Christmas cheer to veterans in need.

✂ Tim Schaefer | 📷 Matilda Dray

For over 105 years, the RSL has nurtured many unique traditions – think gunfire breakfasts, the Catafalque Party and poppy services – that honour, recognise and commemorate those who sacrificed for our country.

In 2020, driven solely by volunteers from the RSL Queensland team, a new tradition was born – the RSL Christmas Hampers. The hampers aimed to provide veterans and their families some Christmas joy after an incredibly challenging year.

Over 250 hampers were hand-packed with Christmas goodies including food, gifts and household items, as well as a \$100 supermarket gift voucher to ensure the veteran could enjoy a special Christmas meal.

Recipients included a 102-year-old digger, a Medal of the Order of Australia recipient, 60 young families, veterans experiencing post-traumatic stress disorder and homelessness, and over 90 older veterans and war widows battling poor health and without family nearby.



To view a video of the hamper packing, visit **RSL Queensland's YouTube page.**





BIGGER AND BETTER

The hampers were so well received in 2020 that when 2021 rolled around, the team wanted to up the ante and double the number of hampers to help even more veterans and their families.

The RSL Queensland team worked closely with the nine Districts that opted into the initiative – as well as the District Secretaries and hundreds of Sub Branches – to help find the most deserving recipients throughout Queensland.

In 2021, the criteria was also extended to those who deserved recognition for their extraordinary efforts serving their local community.

More than 500 veterans and their families were nominated, including veterans experiencing homelessness, those facing financial hardship, older veterans and war widows battling poor health, and those without family nearby.

Each hamper was tailored to the veteran's individual needs, and many of the products included were donated by generous Queensland suppliers including Darrell Lea, Nerada Tea, Bundaberg Ginger Beer and Australian Botanical Soap. Major sponsors Avande Australia and AIDA Direct Australia were also instrumental in bringing the hampers to life in 2021.

In late November, more than 100 members of the RSL Queensland team gathered at Smoked Garage in Brisbane to pack the hampers and prepare them for delivery to doorsteps right across the state. Members of RSL Queensland's Board, the Executive team and people from the community helped pack the hampers in an all-out effort to ensure they arrived well in time for Christmas.

RSL Queensland CEO Robert Skoda said the Christmas hampers had become a tradition for RSL

Queensland staff, and they hope to grow the support service even further in the future.

"The hampers are about embracing exactly why RSL Queensland exists – to improve the lives of veterans and their families," Mr Skoda says.

"The hampers aren't just about giving food and gifts. They're about telling people that they matter, and that we're here for them."

Mr Skoda says RSL Queensland is on the ground every day, and they know all too well how many veterans need support and recognition in the community.

"By receiving a hamper, we hope Christmas was a little bit brighter for veterans in the community." ←

RSL QUEENSLAND THANKS THE FOLLOWING SUPPLIERS FOR CONTRIBUTING TO THE CHRISTMAS HAMPERS:

- Darrell Lea
- Bundaberg Ginger Beer
- Nerada Tea
- Australian Botanical Soap
- Loopla
- Pudding People
- Langs Gourmet
- Kuranda Cookies
- Nutworks
- Australian Warfighters Coffee
- Australian Warfighters Jerky
- Summerland Camels
- Military Shop
- Natures socks

MAJOR SPONSORS

- Avande Australia
- AIDA Direct Australia



MATES 4 MATES

THE QUARTERLY MAGAZINE
FOR OUR DEFENCE COMMUNITY

Pathways to a positive future.

OUR SKILLS FOR RECOVERY
PROGRAMS HELP MATES AND
THEIR FAMILIES MOVE FORWARD.

+ A SNAPSHOT OF OUR IMPACT IN 2021.

HOW WE SUPPORTED VETERANS
AND THEIR FAMILIES IMPACTED BY
SERVICE THROUGHOUT LAST YEAR.

Commemorating ANZAC Day.

WHAT THIS IMPORTANT DAY
MEANS FOR OUR MATES.

+ CLINICAL BENEFITS OF SOCIAL CONNECTION.

FIND OUT HOW SOCIAL CONNECTION
CAN IMPROVE YOUR MENTAL HEALTH.

A message from Bernadette Praske.

Although it's hard to believe it's March, I'm already so proud of the support that has been extended to our community this year. The team and I are committed to walking side by side with veterans and their families as we support them throughout their recovery journey.



When looking forward to the future, it's important to take pause and reflect. As we review our impact for the previous year on page 6, one point that I'd like to highlight is that we saw a 30% increase in Mates in 2021 compared to 2020, with over 7,300 veterans and their families having directly benefited from our services since we first launched in 2013.

Part of our commitment to new and returning Mates is providing a pathway forward for those in need that best suits their recovery. On page 3, we share our Skills for Recovery Programs planned for 2022 and how veterans and their

families can use these opportunities to develop relevant skills and strategies that will help them better manage their health and wellbeing.

As we continue to adapt to the restrictions associated with the pandemic that sometimes impacts our ability to connect with others, one of our psychologists shares the benefits of social connection and interpersonal relationships and how these can positively affect our mental health. Read more on page 7.

I'd like to take a moment and thank our community for their contributions. Your generous support through fundraising events and donations allows us to continue providing vital clinical and social connection services to the veteran community. I also wish to express my sincere gratitude to the team at Mates4Mates; together, we are actively changing lives, one connection at a time. For this year ahead, let our focus be on supporting those around us and together, finding a way forward.

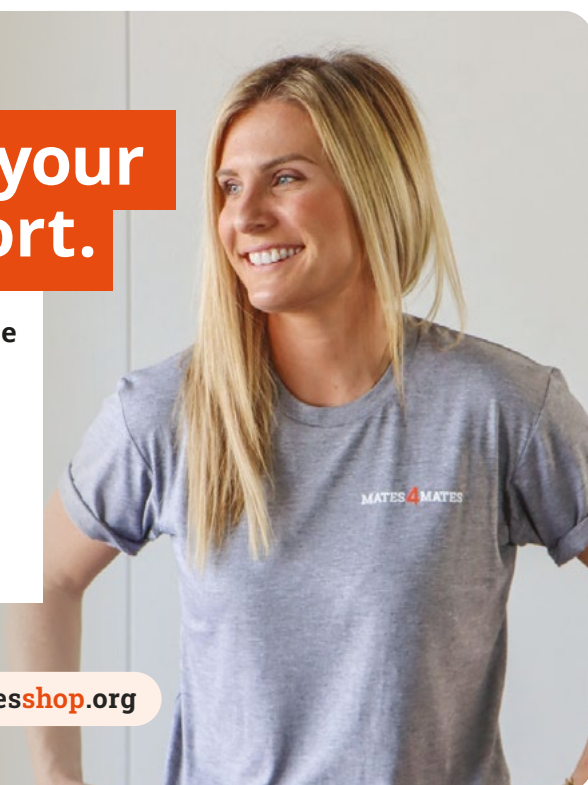
I hope you enjoy this edition of our magazine and once again, thank you and take care.

Bernadette
Head of Mates4Mates

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.

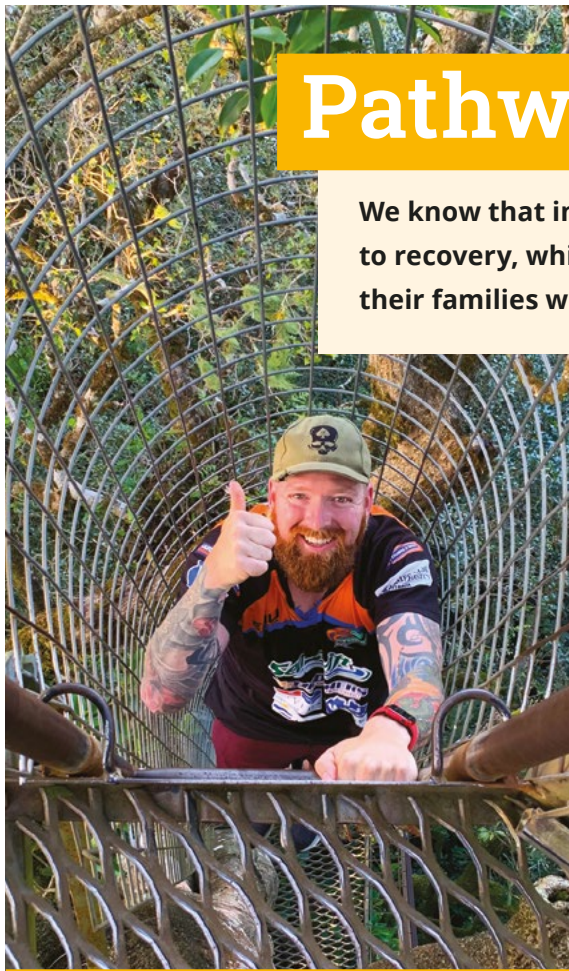
 mates4mates.org

 **1300 4 MATES**

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 Marketing team via marketing@mates4mates.org or call 1300 462 837.



Pathways to a positive future.

We know that injuries come in many forms and there can't be a one-size-fits-all approach to recovery, which is why we offer a range of Skills for Recovery Programs for veterans and their families who need support with their physical, mental and social health.

In 2022, each one of our Skills for Recovery Programs have been designed to provide veterans and their families with opportunities to develop psychological and physical strategies and skills, to effectively manage their long-term health and wellbeing.

Facilitated by a member of our clinical team, each program is offered in a safe, non-judgemental space for participants to connect with others. Veterans and their families

registered with Mates4Mates can access these programs either online or face-to-face at one of our centres in Brisbane, Townsville, Hobart and Darwin, ensuring that accessibility isn't a problem for those in need of support.

Although places are limited for each program intake, we offer a range of our Skills for Recovery Programs at various times throughout 2022. **Keep an eye out on our website to find out more.**

About the programs

Skills Training in Affective and Interpersonal Regulation (STAIR) Program (Online)

If you find yourself responding to situations more intensely than appropriate, then our STAIR Program may be for you. Over 12 sessions, you'll focus on regulating and managing your emotions. For veterans who have experienced trauma, start your journey to recovery here.

Learn More, Drink Less Program (Online)

If you're reaching for a drink more often than you would like, it might be time to establish healthy drinking habits. Over four sessions, this program aims to help veterans increase their understanding of alcohol reliance, learn a range of helpful coping strategies, and develop a relapse prevention plan.

Partners and Carers Program (Face-to-Face and Online)

This program is designed to support partners and carers of veterans whose lives have been impacted by service. Over two days face-to-face or four days online, you will learn strategies to support your own mental health and wellbeing, as well as the ability to manage some of the unique challenges the Defence Force life brings.

Persistent Pain Program (Face-to-Face)

Are you looking for ways to manage your persistent pain? Over six sessions, this program will teach you the current approaches and contributors to persistent pain management across biological, psychological and social domains. With the help of our clinical team, veterans will identify what pain is and what purpose pain serves the body.

One-Day & Four-Day Wellness Programs (Face-to-Face)

While our One-Day Wellness Program focuses on exploring the different ways to practice mindfulness, our Four-Day Wellness Program allows veterans to participate in interactive group workshops that can help them to develop healthy coping mechanisms. The programs have been designed to help veterans better manage post-service challenges that they may be facing, in a non-judgemental and inclusive environment.

Plus, there will be face-to-face clinical events held for **Men's Health Week** (June) and **Women's Health Week** (September).

Please note: Our One-Day and Four-Day Wellness Programs are for veterans only. The Partners and Carers Program is for partners and carers only.

What ANZAC Day means to Mates.



ANZAC Day has looked slightly different over the last few years, with parades and services across the country cancelled due to COVID-19 restrictions and the concerns of the community's safety regarding the pandemic. However, the important meaning behind the day has not changed, with ANZAC Day remaining a significant occasion to reflect on the sacrifices made by Australian Defence Force members, past and present.

