

QUEENSLAND

RSL NEWS

ANZAC DAY 2021

How did you light
up the Dawn
this year?

**RETURN OF THE
SHELL GREEN
CRICKET MATCH
HISTORIC DIVERSION
CREATES LOCAL
TRADITION**

**LIGHT
HORSEMEN
RIDE AGAIN**

**THE 11TH
WARWICK-
MONTROSE LIGHT
HORSE TROOP
PROVIDE LINK TO
WWI HISTORY**

**FLAGS ON
THE HOME
FRONT**

**RAISING A FLAG FOR
VETERAN WELFARE
AND ANZAC DAY**



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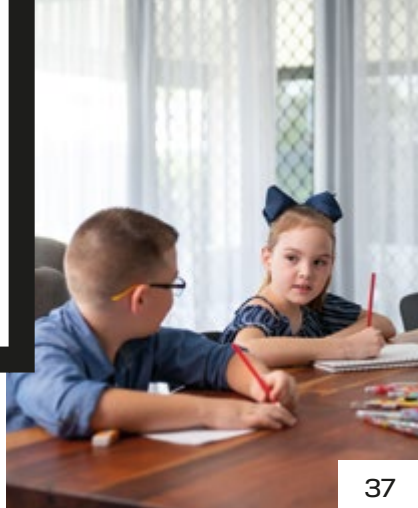
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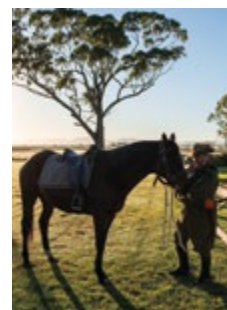
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Front Cover

Russell Broderick, a member of the 11th Warwick-Montrose Light Horse Troop, was pleased to be able to participate in traditional ANZAC Day services again in 2021.

HONOURING OUR VETERANS IN LIFE AND DEATH

As the sun rises each ANZAC Day, Australians gather across the nation to remember the legacy of the ANZACs, and all those who have followed in their footsteps. This year, I was grateful to commemorate in time-honoured fashion at the Shrine of Remembrance in Brisbane.

Along with thousands of others across Queensland, I gathered to pay my respects and lay a wreath in honour of our fallen comrades. ANZAC Day is Australia's most iconic commemoration, and the importance of coming together with your mates to march, play two-up, sip a beer, and reflect on our service cannot be understated.

Last year, COVID-19 prevented us from being together – making this year even more poignant. And, while we have not yet beaten this worldwide pandemic, Australia and New Zealand have once again demonstrated how important the ANZAC spirit is in times of difficulty.

This year we also had the option to participate in Light Up the Dawn – for those who wanted to honour our veterans with personal reflections from their balcony or driveway at 6am.

Wherever you chose to be, we all shared a moment of remembrance for every single serviceman or woman who has made significant sacrifices so that Australians can continue to live their lives in absolute freedom.

RSL QUEENSLAND WELCOMES ROYAL COMMISSION

As you will likely have heard, on 19 April the Australian

“AUSTRALIA’S VETERANS NEED AND DESERVE IMMEDIATE GOVERNMENT ACTION TO ADDRESS THE MANY FACTORS THAT LEAD THEM TO TAKE THEIR OWN LIVES. URGENT ESTABLISHMENT OF THE ROYAL COMMISSION, BACKED BY THE APPOINTMENT OF A NATIONAL COMMISSIONER TO ENSURE ITS FINDINGS ARE IMPLEMENTED INTO THE FUTURE, WILL BE A SUBSTANTIAL STEP TOWARDS RECONCILING THE DEBT OUR NATION OWES OUR BRAVE SERVICE PERSONNEL.”

Government announced a Royal Commission into Veteran Suicide and the appointment of a National Commissioner responsible for implementing its recommendations.

RSL Queensland welcomes this announcement. Australia's veterans need and deserve immediate government action to address the many factors that lead them to take their own lives.

Urgent establishment of the Royal Commission, backed by the appointment of a National Commissioner to ensure its findings are implemented into the future, will be a substantial step towards reconciling the debt

our nation owes our brave service personnel.

RSL Queensland looks forward to reviewing the Royal Commission's draft Terms of Reference and we urge the Commissioner to broadly consult veterans, their families and the community groups working to support them.

Our organisation has invested significantly in scientific research into veterans' quality of life to complement our decades of experience supporting our fellow veterans. We look forward to sharing our insights and programs, which are already making positive differences to the

lives of many veterans and their families, with the Royal Commission.

Via our network of more than 230 Sub Branches across Queensland and our subsidiary Mates4Mates charity, we provide a broad range of support services to directly address the root causes of veteran suicide. These include supporting veterans and their families with access to crisis support, advocacy, wellbeing programs, residential accommodation, our award-winning employment program, skills development, scholarships, and mental and physical health programs.

While the Royal Commission is being established, we urge existing efforts to address known issues, such as those identified by the 2019 Report, *A Better Way to Support Veterans*.

In particular, veterans want to see the Department of Veterans Affairs appropriately resourced with experienced delegates to reduce veterans' wait times on compensation claims. I look forward to continuing to update you as the Royal Commission progresses.



*Tony Ferris
State President
RSL Queensland*

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STEPS TOWARDS STRATEGIC SUCCESS

I'm pleased to report that there is a lot of great news to share this quarter. It's been fantastic to be out on the road talking to so many of you during your District AGMs about what we're working on to keep the delivery of our 2025 Strategy on track.

As many of you would have heard during these sessions, we've completed the first Time Horizon of work from our 2025 Strategy. With this, we're celebrating many significant milestones and I'm excited to provide you with an update on several of these in my column.

MEMBER VALUE PROPOSITION

Redefining our Member Value Proposition (MVP) has been a critical project over the past months. Together with General Manager Membership & Network Lisa McIlroy, I've been presenting the proposed MVP at each of your District AGMs. We've been happy to hear that our members are largely supportive of the new proposition.

Setting the wheels in motion for our new MVP is important. It will be the vehicle that allows us to address the challenges we know our membership is facing, and to find new ways to encourage veterans and members of the community to get involved.

Perhaps the most important thing I must highlight about the MVP is that it is a draft. A proposal. And the success of the proposition will rely on our members approving the Constitution at this year's RSL Queensland AGM on 8-9 December.

“SETTING THE WHEELS IN MOTION FOR OUR NEW MVP IS IMPORTANT BECAUSE IT WILL BE THE VEHICLE THAT ALLOWS US TO ADDRESS THE CHALLENGES WE KNOW OUR MEMBERSHIP IS FACING, AND TO FIND NEW WAYS TO ENCOURAGE VETERANS AND MEMBERS OF THE COMMUNITY TO GET INVOLVED.”

VETERANS SERVICES STRATEGY

Another significant milestone has been the approval of our Veteran Services Strategy by our Board. This ensures the services and programs that support veterans continue to be holistic in their approach. We are currently finalising a detailed operational plan for delivering this strategy and once complete, look forward to sharing this widely.

VETERAN AFFAIRS & POLICY PORTFOLIO

The third milestone we can celebrate is the establishment of our new Veteran Affairs and Policy portfolio. This is being led by Rob Skoda, previously General Manager Veteran Services, and a veteran himself. Rob has been instrumental in RSL Queensland's positioning with Government, Defence and the broader ESO community over many years.

Rob's work as General Manager

of this portfolio will focus on establishing RSL Queensland as the peak veteran body and leading voice on veteran issues. We are also establishing a new Board sub-committee to support the work of this new team.

GOVERNANCE, CONSTITUTION & AWARDS COMMITTEE

As State President Tony Ferris mentioned in our last edition of *RSL News*, we've changed the structure of our Constitution and Awards Committee. It has been expanded to include governance and is now known as the Governance, Constitution and Awards Committee.

State Vice President Bill Whitburn is chairing this committee, which has already begun reviewing member feedback received in response to the draft 2020 constitution. The committee will be incorporating this feedback and relevant

MVP clauses ready to share with you soon.

A NEW RSL ART UNION GAME

They say it's good to save the best for last, and our first new Art Union game in 60 years seems like a good note to end my column on. The first game of Win Win opened on 30 March and generated almost \$250,000 in revenue.

The game's name is a nod to the fact that 50 per cent goes to our very lucky Art Union winner and 50 per cent is retained by RSL Queensland for us to invest back into service delivery. Hence, it's a win win.

The good news kept coming with this game, when we heard that our first winner was a veteran who had served 38 years in the New Zealand Air Force before moving to Australia a few years ago.

UNTIL NEXT ISSUE...

In my next column, I look forward to providing an update on what's ahead in time horizon two of our 2025 Strategy. As always, I thank all our members for the great work you are contributing to this year – we couldn't achieve it without you.



Melanie Wilson
Chief Executive Officer
RSL Queensland

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A JUNCTURE IN THE HISTORY OF VETERAN SUPPORT

I want to take this opportunity to thank you all for your collective efforts on ANZAC Day across the state.

I attended the Dawn Service, parade, and morning service at Kawana Waters RSL Sub Branch, and was impressed with the level of community spirit on display. It reinforced to me how important our Sub Branches are to our communities. Thank you for keeping our ANZAC spirit alive.

NEW VETERAN AFFAIRS AND POLICY PORTFOLIO

I'm honoured to have recently been appointed to the role of General Manager Veteran Affairs and Policy. This newly created portfolio will enable RSL Queensland to dedicate additional resources to growing our role as a peak body within the Defence community.

With our long history, proven record of success, established credibility, and ever-growing network of services for veterans, we have an incredible opportunity to collaborate more closely with

ESOs and government, and to play a more powerful role in advocating for veterans and their families nationally. I look forward to sharing more about this important work in my next column.

WE MUST UNITE IN SUPPORT

There is much going on in our veteran community, and we are at an interesting juncture in the history of veteran support. At these crossroads we are presented with an opportunity to gain a better understanding of our fellow veterans that we support.

We must understand the current factors that contribute to a lower quality of life – which in some cases leads to veteran suicide – and see where we can unite to complement and support veterans and their families.

My hope is that the Royal Commission can navigate and assess the ecosystem of support – both for those currently serving and those transitioning back into civilian life. It is also important that the enquiry recognises

the cultural, psychosocial, and environmental conditions that may contribute to the appalling rate of veteran suicide.

I believe many of you reading this will know someone who has died by suicide. And many more of us know veterans whose quality of life isn't ideal, and we worry about the path they may take.

I previously learned that one of my mates had taken his own life. In shock, all our friends commented: "How? He was the life of the party." If it can happen to him it can happen to any of us."

That is scary.

Our Veteran Services Strategy is based on six key outcomes that enable an intent to 'Lead the Defence Community ecosystem in reforming and standardising quality services that deliver innovative and impactful outcomes that target the Quality of Life of veterans and their families'. Those outcomes are shown below.

Our Veteran Services Strategy is designed to develop the ecosystem to provide an

environment where veterans and their families have the opportunity to flourish. It is time for us to unite and for RSL Queensland to lead a reformed support model that empowers veterans and their families to lead their best life – from day one until later in life. I believe we are ready for this role and we must not shy away from it.

This Royal Commission will be hard on many of our veteran families who are suffering from loss and grief. As RSL Queensland members, we must rally together to support each other.

When you think about it, it's not our opportunity, it's our responsibility.



Robert Skoda
General Manager Veteran Affairs
and Policy RSL Queensland

Lead the Defence community ecosystem in reforming and standardising quality services that deliver innovative and impactful outcomes that target the Quality of Life of veteran and their families

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We enable a person centred approach to care, focused holistic well-being

Grow

We support as many veterans and families as possible

Experience

We provide an exceptional experience for veterans & families

Connect

We are the first point of call for veterans, connecting them to the support they need

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We are the renowned leader of the veteran support system

Integrate

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and their partners



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offered



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claims submitted

Between January and March 2021, RSL Queensland provided a broad range of programs and services to support current and former ADF members and their families.

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MEMBERSHIP, SUB BRANCH AND DISTRICT UPDATE

The greatest privilege for me as I attend commemorations and Annual General Meetings all over Queensland is undoubtedly the opportunity to meet many of our RSL volunteers. I have received significant insight and feedback, which is informing the development of our network support strategies, and the development and implementation planning for our proposed Member Value Proposition (MVP).

The projects we have in progress are in direct response to the consistent themes raised at Sub Branches. We're committed to delivering them to our Sub Branch network and members and it is great to share some of the latest developments with you.

ANNUAL INFORMATION STATEMENT

Earlier this year, I wrote to Sub Branches advising that RSL Queensland would be providing training and support material to ensure they are well prepared to lodge their Annual Information Statement (AIS) with the Australian Charities and Not-for-Profit Commission (ACNC) for 2021. This critical lodgement to the ACNC allows Sub Branches to receive their Commonwealth charity tax concessions.

We've heard the concerns from Sub Branches regarding their capacity to meet their AIS compliance requirements this year, and consequently RSL Queensland will be absorbing the lodgement process for 2021.

We're working with Sub Branches to collate Annual Reports and verification of details before final lodgement.

MANAGED INFORMATION TECHNOLOGY ROLLOUT

Phase one of the Managed IT Services rollout to more than 80 Sub Branches is underway! This exciting, near \$5 million program, allows Sub Branches to focus on the important work they do supporting veterans in their local community. It means that when you need assistance with your IT our helpdesk is here to help.

Sub Branch Boards will receive the latest technologies, including (but not limited to) laptops, headsets, iPhones, Microsoft Office 365 and WiFi, with one-on-one training and support. The program is fully funded and managed by RSL Queensland, which means Sub Branch funds can be better utilised to support veterans in need.

This project will be ongoing until December 2021. To find out when your Sub Branch is likely to receive their equipment and training, reach out to your local District Secretary.

MEMBER VALUE PROPOSITION AND CONSTITUTION CHANGES

As part of our long-term focus on regaining relevance amongst veterans, we need to improve our membership retention and

grow our membership base. To do this, we are proposing changes to the membership categories that will require reform to the RSL Constitution. It's a proposal that you – as an RSL member – have the deciding vote on at the Annual General Meeting in December this year.

From now until the AGM, we will email fortnightly updates to members on the various Constitution changes being proposed, why they're needed, how to get involved, and where to provide feedback and questions.

In the meantime, if you have any enquiries regarding the Constitution, please reach out to the Constitution Working Group at constitution@rslqld.org or www.rslqld.org/about-us/governance/constitution-2020.

For information on how we plan to reinvigorate membership through the MVP, reach out to our Membership Experience Specialists at newmembership@rslqld.org.

NEW VETERAN SERVICES TOOLKITS FOR SUB BRANCHES

It's critical that all our volunteers at RSL Sub Branches are able and feel confident to refer people to the right support services when and if needed. RSL Queensland is currently developing a toolkit with easy-to-follow information to increase the awareness and understanding of RSL Queensland services.

By the end of May, Sub Branches will have received

collateral including desk mats, posters and folded handouts for volunteers to use, and a video series to help our volunteers understand more about services on offer.

CASHLESS PAYMENTS

Last month, RSL Queensland provided new cashless payment devices to 17 Sub Branches across the state as part of a pilot to help make fundraising efforts quicker, easier and more secure.

The cashless payment device allows people to donate and/or make purchases using their mobile phone or credit card.

We're currently assessing the success of the trial and the suitability of the device for RSL Queensland. We will keep Sub Branches informed over the coming months of the possibility of a state-wide roll out. Watch this space!

Finally, thank you to everyone who has taken the time to provide their feedback on what's working and ways we can improve. I encourage you all to help us keep the conversations going!



Lisa McIlroy
General Manager
Membership & Network
RSL Queensland

TALK TO YOUR MATES ON ANZAC DAY

I attended the ANZAC Day march in Brisbane this year and noticed what a poor turnout we had from the veteran community from the Corp and unit I served in. In previous years we had 200-300 veterans from Vietnam through to Afghanistan marching, while this year we had 40, with approximately half being Vietnam veterans.

As I was shocked by the lack of turnout, I phoned some of my mates to understand why. As we know, ANZAC Day gives us the chance to have a beer, mix with some veterans, have a talk and feel like we belong. They told me that due to COVID last year, and the popularity of the Light Up the Dawn initiative, they were able to walk down their driveway at dawn, pay their respects, go back upstairs, lay on the couch and isolate.

I appreciate that Light Up the Dawn has benefits for some, but what I heard was astounding because it meant that mates suffering with the unseen wounds of conflicts could again slip through the cracks of our system.

I believe we all must take ownership of looking after our mates. I know I didn't call any of them individually to check if they were coming to ANZAC Day – I just relied on a Facebook post for them to see and hopefully show up. Next year they will be getting a phone call from me. I think we should always strive to promote the importance of catching up face-to-face with our mates on this special day.

Chris Yourell

GREAT HELP AVAILABLE FOR VETERANS NOW

It's a wonderful thing to read that there are so many organisations out there now to help veterans.

At the age of 19, I was in the front line in the Korean War and then at 21 I went to Malaya (1955-57).

I was discharged a year later in 1958 and at the same time also lost my mother. So, here I was – a civilian – yet I heard nothing from the RSL. We had to find employment, but most of us were suffering very badly from anxiety and alcoholism. Unfortunately, DVA did not treat us very well. I was a Welfare Pension Officer for over 30 years, so I know the many challenges veterans had. I was in the Australian Day Honours List for the Order of Australia Medal for my work with veterans in 1993.

Kevin Dean OAM

THANK YOU TO MUDJIMBA RSL SUB BRANCH

I wanted to sincerely congratulate the hard-working committee and energetic volunteers of the Mudjimba RSL Sub Branch for such an eloquent and meaningful tribute to ANZAC Day services and for the impressive number of attendees, particularly from the younger generations. The emcee Robert Walford made the profound point that such services are not intended to glorify war. Our guest speaker, retired Army officer Clint Ferndale, powerfully and passionately reinforced the debt of gratitude that we owe those who served – a debt that can never be repaid in full by present and future generations of Australians. Ferndale referred to a pivotal point in our nationhood when our seventh Prime Minister Billy Hughes stood steadfastly for Australia at the peace conference in France in February 1919, and crossed paths with Woodrow Wilson, the 28th President of the USA. The exchange was viewed by observers as "little David facing the American goliath." Hughes was chided by President Wilson in the debate on the German Pacific colonies because Australia represented only a small country of five million people. Hughes replied simply, "I speak for 60,000 dead Australians." As the story of the confrontation spread around Paris, Hughes became something of a folk hero. But more importantly, Australia emerged as a fledgling and respected nation.

Peter E Liu OAM

COMPLIMENTS ON YOUR RAAF CENTENARY

Congratulations on a very wide coverage of events to mark the centenary of the RAAF in *Queensland RSL News* Edition 1, 2021. There were items from a wide range of theatres and eras.

In one of your articles, you mentioned that 27 March 1953 marked the last occasion that a RAAF aircraft was involved in a live air-to-air combat mission against a known enemy, which was by a 77 Squadron Meteor aircraft flown by Sergeant George Hale. This was certainly an event worth mentioning.

I can give you another similar event which will also make the record books. July 1968 marks the last occasion where a RAAF aircraft, armed with HE Ammunition and live missiles, was scrambled from a standing start in less than 150 seconds against a perceived foe. That was achieved by No 79 Squadron in RAAF Base Ubon in north east Thailand. For several years, No 79 Squadron had been protecting the north east area of Thailand, as well as assisting allied forces in the Vietnam program. The squadron was required to guarantee to be able to scramble two fully armed aircraft from a standing start (with the aircrew awaiting in a nearby hut) to be airborne in less than 150 seconds from whenever a warning was given by the radar people. Such scrambles were requested and achieved on a regular basis, sometimes up to 10 times per week until the squadron's departure.

I think the significance of this milestone is that no fighter aircraft in the RAAF inventory since that time has ever been able to perform a scramble take off in less than 150 seconds.

John Clarkson

**Sergeant – Armourer – RAAF – Retired
Redcliffe RSL Sub Branch**

NEWS

GO BEYOND

launches



After six years of research and development, RSL Queensland and Gallipoli Medical Research Foundation are proud to introduce Go Beyond!

Go Beyond is a free online program which offers practical support to help all Australian veterans with adjusting to civilian life after service. Veterans will learn about the psychological and cultural factors that may either be supporting or impeding their adjustment experience and be given activities and resources in their own personalised program.

The program was launched in Canberra on 24 May, with presentations by GMRF

patron Hon Dame Quentin Bryce AD, CVO, RSL Queensland State President Tony Ferris, GMRF CEO Miriam Dwyer and GMRF Advisor on Veteran Mental Health, Psychiatrist Dr Andrew.

Go Beyond was developed from the findings of a six-year Service to Civilian Life study undertaken by GMRF, and forms part of RSL Queensland's ongoing \$14 million commitment to veterans' mental health initiatives and research.

Go Beyond focuses on five key areas to improve adjustment and reintegration to civilian life including:

- Purpose and connection

- Help seeking
- Beliefs about civilians
- Regimentation
- Resentment and regret

"When you do the M-CARM questionnaire, you get a target assessment. Where exactly do you need to take action. Go Beyond was the perfect targeted program, the stuff I didn't know and the stuff I needed to know. And that to me, I couldn't get anywhere else. It's very unique," Army veteran Tim Thomas says.

You can read a feature on Go Beyond in the next edition of *Queensland RSL News*, and learn more at gobeyond.org.au

SAVE THE DATE: AGM SCHEDULED FOR 8-9 DECEMBER



Mark your calendars! RSL Queensland's 2021 State Congress and Annual General Meeting has now been scheduled for 8-9 December 2021 at the RNA Showgrounds in Brisbane.

Delegates will hear from a range of RSL leaders throughout State Congress, the Annual General Meeting, business sessions and evening social functions. While COVID-19 still presents a few unknowns, we are working to finalise the two-day program, and we will continue to update our website as details are confirmed.

We have sincerely appreciated the patience and understanding of all members as we coordinate this annual event during another year of navigating the uncertainty that has come during a pandemic.

Typically, we aim to host the event in the winter months, however the decision to postpone the event to later in the year was based on two critical factors:

- The safety of our members is paramount in all our decision-making. We need to allow enough time for COVID-19 vaccinations to be delivered across Queensland prior to the in-person meeting.
- To ensure maximum time is provided for members to hear and provide their feedback on the proposed Member Value Proposition (MVP) and Member Categories. There will be a vote on the RSL Queensland Constitution during the 2021 AGM, and changes to the member model will need to be incorporated into the document prior to this important vote. We have now shared presentations with each District Annual General Meeting across the State, and will continue to engage with our members and Sub Branches throughout 2021.

We strongly encourage you and all members to have your say on the Constitution in the lead up to this important vote. We look forward to meeting more members and Sub Branch Committees and discussing this important step forward for our organisation in the coming months.

Learn more at rslqld.org/About-Us/Governance/Constitution-2020

businesses invited to support the RSL

To find out how your company can make a difference, contact rsisupporter@rslqld.org

RSL Queensland is excited to announce the launch of a new initiative to encourage and enable the business community to support veterans and their families. RSL Queensland invites businesses to become an 'RSL Supporter' and in doing so make a valuable contribution to supporting those who have served.

Our organisation supports veterans and their families through a range

of programs, activities and events that deliver positive and lasting impacts. These include vocational programs that assist veterans transitioning into civilian life, such as our RSL Queensland Scholarships and Employment programs.

