

QUEENSLAND

# RSL NEWS

EDITION 03, 2017

## BRIGHTER FUTURES THROUGH EDUCATION

A NEW SCHOLARSHIP  
PROGRAM IS HELPING  
DESERVING DEPENDENTS  
OF AUSTRALIAN  
VETERANS

# 8

PAGE  
LIFTOUT

A GUIDE TO  
POST-  
TRAUMATIC  
STRESS  
DISORDER  
& YOUR  
PHYSICAL  
HEALTH

## TRUE GRIT

REMEMBERING  
KOKODA 75  
YEARS ON

## STEPPING OUT & STEPPING UP

QUEENSLAND'S FIRST  
FEMALE'S TROJAN'S TREK

# ANZAC DAY 2017

## QUEENSLAND PAYS TRIBUTE

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QUEENSLAND BRANCH



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RSL (Queensland Branch)  
current membership: 34,815

Qld RSL News average  
distribution: 33,000

**Submissions:** Editorial and photographic contributions are welcome. Please contact the editor for guidelines. Preference will be given to electronic submissions and those articles adhering to word limits. Originals of all material should be retained by contributors and only copies sent to Qld RSL News.

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### Front Cover



### COVER IMAGE:

Royal Australian Navy personnel honoured their fellow servicemen and women at the ANZAC Day parade in Cairns on April 25.

# LOOKING FORWARD TO THE STATE CONGRESS

My fellow League Members,

As I write my column we are nearly two weeks out from the 2017 State Congress, which incorporates our Annual General Meeting. This year, we will play a live video as well as record and publish portions of the event online to enable members who cannot attend to follow proceedings.

During the event, Deloitte will also brief us on the future risks facing RSL (Queensland Branch). This body of work will be used to guide the workshops on day two, where we will debate and discuss the future of the League and the governance of the League in Queensland.

To ensure impartiality and prevent District Presidents/Directors from influencing outcomes, I have directed that senior management staff of the Deloitte team will facilitate these two workshops. This is important, as District Presidents/Directors must be at arm's length from the process as they will be responsible for directing the senior management team to implement what members want once we reach consensus.

Turning to other issues, we have been busy developing several policy positions to further the interests of veterans in Queensland. We have called for the establishment of a Minister for Veterans' Affairs to provide for a stronger voice in State Government. We are also

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engaging the Australian Senate on legislation affecting invalidity payments that impact those going through relationship breakdowns.

During our upcoming State Congress, we will also report on RSL (Queensland Branch)'s work on veteran homelessness. As you can appreciate, we are working to be at the forefront of community efforts to assist veterans who find themselves without a home.

Similarly, our funding of research into post-traumatic stress disorder and transition has been very important, and this work is now being acknowledged internationally. Dr Madeline Romaniuk from the Gallipoli Medical Research Foundation will provide a briefing on these important initiatives at the Canadian Institute for Military and Veteran Health Research forum in Canada later this year.

There will also be some changes occurring soon with Mates4Mates. We will align the strategic direction of

RSL (Queensland Branch) and Mates4Mates to remove any confusion over roles and eliminate any duplication of services to ensure we are focused on the needs of veterans and their families.

More broadly, we must ensure our resources are used on the genuine needs of the veteran community. Sadly, we have become aware of instances where veteran welfare expenditure has been used for the benefit of several Sub Branches, as opposed to the genuine needs of veterans and their families. Thankfully, such expenditure is not widespread and we are confident necessary action is being taken to ensure such practices are stopped.

We continue to develop our relationship with Queensland-based ex-service organisations (ESOs) and we were recently asked to consider taking over the responsibility for conducting meetings of ESOs in our state.

This is a great opportunity to work more closely with our kindred organisations to ensure we are all aligned with delivering the best possible service to the veteran community. This is unique to Queensland and is another demonstration of how we are actively engaging to support veterans.

Recently, we saw the Boer War Memorial on ANZAC Parade unveiled in Canberra. Hundreds of people commemorated what Governor-General Sir Peter Cosgrove described as "Australia's forgotten war". Among the crowd was the committee that brought the memorial to life, including Ron McElwaine OAM, RFD and his wife Pam, and Kevin Alcock, descended from a Boer War veteran, and his wife Di, from Queensland.

In closing, I wish to thank you all for the work you do in support of the veteran community in Australia. I look forward to meeting many of you at the State Congress later this month.



*Stewart Cameron CSC  
State President  
RSL (Queensland Branch)*



# Veterans Exercise Programs

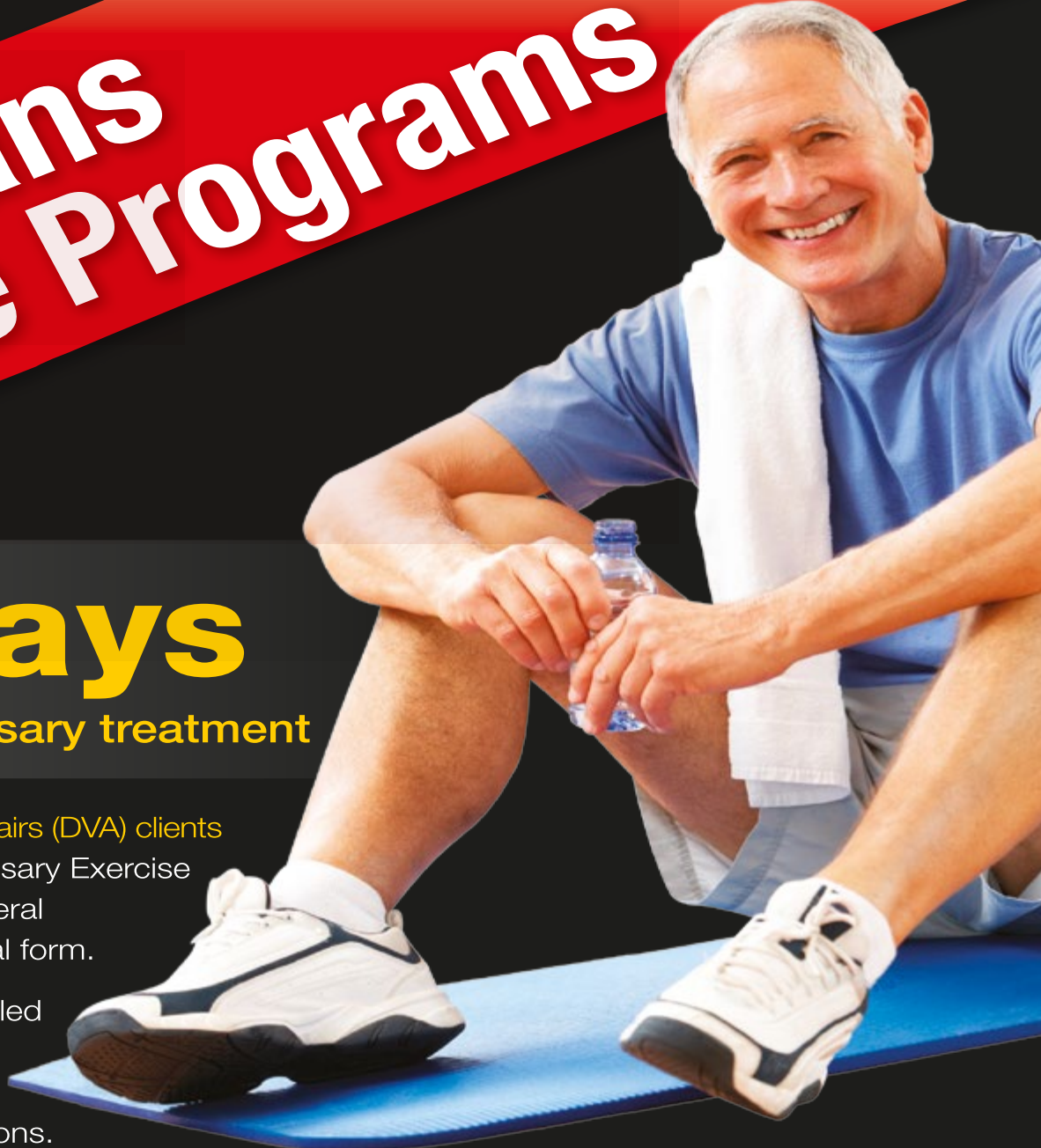
## DVA Pays

for the clinically necessary treatment

Entitled Department of Veterans' Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

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# LET'S REFLECT ON OUR GREAT WORK

Since our foundation more than a century ago, it has always been important for the League to move with the times.

Sometimes we've moved quickly, while at other times we have failed to meet the expectations of society and younger veterans. There's no doubting, however, the impressive pace at which RSL (Queensland Branch) is currently adapting its operations as we begin our second century of service to veterans.

As we head towards our State Congress and Annual General Meeting, I feel it appropriate to reflect on the hard work of our staff and volunteers as they strive to keep our organisation relevant, vital and accessible to veterans and their families throughout Queensland.

## HIGH-TECH REVOLUTION

Nothing better illustrates this new era than our organisation's ongoing digital transformation.

By modernising information systems and ensuring all employees and volunteers can work online and remotely, this transformation aims to save the League around 30,000 hours of administrative work each year. As I'm sure you'll agree, this time would be much better spent delivering services to veterans.

As well as enhancing our service delivery programs, this

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FOCUSED ORGANISATION."**

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technological makeover brings our financial systems into the modern age, enabling us to track, measure and report our performance more transparently than ever before.

This transformation also sets the foundation for improved access to services for remote and incapacitated veterans, together with the increasing proportion of veterans who prefer digital communication options. Of course, face-to-face contact between veterans and RSL staff and volunteers remains vital, and we have been working in regional, rural and remote parts of the state to reach as many members of the veteran community as possible.

## GOING OUTBACK

In the past year, our veteran

services officers have twice toured outback Queensland to assess veterans' needs on the ground and we have increased the number of paid veteran services officers in regional Queensland.

Services in Far North Queensland have also been bolstered by the re-opening of the expanded Warhaven housing complex in Cairns and we are working to do more every day to support veterans who suffer physical or psychological wounds as a result of their service.

## YOUR HEALTH AND WELLBEING

New research funded by RSL (Queensland Branch) and conducted by the Gallipoli Medical Research Foundation has revealed links between post-traumatic stress disorder and

physical illnesses. These findings will be used to train doctors to identify and better treat the health problems of veterans. You can read more about this in the special feature on page 51 of this edition of *Queensland RSL News*.

We have also expanded our partnership with Queensland's Sporting Wheelies and Disabled Association, which supports ex-Australian Defence Force (ADF) members with physical or mental injuries in accessing rehabilitation and sport programs.

This specialist support complements the ground-breaking programs run for younger veterans by Mates4Mates – an initiative of RSL (Queensland Branch) – and the growing support we give to Queensland competitors in the Invictus Games.

As our understanding of the health needs of veterans increases, we are also acting to minimise health risks faced by serving ADF personnel. The Vasey Resilience Centre at Lavarack Barracks in Townsville receives funding and in-kind support from RSL (Queensland Branch) in a program ensuring that today's soldiers are as tough mentally as they are physically – and better able to cope with the stresses of military service. Read more about this excellent program on page 66 of this magazine.





**TOP:** Vasey Resilience Centre – RSL (Queensland Branch) State Vice President Ewan Cameron with Chaplain Dan Cassidy and WO2 Adam Keys at the Vasey Resilience Centre at Lavarack Barracks in Townsville. The centre helps ensure that today's soldiers are as tough mentally as they are physically, and better able to cope with the stresses of military service. (Image: SPR Joshua Saurin)



**BOTTOM LEFT:** Sporting Wheelies – The Comets compete in the Women's National Wheelchair Basketball League. RSL (Queensland Branch) partners with Sporting Wheelies and Disabled Association to encourage ADF members with physical and/or mental injuries to engage in fitness, rehabilitation and sport programs.



**BOTTOM RIGHT:** Veteran Services' western visit – Members of the Barcaldine RSL Sub Branch welcomed RSL (Queensland Branch) State Secretary Scott Denner, left, and veteran services officers when they visited as part of a tour of western Queensland in 2016.

## HELPING OUR YOUTH

Young people have also been a key focus for us in 2017. Thirty-five children from veterans' families are being given a huge helping hand this year through RSL Queensland Scholarships – many of whom have faced considerable financial and personal hardships. Read the story of Sarah L, one of our scholarship recipients, on page 76.

Children in schools across the state also learnt about the service of Queenslanders in times of conflict through the RSL Community Link program.

## WE'RE THINKING BIG

We've achieved an extraordinary amount of work since July 2015,

which is setting the foundation for further modernisation and expansion of services to veterans and their families.

As we prepare for our State Congress and Annual General Meeting this June, we must continue adapting to meet the changing needs of current and ex-service people and their families. We must challenge ourselves to exceed the expectations of both the service community and the public in terms of being a transparent and veteran-focused organisation.

Within RSL (Queensland Branch), we are modernising rapidly to address this.

In addition to the digital transformation of our finance systems and the associated

policies and procedures, we have retained Deloitte to conduct a review of the governance arrangements of RSL (Queensland Branch).

An interim report by Deloitte will be presented at the upcoming State Congress, outlining key risks to our organisation and how successful organisations are governed. After the State Congress, Deloitte will liaise with each of the Districts and give Sub Branches an opportunity to provide input to a best-practice model of organisational governance that reflects our organisation's size and scope.

Continuing our trajectory from 2016, in 2017 we are striving to "think big" as we adapt RSL (Queensland Branch) to ensure

we are relevant and engaged with current service people and veterans and their families of all ages. At your Sub Branch, I ask that you do the same – focus on delivering mateship, support and great services to other veterans and their families, and keep adapting with a focus always on the future.



**Scott Denner**  
State Secretary  
RSL (Queensland Branch)





Warrant Officer Class Two Edwin James Mi Mi was guest speaker at the Indigenous Veterans' Ceremony on May 31. A proud Wakka Wakka man, Edwin was born and raised in Gayndah, Queensland, and enlisted in the Australian Army after finishing Year 12 in 1985.

## HONOURING OUR INDIGENOUS VETERANS

As part of Reconciliation Week, the military service of Australia's Indigenous armed forces was acknowledged at the Indigenous Veterans' Ceremony at the Shrine of Remembrance at ANZAC Square on May 31.

Hosted by RSL (Queensland Branch), the Indigenous Veterans' Ceremony aimed to heighten awareness of reconciliation and the dedication demonstrated by Indigenous personnel to the defence of Australia. Indigenous personnel have been involved in conflicts since the Boer War, however, their service is often a forgotten contribution to Australia's military history.



Romani Brown and Sarah Johnson from Brisbane Bayside State College pay their respects at the Indigenous Veterans' Ceremony.





The beautiful sounds of didgeridoo player Aaron Martin were called into service to honour Indigenous veterans at ANZAC Square.



Paying their respects at the Indigenous Veterans' Ceremony were cousins Richard Watego, left, and Warrant Officer Class One Colin Watego OAM Senior Indigenous Culture Advisor, Directorate of Indigenous Affairs. Both men grew up in Mount Gravatt and had fathers who served in WWII and a grandfather who served in WWI.

Warrant Officer Class Two Edwin James Mi Mi was guest speaker at the ceremony. A proud Wakka Wakka man, Edwin was born and raised in Gayndah, Queensland, and enlisted in the Australian Army after finishing Year 12 in 1985. As a young boy in Gayndah in the 1960s, Edwin was inspired to join up by his uncle Harry Mi Mi, who had also served in the Army.

Throughout his 24-year service with the Army, Edwin held several regimental and non-regimental postings, progressing through the

ranks from Private to Warrant Officer Class Two within Infantry Corp. He has been deployed to Somalia, East Timor and Iraq.

The ceremony was attended by Governor of Queensland Paul de Jersey, Lord Mayor of Brisbane Graham Quirk, RSL (Queensland Branch) Deputy President John Strachan OAM, master of ceremonies Darren Curtis, Chaplain Charles Vesely, representatives from local schools and RSL Sub Branches, Indigenous veterans and their families.

## 2017 STATE CONGRESS GOES LIVE

The 2017 RSL (Queensland Branch) State Congress will be held in Brisbane from June 23-25. The three-day program will feature an opening ceremony, welcome reception, two days of business sessions and a gala dinner.

This year, RSL (Queensland Branch) is taking steps to ensure the event can be viewed by all members, regardless of their physical limitations or geographical restrictions, with a live video of the main business sessions and breakout sessions on Saturday online. You can register to watch the event on [www.rslqld.org](http://www.rslqld.org).

We will release a captioned video recording of the entire weekend in the days following the State Congress for those unable to attend.

You can also now find the RSL (Queensland Branch) 2016 Annual Report on the State Congress section of [www.rslqld.org](http://www.rslqld.org).





# SURF INITIATIVE PROVIDES PATHWAY TO VETERAN HEALTH

RSL (Queensland Branch) is proud to support the Association of Veteran Surfers (AVS) through the RSL Queensland Surfing Initiative, which provides Learn to Surf days for currently serving personnel and family fun surf days for the entire Defence community.

Over 24 surfers competed in the first family surf day at North Tugun/Currumbin Beach on Saturday, April 29 and a follow-up event was held on Sunday, May 21 at the same location.

AVS was established by two returned servicemen who experienced the unique stress and challenges of a military career, as well as the difficulties of transitioning from military service to civilian life. The co-founders believe there are many aspects of surfing that serving members can relate to.

RSL (Queensland Branch) is proud to create another pathway for ex-service personnel to live more active lifestyles. To find out more about this opportunity or get involved in the next surf day email [vs@rslqld.org](mailto:vs@rslqld.org) or visit our website.











## VOLUNTEERS BACKBONE OF ANNUAL ANZAC APPEAL

RSL (Queensland Branch) once again participated in the national ANZAC Appeal, helping to raise funds to assist current and former servicemen and women facing times of hardship.

As part of this, RSL (Queensland Branch) also hosted the annual ANZAC Ambush in Brisbane on Friday, April 21. Uniformed Royal

Australian Air Force personnel, RSL staff and corporate volunteers converged on the streets of the CBD to sell merchandise and raise funds and awareness. RSL (Queensland Branch) has organised the event since 2011 and is very grateful to all the volunteers who take part on the day.



## PATH TO WELLBEING SUPPORTING PARTNERS

RSL (Queensland Branch) and the Defence Community Organisation have now held two Path to Wellbeing seminars in 2017. The first event was held in Brisbane on May 24, followed by a second in Townsville on June 1.

The free seminar supports partners of currently serving Australian Defence Force members and teaches strategies to assist with the challenges of a modern military career.



## AUDIO FILES OF RSL NEWS AVAILABLE NOW!

Visually impaired subscribers can now listen to audio versions of Queensland RSL News on the RSL (Queensland Branch) website. This is part of RSL (Queensland Branch)'s commitment to ensuring its magazine can be read by all members, regardless of their physical limitations.

Access back issues at [www.rslqld.org/RSL-Members/RSL-News](http://www.rslqld.org/RSL-Members/RSL-News)

## RSL PRESENTS BEST AND FAIREST AT ARMY RUGBY

RSL (Queensland Branch) is proud to support Australian Army Rugby and once again presented the Best and Fairest awards at the Inter-Brigade Rugby Union Competition (IBRC) in Brisbane from April 18-21. The IBRC is the Army's premier competition for selection in the Australian Army Rugby Union (AARU) men's and women's teams.

Eight men's and four women's teams competed for the 2017 cup in the four-day event. Best and Fairest awards were presented to Corporal Mark Chapman of the CATC, Private Jeremy Nelson of the 16th Aviation Brigade, Private Michael Steer of the 7th Brigade, Private Sarah Riordan of the 17th Combat Service Support Brigade and Corporal Nikki Hall of the 7th Brigade.