Marking the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War, ANZAC Day provides the Defence Force community with a strong sense of belonging and pride. It allows our country the opportunity to reflect on mateship and to offer our respects to the men and women who devoted their lives to protecting our way of life.

While some may choose to commemorate the day attending a parade, dawn service or by standing at the end of their driveways, others may choose to spend it with loved ones, or simply having a quiet day to themselves.

As everyone marks the day in their own way, we asked three of our Mates what ANZAC Day means to them.

"ANZAC Day for me and my kids was never a big deal as none of my family were military. Now, it's a time to understand and appreciate all the hard work and sacrifices my veteran husband put in all those years ago!"

— Wife of a veteran, Queensland

"I never know what to expect on ANZAC Day. Some years I feel immense pride in my dad (who was also a veteran), other years sadness, grief, and loss. Some years it is a whole spectrum of things which can be confusing and confronting. In recent years, I have found comfort and support both at Mates4Mates and through the friendships I have made there. Knowing others feel the same lets me know I'm not alone."

— Veteran, Tasmania

"To me, it means brother and sisterhood, and being part of something that is bigger than just one person. Remembering those men and women who paid the ultimate price and paved the way for today's generation of Defence personnel is a great feeling. Knowing that on this day, ANZAC Day, we can thank those who made it safe for us all. Seeing my family and grandchildren watch me march down the street makes me smile ... it means the world to me."

— Veteran, Northern Territory

How knitted poppies can help change lives.

Community support for Mates4Mates comes in many different shapes and sizes. Whether it be a weekend barbeque fundraiser, a fun run, one-off donations, or something quirky and unique, all funds donated to Mates4Mates gives Defence Force members and their families impacted by service the support they need.

In December of 2021, Mates4Mates received a generous donation from Inverpine Retirement Village in Murrumba Downs, Queensland. Elaine Pirie and Ailsa Bennett rallied the residents to help knit poppies, recycle cans and bottles, and make jams which led to them donating over \$1,200.

However, this was not the first time that the residents of Inverpine Retirement Village have taken the time to raise

funds for Mates4Mates. The group has regularly shown their support for veterans and their families impacted by service and amazingly, they are already working on their next fundraiser!

The lovely ladies and gentlemen who have all contributed to these fundraising activities hold the Defence Force community close to their hearts, either having served themselves or having strong connections to people who have.



"It was an honour to be able to give back to Mates4Mates and to those who have served our country and the veterans who need that extra help and support."

— Elaine Pirie, Inverpine Retirement Village resident

Looking to get involved?



Every day, people in and out of the Australian Defence Force are impacted physically or psychologically; their lives and livelihoods changed forever. With Mates4Mates, you can help them recover, connect, and move forward.

If you'd like to show your support for veterans, visit supportmates4mates.org for ideas on how to get involved and be part of a community that looks out for their mates. We believe that by working together, our impact can be greater.

A snapshot of our impact in 2021.

At Mates4Mates, we actively changed lives in 2021, one connection at a time. Through our Family Recovery Centres across Australia, plus our outreach and online services, thousands of veterans and their families found a new way forward – and Mates4Mates were here to help them every step of the way.

These outcomes were only made possible by our supporters, fundraisers, and partners, so from all of us at Mates4Mates, thank you. We are proud of the work we have done, and continue to do, and are committed to delivering even more services in 2022.

3,955 exercise physiology

individual appointments were provided in 2021 to improve injuries and help more veterans manage their pain.

528 psychology and exercise physiology

appointments were delivered through telehealth, increasing accessibility services.

1,157 Mates connected with us through our **online social connection activities** and **clinical services**.

We facilitated **13,209** **social connections**, a 50% increase compared to 2020, bringing veterans and their families across Australia together to reduce isolation.



15%
increase
since 2020

More than **27,100** connections were made between staff and Mates face-to-face and online. This is a **15% increase** since 2020.

Physical rehabilitation and wellbeing programs resulted in

10,300 points of connection between staff and Mates.

3,653

psychology appointments were provided in 2021 to improve the mental health of our ADF community.

Over **7,300** veterans and their families have directly benefited from our services since we first launched in 2013.



We saw a **30%** increase in new members in 2021. This includes an **83% increase among 18-29 year olds**, a **30% growth in current-serving Defence personnel**, and a **36% increase in females**, all accessing Mates4Mates services.





Clinical benefits of social connection.

Written by Jonathan Moscrop, Mates4Mates Psychologist

Now more than ever, the benefits of interpersonal relationships and connecting with others are important as we continue to ride the rollercoaster of the COVID-19 pandemic. So, what do those benefits look like and how do we become more comfortable when socialising with our community?

Engaging in social connection is essential for our basic functioning. We are a social species, which means when we are amongst others who we feel connected to, identify with, and share values and goals with, our physical, mental, and interpersonal health thrives.

More specifically, when we feel connected to others, it is shown to lower our cortisol levels (stress hormone), increase our ability to get through difficult situations, lower symptoms of depression and anxiety, improve our ability to recover from physical injury, and improve overall physical health.

Social connection can be more complex amongst some veterans. This is due to their specialised training and feeling an inability to relate to civilians. More specifically, they are trained to be more aware of danger in their surroundings, including people, which can make it difficult to relax in social settings.

The benefit of repeatedly engaging in social connection activities is that over time, those same symptoms that caused suffering, will decrease.

Anxiety and depression symptoms will decrease, feelings of belonging will increase, and can even help with chronic pain management.

When we consider these specific experiences of veterans, you can see that the social connection activities that Mates4Mates provide are unique. This can go a long way in bypassing some of the hurdles for social connection.

“The benefit of repeatedly engaging in social connection activities is that over time, those same symptoms that caused suffering, will decrease.”

— Jonathan Moscrop

For anyone who is feeling isolated, try just dipping a toe in a new social activity. While it can be initially uncomfortable, it will get better and the improvements you will see are endless.

Tips to improve your interpersonal relationships

- 1.** Be honest and acknowledge that it will be difficult. Comfort zones don't grow without being temporarily uncomfortable.
- 2.** Recruit a psychologist to provide you with support and the tools to manage any triggering feelings or symptoms.
- 3.** Start small. Pick a social activity that is manageable such as calling a friend you haven't spoken to in a while (or sending them an email or text). A Mates4Mates social connection activity is also a good place to start, as there will be other people there with similar experiences.
- 4.** Repeat, repeat, repeat. If you are attempting to become comfortable with something the number one key is to repeat it as many times as necessary. It might not happen after one activity, but that's okay. The more you challenge yourself the easier it will be to become more comfortable in social settings.

At Mates4Mates, we hold our social connection activities regularly, both face-to-face and online, to provide a safe place to build connections and find mateship. From weekly barbeques and coffee catchups to creatives arts or cooking groups, school holiday programs and more. For more information, give us a call on **1300 462 837**.

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 Force
members impacted by service, and their families.

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



Join Mates4Mates

Register today



HONOURING UNSUNG HEROES OF THE ROYAL AUSTRALIAN NAVY

 Jayne Keogh

 Jack Tar statue
image courtesy
of ABC Radio
Brisbane: Jessica
Hinchliffe; Other
images courtesy
of the Queensland
Section of the
Naval Association
of Australia and
the Australian War
Memorial.

The Queensland Section of the Naval Association of Australia commemorates a Royal Australian Navy ship, significant event, or crew member each month.

20
22

CEREMONIES

The following people, vessels and events will be commemorated in 2022.

- 24 February – HMAS *Voyager II*
- 1 March – HMAS *Perth I*
- 31 March – RAN Stokers
- 28 April – Australia Navy Military Expedition Force (PNG WWI)
- 26 May – Malayan Emergency and Indonesian Confrontation
- 30 June – Vietnam Conflict
- 28 July – RAN Divers
- 25 August – Merchant Navy
- 29 September – Navy Women
- 27 October – TBC
- 24 November – HMAS *Sydney II*

Ray Sandford said that anyone with a connection to these ships should reach out to the NAA.

"We would love to hear from anyone who is connected to these ships or people," said Ray. "Please contact us on 0447 734 744."



USUALLY held on the last Thursday of the month at the Jack Tar statue in South Brisbane Memorial Park, the ceremonies were inspired by the Australian War Memorial's Last Post Ceremonies. They are attended by descendants of those being honoured, former and current serving RAN members, friends, and the general public.

Ray Sandford, State Section President of the NAA, said the ceremonies play an important role in remembering the service of sailors of all ranks, unsung heroes, and lesser-known vessels in history.

"The unexpected result of the ceremonies is the way we have reached out to the descendants of these veterans," he said.

"Our numbers have grown rapidly since we started, supported by unit groups and the families of those we are commemorating."

"We now do our best to trace the descendants, who all have very special personal family stories to share. This emotional touch is really appreciated by the families who participate."

State Public Relations Manager of the NAA, Jane Keogh, believes the Jack Tar ceremonies will help preserve the Navy's legacy.

"If you have a ceremony in King George Square or a parade, it really does make an impression on people, rather than just writing a book about it or something like that," she said.

"These events tend to be forgotten once the war or the conflict is over. They just disappear. Actually doing something to remember them makes a real difference."

The following sailors, battles and vessels have been honoured at the Jack Tar ceremonies.

SUB LIEUTENANT KENNETH BRIGGS AND XE4

In early 2020, in conjunction with the Submariners Association of Australia, the NAA commemorated Sub Lieutenant Kenneth Briggs RANVR DSC and the men of XE4.

As a crew member of the midget submarine, Ken swam for 10 minutes with only a hose for oxygen to locate and cut Japanese communication cables between Saigon and Singapore on 31 July 1945. He faced enormous water pressure, time limits and primitive equipment. Just to prove a point, he returned to the submarine with a short length of the cable. To this day, he keeps it "in a safe place."

The cable had restricted the Allies' ability to overhear and intercept radio messages, and its destruction played an important role in the final defeat of Japan. Ken's granddaughter, Queensland Police Deputy Inspector Melissa Andersen, attended the ceremony and gave the address, adding a very personal note to the day.



"Ken swam for 10 minutes with only a hose for oxygen to locate and cut Japanese communication cables between Saigon and Singapore on 31 July 1945."



REMEMBERING HMAS VOYAGER

On February 25, 2021, a Jack Tar ceremony was held to honour the survivors of HMAS *Voyager*, as well as those who went down with the ship. The NAA issued an invitation to survivors and descendants of the tragedy, current and former RAN personnel, and friends and families to attend the ceremony.

The new CO of HMAS *Moreton*, Commander Phillipa Hay CSC RAN, also attended the commemoration. A special song written and recorded by Gold Coast singer Miriam Cope, 'The *Voyager's* Gallant Men', was played.

Four survivors, Alan Hellier, Vic McDade, Alex Hagerty and Bluey Ducker attended with their families and were visibly very moved by the ceremony. Miriam travelled from the Gold Coast to attend and meet the survivors.



“Using resourcefulness, ingenuity and a ‘can do’ attitude, the RANBT played a crucial role in the success of the Gallipoli withdrawal as they built the timber pier and stayed until every soldier was safely aboard the final departing ship. They were the last Australians to leave Gallipoli.”

1ST ROYAL AUSTRALIAN NAVAL BRIDGING TRAIN

In March 2020, the NAA commemorated Lieutenant Thomas Arthur Bond, DSO MID R.A.N.R of the 1st Royal Australian Naval Bridging Train (RANBT). The RANBT (1915-1917) transported food, water, ammunition, and supplies around the Gallipoli Peninsula during World War I.

Most of the unit had no prior experience or training. They were a rag tag bunch, very much outside Naval traditions, and from all walks

of life, including accountants, boilermakers, book binders and pearl divers. Using resourcefulness, ingenuity and a ‘can do’ attitude, the RANBT played a crucial role in the success of the Gallipoli withdrawal as they built the timber pier and stayed until every soldier was safely aboard the final departing ship. They were the last Australians to leave Gallipoli.