They also include staging events and activities designed to engage all Australians and grow public support for veterans through commemorations,

fundraising appeals, and other community focused activities.

We are pleased to announce Outdoor Media Association (OMA), the Seven Network, Mirvac and WIN WIN as 'RSL Supporters' and thank them for their ongoing support of RSL Queensland.

From encouraging Australians to commemorate the service and sacrifice of our Defence people to supporting fundraising and events or becoming one of our valued veteran employers through RSL Employment, there are many ways for a business to contribute to a brighter future for Australia's veterans.

QUEENSLANDER HONoured IN ANZAC OF THE YEAR AWARDS

Congratulations to Sunshine Coast member Denis Thompson, one of two national recipients of the 2021 RSL ANZAC of the Year Awards. Denis received the prestigious accolade in recognition of his many years of dedicated service and support of veterans through the Cooroy-Pomona RSL Sub Branch and the RSL Queensland Sunshine Coast District.

A friendly face and helping hand, he is a key member of the Sub Branch's Pensions and Welfare (PAW) Team, advocating for veterans and assisting them with compensation claims. Denis's community work extends across the wider Sunshine Coast community and he's often spotted volunteering behind the wheel of the Sub Branch Community Bus.

He shares the honour in 2021 with Bill Collidge of Riverton, WA, recognised for his years of service with RSL, the WA Police Force, Defence Force Cadets WA and the wider Riverton community.

(Photo: Noosa Today)








THE CREATIVITY TO RECONNECT VETERANS TO THEIR COMMUNITIES

Nelson Mandela once said it was in our hands to make the world a better place and for Army reservist Sam Kavanagh, re-discovering his leatherwork hobby has led him to make the world a better place for more than 300 people.

 Lani Pauli

Founding Bootstraps in 2017, Sam says they use leatherwork as a vehicle to help veterans relax and reconnect.

“We’ve had people make everything from belts to keyrings, backpacks and handbags,” he says.

“We prefer to concentrate on the travel, not the destination, of making something. The destination is walking away with a tangible object, but it’s the time spent in that creative mindset that we’re trying to focus on.”

Sam served in both regular and reserve forces after enlisting in the Royal Australian Army in 1994. He still serves in the Australian Army Reserve.

“I started doing leatherwork when I was 13 and after leaving the Army the first time, on a particularly low day, I found myself in my leather workshop, struggling to deal with things. There weren’t many places to seek support for veterans where I lived.

OPPOSITE:

Art or creative therapies are often anecdotally considered of great benefit to veterans.

BELOW:

Leatherwork is used as a vehicle to help veterans relax.

“My Dad, who served almost 40 years in the RAAF and was a Vietnam veteran, taught me the art of leatherwork and I used it as a way to de-stress and ‘be’ in the creative mindset rather than some of the dark places I found my mind going.”

Taking the skills passed down from father to son, Sam is now sharing his creative coping strategy with others.

“I realised I could teach others a practical coping strategy and offer them connection to their community – who might be facing similar issues,” he says.

TEMPERING A NEW WAY TO PROCESS IT ALL

Art or creative therapies are often anecdotally considered of great benefit to veterans, with one study from the University of South Australia focusing on its positive effect on veterans wellbeing.

Located in Gatton, Sam says they are seeing people coming to the workshops from the Darling Downs, Ipswich, Brisbane and even as far as Maleny on the Sunshine Coast to take part in their workshops.

“Primarily we are a leather workshop, but Bootstraps is just as much about getting people out of the house and somewhere to enjoy themselves, create something and be in that creative mindset,” Sam explains.

“It’s also where they can connect with other military people or civilians, have a coffee and just relax. It’s somewhere they enjoy coming.”

Sam says it’s reaffirming to hear roars of laughter carry across the workshop floor.

“We see regulars coming back with big smiles on their faces when they create something and they’re making friends here,” Sam says. “I go into the workshop and look at these burly

buggers and you can see how much fun they’re having. They’re like little kids.”

“It’s that re-engagement and getting out of the house, which are cliches, but learning a new skill is definitely a bonus. They’re often amazed how rapidly their skills grow.

STITCHING NEW CONNECTIONS TO COMMUNITY

Bootstraps Secretary Paul Kaye thinks it is the community being fostered that is of most benefit.

“It’s a place you can drop into anytime you like,” he says.

“You can meet like-minded people – men and women – and chat about things that meant a lot to us while we were in the military.”

“Everyone’s journey is different, but we’ve all ended up in the same place, and it offers an opportunity to speak to others, not be judged, and use the





language and terminology familiar to you.”

Sam agrees.

“One minute you’re in an organisation and then all of a sudden you’re no longer in uniform and you’ve spent the majority of your formative adulthood in an organisation that speaks a certain language and acts a certain way,” he says.

“It’s quite a monumental life change. For some people, to have that happen so suddenly, it is very difficult. I know, because the first time I got out (and then got back in) I was bloody lost.”

A PLACE FOR SUPPORT AND RESTORATION

It’s a sentiment ‘Boostrapper’ Dr Sharith Sippel echoes.

“I served five years full time in the Navy as an Electronic Warfare Linguist and for the past 17 years I’ve been a chiropractor, running my own business with my husband,” she says.

“I’ve taken a break over the past eight months due to severe burnout and it has been a steep learning curve about mental health.

“Bootstraps provides me a non-judgmental place for support.”

Hearing of the program from other local veterans, Dr Sippel jumped at the chance to try something outside of her comfort zone.

“I’ve loved stepping back into the zone of assumed camaraderie and connecting with new friends,” she says.

“The staff and volunteers have provided endless amounts of patience

and support, as well as passion for their trade. It is a truly safe and supportive environment and there’s plenty of opportunity to connect with amazing people who understand the journey you’ve been on.”

PILOT SUPPORT

Bootstraps has recently been part of an RSL Queensland pilot program that has supported 10 people through an eight-week intensive program.

“We started them off with the basics and have been working up to more difficult projects,” Sam says.

“Being here for one day in isolation doesn’t have the same impact as being here one day a week for eight or 12 weeks. It’s fantastic because it gives them something to look forward to, and to build a new network of friends, while making something.

“We have young, old, male, female – everyone and anyone.”

While both Sam and Paul would like to see greater advocacy for veterans, they believe services like Bootstraps are a “safety shoot”.

“We’re the ones that slow them before they hit the ground,” Paul explains. “Hopefully, if we can slow them down enough, they don’t hit the ground as hard.”

IT TAKES A VILLAGE

Bootstraps immediate goal is to finalise their accreditations to deliver nationally recognised classes and courses.

“We’re about to get certifications

that will mean we can deliver several courses, school-based and adult apprenticeships,” Sam says.

“And after that we need to seriously consider a new HQ for Bootstraps. In 18 months, we’ve put over 320

people through our classes.”

“We need more space to be able to offer our services to more people. Which, of course, means we need the finances to be able to set up a larger venue.”

“Our goal this year is to expand and take Bootstraps to the next level. We’ve been asked if we would replicate what we’ve created in other locations, but first we need to ensure our Gatton centre is running well before we roll out the blueprint elsewhere.”

Bootstraps relies heavily on community fundraising and corporate donations in order to offer its programs at little or no cost to participants.

“We are a level one charity so if anyone donates to us, it’s a tax deduction. But more than that you, like RSL Queensland, are helping a charity that truly makes a difference in the lives of veterans and their local community.” ←



To find out more about Bootstraps visit bootstraps.org.au

THE MEMBER VALUE PROPOSITION AND THE RSL QUEENSLAND CONSTITUTION

THE RSL Queensland 2025 Strategy has, at its heart, our need to reverse our declining membership, reinvigorate our League’s relevance and influence and enrich the quality of life of the Defence Family.

A key part of this strategy has been the establishment of our Member Value Proposition (MVP), which is simply defined as the value and benefits of being an RSL Queensland member. RSL Queensland CEO, Melanie Wilson, and General Manager – Membership and Network, Lisa McIlroy, have been presenting the proposed MVP at District Annual General Meetings (AGMs) throughout

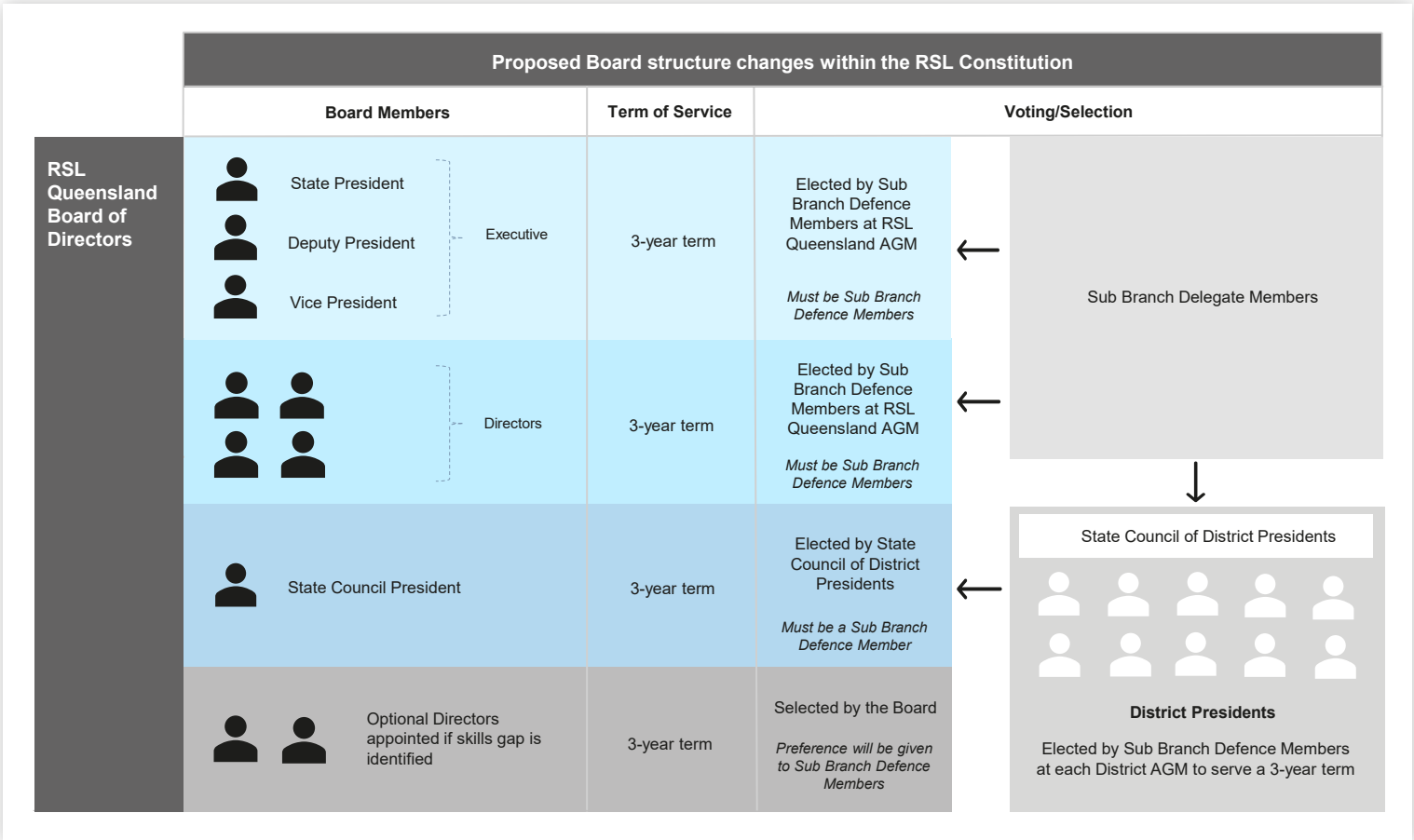
Quarter 1 2021, and will continue to visit Sub Branches and Districts throughout the year, to answer your questions and hear your feedback.

As we work to bring the MVP to life, we are developing new member categories, benefits and processes which will help us to increase the engagement and retention of members, as well as expand the member base and provide a better experience for members who join. Growth in our member base will ensure more volunteers and opportunities for the delivery of vital services by Sub Branches, and strengthen the succession planning for Sub Branch committees.

Naturally, any changes to membership processes or categories will need to be reflected in the RSL Queensland Constitution. The Constitution Working Group has begun work to incorporate the proposed changes into the draft Constitution, which will be shared with members in mid-June for review and comment. RSL members will vote on the proposed updates at the RSL Queensland AGM, 8-9 December.

THE PROPOSED STRUCTURE OF THE RSL QUEENSLAND BOARD

Under the proposed Board structure, District Presidents will form a





State Council of District Presidents to represent their members and recommend key League matters for the Board's consideration. This State Council will elect a representative to sit on the RSL Queensland Board.

The remaining Board positions will each be appointed on three-year terms and comprise:

- 1 x State President
- 1 x Deputy President
- 1 x Vice President
- 4 x Directors

Each of these Directors will be drawn from within the ranks of RSL Queensland Service members.

The proposed Board structure also allows for up to two additional Director roles, which are optional to fill, if required. These roles will only be filled if the elected Board conclude that the skills mix of the four elected Directors does not sufficiently meet the needs of the organisation to guide strategic and governance initiatives. These roles will be appointed by the Board, and preference will be given to RSL members to fill the specific needs for those positions.

APPLICATION AND NOMINATION PROCESS

The skills required to direct the operations of RSL Queensland are determined by the organisation's strategy. The Nomination and Remuneration Committee will publish

the list of skills required with Board Position Descriptions on an annual basis to the RSL Queensland website.

To apply for open positions on the RSL Queensland Board, RSL Sub Branch Defence members will need to first apply to the Nomination and Remuneration Committee with a demonstration of how their skills meet the position requirements. The Nomination and Remuneration Committee will review applicants and short-list those that fit the skill requirements. The shortlisted applicants will then be selected and appointed to the Board by member vote.

Positions will be opened for nomination against the position descriptions on a rotating basis.

VOTING PROCESS

The process for Delegates to vote for their District President at their District AGM will remain unchanged.

Sub Branch and District Delegates will directly vote for seven of the Board roles at the Annual General meeting. Each of the seven roles *must* be drawn from the members and will be appointed on a three-year term. A third of the board will rotate at each State AGM.


The State Council of District Presidents will elect a representative to sit on the RSL Queensland Board. The selection of this Board member

will be managed within the Council.

The (optional) two additional Director roles will be appointed by the Board, and preference will be given to RSL Members to fill the specific needs for those positions, if required.

KEY DATES

- **May:** Constitution Working Group drafting membership categories
- **11 June:** Board review of proposed changes, and release Draft Constitution to RSL members for feedback
- **11 June – 7 July:** Member feedback period
- **12 July – 6 August:** Feedback review and revisions made by Constitution Working Group
- **26 August:** Final Constitution and By Laws reviewed and approved by RSL Queensland Board
- **2 September:** Publish final Constitution and By Laws to RSL Queensland website
- **8 September:** Notice of Motions for RSL Queensland AGM
- **8-9 December:** RSL Queensland AGM

Members can find out more about the progress of the Constitution Working Group, review drafts at the above publish dates, and submit their feedback to proposed changes by visiting www.rslqld.org/constitution 



THROUGH OUR VALUES WE REMEMBER THEM

The legacy and traditions of ANZAC Day were born on a fateful morning in 1915, on the beaches of Gallipoli.

 Lani Pauli



C

lose your eyes. Imagine a heavy silence broken only by the sound of waves lapping the sides of ships waiting for the signal to disembark troops.

It's the early hours of 25 April 1915 and Australian and New Zealand troops are enveloped by nervous anticipation and a sense of duty to fight for their

country, preparing to enter a battle that would become a powerful legacy that remains relevant today.

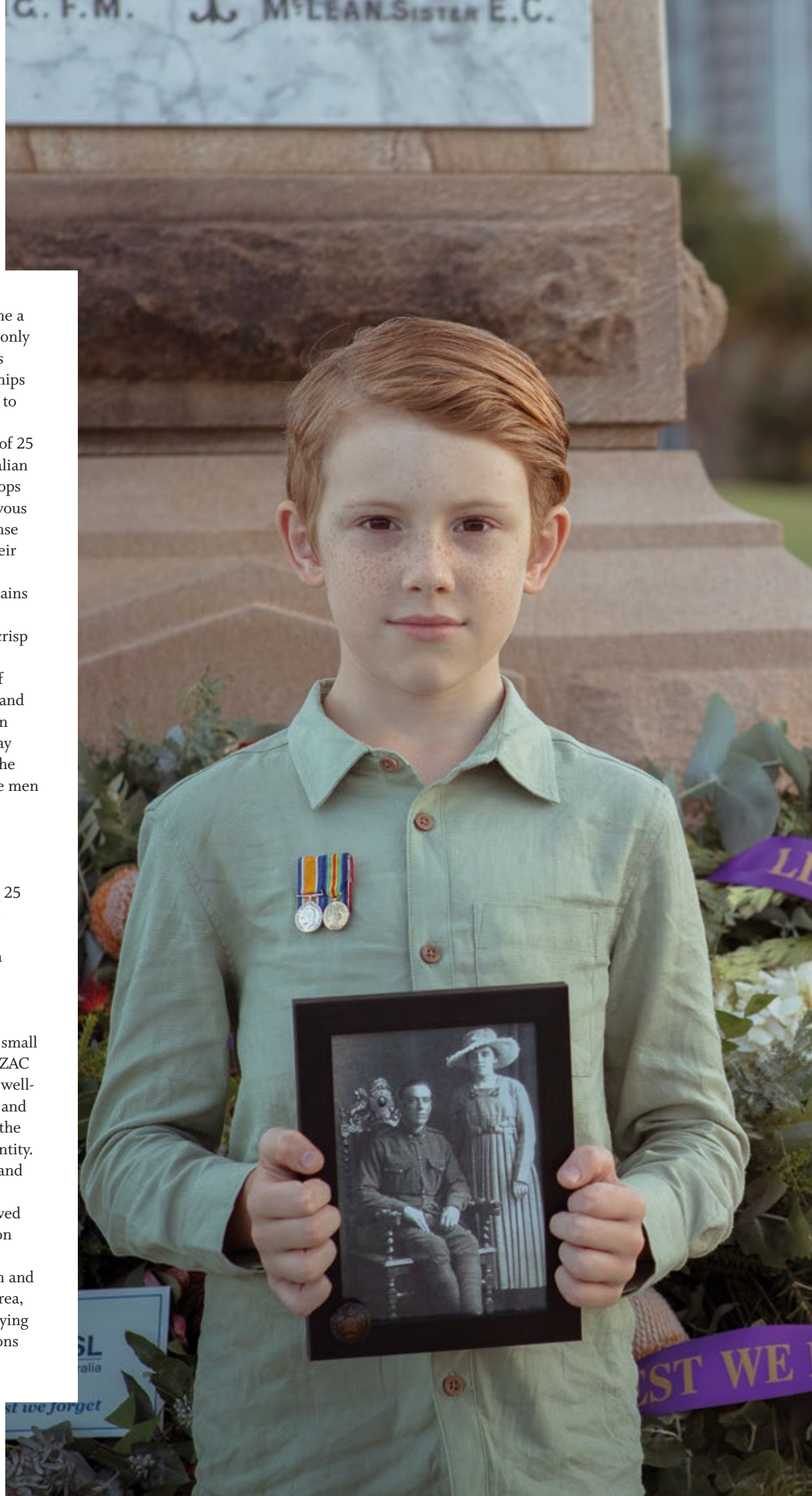
Keeping your eyes closed, imagine the crisp Autumn morning breeze across your face as you become one of tens of thousands of Australians who gather at their local RSL and war memorials across Australia. As the sun rises on 25 April, we open our eyes and pay eternal respect to the sacrifices made by the young men in World War I and the service men and women in battles that followed.

A MOMENT THAT SHAPED A NATION

The legacy and traditions remembered on 25 April earned their place in history on that fateful morning, eight months into WWI, when our allied forces (now better known as ANZACs) left on a mission to capture Constantinople (Istanbul) aiming to take Turkey out of the war.

When they arrived at Gallipoli, and the small cove that would come to be known as ANZAC Cove, they were ambushed by a large and well-armed Turkish force. Their gallant efforts and sacrifice is often reflected upon as one of the key moments that shaped our nation's identity. It showed the world how strong we were and our resilience in the face of a crisis.

After WWI, the spirit of the ANZACs lived on and the gazetted day of commemoration (officially enacted from 1916) grew to encompass the soldiers, pilots, servicemen and women that fought in WWI, Vietnam, Korea, Malaya, the Middle East and continue playing a part in modern-day peacekeeping missions across the globe.



While the landing at Gallipoli set Australia (and New Zealand) on an unplanned trajectory, claiming the lives of 754 Australians, 147 New Zealanders and injuring over 2,000 soldiers, it equally shaped our nation, giving us an identity as courageous protectors. It defined our innate values of mateship, sacrifice and endurance.

IT'S WHO WE ARE

Former Australian War Memorial Director Dr Brendan Nelson says despite its origins ANZAC Day isn't about war.

"It's in a context of war, but in the end, it's about love and friendship. We emerged victorious, deeply divided and inconsolably mourning 62,000 dead; we emerged from that war with a greater understanding of what it meant to be an Australian and a

greater belief in ourselves."

The values the troops took with them to ANZAC Cove, that our Defence forces past and present have stood for and that our everyday Australians live by now can be seen in 2021, just as they were in 1915.

Our preparedness to roll up our sleeves and lend a hand, to be there for our neighbours and to give back to our communities keeps the ANZAC spirit alive. As our country continues to recover from natural disasters, global challenges, and economic hardships, we feel the legacy of those who fought and made the ultimate sacrifice to give us the life we all live today.

The meaning of the day is as individual as the lines on our fingerprints. The emotions and connection to the day and its memories is complex. And just as the

way we commemorate ANZAC Day is reshaped due to global events outside our control, so too perhaps will our personal meaning of what we mark each year on 25 April.

WHY DO WE REMEMBER?

Today, 25 April is recognised as a day of national remembrance, with dawn services held across the country before marches in our capital cities and regional centres give former and current servicemen and women the opportunity to commemorate the day.

For many, it's a moment to reflect on the different meanings and outcomes of war, and what it means to be Australian. We honour the values of sacrifice, courage and an attitude of 'getting the job done' and pay our respects to those who gave their lives for our country. ←

THE RETURN OF LIGHT UP THE DAWN

In 2020, Light Up the Dawn brought us all together. In a year of great challenge and change, the Australian community stood united – in uniforms or pyjamas, wearing medals, poppies and sprigs of rosemary – to let Australian veterans know that their service and sacrifice will never be forgotten.

This year, we had a choice – commemorate our veterans with a traditional Dawn Service at local cenotaphs or honour them from home.

See pages 62-74 to see how our Queensland communities lit up the dawn this year.





LIGHT HORSEMEN RIDE AGAIN TO MEET THE DAWN



The clippity-clop of horses' hooves provides a unique accompaniment to Warwick's Dawn Service, linking the present to the WWI history of the Darling Downs.





AS the sky begins to lighten over the Warwick cenotaph, the 11th Warwick-Montrose Light Horse Troop rides in to the rhythmic clapping of the audience.

"You feel like you're in a world of your own," says Russell Broderick.

On ANZAC morning, he'll have gotten up at 3am to round up his horse, don his uniform and make it to the cenotaph in time. The Troop will also participate in the March and Main Service later that day.