**LEFT:** Brad Skinner from RSL (Queensland Branch) presents Private Michael Steer of the 7th Brigade with the Best and Fairest Men's Cup.

**ABOVE:** Private Jeremy Nelson of the 16th Aviation Brigade was the winner of the Best and Fairest Men's Plate.

**ABOVE RIGHT:** Brad Skinner presents Corporal Nikki Hall of the 7th Brigade with the Best and Fairest Women's Cup.



**ABOVE RIGHT:** Captain Alan Bretherton, left, Sergeant Damien Brooks and Private Nathan Trindall enjoying the games.

**BELOW RIGHT:** RSL (Queensland Branch) State Vice President Ewan Cameron presents the Best and Fairest Bowl to Corporal Mark Chapman of the CATC.

**LEFT:** Private Sarah Riordan of the 17th Combat Service Support Brigade was the winner of the Best and Fairest Women's Plate.





## CONGRATULATIONS TO SISTER OLGA ANDERSON

I am a life subscriber to RSL (Queensland Branch). I served with the Australian Army in Vietnam from 1967-68.

I was delighted and amazed to see a picture and a short paragraph about Sister Olga Anderson, who has turned 100, on page 75 of *Queensland RSL News* (Edition 2, 2017).

Sister Olga Anderson was working at Concord Repatriation General Hospital in Sydney in 1965 and 1966 when I was a junior resident medical officer there. She was an invaluable help to me on the ward for which she had charge when I was very young, inexperienced and scared. I was in touch with her for many years afterwards and then we somehow lost contact. I owe her an enormous debt for helping me become a competent doctor.

I would be most grateful if you could get a message through to her from me. I want to send her congratulations on reaching a century and would very much like to write personally to her if she would send me her address via [editor@rslqld.org](mailto:editor@rslqld.org).

**Dr David Bradford (Ret)**

## IN FLANDERS FIELDS AUTHOR WASN'T 'KILLED'

On page 69 of *Queensland RSL News* (Edition 2, 2017), in relation to *In Flanders Fields*, it was stated that "[author] McCrae was killed in January 1918...". May I point out that John McCrae was an asthmatic and died of pneumonia, with extensive pneumococcal meningitis, in the Field Hospital at Boulogne-sur-Mer in France on January 28, 1918, aged 45. At the time, he was commanding Number 3 Canadian General Hospital (McGill), at Boulogne. He was buried, with full military honours, in the Commonwealth War Graves section of Wimereux Cemetery, the next day. He was a Canadian Artillery Officer, physician and poet.

**Major Peter E Bradley (Ret)**  
*Bribie Island*

## RSL SHOULD REFLECT THE CONSCIENCE OF OUR NATION

While the 100th Anniversary of the RSL was a laudable achievement, very little has been said about its history, apart from the good that is now done for those suffering from PTSD to give them every chance to learn to cope and live with it. Vietnam veterans were the precursors, and in many ways the reflection on the recognitions and improvements implemented on today's servicemen and women with PTSD. Society does not dwell on the past too much.

The RSL has had a contentious history at times, and a social cohesion policy that commented to governments if they saw the issue as being in the national interests of its members. In that respect, they were a ferocious organisation in protecting the legacy of the ANZACs and the way of life they fought for.

Many feel today that this legacy should be strengthened, particularly in the schools, not just to reflect on ANZAC Day, but on how we got to that point in our nationhood. Similarly, the Vietnam servicemen and women were the last in an era that saw great changes in society, the services themselves and education, due to the Vietnam War.

Denial of history's ramifications – or to look for reasons to make it somewhat more congenial and positive – can never be a true reflection of those who lived through those times and suffered because of it. It is interesting that mates and mentors with similar experience are used extensively to treat PTSD sufferers. Something that was never allowed in the 1970s and 80s, even if you were qualified to do it.

I congratulate the RSL on its anniversary as a welfare organisation, but its history, like this nation, reflects the good, not the contentious, and should reflect the conscience of the nation by recognising and preserving the sacrifices of the original ANZACs.

**John Luder**

# RSL SERVICES HELPED MY GRANDMA TREMENDOUSLY

I am writing to let you know how beneficial and supportive you have been in changing my grandma's life for the better. This has had a beautiful ripple effect on all her family, but essentially myself.

In a nutshell, after WWII she married a wonderful man who was my grandfather. They had been dating before he left and it was very much a true, loving bond that they forged.

Of course, after the war, like so many of these men, he was emotionally broken and probably never really recovered in many ways. Eventually, he passed away at only 65. I was only 16 at the time and I have always felt awfully bereft as I had such little time to spend with him.

However, my heart goes out to my grandma, who stoically endured everything that was involved with the whole situation and always did so with a fierce determination towards life and all its challenges. She set a brilliant, positive example to me and I have always called her "my inspiration".

But, secretly, in her alone time, she was hurting, lonely and deeply traumatised herself. She needed some positive reinforcements, and this was where RSL has come in to assist in tremendous ways. Without you I seriously doubt she would have been the fabulous woman she still is today at 94. Up until she was about 85 she was still participating (and knocking it out of the ball park) in gym classes, aerobics, tai chi, delivering Meals on Wheels for others, creating beautiful handmade giftware and much more.

But, again, without your services she may not have had the strength and resilience to achieve all of this. So, ultimately, I felt I had to let you know a simple story on how amazing your work and services are. What you do to help others is hard to put into simple words – but it is simply amazing! How can I thank you for all you have done for her? I can probably never repay you, but I would love to try!

**Tanya Primrose**

## INFORMATION ABOUT THE DUTCH CROSS

On page 84 of *Queensland RSL News* (Edition 1, 2017), Lynette Dyne requested information on the Dutch Cross. The Dutch Cross is a badge of service in Dutch territory, waters, land and air space, procured and sold by the 2/12th Battalion Association, 18th Brigade 7th Division WWII. Not a medal.

I presume that the 2/12th Battalion Association would have been the originators of the badge. The criteria for procuring the unit was service in Dutch territory.

As secretary of the 2/25th Australian Infantry Battalion Association, I procured quite a number for ex-members of that association. If worn, it should be placed on the right-hand side of the chest. However, for convenience, a lot of people have had them mounted on the end of a medal bar after honours, awards and campaign medals.

Being well over 90 years, I am not up-to-date with computers and like methods of communication and am unable to connect with the enquirer.

**HF McCosker**

## DVA NOT LISTENING

Unfortunately, for all the fantastic articles in *Queensland RSL News*, and especially 'The Journey Home' (Edition 6, 2016), which touched me so dramatically, the DVA is not listening to you. When we get out we have to fight with the devils to get them to listen. Many are already dead, because they gave up fighting the DVA for recognition.

The DVA doesn't hand out gold cards and pensions without putting you through the wringer. 'The Journey Home' was so profoundly accurate. Dr Romaniuk's comments are so heart-warming, but the DVA is not taking note. Suicides are prevalent why? Because the DVA just makes it too difficult.

In my case, they accept my PTSD as being service-related, but won't accept my depression as being service-related. I didn't have it when I enlisted, but I sure had it when I discharged 12 years later. What goes on in the service, stays in the service, but the anxiety, frustration and anger to get your PTSD and depression recognised by the DVA causes suicidal tendencies.

The good people in the DVA are overridden by the devils with no empathy, understanding and compassion. My psychiatrist is against the decisions the DVA make, and that only adds to how I feel about them. The government says, "We have to look after our ex-service people", but the DVA is not listening. Not enough is being done!

I look forward to every edition of *Queensland RSL News*, and especially 'The Last Post'. We all grow old and we all pass on and a lot of my old mates are gone. 'The Last Post' is a tribute to you and all your people at *Queensland RSL News*. Thank you.

**Paul W Noble, ex-RAAF  
Molendinar**



# ANZAC DAY 2017

Thousands of people gathered at dawn services and parades across Queensland to pay tribute to those who have served and died in war. Most of these services would not take place without the dedication and commitment of RSL Sub Branch volunteers. RSL (Queensland Branch) thanks all these hard-working members for their efforts and the contribution they make to preserving Australia's cultural heritage.



## ▲ Agnes Water

Agnes Water RSL Sub Branch veterans gather for ANZAC Day services. Although a small community, support for the veteran community has been increasing and this year around 500 people attended the dawn service and 300 went to the main service.



## ▲ Banyo

President of Banyo RSL Sub Branch Michael Frawley with members of the Military Brotherhood, several of whom are also members of the Sub Branch and support the organisation in its endeavours.



## ▲ Blackbutt

Blackbutt RSL Sub Branch commenced ANZAC Day with a traditional dawn service at 4:27am at 'Digger Memorial', honouring WW1 soldiers, followed by a gunfire breakfast at the RSL. The 11am service was preceded by a street parade, with ADF members from Borneo Barracks forming the catafalque party and Sub Branch treasurer Pat Keily OAM welcoming those gathered to the 102nd anniversary of the landing at Gallipoli. Blackbutt and Benarkin State School captains recited the resolution and, for the first time, every student who marched wore a badge displaying the name of one of the 89 heroic ANZACs listed on the memorial.

## ▼ Bardon

Bardon RSL Sub Branch Secretary Kevin Howard and his wife Marie were instrumental in moving a local memorial to a new location, assisted by a local landscaping firm. Two Bunnings volunteers also painted it prior to the ANZAC Day service.





## ► Brisbane

Australian Army members march in the Brisbane City ANZAC Day Parade 2017. (Photo: Department of Defence)

Drum Master Corporal Nathan Forster during the Brisbane City ANZAC Day Parade 2017. (Photo: Department of Defence)



## ◀ Caloundra

Local cadet units played an important role in the re-vamped Caloundra RSL Sub Branch dawn service at Kings Beach. Attendance numbers were equally as high as the previous year, while the Citizen's Parade and main service held later in the day attracted record participants. The Sub Branch was particularly pleased with the number of local schools and young people involved.



## ► Beaudesert

ANZAC Day in Beaudesert wouldn't be the same without the presence of schoolchildren and families from the local community. Local businesses also support the RSL Sub Branch and make donations towards the gunfire breakfast.



## ▲ Biloea

An estimated 800 people attended the ANZAC Day dawn service organised by Biloea RSL Sub Branch and 1500 paid their respects at the main service. On April 24, Sub Branch members also attended school services at Prospect Creek, Thangool and Biloea.



## ► Calliope

Flag bearers at the Calliope parade included Sub Branch members Kerry Sutherland, left, Kingsley Finlayson and Paul Stakenburg. The community's march and service were very well attended, with an estimated 500 people at the march, making it one of the largest ANZAC Day events ever held in the area. President Robyn Marshall conducted the service, assisted by Father Aliko Langi of the Star of the Sea Church Gladstone and organist Mrs Dianne Kuhl. Gladstone Thistle Pipe Band members also provided music and the Air Force did a fly past with a C17 Globemaster.



## Cairns

▲ Royal Australian Navy personnel march past the Cairns RSL Sub Branch during the Cairns ANZAC Day service.

► Approximately 3000 people gathered at the Martyn War Graves Cemetery in Cairns on ANZAC Day at 4:28am, marking the precise time that Australian and New Zealand troops landed on the beaches at Gallipoli on April 25, 1915. The service had been in danger of folding due to a lack of volunteers.

◀ Veterans participate in the ANZAC Day march organised by the Cairns RSL Sub Branch.







## ◀ Emu Park

The 9th Battalion Living History Group firing as part of their enactment at the Emu Park ANZAC Day dawn service commemorations. (Photo courtesy of Glenn Adamus).

## ▼ Charter Towers

Pictured at the Charters Towers ANZAC Day service were veteran Dave Voge, left, Sub Branch Secretary Eileen Voge, Rear Admiral Brett Wolski OAM, Fr John Emerson and Sub Branch President Andrew Jensen.



## ▲ Forest Lake

Veterans from the Forest Lake RSL Sub Branch, including 96-year-old WWII veteran Joan Travers, enjoyed a ride in classic Model A Ford vintage vehicles before attending the ANZAC Day commemorative service at the Amphitheatre, Forest Lake. Over 5000 attended the service, with approximately 600 marching in the parade.

## ► Crows Nest

Veterans and members of 72 EW Squadron gather at the Crows Nest ANZAC Day ceremony.





## ► Harlaxton

Harlaxton RSL Sub Branch (Toowoomba) held its ANZAC Day service at the memorial at the North Toowoomba Bowls Club. The Sub Branch has been observing the occasion since moving to the bowls club in 2000. Members of the Sub Branch Women's Auxiliary, bowls club and local community laid wreaths and poppies at the ceremonial granite Stone of Remembrance. Under the baton of Tim Gray, the Harlaxton RSL Brass Band, which includes several former ADF musicians, provided solemn music for the event. The Toowoomba Regional Council Mayor Cr Paul Antonio and his Deputy Cr Carol Taylor presented 50-year Queensland Band Association Long Service Medals to Terry Muller and Ian Corkill. Their careers spanned years of involvement in the 25th Battalion Royal Queensland Regiment, as well as civilian bands.



## ▲ Gracemere

The ANZAC Day dawn service at Gracemere was led by Parade Marshal Vince Mathers, an 89-year-old veteran who served with 3RAR in Korea. For almost 15 years, Vince has been the master of ceremonies, organiser and coordinator of ANZAC Day and Remembrance Day commemorations at Gracemere. This event was his swansong, however, as Vince is now retiring from the pivotal role. He is well known in the district, especially in the school communities, due to his passion for increasing the involvement of children in ANZAC Day ceremonies. Vince is a regular visitor to the Gracemere and District RSL Sub Branch, and his dedicated and exceptional volunteer service has been appreciated by both Sub Branch members and the local community.



## ▲ Hervey Bay

The TS *Krait* cadets, 9th Battalion WWI Re-Enactment Group and D coy 9th Battalion Royal Queensland Regiment Catafalque Party gathered at Freedom Park for the Hervey Bay ANZAC Day service. Hervey Bay RSL Sub Branch was delighted with the thousands of people who turned out for both the dawn and main service.



## ◀ Greenbank

Cadet units line up prior to the start of the Greenbank ANZAC Day service, which attracted a large crowd and saw the grounds filled to capacity.





## ▲ Longreach

Longreach RSL Sub Branch's new wreath racks were on display during the ANZAC Day service.



## ◀ Malanda

Although rain fell during the main parade, it didn't discourage Malanda residents from taking part in the ANZAC Day service to commemorate the 102nd anniversary of the landing at Gallipoli in 1915. Family members of ADF personnel also participated in the parade, with the support of local schools, charity organisations and first responders.



## ◀ Macleay Island

An estimated 1000 people attended the Macleay Island ANZAC Day dawn service. The march was led by the police, followed by Fr Jim Browne, OIC of the march, veterans, Macleay Island State School Catafalque Party and local SES and QAS. (Photo courtesy of The Friendly Bay Islander)





▶ **Maroochydore**  
Veterans  
participating in  
the Maroochydore  
ANZAC Day march.



▶ **Nambour**  
Nambour RSL Sub Branch ANZAC Day service.



▶ **National Servicemen**  
Numerous people attended a successful RSL National Servicemen's Sub Branch ANZAC Day service, including students from two local schools. Norman Park State School Choir led the singing, while other students laid a wreath and read The Ode. Churchie Cadets took on the role of the Colour Party, and the bugler was another important feature of the event. Following the service, the Sub Branch presented students and some other children with medals as a memento of their contribution to the day.



## ▼ Redbank Plains

Redbank Plains RSL Sub Branch President Florence Scott with 225 Squadron after presenting them with a plaque on ANZAC Day.



## ▲ Nundah Northgate

Nundah Northgate School students spoke about what ANZAC Day means to them at the main service organised by Nundah Northgate RSL Sub Branch. The dawn service also drew large crowds, including many young people.



## ▲ Rathdowney

The Rathdowney Chapter of the Beaudesert RSL Sub Branch held its ANZAC Day service in Memorial Park. Residents and school students paid their respects to veterans and the fallen and everyone was invited back to the bowls club afterwards for morning tea.





## Pine Rivers

Veterans participate in the ANZAC Day service in Kallangur, organised by the Pine Rivers RSL Sub Branch.

An ex-serviceman waves to the crowd during the ANZAC Day service in Kallangur, organised by the Pine Rivers RSL Sub Branch.

ANZAC Day is an opportunity for old and young alike to pay their respects to the fallen, as this pair demonstrate during the service in Kallangur, organised by the Pine Rivers RSL Sub Branch.

Dignitaries gather at the Pine Rivers RSL ANZAC Day ceremony to commemorate Australian and New Zealand service personnel.







## Redcliffe

▲ The 20th Explosive Ordnance Disposal Squadron, led by Major Matt Marcinkewycz and the 2/14th Cavalry Regiment, provided great support at the Redcliffe RSL Sub Branch ANZAC Day service.

► Redcliffe ANZAC Day services were extremely well attended, with an estimated 25,000 people attending the dawn service and 12,000 at the march.

▼ Dignitaries pay their respects at the Redcliffe RSL ANZAC Day service, including Major Ed Henderson of the Salvation Army, Reverend David Taylor, who led the singing, Major Matt Marcinkewycz (Commanding Officer 20th Explosive Ordnance Disposal Squadron) and Queensland Attorney-General Hon Yvette d'Ath and Member for Redcliffe.



## Salisbury

▲ Salisbury RSL Sub Branch President Tony Stevenson, left, with guest speaker Major General John Pearn AO, RFD (Ret.) at the ANZAC Day service.



## ► Tewantin Noosa

The Tewantin  
Noosa RSL Sub  
Branch ANZAC  
Day dawn service.  
(Photo courtesy of  
SurfShots Noosa)



## ▲ Springsure

WWII veteran James Kuhl attending the Springsure ANZAC Day parade and service.



## ◀ Townsville

Air Communications  
Division 3rd Brigade  
Colonel Damian Hill  
lays a wreath at the  
Townsville ANZAC  
Day service.



## ◀ Taroom

Taroom State  
School captain Toni  
Lamb delivered a  
speech at her school's  
ANZAC Day service,  
demonstrating that  
the ANZAC spirit  
is still alive and  
well among today's  
youth.





## ◀ Woodford

Warrant Officer Hall from 8 Battalion speaks at the Woodford ANZAC Day service, flanked by RSL Sub Branch President Ron Nipperess and Treasurer Graham Bleakley.



## ▲ Tin Can Bay

The catafalque party at the cenotaph in Tin Can Bay on ANZAC Day. In preparation for the day, members of Tin Can Bay RSL Sub Branch visited the local primary school to discuss the importance of ANZAC Day. The RSL school liaison officer organised representatives from Navy, Army and Air Force to speak with the students, who then visited the Sub Branch to attend the memorial, view memorabilia and try on military costumes. ANZAC Day itself was a huge community event in Tin Can Bay, all organised by RSL Sub Branch volunteers.



## ▲ Yeronga

Dutton Park police officers laid wreaths at the ANZAC Day service at Gair Park, Dutton Park, in honour of those who took leave from the Queensland Police to join the Australian Imperial Force during WWI.



## ◀ Yandina Eumundi

The local community pays its respects at the Yandina Eumundi RSL Sub Branch ANZAC Day service.

## ▼ Woodgate Beach

Paying their respects at the Woodgate Beach ANZAC Day service are State MP Stephen Bennett, left, Woodgate Beach RSL Sub Branch emcee for the service Lex McKay, guest speaker former Warrant Officer Class 1 Jim Wieland and Sub Branch member Major Jim Wieland BEM (Ret).