The RANBT were all reservists, and their 1st Lieutenant was a 50-year-old accountant from Brisbane, Thomas

Arthur Bond. Despite his background, Bond won the DSO for single handily capturing eight German officers and 20 armed New Guinea police in the Battle of Bitapaka.

One descendant, Ann Holland, travelled from Melbourne to honour her grandfather Alec Frank Holland from the RANBT. Ann also presented the NAA with a copy of Alec’s diary, which chronicled in detail every day of his time in the Navy during World War I.

LIEUTENANT LEONARD DARBY AND HMAS SYDNEY

In September’s ceremony, Senior Surgeon Lieutenant Leonard Darby was honoured for his selfless work on HMAS *Sydney* during the battle with SMS *Emden* in 1914. At age 25 and just one year out of medical school, Leonard and two medical orderlies worked for 40 hours straight during the Battle of the Cocos Island in terrible tropical

conditions to save the lives of the injured. Not only did he tend the wounded from *Sydney*, but also the injured from *Emden*.

Operating in bathrooms and corridors, his medical team worked on the horrific wounds sustained from shells and fires on both ships. Surgeon Darby quickly rose in the ranks, finishing his career as



Principal Medical Officer of Naval Ships and Establishments, but received no medals for his part in the Cocos Islands Battle.

HMAS YARRA

In November, the ceremony focused on those lost on HMAS *Yarra* during World War II in the Timor Sea. The *Yarra* was escorting three ships back to Fremantle on 4 March 1942, fleeing the Japanese attack on Singapore, when Commanding Officer Lieutenant Commander Robert Rankin sighted the Japanese heavy cruisers *Atago*, *Takao* and *Maya*.

He ordered his charges to scatter and deliberately turned into the Japanese convoy, placing *Yarra* in the path of the enemy, in the hope the other ships could escape. He attacked the Japanese ships vigorously, but against superior fire power, range and speed, the task was hopeless. However, the *Yarra* fought and kept on fighting even as one by one, the four Australian convoy ships were smashed and sunk in welters of flame and smoke. Rankin ordered 'Abandon Ship,' and minutes later he was killed when an eight-inch salvo hit the bridge.

Able Seaman Buck Taylor initially assisted some sailors to escape, then ignored the Captain's orders to abandon ship and returned to his gunnery post where he remained alone at his gun, firing slowly and defiantly at the enemy. Finally, like Teddy Sheean, Taylor went down with his ship. A presentation was made to Marie Farr, the granddaughter of Able Seaman Billy Witherall, who survived after 13 days in the water.



REMEMBERING HMAS VOYAGER

In April, the NAA honoured another Australian submarine, HMAS *AE2*. The Gallipoli campaign is widely remembered in Australia, but an important addition to the land campaign was the lesser-known part played by the *AE2*. One of Australia's first submarines, it forged a passage through the Dardanelles on 25 April 1915, at the very time troops were landing at ANZAC Cove.

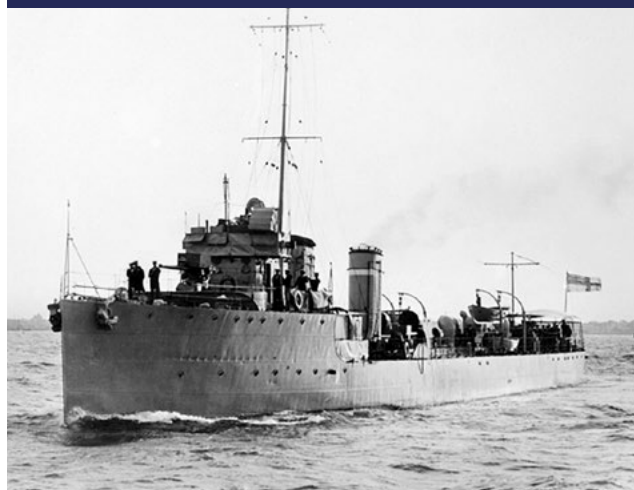
Writer Rudyard Kipling described this crossing as "six hours of blind death" as it meant suffering the sound of mine cables scraping along the side of the submarine as it slid under the minefields, and the fear of depth charges. Adding to this, the vessel had problems with its torpedoes and had to deal with deadly currents, Turkish artillery, prowling gunboats and the risk of running aground in shallow waters.

The Captain of the *AE2*, Henry Hugh Gordon Dacre Stoker, and its only Queensland crew member Alexander Charles Nichols, were honoured at the Jack Tar ceremony. Six of Alec's descendants attended, along with the granddaughter of PO Stephen Gilbert who sadly died in a Turkish prison camp.

AE2 was tasked with running amok in the Sea of Marmora, causing a distraction for the Turks during the ANZAC landings and to scupper their plans of bringing in fresh troops and resupplies by sea. Apart from this tactical objective, the *AE2*'s success in breaching the heavily fortified Dardanelles served as a rally for the ANZAC landing at Gallipoli.

Official war historian C.E.W. Bean observed a notice on a stump at ANZAC Cove that read "Australian Sub *AE2* just through the Dardanelles. Advance Australia!"

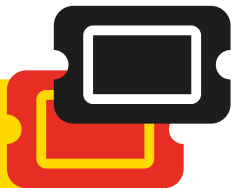
.....



A female Gold Coast SUNS player is shown in action, running with a red football. She is wearing a red sleeveless jersey with yellow accents and the team's logo. The jersey features several sponsor logos: 'COTTON-ON' at the top, 'AFL' and 'nab' on the left chest, and 'THE ST. FOOD CO.' on the right chest. The player is also wearing red shorts with a white logo on the left leg. She is holding a red football with both hands, which has 'CHEMIST WAREHOUSE' written on it. The background is a blurred red stadium seating.

FOR CLUB, COMMUNITY AND COAST

A game that recognises the ANZAC spirit characteristics of courage and mateship is back for 2022, with the Gold Coast SUNS and Brisbane Lions doing battle on Sunday 24 April at Metricon Stadium.



SPECIAL OFFER

FOR RSL QUEENSLAND MEMBERS

As part of the special partnership between RSL Queensland and the Gold Coast SUNS, RSL Queensland members can access heavily discounted tickets (\$10 for adults and \$5 for juniors) to attend with family and friends the ANZAC Appeal game between the Gold Coast Suns and the Brisbane Lions on 24 April 2022 at Metricon Stadium on the Gold Coast.

Enter the password **'SUNSRSLR6'** to secure your tickets online **using the QR code on the following page or by visiting [ticketek.com.au](https://www.ticketek.com.au) and searching 'SUNS'**

SUNS Chief Executive Mark Evans says the club wants to be part of the fabric of the Gold Coast, and more than just an AFL team.

"We want to show our support and raise awareness for causes that resonate amongst our community," he says.

"For this year's ANZAC Day eve clash, our players will wear a specially designed commemorative guernsey to acknowledge our partnership with RSL Queensland and raise awareness for the ANZAC Appeal."

"We'll be auctioning the guernseys worn by the players after the game and donating all proceeds to this year's ANZAC Appeal as a gesture of gratitude and support to those who have served."

The match honours the contribution made by current and ex-serving Defence members.

RSL Queensland CEO Robert Skoda says a pre-match ceremony will be held, including a recitation of *The Ode*.

"We're encouraging all Australians

to once again Light Up the Dawn with their ANZAC spirit and reflect on what it means to embody these characteristics – both on 25 April and every day of the year," Mr Skoda says.

"Courage, endurance, good humour, ingenuity and mateship are qualities that live on in our veteran community and through team sports like AFL. It's our honour to support this match and help the community reflect on the day in a unique and meaningful way."

"To me, Defence, AFL clubs and RSL Queensland resemble large families. The camaraderie that members of each group share is undeniable, and as someone who has feet in both camps – AFL and Defence – I feel grateful for the support and connection. The work RSL Queensland does is priceless."

A MATCH THAT MATTERS

For AFL Women's (AFLW) player and current-serving ADF member Jade Pregelj, the match has personal significance.

The Gold Coast Suns defender says joining the Army full-time after serving as a reservist ticked many boxes for her, and this year marks her eighth serving.

"Self-development, adventure, and testing and challenging limits of physical and mental toughness were



some of the things that appealed to me,” the AFLW player says. “And the life-long mates I’ve been able to make – much like a footy team.

“To me, Defence, AFL clubs and RSL Queensland resemble large families,” she says. “The camaraderie that members of each group share

is undeniable, and as someone who has feet in both camps – AFL and Defence – I feel grateful for the support and connection. The work RSL Queensland does is priceless.”

With “feet in both camps”, Jade sees common traits in both her football and Defence careers.

“Resilience and adaptability are two that come to mind,” she explains. “As a new team in the competition, in season one we had to learn fast and adapt to the competition. Working in the Army is a constant adaptation exercise.

“And you build resilience by learning what you can achieve when given a task or set on a mission. You can accomplish things you didn’t think you could a week ago, and then move onto bigger tasks.

“ANZAC Day is a moment to reflect on the sacrifice of not just the ANZACs, but all Australian service men and women throughout Australia’s history,” she says.

“I’m immensely grateful to commemorate the day, attending a Dawn service with my father and catching up with my current and ex-serving friends.” ←

ANZAC APPEAL ROUND

GOLD COAST SUNS V BRISBANE LIONS

\$10 ADULTS* | \$5 JUNIORS*

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*Save up to \$20 per adult ticket, save up to \$6 per junior ticket (6 - 14 years), maximum of 6 tickets per transaction. Transaction fees, processing fees and other charges may apply. Subject to availability. Offer only available online through Ticketek with password, not available at the box office on match day.

A VETERAN PAYS HIS ADVOCACY FORWARD



A successful experience with a veteran advocate after discharging from the Army inspired Gaythorne RSL Sub Branch member Scott Kennedy to pave a new career path in advocacy.

 **Lani Pauli**



Everyone needs help to get through the ups and downs of life. We know anecdotally – and from years of research – that many of our ex-serving members find the adjustment to civilian life challenging and need extra support to help guide them through.

Thankfully, no veteran needs to do it alone. The help is there when you need it. It's this type of help that inspired Scott to become a veteran advocate.

NAVIGATING THE UNKNOWN

Scott served nine years in the Army, and after leaving realised he needed help completing his DVA claims and getting extra support throughout his transition to civilian life.

"I joined the Army in 2011 after finishing high school and was medically discharged in January 2020," he says.

"A family friend recommended RSL DefenceCare. The process began with a welfare member checking in to see what support I needed and then I was assigned an advocate who led me through my appeal and claim applications."

Having spent most of his Defence career as a marine specialist and in operational border protection, with postings in Townsville, Darwin and Brisbane, Scott says the claims process was like a minefield.

"Working with an advocate takes the emotion out of it. There's all the paperwork and the different processes you need to go through

– from the initial claims to the permanent payment. Instead of me having to identify all that kind of stuff they were able to help me through."

ACTION THROUGH ADVOCACY

RSL Queensland's dedicated Compensation Advocates work every day to guide veterans through the DVA claims and appeals processes. Knowing how confusing, time consuming and stressful the process can be, the expert team guides veterans from starting their claim, carrying out behind-the-scenes research, lodging paperwork and being there to provide reassurance at every step of the way.

Knowing how vital a role a Compensation Advocate played



in his own claim process, Scott recently began Compensation Advocate Level 1 training.

"I've just started my training and it can take years to complete. I'm really looking forward to working full-time to support veterans through their claims and be that someone who understands what they're going through," he says.

"You need to take the emotion out of the claims process because it gets very overwhelming and working with an advocate gives you that space. It is one less thing for you to stress about when you're going through that transition period."

RSL Queensland Service Delivery Manager Alan Birkenhead says Compensation Advocates undergo continuous training for up to five years.

"They train intensively because legislation changes and there are four levels of efficacy they must finish to be accredited," he says.

"People find it a very rewarding job. They want to help veterans and they see the work they are doing is truly life-changing."