Having lost four family members in World War I, Russell says being part of the commemoration is very special to him.

"You're remembering those blokes who went over there, especially the young ones. They thought they were going on a big adventure, which didn't turn out to be that way," he says.

The 11th Warwick-Montrose Light Horse Troop traces its roots back to the 11th Light Horse Regiment, which was raised in Queensland and South Australia in 1915, and served with distinction in Gallipoli, North Africa and the Middle East.

CONNECTIONS TO THE PAST

Warwick RSL Sub Branch President John Skinner says the Troop is a highlight of its ANZAC Day commemorations.

"The Troop really plays a significant part in our ANZAC Day. They usually form the lead – or vanguard – of our parades. They take part in just about everything; the people love to see them, and we want to involve them in everything we do."

As an ex-serviceman, ANZAC Day is intensely personal to John. But he also has personal ties to the Light Horse.

"Even before I was in the military, ANZAC Day was a special day," he explains. "My grandfather, my dad's

father, was a light horseman in World War I. He served in Palestine and was wounded. So, it always meant something to me.

"But after I served and came home, the death of three very close friends – it brings me back to thinking about them as well. It is something really special that means a lot to me."

Russell also feels the link to the past.

"I remember all those blokes that didn't come back," he says. "I've been to Beersheba and done the re-enactment twice. We visited every war cemetery that was in Turkey and Jerusalem at that stage.

"And when you look at the ages of the young people that went, it brings a tear to your eye."

BRINGING THE COMMUNITY TOGETHER

Warwick's strong community spirit has contributed to a steady increase in attendance at the town's Dawn Service.

"When I first came to Warwick 40 years ago, ANZAC Day was a big day, but the Dawn Service was small," John says. "These days we're getting up to 3,000 people at the Dawn Service."

As well as the Light Horse Troop and veterans groups, John says many schools and community groups, including the Boys' and Girls' Brigades, Girl Guides, Scouts and SES, march in the ANZAC Day Parade.

"We have quite a big Parade, but we also get a good crowd to come along. And the crowd claps as the Diggers march past, which is something I've never experienced anywhere else."

A RETURN TO TRADITION

John was thrilled to commemorating ANZAC Day traditionally again this year.

"Last year was very difficult for us, but we went out of our way to make sure we did as much as we could.

CLOCKWISE FROM TOP LEFT: 11th Warwick-Montrose Light Horse Troop member Russell Broderick gets up at 3am every year to round up his horse, don his uniform and participate in the ANZAC Day service; Dawn holds special significance on ANZAC Day; The 11th Warwick-Montrose Light Horse Troop traces its roots back to the 11th Light Horse Regiment, which was raised in Queensland and South Australia in 1915, and served with distinction in Gallipoli, North Africa and the Middle East; The Troop form the lead – or vanguard – of the ANZAC Day parade; Warwick RSL Sub Branch President John Skinner says the Troop is a highlight of its ANZAC Day commemorations; Having lost four family members in WWI, Russell says being part of the commemoration is very special to him.

"THE TROOP REALLY PLAYS A SIGNIFICANT PART IN OUR ANZAC DAY. THEY TAKE PART IN JUST ABOUT EVERYTHING; THE PEOPLE LOVE TO SEE THEM, AND WE WANT TO INVOLVE THEM IN EVERYTHING WE DO."

"We stood at our gate with our flags and candles. We're on a country road, so we did it just because it was important to us.

"But to be back with the people, with the community and with the Diggers, that was something else."

Russell agrees.

"We're always excited to attend ANZAC Day as a Troop," he says. "It's good to be able to get involved and see some of your friends who turn up every year, and the older people that come over. It was very special." ←









indigenous artist

**TRANSFORMS ANZAC
DAY IN BEAUDESERT**



As communities across Australia lit up the dawn last year, Beaudesert residents found a new spirit of remembrance thanks to a local Indigenous artist.

 Lani Pauli |  Matilda Dray

KIM Williams, a proud Kullilli-Wakka-Wakka woman, has been a practicing contemporary artist for more than 40 years. And it was her creativity that saw power poles in the front yards of local veterans turned into one-of-a-kind artworks.

“I think Beaudesert was the only place in Australia that had all these poles decorated,” she says.

“I thought I’d ask my local energy provider if I could paint the electricity pole outside my driveway and I was given approval.”

What started with one pole outside her own home, transpired into Kim painting 15 poles in 16 days for local veterans. She says the Beaudesert community was behind her at each step.

“This was for all our veterans who have sacrificed for us. They gave up their freedom and this was to give them somewhere they could remember and share the day with loved ones.

“As a mother of six boys myself and a grandmother, I can imagine looking back on this in 10 years’ time with them and know that I gave back to my community,” she says.

“And I hope they will remember that someone thought of the veterans and gave them somewhere to go for ANZAC Day instead of being at home on their own.”

A PRACTICE TO HONOUR INDIGENOUS IDENTITY

Living and working in Mununjali country, Kim says her creative practice and this project were important demonstrations of Indigenous identity.

“It was important as I was painting the poles that I am an Aboriginal woman and I’m painting these not

only for my Aboriginal and Islander people but for the whole of Australia to recognise that they all went to war to sacrifice their lives for our land,” she says.

“ANZAC Day for me is important because of my grandparents, my grandfathers, and on my husband’s side, all the uncles and aunties who went to war at a very young age to fight for freedom and their country, their land.”

A TRADITION PASSED DOWN FROM GRANDMOTHER TO GRANDCHILD


For Kim and her family, ANZAC Day holds significant meaning.

“We come from a family that has served in the Army and my husband and I have taken our children to ANZAC Day commemorations and now we’re doing it with our grandchildren. Handing the tradition down to them,” she says.

“It’s important to my husband and I that they know the history. And that when we’ve gone, they will be carrying it on with their children, and then their children.

“Like many Indigenous families, military service is something of a tradition, coming from a long line of warriors. Around 10 years ago when the black Diggers started being recognised, my nephew played the didgeridoo at a Dawn Service,” Kim shares.

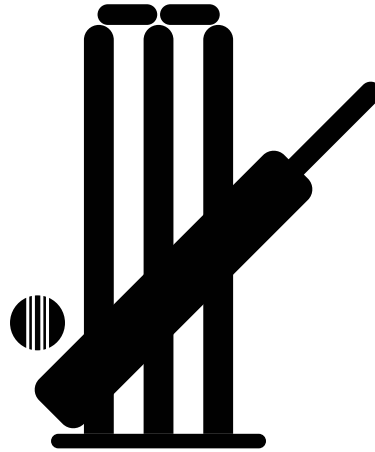
“To hear the echo of a didgeridoo in the background with the sun coming up was amazing. Also, the eeriest, sacred thing you could ever hear.

“You think of your grandparents, the nurses, everyone who went to war. It gives me goosebumps thinking of it. And if you ever get to go to one where there is a didgeridoo playing in the background, it’s a beautiful feeling.” 



Kim Williams, a proud Kullilli-Wakka-Wakka woman, in her studio in Beaudesert. ANZAC Day holds significant meaning for her and her family, and she painted power poles in 2020 in honour of the veteran community.





HISTORIC DIVERSION CREATES A LOCAL TRADITION

A game of our country's national sport as a distraction tactic on the greens of Gallipoli more than 100 years ago serves as the inspiration for an ANZAC Day event that brings the Kenmore-Moggill RSL Sub Branch community together every year.



KENMORE-MOGGILL RSL Sub Branch President Rick Maher says they've been playing the Shell Green Cricket Match every ANZAC Day for around 10 years. Sadly, the event was cancelled in 2020 due to COVID.

"We were looking at various ANZAC Day sporting events and saw that cricket wasn't one being played," Rick says.

"We figured we could acknowledge this important game."

The cricket game Rick is referring to was played in Gallipoli as a diversion tactic as the ANZACs sought to withdraw from the area.

"The original Shell Green was a site in Gallipoli and was one of the only flat pieces of land. As a joke they called it the Village Green, but after it was bombed by the Turks it became known as Shell Green."

"The Light Horse played a game of cricket on the site while troops started to withdraw as they figured if the Turks looked over the parapets and saw people playing cricket, they'd think we couldn't possibly be organising to withdraw."

FROM LITTLE THINGS BIG THINGS GROW

Rick says the event has grown every year as the community has gotten behind it.

"I think it struck a chord with our local community. From maybe 100 people watching the game to now getting upwards of 5,000 people coming to watch is amazing.

"We now have the Lord Mayor of Brisbane as our patron, and his team plays against our official ADF team."

Sean Montgomery, who has served in the Army for 12 years, has been Captain of the Defence Shell Green team for the past three years.

"To be involved in the game on ANZAC Day is a pretty special moment and a good opportunity to integrate our community," he says.

"The game is a good way to enjoy mateship with fellow servicemen and women, along with community members too. After the year we've had, just getting back to having the chance to spend time with each other is really important. I'm really looking forward to playing."

All Defence players earn their own Shell Green Game "baggy green" hat.

"It's pretty special because it's got the rising sun and it will be something that I look back on with fond memories," Sean says.

"Playing on the day at Brookfield Showgrounds does bring some connection to the guys that played in Gallipoli. The bigger connection is with the community here in Brookfield where the second Light Horse did their horse mustering."

A DIVERSE COMMUNITY IS RICHER

Diversity is one of the defining attributes of Kenmore-Moggill RSL Sub Branch.

"We're a Sub Branch that focuses on welfare and advocacy of veterans – all veterans – whether they're a member of the Sub Branch or they're a member of the community," he says.

"We have a range of people in our Sub Branch from a variety of backgrounds and nationalities, including a large proportion of Sri Lankan service persons. Because of this, we're seen as a home for Sri Lankan veterans, which is important. It recognises those 71 Sri Lankans that fought as part of the Australian contingent in World War I and Gallipoli."

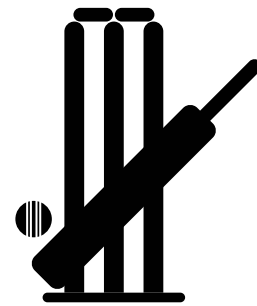
"We also have people from different conflicts and age ranges from mid 20s through to 106. So that's a pretty special bunch of people."

Lucy Wong, who served in the Air Force for 12 years and was deployed to Rwanda, has been a member of the Sub Branch for three years.

TOP RIGHT: Sandy Pollit, Chief Instructor and Parade Marshall for the ANZAC Day march, led the reenactment of the local community donating their horses at the Showgrounds.

CENTRE: Sean Montgomery, who has served in the Army for 12 years, has been Captain of the Defence Shell Green team for the past three years.

BOTTOM LEFT: Kenmore-Moggill RSL Sub Branch President Rick Maher with Lucy Wong, who served in the Air Force for 12 years and has been a member of the Sub Branch for three years.



**"ALTHOUGH
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OUTDOORS."**







“It’s a beautiful Sub Branch and it’s unique. You’re not just a number. Everyone knows everybody and they’ve gone out of their way to help me out,” she says.

“Last year was a challenging time for me and they’ve all helped me in some way. I’ve always known to give back but now I’m probably giving back a little more.”

Lucy is paying it forward, sitting on the Sub Branch’s ANZAC Day committee and says, “It’s really lovely to unite the community coming from all walks of life as well.”

A NEW RESPECT FOR ANZAC DAY

This year the Sub Branch will mark 25 April with a return to more traditional commemorations.

“COVID has restricted some of the things we would normally do and this year we said, ‘Let’s not stop doing what we need to do and look at ways of doing things differently,’” Rick says.

“So, this year, we will have a full service with a march at the Brookfield Showgrounds, which was also home to the horse muster during World War I, so it feels appropriate to have the march here and mix the two commemorative events into one location.”

Sandy Pollit, Chief Instructor and Parade Marshall for the ANZAC Day march, led the reenactment of the local community donating their horses at the Showgrounds.

“A lot of the members of our Pony Club have relatives who have served and will be wearing medals in their honour on the day,” she says.

“And their love of horses means they can connect and imagine the emotion that would have been felt handing your horse over to be sent to war.

“Hundreds of thousands of horses were sent from Australia and only one returned home.”

While the start of the day is a time for sombre reflection, Sandy says the afternoon of cricket is the opportunity for the local community to come together.

“It’s a lovely day where all the different communities that exist within ours come together with a sole purpose.”

Rick reflects on the changes last year brought to ANZAC Day commemorations and says it served as a reminder of what the day really means.

“The key thing is we can still commemorate, we can still have the service while keeping the community safe and continue the tradition of the Shell Green Game at the Brookfield Showground,” he says.

Sean agrees, saying “ANZAC Day to me is a day of reflection. Last year’s ANZAC Day was probably one of the more powerful I’ve had. To stand out on your front porch and look down the street and see your fellow Australians doing the same thing was a really poignant moment.” ←



to uncle Ben
I love you and miss you so much!!
can't wait to see you soon!

*A new generation to
carry on tradition*

With a long family history in Defence
- both past and present - ANZAC Day
elicits a sense of pride and honour for
young Zephaniah Hartley.

✍ Lani Pauli

📷 Matilda Dray





WHEN talking to eight-year-old Zephaniah Hartley, from Yarrabilba in South-East Queensland, there's a sense that it's true when they say, "the kids are alright".

Zeph, as he is known to friends, has always shown an interest in ANZAC Day according to his mum, Melinda.

"We have family members in service, past and present – so we've often attended ANZAC Day services. Zeph has always been very interested in paying his respects," she says.

"We have visited the Australian War Memorial twice and he took the visits very seriously. He laid home-made wreaths in the Tomb of the Unknown Soldier and visited Duntroon in 2019 when his uncle Ben graduated."

TAKING THE LEAD TO LIGHT UP THE DAWN

Last year, when COVID restrictions saw the community seek ways to safely commemorate on 25 April, Zeph took the lead on his family's *Light Up the Dawn* operation.

ABOVE:
Eight-year-old Zephaniah Hartley looks through photos of his family members who served in Defence.

LEFT:
Melinda, Charlotte, Zephaniah and Peter Hartley.

"Last year we did Light Up the Dawn in our driveway and I made my own order of service," he says.

"It felt like it was something new to me and it felt special."

Zeph's twin sister Charlotte selected her own poem to read during the service and Zeph read The Ode.

"We made wreaths, candles and used rosemary from our veggie garden," he says.

"After our service we donated the wreaths to another resident in Yarrabilba who had served in World War Two."

A DAY OF MEANING

Zeph is excited to wear his family medals on ANZAC Day – especially after eagerly researching their origins in a book on medals gifted from his grandpa.

The medals he wears were given to Zeph's third great uncle from World War One and his great grandfather in the National Service. Among these

“ANZAC DAY IS IMPORTANT TO ME BECAUSE I GET TO WEAR MEDALS IN REMEMBRANCE **AND HONOUR PEOPLE WHO HAVE SERVED THEIR COUNTRY. FOR ME AND FOR EVERYONE I KNOW.**”



medals are the British War Medal and Australian Defence Medal.

“ANZAC Day is important to me because I get to wear medals in remembrance and honour people who have served their country. For me and for everyone I know,” he says.

This year, with in-person commemorations once again possible, Zeph and his family attended the Logan Village Dawn Service.

“This was my first Dawn Service and it gave me a feeling of honour,” he said.

After the service, Zeph headed home to watch the Canberra service on TV.

A FUTURE LIFE OF SERVICE

Zeph’s uncle Ben has served for three years in the Military Police and serves as inspiration to Zeph, who hopes to also join the military.

“It’s really nice that he sacrifices spending time with us to help our country. I miss him a lot,” he shares.

“I’m going to join the Cadets when I can in four years. I’m very excited.”

“I’m going to have to get really fit playing soccer to get in!”

Zeph’s already dedicated to giving back to his community in his work as a diabetes advocate.

“I have Type 1 Diabetes and I think that joining Cadets, for example, is something I can do that shows the fact I have diabetes doesn’t stop me from

doing things that other people can do,” he says.

Zeph, who is insulin dependent, has met with Federal Members and visited Parliament House as part of his work to raise awareness for the condition.

“My favourite part was visiting Parliament House with my mum. It made me feel really proud.”

ABOVE:

Zephaniah and his sister Charlotte write letters to their uncle Ben, who has served for three years in the Military Police.





RAISING A FLAG



FOR VETERAN WELFARE AND ANZAC DAY

✍ Lani Pauli | 📷 Matilda Dray

Next time you take a trip up the Great Dividing Range to the Garden City, take note of any flagpoles you see in the front yards of the houses you drive by. Chances are they're part of an initiative by the Toowoomba RSL Sub Branch and the Toowoomba Young Veterans Group to honour veterans and help connect them with their Defence community.

TOOWOOMBA RSL Sub Branch President Scott May, who served five years as a member of the Royal Australian Armoured Corps at 2nd/14th Light Horse Queensland Mounted Infantry as an ASLAV crewman, says it was a project "born through sheer coincidence".

"I installed a new flag pole for a family member who wanted one for their front yard, and then made one for myself. Then I was getting requests from a couple of other younger members of our Sub Branch for a flagpole as well," he says.

"It snowballed to what we're now calling Flags on the Home Front. It also oddly coincided with the start of COVID last year just before ANZAC Day and it has equally served as a welfare initiative."



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OF THE TIME IS A
VETERAN TOO."**

For six weeks prior to ANZAC Day 2020, Scott and his team were in demand, with requests for flagpole installations from veterans across Toowoomba so they could light up the dawn in their driveways.

For an appropriate donation to the Sub Branch, they install a polished metal flagpole, with all funds raised used for veteran welfare and support activities in the local Toowoomba community.

"We ask that they make an in-kind donation to cover the cost of materials so that we can keep paying it forward, and nine times out of 10 people donate more than that," he says.

"It has continually grown steadily for the past 12 months. And personally, going out and installing flagpoles every Monday has given me a consistent project while I rehabilitate and recuperate.

"It drills down into what the core value of the RSL is – looking after one another within the community."

Scott says they've installed 150 flagpoles so far.

"It's a multifaceted program. On one hand it lets us create the opportunity for veterans and community members to observe special days like ANZAC Day and others throughout the year from their own home," Scott explains.

"On the other, we have local veterans making the flagpoles and then going out to install them. During installation

they can interact one-on-one with the homeowner, who 90 per cent of the time is a veteran too.

"The donations from the program have meant we're in a position to offer other welfare projects for members and the visibility in the community of what the RSL does means we've been able to grow our membership base as well."

THE CHANGING VETERAN FACE

Scott says being an advocate for the support and connection RSL Queensland offers members is a great side benefit.

"We're getting the chance to meet people who may have never interacted with the RSL and not known the full extent of what we do and how we support members," he says.

"The RSL offers a lot of benefits for younger veterans in the community. Not only the direct welfare initiatives it has – such as advocates and welfare and support services – but also indirect welfare.

"And it isn't only veterans' homes where we are installing the flagpoles, it is community wide. So, for local residents to be able to interact with our cohort of younger veterans also gives them a better understanding of the challenges younger veterans face and changes the perceptions of what a veteran is."

"We're not just a group of older people in the community. We have members as young as 18 years old, so this initiative has impact for people to realise that the RSL is still a relevant organisation with a part to play in the community and we are needed generationally across the board."

A NEW WAY TO COMMEMORATE

After the challenges of last year and the ways in which the community still gathered to commemorate ANZAC Day through Light Up the Dawn, Scott says it gave him a sense of satisfaction knowing they had played a part in



helping forge a new way to commemorate the day.

"My sons point out flagpoles as we drive around Toowoomba, asking if they are ones I've installed and it's humbling to be involved in a lasting legacy and doing something good."

This year, Scott commemorated ANZAC Day more traditionally thanks to the easing of restrictions.

"We had the services at the Cenotaph in Toowoomba, but people who couldn't get out and about were also encouraged to honour our Service men and women with a Light Up the Dawn service in their own home.

"The day itself for me is a moment to stop, reflect and take stock of what I have. It's also a day where the community can come together, not to celebrate the glories of war, but to remember those who served in the conflicts."

THE RETURN OF LIGHT UP THE DAWN

In 2020, Light Up the Dawn brought us all together. In a year of great challenge and change, the Australian community stood united – in uniforms or pyjamas, wearing medals, poppies or sprigs of rosemary – to let Australian veterans know that their service and sacrifice will never be forgotten.

This year, we had a choice – commemorate our veterans with a traditional Dawn Service at local cenotaphs or honour them from home. See pages 58-74 to see how our Queensland communities lit up the dawn this year. ◀



A STITCHING GOOD FUNDRAISING IDEA

The Emerald RSL Sub Branch got scrappy for their annual ANZAC Day raffle this year, raising \$5,000 to support local veterans.

Lani Pauli

THANKS to the talents of local quiltmaker Lorraine Baker, Emerald RSL Sub Branch raffled her handmade quilt, which the Sub Branch's volunteer fundraiser Margaret Mallyon says was named 'The Quilt of Remembrance'.

"I was in Peter Taylor's Sewing Centre when co-owner Lis tapped me on the shoulder and showed me the fabrics she had displayed in her window for ANZAC Day last year," she says.

"They were beautiful pieces of fabric illustrating scenes of our ANZACs and she told me she wanted to donate it to our local RSL to see what we could do with it."

Margaret thought of Lorraine instantly and set her the challenge of creating something that would embrace the ANZAC spirit.

"Peter and Lis Taylor donated all the additional fabric Lorraine needed and it took her well over 100 hours to create," Margaret says.

The quilt, valued at \$2,500 and slightly bigger than your average Queen size quilt, was part of a raffle in the lead up to 25 April and the lucky winner was drawn at the Sub Branch's

ANZAC Day luncheon.

"The quilt was won by a young lady, Melanie, who is soon to be married and her husband-to-be comes from a military background," Margaret says. "He wears his great uncle's medals."

"We had well over 100 people at lunch and it was a great afternoon."

Margaret's husband and Emerald Sub Branch President Noel Mallyon said the raffle was a great way to introduce people to the work the RSL does to support veterans.

"We have actually signed up a few new members during the time we were selling this year's raffle tickets," he says.

"It wasn't just about promoting ANZAC Day but an opportunity to educate and inform people about DVA and different entitlements they can access."

A CREATIVE PUZZLE

Seventy-five-year-old Lorraine started making quilts after she retired almost 10 years ago.

"I've sewn since I was eight or nine years old. After I finished working, I wanted to do something different. If you'd told me I would sit down and cut fabric up only to put it back together I wouldn't believe you."

"But I enjoy the creativity of it all. It is like a puzzle."

She says 'The Quilt of Remembrance' was in memory of the heroes who have fought in wars for our country.

"I've always thought that veterans are our country's heroes. ANZAC Day was a big day in our family growing up in a small country town and we would pay respect to the people who had served our country." ←

"THE QUILT, VALUED AT \$2,500 AND SLIGHTLY BIGGER THAN YOUR AVERAGE QUEEN SIZE QUILT, WAS PART OF A RAFFLE IN THE LEAD UP TO 25 APRIL AND THE LUCKY WINNER WAS DRAWN AT THE SUB BRANCH'S ANZAC DAY LUNCHEON."





THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD

For 22 years, Gaythorne Sub Branch President Ken Cullen has been holding onto a copy of a poignant speech originally delivered by Australian politician Don Chipp in 1968. The words had been passed along by a mutual friend, and Ken was waiting for the perfect time to read them aloud. The moment came during Gaythorne's gunfire breakfast on ANZAC Day 2021, and the words struck a chord with many of those in attendance. Among them was RSL Queensland CEO Melanie Wilson, who thought it was important that this speech be shared with our members as they reflect on the meaning of ANZAC Day.