# Commemorating VICTORY IN EUROPE DAY

Guests commemorating Victory in Europe Day in Brisbane on May 13 were reminded to never forget the sacrifices of the WWII fallen.

✍ Matilda Dray



**WITH** anywhere from 50 to 80 million casualties – most of them civilians – WWII was the costliest war in human history. RSL (Queensland Branch) State President Stewart Cameron CSC reminded the crowd of this sad fact at Victory in Europe (VE) Day commemorations at the Allies Memorial in Brisbane on May 13.

“You would never contemplate that number today,” Stewart told those gathered. “It’s very important to remember the sacrifice those people made. We can’t ignore it, because if we do, it could potentially happen again in the future.”

VE Day was the public holiday celebrated on May 8, 1945 to mark the formal acceptance by the Allies of WWII of Nazi Germany’s unconditional surrender of its armed forces and thus the end of WWII in Europe. It was an end to six years of war and arguably the worst tyranny Europe ever experienced.

Millions of people rejoiced in the

news that Germany had surrendered, relieved that the intense strain of total war was finally over. In towns and cities across the world, people marked the victory with street parties, dancing and singing.

During the service, Nine News reporter Darren Curtis paid tribute to one of the day’s honoured guests – 100-year-old Merv Clarke MBE OAM. Merv was instrumental in the construction of the Allies Memorial in 1988 and in organising both the first service to commemorate VE Day in Brisbane in 1987 and many of the services since then.

Merv was President of the South Eastern District when he was approached with a proposal to construct a memorial in 1987, Darren explained to those gathered. He commended Merv for seeing the task through to completion, with the assistance of Brisbane City Council, the Army and Defence members from Bulimba.

Together with members of the





ex-service community, Merv also organised a dedication and unveiling of the memorial in 1988. It was unveiled by American Legion President John Comer and RSL National President Sir William Keys.

Other contributions came from the Allied Ex-Service Associations, who funded the flag poles at the memorial site, volunteers, who helped landscape the surrounding area, and recently the South Eastern RSL District, which funded the refurbishment of the memorial and surrounding grounds.

During his speech, Stewart recounted several stories that stood out in stark contrast to the bloodshed that typified WWII.

One of his stories featured former Sunderland Flying Boat captain Dudley Marrows from Mildura. Dudley was returning from a mission in the Bay of Biscay in 1943 when he noticed a skirmish between three German U-boats and several Allied aircraft. With the boats distracted by the other planes, he flew in low and dropped depth-charges, breaking the back of the U-boat.

Fifteen men in the conning tower of the U-boat were thrown into the water and, despite being under fire from the other two boats, Dudley flew back around to drop a life raft into the water for the drowning men. The Germans

stopped firing.

"The interesting thing about this story is that after the war, German U-boat captain Wolf Stiebler and Dudley Marrows became great friends and visited each other until Stiebler passed away," Stewart said.

In fact, Stewart found a copy of the

book *Battle of Biscay* in a second-hand bookshop in Canberra that contained two signatures – those of Dudley Marrows and Wolf Stiebler.

"The lesson we should learn from the carnage of WWII is that we need to treasure our common humanity," Stewart concluded. ←

**ABOVE LEFT:** Governor of Queensland His Excellency Paul de Jersey AC, left, shakes the hand of 100-year-old veteran Merv Clarke, who was instrumental in starting the Victory in Europe commemorative event in Brisbane.

**ABOVE:** Merv Clarke, centre, with ADF representatives Colonel Ashley Gunder AM, Group Captain Stephen Davis and Commander Mark McConnell RANR.

**LEFT:** Gathered at the Victory in Europe Day commemorations were American Legion Vice Commander and VE Day Committee Chairman John O'Neil, left, RSL (Queensland Branch) South Eastern District President Wendy Taylor, Nine News reporter Darren Curtis, RSL (Queensland Branch) State President Stewart Cameron and Craig Howe from the Australian Army.





25-Pounder guns of B Troop, 14th Field Regiment, Royal Australian Artillery, being pulled through dense jungle in the vicinity of Uberi on the Kokoda Trail. (AWM: 026855)





# TRUE GRIT

## 75 YEARS SINCE THE BATTLE OF THE KOKODA TRAIL

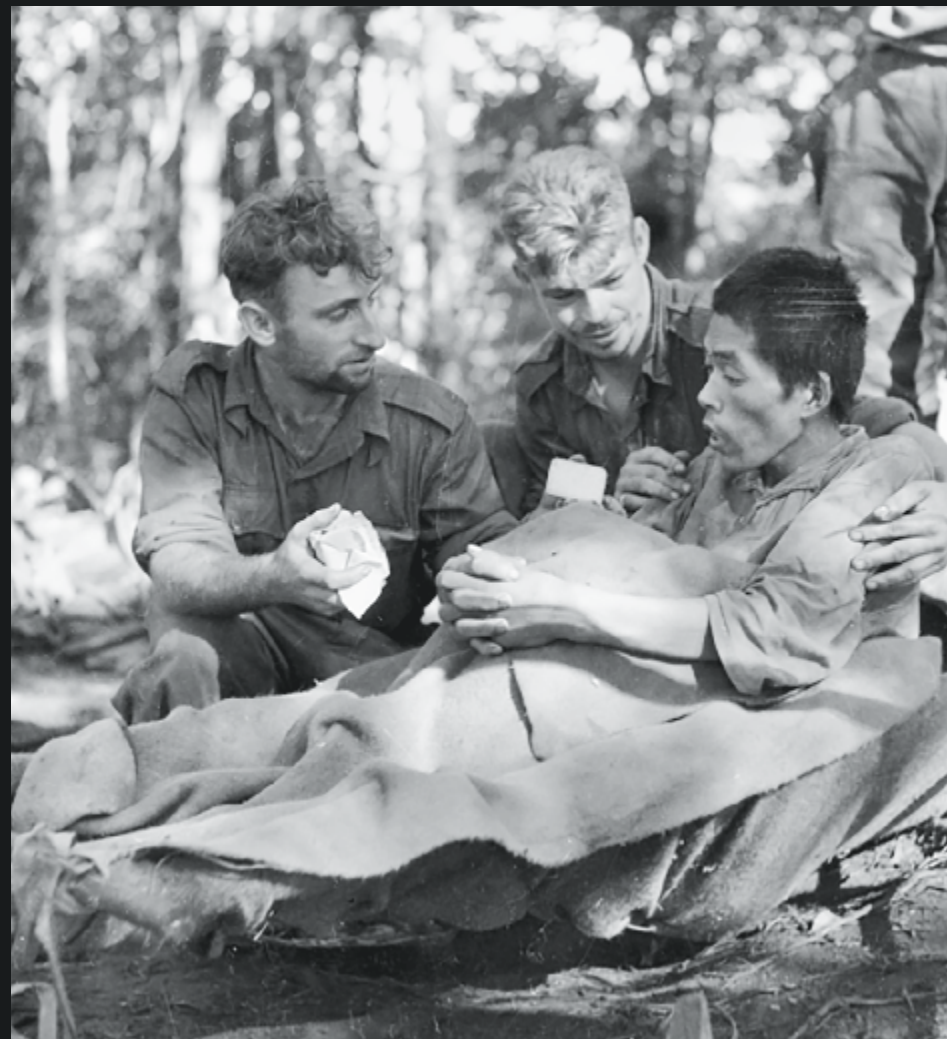
July marks the 75th anniversary of the beginning of the battle of the Kokoda Trail in New Guinea. The Kokoda Campaign, which took place between July and November of 1942, was a brutal resistance of the Japanese advance to Port Moresby from the north of New Guinea.

Approximately 625 Australians were killed along the Kokoda Trail, and over 1600 were wounded. Casualties due to sickness exceeded 4000.

The 49th Australian Infantry Battalion, originally formed in Queensland, was one of the first units to engage the Japanese and suffered severe losses. The Royal Australian Air Force was also involved in air operations throughout the campaign.

The campaign was eventually won by the Allied forces, but the terrible loss of life and the horrific conditions – including the challenging terrain and widespread disease – have ensured Kokoda is now nationally recognised as a compelling example of Australian soldiers' grit and endurance in the most difficult of environments.





CLOCKWISE FROM TOP LEFT: Advancing along Kokoda Trail near Templeton's Crossing. (George Browning – AWM: ART23615); Members of D Company, 39th Battalion, returning to their base camp after a battle at Isurava. Their shoes sink deep in the mud on the hilly jungle track. (AWM: 013288); A Japanese prisoner captured near Nauro is cared for by Australian stretcher bearers. He had been overworked and was nearly starving when taken prisoner. (AWM: 026826); Engineers building a bridge – one of the many that will be necessary along the track from Kokoda to Buna. (AWM: 013599)





## THE KOKODA TRAIL CAMPAIGN

The Kokoda Trail was a path that linked Ower's Corner, approximately 40km north-east of Port Moresby, and the small village of Wairopi, on the northern side of the Owen Stanley mountain range. From Wairopi, a crossing point on the Kumusi River, the Trail was connected to the settlements of Buna, Gona and Sanananda on the north coast. Its name was derived from the village of Kokoda that stood on the southern side of the main range and was the site of the only airfield between Port Moresby and the north coast.

Having had their initial effort to capture Port Moresby by a seaborne landing disrupted by the Battle of the Coral Sea, the Japanese saw the Kokoda Trail as a means by which to advance on it overland. Troops of the South Seas Detachment began landing at Gona on July 21, 1942, intending initially just to test the feasibility of the Kokoda Trail as a route of advance, but a full-scale offensive soon developed.

The first fighting occurred between elements of the Papuan Infantry Battalion and the 39th Australian Infantry Battalion at Awala on July 23. Although steadily reinforced by the battalions of 30th and 21st Brigades, the Australian force was unable to hold back the Japanese. It was poorly equipped, had not yet developed effective jungle warfare tactics, and was fighting at the end of a very long and difficult supply line.

A number of desperate delaying actions were fought as the Australians withdrew along the Trail. They finally stopped on September 17 at Imita Ridge, the last natural obstacle along the Trail, a mere 8km from the junction with the road to Port Moresby. The Japanese held the opposite ridge, 6km distant at Ioribaiwa.

The tactical situation, however, had now swung in favour of the Australians. Their artillery at Ower's Corner was now in range and their supplies could be trucked most of the way forward; whereas Japanese supplies had to be carried all the way from the north coast.

As a result of severe losses suffered by the Japanese on Guadalcanal following the American landing there, the South Seas Detachment was ordered to withdraw to the north coast of Papua and establish a defensive position there. Australian troops of the 25th Brigade began to edge forward from Imita Ridge on September 23; the Japanese withdrew from Ioribaiwa the next day.

In the course of their retreat, the Japanese fought delaying actions every bit as determined as those of the Australians. Several difficult and costly battles were fought before the 16th and 25th Brigades crossed the Kumusi at Wairopi in mid-November, heading for even more bitter fighting around the Japanese beachheads at Gona, Buna and Sanananda.

The Kokoda Trail fighting was some of the most desperate and vicious encountered by Australian troops in WWII. Although the successful capture of Port Moresby was never going to be a precursor to an invasion of Australia, victory on the Kokoda Trail did ensure that Allied bases in northern Australia, vital in the coming counter-offensive against the Japanese, would not be seriously threatened by air attack.

Approximately 625 Australians were killed along the Kokoda Trail and over 1600 were wounded. Casualties due to sickness exceeded 4000.

'Kokoda Trail' and 'Kokoda Track' have been used interchangeably since WWII, with the former adopted by the Battles Nomenclature Committee as the official British Commonwealth battle honour in October 1957.

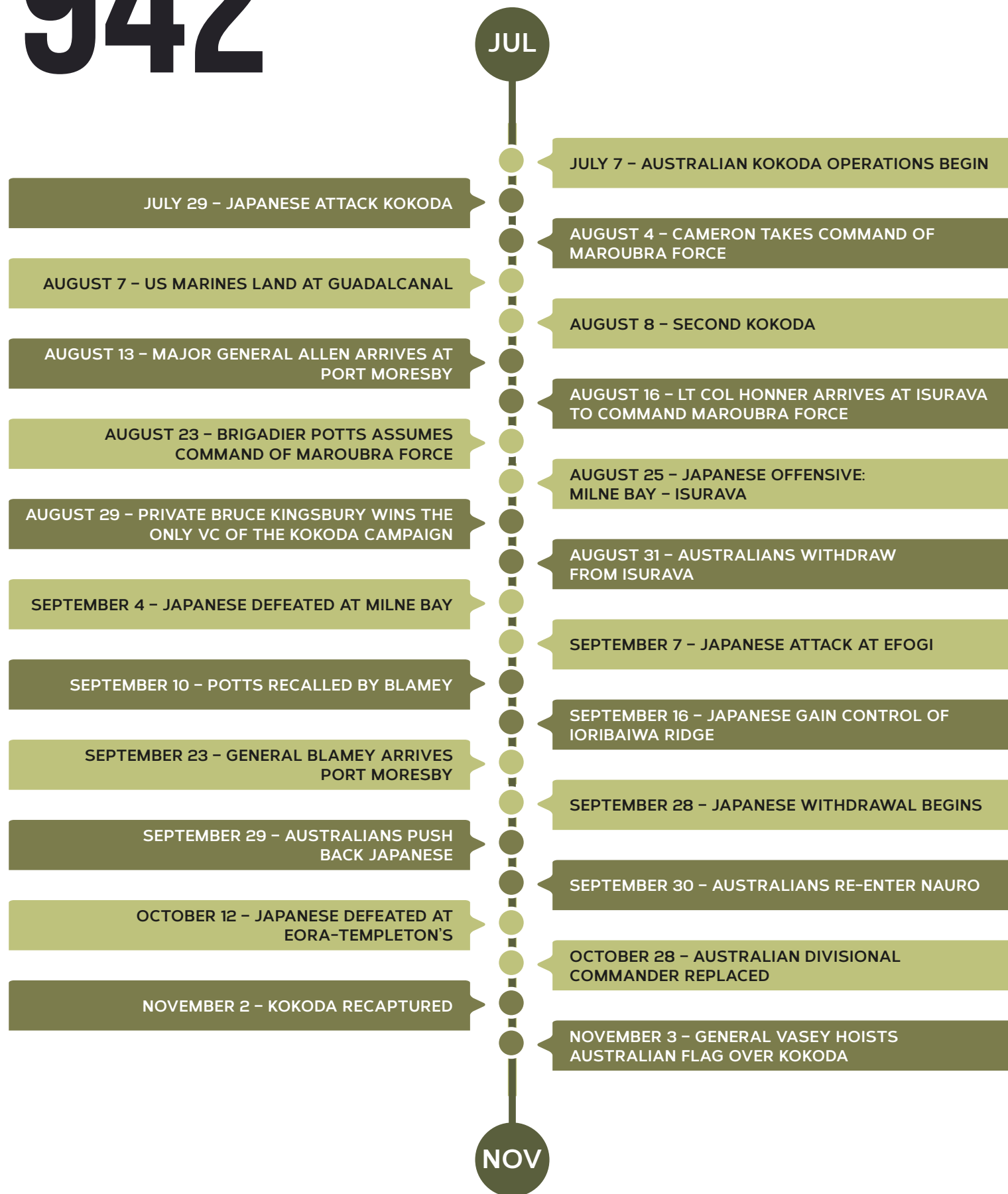
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[www.awm.gov.au/collection/E291](http://www.awm.gov.au/collection/E291)*

**“AUSTRALIAN  
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# KOKODA TRACK CHRONOLOGY 1942

*\*Sourced from [www.kokoda.commemoration.gov.au/about-the-kokoda-track/timeline.php](http://www.kokoda.commemoration.gov.au/about-the-kokoda-track/timeline.php)*







An Australian Army Officer inspecting the memorial erected at Sogeri, Port Moresby, to the memory of the Officers, non-commissioned Officers and men of the Australian military forces who gave their lives on the Kokoda Track. (AWM: 076622)

## THE “TRACK” VS “TRAIL” DEBATE

 Dr Karl James

In recent years, many hours have been wasted and much ink has been spilt debating whether the foot route across the Owen Stanley Range in Papua New Guinea (PNG) should be called the “Kokoda Trail” or the “Kokoda Track”. Both terms were used interchangeably during the war and at the time they were not considered to be mutually exclusive. Now, though, as Kokoda takes on an ever-increasing prominence in Australia’s military pantheon, second only to Gallipoli in the nation’s sentiment, the “track” versus “trail” debate has become an impassioned, and at times almost belligerent, argument. Supporters of “Kokoda Track” object to the use of the word “trail” on the grounds that it is considered to be an American word, whereas “track” is strongly associated with the language of the Australian bush. Those who favour “trail” are quick to point out that the “Kokoda Trail” is the title of the army’s battle honour and the name gazetted for the route by the PNG government.

The foot path across the Owen Stanley Range was first used by Australians during the 1890s to reach the Yodda goldfield on the north coast. In 1899, the government surveyor HH Stuart-Russell spent three months marking out and mapping the route. It came into regular use in 1904, when a government station was established at Kokoda and an overland mail service between Port Moresby and the north coast began. The central problem at the heart of the “track” versus “trail” debate is that this mail route over the mountains did not have a formal name before WWII.

Pre-war records regularly used the word “road” as a way to distinguish regularly used paths in the territories, regardless of their actual condition. The British New Guinea Annual Report for 1921–22, for example, stated that there was “a pedestrian road” from Port Moresby across the Owen Stanley Range and noted that “the scenery en route is magnificent”. The name “Kokoda Road” was used up until the early part of the Kokoda campaign, but with the influx of Australians new to the territory during 1942, the description “road” was largely replaced by “track”.

This use of “track” is reflected in the new maps that were produced by Army survey units in September and October; on these maps, all routes across the Owen Stanley Range were referred to as “tracks”. The terrain study Main Routes across New Guinea, printed by the Allied Geographic Section in October 1942, similarly describes the route from Port Moresby via Kokoda to Buna as a “track”.

The overwhelming majority of soldiers who fought the campaign also used “track”. In a survey of unit war diaries, letters and personal diaries written during the campaign, Peter Provis, a Memorial summer scholar, found that

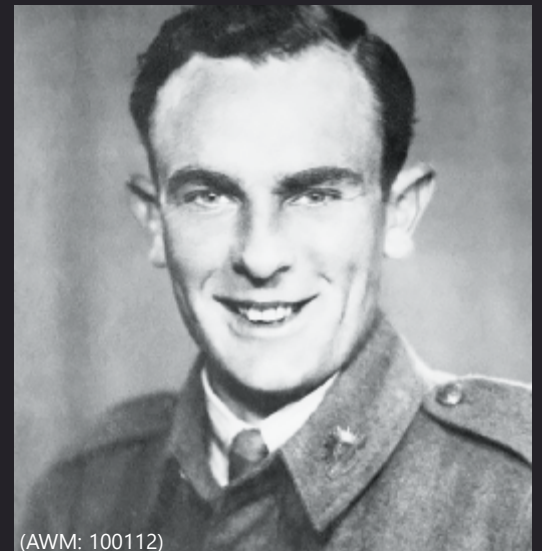
# PRIVATE BRUCE STEEL KINGSBURY

Melbourne-born Bruce Kingsbury worked in New South Wales and Victoria before enlisting in May 1940. Embarking with the 2/14th Battalion from Sydney, he served in Palestine and Egypt and took part in the invasion of Syria. He returned to Australia with the battalion in March 1942.