Many advocates-in-training have their own Defence experience, which helps guide their advocacy work, but Alan says it's their willingness to learn and assist other veterans that really sets them apart.

"One of our senior advocates is about to retire and he has been an advocate for 23 years. But he'll openly admit he doesn't know everything because there is always something new to learn about advocacy."

PART OF SOMETHING BIGGER

Scott, who joined Gaythorne RSL Sub Branch in early 2021, says he joined knowing he wanted to give back and help others going through similar experiences.

"It's very important to have like-minded people around you. To be



"You need to take the emotion out of the claims process because it gets very overwhelming and working with an advocate gives you that space. It is one less thing for you to stress about when you're going through that transition period."


able to talk to other veterans and find the best way to get through things," Scott says.

"As a part of your local RSL Sub Branch, you get to share the experience of everyone around

you and draw upon other support services in the area."

Alan agrees, "It is a powerful step to take to ask for help and the more who can, the stronger our community can be." ←

QUILTS HONOUR VETERANS AND THEIR WIDOWS

 *Tim Schaefer*



To learn more about Quilts of Valour
Australia, visit quilts ofvalour.com.au



OPENING IMAGE: World War II veterans Adrian Nall (100yo) and his wife Pamela (98yo) were among those surprised with a handmade quilt by Quilts of Valour Australia.

RIGHT: WWII widows, from left, Pat Schreyer, Jacqueline Lawford, Betty Patrick, Mai Bingham and Joan Colston.

BELOW: Barbara and Bill Kenny lead the Queensland Chapter of the Quilts of Valour Australia and presented quilts to veterans and war widows at Kawana Waters.



In early December, Kawana Waters RSL Sub Branch and Quilts of Valour Australia teamed up to hand over a special Christmas gift to veterans and Defence widows in recognition of their sacrifices for Australia.

Under the guise of scones, tea and coffee for the Mouldy Oldies – a group of the Sub Branch’s WWII veterans and widows – about a

dozen members were presented with a beautiful handmade quilt by Quilts of Valour Australia.

The idea behind the quilt is to literally wrap veterans – and the partners left behind – in

love, warmth, care and healing in honour of their sacrifice for Australia. The Quilts of Valour initiative started overseas in the early 2000s, and the Australian arm was formed in 2012.

“Under the guise of scones, tea and coffee for the Mouldy Oldies – a group of the Sub Branch’s WWII veterans and widows – about a dozen members were presented with a beautiful handmade quilt by Quilts of Valour Australia.”



Kawana Waters RSL
Sub Branch President
Gary Penney with WWII
veteran Adrian Nall.

*“Every little thing we
can do to honour our
WWII servicemen –
and our widows who
went through it all with
them, and looked after
them as they got to
later life – we will do.”*



Kawana Waters RSL Sub Branch President Gary Penney, who helped organise the surprise, said it was the least he could do for the Mouldy Oldies.

“These people are our treasure, they are our heritage, and they are the people that made it possible for us to be here today,” he said.

“Every little thing we can do to honour our WWII servicemen – and our widows who went through it all with them, and looked after them as they got to later life – we will do.” ←

YOU MIGHT BE SLEEP DEPRIVED IF YOU EXPERIENCE THESE SIGNS

It's possible you're suffering from sleep deprivation, even if you feel like you're getting enough sleep. That's because the symptoms of sleep deprivation aren't always as clear-cut as you might think. For example, it isn't just the feeling of being sleepy that indicates you're running low on sleep, there are some other tell-tale signs that can suggest the amount or quality of sleep you're having isn't enough.

It may not be a term you've heard of, but sleep debt is a real condition with implications for your well-being. The concept of sleep debt is one way in which sleep deprivation can creep into your life without you even realising it. Sleep debt is accumulated gradually, and is said to result from an hour or more of missed sleep every night for several nights. Sleep debt can get so bad that several nights of regular sleep are required to return the body to normal functioning.

So, what are the signs you should be watching out for then?

The frequency of any disturbed sleep...

Look, everyone has trouble sleeping now and then and we've all experienced the occasional sleepless night and groggy morning.

We may even go through a period when we experience these things more than usual, such as during times of life transitions and stress. When you might have a more significant problem, is when sleep disturbances and deprivation become a regular occurrence without any obvious underlying circumstances or cause.

Noticeable irritability or low mood...

Have you found yourself being more impatient and snappier than usual? It's possibly a lack of sleep that's causing this as experts say insufficient sleep can certainly lead to irritability.

If you are feeling depressed and having a hard time understanding why, you might want to take a look at your sleep habits.

While sleep deprivation may not be a direct cause of depression, but rather a symptom, it's been shown there are clear links between sleep quality and mood.

It's not always easy to acknowledge or accept mood changes in yourself, but those around you are likely to have noticed and it may be worth having an open and honest chat with them.

If there's enough concern, making an appointment to see a health professional is certainly recommended to rule out other health causes or issues.

Are you hungrier than normal and have you put on weight?

Were you aware that a lack of sleep may increase your appetite and cause weight gain?

The body needs energy and when it's sleep-deprived this can prompt a craving for sweets, carbohydrates, or just greater food intake in general.

Sleep deprivation also triggers the release of hormones that can increase appetite. Getting too little sleep can cause hormone imbalances that result in weight gain even if there's not been a noticeable increase in appetite.

What are your options, if you are concerned about your sleep health?

If any of the above sound familiar and you're worried that you aren't getting enough good sleep, the most important thing to do is to take action.

The experts at Sleep Healthcare Australia are always happy to take your phone call to discuss your sleep health.

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As a ResMed approved DVA supplier we can work with you and your GP to ensure you're getting a great night's sleep, every night, to keep your health and well being on track. Just call them on **1800 717 566** to discuss your sleep health today.

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MEETING VETERANS WITH UNDERSTANDING

Coming back home as a veteran and trying to find your feet is an experience Oakey RSL Sub Branch President Christopher Markham knows all too well. Now, the Vietnam veteran is helping fellow veterans navigate this journey as an advocate.

 **Lani Pauli**

IT was this experience of finding his own support and community after returning from service that led Chris to step up as an advocate for veterans in his community.

Chris, who was Oakey RSL Sub Branch Vice President for 11 years before being voted President in March 2021, says his journey to being an RSL member was a long one.

"I shunned the RSL for years after returning from Vietnam," he says. "I would say I was a closet veteran for a lot of years."

"I've been a member now for about 22 years, but it took people close to me a long time to convince me the organisation had changed since I returned from Vietnam and get me to join.

"I needed something to do because I was living on 40 acres out in the bush. When I joined, they didn't have a permanent advocate, so I decided to get

into advocacy. We have so many people that fall through the cracks needing help with compensation claims or DVA claims."

Chris uses his own experience as a veteran to champion empathy when it comes to understanding the plight of current veterans returning home from deployment or finishing their time serving.

"I know what that is like. It took me 10 years to become a TPI [Totally and Permanently Incapacitated] veteran and that was before I joined the RSL. Someone had given me the wrong advice and I thought to myself 'that is never going to happen again.'"

"It's very hard when you leave the service, and when it has been your family. When you go to work in a civilian role it isn't the way you're used to doing things.

"As an advocate who has been through it all, I can relate to the younger people that come to us and have served in modern wars or deployment. When we came back from Vietnam, we were similarly seen by older Veterans from World War I and II as the 'young' veterans. So, I know what it is like.

"It's hard to navigate the issues and how they work, and all the documents that you need. So as a veteran advocate I show them how GAF works, how the SAP's work. I help them with what they need to say to their doctors and it's all these small acts of help that makes it so much easier for them."

A PLACE WHERE EVERYONE'S WELCOME

A transient community isn't a deterrent for Chris, rather he sees it as an opportunity to ensure a consistent experience.

"We've got a great Sub Branch here – one of the biggest in the area. It's family-orientated, with about 450 members," he says.

"Every new ADF member that comes to our Sub Branch, I meet them personally to welcome them. They might only be here for a few months, but it doesn't matter – we welcome them with open arms. We're all the same family."

As Sub Branches continue to evolve and the face of members continues to change with the time, 73-year-old Chris is excited by it all.

"I'm embracing all this technology we've been given, and I love computers," he says. "I suppose, at 73, I feel younger than what I am.

"Our organisation is changing but we still have a common bond as veterans. We'll always be there to help support each other." ←

Oakey RSL Sub Branch keeps members up to date with regular posts via www.facebook.com/OakeyRSLSubBranch







GALLIPOLI
MEDICAL RESEARCH FOUNDATION



RESEARCH TO RESTORE LIVES

*RSL Queensland,
in partnership with
Gallipoli Medical
Research Foundation
(GMRF), is investing
in research to make
a difference for
veterans.*

THE year 2021 was significant for GMRF, the independent research institute based at Greenslopes Private Hospital. Thanks to years of significant investment from RSL Queensland, the Foundation has a multidisciplinary team of researchers finding solutions to the mental health and wellbeing concerns facing veterans and their families.

GMRF moved from strength to strength last year, with the launch of Go Beyond as well as the completion and publication of many other research manuscripts.

These are some of the major research highlights from GMRF over the past 12 months.

DEVELOPING WORLD-FIRST PSYCHOLOGICAL ASSESSMENT TOOLS TO CREATE A BRIGHTER FUTURE FOR VETERANS

Following on from the release of the Military to Civilian Adjustment and Reintegration Measure (M-CARM) in late 2020, Go Beyond is a national program helping veterans navigate life beyond service. M-CARM and Go Beyond are the result of a world-first six-year research study conducted by GMRF and funded by RSL



“It was clear from the research that more work is needed to make sure veteran families are gaining access to the right mix of services at the right time. There is a pressing need for high-quality implementation studies that evaluate initiatives for integrating fragmented systems of care.”

Queensland, which uncovered five key areas in a veteran’s transition experience that indicate successful adjustment.

The online learning tool offers free, personalised short courses based on a simple five-minute survey completed by the veteran to assess how their transition is progressing.

Since launching, the program has been giving veterans the real-world tools they need to create a brighter future after service.

“I actually wish I had this module [Resentment and Regret] *earlier*,” veteran Laura says.

“I went through a lot of the situations the module discusses, however, have resolved a lot of them the long way I think. This module helped me put a lot of past experiences into perspective.”

Read more about the impact of GMRF research at gallipoliresearch.com.au or start Go Beyond today at gobeyond.org.au

UNDERSTANDING THE PHYSICAL AND PSYCHOLOGICAL IMPACT OF SERVICE

One of the many challenges facing veterans of all generations is over-

prescription of medication. Service can take a physical and mental toll on veterans, however, the impacts can sometimes be difficult to see.

The veteran running your local café or coaching your child’s cricket team could be experiencing many different effects of service.

Medical professionals treat each individual health concern with the utmost care, although with different specialities needed to address these coexisting conditions, treatment can become micro-focused. Multiple medications prescribed to treat multiple health concerns can cause more problems than solve them.

At GMRF, research takes a holistic approach to understanding and enhancing the health and wellbeing of veterans. In 2021, we continued our investigations into the full extent of over-prescription in veterans and the effect of multiple medications to treat co-existing illnesses, and find potential risks, to increase awareness among doctors, clinicians and other prescribers.

Educating and sharing knowledge among medical professionals is key to successful treatment for veterans. Research conducted from 2020-2021 will provide evidence enabling

health practitioners to improve communication between prescribers for veterans with multiple health conditions.

Helping doctors and other health practitioners prescribe more efficiently and safely can help create a healthier and happier future for veterans, as well as relieving the overall cost on the Australian healthcare system.

NEW RESEARCH TARGETS INTEGRATED CARE FOR VETERAN FAMILIES

Research shows that health and wellbeing needs in families intensify as veterans transition from full-time military service to civilian environments. Families with needs that span health and socioeconomic concerns can face challenges navigating the many services and programs offered by military and civilian systems of care.