 Don Chipp, 1968

“THEY shall grow not old, as we that are left grow old.”

How many times during the past 20 or more years have these words been spoken? How many times has their deeper meaning been sought? Today, perhaps an exercise in developing the significance of these words might be useful not only for old Diggers but those of the future.

Could we for a few moments bring them back – bring them who grew not old – back for a day... this day... their day. These men whom we have pledged ourselves ‘not to forget’. Could we – with deep respect, imagine that we might meet them for a short time today?

What were their names? There was Jimmy, there was Bill and Harry and Whacker and Bruce and Micky and Ocker and Fred and Teddy and Stan and Norm – but it doesn't really matter, because by now you have his name; that one who was perhaps closer to you than others; you have his face; his personality in your mind.

If perchance we could dream that, after the conclusion of today's service, you walked across the lawn and saw him coming up towards you, up from the foot of the hill, you would recognise him immediately – but he would have some difficulty, because you are now 29 years older than when he saw you last.

He is amused by the look of sheer disbelief on your face. He gives you an awkward grin and you then take his extended hand. There are some typically and uniquely Australian words of greeting spoken by you and him, in a very Australian way.

One of the first remarks might be, to put you at ease, “Bloody good set-up you've got here, mate” because the chances are he has never been in an RSL club before. You start to talk, but you must be cautious because – remember – you are now a mature citizen upon whom the years have had an impact – and he is still just 23 years old.

After a while, both of you will be

conscious that time is limited. He will want to know how we lost the peace which he thought he was winning for us; why we have exacerbated the tensions between people which cause wars; why we have been stupid enough to allow underdeveloped people to become poorer while we have become richer and fatter; why we have been weak enough to be pushed around by petty dictators who have used our weakness, and our greed, our prejudice, with consummate skill to further their own ends at our cost; why we have been naïve enough to have lost the PR battle to champions of totalitarianism from both the Left and the Right.

He will want to ask you why we allowed the tragedy of Korea to happen again so soon after he had given all he had to eliminate the need for future world conflicts.

He will then want to ask you why – why again – did we have the horror of Vietnam; why men are still slaughtering each other today, April 25, in Laos, Cambodia, Ireland, and still wanting to join in the Middle East.

He will not ask you the question, but it will be in his eyes – it will be unmistakably apparent in his eyes – of what you have done, and what you are doing, to help bring peace to mankind since he saw you last.

He is not an emotional fellow – he hasn't got a great maturity or depth of knowledge about international politics, BUT he has the vision born of IMMORTALITY – and during the final handclasp as he says goodbye, he looks to you and says – no – he looks to you and pleads:

“In God's name, don't let it happen again.”

And then he is gone. And then you think – can it happen again? What am I doing in my own independent way to prevent it happening again?

I am living in a free and democratic country, and what I say and what I think does matter because I have those precious freedoms for which he thought he gave everything. I



cannot simply shrug my shoulders and completely blame the government – or other governments – for any state of affairs that may arise.

Because I am guilty of war when I distort others' opinions which differ from my own.

I am guilty of war when I show disregard for the rights and properties of others.

I am guilty of war when I convert what another has honestly acquired.

I am guilty of war if I imagine my kin and myself to be a privileged people – when I believe other people must think and live as I do and when I believe the god of whom I conceive is the one others must accept.

I am guilty of war when I hate and when I despise a man because of his religion, his creed or his colour. But his words keep ringing in my brain – “In God's name, don't let it happen again”.

Do I, in fact, look at other people – either in my own country but more particularly from other countries – first looking for the difference between them and myself, instead of first looking at their similarities with me, because I know if I first look for differences between myself and any man I will find enough difference to render him completely incompatible with me?

And yet, if I first look for similarities between myself and any man, I will find enough similarities to make a look at any differences a futile and useless

exercise; to render him as a creature even the same as I – a creature who is my brother. And then I think of him again.

He is conscious and he is grateful for the words we say – ‘Lest We Forget’. He likes to be remembered, but not just with the hollow sound of easily mouthed words but by a dedication on all our parts of not “letting IT happen again”.

And if we, in this remote corner of this planet – the inhabitants of which seem to have dedicated themselves with a terrible ferocity to hate, despair and to kill one another – if we can stimulate some good will to flow to our neighbours in Melbourne, to our neighbours in Australia, and to our neighbours in other countries, perhaps this would be a shrine for him which would bring him real solace and comfort.

Would the words of Follen then have some meaning?

For the dead we have always with us because they are enshrined in our hearts.

So that when we say the places that once knew them know them no more.

We make an exception for that one place, our hearts – that are consecrated for ever to their blessed remembrance.

And so, we remember. There are two kinds of shrine we can build to his memory. A shrine made of bricks, bound by mortar, and adorned with marble – to which we do once or twice a year, lay a wreath and say a prayer. The other shrine is the one we can build in our hearts to him – to his memory – to his sacrifice.

There are no bricks in this shrine – no mortar to bind it – no marble to adorn it. It is built from gratitude, bound by a dedication to make a personal contribution to maintaining peace, and it is adorned by a compassion for creatures less fortunate than ourselves. Such a shrine would, I suspect, please him even more than the most ornate of structures and the volumes of what he might call “bullshit” mouthed every ANZAC Day. ←

“HE IS NOT AN EMOTIONAL FELLOW – HE HASN'T GOT A GREAT MATURITY OR DEPTH OF KNOWLEDGE ABOUT INTERNATIONAL POLITICS, BUT HE HAS THE VISION BORN OF IMMORTALITY – AND DURING THE FINAL HANDCLASP AS HE SAYS GOODBYE, HE LOOKS TO YOU AND SAYS – NO – HE LOOKS TO YOU AND PLEADS: ‘IN GOD'S NAME, DON'T LET IT HAPPEN AGAIN’.”



an ode

AN ODE TO COMMEMORATE A CENTENARY

A reminder of the cost of war, The Ode was first read to honour our ANZACs in 1921. But a fellow centenarian has penned an updated tribute for a new generation.

  Lani Pauli

DR

John O'Hagan knows what a momentous achievement it is to turn 100.

He celebrated his 100th birthday in December 2019, and as The Ode celebrated a century of being read in commemoration of wartime sacrifice this ANZAC Day, it

seemed fitting that this centenarian has put pen to paper to write a poem that pays tribute.

Dr O'Hagan wanted to write a piece that spoke to the younger veteran community and he drew inspiration from

the reverence and remembrance The Ode represents.

"My mother was a poet, her father wrote poetry, and research of our Irish family heritage shows they were known for poetry, too. I felt inspired to write a poem that spoke to the positive contributions our younger veteran community make to our services," he says.

"It took me quite a while to get the wording right. I'd sit and scribble ideas and I felt that I had it all right except for the last line.

"It was my friend Rose, who had acted as a sounding board from when I first started writing the poem, who said we don't give love, we feel love. It's true, so that clinched it. Everything else was rhyming from then on."

THE START OF A KNOWLEDGEABLE LIFE

A lifelong spirit of curiosity has led Dr John O'Hagan down some interesting paths.

From studying at the University of Queensland, to becoming Queensland's first clinical biochemist, and even taking on the role of public relations spokesperson while at the CSIRO, his life after serving in the Australian Army has been rich and varied.

Dr O'Hagan was studying as an evening student at the University of Queensland (UQ) in 1939 and working during the day as a cadet draftsman at the Queensland Department of Public Lands when he was called up for duty in the Army.

"After finishing my junior studies, which would be the equivalent of Year 10 today, I went into the public service, which was a real honour in those days," he says.

"I was called up for duty, enlisting in the Army, and served during the Coral Sea Battle, based in Townsville. It was around this time they asked for people who had an interest in physics and math to apply for a secret project.

"There were two dozen or more that applied and I was the one who was given the post. They sent me to Sydney for a three-month course in radiolocation and ranging (RADAR) technology."

While it is technology that is widely used today, back then it was knowledge that was shared by only a few, and took Dr O'Hagan to Darwin's 55th Australian Composite Anti-Aircraft Regiment in 1943.

SAVED BY SCIENCE

He reflects on this time and often believes there is truth to the possibility science saved his life.

"It wasn't until many years after I left the Army that I learnt that when I came back from Sydney it was around the same time my infantry battalion in Townsville boarded a ship to New Guinea," he explains.

"Quite a few of those chaps never came back. When I left for Sydney, I was a Corporal in the pioneer battalion

and the pioneers were the first to go in.

"So, the chances were high that I might not have come back. Somehow or other I've been sent to do all the other things I've done. I've been very lucky."

Dr O'Hagan finished his studies in 1947, earning a Bachelor of Science from UQ. He continued his studies with a Master of Science in 1950 and a PhD in 1959.

"I was the first PhD graduate in biochemistry from a Queensland university," he says.

His career in science spanned work with the Queensland Department of Health, the Red Cross Blood Service, the Princess Alexandra Hospital pathology department, UQ and the CSIRO, contributing to more than 30 years of clinical and applied research that has helped progress medical knowledge globally.

"Even as a young boy I knew I wanted to be a chemist and I would tinker with inventions and things under the house, making crackers or roman candles," he says.

"My sisters used to joke that I was always trying to blow myself up under the house."





JOHN'S ODE

We pause to honour, our
valiant ones
who served their country,
so beautiful and grand.
In silence we remember, its
daughters and sons
who inspire us to feel,
greater love for our land.



THE TRADITION OF THE ODE, WHICH COMES FROM THE POEM BY THE ENGLISH POET LAURENCE BINYON 'FOR THE FALLEN', MARKED ITS 100TH ANNIVERSARY THIS ANZAC DAY. IT SERVES AS A STRONG REMINDER TO THOSE THAT HAVE SERVED AND WHAT THEY SACRIFICED FOR OUR COUNTRY.



Dr O'Hagan was also part of the group who lobbied for the opening of the Sir Thomas Brisbane Planetarium and founder of the Queensland Museum Society.

In 2018, at the age of 99, Dr John Edward O'Hagan was awarded a Member of the Order of Australia for his contribution to community and science education in Queensland.

COMPANIONSHIP FROM COMMUNITY

John, who is a member of the Stephens RSL Sub Branch in Brisbane, said seeing some of his unit for the first time in Townsville for the anniversary of the Coral Sea Battle gave him the nudge to join the RSL.

"Being a member of my local RSL Sub Branch gives me companionship," he says.

"I was the first to be discharged from my unit in 1948 and I didn't see them after that for a long time. So as a member for 11 years it's been good to have involvement with fellow veterans of all ages."

Not content to spend his retirement sitting still, John has kept himself busy with research and fundraising projects, including founding the Queensland Academy of Arts and Sciences when he was 80.

"I've been able to stay connected with my community and continue to give back through raising money for prostate cancer and liver health research through my RSL Sub Branch," he says.

"We've just finished the research on prostate cancer so now it's time to find out what we'll focus on next."

And John isn't planning on stopping, keeping his days busy with research and a keen interest in restoring furniture.

"Like my son says, I'm not retired. You have to keep your mind active." ←

MATES 4 MATES

THE QUARTERLY MAGAZINE
FOR OUR DEFENCE COMMUNITY

Wellness from within

Supporting younger veterans
on their pathway to recovery
through our Wellness Programs.

+
**THE POWER
OF MATESHIP.**
MATES4MATES
SUPPORTERS
STANDING TOGETHER

+
**JOIN A TEAM AND
SUPPORT A MATE.**
BRIDGE TO BRISBANE
IS BACK FOR 2021

A message from our CEO Troy Watson.

I continue to be inspired by the support of our community. It's mateship in every sense of the word.

One of the best examples of this was our April appeal which saw hundreds of people come together to support fundraising activities across Australia. From morning teas, through to sporting events and jewellery sales, each year the fundraising ideas get more and more creative and it all makes a real difference.

If there was a word to describe this year it would be momentum. Momentum in the way our team works so hard to bring our vision of support for veterans and their families, to life. I encourage you to read on and see all the great achievements this first half of 2021 has held.

Our 3-Day Wellness Programs are one of these initiatives which has proven to be a valuable experience. There is a growing need specific to younger veterans and we have designed our programs to address these needs. Since November, we have had an overwhelmingly positive response to the programs and we plan to continue to roll out a further seven throughout the remainder of this year.




We have an exciting line-up of events coming up, which see Mates4Mates the charity partner for the Brisbane Airshow in July and the Bridge to Brisbane in August. Thank you to all of our fundraisers who are braving the cold and waking up early to train for the Bridge to Brisbane so that we can continue supporting veterans and their families.

While the doors may not be open at our Northern Territory Veteran and Family Wellbeing Centre just yet, that's not stopping us from providing weekly services to veterans and their families across the state. Read more on page 6.

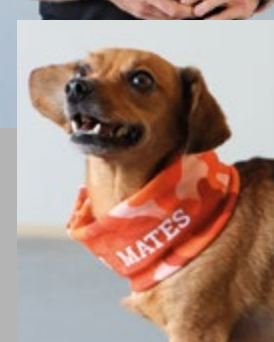
On page 7, our team of exercise physiologists share three easy tools they use to help veterans sustain healthy exercise and nutrition habits that stick.

Enjoy this edition of our magazine and once again, thank you and take care.


Troy



WEAR YOUR SUPPORT WITH PRIDE.



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:

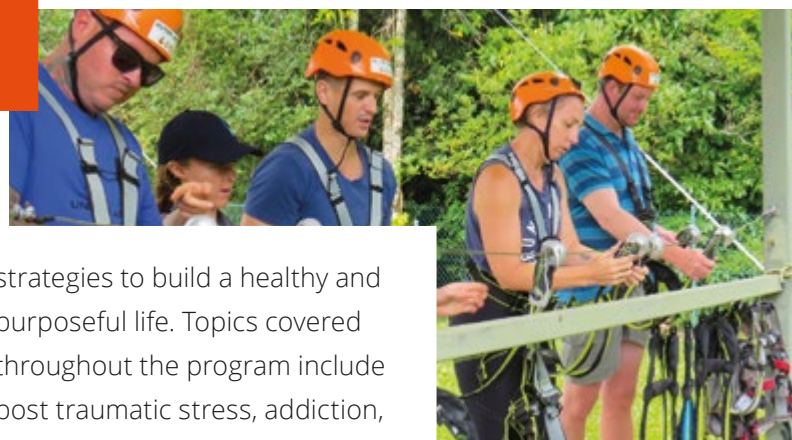


Mates4Mates supports current and ex-serving Australian Defence Force members, and their families, who have been impacted by their service. We are an initiative established by RSL Queensland. If you would like to contribute to our magazine please contact Mates4Mates Communication and Media Manager via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



Wellness from within

Re-centre, recalibrate and re-connect with mates.



Since November, young Aussie veterans have turned to our new 3-Day Wellness Programs, embracing fresh techniques designed to help them manage some of life's obstacles faced post-service. These programs have been intentionally designed for younger veterans and are led by our psychologists and exercise physiologists who share a passion for supporting veterans.

We wanted to make it easier for young veterans to talk about how they're feeling, rather than struggling in silence. Our programs are designed to not only offer participants a supportive environment amongst new peers, but also provide them with evidence-based tools to help them manage their physical and mental fitness.

Participants have said, "I'm so glad I joined this program. The facilitators were so on point with the issues us veterans face. They offered practical tools to navigate life's stresses. We had a dynamic

group and worked so well together. The best part? Making new mates and learning new skills - like yoga!"

Since launching our pilot program in November, Mates4Mates has received an overwhelmingly positive response and volume of applications. Our skilled facilitators have run five programs to date, in Tasmania, the Gold Coast, Townsville and Mission Beach, supporting young veterans with transitioning out of Defence. Mates4Mates National Clinical Manager, Georgia Ash said "It's really encouraging to see so many new faces accessing our wellness programs. Running these programs over a weekend, means we have been able to broaden access to Mates4Mates services to a new cohort of veterans."

Funded by the Department of Veteran Affairs, our 3-Day Wellness Programs are open for veterans aged between 18-35 to apply to participate in, providing the opportunity to take time out of everyday life, to focus on improving health and wellbeing with like-minded people.

We are passionate about offering younger veterans the tools and

strategies to build a healthy and purposeful life. Topics covered throughout the program include post traumatic stress, addiction, mental health, communication and relationships, and persistent pain. Complementing the program participants also have the opportunity to participate in trauma informed yoga delivered by our qualified yoga instructors.

Our intention is to make our 3-day wellness programs as accessible as possible to young veterans who want to find their path to recovery. All meals, accommodation and workshop sessions will be provided at no cost thanks to the Department of Veterans' Affairs Supporting Younger Veterans Grant.

Looking for an opportunity to re-centre, recalibrate and re-connect with mates? More programs are rolling out across Australia this year. For the latest event dates and to submit an application, head to **mates4mates.org/events**. Places are limited.

"This program is better than I imagined. I didn't think it would be such an open forum and I felt very comfortable talking about things I don't usually talk about with people in my everyday life."

— Participant

For support call

Mates4Mates on
1300 462 837 or

Open Arms on
1800 011 046



Back to the Bridge

It's time to dust off your runners and get your heart rate pumping because the Bridge to Brisbane is back!

This iconic charity fun-run is heading back over the Gateway Bridge in Brisbane to celebrate its 25th anniversary on Sunday 29 August.

We're proud to be one of the tier one charity partners for the event, providing our supporters with a specific identifier during the run and activations on the day. We currently have over 100 Mates4Mates fundraisers who have signed up and are itching to get jogging, which is amazing, but we need more supporters.

We are asking our team and the wider community to stand with veterans and their families impacted by service by joining #TeamMates at the Bridge to Brisbane.

It doesn't matter if you run, walk, jog or skip, it's all about getting out and active while showing your support for veterans and their families impacted by service. Both age and ability is no barrier - we've seen Mates complete the course in wheelchairs and walkers. Bonus points for costumes too! So, choose your distance (10km or 4.5km), grab your friends, colleagues or your family and **register with TeamMates** today at **enterb2b.com.au**. Register today and help us raise \$10,000.

Midnight to Dawn Trek 2021



The power of mateship

This April we launched a campaign, asking the public to stand together with Mates4Mates in support of veterans and their families in need.

The support was absolutely phenomenal, with people from all walks of life embracing the quintessential Australian spirit of mateship in moments that matter. We had hundreds of supporters hosting morning teas, community craft days, BBQ's, raffles, sporting events, lawn bowls and jewellery sales. That's mateship in every sense of the word.

We want to take this opportunity to thank each and every one of you who stepped up and took a stand with us to support veterans and their families impacted by service. Whether your donation or fundraiser, was big or small, it all makes such a difference. Together, we raised over \$59,000.

We also want to celebrate Cathy. She's one of our passionate community fundraisers who raised over \$2,000 for veterans this year and it was all thanks to a family Rocky Road recipe. Yum! As a spouse of a veteran, Cathy knew first-hand the challenges veterans can face and wanted to find an easy way to give back.



Ryan Carnie making copper poppies



It started as a small idea, thinking I could raise a few dollars, but then it grew legs and I received orders for over 190 bags!

Mates4Mates is such a great charity to support. I know the amazing work they do and love their 'hands on,' practical approach.



Cathy Community Fundraiser



RASIGS ANZAC Match



Building connections for Mates through online services

✍ Steve Turnbull, Mates4Mates Online Services Coordinator

The COVID-19 pandemic has forever changed how charities, businesses and governments operate. Digital adoption rates increased overnight and society swiftly adapted to utilising the online world for social connection and services.

At Mates4Mates our community is everything to us and there is an incredible opportunity to continue expanding our services online, so more veterans across Australia can access support, regardless of where they live. In the past year we've experienced firsthand the difference our online presence has made to people's lives and the connections created through new mediums, often during times of extreme isolation.

The needs of veterans and their families do not change simply because they are unable to access face-to-face services. Everyone needs to feel connected and supported.

That's why we're committed to investing in a growing catalogue of online services which will enable us to provide more support to veterans and their families beyond the reach of our physical recovery centres. Since joining Mates4Mates in February, my focus as the Online Services Coordinator has been on establishing continuing service delivery through digital mediums. Since then, our new content studio

is lights, camera, action, with more services set for the near future.

We all know the benefits of catching up with friends and family for a cuppa and a chat, and this has been one of our foundation online service offerings. Since setting up our studio, we've facilitated online coffee catch ups for Mates all over Australia. It's a great opportunity to catch up with old mates and make new ones.

But we're not stopping there. We're also including body-based practices to our online offerings and that's why we are also launching complimentary Trauma-Informed Yoga. This style of yoga uses restorative postures and breathwork to support the nervous system in times of stress and anxiety. Veterans who have participated have shared that they are sleeping better and feeling more connected to their body.

In the future we plan to offer more online services, and these include music and art therapy programs, skills for recovery, interactive sessions involving art, craft and science, school holiday initiatives and online fitness challenges.

"The needs of veterans and their families do not change simply because they are unable to access face-to-face services. Everyone needs to feel connected and supported"

— Steve Turnbull





Eyes in the sky, support on the ground for veterans

We are honoured to be the official Charity of Choice for this year's Brisbane Airshow. We will have a Mates4Mates activation on site with merchandise, wheelchair basketball for the kids and more. Donations can be made to Mates4Mates with the purchase of a ticket or at the event.

Running 3 – 4 July, the Brisbane Airshow is back and set to be better than ever. It has something for everyone including hair raising aerobatics, historical warbirds, World War II Fighters, amusement rides, markets, live music and delicious street food. It's also set in one of the world's most stunning backdrops in the picturesque Somerset, Brisbane.

You can take to the sky in a helicopter, or sit back and watch the airborne spectacular taking place overhead. What many people don't realise though is that the Brisbane Airshow is so much more than what it appears. It's an iconic Australian event with a social mission — to acknowledge and celebrate the men and women who have served in our armed forces. ■

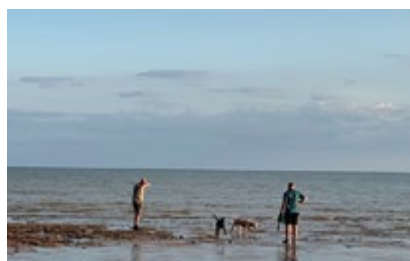


Northern Territory Veteran and Family Wellbeing Centre

Our focus is to provide a way forward for veterans and their families. We know that the model of care in our existing Family Recovery Centres works well and it's been an honour to start extending services into the Northern Territory.

While the doors to our new Veteran and Family Wellbeing Centre will not officially open until 2022, we are already on the ground, offering a broad range of services in the Northern Territory. From psychology appointments to social connection activities — here's a snapshot of what we are delivering:

- » 1:1 telehealth appointments with exercise physiologists and psychologists
- » Coffee catch ups
- » Restorative Yoga
- » Tai Chi
- » Morning Walks
- » Badminton
- » Gardening
- » School holiday activities
- » Aqua program



We continue to work closely with local stakeholders, the community and organisations such as RSL Queensland, RSLQ Compensation Advocates, RSLSA/NT Case Navigator and the Soldier Recovery Centre at Robertson Barracks. We also started a NT Veterans Wellbeing Network which has over 22 ex-service organisations, government departments and veteran services participating. These collaborations not only provide direct benefits to veterans, but they also offer Mates4Mates with insights that will help us best serve the region in the future. ■





Finding your stride through diet and exercise.