In August, the 2/14th moved to Port Moresby, hoping to halt the Japanese on the Kokoda Trail. Kingsbury’s platoon had been holding a position for two days against continual enemy attacks and severe losses when he made the heroic assault that cost him his life. On his own initiative, he charged with a Bren gun, shooting from the hip against intense enemy machine-gun fire, causing many casualties. Alone, he continued to sweep the enemy with his fire until he fell, shot by a sniper. A senior officer said that Kingsbury’s valour inspired the battalion over the succeeding weeks, and demonstrated that the previously undefeated Japanese could be beaten. Kingsbury was buried in the Port Moresby (Bomana) War Cemetery.

Private Kingsbury was awarded the Victoria Cross posthumously for action in the Isuvara area, New Guinea.

*Published with permission from the Australian War Memorial: [www.awm.gov.au/people/P10676523/#biography](http://www.awm.gov.au/people/P10676523/#biography)*



(AWM: 100112)



the word “trail” was used only once in a war diary, in the 2/31st Battalion on September 11, 1942. There were, however, also references to “track”.

*Transported by lorries as far as UBERI track which was trafficable. Proceeded per foot along UBERI trail – through OWERS CORNER down to GOLDIE RIVER – up to UBERI where night was spent. This track was particularly tough – single file – mud up to knees.*

*- 2/31st Battalion war diary, September 11, 1942 (AWM52, item 8/3/31)*

Provis likewise found that “trail” was used only once in a soldier’s personal diary. On July 25, 1942 Warrant Officer II George Mowat, a Great War veteran serving with the 39th Battalion, wrote in his diary that the “Trail [is] rough steep and slippery”. But two days later he wrote: “Track slippery some places had to crawl.” Although both terms were used, it is clear that the diggers themselves preferred “track”. It is also reasonable to conclude that soldiers would have used “track” in their speech. It is worth mentioning, however, that rarely were the fuller expressions, “Kokoda Track” or “Kokoda Trail”, used. “Track” was usually used in a generic sense, in reference to a particular track leading to a village or between villages.

It is commonly assumed that American war correspondents in Port Moresby were responsible for coining the term “Kokoda Trail”. The Australian correspondent Geoff Reading, however, has repeatedly claimed that he was the person responsible for this designation. His first use of the title was in a story for Sydney’s *Daily Mirror*, filed from Port Moresby on October 26, 1942, which carried the bold headline: “Kokoda Trail ... a Diary of Death”. Reading’s motivation was entirely practical.

*I did it because, along with the other correspondents at the time, I didn’t know what to call it ... I got sick of typing descriptions such as “Imita–Ioribaiwa–Nauro track”. I called it Kokoda Trail to save typing.*

*- Letter to the editor, Weekend Australian, June 6-7, 1998; Letter to the editor, Sydney Morning Herald, February 25, 1992.*

*The Sydney Morning Herald, the Daily Telegraph, and the Melbourne Argus, been using “trail” since mid-September 1942.*

*- Provis, “Kokoda: track or trail”, p. 9*

The “Kokoda road” also made the occasional appearance, but most Papua-based correspondents used both “track” and “trail”. By the end of October there was a move for Australia-based journalists to adopt “Kokoda trail” – with a lower case “t”.

According to historian Hank Nelson, it was these journalists, using communiqués from General Douglas MacArthur’s headquarters, who began to adopt the American expression “trail”. The use of both names continued after the war.

In many manuscripts and published memoirs, veterans use both “track” and “trail”, depending on their individual preference. Even the authors of the multi-volume Australian official Second World War histories were split over the issue. Dudley McCarthy, the author of the relevant volume, South-West Pacific Area (1959), for example, uses “Kokoda Track”. The authors of the other volumes divide fairly evenly. Further complicating matters, however, McCarthy uses a map drawn by Hugh W Groser, titled “The Kokoda Track” that has “Kokoda Trail” inscribed along the route.

The case for adopting “trail” was given considerable weight with the granting of the battle honour “Kokoda Trail”. In May 1946, the Battles

“SUPPORTERS OF ‘KOKODA TRACK’ OBJECT TO THE USE OF THE WORD ‘TRAIL’ ON THE GROUNDS THAT IT IS CONSIDERED TO BE AN AMERICAN WORD, WHEREAS ‘TRACK’ IS STRONGLY ASSOCIATED WITH THE LANGUAGE OF THE AUSTRALIAN BUSH.”







**CLOCKWISE FROM TOP LEFT:** Members of the 2/1st, 2/2nd and 2/3rd Australian Infantry Battalions, comprising the 16th Australian Infantry Brigade, moving up along the track across the Owen Stanley Ranges, photographed in the vicinity of Nauro and Menari. (AWM: 027054); Troops of 25th Australian Infantry Brigade crossing a creek along the Kokoda Trail. (George Browning – AWM: ART24074); 25-Pounder guns of B Troop, 14th Field Regiment, Royal Australian Artillery, being pulled through dense jungle in the vicinity of Uberi on the Kokoda Trail. (AWM: 026854); Australian soldiers stop on Ioribaiwa Ridge to look at the scenery towards Kokoda. (AWM: 026834)



**RIGHT:** Sketch of two Australian soldiers taking a break from walking on the Owen Stanley track [Kokoda Trail]. Dargie noted this was, "Drawn when AIF troops of the 7th Division were moving up at the opening of our attack which drove the Japanese back over the Owen Stanleys". (William Dargie – AWM: ART22073)

**BELOW:** Sappers of the 2/14th Australian Field Company Royal Australian Engineers, who built roads through the snow-clad mountains of Syria, are now engaged in pushing a road through the dense jungle between Port Moresby and Kokoda. (AWM: 026310)

Nomenclature Committee was established in the United Kingdom to tabulate the actions fought by the land forces of the British Empire during WWII and to define each action. An Australian Battles Nomenclature Committee was formed the following year to tabulate Australian actions in the Pacific. When a provisional list of Australian Pacific battle honours was completed in 1947, the designation "Battle of the Owen Stanley Range" was suggested for the Kokoda campaign. By June 1948, however, the provisional honour had changed to the "Kokoda Trail".

Ten years later, when the committee's final report was published, "Kokoda Trail" was adopted as the official Commonwealth battle honour. This battle honour was awarded to 10 infantry battalions, as well as to the Pacific



## THE MEN WHO SAVED AUSTRALIA — FOUR CORNERS

"Anyway, they'd play a bugle call and, by Jesus, then they'd come with the bayonet, you know. Some of them, on the odd occasion, got through our lines and stabbed blokes through the shoulders, and one bloke got stabbed through the cheek with a bayonet. Anyway, you'd hold, hold them off, and then after a while they'd pull back. And then there'd be another bugle call and another lot would come in. And later, we found out that there were four battalions of them against us, and we were at that time down to about, oh, 300 or so men, that was all that was left.

"I struck this Japanese officer and, uh, well, he rode through the kunai, we were face-to-face with each other and I think he was just as bloody scared as I was, and I was just lucky that I could bloody pull the trigger first. Anyway, uh, that was an experience that, uh, I wouldn't like to, uh... ever handle again, because that haunted me for years. When I went through this bloke's equipment and that – part of my job – I found he had photographs of himself and his wife and three little kids."

- Private Jack Manol, 39 Militia

"On the day we attacked, we had advanced and there was less than 200m between us and a young Australian soldier. He was naked on top, wearing only his shorts, holding a grenade, [he] ran towards us and threw the grenade. Even the Japanese Army would not have the courage to commit such an act."

- Private Shigenoi Doi, 144th Regiment



# LIEUTENANT COLONEL RALPH HYACINTH (JUMP) HONNER

Island Regiment. The 39th Battalion Association tried, unsuccessfully, to have the honour changed to the “Kokoda Track”. Evidently, other associations did not feel as strongly about the term or they accepted the official use of “Kokoda Trail”.

In 1997, Australian War Memorial historian Garth Pratten surveyed the Memorial’s collection of published histories of all the major units involved in the Owen Stanley and Beachhead campaigns. Pratten found that of the 28 published histories, nine used “Kokoda Track” while 19 used “Kokoda Trail”. This was a majority of over 2:1 in favour of “Trail”. As these histories were usually written, edited, or published by men who had participated in the campaign, Pratten reasonably concluded that “Kokoda Trail” was the nomenclature preferred by the veterans.

When the Memorial redeveloped its WWII galleries during the 1990s, it decided to adopt “Kokoda Trail”, because it was favoured by the majority of veterans and because it appears on the battle honours of those units that served in the campaign.

The strongest case for the use of “trail” came in October 1972 when the Papua and New Guinea Place Names Committee of the PNG government’s Department of Lands gazetted its intention to formalise the route from Owers’ Corner to Kokoda as the “Kokoda Trail”. This caused a vigorous debate over its name, but ultimately the PNG government formally decided to name the route “Kokoda Trail”.

Too much time and energy has been spent on the “track” versus “trail” debate. It is clear that both words were used interchangeably during the war and, in a sense, both are correct, so it is not possible to give a definitive ruling for one over the other. Rather than quibble over the name, it is far more important to remember the service and sacrifice of those Australians, Papuans and Japanese who fought and died along it.

*Published with permission from the Australian War Memorial: [www.awm.gov.au/articles/blog/the-kokoda-track-or-trail](http://www.awm.gov.au/articles/blog/the-kokoda-track-or-trail)* ←

Ralph Honner, born in Fremantle, Western Australia, on August 17, 1904, became one of Australia’s best-known officers of WWII. Honner, who preferred to be known as “Ralph”, became a teacher, but after two years in the profession began to study law.

Honner married Marjory Bennett in June 1934. He joined the militia in 1936 and enlisted in the AIF in October 1939. He was given command of C Company, 2/11th Battalion and sailed for the Middle East in April 1940. After a period in Palestine, Honner’s company fought at Bardia, Tobruk and Derna before being sent to Greece.

In Greece, Honner commanded his men through a series of fighting withdrawals before superior German forces. They were evacuated to Crete, where the fighting at Retimo took a heavy toll on the battalion. Honner escaped to Alexandria, was promoted to major, awarded the Military Cross for his work in Greece, and began to rebuild C Company around a nucleus of veterans.

He returned to Australia, where he was briefly reunited with his wife and promoted to lieutenant colonel before being sent to Papua to command the 39th Battalion – then fighting the Japanese on the Kokoda Trail. Honner was ordered to hold the Japanese at Isurava. Taking up his new command on August 16, 1942, he was confronted by a group of soldiers already exhausted from difficult fighting in the most inhospitable of conditions, many suffering tropical diseases, and facing a large enemy force while waiting for reinforcement.

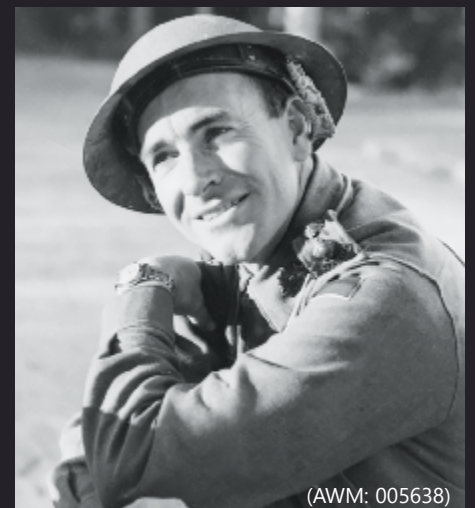
Honner’s experience in the Mediterranean prepared him well for the Kokoda Trail, and he conducted a skilled defence and fighting withdrawal back along the trail; his troops rested only when the tide had turned against the Japanese. His next battle, at Gona, on the Papuan coast, gave Honner another opportunity to demonstrate his skills as a combat commander. He turned his battalion

from a demoralised force at Isurava to an effective unit that contributed to an important victory at Gona. For his role there, Honner was awarded the Distinguished Service Order, before seeing his battalion disbanded in July 1943.

Honner then took command of the 2/14th Battalion, leading them early in the campaign in the Ramu-Markham Valley before being seriously wounded in the hip. His combat career over, Honner was posted as General Staff Officer Grade 1 Directorate of Military Training at Land Headquarters in Melbourne. He left the Army towards the end of 1944 to chair the War Pensions Assessment Appeal Tribunal, a position he held until 1968. Having moved to Sydney in 1949, Honner served as President of the New South Wales United Nations Association from 1955-57. He also served as President of the New South Wales branch of the Liberal Party from 1961-63.

Having retired in 1968, Honner became ambassador to Ireland. In his later years, he travelled to Europe and returned to Crete. He died in Sydney on May 15, 1994.

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(AWM: 005638)





# STEPPING OUT STEPPING UP

 Matilda Dray

Queensland's first Trojan's Trek for women provided camaraderie, new perspectives and a second chance at life for the trek's participating veterans and mentors.

## NEXT TROJAN'S TREKS

The next Queensland male and female Trojan's Treks will be held from August 5-11, 2017 at Captain's Mountain via Millmerran. To get involved or find out more information, please visit [www.trojanstrek.com](http://www.trojanstrek.com).

In March 2017, nine participants and five mentors "went bush" for six days for the inaugural Queensland female's Trojan's Trek on the Darling Downs near Millmerran. Trojan's Trek is a peer-to-peer rehabilitation program designed to help veterans struggling to cope with life outside the military.

RSL (Queensland Branch) is a proud supporter of the program and provides funding to assist delivery of Queensland-based treks. This trek was the third organised in Queensland, with the previous two run for male veterans.





# Participant

## PHILIPPA

For Navy veteran Philippa, Trojan's Trek was the first time in 15 years she had spent time with other service people. The trek enabled the 37-year-old to reconnect with comrades, acquire new skills, talk about her experiences, make new friends and learn coping mechanisms to help move forward with her life.

"For me, it was life changing. It has given me a support base of people that understand Defence time is not easy. It has helped me look for the positive in everything and just be happier. I feel physically lighter. It was nice to be able to 'learn' to let go," Philippa revealed.

She joined the Navy at age 16 after finishing year 10 and served for six years as an electronic technician, including time on HMAS Tobruk as part of the International Force for East Timor. With the challenges and events of Defence life, Philippa found herself lonely, isolated, unsupported and subsequently developed mental health issues. She discharged herself at age 22, describing her state of mind as "bitter, twisted and confused".

"You go in fit and healthy and come out broken and sore. I just felt so worn out. After I got out I didn't know what to do. I felt lost," Philippa said. She spent several years struggling with an addiction before meeting her partner, who helped her curb the addiction and change some of her destructive behaviour.

While these choices aided her recovery, she was excited to discover Trojan's Trek at a more mature stage in life as she knew it would help her move forward.

"While on the trek I learned new personal development skills, made friendships and gained knowledge. I found the experience of being in an environment that was quiet, remote and had no technology empowering. It has reignited a fire and passion inside me to help others and be a better person and role model for my family. I now want to give back and help Trojan's Trek help others," Philippa explained.



**"FOR ME, IT WAS LIFE CHANGING. IT HAS GIVEN ME A SUPPORT BASE OF PEOPLE THAT UNDERSTAND DEFENCE TIME IS NOT EASY. IT HAS HELPED ME LOOK FOR THE POSITIVE IN EVERYTHING AND JUST BE HAPPIER. I FEEL PHYSICALLY LIGHTER. IT WAS NICE TO BE ABLE TO 'LEARN' TO LET GO."**



# Participant

## ASH HENLEY

Since participating in Trojan's Trek, 25-year-old Ash Henley is in a significantly better headspace; she is more sociable, open and able to develop connections with people in her life.

"It was such a great experience. It totally changed my perspective on how I was feeling and how I viewed myself and my situation," Ash said.

Initially reluctant to do the trek, Ash learnt to be present in the moment and share with the group.

"Everyone was on the same page. You had people who just sat there and listened. There was no judgement or prejudice, it was just an open ear."

Ash praised the mentors and facilitators.

"The people brought together to run Trojan's Trek are such inspirational people, with so much wisdom and advice that you can't walk away and not be changed. Sometimes, the experiences veterans go through are just so different and misunderstood by non-military people and it's kind of refreshing to be surrounded by people who get what you've gone through."

Ash joined the Navy at 18 as it offered a way to get a career without accruing debt. She served for almost eight years as an aircraft technician, including close to six months in the Middle East, and described her experiences as amazing, but with lots of ups and downs.

Things started to go wrong when Ash injured her shoulder during training with the Defence downhill mountain biking team. The injury destroyed her AC joint and wasn't treated properly, leading to the development of depression and anxiety.

"You're down on yourself because you're not able to do your job and you feel useless," Ash said.

Ash sought assistance from several mental health professionals and her psychiatrist eventually recommended a medical discharge, which will come into effect on June 16, 2017. Although happy to be taking care of her health and wellbeing, Ash is finding the transition back to civilian life daunting.

"You've got control over your own life, but it's hard, because it's very scary when, for almost eight years, you've been told what to do, what to wear, where to be and at what time. Suddenly you have to make all those decisions for yourself."

She now understands that her medical discharge is not a failing.

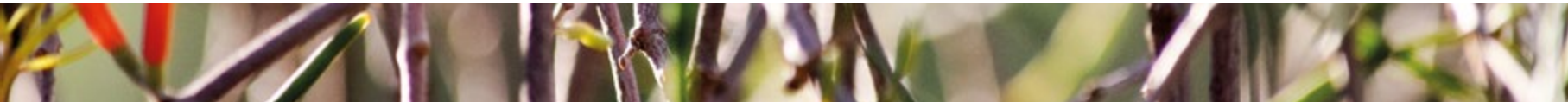
"It doesn't define me. I can still live a full, happy, normal life. This doesn't have to be a massive roadblock anymore."

Ash is hoping to be a mentor on the South Australian women's Trojan's Trek later this year and share what she has learned from the experience with other veterans. She also wants to study occupational therapy and give back to people in a similar position to herself.



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# Mentor

## TIFFANY AHUJA

Forty-year-old Army veteran Tiffany Ahuja – who was once so crippled with service-related PTSD she was unable to get out of bed, couldn't drive, needed multiple medications, abused alcohol, attempted suicide and suffered from horrific nightmares – credits Trojan's Trek with helping give her a second chance at life.

"I was holding on to so much resentment and pain. I spent my whole late 20s and 30s in broken relationships and in and out of hospital, due to my illness and lifestyle. If I'd had something like Trojan's Trek earlier it would have saved many years of heartache, pain and struggle."

"It was a big eye opener. My mindset completely changed and I took responsibility for my actions. The more negativity, resentment and victim mentality you carry around with you, the more you are pushing everyone away."

Tiffany was a mentor and facilitator on the recent Queensland trek, after participating in previous treks in the Flinders Ranges in 2014 and South Australia in 2015. Trojan's Trek is all about veterans helping other veterans and this is a considerable reason for its success.

"There is nothing better than learning from people who have been through what you've been through. I now have this massive network of women who are like my sisters. We've been through so much together. We know that we can message or call each other at any time of the night and we're there to support each other," Tiffany said.

The remote, peaceful bush locale is also essential and Tiffany said the trek wouldn't have the same impact if the program was held in a clinical setting.

"You get out of your comfort zone and taken away from your everyday life. Without any distractions, you can reflect and focus on your life and what is important."

Tiffany's father served 20 years in the Army and she always dreamt of following in his footsteps. He discharged when she was 11 and the family settled in Quorn in the Flinders Ranges. Her parents wanted to create a more stable life for their children, but it had the opposite effect; the entire family grieved the loss of their military life.

"Dad lost more than just his job and that lifestyle. They lost the camaraderie and the network of people. He ended up having a nervous breakdown."

By age 13, Tiffany decided to join the Army to reclaim her previous life of travelling and connected to a close network of comrades. She served almost 10 years as a logistics quartermaster storeman, before being medically discharged in 2004 following several difficult experiences during her service, including traumatic events in East Timor in 2000.