In 2019, GMRF launched the Families with a Veteran project. The project was a large collaborative initiative commissioned by RSL Queensland and Legacy Brisbane, delivered in partnership with Mates4Mates and Open Arms, and overseen by a Steering Committee that included representatives from the ADF and the Department of Veterans’ Affairs (DVA).

The project, led by Dr Angela Maguire, was a year-long undertaking that focused on understanding health and wellbeing needs in veteran families, and service providers’ and families’ experiences of navigating the veterans’ support system.

“The Australian health and social care system can be challenging to navigate if you’re a civilian,” Dr Maguire says. “Then you add the Defence, DVA and ESO systems of care. Once families are engaged with a number of different agencies, coordinating care can get quite difficult.”

In December 2021, GMRF was called to give evidence to the

Royal Commission into Defence and Veteran Suicide (Hearing Block 1 – Day 9). In her evidence to the Commission, Dr Maguire presented the findings from the project and highlighted the burden of care that some families are experiencing. She emphasised the value of working with families and service providers to co-design care coordination solutions.

In January 2022, the qualitative study from the project was published in the international peer-reviewed literature. The research emphasises the need for a military-informed, family-centred approach to service delivery. The article is free for anyone to access via <https://rdcu.be/cE4RV>.

"It was clear from the research that more work is needed to make sure veteran families are gaining access to the right mix of services

at the right time," Dr Maguire says. "There is a pressing need for high-quality implementation studies that evaluate initiatives for integrating fragmented systems of care."

GMRF recommended that the organisations involved in the project leverage their close working relationships to maximise benefits for families with multi-agency needs. RSL Queensland CEO Rob Skoda and Legacy Brisbane CEO Brendan Cox are united in their view that veteran support services must be informed by evidence and provided in a collaborative and cohesive manner to have the greatest impact on family health and wellbeing outcomes.

"GMRF's newly published research confirms our collective thinking about the challenges some families experience when navigating veterans' support

services. We were aware of the problem; now we have specific targets for improvement activities," Mr Skoda says.

The findings from the Families with a Veteran project also informed the development of a five-year program of research (2021-2026) for the GMRF Military Families stream.

Supported by RSL Queensland and led by Dr Maguire, this research focuses on the relationship between military service experiences and family system functioning, and the processes that promote successful family adjustment and adaptation. As this research progresses, we look forward to sharing the findings. ←

INSET:
Dr Angela Maguire led the Families with a Veteran project, a yearlong undertaking that focused on understanding health and wellbeing needs in veteran families, and service providers' and families' experiences of navigating the veterans' support system.



MATESHIP



BOWEN RSL SECURES NEW ROOF

Bowen RSL Sub Branch celebrated their successful Gambling Community Benefit Fund grant application that will allow them to purchase and install a new roof. Volunteer bar staff (pictured L-R) Chris Atkins, Michael Deckert and Robert Byles are looking forward to welcoming new members in 2022.



ONLINE SEARCH LAUNCHES FOR CALOUNDRAS MEMORIAL

Veteran memorial plaques along Caloundra's Headland Memorial Walk are easier to find thanks to a new online database developed by Caloundra RSL Sub Branch Vice President Terry O'Connor. The 1.2km walk between Shelly and Kings Beaches has 2,400 bronze plaques in the footpath and the database helps visitors narrow their search for a plaque to no more than 80m. Search the database at caloundrarsl.org.au/plaquetable.html

MEDALS RETURNED

Calliope RSL Sub Branch Secretary Darryl Saw has played an important role in returning the WWII medals of service of Charlie Hick to his family. Almost 40 years after Charlie passed away, Darryl – along with Inspector Darren Somerville and Police Chaplin Glenn Louttit – were able to present Ken Hick (pictured) with his Great Uncle's medals.





A SPINNING RESTORATION

Finch Hatton Sub Branch is spinning with the restoration of an original Queensland Ambulance Transport Bridgade (QATB) raffle wheel now taking pride of place at fundraising and community events. Saved from the dump by Auxiliary member Graeme Ware (pictured in front with Wendy Sievers, and Lisa Roebig-Holmes far right, and from top left Mackay Veterans Support Group members and partners Adam West, Sue Palmer, Bill Hey, Ray Higgins, Gary Smith, Ali West, Col Walz and Les Palmer) it was lovingly resorted with local artist Lisa Roebig-Holmes painting all 218 numbers freehand and spun for the first time in 50 years in October 2021.

COORPAROO MEMBER CENTENARY CELEBRATED

Coorparoo and Districts Sub Branch Life Member Joan Polson celebrated her 100th birthday on 17 February. The Sub Branch celebrated Joan and her incredible achievement (pictured) at the Sub Branch.



TIME SAVING STAKES INSTALLED

Stakes to hold the flags in position at Goondiwindi RSL Sub Branch's ANZAC Day services have been installed permanently by members. Previously, the Sub Branch placed a wooden stake at the grave of every service man and woman at the Goondiwindi Cemetery, which took members a long time. Pictured (L-R) are Greg Rixon, Russell Billsborough and Bill Brasington after installing several of the stakes at Goondiwindi Cemetery.

QUILTS OF VALOUR DONATED IN TWEED HEADS AND COOLOONGATTA

Geoff Partridge (ex RAAF) and a Committee Member of Tweed Heads and Coolangatta RSL Sub Branch was presented with a hand-made quilt made by Lorraine Hunter from Quilts of Valour Australia.



A VERY HERVEY BAY CHRISTMAS

Hervey Bay RSL Sub Branch's Wellbeing team, together with the RSL Club, hosted a delicious Christmas lunch for their members and carers. The event included a 'Christmas Instagram Wall' and entertainment from The Sandy Strait State School Choir. Pictured (L-R) enjoying the festivities are Wellbeing Coordinator Chrissy Dimitriou with veteran Alysia Chapell and volunteer WSOs Aileen Bennett and Chrissy Woo.



REST IN PEACE JOCK

The veteran community was saddened by the passing of Jock Henderson on 30 November 2021. Jock was a life member of RSL Queensland and recipient of The Meritorious Medal. He committed his life to service and after a long naval career with the Royal Navy, Royal Australian Navy, and Royal Australian Navy Reserves, became involved in the RSL. Jock was a much-loved member of the Ipswich RSL Sub Branch and Honourary Life Vice President of Moreton District. Pictured here is Jock, right, and Ron Batemann at the opening of the new Moreton District office in 2018. We express our deepest condolences to Jock's family, friends, and all who knew and loved him. Rest in Peace and Lest We Forget.

FAMILY MEDALS RETURNED SAFELY

Sunnybank RSL Sub Branch President Hugh Polson presented Dennis Leah with refurbished and remounted medals that belonged to his father. Stolen in 2018, the medals were recovered with the assistance of a community member and the Queensland Police Service. Sunnybank's Preservations Officer Jan Beurkens refurbished the medals so they could be returned safely to the Leah family. Pictured (L-R) are FLTLT Adam Lo OAM, Dennis Leah, Hugh Polson, and Jan Beurkens.



CURRUMBIN ENJOYS CHRISTMAS CONCERT

Currumbin Palm Beach RSL Sub Branch members embraced the festive spirit with a Christmas lunch concert with Normie Rowe AM headlining the show. 'Australia's first King of Pop' and Vietnam veteran wowed the capacity crowd with his classic hits (pictured).



AUSTRALIA DAY AWARD

Emerald RSL Sub Branch President Noel Mallyon was recognised as one of two recipients of the 2022 RSL Pioneer-Fitzroy-Highlands District Australia Day Silver Medallion in his District for outstanding achievement, length of service and contributions to the RSL. Noel, who is now also a lifetime member, has been with the RSL for 42 years.

GRAVE RESTORATION

Volunteers from Gin Gin RSL Sub Branch including Dick Culey, Joy Culey, Blue Baker, Marjorie Gallagher, Steve English and Taffy Sanders-Jones (pictured) have banded together to restore the final resting place of WWII veteran, John Griffith Gallagher. "Griff" as he was known, served in Borneo and was tragically killed in 1946 in an accident after returning to Australia.



GRANT SUPPORTS STAIR REPAIRS

A conversation between Barry O'Rourke MP and a member of the Gracemere and District RSL Sub Branch resulted in the materials and labour (at half cost) being covered by the Charitable Object Funds to repair the unserviceable front stairs of local war widow Barbara Schunnemann. Barbara was delighted with the stairs being repaired and thankful to all involved from the Sub Branch.



MEMORIAL WALL UNVEILED AT LAIDLEY RSL

Col Johnston and Mark Ramsay (pictured), members of Laidley RSL Sub Branch, have unveiled a memorial wall containing photographs of their departed comrades. The memorial wall pays respect to the Sub Branch's diverse mix of veterans including members of the Royal New Zealand Air Force, the British Army and the Royal Navy.

LOCAL GOODIES SPREAD FESTIVE SPIRIT

Salisbury RSL Sub Branch Secretary Keith Williams was the recipient of the Sub Branch's Christmas hamper of locally made produce. Keith is a WWII veteran who was in Darwin when it was bombed by the Japanese on 12 February 1942. President Tony Stevenson also presented a hamper to WWII veteran Lloyd Statham.



SHARING IN THE CHRISTMAS SPIRIT

Mackay RSL Sub Branch President Ken Higgins OAM shared the Christmas spirit with World War II RAAF veteran Terence "Terry" Hayes (pictured) with a Christmas hamper.



STANTHORPE HAMPER PRESENTATION

Stanthorpe RSL Women's Auxiliary member Margaret Halford was given an RSL Christmas hamper by Stanthorpe RSL Sub Branch President Martin Corbett at their Christmas gathering. Margaret has been a valued member for many years and was very thankful for the hamper.



CHRISTMAS HAMPER FOR SUB BRANCH SECRETARY

Mudgeeraba/Robina RSL Sub Branch Secretary Shakey Lake presented former Secretary John Foley (pictured) with an RSL Christmas hamper for his work with the Sub Branch. The hamper was donated by RSL Queensland. John is not as mobile as he once was, and he was chosen to receive the hamper for his work with the Sub Branch.



CENTENARY CELEBRATION OF WAR MEMORIAL

The Killarney and Warwick RSL Sub Branches commemorated the centenary opening of the Tannymorel War Memorial in February. RSL Queensland State President Major General Stephen Day DSC, AM attended and led the parade (pictured) from the outskirts of Tannymorel to the Cenotaph. The service was attended by Southern Downs Regional Council Mayor Vic Pennisi and more than 100 locals, before a light lunch was served.



HOSPITAL PACKS

Following a successful pilot in 2021, RSL Queensland continues to assemble hospital care packs for veterans in need. The packs are given to Districts for distribution in their area as they receive advice from Sub Branches or members. The packs contain functional, gender neutral items. Contact your local District office for more information.

COMMUNITY

OLYMPIC WIN

Bundaberg RSL Sub Branch former 2015 Queensland RSL Youth Development Program recipient, Tahli Gill, secured Australia's first curling win at the Beijing Winter Olympic Games. Alongside her curling partner, Dean Hewitt, the duo competed at the Games for the first time.



PLAQUE UNVEILED TO HONOUR SERVICE ANIMALS

On National Day for War Animals on 24 February, a bronze plaque was unveiled at the Air Force Museum of New Zealand in honour of the service and sacrifice of military animals. The plaque was donated by veteran Nigel Allsopp on behalf of the Australian War Animal Memorial Organisation, which has established over 40 memorials to service animals across Australia and Internationally. Nigel is a former RNZAF dog handler and recipient of the RSL ANZAC of the Year in 2017.

The plaque was unveiled by Roger Parton, former Deputy Provost Marshal of the RNZAF. Roger was also one of the RNZAF's first dog handlers. The plaque reads: "Pets and mascots have always been part of military culture. They offered comfort, solace, and simple distraction from the grim realities of war. Through their unwavering devotion and boundless affection, they kept spirits high and gave many a link to normality and peace. We honour their deeds and faithfulness."