Most of us have experienced the benefits that a healthy diet and exercise can have — that rush of endorphins, clarity of mind, continued energy throughout the day, just to name a few. The problem isn't in knowing the feel-good effects, but rather where to start, what to do and how to sustain these healthy habits long-term.

Many veterans who participate in our physical rehabilitation and wellbeing programs are not just facing one challenge, but a combination of injuries. Considering how to factor in a healthy diet and exercise on top of this can feel overwhelming.

Here are **three tools** you can use to create healthy habits that stick, straight from our team of exercise physiologists.

Step 1 Where do you stand?

The best place to start is understanding where you currently stand.

» **Pre-contemplation:**

No serious thought about change or recognition of need.

» **Contemplation:** Considering change, mixed feelings towards change.

» **Preparation:** Weighing up pros and cons of change.

» **Action:** Taking active steps towards change which have a significant impact on lifestyle.

» **Maintenance:** Anticipating and successfully navigating temptations to relapse.

» **Relapse:** Slipping back to any part of the model.

These stages are circular, and you may transition in and out of each one as you progress. Reflect on where you are and where you want to be.

Step 2 Introduce your body to your mind

There is no disconnect between the body and the mind, but for many of us they are separate. Incorporating new habits requires both mind and body alignment. This looks different for each of us but it means choosing our physical and mental wellbeing each day.

The mind needs nutrition, mindfulness and examination of thoughts. The body needs physical

movement and rest. Choosing to nurture both over time will aid in positive mental health and healing.

Through this practice you'll develop an understanding of what you need to support your recovery. Your body will tell you when it's tired or needs more movement and your mind will tell you when it's stressed or when it's balanced.

Step 3 The power of microsteps

Our behaviour change system is wired on the idea of microsteps — small steps you can take towards building a healthier diet and exercise regime.

For example, if you want to return to running, you may start with scheduling a walk every second afternoon. Then, once you're

regularly outside walking, your next microstep may be to start jogging.

You can adopt microsteps to your diet also. Start by cutting back on foods that don't support healing and instead, include more whole foods. You'll soon notice a difference in the way you feel and that will motivate you to make more healthy changes.

Each of our Mates can access targeted support, a tailored recovery plan, and a community standing with them.

The demand for our rehabilitation and wellbeing services continues to grow. We offer group and individual sessions in a variety of areas.

To find out more about joining Mates4Mates, accessing services or supporting our cause, visit **mates4mates.org** or call **1300 4 MATES (62 837).**

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
members impacted by service, and their families.

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



Join Mates4Mates

Register today





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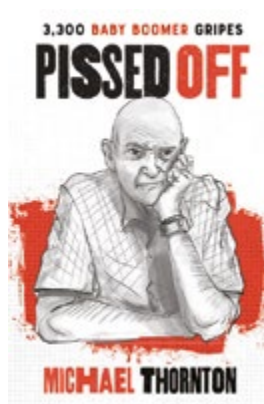


ISBN: 978-1-925707-48-9

Nothing is as it seems among passengers on the New Zealand Star. Colonel Newton's impotency resides in another when portraying to enigmatic widow, Nancying Jenkins, his role as emissary to a dying woman, while she masks a torrid life of unspeakable horror and devious subterfuge. High Commissioner Sir Gerald Templer recalls Newton to the cauldron of post-war Malaya, the quarry being its most-wanted communist terrorist, The Huntsman. With the past casting long shadows, does Mrs Jenkins hold the key to Newton's redemption?

"An enjoyable, high quality historical fiction novel. An entertaining mystery involving several well drawn, multi-dimensional characters."

— Michael Pert, author of *The Kissing House*

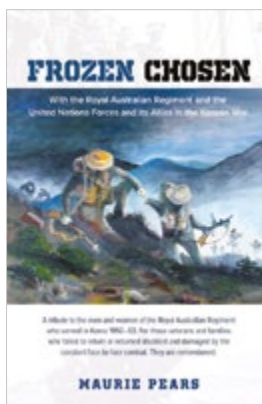


ISBN: 978-1-925707-49-6

Australia has five million baby boomers. Seventy-one-year-old Michael Thornton is one of them. He is so pissed off about the state of things, he's listed 3,300 gripes.

"Michael Thornton is not as pissed off as he says. Switched on might be a better way of putting it. This book claims to be full of gripes and Thornton is surely entitled to a few of those. But is also replete with astute observations and devastating insights. It loves life and is peeved by the narrow-minded and ungenerous who spoil the fun. Thornton is great fireside company as you shelter from the storm."

— Michael McGirr, author of *Books that Saved My Life*.



ISBN: 978-1-925707-55-7

With the Royal Australian Regiment and the United Nations Forces and its Allies in the Korean War.

This is a personal story of the experiences of a Subaltern and his 7 Platoon C Company, 3rd Royal Australian Regiment (3RAR Old Faithful) including observations from serving members of the British Commonwealth Forces who faced the enemy in the front line where the war is won or lost. Other observers and historians have made a priceless contribution to this volume and its tribute to the Australians with the UN Forces in Korea 1950-53.

The Diggers thank them and their families, who held the fort at home.

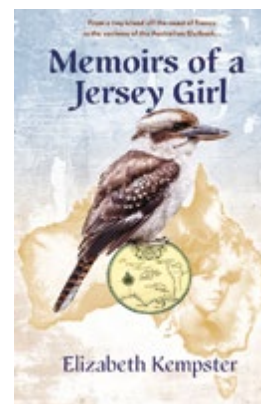


ISBN: 978-1-925707-51-9

National serviceman, Tom Duncan, was a changed man when he returned from the Vietnam conflict.

His pompous father, a successful New England fine wool producer, stating that he'd not have the family's good name tarnished any more, banishes his second son to the god-forsaken country west of the Bogan River in northwest NSW after he'd fallen foul of the law one too many times.

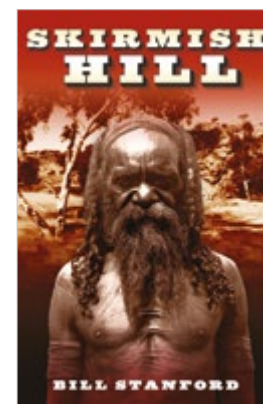
Far from being the intended punishment, Tom flourishes in the isolated scrublands, more so after school teacher, Samantha Neilson, joins him. When tragedy strikes, Tom acts compulsively, reverting back to a time in his past he had been convinced he'd left behind. When you tread on a snake you can expect to be bitten.



ISBN: 978-1-925707-50-2

From growing up in the Channel Islands post World War II, to running sheep and cattle stations in Australia, *Memoirs of a Jersey Girl* is the story of a life filled with adventure, achievement, and at times, tragedy.

A near-death accident driving a speeding Porsche in Portugal is the catalyst for Elizabeth's marriage to Ian, which would be the beginning of their journey in a very foreign land. As a young Ten Pound Pom dealing with the hardships of the Australian outback, including drought, isolation and deadly snakes, Elizabeth builds the mental strength and character required to deal with adversity. This is the engaging story of an incredibly strong woman, whose life is an inspiration to her family and friends.



ISBN: 978-1-925707-52-6

Skirmish Hill exists in remote and off-limits Aboriginal land in the Great Victoria Desert of Western Australia. The narrative's central figure, William Whitfield Mills, made his mark in colonial Australia as an outback surveyor, explorer and gold prospector and was thus selected for his participating role. He crossed paths with men and women of interest, Europeans and Indigenous alike. Together they engendered the Australian way of life and achievement.

Having by now learned that Mills died and was buried in an unmarked grave on an island in the midst of a salt lake in the vast Western Australian goldfields, the author and his wife undertake a wonderful journey of contemporary exploration to hopefully find his final resting place.



HOW DID YOU LIGHT UP THE DAWN THIS YEAR?

On 25 April, in towns and cities across Queensland and the nation, thousands of people gathered to honour our servicemen and women, past and present. Whether you attended a Dawn Service, lit a candle in private remembrance, or watched our veterans march proudly, we thank you for joining us to light up the dawn this ANZAC Day.

Our Light Up the Dawn campaign was widely adopted again in 2021 and we saw support from media, shopping centres, sporting teams, politicians, and the general public. More than 250,000 users visited our website during the campaign and almost 60,000 used our audio service.

It was also the first year that we sold Light Up the Dawn merchandise, and we sold packs to more than 5,000 Australian households in approximately three weeks.

Traditional services were also very well-attended and although we couldn't be at every service, we had photographers out and about, capturing the ANZAC spirit, at several services and driveways around Queensland.

Once again, we were inundated with submissions from Sub Branches and individuals showing us how they marked ANZAC Day. Thank you to everyone who took the time to send us a photo. Unfortunately, space restrictions have prevented us from including everything that was submitted.



Veterans march at the Redlands ANZAC Day service.



◀ An Australian Army Veteran supports soldiers from the 7th Combat Brigade during the ANZAC Day march in Brisbane City, Queensland. Image courtesy of the Department of Defence.



▲ Guest speaker at the Kawana Waters ANZAC Day service was Ryan Gaylard, a former commando and member of the Surf Lifesaving Association.



◀ An Australian Army soldier from the 2nd Combat Engineer Regiment, during the ANZAC Day march in Brisbane City, Queensland. Image courtesy of the Department of Defence.



▲ Members of the Military Historical Association at the Redlands service.



▲ Eliza Leslie with her children George and Josephine lighting up the dawn in Chapel Hill on ANZAC Day.



▲ Australian Army Signaller Luke Cannon from the 7th Combat Signal Regiment (left) chats to Vietnam veteran and former member of the 6th Battalion, Royal Australian Regiment, Peter Scott at Gaythorne Train Station, Queensland. Image courtesy of the Department of Defence.



▲ WWII veteran Phillip Wilkins at the Kawana Waters service.

▼ Navy veteran Tony Yarnold at the Kawana Waters service.



▲ Police officer Paul Uechtritz restored this WWII jeep and displayed it during the Kawana Waters ANZAC Day service.

▼ Veterans enjoy an early morning rum as they light up the dawn in Chapel Hill.



▲ Chapel Hill residents held a beautiful community service in their street on ANZAC Day.

► Kenmore-Moggil RSL Sub Branch member Lucy Wong, centre, and fellow Defence family members lighting up the dawn on ANZAC Day.



▲ RSL Queensland representatives set up a tent in the Brisbane CBD on ANZAC Day to provide current and ex-serving Defence Force members with information about the many services available to them through our organisation and the compelling reasons to become a member. Pictured, from left, Head of Membership Emily Bateman, Member Experience Specialist Hayley Bryan, Senior Marketing Manager – Defence Family Engagement Bart Black, Marketing Specialist – Defence Family Engagement Terri Morris, Digital Producer David Bouwmeester and Key Events and Appeals Manager Jonathon Cole.



▲ Air Force veteran Michelle Cook with her son Jaxon Murphy in Kawana Waters.



▲ A Chapel Hill veteran lighting up the dawn on ANZAC Day.



▲ All commemorative services, including a Dawn Service, parade and mid-morning service, were well attended by the community and visitors in Longreach, with a strong contingent present from the Qantas Red Tails group. A special thanks goes out to the Longreach Regional Council, 65 Squadron RAAF, Longreach Scout Group, Longreach Town Band, and the Longreach RSL Memorial Services Club. Photo credit: Skinn Deep Photos.



▲ Bray Park RSL Sub Branch President Brian Kay was a guest speaker at Bray Park State High School on ANZAC Day. During his visit, Brian met Elijah, whose second great uncle was 'Teddy' Sheehan, the only WWII RAN member to be awarded the Victoria Cross (posthumously in 2020). Teddy's photo took pride of place on the plinth where wreaths were placed in honour of all those who made the supreme sacrifice.



▼ Phil Thamm and Ray Galvin, middle, who served together as Army Parachute Riggers, both took part in the Currumbin march, after taking a quick selfie with ex-serving Cherisa Pearce, left, and current serving Bede Galvin, right.



▲ Guest speaker Major Ian MacDougall at the mid-morning commemorations at Gayndah War Memorial.

▼ Children from C&K Kindergarten lay handmade wreaths at the Banyo ANZAC Day service, where a crowd of around 1,500 attended.



▲ Members of Agnes Water/1770 Sub Branch held a Dawn Service, followed by a free gunfire breakfast for the surrounding communities of Rosedale Chapter, Miriam Vale and Agnes Water.

► Biloela Cenotaph before the Dawn Service. Photo credit: John Rathjen.



▲ Atherton resident Burt Johnson PSM, shown here on the right in 1961 and on the left in 2020, attended the Dawn Service at the Atherton Cenotaph with fellow RSL members. Photo credit: Burt Johnson.



▲ ANZAC Day this year saw two former New Zealand Vietnam veterans meet to march alongside their Kiwi comrades in the New Zealand contingent in the main parade in Brisbane. Barry Moore, left, and Marty Riori, right, both served in Victor Five (C67V5) Coy, 1RNZIR (First Battalion, Royal New Zealand Infantry Regiment) from May 1970 to May 1971.





▲ Lieutenant Commander Stephen Langridge lay a wreath from the Australian Navy at the Bowen service, which saw a huge turnout of over 500 patrons.



▲ Veteran Claude Malone comes back to Cherbourg every year to catch up with mates on ANZAC Day. While the town does not have a Sub Branch or even a Chapter, the Murgon Sub Branch attends the service and supports veterans from this small regional council area. Photo Credit: Cherbourg Radio.



▲ Prepared for a wet Dawn Service in Cairns, from left, CPOML-S Trevor Maybir, ABML-C Chloe Jackson and LSML-S Brooke Johnson.

► The Bribie Island National Servicemen were among those who marched on ANZAC Day. The banner was carried by two veterans who served at the Battle of Long Tan, Brian Cole, left, and Allen May.



◀ Federal Member for Griffith Terry Butler MP was emcee of the ANZAC Day service at Bulimba Memorial Park. The Queensland Navy Band led the parade, with a Navy Colour Party and sailors from HMAS Moreton before over 60 veterans marched down Oxford Street.

▼ Veteran Ed Miskiewicz lights up the dawn in his driveway before taking part in the Brisbane City Parade. This year was even more special for Ed, as it was his first parade in a number of years, due to his heart operation.



▲ Dressed in WWI Light Horse uniform Pastor Allan Kelly, left, attends the Capella service with a school Army Cadet and ex-service men and women.

► Norman Park & National Servicemens RSL Sub Branch President Eric Beutel and Vince Koch commemorate at a local street service.



▲ A dusk service was held at the War Animal Memorial in Durack. The service included a Catafalque Party by Jimboomba Cadets and a guard of honour by Forest Lake PTSD Group.



▲ Tewantin Noosa RSL Sub Branch President Adel Amin saluting during the playing of the Last Post. Photo Credit: Cleo O'Reilly.



▲ WWII veteran Lloyd Statham is pictured in front of the Salisbury Cenotaph, before later performing in the Moorooka District Community Choir alongside his daughter.



▲ Around 500 patrons attended the Woodgate Beach Dawn Service at the Centenary of ANZAC Memorial. From left, Woodgate Beach RSL President Lex McKay, Dcoy 9RQR Lcpl Corey Otto with Catafalque Party Secretary Cheryl Jones OAM, guest speaker Maj Gen David Ferguson AM CSC (R) and Board member Michael Small OAM.

► The Tremellens paying their respect at the Cenotaph for the Mount Molloy Sub Branch Dawn Service.



▲ Veterans and vehicles taking part in the Mount Isa service.



▲ The return to traditional ANZAC Day services was met with great enthusiasm at the North Gold Coast Dawn Service, which saw a crowd of 5,800 people attend.



▲ Les and Janelle Hillberg at the ANZAC Day service at Camp Gregory, a Veterans' retreat near Woodgate in Queensland.



▲ Three-year-old Lucas Waller with members of the Lighthorse Mudgeeraba.



◀ Large community involvement took place at the Wandoan march.



▲ Warrina Innisfail held its ANZAC Day service on 23 April for residents and staff of the aged care home, with many in attendance. The service was presided over by resident and former Innisfail RSL Sub Branch President Allan Scott. Warrina CEO Peter Roberts gave an address and residents lay wreaths to honour those who served and continue to serve.

► Wynnum Manly War Veterans & Associates President Murray Burdett led a service to honour the ANZACs, prior to their game on 23 April, with representatives from Manly Lota RSL Branch.





► The Met Hotel in Toowoomba sponsored a game of two-up on ANZAC Day on behalf of Harlaxton RSL Sub Branch. Donations were collected from players and patrons during the afternoon, and \$512 was presented to the Sub Branch by Jasmine and Kosta Theodosios, owners of The Met Hotel. Sub Branch President Tim McCrorey accepted the donations, which will be used to support veterans in the Harlaxton area.



▲ Miles RSL Sub Branch's last remaining World War II veteran Eric Geldard lay a wreath assisted by his daughter Margaret.



▲ In Villers-Bretonneux and Le Hamel, France, locals took the initiative to decorate the windows and doors of their houses in the flags of the Allied nations. It was in Villers-Bretonneux in particular that the expeditionary force distinguished itself by stopping the German push on 24-26 April 1918. Australian troops took part in other battles on the territory of the Val de Somme, such as in Le Hamel where on 4 July 1918 General John Monash led his troops to victory in just 93 minutes, combining for the first time artillery, infantry, air force, armor and parachute.



▲ Soldiers stand tall at the service in Gladstone.



▲ Led by lone piper, Joe McGhee, the Esk parade formed up, followed by members of the 2nd/14th Light Horse. Due to COVID, the march was restricted to members of the Esk RSL Sub Branch, visiting ex-service personnel and current-serving members of the ADF. Those who were unable to march were driven in two veteran jeeps.

▼ At the Gracemere & District service, CQ Light Horse Regiment member Anthony Egretz raised the flag beside the Catafalque Party, formed by members of TS Rockhampton Naval Cadets. Commanding Officer LEUT ANC Gemma Vandermeer, pictured far right, and other Cadets watch on alongside an estimated crowd of 1,200 including, members of some of the local schools. Photo credit: Kellie Webb.



▲ ANZAC Day was commemorated in the traditional way in Gatton this year. Flag bearer FLT LT Rachel Morris proudly rose led the parade of veterans who marched through Gatton.

► Veteran John Stark was an honorary guest at Blackbutt RSL Sub Branch's ANZAC Day commemorations. Pictured, from left, Sub Branch President Wally Jacobson and members Michael Leeke, David Daniel, Eddie Thornton, John Stark, his son Trevor and two grandchildren.



▲ Gap RSL Sub Branch members Susan Le Rossingol and Ron Ward provided the historical re-enactment at the Dawn Service.



▲ Community members pay their respects at the Greenbank commemorations on ANZAC Day.



▲ Kenilworth RSL Sub Branch President Jim McKillop lay a wreath at the Kenilworth memorial as part of the community service, which was attended by 150 people.

▼ Raymond Snow, a resident of Kubirri Aged Care Home in Mossman, Queensland, was presented with medals for his National Service on ANZAC Day. The medals were presented to Raymond by his grand daughter Cpl Amy Paterson and her husband Luke Paterson, a retired RAAF veteran.



► Edge Hill/Cairns West RSL Sub Branch President Kristen Rice is surrounded by shimmering lights encircling a semi-submerged ANZAC Day cross and wreath, the effect left over from a major rain event on ANZAC Day.



▲ The Rollingstone ANZAC Memorial captured here after the Dawn Service with a colourful array of wreaths.



▲ The Light Horse War Memorial at Freedom Park during the Dawn Service in Hervey Bay.



▲ HMAS Bathurst crew leading the march, followed by the pipers and members of Mossman RSL Sub Branch.



▲ An ANZAC plaque was unveiled at Palm Lakes Resort, Bethania by Cr Laurie Koransky from Logan City Council and Palm Lakes ANZAC Committee President Brian Buckby. The service was attended by over 200 people and 30 veterans from Palm Lakes, Bethania and Waterford Resorts.

▼ Macleay Island RSL member Kevin Hughes B.M. attended the Devonport RSL service in Tasmania. Kevin has assisted and represented veterans for over 15 years.



▲ The Catafalque Party at the Laidley Cenotaph was formed by cadets from No. 139 Australian Army Cadet Unit and No 205 Squadron Air Force Cadets.



▲ Reviewing officer Lt Col. Luke Hughes, left, with RSL President Paul Coleman at the podium during the Maryborough morning service in the picturesque setting beside the city's beloved cenotaph.

▼ "One quarter of Mount Perry's population (around 120 people) attended the town's ANZAC Day service, with the Last Post and Reveille being played beautifully on violin by Monique Dingle."



▲ The war memorial in ANZAC Place, Redcliffe, adorned with floral tributes remembering those who had served and died in war. An estimated 6,000 community members attended the Redcliffe Dawn Service. Following this, the crowd clapped and cheered as 140 ex-service members marched down the main street of the suburb.

► Springwood Tri Services march and service in Springwood Park. Photo Credit: Mick DeBrenni, local State Member.



▲ Nambour RSL Sub Branch's Dawn Service.

▼ The Pine Rivers Sub Branch service was supported by cadets from TS Moreton Bay, pictured, with 126 Army Cadet Unit and 226 Sqn Air Force Cadets. Commander Ian Fraser, right, celebrated 56 years of involvement with Navy Cadets on 22 April 2021.



▲ Malanda's long-awaited ANZAC Day came to fruition after two long years, and the Dawn Service was attended by over 100 current and ex-serving members who came together with local citizens.

► Gathering after the Stanthorpe Dawn Service, from left, Reviewing Officer Squadron Leader Nicholas Hese, SDRC Mayor Vic Pennisi, Vice Admiral Michael Noonan OA and Stanthorpe RSL Sub Branch President Martin Corbett.



▲ Veterans gather ahead of the march in Townsville.



▲ Five-year-old Willow and seven-year-old Layken commemorated ANZAC Day with their great grandfather, Vietnam veteran Ross Stevenson.



▲ Runaway Bay RSL Sub Branch members Brig (Rtd) Kevin O'Brien and Capt Shelley Curtis led the contingent of veterans to ANZAC Place Cenotaph to be greeted by a large crowd at their citizens service.



▲ Toowong Sub Branch member Nigel Meadows at the ANZAC Day service at Toowong Cenotaph.



▲ On 15 April, Emu Park RSL Sub Branch member and musician Tony Cook released a new song called Long Live the Brave (A Defence Force Tribute). The video clip was shot at Cockscomb Veteran Retreat Central Queensland, with reference to historic footage and memorial exhibits. It was perfectly timed for quiet reflection on ANZAC Day.



▲ A group of Yeronga residents, led by Frank Hourigan, gathered at the 'Rhyendarra' commemorative plaque overlooking the river to commemorate those who served or were patients at the 1st Military Hospital from 1942-1996 on the site. The hospital was decommissioned and the land cleared, except for two heritage listed buildings. Frank's granddaughter Jessica played the trumpet for the Last Post and Reveille.



▲ The main service at Warwick with the Digger's Column led by the famous 11th Light Horse Troop and vintage WWII vehicles. An estimated 100 veterans took part, together with another 40 or so descendants, followed by students from schools as far as Maryvale and Wheatvale.

HOW MENTAL HEALTH TRAINING CAN HELP FAMILIES CHANGE LIVES



Dr Justine Evans

Unlike physical injuries, not many of us know what to do when someone is experiencing mental distress. Most adults are trained to provide physical first aid, but what about someone having a panic attack or struggling with addiction?