Tiffany felt herself disintegrating in the years that followed her return from East Timor.

"I couldn't taste, I couldn't feel, I was so numb. I started getting visions. The pictures were so vulgar and horrific that I would shake my head and slap my face to try and snap out of it to stop seeing these things. I couldn't control it and I was too scared to say anything."

It took five years of fighting the Department of Veteran Affairs for her claim to be accepted and in 2013 Tiffany moved to Melbourne to start a new life with her son. She got married and her husband helped her begin the journey of recovery. Fortunately, her first Trojan's Trek came along not long afterwards in 2014.

Although she still has mental health struggles, these days Tiffany volunteers as the Melbourne coordinator of the Women Veterans Network and organises events encouraging other women to get out of the house and support each other, something she wouldn't have the confidence for if it wasn't for Trojan's Trek.





## Mentor

### SUZANNE BAKER

After enjoying a life-altering experience on the first women's Trojan's Trek in South Australia in 2014, Suzanne Baker jumped at the opportunity to be a mentor for the recent trek in Queensland.

"I wanted to pay it forward by returning and sharing the lifestyle and tools that I have adapted and improved my life with, and this was one of the best ways to celebrate the success I had with doing the trek. The tribe I have become part of now is my family of kindred spirits, the ones I still stay in touch with, because they met me at my lowest point and loved me for who I am," 36-year-old Suzanne explained.

Suzanne joined the Navy as a combat systems operator in 1998 after graduating high school and served in East Timor, Hawaii, Christmas Island and the Middle East.

Integrating back into civilian life forced Suzanne to rediscover her identity and how the "real world" functions. She now volunteers as a pension officer with Nowra RSL Sub Branch and gives free advice and assistance to serving and ex-serving ADF members about their claims to DVA.



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# Ian Baker

## KICKING RAEMUS ROVER INTO GEAR

In this first of a three-part series focusing on some of the veterans behind the RSL RAEMUS Rover program, we meet the program's brainchild, Ian Baker.

✍ Christina Underwood

**IAN** Baker enlisted as an Army apprentice at the youthful age of 15 and went on to serve for 32 years. Ian's first encounter with the RAEMUS Rover in Puckapunyal, Victoria, started his bug for motor sport. Many years later, Ian was in the workshop and heard his colleagues talking about the RAEMUS Rover. With his interest piqued, Ian discovered that the car had been in storage for a museum for 22 years; the Army no longer had any use for it, but didn't want to dispose of it. Always looking for a challenge, Ian asked if he could take the car and began restoring it.

When the car was restored and race-worthy, Ian was with the 6th Engineer Support Regiment and started taking veterans undergoing rehabilitation out on the test track as a break from their difficult and prolonged recovery. He then offered half-day sessions to veterans at the Soldier Recovery Centre in Enoggera, Queensland, and witnessed the positive change the experience was having – they were happier, it had broken down barriers and opened up communication.

"It was with that instantaneous improvement and spark that I said, 'I know

what path this car can take and I know what we can do'. That set in place what we do now with RAEMUS Rover," Ian explains.

Today, the program has three race cars in the workshop and a jam-packed racing agenda for the year. The main event – the Finke Desert Race in June – is a two-day race in the Northern Territory with a reputation as being one of the most difficult off-road courses in one of the most remote places in the world.

The main purpose of the program is to help veterans suffering with mental health issues overcome the effects of Post Traumatic Stress Disorder (PTSD) by providing them with the opportunity to learn new skills, while building a support network based on shared experiences and the values of mateship.

"We saw our benefit in mainly helping veterans deal with PTSD," Ian says. "The challenges of PTSD are things like anxiety, not having the faith or confidence to use their coping mechanisms, or being able to go into a high-stress environment. We help them to overcome that."

Being involved in the RSL RAEMUS Rover program is not always easy for veterans suffering with PTSD, but it provides a positive

and long-lasting experience in their road to recovery.

"We'll put them in a high-stress environment. We'll put them where they have to rely on someone else in a race car. Racing is attractive, so they will do it, but they feel uncomfortable. And we'll push. And then, at the end, I can say, 'Look at what you just did. You can do anything!'"

The support of RSL (Queensland Branch) helps make RAEMUS Rover possible.

"If we didn't get the support from the RSL, there's no way our program could work. Through us having success, it's building a wellness in the veteran community that shows, wherever you are, there's never a closed door, as we are another one of those entities trying to make a difference."

For more information on the RSL RAEMUS Rover program, visit [www.rslqld.org/ADF-Community/RSL-Partnerships/RSL-Raemus-Rover](http://www.rslqld.org/ADF-Community/RSL-Partnerships/RSL-Raemus-Rover).

*In the next edition of Queensland RSL News we will introduce you to Ben Whiley, who became involved in the RAEMUS Rover program as a way to help himself recover from crippling PTSD. ↩*





# REPORTING FROM THE FRONT LINES

Watching Darren Curtis on the Nine News bulletin, few people would realise that he lives a double life. But behind the façade of mild-mannered reporter, Darren is also a Captain in the Australian Army Reserve.

 Anita Jaensch

**DARREN** is currently attached to the Training and Preparedness Unit in Canberra, where he combines his two areas of expertise and provides specialist training to Defence personnel on how to handle media engagements. Born and raised on the New South Wales Central Coast, Darren took the well-worn path to a career in journalism – starting as a copy boy at the *Daily Mirror* in Sydney, before taking roles in radio and then television.

He was already well established in his career and had a young family when he joined the Reserves in 1996. Reporting on various military engagements stoked his interest in serving himself.

“My grandmother’s brothers served during WWII, but, on my father’s side, nobody had ever served in the military,” Darren said. “It became a great source of pride, for my father particularly.

“Of course, when you say you’re off to a conflict, that brings with it all the fears of what’s going to happen to your son and what might happen to his family if things go wrong. That took the gloss off it, but he accepts that that’s part of the deal.”

Darren has done two overseas deployments, in Iraq in 2005 and Afghanistan in 2008. In recounting his

experiences, the thing that comes across most strongly is Darren’s respect for his fellow servicemen and women.

“I saw how young service members took on such responsibility with such discipline, and they delivered perfectly every single time. When people from the outside are exposed to that they come away with a fantastic appreciation of what we’re doing.”

During his first overseas deployment, Darren covered one of the entertainment tours, where Australian artists volunteer their time to entertain the troops. He said the experience opened the performers’ eyes to the reality of what Australian troops were facing in the Middle East.

“I was there with Beccy Cole when she first went. She was so moved by the experience that she came home and wrote the song ‘Poster Girl’ to tell Australians that you don’t have to support the wars or the conflicts themselves, but you need to support our service people,” Darren said.

As a journalist, Darren has often had the opportunity to raise awareness of the role our service people are playing in conflict zones and peacekeeping missions, overseas and at home. But it’s not all live crosses; his military service has also had its share of tough times.

When a soldier he knew died on duty, Darren was called on to liaise with the media.





**“AS A JOURNALIST, DARREN HAS OFTEN HAD THE OPPORTUNITY TO RAISE AWARENESS OF THE ROLE OUR SERVICE PEOPLE ARE PLAYING IN CONFLICT ZONES AND PEACEKEEPING MISSIONS, OVERSEAS AND AT HOME. BUT IT’S NOT ALL LIVE CROSSES; HIS MILITARY SERVICE HAS ALSO HAD ITS SHARE OF TOUGH TIMES.”**





**“WHEN THEY SEE THE SYMBOL OF THE SHRINE, THE FLAME OF REMEMBRANCE, AND THEY SEE AN INDIGENOUS MAN PLAYING THE DIDGERIDOO IN FRONT OF THAT SHRINE, THE CITY STOPS.”**



**ABOVE:** Nine News reporter and Army Reservist Darren Curtis, pictured at Brisbane's Shrine of Remembrance in 2017, has emceed the Indigenous Veterans' Ceremony for several years.

“It was quite tough to be the buffer between the community and his family, but I could approach the media from a professional standpoint and explain to them what this meant to the family. They had incredible pride in his service and wanted to tell the world how proud they were of him.”

Although Darren had long been aware of the work of RSL (Queensland), he didn't join the League until after he returned from his first overseas tour in 2005.

“I didn't believe that I deserved to be a member of the RSL until I did active service,” Darren said. “I didn't think that I could stand alongside men who had actually walked the hard yards.”

On his return, Darren became a member at the Surfers Paradise Sub Branch, but his work commitments prevented him taking an active role until recently.

“I've created a space within my life to be able to dedicate as much time as I can to the RSL. There is a need for my generation and below to step into roles with the RSL in all capacities.

“I'm not active in the sense that I

turn up to the Sub Branch and do things for them. I use the skillset that I have away from being a serviceman. So, I host a lot of functions, act as an unofficial ambassador and try to present the RSL in a positive light. I'm also a bit of a campaigner for getting younger veterans involved. Because I know that if I do need to reach out and ask for help in any capacity, the RSL will be there for me; I'm not alone.”

On May 31, Darren again put his presenting skills at RSL's service, emceeding the Indigenous Veterans' Ceremony at Brisbane's Shrine of Remembrance.

“I've got a bit of passion there as well. My wife has Indigenous heritage and her grandfather served in WWII. I'm glad that it's taken on some significance now

within the schedules of commemoration. It was part of our history that went unnoticed for many years and didn't get the recognition it deserves. But they still bled and died like other folk.”

Having emceed the Indigenous Veterans' Ceremony for several years, Darren said he is struck by one aspect in particular.

“There's something hauntingly beautiful when they play the didgeridoo at the Shrine. And when they see the symbol of the Shrine, the Flame of Remembrance, and they see an Indigenous man playing the didgeridoo in front of that Shrine, the city stops. That's something that's striking in a city when we're all so busy and no one wants to stop for anything. On that day, people take time.”



*A guide to  
Post-traumatic  
Stress Disorder  
& your Physical  
Health*



**PTSD Initiative**  
Research to restore lives



**An Initiative of the Gallipoli Medical Research Foundation and RSL Queensland**



RETURNED & SERVICES  
LEAGUE OF AUSTRALIA  
QUEENSLAND BRANCH



# RESEARCH TO RESTORE LIVES

Read on to find out how PTSD can affect your physical health >>

## A GAP IN WORLDWIDE KNOWLEDGE

Long considered and treated solely as a psychological condition, there was very little understanding or evidence of the extent of the physical toll of post-traumatic stress disorder (PTSD). For the sake of our veterans, and all those who suffer from PTSD, this needed to change.

- PTSD is a debilitating psychological disorder that develops following exposure to a traumatic event
- It can severely affect quality of life, including negative impacts on relationship, social and vocational functioning, and physical health
- Its prevalence is approximately 5 per cent among the Australian population, and up to 20 per cent among military veterans

## THE PTSD INITIATIVE

In 2013, the Gallipoli Medical Research Foundation (GMRF) and RSL (Queensland Branch) commenced an ambitious undertaking to help veterans and their families. The PTSD Initiative was a world-first research project investigating both the long-term physical and psychological toll of PTSD in Vietnam veterans. Over 300 Vietnam veterans participated in the study, which included 25 medical and psychological assessments.

## TRANSLATING RESEARCH INTO CLINICAL PRACTICE

We have launched a national education program to help general practitioners and other healthcare professionals better identify the symptoms of PTSD for veterans and the one in 20 Australians who suffer from this devastating condition.

Healthcare professionals earn Continuing Professional Development (CPD) points when they complete our education from the ThinkGP platform, an accredited education provider with the RACGP. Help us spread the word by mentioning this education to your general practitioner and other healthcare providers.

*The education can be accessed here:*  
[www.thinkgp.com.au/gmrf](http://www.thinkgp.com.au/gmrf)

### Participants with PTSD...

Were **two times** more likely to have abnormal liver texture, suggestive of **liver disease**.

Had a **two to three times** increased risk of suffering from **gastrointestinal problems** including irritable bowel syndrome and its associated symptoms, in addition to reflux and stomach ulcers.



Were **three times** more likely to suffer from **obstructive sleep apnoea**.

Were almost **four times** more likely to have suffered a **heart attack** in the past.

Had **decreased lung function**.

Had a **four times** higher risk of **fatty liver**.

If you have any concerns about your health, see your GP



# KEY FINDING #1

Participants with PTSD were almost four times more likely to have suffered a heart attack in the past.

## WHAT IS A HEART ATTACK?

Your heart is a muscle that pumps blood around your body. To do this, it needs a continuous supply of oxygen. A heart attack is when an artery that supplies blood to your heart partially or completely blocks, stopping blood flow to an area of the heart. As a result, the heart muscle begins to die. Without early medical treatment, this damage can be permanent.

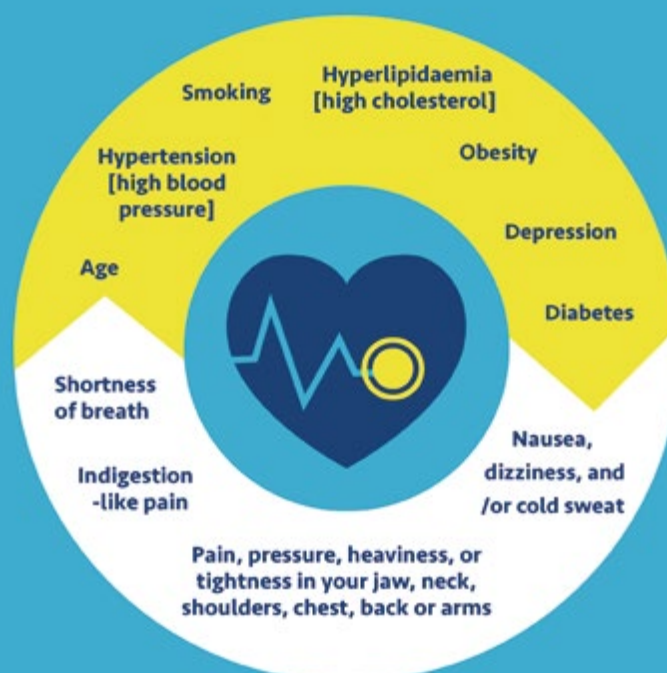
## TOP HEART HEALTH TIPS:

- Follow a real Mediterranean diet and eat vegetables, fruit and yoghurt every day, less meat, cheese in moderation and two servings per week of legumes and oily fish.
- Consider adopting a canine companion. Studies have shown that owning a dog will decrease your likelihood of a heart attack.
- Drink in moderation. Consume one to two drinks per day for optimum heart health and have a couple of alcohol-free days per week.
- Exercise regularly. Even incidental exercise is better than nothing. Choose the stairs instead of the lift, walk to the shops.
- Quit smoking. Talk to your GP or pharmacist about options to help you quit.

## GET AN ANNUAL CHECK-UP

See your GP annually (at minimum) to check your blood pressure and cholesterol levels. Your GP may also recommend a coronary artery calcium score. This CT scan measures the amount of calcium in the walls of the arteries that supply your heart muscle and tells you about your risk of a heart attack or stroke (brain attack) in the next five to 10 years.

## Heart disease risk factors



## Warning signs of a heart attack



"The Vietnam War may have officially stopped decades ago, but many of our Australian veterans are still suffering. Their lives have been destroyed as a result of the psychological trauma. With the results of our study, we will be able to establish novel therapies for veterans with PTSD."

- Associate Professor David Colquhoun, leading cardiologist and PTSD Initiative investigator





## KEY FINDING #2

Participants with PTSD had a two to three times greater risk of suffering from gastrointestinal problems, including irritable bowel syndrome and its associated symptoms. Reflux and stomach ulcers were also common.

### **Reflux**

Reflux is when acid from the stomach moves up into your oesophagus causing burning chest pain (often referred to as “heartburn”) and regurgitation causing a sour or bitter taste in the mouth. If symptoms occur more than twice a week, this is called gastro-oesophageal reflux disease or GORD.

Mild reflux can be managed with lifestyle changes, such as losing weight and avoiding foods and alcohol that can trigger symptoms. GORD may be relieved by lifestyle modifications and the use of acid suppressive medications.

### **Stomach ulcers**

A stomach ulcer is an acid burn on the lining of your stomach or duodenum (part of the small intestine). A dull or burning pain in your stomach is the most common symptom and you may feel the pain anywhere between your belly button and breastbone.

Stomach ulcers can be caused by the long-term use of anti-inflammatory drugs such as aspirin and ibuprofen, a bacterial infection or can be associated with tumours in the stomach.

Even if your symptoms are mild you may have a stomach ulcer, which could worsen without treatment.

### **Irritable bowel syndrome**

Characterised by abdominal pain, bloating, mucus in the stool and alternating diarrhoea and constipation, irritable bowel syndrome (IBS) is a functional gut disorder.

If you have symptoms you may benefit from important lifestyle and dietary changes, although ultimately anti-diarrheal medication, anti-spasmodic or laxatives may be required. IBS is not the same or as serious as inflammatory bowel disease (IBD), which causes inflammation, ulcers and other damage to the bowel.

Gastrointestinal symptoms can have a significant impact on your wellbeing, so speak to your GP if you have any concerns.

A balanced diet and good nutrition is important not just for good gut health, but for your overall health. Consider following a Mediterranean diet (see our top heart health tips) and limit your intake of fat, salt, sugar and alcohol.



### **DARLENE'S EXPERIENCE**

Darlene joined the Navy in 1999 in the area of communications. In 2001, she experienced depressive and adjustment disorder symptoms and in 2005 was discharged.

“I had my breakdown in August 2003 and started having problems by December. Until then I had always been regular, but I started getting cramps and bad wind and then I would purge everything. I had never experienced soft stools to this extent and for so long. I was anxious and upset as this had never happened to me before. I saw a dietitian and had an endoscopy and colonoscopy and was eventually diagnosed with IBS.

“When I was working on base, I didn’t make it to the toilet and had an accident in my white shorts, which was so embarrassing. After this, I always worried about what I was eating and where the closest toilet was. Within a half hour of getting stressed I would be on the toilet purging. It was horrendous, but it’s a lot better now.

“That’s why I value the research being done at GMRF. The education program means GPs are more likely to consider the physical symptoms of PTSD and treat it sooner.

“There were times when I wanted to give up – it didn’t matter what I did, it didn’t last or it didn’t work – but now I’m getting the right treatment and that makes me appreciate how far I’ve come.”





## KEY FINDING #3

Participants with PTSD were two times more likely to have abnormal liver texture, suggestive of liver disease, and had a four times higher risk of fatty liver.



The liver is the largest solid organ in the body and is responsible for removing toxins, making important proteins and producing chemicals needed for digestion. So, it's pretty important.

Liver health can be affected by PTSD – not necessarily by the effects of chronic stress per se, but more commonly due to associated risk factors such as obesity (which can be due to some medications) and excess alcohol use.

One in three adult Australians will develop fatty liver disease, but many will be unaware they have it as it often presents no symptoms until it's at a progressed stage. Fatty liver is caused by the deposition of fat in the liver above normal levels of 5-10 per cent. Major risk factors include heavy alcohol consumption, being overweight or obese, hyperlipidaemia, diabetes and there is some inherited risk as well.

Fatty liver is usually reversible if identified early and treated by behavioural modification: improved diet combined with exercise to lose weight.

If you do drink, Australian guidelines recommend no more than two standard drinks on any day to reduce your risk of harm from alcohol-related disease, and no more than four standard drinks on a single occasion.

If fatty liver continues, damage can cause permanent scarring, called fibrosis. If scar tissue takes over the whole liver, advanced fibrosis progresses to cirrhosis and the liver function may begin to deteriorate. Cirrhosis greatly increases the risk of liver cancer.