RNZAF Squadron Leader Bruce Sinclair represented AWAMO. Bruce and Nigel served in the RNZAF Police together in the 1980s. Thanks also to members of Nelson RSL who attended and Police and Corrective services dog teams. Finally, to Wigram Museum staff who made it possible. Photo credit: NZDF and Wigram RNZAF Museum.



NAVAL OFFICER GUEST TALK

The Naval Association of Queensland's Jack memorial monthly ceremony welcomed guest speaker Capt. Bob Dagworthy AM in November. Capt. Dagworthy was the CO of HMAS Arrow, which was destroyed during severe weather conditions during Cyclone Tracey in 1974. Pictured with Bob (wearing medals) is Ipswich Naval Association members and Welfare Officer Paul Andrews handing Bob a ring spanner from the HMAS Buccaneer.



PAWS TO KEEP MEMORIES ALIVE

A Wall of Remembrance for military dog handlers has been erected at the RAAF Security and Fire School (RAAFSFS). The wall features paw prints with the names of fallen military dog handlers engraved inside. CO RAAFSFS WGCDR Craig Nielsen, patron of the RAAF Dog Handlers Association (RDHA) GPCAPT Guy Burton, members of the RAAF Dog Handlers Association, RDHA, SFS staff and graduates of the basic MWD course session 0016 all attended the unveiling of the wall on 24 November 2021. Pictured is Kim Hodges and Ray Thomas adding another name to the new Wall of Remembrance.

LIGHT UP THE DAWN

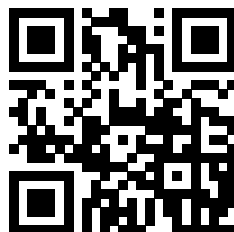
Commemorate Your Way



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 scan the code to visit lightupthedawn.com.au

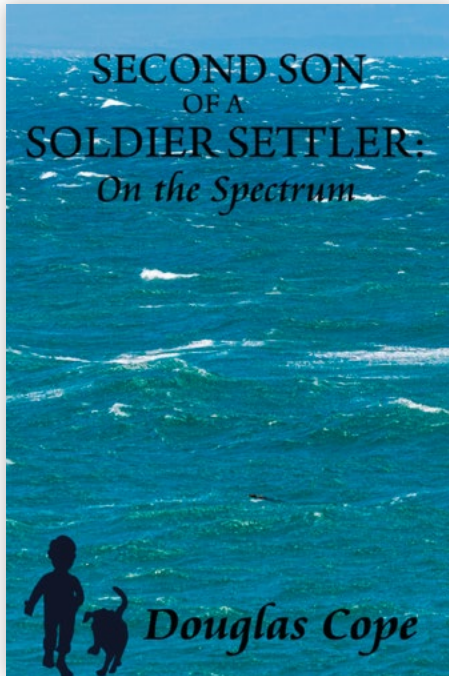
Lest we forget.



RSL
Australia

WIN

SECOND SON OF A SOLDIER SETTLER: ON THE SPECTRUM



Douglas Cope's father served overseas with the AIF during WWII. After discharging, his father was encouraged to put his name forward for the Soldier Settlement Scheme.

As a young boy, Douglas couldn't understand the behaviour of his father, a man who was likely damaged by his time at war. Douglas yearned for independence and at the age of 15 his father conceded and sent him into the Navy for 12 years.

On 17 December 1964, Douglas was on board a ship that suffered a savage ambush. Some 42 years later in 2006 – after two years of psychiatric treatment – he was diagnosed with long-term mental scarring and post-traumatic stress disorder. Douglas was also told that he had probably been on the Autism spectrum since childhood.

Douglas wrote *Second Son of a Soldier Settler* hoping it would help his family understand his behaviour and temperament, which was a product of witnessing his own father's struggles.

Second Son of a Soldier Settler by Douglas Cope is published by In House Publishing (RRP: \$30).

FOR YOUR CHANCE TO WIN one of four copies of *Second Son of a Soldier Settler*, email your name, address and contact number to editor@rslqld.org (with the subject 'Second Son of a Soldier Settler') or post to 'Second Son of a Soldier Settler', PO Box 629, Spring Hill Qld 4004. Competition closes on 25 April 2022.

ECHOES OF GALLIPOLI: FOR THOSE LEFT BEHIND

Echoes of Gallipoli starts where other books about Gallipoli finish.

It tells the stories of mothers and fathers who stayed at home when their children went to war and were either killed or returned home wounded and broken. It describes the grief and devastation these families endured, and how they coped – or didn't.

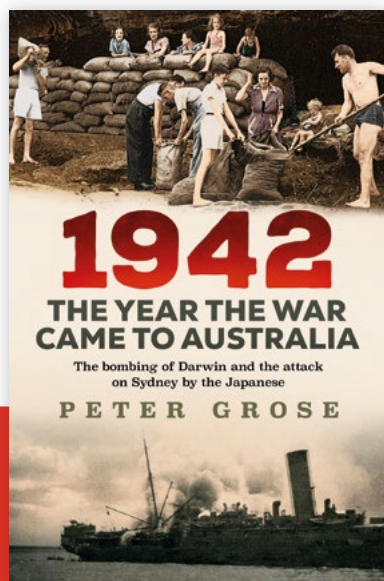
The book includes representatives from all 10 nationalities fighting for the Allied Forces in 25 unique and very personal stories.

Echoes of Gallipoli will be a numbered, limited-edition book (1,000 copies), signed by author Chris Shaw and wrapped in a leather-bound cover. A significant proportion of the money raised will go to helping our veterans doing it tough.

Echoes of Gallipoli by Chris Shaw will be available on pre-sale from 27 March via chrisshawauthor.com (RRP: \$300).



FOR YOUR CHANCE TO WIN a copy of *Echoes of Gallipoli*, email your name, address and contact number to editor@rslqld.org (with the subject 'Echoes of Gallipoli') or post to 'Echoes of Gallipoli', PO Box 629, Spring Hill Qld 4004. Competition closes on 25 April 2022.



FOR YOUR CHANCE TO WIN one of four copies of *1942: The Year the War Came to Australia*, email your name, address and contact number to editor@rslqld.org (with the subject '1942: The Year the War Came to Australia') or post to '1942: The Year the War Came to Australia', PO Box 629, Spring Hill Qld 4004. Competition closes on 25 April 2022.

RED TAIL SKIES

From the challenges of its earliest days to the significant but little-known involvement in Australia's World War II campaigns and its surge into the jet age and beyond, these are the stories of the men and women, the risk takers and the characters, who shaped Qantas.

Generous and richly told, *Red Tail Skies* is a warm-hearted reminder of why Qantas remains so important in the Australian psyche. It is the story of how a uniquely Australian style shaped the safest airline in the world.

Red Tail Skies by Jim Eames is published by Allen & Unwin (RRP: \$34.99).

1942: THE YEAR THE WAR CAME TO AUSTRALIA

The bombing of Darwin by the Japanese on 19 February 1942 was the first wartime assault on Australian soil. The Japanese dropped more bombs on Darwin, killed more civilians in Darwin and sank more ships in Darwin than Pearl Harbor.

Three months later, on 31 May 1942, three Japanese midget submarines crept into Sydney Harbour and caused an unforgettable night of mayhem, high farce, chaos, and courage. The war was no longer confined to distant deserts and jungles. It had well and truly come to Australia.

Absorbing, spirited and fast-paced, *1942: The Year the War Came to Australia* tells the story of the under-armed and unprepared soldiers and civilians who faced their toughest test on home soil.

1942: The Year the War Came to Australia by Peter Grose is published by Allen & Unwin (RRP: \$32.99).



FOR YOUR CHANCE TO WIN one of four copies of *Red Tail Skies*, email your name, address and contact number to editor@rslqld.org (with the subject 'Red Tail Skies') or post to 'Red Tail Skies', PO Box 629, Spring Hill Qld 4004. Competition closes on 25 April 2022.



QUEENSLAND RSL NEWS WINNERS

Edition 4, 2021

BOMBS AND BARBED WIRE

G Muller, Walloon
B Collins, Taringa
P Fletcher, Warana
T Olsen, Gracemere

GUN TO THE HEAD

J Renton, Browns Plains
E Swann, Albany Creek
C Ryan, Cleveland
D Cameron, Lawnton

SMALL ACTS OF DEFIANCE

D Edwards, Urangan
A Kennett, Middle Ridge
W Barber, Gympie
J Douglas, Coolangatta

THE BATTLE FOR SHAGGY RIDGE

I Mackay, Bargara
M Bishop, Godwin Beach
E Maloney, Stafford
S Mollenhagen, Malanda

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

DRAW 395

NOW OPEN!

WIN IT ALL

\$10 MILLION

Gold Coast Dream

APARTMENT COMPLEX

TICKETS
ONLY
\$10



Draw 395 is your chance to win the ultimate Gold Coast Dream – an entire beachfront apartment complex valued at **\$10 million!**

DRAW 395 OPENS 12.01AM (AEST) 16 MARCH 2022 | CLOSES 8PM (AEST) 18 MAY 2022 | DRAWN 10AM (AEST) 25 MAY 2022

VIP CLUB MORE MILLIONS FOR MEMBERS

RSL Art Union Draw No. 395 (AU395L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. QLD licence No. 29819, ACT Permit No. R21/00235, VIC Permit a maximum of 1,071,765 bonus tickets. Active VIP Club membership entitles members to automatically receive tickets in each Prize Home Draw, including the Golden Treasure Draws and VIP Heroes Draws as well as entries into any additional draws associated with each one \$100,000 cash draw. Eligibility criteria for all additional draws can be found at www.rslartunion.com.au/termsandconditions. Main prize and additional draw winners will be notified by registered mail and results for all prize winners will be published in The Australian RSL Art Union Draw No. 396 (AU396L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006 under QLD licence No. 29819, ACT Permit No. R22/00035, may include a maximum of 1,112,744 bonus tickets. Active VIP Club membership entitles members to automatically receive tickets in each Prize Home Draw, including the Golden Treasure Draws and VIP Heroes Draws as well as entries into any additional draws associated may enter the Early Bird additional draw associated with AU396L. Prize: \$10,000 Gold Bullion. Eligibility criteria for all additional draws can be found at www.rslartunion.com.au/termsandconditions. Main prize and additional draw winners will be notified by registered if the draw is sold out, the order will be automatically entered into the next draw, Draw 397. Both Draws will be drawn at ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Proceeds are for the purpose of veteran welfare and support in Australia. Entrants selected supplier, subject to their terms and conditions. Information correct at time of printing. For up to date details and full terms and conditions please refer to www.rslartunion.com.au.

Buy your tickets at rslartunion.com.au or 1300 775 888

DRAW 396

COMING SOON

WIN THE

\$3.6 MILLION

Multi-State Trifecta

ALL THREE APARTMENTS

TICKETS
ONLY
\$5



Draw 396 is your chance to win three stylish apartments – one each in Sydney, Melbourne and the Gold Coast.

DRAW 396 OPENS 12.01AM (AEST) 11 MAY 2022 | CLOSES 8PM (AEST) 15 JUNE 2022 | DRAWN 10AM (AEST) 22 JUNE 2022

Join the VIP Club and never miss your chance to win!