WE can see the severe consequences that mental health issues are having on veterans in our community. Conditions like anxiety and depression or even substance misuse are constant underlying issues in the lives of almost one in two veterans.

Families see this impact firsthand. They witness how mental distress can unforgivingly strike at any time: from the sideline of a footy match to nightmares at 2am.



If you or someone you know would like to take the MFHA course, Open Arms, in partnership with RSL, runs frequent sessions around Australia. Visit openarms.gov.au for more information.

If you would like to learn more about GMRF or would like to support our research efforts, please visit gallipoliresearch.com.au

When the problems seem overwhelming, many family members of veterans struggle with the same question: “How can I help?”

A recently published study from the Gallipoli Medical Research Foundation (GMRF) titled *Evaluation of mental health first aid training for family members of military veterans with a mental health condition* has revealed 12 hours of Mental Health First Aid (MHFA) training for family members may be helpful for supporting veterans with mental health concerns.

HIGH SUICIDE RATES MEANS ITS TIME TO TAKE ACTION

With suicide rates in ADF veterans alarmingly higher than the general population, it's time to take action. Research indicates veterans experiencing mental health conditions are less likely to proactively ask for help.

In 2018, GMRF launched the Mental Health First Aid Study, sponsored by Medibank's Mental Health and

Wellbeing Fund, to look at what family members can do to help those in immediate need.

“There are a number of reasons why veterans often don't seek out help, including shame and fear of judgement and stigma,” says GMRF study lead Dr Justine Evans.

This leaves family members such as parents, partners or even children potentially isolated when supporting their loved one with mental health difficulties. Over time, the isolation and shame can become emotionally exhausting and lead to high rates of depression and anxiety in family members.

FAMILY CAN PROVIDE SUPPORT BEFORE IT'S TOO LATE

The stressors that come with providing emotional support to veterans with

mental health conditions are unique, and adequate training for family members is limited. With this training veterans can receive much needed support earlier, before it is too late.

The GMRF study evaluated how specifically family members may better support veterans with mental health conditions using MHFA training. Dr Justine Evans, Dr Madeline Romaniuk and Rebecca Theal conducted the study with over 50 participants from veteran households.

The MHFA training sessions were run by an Accredited MHFA Instructor over two days. The study was published in early 2021 with positive and insightful key findings.

MHFA was developed in Australia over 20 years ago and has evolved into a globally recognised program that has trained over four million people worldwide.

It gives people the knowledge and skills to offer first aid to people experiencing mental distress, just as you would help someone with a physical injury. As with physical first aid, MHFA is designed to provide immediate care until professional help can be accessed.

NOT A SUBSTITUTE FOR PROFESSIONAL HELP

“This training is certainly not a substitute for professional help, rather it is a ‘first step’, facilitated by family members or other trained individuals, to direct and guide veterans towards



“THE STRESSORS THAT COME WITH PROVIDING EMOTIONAL SUPPORT TO VETERANS WITH MENTAL HEALTH CONDITIONS ARE UNIQUE, AND ADEQUATE TRAINING FOR FAMILY MEMBERS IS LIMITED. WITH THIS TRAINING VETERANS CAN RECEIVE MUCH NEEDED SUPPORT EARLIER, BEFORE IT IS TOO LATE.”

the appropriate avenues for getting help with mental health issues,” says Dr Evans.

The investigation team aimed to see if the MHFA training would:

- improve family member’s knowledge of common mental health conditions to better understand what veterans experience in order to support them
- increase confidence of family members to engage and effectively support their loved one experiencing mental health distress using MHFA practices
- reduce the stigma of mental health conditions, such as depression and schizophrenia, which acts as a barrier for veterans seeking support
- reduce avoidance of actively discussing mental health concerns through increasing family members confidence in being able to have open and direct conversations about mental health.

A FOCUS ON REAL WORLD SKILLS

Standard MHFA training involves sharing information on common mental health conditions including depression, anxiety and substance abuse. The course focuses on providing real world skills through a five-step action plan.

The plan is practical and clearly describes how to help someone experiencing mental health distress. The 12-hour course also includes practice sessions where participants are taught how to apply these steps in a range of different situations.

The hands-on approach to MHFA gives people the skills and confidence to better support people in mental distress.

Key research findings indicated that 90 per cent of participants who were followed up reported being able to support their veteran family member and believed the support made a positive impact. Others responded that they felt prepared and confident to deal with someone suffering from a mental health problem.

JUST AS IMPORTANT AS PHYSICAL FIRST AID TRAINING

This outcome demonstrates the value the MHFA program can offer to veterans and their families. Many attendees stated that they would recommend this program to other people in similar situations.

Overall, the study showed significant improvements of MHFA knowledge in family members and an increase in their confidence to provide assistance. Learning MHFA is just as important as physical first aid.

With almost one in two veterans reporting mental health conditions*, the need for families to have the knowledge and confidence to address mental health situations promptly and effectively is crucial.

MFHA training is a starting point for family members to help people who are clearly at risk.

“Once we have the skills to recognise when someone is struggling and have the confidence that comes from proper training, we can talk to the person and point them in the right direction to get help,” says Dr Evans.

By using well-informed MHFA training, the support received at early stages of distress can hopefully give veterans with mental health conditions the help they need. ←

“UNLIKE PHYSICAL INJURY, NOT MANY OF US KNOW WHAT TO DO WHEN SOMEONE IS EXPERIENCING MENTAL DISTRESS. MOST ADULTS ARE TRAINED TO PROVIDE PHYSICAL FIRST AID TO SOMEONE IN NEED, BUT WHAT ABOUT SOMEONE HAVING A PANIC ATTACK OR STRUGGLING WITH ADDICTION?”

**Van Hooff M, Forbes D, Lawrence-Wood E, Hodson S, Sadler N, Benassi H, et al. Mental health prevalence and pathways to care summary report. Canberra: The Department of Defence and the Department of Veterans’ Affairs; 2018.*

IF YOU ARE IN NEED OF ASSISTANCE, CALL:

- Open Arms 24-hour, 365-day hotline on 1800 011 046 (openarms.gov.au)
- Lifeline 13 11 14 (lifeline.org.au)



Vietnam veteran Robert Kilsby is tackling
800,000 paddle strokes down the
mighty Murray to raise awareness and
funds for veteran homelessness.



BY his own admission, Vietnam veteran Robert Kilsby isn't very good at sitting still. "I need to have something to sink my teeth into, otherwise I drift along and I don't handle that well," he says.

In May, the 69-year-old from Mount Tamborine in South East Queensland, began kayaking the 2,508 kilometres of the Murray River to raise awareness for homeless veterans across Australia.

He says the idea came to him while visiting his son, who lives in Albury.

"While visiting them about a year ago we visited the Hume Weir and me being me, not content having nothing to do, thought 'Hmm, that's what I should do – paddle down the river,'" he says.

"Being a longtime soldier of 21 years with Special Operations and Intelligence and a Vietnam veteran with the SAS, I'm very used to having a mission. You might say I need one – it is what drives me.

"Still, not everyone that looks at the Hume Weir wants to paddle 2,400 clicks on the river, right?"

NO MAN'S AN ISLAND

Rob's journey began on 1 May 2021 from the Upper Murray River near the Kosciuszko National Park Area and the trip will take him around 70 days.

While Rob will be the only kayaker paddling the full length of the Mighty Murray, he will be joined by his son Sean, who is a police officer in Albury and 1RAR veteran, Brisbane North District Vice President Matt Hanrahan, and Boonah RSL Sub Branch member Brad Grant, for stints of about 240 kilometers each along the way.

Sadly, the fifth member of the team Jim Truscott from Western Australia passed away suddenly just prior to the start of the paddle.

"Our hearts and prayers are with Jim's family at this time," Robert says. "As Jim would have wanted, the show must go on. The courage to keep going and complete the mission is truer to Jim than cancelling would be."

"Doing it with my mates and my son is actually part of the reason it is worth doing in a sense, because we're doing it as a team," he says.

"If you think of the river in a straight line, it is like paddling from Melbourne to just past Cairns, or from Adelaide to just outside of Darwin," he says.

"I've worked out the entire trip is about 800,000 paddle strokes."



PADDLING WITH PURPOSE

Their trek down the world's third longest navigable river isn't without a bigger purpose. Rob's kayaking adventure will be raising awareness and much-needed funds for Warrior Racing's charity Australian Homeless Veterans, which can be found on Facebook @ AustralianHomelessVeterans.

National research* by the Australian Journal of Social Issues in 2020 highlighted the significant issues facing ex-serving men and women in

Australia, with around 5,800 Australia veterans considered homeless in a 12-month period.

"It's a bit of a problem that needs to be sorted. This is about helping others, and this is why organisations like RSL Queensland are so good," Rob says.

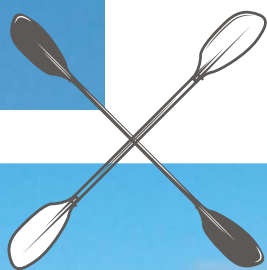
"It is about having activities and means to engage the community and doing something as simple as checking in on your mates and making sure they're okay."

Rob is trying to achieve three things by tackling the river trek.

"One is to raise awareness about the plight a lot of veterans find themselves in, whether they've been wounded or have mental illnesses, and continue to wave the flag for veterans.

"There are a lot of new veterans in a sense who have served in Iraq, Afghanistan, Timor and all sorts of places, and unlike Vietnam veterans like myself, these guys are only 30 or 40 – we need to keep finding ways to support them.

"Second, it is to raise funds. Most people are so positive about it when




they hear what we're doing and why we're doing it that they're happy to donate a little money.

"While this is about more than money, we would like to raise at least \$50,000 so we can help in the initial crisis link in the chain – to get homeless veterans the support they need. To at least give them the first step up."

But Rob says perhaps the most important reason for The Long Paddle is to highlight the power that having

something to do can have on your wellbeing.

"When people are in trouble, mentally or physically, one of the best things to help you heal is to have something to do. To be engaged, to get involved," he explains.

"I find it's a fantastic thing to keep you balanced and so, in part, I'm doing this to sort of wave and say, 'If people like us can do it, you can do something to,' you can have a journey of your own in some way, shape or form." 

ABOVE:

Robert Kilsby is pictured in the centre wearing a blue shirt, alongside fellow kayakers including Brad Grant to his right, wearing a Mates4Mates t-shirt, and Matt Hanrahan beside him.

LEFT:

Robert pictured sometime in the early 1980s during his time as an SAS Sgt.

To follow Rob and his team's journey down the Murray River or to donate, check www.facebook.com/TheLongPaddle regularly or [@thelongpaddle_murrayriver](https://www.instagram.com/thelongpaddle_murrayriver) on Instagram.

**<https://onlinelibrary.wiley.com/doi/10.1002/ajs4.123>*

**Trigger Warning: This article contains information relating to persons who have died by suicide, which may be upsetting to some people.*



**THE
COURAGE TO
REMEMBER WITH
DIGNITY**



A journey to rock bottom led veteran Kevin Humphreys to an idea that has sparked a national initiative giving dignity and respect to servicemen and women who have died by suicide.

 Lani Pauli

Kevin says it was his own breakdown towards the end of his 20-year career in the Army that gave him the wake-up call that ultimately led to Cor Infinitus (Infinite Courage), a project establishing modest memorials across Australia dedicated to those who served our nation and died by suicide.

"I spent two decades flying Black Hawk and Chinook helicopters for the Army and have been deployed overseas several times during my career," he says.

"In mid-2008 I almost became a statistic, and after I took the time I needed to get well again, left the Army and started my civilian career.

"I was able to get back to flying and I've been flying rescue helicopters for the past 10 years."

Kevin is all too aware that he is one of the "lucky ones".

"I consider myself one of the fortunate ones and feel lucky to say I have the problem of having a full-time job," he says with slight jest.

After his own struggles, he knew he wanted to find a way to better help others in a similar situation.

SMALL MOMENTS SPARK AN IDEA TO HELP MANY

“Fast forward to December 2019 and a fellow who was in my squadron, who I flew with, Captain Steve Fazel died by suicide. It hit hard,” he says.

“It is all too common in the veteran community, the ex-serving community and the broader service community but this one brought it closer to home.

“Then, on ANZAC Day last year, I was in Townsville for work. I went to the memorial there and spent time reflecting on my life, Steve’s time in the service and all of those who have gone before me.”

While he was there, he came across a funeral service booklet on the ground for Private Bradley Carr, an infantry soldier.

“He was born on Remembrance Day and died by suicide on ANZAC Day the year prior. It drove home how we need to do better as a community and as a country for the families left behind,” Kevin recounts.

“It was then I turned my mind to getting a memorial in Townsville, not only for this young Private or Steve, but for all the families of those that have served regardless of era and circumstance.”

As people in Kevin’s network heard of what he was planning, he realised

BELOW:
Kevin Humphreys spent two decades flying Black Hawk and Chinook helicopters for the Army.

the need for a dignified memorial for families and loved ones wasn’t unique to the Townsville community.

Kevin explains, “I soon realised this had to be a national initiative. An effort to create a tangible place of solemn reflection for families and loved ones.

“In four months, we went from a flash of an idea to our first memorial in Townsville.”

The first Cor Infinitus memorial was unveiled on 10 September 2020 (World Suicide Prevention Day) in Townsville’s ANZAC Park.

“It was an incredibly humbling experience to see the level of support. The Townsville RSL Sub Branch and City Council were paramount to getting this across the line.

“The memorials are inclusive and don’t represent any individual, rather they are owned by all families of those lost and it is our hope they help them mourn, grieve, hope and heal.”

COURAGE IN ACTION

Cor Infinitus holds personal meaning for Kevin and the work he is doing.

“The origin of the name is Latin for heart and the root word for courage,” he says. “Infinitus is the Latin word for infinite.

“It felt fitting considering infinite could be used to describe the magnitude of loss felt by families when a loved one dies and of course,





For further information visit corininitus.org

courage, to honour the courage needed by the families to face each day after a loved one is gone.

"Their hearts need to share, rather than hide their pain. The families need Infinite Courage."

Starting his campaign hasn't

been without challenges, with some people advising Kevin he "shouldn't go there" or talk about such a "touchy" subject.

"Comments like that are the reason we need to have these conversations," he says.

"We need to be able to de-stigmatize it, talking about what it is and what it isn't. Cor Ininitus isn't about glorifying a person's final action. It is about dignity and respect.

"We have worked hand-in-hand with Open Arms, Mates4Mates and the North Queensland Primary Health Network to ensure that what we are doing is as psychologically safe as we can make it."

Cor Ininitus has also received advisory support from the Gallipoli Medical Research Foundation (one of RSL Queensland's partners).

LIVING WITH HOPE

It is important to Kevin that each memorial also has a strong and relatable message of hope.

"We know that at times people who look at our memorials will be

in a vulnerable place and we want these words of hope from families, professionals and loved ones, to give anyone having a difficult time to stay, seek help and seek life," he says.

"The messages of hope on each memorial are within the viewer's eye-line so they can easily see the messaging and contact details of where to find help.

"It takes courage to put your hand up and ask for help or to admit that something isn't okay. We all need to be courageous enough to admit that maybe we don't have all the answers for what is going on in our lives at any given moment.

"We don't often give it a second thought to get help managing our finances and using the services of a financial planner, for example, so why do we still struggle to access the help that is out there for mental health?"

A BOLD PLAN FOR THE FUTURE

Kevin's on a mission. He wants to have a Cor Ininitus memorial in every city and town around the country by 25 April 2025.

"These memorials will give families and their loved ones dignity and respect, and a meaningful way to combat the stigma surrounding mental illness and hopefully assist the healing process," he says.

Along with his advisory team, Kevin is working hard to answer enquiries for new memorials.



"We're always looking to where we can help and at the same time continue doing the work we are," he says.

"At this stage we're not a charity, or company or anything like that. It's just an initiative, an idea that happened to get real traction. We're just making it happen. And when they see the Cor Ininitus symbol, hopefully it'll promote some conversations around how people are really doing and lead people to the help they might need."

ABOVE:
Army veteran Kevin Humphreys with one of the memorials established as part of the Cor Ininitus project.

SETTLING VETERANS REMEMBERED IN **WANDOAN** **AVENUE OF HONOUR**

The Western Downs township of Wandoan has a new reason for locals, grey nomads and curious explorers to stop and smell the roses.

Gerxiescom.au

IN partnership with Western Downs Regional Council, the Wandoan RSL Sub Branch recently officially opened the Wandoan Soldier Settlers 'Avenue of Honour' in O'Sullivan Park as a memorial to local soldier settlers.

Soldier settlers was the name given to honourably discharged soldiers who were selected in a ballot between 1952 and 1954 to settle in Wandoan and given land to establish working farms. In total, 103 families settled in Wandoan after being granted blocks of land in the scheme.

Wandoan RSL Sub Branch Secretary Pat Devlin says it has been wonderful to see his and other local families honoured.

"The ballot for the Soldier Settlement Blocks was in 1952 and 1954, so most people living in Wandoan now wouldn't have direct access to someone who took part in the ballot. This avenue lets us honour those veterans who are very important to us and Wandoan's history," Pat says.

"We came up with the idea of an Avenue of Honour and, with

approval from the Western Downs Regional Council, we were able to use the pathway in O'Sullivan Park."

The project was made possible thanks to the local Council's COVID-19 Recovery Package, which included items that boosted liveability in the region.

"Thanks to additional funding that was available because of COVID-19, we were able to have it fully funded and create a place to remember the local soldiers who served for their country. If it wasn't for that we would have been fundraising to create this memorial for a very long time."

The memorial walk is lined with 103 plaques and rose bushes for each of the local soldier settler families, information boards telling the story of the Soldier Settler Scheme, and a stylised entrance by local artist Lisa Stiller.

"We contacted each of the 103 families for the soldiers honoured on the plaques along the walk," Pat says. "Which in itself was a massive effort as many of these people have been gone from Wandoan for more than 60 years."

"They were all invited to attend the opening of the memorial on April 24 and we had over 500 people attend. It was pretty amazing"

Pat, who has been an RSL member for more than 20 years, says he's seen a lot of changes in his time within the Sub Branch.

"I've seen all our Second World War fellows disappear and we had one Vietnam fellow. He's gone too," he says.

"The rest of us are reserves, CMS and National Service.

Wandoan had a very strong RSL Sub Branch in the late '50s and there used to be more than 80 men marching on ANZAC Day, which was pretty big for a small town."

"The march we had this year would have been our biggest in a long time with all the people who came back for the opening of the avenue. It was amazing."

"The best support we can have is for anyone passing through Wandoan to drop in and have a look at it. It's really impressive and for those of us with family connections it is actually quite emotional to walk through." ←



Lachlan and Ben Postle.



An RSL for all generations

There's a common misconception that RSL Queensland is only for ex-service personnel who've been deployed on operations; a myth we're on a quest to dispel as our organisation continues to evolve alongside the changing face of the men and women our services support.

 Lani Pauli

RSL Queensland's whole reason for being is to ensure a bright future and enduring legacy for all veterans and their families. As veterans, our members know what benefit a helping hand can be to them and their families both during their military career and after they leave service.

RSL Queensland Veteran Affairs and Policy General Manager and Air Force veteran Rob Skoda says it's important for veterans to have a strong community behind them.

"We have to be there as a net to hold and support our mates post-service," he says. "Working individually helps no-one and only further isolates veterans who may be in need. We truly are stronger together."

Rob says data sourced from the Department of Veterans' Affairs shows we have more than 200,000 veterans in Queensland, which includes more than 180,000 ex-serving and over 18,500 currently in service.

"There's also over 1,600 people transitioning into service and some 1,765 transitioning to civilian life, and then when you consider their family members who may also require support, it is easy to see why it is vital we continue working hard to reach as many members of the Defence family as possible."

WHAT MAKES A VETERAN?

Supporting veterans is at the heart of everything we do. We answer thousands of calls each year from the Defence community – all with the goal of helping them achieve a quality of life that is equal to or greater than the average population. Since we started on our mission over 100 years ago, veterans and their needs have evolved. Our commitment is to ensure we are relevant to all veterans, regardless of age, gender, or ethnicity.

We know anecdotally that the community often thinks the word 'veteran' refers only to those who served in Vietnam and World Wars. When, in actual fact, veterans are a very broad community of service personnel, some as young as 17. Some have served overseas, some haven't. Some have discharged from Defence, some are still serving. But regardless, they've earned their place in the veteran community.

We also know, for some, the word veteran feels out of place in this modern world. Some prefer to be called ex-servicemen and women, while those currently serving prefer the term military personnel.

The research we carried out as part of our Member Value Proposition in 2020 showed the majority of members surveyed related to the term 'veteran'.



More broadly, the data shows us that there is no one 'perfect' term when it comes to discussing this matter, and Rob says he understands the differing views around the use of the term veteran.

"There's no denying the word and what it represents is evolving," he says. "It is the natural evolution of what our Defence family looks like today. Importantly, hearing from thousands of veterans directly means we are able to hear first-hand what it is our younger veteran cohort needs and step up to offer services that meet them.

"Change is an ongoing process and while we're working at all levels to ensure the quality of life for veterans and their families is improved, we will also continue to reflect on what the word veteran means and how it represents our Defence family as we all evolve. What is essential is that we are inclusive, not divisive."

RSL QUEENSLAND IS FOR ALL EX-SERVICE PERSONNEL

The 'and' in our name Returned and Services League is small but mighty. It is the linking element that shows we are an organisation for not only those who have returned from service or combat, but also for those who served – or are still serving – in any capacity.

Our catalogue of services support veterans and their families across their entire lives, including at times where they may experience hardship or vulnerability.

We mustn't discount the profound impact assisting a veteran with their DVA claim, supporting them to

find meaningful employment after transition or connecting them to social groups, can have. Anecdotally we know this holistic support can be the key to someone turning their life around.

Rob agrees there is inherent value in the work the RSL does for veterans and their families.

"It sounds obvious to say, but we do stand by our core purpose to provide assistance to the Defence community no matter their age, gender or service history," he says.

"Leaving life in the Defence Force can be challenging for so many reasons and it is often overwhelming. A lot of our younger veterans don't know life outside of service. They need our understanding and help in discovering and forging a new path.

"We're here to make dealing with complex issues easier through helping them navigate the complexities of life. Our ultimate goal is to enable veterans and their families to lead proud and independent lives, with a quality of life that is equal to or greater than the average population."

HOW WE HELP MAKE SENSE OF IT ALL

The ways RSL Queensland supports veterans and their families are many and it might be surprising to see the list of services available.

"I'm confident that if a veteran called RSL Queensland there would be a person or program available to help them – either through us, through our numerous partners or through our amazing Sub Branch community," Rob says.

"That's the beauty of what we do.

Whether structured programs like our RSL Employment and RSL Scholarship programs, helping veterans transition back into the community, or through connecting a veteran with new mates by joining their local Sub Branch, there is no reason why any veteran should be left feeling like they have to tackle these stages alone."


OUR COMMUNITY SHAPES US

We've spent more than 100 years working to build and foster a community where veterans can find connection, support and understanding. As we look to the future, our mission to provide veteran support while evolving to meet the needs of our ever-changing community remains as relevant as ever.