More than 70 per cent of patients who develop liver cancer do so because they have cirrhosis of the liver. Of those, 85 per cent will die within five years of their cancer diagnosis.



"From undertaking this research, we would now describe PTSD as a systemic illness and recognise that there are clusters of physical symptoms that frequently emerge in patients with PTSD.

"One of the most rewarding steps of this initiative has been translating the research into clinical practice by the implementation of the education program, with the support of RSL (Queensland Branch). We hope that by making health care professionals who look after patients with PTSD aware of the general health issues and the strategies to reduce the risk of them developing that, we will improve quality of life and survival."

*- Professor Darrell Crawford (GMRI Director of Research & PTSD Investigator) helped design and coordinate the PTSD Initiative.*

### What is one standard drink?

- One pot or middy (285mL) full strength (4.8%) beer
- 375mL bottle or can mid-strength (3.5%) beer
- 100mL wine (11.5% to 13%)
- 30mL spirits (40%)

### How many standards are in my bottle?

- 750mL bottle of wine or champagne (13.5%): 8 standard drinks
- 700mL spirits (40%): 22 standard drinks



Source: [www.alcohol.gov.au](http://www.alcohol.gov.au)





"Your sleep quality can have a major adverse effect on daytime functioning. The fragmentation of sleep at night as a result of sleep apnoea can also worsen sleep problems like dream enactment behaviour. Untreated, obstructive sleep apnoea can have far-reaching effects on many different body organs and functions."

– Dr Robyn O'Sullivan, respiratory and sleep physician and PTSD Initiative Investigator

## KEY FINDING #4

Participants with PTSD were three times more likely to suffer from obstructive sleep apnoea.

Obstructive sleep apnoea (OSA) is a sleep disorder in which your breathing stops periodically during sleep due to airway obstruction from relaxation of the tongue or airway muscles. Many people with OSA are unaware they have it.

If you are at risk of OSA, it is important to be diagnosed and treated. Treating OSA can you make you sleep better and feel better during the day, and it can also reduce your longer-term cardiovascular risk.

OSA is screened by a sleep study in which a variety of measurements are taken while you sleep, such as your breathing pattern, heart rate and blood oxygen levels. A specialist in sleep medicine then analyses your results to determine the severity of your OSA and whether you require treatment.

There are a variety of treatment options for OSA, but, as the causes can vary, there is no single treatment that works for everyone. If you have OSA, your sleep specialist will help you determine what treatment is right for you.

### Symptoms

- Snoring
- Waking up unrefreshed
- Daytime tiredness
- Slowed or stopped breathing during sleep
- Waking up choking or gasping for air

### Diagnosis

- OSA is diagnosed by a sleep study

### Treatment

- Weight loss if you are overweight
- Reducing alcohol consumption
- Changing body position for sleep
- Oral appliances
- Continuous positive airways pressure (CPAP)

### Risks of OSA

- Heart disease
- High blood pressure
- Stroke
- Diabetes
- Depression
- Impotence



Normal, open airway



Partially closed airway



Closed airway during an apnoea





## Sleep tips

- Stick to a **bedtime routine**: Make sure you are feeling sleepy when you go to bed, and don't go to bed too early or too late. Aim to be up at the same time each morning and avoid napping during the day.
- Follow a **relaxing activity before bedtime**: Reduce excitement, stress or anxiety by having a warm bath or shower, reading or meditating before you sleep.
- **Avoid food** for two hours before bedtime, **limit caffeine and alcohol** intake and avoid caffeine later in the day.
- **Exercise regularly**: Burn off extra energy by engaging in moderate to vigorous exercise in the morning or early in the evening.
- **Early morning sunlight**: Exposure to natural light early in the morning promotes hormones that help set the body clock and promote a wakeful state.
- **Limit use of devices** with screens before bed.
- Make sure you are **comfortable** with a good mattress, pillow and fresh bedding.

### TONY'S EXPERIENCE

Tony Dell was a national serviceman from 1966 to 1968 and deployed to Vietnam with 2RAR in 1967/68. Forty years after he returned from Vietnam he was diagnosed with PTSD, and only then did he realise the reasons for the multitude of things that had gone wrong in his life.

"The irony is I'm writing this at three o'clock in the morning and I've woken up my partner Sally as I sneakily try to slide out of bed. That's just one of the hazards of this condition. I haven't had a normal night's sleep for as long as I can remember. A normal, "decent night's" sleep for me is two blocks of a couple of hours, with a session on the computer and a warm shower in between. Before I was diagnosed, I didn't know the reason, but I seemed to function okay so I didn't bother getting it checked out. After a night at the sleep unit as part of the GMRF research, a report went to my GP with some recommendations. Personally, I think it's connected to the workaholic symptom that seems to make us rather hyper vigilant as well."



## KEY FINDING #5

Participants with PTSD had decreased lung function.



The respiratory system is responsible for the delivery of oxygen to the blood stream and the removal of carbon dioxide. The process of breathing in and out involves the upper airways, the lungs and the muscles of the chest wall and abdomen.

Patients suffering PTSD have an increased risk of developing problems with breathing. Airway inflammation can cause narrowing of the bronchial tubes or airways, making it harder for air to move in and out of the lungs. Two common symptoms are wheezing and shortness of breath. Patients with PTSD

are also more likely to smoke, making the inflammation worse.

**Wheezing** is a high-pitched whistling sound that occurs when you breathe through narrowed airways.

**Shortness of breath** is more obvious during increased activity when we require more oxygen. Our body responds by breathing harder and faster in an attempt to get more oxygen to the muscles. The long-term effects of inadequate oxygen due to lung diseases can cause heart disease.

It is common for people who suffer these symptoms to avoid activities

such as exercise. If you get breathless during everyday activities, exercise to improve fitness can help you with daily tasks such as getting dressed or walking to the bus stop.

For healthy lung function, don't smoke, engage in regular exercise at the right level for you and eat a balanced diet.

Get involved in social activities with friends and family that promote body movement in a fun and supportive environment. Introduce activities like walking the dog and gardening into your exercise routine.



**A healthy lifestyle is recommended to manage the physical symptoms associated with PTSD and can contribute to general wellbeing.**



- **Improve your diet**

- **Exercise regularly**



- **Maintain a healthy weight**

- **Reduce alcohol consumption and quit smoking**



- **Visit your GP regularly**

RSL (Queensland Branch) has established tangible pathways for ex-serving personnel to engage in active lifestyles across Queensland through partnerships with Mates4Mates and Sporting Wheelies & Disabled Association and with programs including the RSL Queensland Surfing Initiative and the RSL RAEMUS Rover Off Road Racing Program.

If you or someone you love is suffering from anger or anxiety, trouble sleeping, increased aches and pains, alcohol or gambling addictions, suicidal thoughts or social isolation, these may be signs of PTSD or a mental health issue. The important thing to remember is that you aren't alone and help is available from a number of organisations.

**Veterans and Veterans Families Counselling Service (VVFCS)**

24 hours/7 days a week

T: 1800 011 046

W: [www.vvcs.gov.au](http://www.vvcs.gov.au)

**Lifeline**

Counselling services for anyone at any time

T: 13 11 14

W: [www.lifeline.org.au](http://www.lifeline.org.au)

**Beyond Blue**

Information on depression and anxiety

T: 1300 224 636

W: [www.beyondblue.org.au/get-support/get-immediate-support](http://www.beyondblue.org.au/get-support/get-immediate-support)

**Parentline**

Confidential telephone counselling support for parents and carers of children

T: 1300 301 300

W: [www.parentline.com.au](http://www.parentline.com.au)

**RSL (Queensland Branch)**

T: 134 775 (business hours)

W: [www.rslqld.org](http://www.rslqld.org)

Or contact your local RSL Qld Veteran Services Officer.

To learn more about the Gallipoli Medical Research Foundation visit our website at:

**[www.gallipoliresearch.com.au](http://www.gallipoliresearch.com.au)**

The PTSD Initiative is an initiative of Gallipoli Medical Research Foundation in partnership with RSL (Queensland Branch).

We would like to acknowledge and thank the Vietnam veterans who participated in this study.

We thank and recognise the support of experts from these organisations towards the PTSD Initiative:



# REMEMBERING THE COASTWATCHERS WHO TURNED THE TIDE

In a postscript to his article “How the Coastwatchers Turned the Tide of the Pacific War” that appeared in *Queensland RSL News* Edition 06, 2016, James Burrowes identifies the Coastwatchers who spotted enemy ships on their way to Port Moresby in 1942.

 James Burrowes OAM

**IN** his book *War at the End of the World*, US historian James Duffy recorded, “An Australian Coastwatcher on the Solomon Island of Bougainville provided the first news of Japanese movements when he sent his message on May 2, 1942, that a large force of enemy ships was sailing south towards Tulagi. A second, similar despatch was made later the same day by another Coastwatcher on New Georgia. Both Coastwatchers transmitted their sightings to headquarters at Port Moresby, which relayed the message.”

After further research, I have discovered the identity of these two Coastwatchers.

First, the Australian Coastwatcher on the Solomon Island of Bougainville was District Officer RAN Lieutenant Jack Read. This has been noted by author Philip Selth OAM, who is writing a biography of Jack and wrote his entry in the *Australian Dictionary of Biography*.

The author noted, “It was Jack Read who sent the signal early on May 3, 1942.

He had been told of the enemy ships anchored in Queen Carola Harbour by Lieutenant JM Mackie the previous day.”

This is also confirmed in RAN Commander Eric Feldt’s book *The Coast Watchers* (p.131): “but it was not until early on the morning of May 3 that the clouds cleared just long enough for Read to spot the vessels preparing to put to sea and he immediately sent a message to that effect”.

Read was awarded the Distinguished Service Cross (US) for his services.

The second Coastwatcher mentioned by Duffy as “another Coastwatcher on New Georgia” was Major DG Kennedy, a New Zealander of the British Solomon Islands Protectorate Defence Force, who was based at Segi, New Georgia (see Feldt, *The Coast Watchers* pp.108-110).

The author writes, “Next day [that is, May 2, 1942] Kennedy reported two ships at anchor in Thousand Ships Bay at Isobel 60 miles away... The intelligence that Japanese ships were in Thousand

Ships Bay had been passed to the US Naval Forces.” Feldt notes, “The carriers hurried off to meet and defeat the forces moving to attack Port Moresby at the Battle of the Coral Sea...”

Kennedy was awarded the Distinguished Service Order (DSO) for his services.

At the going down of the sun, and in the morning, we will remember them.

*Photos from The Coast Watchers, used with the permission of Eric Feldt.* ←



**TOP:**  
Lieutenant  
J Read.

**CENTRE:**  
Admiral  
AW Fitch and  
Major Kennedy.

**BOTTOM:**  
Major Kennedy  
(left) and Captain  
Boyd.







# WAR GAMES & SAILORS' GRAVES

## George McCredie and the sinking of HMAS Perth

✍ John RE Brown



**WE** were seven boys from a small street on the north side of Sydney who liked to play war games in nearby Muston Park. But that was the 1930s, and by 1942 war was no longer a game. All seven of us enlisted in the services – George McCredie entered the Navy in 1941, and the following year five of us joined the Army and one joined the RAAF.

Late in 1941, George was assigned to HMAS *Perth*, and this article describes his wartime story and that of his gallant ship whose crew set a standard for RAN bravery in WWII. After a momentous tour of duty in the Mediterranean in 1941 and a return to Australia for a refit, *Perth* found itself involved in a naval debacle in Dutch East Indian waters, following the loss of Singapore.

Attempting to withdraw to Australia, *Perth*, together with USS *Houston*, was enveloped by a vastly superior

Japanese naval force in Java waters. After taking its second torpedo, HMAS *Perth* Captain Hector Waller gave the order to abandon ship. After receiving two more torpedoes, she sank to the bottom, quickly followed by *Houston*. Nothing more was heard about the fate of the survivors until the end of the war. One of the hundreds of families left in anguish in Australia was that of Stoker George McCredie.

But let's take a step back in time to when HMAS *Perth* first originated. The light cruiser vessel was once a British cruiser named *Amphion*, of the Leander class, and was renamed HMAS *Perth* by the Duchess of Kent on July 10, 1939, before she sailed to the World Fair in New York. *Perth's* next destination was Kingston in the West Indies and, on the outbreak of the war, she stayed there for general duties. Late in February 1940 she sailed for Australia, and after





arriving in Sydney on March 3, she began escort and patrol duties on the Australian coast.

*Perth* then entered the most important period of her active service, when she replaced HMAS *Sydney* in the Mediterranean theatre. After significant involvement in the Battle of Cape Matapan between March 27-29, 1941, and the evacuation of troops from Greece, she was bombed in the Battle of Crete, with some casualties.

After conflict with Vichy French in Syrian waters, she was replaced by sister ship *Hobart* and returned to Australia on July 18, 1941 for overhaul, having survived numerous aerial attacks from German and Italian aircraft.

After refit, *Perth* took up convoy escort duties in home waters until the end of January 1942, and on February 14, 1942, she sailed to join the American-British-Dutch-Australian naval group. The group engaged disastrously with a Japanese naval force

in Javanese waters, but fortunately *Perth* and *Houston* survived. Attempting to escape to Australia through the Sunda Straits on February 28, both ships were engaged by a vastly superior Japanese force in a furious conflict that resulted in heavy Australian casualties.

*Perth* had run out of ammunition, her decks were littered with the dead and dying, and after receiving her second torpedo the “abandon ship” order was given. Captain Waller died on the bridge shortly after when it was struck by shellfire.

After receiving two more torpedoes, gallant and previously indomitable *Perth* slid to the bottom, with the loss of approximately half of her complement. She has lain under water there for some 75 years.

More than 350 *Perth* crewmen survived the sinking and were picked up by Japanese destroyers or drifted onto the beaches of Java or nearby islands. All survivors were eventually captured.

None of this became known in Australia until the end of the war, as few letters ever made it home due to the callous attitudes of Japanese captors. Australian families could only take refuge in their thoughts and prayers in the ensuing three years, the family of George McCredie included.

The fates of *Perth* survivors were many and varied; some went to Javanese prisoner of war (POW) camps, while a significant number were brought to Changi in Singapore, where some were assigned to the infamous Burma Railway.

After completing the railway, many workers, including the *Perth* survivors, were deployed to Japan and travelled in unmarked ships that ran the risk of attack by increasing numbers of US submarines in the South China Seas. Of the 106 *Perth* people who died during incarceration, 38 were killed on Japanese ships from Allied action. As survivors of these disastrous attacks, four *Perth* sailors at the limit of their

**ABOVE:**  
HMAS *Perth*'s  
ship's company  
in Fremantle.  
(Department of  
Defence)

**RIGHT  
(CLOCKWISE  
FROM TOP  
LEFT):** Captain  
Hector Waller  
(AWM: ART27505);  
HMAS *Perth*  
flying the white  
ensign during  
the Battle of  
Matapan (AWM:  
P03589.001);  
HMAS *Perth* was  
presented with a  
ceremonial bell to  
commemorate her  
commissioning  
in the RAN  
(Department  
of Defence);  
Crew members  
of HMAS *Perth*  
astride one of the  
ship's big guns  
(AWM: 006602).









**ABOVE:**  
HMAS *Perth* in  
the Battle of  
Sunda Strait  
(AWM: ART27557)

**INSET:**  
Signalmen 'Slim'  
Roper and Joe  
Harris keeping  
a visual lookout  
in Alexandria  
Harbour, Egypt.  
(Department of  
Defence)

**RIGHT:**  
A Breda gun crew  
of HMAS *Perth*  
after a full day of  
returning the fire  
of German fighter  
aircraft during  
the evacuation  
of allied troops  
from Sfakia, on  
the southern  
coast of Crete, to  
Alexandria. (AWM:  
P01345.016)

endurance were picked up by US submarine *Queenfish* and treated with great kindness.

They were quickly transferred to Saipan, where medics were amazed by their emaciated bodies and general debilitation. After treatment, they returned to Australia and in debriefing amazed intelligence officers with stories of Japanese brutality.

Three days after the war ended, I joined a group that sailed from the Dutch East Indies to receive Australian POWs liberated from Japanese camps and process them in Manila before their final journey home. Until then, the McCredie family had received no definitive information about George's fate after the sinking of the *Perth*.

As it turned out, George's brother Max McCredie was in a RAAF unit stationed in the Philippines. One morning, while interviewing POWs,



I became aware of the presence of a blue RAAF uniform in the room. It was Max, who I found was on a hopeful visit to glean some information for his concerned family. In a most unkind war, there was a moment of extraordinary luck when I remembered that a *Perth* sailor had arrived the previous evening. It turned out that Dame Fortune was on our side! Our

man had been a fellow stoker and close friend of George, and the McCredie story had come down the line to the 55-Kilo Camp on the northern stretch of the line where this man had been working before transfer to Japan. His story follows:

When the "abandon ship" order was given, George went over the side and upon getting ashore in Java was



rounded up and sent to Changi. He was assigned to a group that sailed to work on the Burma Railway in January 1943. Near their destination of Moulmein, their ship the *Moji Maru* was bombed by Liberators of the 10th USAAF and George and another prisoner were injured by shrapnel fragments. The accompanying ship *Nichimei Maru* was sunk. George's wounds were very serious and he died as the ship approached Moulmein. My boyhood friend was buried in Thanbyuzayat war cemetery near the start of the infamous railway.

The worst fears of the McCredie family had been realised. Max went back to his unit to write the most difficult letter of his lifetime, to a mother who had also lost four brothers in a previous war.

Of the seven kids who played in Muston Park pre-war, six returned to our small street in the Sydney suburb of Chatswood at war's end, including one who had flown Lancasters over Germany. We were the ones "left to grow old", while George McCredie was robbed of more than 70 years of life, unfortunately by "friendly fire".

The story of HMAS *Perth* is well told in Kathryn Spurling's book *Cruel Conflict*, and I drew some of the information for this article from there. The Navy has not forgotten *Perth*, and in March 2017 HMAS *Maryborough* conducted a memorial service as it passed over the location of her sinking in Sunda Strait. Unfortunately, the site has no international recognition or protection and in December 2016 a sonar survey of the site suggested that the wreck had been the subject of salvaging for scrap metal.

Later, in March 2017, Australian and Indonesian authorities proposed sending down divers to make an assessment. At this stage, the results of the investigations are not known.

For the more than 300 crew who lost their lives during the sinking, we remember that "they fought for king and country and lie in sailors' graves".

I believe we must find a way to ensure those graves lie undisturbed. ←

**BELOW:**  
A group of survivors of HMAS *Perth* arrive in Darwin on HMT *Highland Chieftain*. (Department of Defence)

**"IN A MOST UNKIND WAR, THERE WAS A MOMENT OF EXTRAORDINARY LUCK WHEN I REMEMBERED THAT A *PERTH* SAILOR HAD ARRIVED THE PREVIOUS EVENING. IT TURNED OUT THAT DAME FORTUNE WAS ON OUR SIDE!"**





# SUPPORT from THE TOP

Commander of 3rd Brigade, Brigadier Chris Field, has nothing but praise for the Human Performance Framework initiative, enhancing the resilience of soldiers and their families in Townsville

✍ Matilda Dray



## BRIGADIER

Field has seen a lot of change in his 30 years with the Australian Defence Force (ADF), including the growth of initiatives such as the Human Performance Framework, which enhances the resilience of soldiers and their families in Townsville. Brig. Field recognises the importance of looking after the whole spectrum of a soldier's health and is a huge advocate for the program.

Supported by RSL (Queensland Branch), the Human Performance Framework has three main pillars – the Vasey Resilience Centre, which builds soldiers' performance before deployment, Geckos Family Centre, which looks after soldiers' families, and

the Soldier Recovery Centre, which helps rehabilitate soldiers when they return from service.