RSLARTUNION.COM.AU/VIP

No. 10624/21, NSW Authority No. GOCAU/2332, SA Permit No. M14160. Close date: 8pm (AEST) 18/05/22. Draw Date: Drawn 10am (AEST) 25/05/22. Prize value \$10,460,965. The total number of tickets available for AU395 is 4,129,000 which may include Prize Home Draw. Eight additional Weekly \$5K Pay Day Draws and one additional Quarterly Cash Draw are associated with AU395L which are only available to eligible VIP members. Prize value is \$140,000 cash consisting of eight \$5,000 cash draws and on 01/06/22. Cheque, money order and credit card payments must be received by 18/05/22 to be entered into Draw 395. If an order is received after this date or if the draw is sold out, the order will be automatically entered into the next draw, Draw 396. VIC Permit No. 10103/22, NSW Authority No. GOCAU/2332, SA Permit No. M14200. Close date: 8pm (AEST) 15/06/22. Draw Date: Drawn 10am (AEST) 22/06/22. Prize Value: \$3,679,473. The total number of tickets available for AU396L is 4,416,000 which with each Prize Home Draw. Four additional Weekly \$5K Pay Day Draws are associated with AU396L which are only available to eligible VIP members. Prize value is \$20,000 cash consisting of four \$5,000 cash draws. Eligible VIP and Non-VIP members mail and results for all prize winners will be published at www.rslartunion.com.au/winners on 22/06/22. Cheque, money order and credit card payments must be received by 15/06/22 to be entered into Draw 396. If an order is received after this date or must be 18 years or over. Some items shown in pictures are for display purposes only. Selling costs and market variations apply when selling gold bullion. Travel is in the form of a voucher, is not redeemable for cash and must be booked directly with our



“TELL ME, PLEASE, YOU’RE NOT A PRANK CALL!”



IAN*, from Far North Queensland, was still in his pyjamas when he got the call that would change his life.

He'd just won RSL Art Union Draw 392: the ultimate \$3.6 million beachfront oasis!

"Tell me, please, you're not a prank call!" Ian said as Deborah Pescott, our Head of Lotteries Commercial Operations, delivered the happy news.

Ian handed the phone to his wife Pamela*, and it became clear he was trying to prove a point.

"I'm just looking at his face," Pamela laughed. "He's giving me the look because I'm the one rousing at him about buying tickets all the time!"

THE ULTIMATE \$3.6 MILLION BEACHFRONT OASIS

Looks like Ian is out of the doghouse! He and Pamela are now the owners of a luxury, absolute beachfront apartment in the heart of Surfers Paradise, valued at \$3.2 million.

With three bedrooms, an oversized balcony, \$136,784 worth of furniture and appliances, and breathtaking ocean views, this beautiful prize home offers a dream escape.

Ian and Pamela will get to spend endless summers relaxing at the beach or in the pool, enjoying all the wonders of the Gold Coast!

Plus, they'll have \$350,000

in gold – including a bonus \$100,000, because they bought a \$100 ticket book – to spend as they please!

“RSL HAS ALWAYS BEEN VERY, VERY IMPORTANT TO OUR FAMILY”

As excited as they were about the chance of winning a prize, Ian and Pamela have very personal reasons for supporting RSL Art Union.

Ian's late father was a serviceman – and after the bombing of Japan, he was one of the first Australians dispatched to assist with the clean-up.

"It affected his lungs for many, many years," Pamela explained to us. "So, anything to do with RSL has always

been very, very important to our family."

Winning a multimillion-dollar dream home, while also helping veterans in need, has been the ultimate win-win for Ian and Pamela.

"The fact that it's an RSL prize home just makes it that little bit more special."

A HEARTFELT THANKS

Congratulations, Ian and Pamela – we wish you all the very best for the future!

A heartfelt thanks to you, and to all RSL Art Union's wonderful supporters. Every ticket sold helps veterans in Queensland and throughout Australia.

**Names changed for privacy reasons. ←*

SPOTLIGHT

on our services

RSL QUEENSLAND – HELPING YOU ACHIEVE THE BEST OUTCOME WITH DVA

AS Queensland's largest ex-service organisation, we take our role supporting current and ex-serving men and women, and their families, seriously.

For more than 100 years we've remained committed to offering support and services that enhance the quality of life for all.

Life always has its ups and downs. But you don't have to face them on your own. Whether it's employment, scholarships, DVA claims or emergency financial support – RSL Queensland has free programs and people at the

ready to help you achieve your life goals.

DVA CLAIMS AND APPEALS

If you have developed a physical or mental health condition because of your service, you may be eligible to make a claim to the Department of Veterans' Affairs (DVA), and

RSL Queensland has qualified advocates who can work with you to achieve the best outcome.

With the support of RSL Queensland's Compensation Advocates, you can get help navigating the DVA claims process at every step of the way.

Our free advocacy service can take the guesswork out of what can be a confusing and stressful process. In addition to general support, working with an advocate can help point you in the direction of additional programs and services you are entitled to, add invaluable insight and specialist knowledge to strengthen your application, and be your point person at every stage. ←

“For more than 100 years we've remained committed to offering support and services that enhance the quality of life for all.”



LEARN MORE: If you, or someone you know, needs help navigating their DVA claim visit rslqld.org or call **134 RSL**.

COMMUNITY CONNECT

MISSING MEDALS

Do you know the whereabouts of a set of missing WWI medals awarded to Private Arthur John Lavender Reg No 2657, 4th Pioneer Battalion Reinforcement 5? He embarked from Brisbane on HMAT A49 Seang Choon on 19/9/1916. Arthur was a farmer from Meringandan near Toowoomba. If you have information, please contact Jane Thomas via jmathomas7@gmail.com.

NAVAL COMMEMORATIVE CEREMONIES IN 2022

The Naval Association of Australia will hold ceremonies to commemorate the following people, vessels and events in 2022:

- 28 April - Australia Navy Military Expedition Force (PNG WWI)
- 26 May - Malay Emerg and Indo Confrontation
- 30 June - Vietnam Conflict
- 28 July - RAN Divers
- 25 August - Merchant Navy Company of Master Mariners
- 29 September - Navy Women Formation of WRANS
- 24 November - HMAS Sydney (II)

For more information, visit navalassoc.org.au/sections/qld

DO YOU KNOW THESE TWO RAN PWOS?

Do you know RAN PWOs Lt Mick Stewart or Lt Jan (Tony) Gerlach? If you do, please contact Commodore Sym Taylor RN (Rtd) via symtaylor@btinternet.com as he would like to invite them to the UK for a ZULU reunion jamboree in August/early September 2022. Sym was a crew member on the old frigate ZULU in 1982 at the height of the Falklands conflict.

REUNIONS

HQ1ATF ASSOCIATION REUNION

The HQ1ATF Association Reunion will be held in memory of our D&E losses at Long Khanh (12 June 1971) in Canberra from 18-21 November 2022. It will be held at Capital Country Holiday Park at 47 Bidges Road, Sutton NSW 2620. Ph: 02 6230 3433. Email: bookings@capitalcountryholidaypark.com.au. Web: www.capitalcountryholidaypark.com.au

REUNION 2RAR/ANZAC BATTALION SVN 1967/68

All members of 2RAR/ANZAC Battalion SVN 1967/68 are invited to attend a reunion in Terang, Victoria from Saturday 23 April until Tuesday 26 April 2022. This is the 55th anniversary of the Battalion deployment to Vietnam.

The program is as follows: Saturday 23rd April - Meet and Greet at Commercial Hotel, Terang. Sunday 24 April - Bus trip to Port Campbell. Monday 25 April - ANZAC Day commemorations and community involvement. Tuesday 26 April - Unveiling of D Company 2RAR/ANZAC Battalion plaque and planting tree in RSL grounds. Contact Brian Humphrey via 03 5592 1979 or Gordon Hurford via 0407 926 270 or ghurford@iprimus.com.au.

LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Aitken*	John	752101	Caloundra Sub Branch Inc.
Alderson	Gordon	52168	Redcliffe Sub Branch Inc.
Avern	George	310973	Greenbank Sub Branch Inc.
Baker	Trevor	A41032	Southport Sub Branch Inc.
Baker	Albert	372768	Southport Sub Branch Inc.
Ball	Ian	R51080	RSL QLD State Branch
Ball	Ian	A1205755	RSL QLD State Branch
Ballantine	James	NZ306902	Kedron-Wavell Sub Branch Inc.
Barker	Kenneth	216868	Hervey Bay Sub Branch Inc.
Barton	William	1729817	Gatton Sub Branch Inc.
Battersby	Jan	F159377	Toowoomba Sub Branch Inc.
Bawden	Thomas	14460834	Kedron-Wavell Sub Branch Inc.
Bean*	George	14958	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Benjamin*	David	R752161	Beenleigh & District Sub Branch Inc.
Bennett	William	1/726825	Townsville Sub Branch Inc.
Berndt	William	QX56896/102175	Runaway Bay Sub Branch Inc.
Berrell	Patrick	8584508	Maryborough Sub Branch Inc.
Berry*	Robert	1/702459	Townsville Sub Branch Inc.
Bertello	Tom	1/709958	Ayr Sub Branch Inc.
Beutel	Douglas	1/1937	Bundaberg Sub Branch Inc.
Birch	Lionel	171132	Sandgate Sub Branch Inc.
Bissett	Donald	117302	Bundaberg Sub Branch Inc.
Bittel	William	181286286	Redlands Sub Branch Inc.
Blinks	Alan	1/720241	Caloundra Sub Branch Inc.
Bliss*	Robert	A122117	Maryborough Sub Branch Inc.
Bonar	Thomas	1555212	Maroochydore Sub Branch Inc.
Bowman	Colin	A15763	Toowoomba Sub Branch Inc.
Boyle	Stephen	51890	Burrum District Sub Branch Inc.
Brooks	Stephen	R55584/A102795	Tewantin/Noosa Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Brown	Raymond	5046945	Nerang Sub Branch Inc.
Browne	Raymond	4049798	Hervey Bay Sub Branch Inc.
Burton*	David	1736414	Gaythorne Sub Branch Inc.
Bylund*	Neville	134731	Redlands Sub Branch Inc.
Campbell	Leonard	433975	Hervey Bay Sub Branch Inc.
Campbell*	Cloriece	W307551	Tweed Heads & Coolangatta Sub Branch Inc.
Campion*	Edmund	930323	Tweed Heads & Coolangatta Sub Branch Inc.
Cave	Royston	A19782	Sherwood-Indooroopilly Sub Branch Inc.
Challoner	Francis	R412154	Redlands Sub Branch Inc.
Charlton	Edwin	28741	Mapleton Sub Branch Inc.
Childs	David	1933686	Kedron-Wavell Sub Branch Inc.
Clark*	Marc	14220218	Caboolture-Morayfield & District Sub Branch Inc.
Clive	Andrew	150194	Townsville Sub Branch Inc.
Cockburn	Walter	Q18896/170416	Caloundra Sub Branch Inc.
Coit	Edwin	1731257	Bulimba District RSL Sub Branch
Cole	Alastair	PM7244	Magnetic Island Sub Branch Inc.
Conlon*	Patrick	A116271/156942	National Servicemens Sub Branch Inc.
Cook	John	14169	Caboolture-Morayfield & District Sub Branch Inc.
Cowell	Lyll	8495809	Caboolture-Morayfield & District Sub Branch Inc.
Cox	Bert	429451	Beenleigh & District Sub Branch Inc.
Coxon	Frank	QX11918	Currumbin/Palm Beach Sub Branch Inc.
Crawford	Charles	23159483	Beenleigh & District Sub Branch Inc.
Crilly	Hugh	1/410320	Caboolture-Morayfield & District Sub Branch Inc.
Cronin	Neville	1734248	Ipswich Sub Branch Inc.
Crossingham*	Kerry	63227	Greenbank Sub Branch Inc.
Currell	Douglas	2/726665	Coorparoo & Districts Sub Branch Inc.

LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Cutmore	Nigel	NX115617 (N296016)	Coorparoo & Districts Sub Branch Inc.
Davis	John	A225422	Bundaberg Sub Branch Inc.
De Vaus	Brian	3/4932	Beenleigh & District Sub Branch Inc.
Dimmick	Henry	1/106440	Tewantin/Noosa Sub Branch Inc.
Dittman	Herbert	3410928	Tin Can Bay Sub Branch Inc.
Doyle	John	129053	Townsville Sub Branch Inc.
Dunn	Russell	NX95603	Tweed Heads & Coolangatta Sub Branch Inc.
Durieux	George	2023	Warwick Sub Branch Inc.
East*	Sidney	3055393	Tweed Heads & Coolangatta Sub Branch Inc.
Ebner	Clement	14264	Maroochydore Sub Branch Inc.
Fallon	Patrick	3787725	Gin Gin Sub Branch Inc.
Fiedler	Ronald	A32485	Redlands Sub Branch Inc.
Fitzwalter	George	434783	Sherwood-Indooroopilly Sub Branch Inc.
Frew	Geoffrey	213808	Beenleigh & District Sub Branch Inc.
Froggatt	George	121868	Ipswich Sub Branch Inc.
Fysh	Gregory	62016	Beaudesert Sub Branch Inc.
Gardner	Bruce	125349	Toowoomba Sub Branch Inc.
Gillham*	Frederick	612679V	Townsville Sub Branch Inc.
Giorcelli	Luigi	1/710069	Herbert River Sub Branch Inc.
Goninan	Tony	2/727913	Redlands Sub Branch Inc.
Goodman	David	57421	Orchid Beach/Fraser Island Sub Branch Inc.
Goodrem	William	A310066	Surfers Paradise Sub Branch Inc.
Goodwin*	Henry	124850	Maryborough Sub Branch Inc.
Gordon	Howard	2/7356	Maroochydore Sub Branch Inc.
Greaves*	Constance	432136	Mount Isa Sub Branch Inc.
Gregory	Daniel	14496	Beenleigh & District Sub Branch Inc.
Hall	Norman	425156	Burleigh Heads Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Hall*	Geoffrey	1200436	Home Hill Sub Branch Inc.
Harding	Nellie	VF511156	Bundaberg Sub Branch Inc.
Harms	John	18669	Gympie Sub Branch Inc.
Harrison	George	A221083	Hervey Bay Sub Branch Inc.
Hart	Jack	NX132352	Currumbin/Palm Beach Sub Branch Inc.
Hawke	William	Q220369	Herbert River Sub Branch Inc.
Henderson	John	40391	Ipswich Sub Branch Inc.
Hennessy	Vern	163605	Kedron-Wavell Sub Branch Inc.
Hickey	James	QX61572	Bribie Island Sub Branch Inc.
Hill	Keith	A11424	Toowoomba Sub Branch Inc.
Hooke*	Lionel	VX109593	Currumbin/Palm Beach Sub Branch Inc.
Hunter	Kenneth	37804070	Hervey Bay Sub Branch Inc.
Hurrell	Theodore	164646	Cardwell Sub Branch
Hutchinson	James	3/771936	Kedron-Wavell Sub Branch Inc.
Hutson	Lewis	QX53937	Bribie Island Sub Branch Inc.
Jeffrey	Bernard	43024	Redlands Sub Branch Inc.
Jenkin	Victor	1732047	Townsville Sub Branch Inc.
Johnson	Donald	31527	Kedron-Wavell Sub Branch Inc.
Johnson	David	1734284	Hervey Bay Sub Branch Inc.
Johnston	Walter	QX46813	Southport Sub Branch Inc.
Jones	Philip	C/JX658391	Hervey Bay Sub Branch Inc.
Jones	David	215148	Malanda Sub Branch
Kelly	Albert	422582	Kedron-Wavell Sub Branch Inc.
Kirk	James	1/724526	Maryborough Sub Branch Inc.
Klee	Reginald	78740	Gympie Sub Branch Inc.
Knight	Michael	23458760	Hervey Bay Sub Branch Inc.
Korn	Jeffrey	1734291	Bribie Island Sub Branch Inc.
Krause*	Brian	1720836	Kedron-Wavell Sub Branch Inc.
Lane	Allan	130123	Murgon Sub Branch Inc.
Lee-Guard	Robert	NZV102289	Maryborough Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Leigh	Joseph	170689	Townsville Sub Branch Inc.
Livingstone	David	2796081	Townsville Sub Branch Inc.
Lofts	Alexander	237638 (NX13090)	Bray Park-Strathpine Sub Branch Inc.
Long	Robert	39504	Yandina/Eumundi Sub Branch Inc.
Lord	Joseph	R53530	Gayndah Sub Branch Inc.
Lymbery	Leonard	1/410165	Hervey Bay Sub Branch Inc.
Macdonald	Donald	B5868	Tweed Heads & Coolangatta Sub Branch Inc.
Mackay	Hugh	434089	Mossman Sub Branch Inc.
Maddigan	Robert	3410861	Nambour Sub Branch Inc.
Maddigan	Robert	3/4302	Nambour Sub Branch Inc.
Maher	Barry	1/722271	Tweed Heads & Coolangatta Sub Branch Inc.
Maher	Thomas	VX126749	Tewantin/Noosa Sub Branch Inc.
Manns	Brian	2275747	Caboolture-Morayfield & District Sub Branch Inc.
Markey	Keith	R50972	Currumbin/Palm Beach Sub Branch Inc.
Martin	Michael	A90015060	Hervey Bay Sub Branch Inc.
Martin*	Terence	A117094	Coolum-Peregian Sub Branch Inc.
Mason	William	1/702799	Gympie Sub Branch Inc.
Matthews	Maxwell	NX503349	Tweed Heads & Coolangatta Sub Branch Inc.
McCallam	Andrew	1822979	Tweed Heads & Coolangatta Sub Branch Inc.
McCarthy	John	217703	Hervey Bay Sub Branch Inc.
McCoombes	Charles	1701463	Ipswich Railway Sub Branch Inc.
McDonald	Vincent	15830	Toowoomba Sub Branch Inc.
McDowell	Samuel	MERCHANT NAVY	Tweed Heads & Coolangatta Sub Branch Inc.
McGrath	Arthur	D/ LX760949	Caloundra Sub Branch Inc.
McKenzie*	Irene	102527	Bribie Island Sub Branch Inc.
McKie	Robert	23591062	Redlands Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
McKinley	Alan	243211	Emu Park Sub Branch Inc.
McLennan	John	QX62701	Tweed Heads & Coolangatta Sub Branch Inc.
McLeod	Keith	78797	Currumbin/Palm Beach Sub Branch Inc.
Mctackett	John	R36465	Nerang Sub Branch Inc.
McWilliam	Hugh	VX21471	Tweed Heads & Coolangatta Sub Branch Inc.
Menz*	Robert	2793245	Roma Sub Branch Inc.
Merriman	Charles	22580895	Tweed Heads & Coolangatta Sub Branch Inc.
Meyn	Victor	025476	Surfers Paradise Sub Branch Inc.
Moore	Edward	2/704664	Hervey Bay Sub Branch Inc.
Moore*	Robert	2/729986	National Servicemens Sub Branch Inc.
Morley	Walter	14539782	Gaythorne Sub Branch Inc.
Morris	John	1/713856	Kedron-Wavell Sub Branch Inc.
Mouritz	Douglas	QX53495	Tweed Heads & Coolangatta Sub Branch Inc.
Murphy	Mervyn	134035	Tweed Heads & Coolangatta Sub Branch Inc.
Nagel	John	A113501	Maroochydore Sub Branch Inc.
Neihoff	John	42710	Townsville Sub Branch Inc.
Neilsen	Cecil	Q210394	Hervey Bay Sub Branch Inc.
Nichols	Graham	115270	Tweed Heads & Coolangatta Sub Branch Inc.
Norman	Roy	45477	Tweed Heads & Coolangatta Sub Branch Inc.
Norton*	Brian	2191006	Kilcoy Sub Branch Inc.
Nutley*	Mervyn	QX41117 (Q128213)	Manly-Lota Sub Branch Inc.
Olsson	Alan	2/727232	Capricornia & Rockhampton Region Sub Branch Inc.
Paskevicius	Robert	R110499	Agnes Water/1770 Sub Branch Inc.
Passfield	Patrick	1/729693	Greenbank Sub Branch Inc.

LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Pierce	Leslie	425744	Burleigh Heads Sub Branch Inc.
Pothoven	Gary	R56861	Mudjimba Sub Branch Inc.
Rae	Kerry	R54014	Woodgate Beach Sub Branch Inc.
Rasmussen	Neil	1/713862	Wallangarra Sub Branch Inc.
Redshaw	Dallas	1723283	Hervey Bay Sub Branch Inc.
Reilly	Patrick	NX178366	Currumbin/Palm Beach Sub Branch Inc.
Rogerson*	John	2730206	Nerang Sub Branch Inc.
Roseneder	Allen	QX56186	Holland Park Mt Gravatt Sub Branch
Rowe	Arthur	51882	Stanthorpe Sub Branch Inc.
Russell	Theresa	2041538	Ipswich Sub Branch Inc.
Ryan	Brian	A219190	Sunnybank Sub Branch Inc.
Saunders	Mervyn	B4569	Bundaberg Sub Branch Inc.
Saunders	Richard	NX103950	North Gold Coast Sub Branch Inc.
Sawyer	Alexander	r203391	Tweed Heads & Coolangatta Sub Branch Inc.
Scanlan	Gwendoline	114292	Harlaxton Sub Branch Inc.
Schenk	John	A316020	Tewantin/Noosa Sub Branch Inc.
Seal	Robert	647534	Burleigh Heads Sub Branch Inc.
Shapcott	Graham	440462	Charleville Sub Branch Inc.
Shinn	Leonard	218871	Townsville Sub Branch Inc.
Sigston	James	QX63895	Sherwood-Indooroopilly Sub Branch Inc.
Smedley	Robert	A130893	Bundaberg Sub Branch Inc.
Smith*	Peter	1201941	Julia Creek Sub Branch Inc.
Smout	Westall	435001	Kedron-Wavell Sub Branch Inc.
Smout	Westall	Q202024	Kedron-Wavell Sub Branch Inc.
Solomon	Roger	16838	Townsville Sub Branch Inc.
Sowden	John	1/728478	Kedron-Wavell Sub Branch Inc.
Spindler*	John	NX172517 (N451541)	Ayr Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Stone	Warren	111664	Ipswich Sub Branch Inc.
Strickland	John	425243	Caloundra Sub Branch Inc.
Sullivan*	John	22478200	Coorparoo & Districts Sub Branch Inc.
Sutton*	Barry	174033	RSL QLD State Branch
Taylor	John	37689	Greenbank Sub Branch Inc.
Thew	Norman	2791284	Hervey Bay Sub Branch Inc.
Thompson	William	15324	Currumbin/Palm Beach Sub Branch Inc.
Tilden	Vincent	51898	Bribie Island Sub Branch Inc.
Tilden	Mary	2/2042	Bribie Island Sub Branch Inc.
Trickey*	Henry	1/727524	Capricornia & Rockhampton Region Sub Branch Inc.
Tronc	Kenneth	1731062	Beenleigh & District Sub Branch Inc.
Walden	Stanley	NX80266	Tweed Heads & Coolangatta Sub Branch Inc.
Walsh*	John	15020	Tin Can Bay Sub Branch Inc.
Ward	Denis	54178	Ipswich Sub Branch Inc.
Warwick	Barrie	2786846	Kedron-Wavell Sub Branch Inc.
Watson	Kevin	435469	Coorparoo & Districts Sub Branch Inc.
Weir (nee Mengel)	Veronica	W12747	Sherwood-Indooroopilly Sub Branch Inc.
Willan	Kenneth	127963	Sarina Sub Branch Inc.
Willcocks	Michael	S/22760065	Bribie Island Sub Branch Inc.
Williams	Olive	99199	Coorparoo & Districts Sub Branch Inc.
Williams*	Sam	14917353	Southport Sub Branch Inc.
Willis	Roslyn	QF267908	Currumbin/Palm Beach Sub Branch Inc.
Wilson	David	342784	Kedron-Wavell Sub Branch Inc.
Woodward	John	R93952	Runaway Bay Sub Branch Inc.
Wynn	John	23240673	Greenbank Sub Branch Inc.
Young*	Norah	109564	Redlands Sub Branch Inc.

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