And it isn't something we can do alone. It is our more than 30,000 members across 227 Sub Branches that shape us, push us to evolve and proudly make us Queensland's largest ex-services organisation.

Our services and our ability to achieve all we want to in the next five years (and beyond) relies on the strength of our community and our ability to understand the needs of veterans today, tomorrow and in the future.

The next time you talk with a mate who might be in need of support transitioning to civilian life, finding their feet a few years after leaving the service or their family needs additional assistance, send them our way.

RSL Queensland is your community and we're here, shoulder to shoulder, always. 





FIRST UK BLUE CROSS MEDAL FOR AUSSIE ANIMAL

The first UK Blue Cross medal was recently awarded to an Australian animal who served in WWI. The award for 'Bill the Bastard', known as Australia's greatest war horse, was presented to Wing Commander Terry Shanahan (R'td), second from the left, the eldest grandson of Bill's rider Major Michael Shanahan DSO MID. AWAMO President and the Australian representative for the UK Blue Cross Nigel Allsopp, right, presented the award. Australian Light Horse Association President Laurie Watts, left, and RSPCA Honorary Curator Graham Carter, right, were also pictured on 24 February at Goodna RSL Sub Branch.

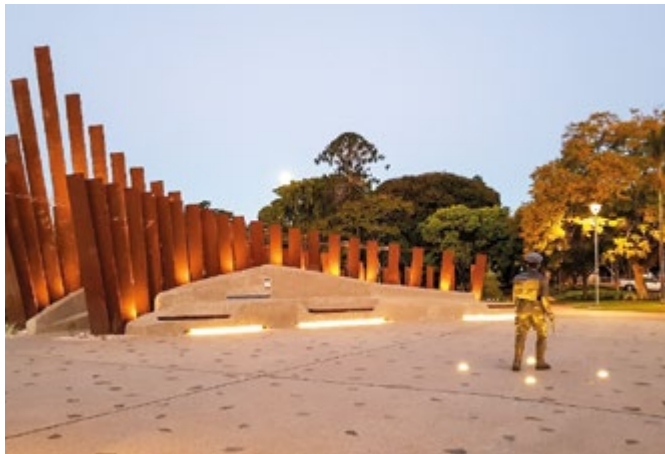
RIDERS WANTED FOR SCOOTAVILLE

Would you like to participate in Scootaville, a 13-day, 2,200-kilometre scooter ride in between the RAAF Bases of Amberley and Townsville starting on 12 September? The journey is being organised to celebrate the Centenary of the RAAF and the RAAF Radschool Association, with the goal of fostering mateship and camaraderie among veterans. You don't need a motorbike licence to ride the 50cc Sym motor scooter and you'll be part of a group of 40 male and female veterans sharing the thrill of riding 20 scooters. The group will travel via Kingaroy, Mundubbera, Billoela, Emerald, Barcaldine, Longreach, Winton, Hughenden, Charters Towers then down to Townsville. Sub Branches in these locations have kindly offered to support the trip, throwing open their doors and providing refreshments. Kedron Wavell RSL Sub Branch and the Services Club are also backing the endeavour, with the Sub Branch providing a minibus, a ute to carry equipment and their chuck-wagon, which will provide meals and 'on the road' snacks for the adventurers. They are also sending along a cook and a bus driver. Pictured in front of the ute and chuck-wagon are, from left, Services Club Manager Lyndon Broome, Trevor Benneworth, John Lunn and Sub Branch Vice President Peter Cairnes. If you would like to jump on board, visit radschool.org.au/scootaville.



FOUR GENERATIONS OF SOLDIERS

Runaway Bay RSL Sub Branch proudly welcomed fourth generation soldier Charles (Charlie) Crowley as a new member of its Sub Branch. Charlie's great grandfather fought in the Crimean War from 1853-56, his grandfather in the Boer War from 1899-1902 and his father served with the British Army in WWI. Charlie enlisted in 1954 and has been awarded the National Serviceman's Medal and Defence Medal.



GOLD AWARD FOR MARYBOROUGH MEMORIAL

Maryborough's Gallipoli to Armistice trail, which tells the story of the original ANZACs, has received more accolades, winning the Gold Award for the best Australian memorial in the Street Art Awards in March. The world-class memorial in Queen's Park traces the footsteps of the original ANZACs and is centred around a statue of Lt Duncan Chapman, the Maryborough man who was the first ANZAC to step ashore in the landing.

CHILDERS LEGACY VISIT ROAD TO VICTORY EXHIBITION

Childers Legacy members paid a visit to the 'Road to Victory' Exhibition and Florence Broadhurst Display at Mount Perry Art Gallery in April. They were particularly taken by the artworks of Ross Driver, which stirred memories of their own – or their partners' – military service.



MEMBERS RESTORE ANTI-AIRCRAFT GUN

Emerald RSL Sub Branch members volunteered their time to refurbish an old anti-aircraft gun (the 40/60 Bofor), which has been placed in front of the Emerald Bowls Club where the Sub Branch meets. It complements the display cases with memorabilia housed inside the Bowls Club and the flag poles in the background, which were installed by the Sub Branch several years ago.

HERVEY BAY LEARNS HOW TO TACKLE PROBLEM GAMBLING

In April, Hervey Bay RSL Sub Branch hosted Uniting Care Gambling Counsellor Tim Pienaar, who spoke to the wellbeing visitation officers about problem gambling and harm minimisation. The Sub Branch extended its appreciation to Harry Ghitgos and the team for organising the informative talk. Pictured, from left, Sub Branch Committee Member Vic Jackson, Tim Pienaar, Sub Branch wellbeing administrator Chrissy Dimitriou, Harry Ghitgos BHMS MACA, (a qualified mental health counsellor affiliated with Hervey Bay Sub Branch) and wellbeing volunteer visitation officers John Dennis and Alan Williams.





GREENBANK MEMBER PENS DEBUT NOVEL

Greenbank RSL Sub Branch member and British Army veteran Adrian Johns has written his debut novel *Shiny Arses, Skippy and Men in Orange*. After emigrating to Australia, Adrian became an underground coal miner in Central Queensland. The book spans 30 years of his life, including the start of his career, basic training, postings home and overseas, two Gulf Wars, and other deployments. Adrian met his now ex-Australian wife on the military exchange program Ex Long Look and decided to move to Australia. He believes the book will appeal to other RSL members, particularly his account of leaving the comfort and security of the Army. Learn more at tinyurl.com/adrianjohnsfb.



SERVICE MEDAL MOSAIC

Townsville mosaic artist Fiona Banner, centre, worked with veterans and their family members during 2019-2020 on a unique project depicting ex-service medals, and incorporating Army, Air Force and Navy designs. The funding was part of Operation Compass for Veteran Suicide Prevention. Altogether, the artists made about 10 square metres of mosaic, which they hope to install at The Oasis Townsville, a hub for veterans in the town.

GUNNER THE DOG AWARDED THE BLUE CROSS

On War Animal Day on 24 February, Gunner the dog was given a Blue Cross Award for his role in the Afghanistan war. Gunner was a much-loved guard dog, mascot and friend of the New Zealand Provincial Reconstruction Team. The Blue Cross award was instituted in the UK and has been recognising animals since before WWI for bravery and selflessness. Pictured, from left, LCpl Dinsdale, explosive detection dog Pacer, Cpl Olsen, and patrol dog Koda.



VETERAN-OWNED COFFEE ROASTER

Veteran-owned coffee business Beraldo Coffee was recently awarded the contract to supply 26 ADF bases in Australia. Vietnam veteran Paul Beraldo, centre, and the Beraldo family have a large roasting plant at Heidelberg and a café and event space in Northcote. The Beraldo team will also support the Army Air Force Canteen Service with an ongoing program of professional Barista training for the local café teams. The call of duty runs deep in the Beraldo bloodline, with three generations of the family having served and still serving. Paul's son TPR Mark Beraldo, left, has served as a reservist with the 4/19 Light Horse Regiment Simpson Barracks since 2004. His other son Daniel Beraldo is the Beraldo Coffee General Manager.





THE ONLY CHAPLAIN TO LAND ON THE BEACH AT GALLIPOLI ON 25 APRIL 1915

For several years, the Cityhope Church in Ipswich has been filming and producing a documentary for release at its ANZAC Day service. This year, the documentary featured 'Chaplains at Gallipoli and The Western Front'. While researching for the documentary, the team learned the stories of 21 'Chaplains' who died as a result of overseas service. Moved by their stories, Cityhope Church created 21 memorials to honour these Chaplains. These were recently presented to the Defence Force Chaplains College at the ADFA in an incredibly moving ceremony and now adorn the walls of the College to inspire current and future Chaplains. The team also discovered the story of Father John Fahey, who was the only Chaplain who landed on the beach at Gallipoli on 25 April 1915. Senior Minister Mark Edwards was inspired to share John's story and has written an article titled 'The Gallipoli Hero Who Never Fired A Shot'. If you would like to read a copy of this article, you can contact Cityhope Church via info@cityhope.com.au.

WHAT WAS IT LIKE INSIDE A SUBMARINE DURING THE COLD WAR?

Have you ever wondered what life was like for submariners during the Cold War? A new recording at Holbrook Submarine Museum is helping visitors understand the silent and often dangerous job of a submariner and appreciate the sacrifices they made for Australia over the years. Queensland submariner veterans reached out to the community for help creating a recording that depicts a Cold War submarine experience. The script was written by ex-submariner and Gold Coast resident Thor Lund, in collaboration with ex-submarine captains. The voiceover was recorded by Gold Coast actor Beau Jones, who appeared in films such as *Danger Close*, *Blacktop Stranger*, *Growing Pains*, and the reality TV show *Keeping up with The Joneses*. The recording will play in the submarine control room exhibit at the Museum in the rural town of Holbrook in southern NSW. The town was named after submariner VC winner Commander Norman Holbrook and is the only dedicated submarine museum in Australia. The friends were formed to help the struggling museum and its exhibits during difficult times and to help preserve Australia's 100 plus years of submarine heritage. Visitors to the museum will now get an idea of what it sounded like inside a submarine while carrying out an attack.



GOVERNOR VISITS CHILDERS

His Excellency Paul De Jersey AO QC visited Childers in February and was shown through the Soldiers Memorial Hall by Isis RSL Sub Branch member Bill Luxton. Bill explained the history of the of the memorial hall to the Governor.



CALOUNDRA SUB BRANCH TOURS ANZAC HOUSE

RSL Queensland has spent several months visiting Sub Branches across Queensland as part of our 'Sub Branch Discovery Tour', but in March the tables were turned. For the first time, ANZAC House hosted an official visit by members of Caloundra RSL Sub Branch. Membership & Network General Manager Lisa McIlroy says it was an opportunity to get an in-depth glimpse into ANZAC House and an understanding of how each of our departments contribute to improving the lives of veterans and their families. The group toured the building and chatted with staff members from each department. Given the success of the visit, we're hoping to host other Sub Branches in the coming months.



LIFE SUBSCRIBER PASSES ON

Caloundra RSL Sub Branch is mourning the loss of one of its Life Subscribers, Zena Dooley. Zena passed away comfortably aged 98 at BlueCare West Tce on 27 February, after a short illness. She was born in England and joined the WAAF in 1940, meeting her RAAF husband, who served in 462 Halifax Squadron. They married in 1945 and arrived in Melbourne in 1946 on the RMS *Rangitata* alongside 300 other pregnant war brides. Her poppy service was conducted by her former RSL Sub Branch of Redlands. Her daughter extended her appreciation to Redlands Sub Branch for providing such a moving and symbolic tribute.



NEW LIFE MEMBER IN IPSWICH

Moreton RSL District President Les Nash, left, with Ipswich RSL Sub Branch committee members and Keith Pennell, who received his Life Membership two days prior to his 95th birthday.



GREAT SUB BRANCH WORK DISCOVERED IN NORTH QUEENSLAND

RSL Queensland's Sub Branch Discovery Tours are continuing in 2021, with North Queensland District President Garry Player showing the team around six Sub Branches over four days earlier this year. The tour is designed to provide Sub Branches with an update on Membership & Network team projects and hear from volunteers about great initiatives in their areas. Here are some highlights of the team's tour:

Thuringowa is doing some great work supporting veterans and their families. Our team also visited the memorial to 'EDD 451 Flo Joe', the first dog to be entered into our membership database!

Rollingstone is a Sub Branch with a wealth of experience, knowledge and enthusiasm at the helm.

Magnetic Island has a deep respect for the past, through a spectacular ANZAC Day service, as well as an eye on the future.

Home Hill is working hard on refurbishing the local war cemetery, expanding the memorial park and improving access to their commemorative services.

Bowen has a strong engagement with the community, which shines through in everything they do, from commemorative events to their support for their local war widow community and schools.

GOODNA MEMBERS JOIN GATTON LUNCH

Goodna RSL Sub Branch members Graham and Linda Carter joined Gatton RSL Sub Branch's Old Digger's lunch, saying it was nice to meet members of another Sub Branch.





NEW VETERAN NETWORK

Southport RSL Sub Branch and the Gold Coast District are both supporters of the newly established Gold Coast Health Veteran Network, which aims to create a community of veterans and supporters to at Gold Coast Health. The network encourages veterans and supporters to mentor, share knowledge, create networking opportunities, and assist each other using their shared experiences to benefit the wider health service. The group's motto is "We Still Serve". They have been busy organising an ANZAC Day service, hanging a large Australian flag in the foyer of the Gold Coast University Hospital, profiling members on social media, and offering poppies and rosemary to staff at GCUH and Robina Hospitals. Pictured, from left, WWII veteran David Mattiske OAM, Gold Coast Health Chief Executive Ron Calvert, Gold Coast RSL District President Pat Fairon and Gold Coast Health Veteran Network Chair Ken Orr.

50-YEAR AWARD FOR MIKE TYNAN

Walkerston-Pleystowe RSL Sub Branch member Mike Tynan was recently presented with a 50-year Membership Certificate. It was presented to Mike by Pioneer Fitzroy Highlands District Vice President John Edwards. Mike Tynan was in deployed to Vietnam from 1968-69 as part of an engineer unit.



GOONDIWINDI CADET EVENING

Goondiwindi RSL Sub Branch members chatted with 18 members of the 147 Australian Cadet Unit Goondiwindi Cadets during an evening at Karen Woods' military museum. The event was organised to provide the cadets with an opportunity to learn about military service in Australia and New Zealand from WWI to the present day. They were also taught how to build a bunker with sand bags and Captain Joel Richters and Lieutenant Michael Rough supervised the group while they erected two Army tents.





RSL CARAVAN AT STANTHORPE SHOW

Stanthorpe RSL Sub Branch's membership has grown, and the local community is more aware of the assistance available to veterans, after an information booth was set up at the Stanthorpe Agricultural and Horticultural Show on 29-30 January. Sub Branch President Martin Corbett and Directors Tom Page, Glen Gibson and Norm Steele set up a caravan borrowed from the Wide Bay and Burnett RSL District. They chatted with veterans who attended the show and fielded inquiries about RSL membership and what assistance the Sub Branch can provide. The Sub Branch extended its appreciation to Wide Bay and Burnett District Vice President Graeme Davis and his wife Heather who kindly drove the caravan to the show, with Graeme also helping man the booth.

SURPRISE VP75 MEDALLION FOR DOROTHY MORROW

Pine Rivers RSL Sub Branch recently surprised long-time member Dorothy Morrow with a Commemorative Medallion and Certificate to mark the 75th anniversary of the end of WWII. Dorothy turned 100 on 10 May and has been a Sub Branch member for 22 years and a member of the Women's Auxiliary for 17 years. Knowing how much the recognition would mean to her, the Sub Branch applied for the medallion on her behalf and Vice President Joe Carroll was privileged to present it at her nursing home. Dorothy served in the Australian Women's Army Service (AWAS) and was part of a team which deciphered Japan's main army code and gave the allies an insight into the enemy's plans. She was one of 24 women in the Special Intelligence Section which was part of General MacArthur's Central Bureau. Dorothy's family arranged a birthday celebration for her on 10 May and invited Joe Carroll and RSL District President Merv Brown to attend. They presented Dorothy with a RSL Queensland 100th birthday certificate and flowers.



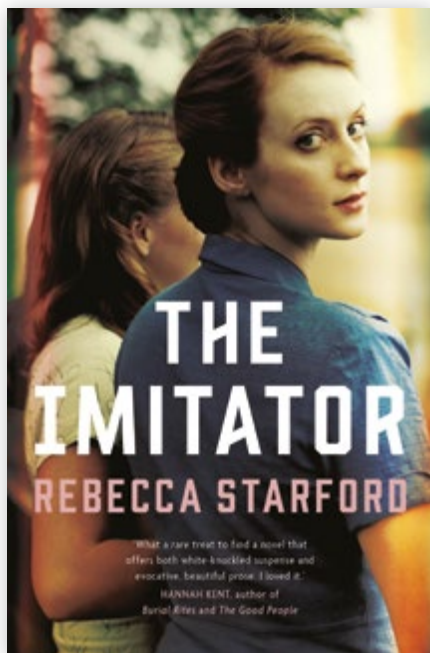
TRACEY-FAY GIVEN AUSTRALIA DAY AWARD

Congratulations to Western District Secretary Tracey-Fay Penrose for receiving an Australia Day Award at the Western District AGM on 27 February. RSL Queensland State President Tony Ferris, right, and Western District President Dennis Pollard presented her with her award. Tony said it was very well deserved and congratulated Tracey-Fay for all her hard work. She has worked in the Western District for more than 10 years, with a reputation of being a pillar of strength and support for the veterans in the community.



WIN

THE IMITATOR



Out of place at boarding school, scholarship girl Evelyn Varley realises that the only way for her to fit in is to be like everyone else. She hides her true self and what she really thinks behind the manners and attitudes of those around her. By the time she graduates from Oxford University in 1939, ambitious and brilliant Evelyn has perfected her performance.

War is looming. Evelyn soon finds herself recruited to MI5, and the elite counterintelligence department of Bennett White, the enigmatic spy-runner. Recognising Evelyn's mercurial potential, White schools her in observation and subterfuge and assigns her the dangerous task of infiltrating an underground group of Nazi sympathisers working to form an alliance with Germany.

But befriending people to betray them isn't easy, no matter how dark their intent. Evelyn is drawn deeper into a duplicity of her own making, where truth and lies intertwine, and her increasing distrust of everyone, including herself, begins to test her better judgement. When a close friend becomes dangerously ensnared in her mission, Evelyn's loyalty is pushed to breaking point, forcing her to make an impossible decision.

A powerfully insightful and luminous portrait of courage and loyalty, and the sacrifices made in their name.

The Imitator by Rebecca Starford is published by Allen & Unwin (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Imitator*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Imitator') or post to 'The Imitator', PO Box 629, Spring Hill Qld 4004. Competition closes 6 August 2021.



O'SAINTY'S CREEK

This story is seriously wise, moving and funny. It's about reconnecting family, discovering Indigenous Tasmanian roots and recovery from the trauma of Vietnam. It's the early 1970s in the small rural community and the rich green fields are pumping to the Mersey beat.

In the dramatic subplots, we discover a community rallying and re-shaping itself to survive the crises of losing their major markets, a bushfire on the horizon, lost children and a foot and mouth disease threat. It's high time to get crackin'... even in Ringarooma!

Jim has come back to his childhood home with the essential role of steering the small farming community through a market crisis caused by the UK entering the Common Market and thereby taking away 80 per cent of their markets. But will they listen?

O'Sainty's Creek by David Daniel is available from daviddaniel.com.au, Amazon and Lulu Bookstores as print or e-books as well as the Blackbutt Art Gallery (RRP: \$15.00).

FOR YOUR CHANCE TO WIN one of four copies of *O'Sainty's Creek*, email your name, address and contact number to editor@rslqld.org (with the subject 'O'Sainty's Creek') or post to 'O'Sainty's Creek', PO Box 629, Spring Hill Qld 4004. Competition closes 6 August 2021.



THE FLYING ANGEL

This children's book was inspired by the life of a remarkable nurse, Sister Marie Eileen Craig. After the return of her wounded father from WWI, young Marie had a dream to become a nurse. She trained at the Royal North Shore Hospital, Sydney and graduated in 1942.

An adventurous spirit, who wanted to follow in her father's footsteps, she decided to join the RAAF nursing service in 1943 and in early 1944, 15 nurses from the Royal Australian Air Force nursing service were handpicked for the 2nd unit of flying sisters who made up the No 2 MAETU based in Papua New Guinea in WWII.

They were trained to rescue injured soldiers, sometimes behind enemy lines, to care for them, and transport them safely back home to Australia. On these dangerous missions, these nursing sisters soon became known for their courage and compassion. The soldiers called them 'The Flying Angels'.

The Flying Angel by Vicki Bennett is published by Scholastic Press (RRP: \$24.00).

FOR YOUR CHANCE TO WIN one of four copies of *The Flying Angel*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Flying Angel') or post to 'The Flying Angel', PO Box 629, Spring Hill Qld 4004. Competition closes 6 August 2021.



QUEENSLAND RSL NEWS WINNERS

Edition 1, 2021

BASTARD BEHIND THE LINES

G Curr, Beachmere
M Mazengarb, Pelican Waters
V Burgess, Point Vernon
J Flowers, Peregian Springs

COURAGE UNDER FIRE

T Bell, Bongaree
B Rogers, Aspley
D Hanlen, Newstead
M Papalia, Greenbank

GIRL WITH A SNIPER RIFLE

G Gillam, Clifton
C Wall, Southport
C Porteus, Karana Downs
J Adams, Longreach

WITH MY LITTLE EYE

A Mitchelson, North Ward
M Tilbrook, Bowen
C Steadman, Molendinar
W Stephen, Mount Perry

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



DUNNARUNNA: A RETIREMENT DUNN RIGHT

Dunnarunna: A Retirement Dunn Right is a true story about what it is like to retire at the age of 50 for the life of a permanent traveller. After retiring from military life in 2011, then selling up and giving away all their worldly possessions, Dunnarunna follows the travels of Maria Augustus-Dunn and her hubby Brad Dunn around Australia during their first five years of life on the road.

Read her personal diaries and experiences of their travelling life. According to Maria, life on the road is never boring. It can be challenging, rewarding, funny, and sometimes downright scary, but never boring.

Dunnarunna will have you laughing, crying, cheering, and may also have you wanting to take that leap of faith and head off travelling too.


Dunnarunna by Maria Augustus-Dunn is published by IndieMosh (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *Dunnarunna*, email your name, address and contact number to editor@rslqld.org (with the subject 'Dunnarunna') or post to 'Dunnarunna', PO Box 629, Spring Hill Qld 4004. Competition closes 6 August 2021.


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 **VIP CLUB**

MORE MILLIONS FOR MEMBERS JOIN THE VIP

RSL Art Union Draw No. 387 (AU387L) 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. St Pauls Terrace, Fortitude Valley QLD 4006. Proceeds are for the purpose of veteran welfare and support in Australia. 1st prize \$5,800,958. The total number of tickets available for AU387 is 6,641,500 which may include a maximum 21/07/21 to be entered into Draw 387. 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 388. Some items shown in pictures are for display purposes only. directly with our 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.