"We want it to be as inclusive as possible and give every soldier an opportunity to benefit," Brig. Field said. "And the RSL has been an outstanding support for us."

Although appointed to lead the brigade in November 2015, Brig. Field first arrived in Townsville in 1988 and has since served 10 years with the brigade. He grew up in Lismore in northern New South Wales and has served five years overseas, with deployments to Lebanon and Syria with the United Nations, Iraq, Afghanistan, Solomon Islands and East Timor.

"The constant challenge for any

soldier is a combination of preparing for known operations and preparing for the unexpected," Brig. Field said. "These require very different skills."

### VASEY RESILIENCE CENTRE

The Vasey Resilience Centre (VRC) is the newest of the three programs and was established in 2016 by Chaplain Dan Cassidy and Warrant Officer Class 2 Adam Keys. It centres around five main areas of teaching – sleep, exercise (physical and mental), nutrition, strong values and connections with friends, family and colleagues.

"The Army has a values-based approach to living, and the values of courage, initiative, respect and teamwork are absolutely vital to our success, as well as the values people

**ABOVE RIGHT:** Brigadier Chris Field, addresses Battle Group Cannan personnel during the dinner in the Commanders Mess at Gallipoli Barracks in Enoggera, Brisbane. (Department of Defence)

**RIGHT:** The Vasey Resilience Centre aims to develop the full potential of soldiers and families.



Brigadier Chris Field, centre left, stands at attention at the head of the parade as the 1st Battalion colours are marched into place during the 70th anniversary parade to celebrate the formation of the founding units of the Royal Australian Regiment at Lavarack Barracks in Townsville, Queensland. (Department of Defence)



bring from their families, friends and their own beliefs,” Brig. Field said.

“Everyone has challenges in their lives and we want people to work through those challenges and come out stronger on the other side. I think this program is very important to give our soldiers an edge so they can perform at their peak levels.”

Commander 3rd Combat Engineering Regiment and OIC of Vasey Resilience Centre, Lieutenant colonel Jennifer Harris, is also a strong supporter of the framework.

“This is the first time many of these soldiers will really have got to the crux of who they are, who they believe in, what drives them and what’s important to them,” Lt Col. Harris said. “That provides a really solid foundation.”

It will also help soldiers interact with people who have different philosophical views; they will be better able to understand similarities, potential friction points and respond more effectively.

“It’s not just about the physical, it’s very much about that character piece,

spiritual and emotional, and how they deal with potential moral dilemmas they might find in that operational scenario,” Lt Col. Harris said.

VRC has made great strides in its year of operation, and soldiers who have been through the program provided very positive feedback.

“We’ve had comments like, ‘This is the best training I’ve done since I joined the Army’, ‘This is a great opportunity’ and ‘I have changed as a person,’” Brig. Field said.

“It is exceptionally gratifying to see the transformation in these soldiers. They walk out far more self-aware, they walk out with the tools they have to ensure they are able to cope with the stressful situations we’re putting them in,” Lt. Col. Harris said.

Local sporting teams, including the Townsville Cowboys rugby league team and the Townsville Fire women’s basketball team, also provide high performance training for soldiers.

“We expect our soldiers to be able to perform at very short notice in areas of high threat in environments that



**RIGHT:**  
Lt Col Jen Harris,  
CO 3 CER,  
pictured at right  
during Cyclone  
Debbie response  
where she was  
in command of  
the Emergency  
Response Force  
(Department of  
Defence).



**ABOVE:**  
WO2 Adam Keys  
and Chaplain Dan  
Cassidy put the  
fitness equipment  
in the Vasey  
Resilience Centre  
to the test.

can be characterised as complex, contested and crowded,” Lt Col. Harris said. “Our soldiers need the skills – very similar to an elite sportsman – to be able to cope with those stresses, respond, adapt effectively and actually thrive in those environments.”

Soldiers also return to the centre for three, six and 12-month interviews to monitor the value of the training and assess their wellbeing in terms of their physical, intellectual and character strengths. “Resilience is a long game. It’s something we need to invest in continually.”

Brig. Field said the ADF has been on a journey in terms of understanding how to best support its personnel, especially following recent operations in places such as East Timor, Afghanistan and Iraq.

“I think these last years of conflict have allowed us to

## VASEY PROGRAM BUILDS EMOTIONAL DEVELOPMENT

Developing resilience is vital for Private Jesse Watt’s role as a rifleman.

“You have to be keyed on the entire time, which is very draining, because you have to be constantly paying attention to everybody,” Pte Watt said. “If you’re doing that for a protracted time – it could be minutes or hours, you really don’t know – that can take a serious toll.”

Pte Watt took the VRC course to assist with the demanding training regime and help maintain focus while working at a high level during times of intense fatigue.

“I think it’s a fantastic thing that improving resilience is at the forefront. The more resilient we are, the more effectively we can do our job.”

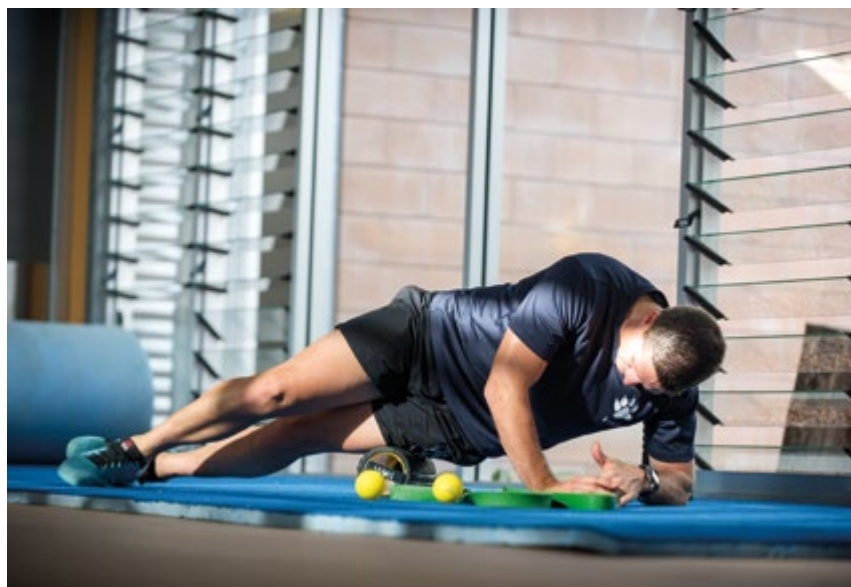
Private Felicity Maher took the pilot program in 2016 and also found it beneficial.

“I was surprised with the knowledge I gained about myself on an emotional level – understanding that my limitations were not just physical – and that was good,” Pte Maher said.

“It’s always good to have that emotional development, along with the physical development. The Army is overwhelming sometimes, so it’s good to be able to understand yourself and your own coping mechanisms.”



The Soldier Recovery Centre, part of the 3rd Brigade's Human Performance Framework, runs rehabilitation and physical training programs for wounded, injured and ill soldiers.



ABOVE: Physical resilience is one of the pillars that the Ready & Resilient program is based on.

really focus on what is important in terms of our people. I think the ADF grows and changes all the time, and Vasey is another example of how that has occurred. When I joined the Defence Force 30 years ago, Australia was a very different country, so all we're really doing is reflecting the modern environment."

State Secretary Scott Denner said RSL (Queensland Branch) is eager to assist Defence as it adapts to reflect the changing society.

"The RSL is engaged in building resilience within the Defence community, so we can help prevent issues, rather than working to fix an issue once it's occurred," Scott said.

#### GECKOS FAMILY CENTRE

Geckos was established 10 years ago by Lieutenant General John Caligari (retired) to increase family resilience among partners and children of

**"I THINK IT'S A FANTASTIC THING THAT IMPROVING RESILIENCE IS AT THE FOREFRONT. THE MORE RESILIENT WE ARE, THE MORE EFFECTIVELY WE CAN DO OUR JOB."**





**RIGHT:**  
Major Sara  
Molloy, Acting  
Senior Health  
Officer 3rd  
Brigade in front  
of the Soldier  
Recovery Centre  
at Lavarack  
Barracks  
Townsville  
(Department of  
Defence).



military personnel. RSL (Queensland Branch) and the North Queensland District began supporting the centre in 2016.

Geckos will become especially important this July, when 3rd Brigade returns to being the “ready” brigade and soldiers deploy back into field

operations. This is part of the Plan Beersheba cycle, which includes three phases of “reset”, “readying” and “ready”.

“Geckos is an opportunity for people to connect, particularly when soldiers are away, but also just normally as part of life,” Brig. Field said.

Health and Wellbeing Officer for 3rd Brigade Sara Molloy said Geckos welcomes families on base and demonstrates that they are part of the organisation and its military family.

“One of the toughest jobs of a military spouse is supporting your service partner. It creates a network for those personnel to engage with each other outside the Defence community as well where they can draw on each other for support,” Molloy said.

In recent years, the centre enjoyed an organic review and transformation, when it moved under the scope of the Human Performance Framework. Geckos’ usage steadily increased on a month-by-month comparison over the following year. Numbers in February 2017 were almost double that of February 2016, with over 2000 people visiting the centre during that month.

The brigade’s strong connection to the Townsville community is also vital to its success.

“The fantastic Townsville community is a real force multiplier for our brigade,” Brig. Field said. “You can really feel the energy in this place





and I think a lot of that comes from the mutual support between the city and us.”

Geckos provides an opportunity for community organisations such as schools, charities, RSL Sub Branches, Queensland Police Service and the Defence Community Organisation to assist the military family. Conversely, the brigade gives back to the local community, with each of its eight units supporting at least one school, a local charity and a Townsville-based ex-service organisation.

## SOLDIER RECOVERY CENTRE

The Soldier Recovery Centre (SRC) has operated for approximately five years and helps wounded, injured and ill soldiers in three ways – returning them to work in their current employment

category, returning them to work in a new category or supporting them through their transitioning out of Defence.

“When soldiers come back from their operational experience they will be different, so it’s a good opportunity to harness that capability and continue to build them as people,” Brig. Field said.

Officer in Charge at the centre, Simon O’Regan, said the program continually improves thanks to feedback from past participants, and includes a mixture of lessons in fitness, nutrition and goal setting with renowned sports psychologists. It helps soldiers evolve from being initially hesitant to motivated and self-confident as the course progresses.

“We see a lot of development of their emotional intelligence and

**ABOVE:**  
Australian Army officers Brigadier Chris Field, centre, and Colonel Richard Vagg, right, listen to a brief by Lance Corporal Mitchell Bowman during Operation Okra pre-deployment training at Robertson Barracks in the Northern Territory. (Department of Defence)

awareness of the skills they provide to the Army,” O’Regan said. “And we’ve seen some very good results with their motivation, self-efficacy and understanding of what their strengths and weaknesses are.”

The three pillars of the Human Performance Framework work together to provide a holistic approach to supporting the ADF’s most important asset – its personnel. And RSL (Queensland Branch) is there to assist throughout.

“The RSL is transitioning to support both current service people as well as veterans,” Scott said. “It’s very important to engage across the whole spectrum so the RSL is not a new organisation for them, but an organisation that’s partnered and supported them throughout their whole career.” ←



# New generation

## MARCHES FOR THE FALLEN

Complete silence is not the normal state of affairs at a large high school assembly; it's unusual not to hear even a whisper or a cough. But the students of Caloundra State High School sit quietly in the seats of the school's amphitheatre as the names of the fallen are called and their fellow students step forward to lay poppies in remembrance.

Today is the school's annual ANZAC ceremony.

Over the past weeks, more than 200 students have looked beyond the names painted on the Landsborough Roll of Honour to learn the stories of the young men who made the ultimate sacrifice for their country.

The culmination of their research is the ANZAC service, when students proudly bear the names of the diggers they've researched.

Caloundra State High School was one of the first schools on the Sunshine Coast to embrace the RSL's Community Link program, which has been incorporated into the Year 10 curriculum for almost a decade.

Caloundra State High School Head of Humanities Department Michele Irwin said the Community Link program helped today's young people connect personally with the history of WWI.

"Some of the young men the students are researching weren't much older than them when they went off to war," Ms Irwin said. "That really brings home to them the fact that many of these boys didn't return."

"It makes the story of the ANZACs more relatable than bare facts and faraway places on a map."



From Caloundra to Noosa Heads and west to Woodford, approximately 60 schools on the Sunshine Coast have participated in the Community Link program this year.

RSL Sunshine Coast District President Tony Ferris said the area's 11 Sub Branches had liaised closely with schools to engage students in learning about and honouring the fallen.

"Community Link is a way for the children of today to put a face and a story to the names from the past," Mr Ferris said. "It gives them a greater appreciation of the sacrifice local servicemen made during WWI."

**Anita Jaensch**

**"SOME OF THE YOUNG MEN THE STUDENTS ARE RESEARCHING WEREN'T MUCH OLDER THAN THEM WHEN THEY WENT OFF TO WAR. THAT REALLY BRINGS HOME TO THEM THE FACT THAT MANY OF THESE BOYS DIDN'T RETURN."**





**ABOVE:** Lex Gilvear, left, his wife Pam and son Scott at Caloundra State High School's ANZAC ceremony. Lex and Pam are stalwarts of Caloundra RSL Sub Branch, and much of its success is due to their service.

**TOP AND LEFT:** The students of Caloundra State High School stand quietly in the amphitheatre during the school's annual ANZAC ceremony.



# THE GAP SUB BRANCH HONOURS OVER 100 VETERANS

Students from The Gap State School marched in the 2017 ANZAC Day parade wearing RSL Community Link badges in honour of more than 100 veterans, including 40 from WWI, 60 from WWII and one from the United Nations.

Considering its dwindling membership, the Sub Branch considers this a real victory.

RSL Community Link gives people of all ages the opportunity to attend remembrance services as the personal representative of an Australian or Allied service veteran who has passed away, regardless of when or where they served.

The project began in 2013, when The Gap Historical Society provided the Sub Branch with a list of local veterans. The initial list included the names of 65 servicemen and women from WWII, as The Gap was a soldier settlement area. The inspiration for this project came from Sub Branch honorary secretary Kerry Parry, who enlisted the help of volunteer RSL Community Link Officer Steve Eaton, local historian Richard Speechly and Sub Branch stalwart Ray De Vere.

The Sub Branch's first Community Link badges arrived on April 2, 2015, three weeks before the ANZAC Day service. During 2015, the Sub Branch put articles in the local newspaper to find out more information about local veterans and received some calls from widows providing information about their husbands.

Slowly, they gathered more names and in 2016 they had 65 names with badges, which were passed out to five schools. A local resident then suggested investigating the history of the WWI veterans who took up land



**“THE PROJECT BEGAN IN 2013, WHEN THE GAP HISTORICAL SOCIETY PROVIDED THE SUB BRANCH WITH A LIST OF LOCAL VETERANS. THE INITIAL LIST INCLUDED THE NAMES OF 65 SERVICEMEN AND WOMEN FROM WWII, AS THE GAP WAS A SOLDIER SETTLEMENT AREA.”**

along Settlement Road. Kerry went back to The Gap Historical Society and began searching for another 42 veterans who were allocated land along Settlement Road in 1921. Douglas Clendinen, the son of Sub Branch member Arthur, also helped with the research.

**ABOVE:** On March 10, The Gap RSL Sub Branch organised a ceremony where a local family was presented with unclaimed medals.

Further research through the National Archives of Australia and the Australian War Memorial websites enabled Kerry and Douglas to confirm some names and service numbers. These records contained much of the information needed for their Community Link badges.



**RIGHT:** Bald Hills State School students Thomas and Charlie, front, and Blake, following, hold a poster of their research into the service of Thomas Andrew Loman of the 2nd Australian Light Horse Regt (WWI) at the school's ANZAC service on April 24. The RSL Community Link project was gifted to the school by Geebung-Zillmere-Bald Hills-Aspley RSL Sub Branch.



The National Library of Australia's Trove website yielded some interesting facts about the settlers and their families. Overall, Kerry worked on the project for nearly a year, saying, "I was pleased to be part of it, and I'll continue working on it. Hopefully I can find a complete list and records of these almost forgotten soldiers."

During their research, the Sub Branch found that several veterans had never claimed their medals. In 2016, Kerry received a phone call that began with, "What happened to the medals of my two uncles? I think Dad threw them in the bin!" Kerry found that one brother was killed in action on May 28, 1943, and the other discharged after his brother's death. She checked the information received from the Directorate of Honours and Awards and found the medals had never been claimed.

On March 10, 2017, the Sub Branch organised a ceremony during which senior representatives of the Australian Defence Force presented the family with the unclaimed medals. After 74 years of the family thinking the medals had been thrown away, the Sub Branch had the happy task of seeing them finally presented to proud family members.

The Gap RSL Community Link project is ongoing, with Kerry and Douglas recently conducting research into the Mount Nebo Highlands Soldiers' Settlement. They now have an extra 17 soldiers from Settlement Road and 37 from the Highlands Soldiers' Settlement. The list is growing, and with it grows the number of students who will march in honour of deceased veterans who made The Gap their home.

## ANZAC DAY PROJECTS AROUND

This ANZAC Day, RSL Community Link delivered 67 projects to schools around Queensland – an additional commitment to the multiple schools that already run RSL Community Link school projects throughout the year. It is a mammoth undertaking for the small Community Link team.

For the past 20 years, Sub Branches around Queensland have generously purchased RSL Community Link projects for their local schools, and this year the North Gold Coast RSL Sub Branch set a record by donating projects to 25 local schools.

Thanks to the Sub Branch, 25 schools received the North Gold Coast WWI Link Project, which honours 29 WWI soldiers from the local area who died during their service. The names of these soldiers can be found on the Tamborine Road Memorial, Ormeau Memorial and the Australian War Memorial Roll of Honour.

Assisi Catholic College in Upper Coomera received one of the RSL Community Link projects honouring local fallen, with history department head teacher Kelly Chase expressing appreciation for the amazing resource.

"Our Year 9 students do a large research project on WWI, where the culminating assessment is to curate a museum evening at the school," Kelly said. "This resource will be invaluable for both that project and our commemorative services at the school."

Each of the North Gold Coast schools received a tailored project kit and research guide enabling students and teachers to learn more about the individual soldiers from their war service records. This year for ANZAC Day, and in each coming year, the schools can select 29 students to represent these same soldiers at the school ANZAC service.

In addition, Helensvale State High School also received the Queensland-born Indigenous WWI Link Project, which honours 27 Indigenous WWI soldiers who were born in Queensland and died during their service.

Other highlights this year included the Cooktown RSL Sub Branch, which purchased the Queensland-born Indigenous WWI Link Project for the local Aboriginal land care education organisation, the Junior Rangers.

In Central Queensland, two primary schools in Collinsville each purchased the Collinsville WWII Link Project, which honours nine local service people named on the Collinsville War Memorial, including the extraordinary nurse Pauline Blanche Hempsted, who died while a prisoner of war on Bangka Island.

Nambour RSL Sub Branch was another strong supporter of RSL Community Link, gifting projects to 10 local schools honouring local fallen and Sub Branch members who have passed away.



# BRIGHTER FUTURES THROUGH EDUCATION

Matilda Dray





A new scholarship program developed by RSL (Queensland Branch) is helping provide educational opportunities to deserving dependents of Australian veterans.

 Matilda Dray

**NINETEEN-YEAR-OLD** Sarah L\* is an intelligent, hard-working student with promising university prospects, yet her struggles with anorexia, mental health issues and family budget constraints severely threatened her bright future. Thanks, in part, to the RSL Queensland Scholarship program developed to provide educational opportunities for dependents of Australian veterans, Sarah is now enrolled in her dream tertiary study – a Bachelor of Arts at the University of Melbourne.