ON.COM.AU OR CALL 1300 775 888

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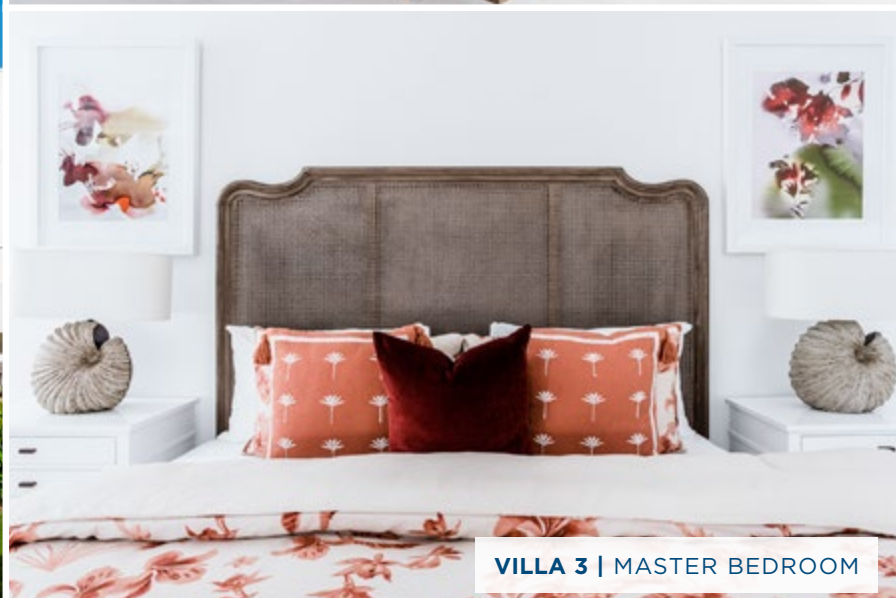
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29819, ACT Permit No. R21/00006.1, VIC Permit No. 10020/21, NSW Authority No. GOCAU/2332, SA Permit No. M13971. Close date: 8pm (AEST) 21/07/21. Draw Date: Drawn 10am (AEST) 28/07/21 at ANZAC House, 283 of 1,686,941 bonus tickets. Entrants must be 18 years or over. Winners notified by registered mail. Results published in The Australian on 30/07/21. Cheque, money order and credit card payments must be received by Any rental estimates provided are for informational purposes only. Selling costs and market variations apply when selling gold bullion. Travel is in the form of a voucher, is not redeemable for cash and must be booked





“IS THIS A PRANK?”



IN the midst of a COVID-19 lockdown, the RSL Art Union team came together virtually to make a life-changing call to the winner of a \$2.8 million waterfront wonder.

The team waited in anticipation as RSL Queensland CEO Melanie Wilson dialled our lucky winner, Jeremy* from Milperra, NSW.

After two unsuccessful attempts of trying to contact Jeremy, the third time was the charm.

“Is this a prank?” said Jeremy, as he was knee-deep in mud on his work site.

After learning that he was the new owner of a Broadbeach Waters waterfront home plus \$200,000 in gold, Jeremy was

lost for words.

“Thank you so much. I don’t know what to say, I didn’t think anything of it when I bought the ticket. It’s going to a good cause and that was enough for me,” he said.

The call got even better for our Draw 384 winner as his \$30 VIP ticket book purchase means

he will also receive an extra \$30,000 in gold!

A huge congratulations to Jeremy and a big thank you to all our supporters. Each ticket sold helps veterans in Queensland and throughout Australia.

**Name changed for privacy reasons.*

COMMUNITY CONNECT

80TH ANNIVERSARY OF THE CORAL SEA BATTLE

The Naval Association of Australia will hold a dinner dance to recognise the 80th Anniversary of the Battle of the Coral Sea on 14 May 2022 in Stanthorpe. It also celebrates the friendships forged between the US and Australia. Invitations will also be extended to fellow Naval Association sub-sections, Australian Armed Forces, the Returned Services League and American Leagues. A commemorative wreath laying will be held at Weeroona Park prior to the dinner. More information to follow.

REUNIONS

1 FD SQN GP RAE ASSOCIATION

The 1 FD SQN GP RAE Association 2021 reunion will be held at Figs Restaurant in the Wests Rugby Football Centre at 65 Sylvan Road, Toowong, Brisbane from on 22-24 October 2021. The cost is \$100 per person (not including drinks). It will include a registration/meet and greet on Friday evening and Saturday morning, a commemorative service on Saturday afternoon, followed by dinner in the evening. Sunday will be the AGM and lunch. Application forms and accommodation suggestions are available at 1fieldsappers.org. Contact the Secretary on 0419 260 463 for more information.

NEED HELP?

Are you looking for someone, something or seeking information? Are you in need of help from your local RSL community? Would you like to make contact with an RSL contributor? Email your request to editor@rslqld.org



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Abbotts	Stanley	22162219	Tweed Heads & Coolangatta Sub Branch Inc.
Aked (nee Sanotti)	Audrey	NFX200161 (NX200161)	Tweed Heads & Coolangatta Sub Branch Inc.
Alexander	Douglas	VX120863	Tewantin/Noosa Sub Branch Inc.
Allison	David	A316329	Gemfields Sub Branch Inc.
Appleton*	John	QX57005 (Q270091)	Darra & District Sub Branch Inc.
Archer	Albert	4128897	Burleigh Heads Sub Branch Inc.
Armstrong	Tony	034233	Bribie Island Sub Branch Inc.
Barber	John	256049	Greenbank Sub Branch Inc.
Barnett	Walter	2174592	Hervey Bay Sub Branch Inc.
Barr	Robert	R57029	Caloundra Sub Branch Inc.
Barratt	Boyd	79822	Runaway Bay Sub Branch Inc.
Bates	Peter	2789663	Moura Sub Branch
Beckmann	Ralph	SX29864	Wynnum Sub Branch Inc.
Begg	Donald	2396 (NP10189, NX179831)	Tweed Heads & Coolangatta Sub Branch Inc.
Belcher	Allan	QX44952	Kedron-Wavell Sub Branch Inc.
Bellchambers	Norman	2/166526	Kawana Waters Sub Branch Inc.
Biddulph	Max	B4980	Cooroy-Pomona Sub Branch Inc.
Blackney	Geoffrey	2/400547/ QKM04673	Southport Sub Branch Inc.
Blake	George	31987	Tweed Heads & Coolangatta Sub Branch Inc.
Blaw	Alexander	Q3658/ QX59528	Laidley Sub Branch Inc.
Boaden	Trevor	37575	Hervey Bay Sub Branch Inc.
Bolton	Dan	B4298	Gaythorne Sub Branch Inc.
Bolton	Dan	Q133170	Gaythorne Sub Branch Inc.
Booth	Trevor	R52950	Tweed Heads & Coolangatta Sub Branch Inc.
Bowen	Donald	1/3321	Sherwood-Indooroopilly Sub Branch Inc.
Brewster	David	377736	Townsville Sub Branch Inc.
Briggs	Edward	425113	Sunnybank Sub Branch Inc.
Broadhead	Colin	3804872	Beenleigh & District Sub Branch Inc.
Brophy	Maurice	Q05205	Cardwell Sub Branch

Last Name	First Name	Service Number	Sub Branch
Bucknell	William	2/760765	Currumbin/Palm Beach Sub Branch Inc.
Burton	Edward	QX37515 (Q5370)	Southport Sub Branch Inc.
Buse	Frederick	187239	Calliope Sub Branch Inc.
Campbell	Alfred	QX14378	Caloundra Sub Branch Inc.
Chapman	Gordon	44615	Kedron-Wavell Sub Branch Inc.
Charles	Barry	1200871	Innisfail Sub Branch Inc.
Child	Brian	133193	Farleigh & Northern Beaches Sub Branch
Clelland	Jeffrey	1204804	Redcliffe Sub Branch Inc.
Cochrane	John	1/728233	Tully Sub Branch
Cohen	William	2794365	Nerang Sub Branch Inc.
Coleman	Robert	2799587	Hervey Bay Sub Branch Inc.
Collyer	Jacqueline	F1112860	Forest Lake & Districts Sub Branch Inc
Connolly	Brian	150625	Wynnum Sub Branch Inc.
Connor	Alexander	QX5378	Tweed Heads & Coolangatta Sub Branch Inc.
Cooper	Brian	13067	Redcliffe Sub Branch Inc.
Copeland	Alexander	D/SSX864576	Hervey Bay Sub Branch Inc.
Costabeber	John	1/700503	Townsville Sub Branch Inc.
Cotman	William	US56312531	Tamborine Mountain Sub Branch Inc.
Cox*	Alan	1704463	Greenbank Sub Branch Inc.
Crossley	Richard	B5507	Caloundra Sub Branch Inc.
Crowell	Edward	A15669	Caloundra Sub Branch Inc.
Cumming	James	QX58212	Gympie Sub Branch Inc.
Curtis	Raymond	4115276	Maroochydore Sub Branch Inc.
D'Andilly	Danny	PJX538871	Tewantin/Noosa Sub Branch Inc.
Daniels	William	B6353	Herbert River Sub Branch Inc.
Davey	Neville	A2616	Caloundra Sub Branch Inc.
Davis	Noel	1700109	Kedron-Wavell Sub Branch Inc.
Dawson	George	22188	Caloundra Sub Branch Inc.
Dixon	Jeffrey	A126407	Innisfail Sub Branch Inc.
Donnelly	James	2791894	Tweed Heads & Coolangatta Sub Branch Inc.
Dooley	Zena	473508	Caloundra Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Doyle	Roy	QX500161	Kedron-Wavell Sub Branch Inc.
Drabsch	David	235041	Maroochydore Sub Branch Inc.
Duffy	Allan	221585	Gracemere & District Sub Branch Inc.
Duncan	John	16927	Gaythorne Sub Branch Inc.
Eden	Robert	Q151455	Caloundra Sub Branch Inc.
Elliott	Peter	A4876	Mudgeeraba-Robina Sub Branch Inc.
Ellis	Bernard	29588	Caboolture-Morayfield & District Sub Branch Inc.
Eustace*	Raymond	1/704892	National Servicemens Sub Branch Inc.
Eustance	Kenneth	1/5240	Townsville Sub Branch Inc.
Evans	James	1707	Maroochydore Sub Branch Inc.
Fairbrother	Barry	17998	Townsville Sub Branch Inc.
Farmer	Ambrose	1/3742/1201018	Nambour Sub Branch Inc.
Farr	Joyce	99147	Caloundra Sub Branch Inc.
Ferguson	Brian	WX501042	Maroochydore Sub Branch Inc.
Fleming	Barry	2192588	Cairns Sub Branch Inc.
Fletcher	Hilda	310186	Beenleigh & District Sub Branch Inc.
Flewellen	David	365511	Greenbank Sub Branch Inc.
Francis	Frank	R50311	Bundaberg Sub Branch Inc.
Freeman	Coralie	91658	Maroochydore Sub Branch Inc.
Frew	Donald	29733	Gaythorne Sub Branch Inc.
Froben	Barton	16866	Sherwood-Indooroopilly Sub Branch Inc.
Gomersall	Douglas	QX63560	Redcliffe Sub Branch Inc.
Gray*	Thomas	1/32728	Nambour Sub Branch Inc.
Graydon	Robert	QX51324	Banyo Sub Branch Inc.
Green	John	213230	Maryborough Sub Branch Inc.
Green*	M	2027718	Magnetic Island Sub Branch Inc.
Hales	Bret	NX15739	Currumbin/Palm Beach Sub Branch Inc.
Hallam	Paul	A45731	Herbert River Sub Branch Inc.
Harper	Stanley	144974	Tweed Heads & Coolangatta Sub Branch Inc.
Harris	Gilbert	7107	Townsville Sub Branch Inc.
Hart	Herbert	QX22267	Gordonvale Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Hayes	Kevin	VX125376	Mudgeeraba-Robina Sub Branch Inc.
Helsham	Kevin	1709811	Bundaberg Sub Branch Inc.
Henderson	David	R43582	Cairns Sub Branch Inc.
Hendry*	Leslie	B2372	Tweed Heads & Coolangatta Sub Branch Inc.
Hill*	Clarence	NX177083	Bowen Sub Branch Inc.
Hinson	Jeffrey	R64104	Hervey Bay Sub Branch Inc.
Hodson	Keith	A14379 (425937)	Unattached List
Hogan	Kevin	A12127	Cairns Sub Branch Inc.
Honsa*	Jean	NF461949	Bribie Island Sub Branch Inc.
Hudnott*	William	37509	Kedron-Wavell Sub Branch Inc.
Hunter	Ross	27276	Bundaberg Sub Branch Inc.
Hurst	Kelvin	313099	Townsville Sub Branch Inc.
Hurst	Bruce	A16815	Townsville Sub Branch Inc.
Hutchinson	Mervin	1/706077	Gaythorne Sub Branch Inc.
Hyde	Robin	379913	Gatton Sub Branch Inc.
Ikin	Ronald	124792	Mareeba Sub Branch Inc.
Jeffreys	Lorna	NF455422	Redcliffe Sub Branch Inc.
Johnson	Warren	2411987/215124	Bribie Island Sub Branch Inc.
Jones	Kerry	18914	Redcliffe Sub Branch Inc.
Jukes	John	VX501238	Hervey Bay Sub Branch Inc.
Kearney	Michael	655621	Burleigh Heads Sub Branch Inc.
Kennedy	Raymond	335080	Sherwood-Indooroopilly Sub Branch Inc.
Kinross	Malcolm	79245	Kedron-Wavell Sub Branch Inc.
Kitzelmann	David	Q271650	Kedron-Wavell Sub Branch Inc.
Klease	Colin	QX54674	Burleigh Heads Sub Branch Inc.
Laidlaw	Henry	A232332	Caloundra Sub Branch Inc.
Lamprecht	James	A116539	Ipswich Sub Branch Inc.
Lawrence	Peter	60524	Nerang Sub Branch Inc.
Lewis	Patricia	W/403798	Tewantin/Noosa Sub Branch Inc.
Lewis*	Kathleen	QF142132	Capricornia & Rockhampton Region Sub Branch Inc.
Linwood	Leslie	1735727	Herberton Sub Branch
Loiterton	Stephen	R107212/ 230985	Oakey Sub Branch Inc.

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Last Name	First Name	Service Number	Sub Branch
Lyall	Allan	136091	Ashgrove District Sub Branch
Lynch	James	R417948	Bribie Island Sub Branch Inc.
MackKedie	Edward	QX53735	Cairns Sub Branch Inc.
Mackenzie	Alexander	R272796	Maryborough Sub Branch Inc.
Macklin	Geoffry	1/705244	Hervey Bay Sub Branch Inc.
Madigan	Thomas	43785	Tewantin/Noosa Sub Branch Inc.
Maguire	Roy	43720	Tully Sub Branch
Mahon* (nee Mason)	Jodie	F1807086 / 8264913	Caloundra Sub Branch Inc.
Maidment*	R	QX56994	Redlands Sub Branch Inc.
Manwaring	Ian	2/703261	Tweed Heads & Coolangatta Sub Branch Inc.
Marshall	Ivan	45557	Caloundra Sub Branch Inc.
Marshall	Bruce	R38991	Beenleigh & District Sub Branch Inc.
Marshall	Walter	A12605	Beenleigh & District Sub Branch Inc.
Martin	Keith	B5799	Caboolture-Morayfield & District Sub Branch Inc.
Matthews	Barry	15951	Gaythorne Sub Branch Inc.
Mcbride	James	QX42156	Mackay Sub Branch Inc.
McCloskey	Shawn	1801532	Ayr Sub Branch Inc.
Mccosker	W	QX37987	Kedron-Wavell Sub Branch Inc.
McDonald	Keith	A17825	Ipswich Railway Sub Branch Inc.
McElligot	Desmond	6/410050	Caloundra Sub Branch Inc.
McFarlane	Mervyn	7130	Tweed Heads & Coolangatta Sub Branch Inc.
McGinley	David	QX44008	Bayside South Sub Branch Inc.
McGrade	Bernard	R58400	Maroochydore Sub Branch Inc.
McGregor	Alfred	32657	Maroochydore Sub Branch Inc.
McJannett	James	Q39338	Gaythorne Sub Branch Inc.
McKenzie	Jeannie	832	Burleigh Heads Sub Branch Inc.
McLean	Allan	15279	Caloundra Sub Branch Inc.
McLean*	Terrence	R62523	Greenbank Sub Branch Inc.
Meissner	Emerson	1/714238	Bundaberg Sub Branch Inc.
Mienert	Max	1/705097	Mt Larcom Chapter of Wide Bay & Burnett District Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Miller*	John	428599	Maryborough Sub Branch Inc.
Mitchell	Peter	1201266	Pine Rivers District Sub Branch Inc.
Mitchell	Leslie	31696 (VX121270)	Caloundra Sub Branch Inc.
Moll	Robert	3794793	North Gold Coast Sub Branch Inc.
Morrison	Frederick	1410367	Gaythorne Sub Branch Inc.
Mulholland	Valerie	QF270678	Caloundra Sub Branch Inc.
Murrie	Bruce	PA2764	Tewantin/Noosa Sub Branch Inc.
Nargar	Mervyn	QX35628 (Q100966)	Tweed Heads & Coolangatta Sub Branch Inc.
Nisbet*	Lawrence	301035	Redlands Sub Branch Inc.
Nordberg	Gregory	R95626	Bundaberg Sub Branch Inc.
O'Brien	John	429434	Kedron-Wavell Sub Branch Inc.
O'Brien*	John	2251226	Bundaberg Sub Branch Inc.
Ogden (nee MacIntyre)	Dawn	R85111	Mundubbera Sub Branch Inc.
Olds	William	Q210332	Maryborough Sub Branch Inc.
Olsson	Ronald	45624	Currumbin/Palm Beach Sub Branch Inc.
Orrock	Kenneth	1201538	Bribie Island Sub Branch Inc.
Ottley	Peter	R11385	Caloundra Sub Branch Inc.
Page	Douglas	2789164	Tewantin/Noosa Sub Branch Inc.
Parker	David	423994	Canungra Sub Branch Inc.
Parker	Austin	V350964	Bribie Island Sub Branch Inc.
Parker	Austin	3811 (VX125515)	Bribie Island Sub Branch Inc.
Parnell	Allan	1731025	Bundaberg Sub Branch Inc.
Pember	Gordon	Q269846	Toowoomba Sub Branch Inc.
Perry	Noel	16785	Cairns Sub Branch Inc.
Petersen	Alan	Q9221	Moura Sub Branch
Piper	John	vx145710	Kedron-Wavell Sub Branch Inc.
Porter	Colin	123005	Hervey Bay Sub Branch Inc.
Power	Ian	17562	Capricornia & Rockhampton Region Sub Branch Inc.
Prior	Colin	1/7568	Airlie Beach-Whitsunday Sub Branch Inc.
Prowse	Alfred	1/717251	Tara Sub Branch
Purser	Brian	2127057	Centenary Suburbs Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Pyne	Raymond	18267	Caboolture-Morayfield & District Sub Branch Inc.
Raven	David	SX500367	Greenbank Sub Branch Inc.
Reece	Mervyn	123539	Currumbin/Palm Beach Sub Branch Inc.
Reynolds	Keith	53824	Thuringowa Sub Branch Inc.
Richards	Patrick	1203841	Pine Rivers District Sub Branch Inc.
Richards	Roy	1/706325	Gympie Sub Branch Inc.
Ridley	Donald	2/5955	Gympie Sub Branch Inc.
Robinson	Allan	1411050	Townsville Sub Branch Inc.
Rodgers	Barry	1201002	Maroochydore Sub Branch Inc.
Rose	Mervyn	QX25059	Toowoomba Sub Branch Inc.
Ross	Lester	2/758324	Stanthorpe Sub Branch Inc.
Routledge	John	312180	Tweed Heads & Coolangatta Sub Branch Inc.
Russell	Albert	NX14428	Goodna Sub Branch Inc.
Sallaway	Kenneth	A14693	Hervey Bay Sub Branch Inc.
Sander	William	A211940	Mudjimba Sub Branch Inc.
Saxby	John	215480	Southport Sub Branch Inc.
Scholes	Arthur	VX41491	Maroochydore Sub Branch Inc.
Schwarz	Brian	43791	Townsville Sub Branch Inc.
Scott	Richard	QX43919	Kingaroy/Memerambi Sub Branch Inc.
Scowcroft	Donald	131333	Maroochydore Sub Branch Inc.
Shannon*	Wallace	442508	Kedron-Wavell Sub Branch Inc.
Sheean	William	6410152	Hervey Bay Sub Branch Inc.
Shiels	John	A217334	Currumbin/Palm Beach Sub Branch Inc.
Simpson	Peter	22229297	Innisfail Sub Branch Inc.
Simpson	Philip	227011	Kedron-Wavell Sub Branch Inc.
Sleep	John	S/10342	Southport Sub Branch Inc.
Smith	John	1732393	Ayr Sub Branch Inc.
Smyth	Graham	S123949	Hervey Bay Sub Branch Inc.
Stephens	Len	2/767254	Redlands Sub Branch Inc.
Stott*	Charles	2369690	Bundaberg Sub Branch Inc.
Sutherland	John	MERCHANT NAVY	Tweed Heads & Coolangatta Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Tardiani	Monica	F1/034	Kedron-Wavell Sub Branch Inc.
Thatcher	Robert	3594425	Kedron-Wavell Sub Branch Inc.
Theuws	Adrian	470401505	Mackay Sub Branch Inc.
Thomas	Trevor	A321622	Currumbin/Palm Beach Sub Branch Inc.
Thompson	Donald	34866	Hervey Bay Sub Branch Inc.
Thomson	James	P/JX707392	Tweed Heads & Coolangatta Sub Branch Inc.
Tobler	Robert	1/410052	Southport Sub Branch Inc.
Toms*	Frederick	1737169	Kedron-Wavell Sub Branch Inc.
Treadgold*	Geoffrey	2438783	Greenbank Sub Branch Inc.
Trickey	Kevin	2412225	Redcliffe Sub Branch Inc.
Tucker*	Clara	W314745	Stephens Sub Branch
Turner	Mervyn	A217529	Caloundra Sub Branch Inc.
Turner	Ronald	2741599	Caloundra Sub Branch Inc.
Turvey	Sidney	VX105911	Toowoomba Sub Branch Inc.
Tweedie	Donald	NZ16311	Sandgate Sub Branch Inc.
Walsh	John	2253411	North Gold Coast Sub Branch Inc.
Waterhouse	Neil	24560998	Kedron-Wavell Sub Branch Inc.
Watherston	Ronald	1705947	Oakey Sub Branch Inc.
Watson-O'Loughlin	Bethmay	F178368	Sherwood-Indooroopilly Sub Branch Inc.
Wells	William	341087	Ayr Sub Branch Inc.
White	Constance	F11173	Kedron-Wavell Sub Branch Inc.
Wilcox	Joseph	51775176	Bayside South Sub Branch Inc.
Williams	John	1717822	Tweed Heads & Coolangatta Sub Branch Inc.
Williamson	Ronald	PA4319	Currumbin/Palm Beach Sub Branch Inc.
Willis	Richard	1483NS	Ravenshoe Sub Branch
Willis	Herbert	342872	Maroochydore Sub Branch Inc.
Wiseman	Robert	2788209	Mudgeeraba-Robina Sub Branch Inc.
Wood	Leonard	B4854	Kedron-Wavell Sub Branch Inc.
Woods*	Lawrence	408463	Greenbank Sub Branch Inc.
Young	Douglas	151438	Kedron-Wavell Sub Branch Inc.

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