**“I HAVE A LOT OF ANXIETY ABOUT MONEY AND IT WEIGHED HEAVILY ON MY MIND. THE SCHOLARSHIP HAS MADE ME STOP FREAKING OUT. GIVEN MY MENTAL ILLNESS HISTORY, THAT IS KIND OF A BIG DEAL. I CANNOT EXAGGERATE HOW MUCH IT HAS HELPED.”**

“I thought I was never going to get into university, because I couldn’t afford it,” Sarah said. “I have a lot of anxiety about money and it weighed heavily on my mind. The scholarship has made me stop freaking out. Given my mental illness history, that is kind of a big deal. I cannot exaggerate how much it has helped.”

Sarah is one of 34 students awarded scholarships valued up to \$12,000 over three years by RSL (Queensland Branch) in a new scholarship program launched in August 2016. Applicants were assessed based on factors including merit, financial hardship and deservedness. The program is managed by the Australian Veterans’ Children Assistance Trust (AVCAT) – a national, independent charity helping children and grandchildren of Australian



**“BECAUSE OF DAD’S EXPERIENCES WITH PTSD IT’S ALLOWED HIM TO BE MORE UNDERSTANDING OF MY MENTAL ILLNESS. I WOULD HAVE BREAKDOWNS OVER FOOD AND HE WOULD KNOW THAT IT WASN’T TOTALLY ME, BECAUSE HE KNEW WHAT IT WAS LIKE TO NOT BE TOTALLY HIMSELF.”**



veterans to a better future through education.

Sarah’s father Peter\* was a pilot in the Australian Defence Force for 21 years and developed several service-related disabilities as a result. Peter’s condition affected his family, including his wife Margaret\*, who he met in the Air Force, and his daughter Sarah. He has not worked since 1994 and Margaret receives a carer’s payment and carer’s allowance through the Department of Veteran Affairs to help take care of him.

According to her psychologist, Sarah’s perfectionism and obsessive compulsive disorder (OCD) likely stem from her father’s service-related issues and military-style upbringing. Sarah, who grew up in Nambour, Queensland, has spoken publicly about her battles with anorexia and mental health issues.

She was periodically underweight from age 12 to 16 and missed large portions of school during years nine to 11. At that point, she weighed just 22 kilograms and her doctor – who is renowned for treating anorexia patients – said it was one of the most severe cases she had ever seen. Sarah took a one-year break from school, before returning to finish year 12. But during that time depression reared its

ugly head, and she attempted suicide three times.

Despite these intense challenges, Sarah remained an A+ student throughout high school.

“I was very fervent about going back, because education is so important. I love learning and I desperately wanted to go to the University of Melbourne, because it is the best university in Australia. And I really want to pursue a Masters and a PhD down the line.

“I was in a very precarious position. I haven’t really had a normal life. Dealing with OCD, depression and anorexia has prevented me from doing a lot of things. That also includes getting a job and trying to be financially secure,” Sarah said.

Although they gave assurances they could afford it, Sarah knew the University of Melbourne would significantly stretch her parents’ finances. The scholarship will help with subject fees and living expenses.

“I shudder to think what I would have done without it,” Sarah said. “I would have tried my hardest to find some way around it, but I definitely needed it.”

In between school and starting university in 2017, Sarah’s major accomplishment was working through





If this article raised any issues and you would like to speak to someone, the Veterans and Veterans Families Counselling Service is available on 1800 011 046.

**“SARAH’S PERFECTIONISM AND OBSESSIVE COMPULSIVE DISORDER (OCD) LIKELY STEM FROM HER FATHER’S SERVICE-RELATED ISSUES AND MILITARY-STYLE UPBRINGING.”**

her suicidality. Although her wellbeing is still a work in progress, she said, “Because I’ve had so much experience I don’t need to see someone every week or even every month now. I have the tools to look after myself.”

Sarah is studying ancient Greek and Japanese, history, writing and loves visual art, computer programming and car mechanics.

“I have a lot of options of what I can do. I have the trouble of liking too much.”

Sarah is deeply proud of how supportive her parents are.

“My dad is very enthusiastic about my studying. They want me to do exactly what I want to do. So, it’s really nice to have that support from them. I’ve been privileged in that respect.”

Sarah also admits to feeling somewhat ashamed as she contrasts her own experience with that of her father, who she describes as suffering from post-traumatic stress disorder (PTSD) developed “from actual conflict”. But this has made her closer to him and a largely unspoken bond exists between father and daughter, due to a common understanding of shared traumatic experiences.

“Because of his experiences with PTSD it’s allowed him to be more

understanding of my mental illness. I would have breakdowns over food and he would know that it wasn’t totally me, because he knew what it was like to not be totally himself.”

Peter served in the Royal Australian Air Force from 1971-88 and the Army from 1988-92. He experienced several disturbing incidents during his service, including navigating through fire fights during peacekeeping missions with the United Nations in Ismailia, Egypt, and emergency evacuation in disasters.

These incidents had a lasting effect on his psyche, yet his PTSD wasn’t formally recognised until 2014. Prior to that, his family didn’t fully understand that some of his quirks were related to his service and affectionately called him “Mad Dad”.

“When things are out of his control he panics. And he doesn’t like loud noises. Everything was done in a military manner. If we were going to the grocery store it would be executed military-style.”

Sarah’s father faced an emotional block when it came to speaking about the difficult aspects of his service, and would instead talk at length about his love of flying or the science behind flying.

“As I got older, I realised there was a

part he never talked about. It affected us all in different ways. When he saw something going south he immediately wanted to get involved, sometimes at the sacrifice of us.”

There are other idiosyncrasies to his personality that demonstrate a distinct departure from military style.

“He bought a bed blanket several years ago that was bright pink with floral designs, because he wants to get away from the military aesthetic. He loves sleeping in until 9am, playing video games and he’s a bit eccentric,” Sarah said.

Since he started getting help in 2015, she has noticed a positive difference in his personality.

“He’s able to control his anger. He doesn’t immediately get involved and try to fix everything all the time. He stands up more for himself.”

Since 2015, Peter and Margaret have volunteered with the Vietnam Veterans Association on the Sunshine Coast.

“It’s been a great environment for them, being engaged in a community that understands them,” Sarah said.

*\*Names changed for privacy reasons. ←*





# JUN.

## THIS MONTH IN AUSTRALIAN MILITARY HISTORY

**01.06  
1918**

### **RAN aircraft first used in combat**

First use of aircraft in combat by ships of the Royal Australian Navy in the Heligoland Bight. Aircraft were launched from HMAS *Sydney* and *Melbourne* to intercept two German aircraft.

**02.06  
1967**

### **2nd Battalion, Royal Australian Regiment, arrives in Vietnam**

By 1967 Australia's commitment to the Vietnam War was increasing as the Australian Task Force expanded its control over areas of Phuc Tuy Province.

**06.06  
1944**

### **► D-Day**

Allies land in Normandy, opening up a third front against Germany and beginning an eastward drive across northern Europe that ended with Germany's surrender in May 1945.



**06.06  
1969**

### **Battle of Binh Ba, South Vietnam**

Binh Ba was the site of a battle between an Australian Ready Reaction Force and Viet Cong guerrillas and North Vietnamese Army troops. The enemy were driven off after more than a day's fighting.



**08.06  
1941**

### **◀ Australians attack Vichy French in Syria**

7th Division and Imperial forces attack Vichy French in Syria.

**08.06  
1942**

### **Sydney and Newcastle shelled**

A week after they launched the midget submarines that attacked Sydney Harbour, four large Japanese submarines shell Sydney and Newcastle, but to little effect.

**08.06  
1950**

### **General Sir Thomas Blamey appointed Field Marshal**

General Sir Thomas Blamey, Commander-in-Chief Allied Land Forces, South West Pacific Area in WWII was promoted to the rank of field marshal. He remains the only Australian ever to attain this rank.

**13.06  
1941**

### **Battle for Jezzine, Lebanon**

The battle was one of several hard-fought actions in the five-week-long campaign by the Allies against Vichy French forces in Syria and Lebanon.

**13.06  
1945**

### **▼ Australians capture Brunei**

The Australian occupation of Brunei was aimed at permitting the establishment of an advanced fleet base to protect Brunei's oil and rubber resources.

**16.06  
1948**

### **Malayan Emergency declared**

The Australian involvement in the Malayan Emergency lasted from 1950 to 1960, making it the longest continuing military commitment in our history. Fifty-one Australian servicemen died in Malaya.

**18.06  
1943**

### **Government announces Australia is no longer threatened with invasion**

By 1943 it was clear that the Japanese no longer had the capacity to threaten Australia with invasion (though it later emerged that no such invasion was ever planned by the Japanese).

**18.06  
1953**

### **Australian prisoners of the Korean War released at Panmunjon**

Thirty Australians were taken prisoner in Korea; one of these died while in captivity.





**20.06**  
**1864**

**Australians in action at Te Ranga, New Zealand**

More than 2500 men from the Australian colonies crossed the Tasman to fight in the New Zealand wars. Most joined the Waikato militia regiments and became involved in patrolling and garrison duties.

**20.06**  
**1943**

► **Darwin bombed**

Darwin was bombed by Japanese aircraft 64 times during WWII.



**21.06**  
**1941**

**Damascus occupied**

Damascus was a secondary objective for the Allies during the five-week Syrian campaign, in which the capture of coastal towns Damour and Beirut and the inland town of Merdjayoun were more important to the outcome.

**21.06**  
**1951**

**3rd Battalion, RAR, awarded US Presidential Distinguished Unit Citation**

The US Presidential Distinguished Unit Citation was awarded to 3rd Battalion, RAR, for "extraordinary heroism and outstanding performance" at the battle of Kapyong, Korea.

**22.06**  
**1941**

**Operation Barbarossa launched**

Germany's invasion of Russia led to the greatest clash of arms in history. The war occupied the greatest proportion of German manpower and much of the burden of defeating Germany fell to Russia.

**25.06**  
**1950**

**North Korea invades South Korea**

Beginning of the three-year-long Korean War.

**27.06**  
**1911**

**Royal Military College, Duntroon, opens**

The Royal Military College, Duntroon, was created at the suggestion of Field Marshal Lord Kitchener; its first commandant was Colonel WT Bridges, who later died of wounds received on Gallipoli.

**27.06**  
**1950**

**RAAF bomber squadron to Malaya**

Six RAAF Lincolns of No. 1 Squadron, RAAF, and a flight of Dakotas from No. 38 Squadron formed part of the Far East Air Force – Australia's first involvement in the Malayan Emergency.

**28.06**  
**1919**

**Treaty of Versailles signed**

The Paris Peace Conference concluded with the signing of the Treaty of Versailles. The treaty, signed between Germany and 27 victorious powers, punished Germany both territorially and financially for its role in WWI.

**28.06**  
**1950**

**Seoul captured**

The North Korean People's Army captured Seoul in their initial southward advance; by the end of the Korean War the city had changed hands four times.



**29.06**  
**1950**

◀ **Australia commits military units to the United Nations Force in Korea**

Australia was one of the first nations to commit units from each of the three services to the war in Korea. Australians in Korea fought as part of the UN Command.

**30.06**  
**1942**

**Australian troops raid Salamaua**

The raid on Salamaua was carried out by men of the New Guinea Volunteer Rifles and the 2/5th Independent Company, causing damage to Japanese facilities and supplies.

**30.06**  
**1950**

**No. 77 Squadron, RAAF, committed to Korea**

Prime Minister Menzies announced that No. 77 Squadron, RAAF, was to be committed to combat duties in Korea. This was the first Australian unit sent to the war in Korea.

**30.06**  
**1971**

► **Final anti-war rally**

110,000 people in Australian cities demonstrated against the war in Vietnam.



\*All content included in this calendar of Australian Military History has been sourced from the Australian War Memorial.





## VILLAS NAMED IN HONOUR OF RSL MEMBER DOUGLAS FARMER

Kingaroy-Memerambi RSL Sub Branch recently held a ceremony to mark the completion of four new villas in the Kingaroy RSL Villa Complex. It was named the Douglas Newton Farmer OAM RSL Villa Complex in honour of long-time Sub Branch member Doug Farmer, who was secretary when the villas were first built in 1993. Pictured at the ceremony are Kingaroy-Memerambi Sub Branch President Don Davey, left, Douglas Newton Farmer OAM, Neil Burrows and South Burnett Regional Council Mayor Keith Campbell.



## MARIAN SUB BRANCH HONOURS SHEEDY FAMILY

Marian RSL Sub Branch president John Edwards, right, presents the Sheedy brothers Peter, Terry and Barry with a certificate of appreciation at the ANZAC Day dawn service. The certificate honours their father for his years of service auditing the Sub Branch from 1946 to 1973.



## SUNSHINE COAST LAWN BOWLS TEAM COMPETES IN BALLINA

Sunshine Coast RSL lawn bowls team travelled to Ballina recently for a competition. Thirty bowlers from each club took to the greens, with windy conditions and a fast playing surface providing an extra challenge for the players. Members also enjoyed the Ballina club's hospitality. Sunshine Coast President Geoff Cagney thanked the Sunshine Coast District RSL and the Caloundra RSL Sub Branch for supporting these trips for veterans and their partners. It represents another means of assisting veterans to relax and enjoy each other's company.



### PIONEER FITZROY HIGHLANDS RSL DISTRICT AGM

Pictured at the recent Pioneer Fitzroy Highlands RSL District AGM on March 18 are Pioneer Fitzroy Highlands District President Barry Vains, left, Deputy Mayor of Mackay Regional Council Amanda Camm, RSL (Queensland Branch) State President Stewart Cameron and Farleigh-Northern Beaches Sub Branch President Greg Smith.



### CENTRAL COUNCIL OF WOMEN'S AUXILIARIES

The Queensland State Council of Auxiliaries sent two representatives to the 70th Annual General Meeting of the New South Wales Central Council of Women's Auxiliaries in Sydney recently. Pictured at the event are State President of NSW Central Council of Women's Auxiliaries Pauline James, left, Queensland State Council of Auxiliaries President Lynne Gambrill, Governor of NSW (who officially opened the Kokoda Memorial Walk) His Excellency General Hon David Hurley AC DSC (Ret), Queensland State Council of Auxiliaries State Secretary Maureen Sargent and Patron of the NSW CCWA Linda Hurley.

### THE OLD AND THE NEW

Bardon Sub Branch Secretary Kevin Howard, a veteran of the Korean, Malay and Vietnam wars, was attending an ANZAC Day service at Bardon Bowls Club when he was introduced to veteran Andrea Tinks, who recently completed a nine-month tour with the RAAF in Baghdad. Since her return, Andrea and her husband Brad have been busy with their family.





# C OMMUNITY



## CERTIFICATE OF SERVICE HONOURS LATE SERVICEMEN

Caloundra RSL Sub Branch member Wing Commander Robyne Green presented Bonny Perry with her late husband's Certificate of Service on April 20. Flight Sergeant Andrew 'Mung' Perry was an Airfield Defence Guard in the RAAF and served 24 years. He was deployed to Iraq and Afghanistan as a sniper. He returned from Afghanistan in December 2013 diagnosed with post-traumatic stress disorder (PTSD). Mung lost his battle with PTSD in December 2015, taking his own life. Robyne is the Bereavement Officer to the Chief of Air Force in Canberra.



## STUDENTS GET A KICK OUT OF LIGHTHORSE REGIMENT

Tin Can Bay Primary School students enjoyed a visit from the 5th Lighthorse Regiment Gympie in the lead-up to ANZAC Day, organised by the Tin Can RSL Sub Branch school liaison officer.



## AIR FORCE CADETS APPRECIATE SHIRT DONATION

The 101 Squadron Australian Air Force Cadets thanked the North Queensland RSL District for donating shirts to 33 cadets and staff for a trip from Townsville to Melbourne for the 2017 Avalon International Air Show in March.

## FAR NORTH QUEENSLAND VOLUNTEER OF THE YEAR FINALISTS

Cairns RSL Sub Branch congratulated Phil Watson, left, and Murray O'Neill, right, for being finalists in the Far North Queensland Volunteer of the Year Award. They are pictured with Rebecca Milliner, of Cairns RSL events and marketing, and Katherine Young, RSL board member and Director of Pensions, Advocacy and Welfare Services. Despite not having a military background, Murray has volunteered tirelessly for more than two years to enrich the lives of many RSL members and preserve the military history of Cairns through his work as museum coordinator of the Kokoda Hall Museum. Phil has been the Cairns RSL Sub Branch volunteer senior compensation officer for more than nine years, a role that provides assistance in pensions, advocacy and welfare on behalf of the Sub Branch.







### 25-POUNDER GUN RESTORED AND UNVEILED

Ipswich RSL Sub Branch recently had its 25-pounder gun unveiled by Ipswich Mayor Paul Pisasale, Ipswich RSL President Rob H Wadley and Ipswich Railways RSL President Ray Watherston. For many years, the gun stood in front of the old RSL Services Club in Ipswich but, when the club was sold and changed its name, the gun was removed. The East Coast Apprenticeships group restored the gun, using young men in youth detention, with assistance from the 1st Regiment RAA. The gun represents the long history of artillery in Ipswich and is a memorial to all military personnel.



### PLAQUE HONOURS FIRST MAN TO LAND ON THE SHORES OF GALLIPOLI

The Hervey Bay RSL Sub Branch 9th Battalion WWI Re-Enactment Group was invited by the Maryborough RSL Sub Branch to participate in the unveiling of a plaque in honour of Major Duncan Chapman, a Maryborough local and the first man to land on the shores of Gallipoli on April 25, 1915. The plaque is in front of Duncan Chapman's childhood home in Maryborough and has been inducted into the Maryborough Military Trail.



### GREENBANK SUB BRANCH SUPPORTS LOCAL SCHOOLS

Greenbank RSL Sub Branch, the Greenbank Sub-Section of the Naval Association and the Logan RAAF Association continue providing financial support to local schools. This year, they gave \$5500 to Boronia Heights State School to help disadvantaged children. One recipient, a six-year-old, was struggling to cope in the absence of both parents and the school assisted the grandparents, who had taken responsibility of the child. School principal Sue Clark is pictured accepting the cheque.

### TOWNSVILLE FUNDS REFURBISHMENT OF LAND ROVER

Townsville RSL Sub Branch provided a grant to enable the refurbishment of a Land Rover for the 3rd Combat Signal Regiment to use on ANZAC Day and other significant events. Seventeen members of the Royal Australian Electrical and Mechanical Engineers (RAEME) Association spent approximately 700 hours rebuilding a Series 2 GS Land Rover that was part of the ceremonial vehicle pool within the Ordnance Museum at Bandiana. Members of the Signals Squadrons and the Transport Troop helped restore the vehicle body. The vehicle will be used as a training aid for RAEME trainees into the future to continuously improve the vehicle's capability.





### THE GAP HELPS FAMILY CLAIM MEDALS

Following WWII, the government set up “Soldier Settler” farms at The Gap to provide opportunities for returned servicemen. The Gap RSL Sub Branch has an excellent Community Link School Project based on their local Soldier Settlers.

Each ANZAC Day, The Gap State High School students march wearing RSL Community Link Veteran’s Memorial Plaques to honour those deceased servicemen. As part of their research for the project, the Sub Branch contacted the Department of Defence Directorate of Honours and Awards to find out what each person’s medal entitlements were. During that process, they discovered that some servicemen had never received their medals and, with the assistance of the Sub Branch, the families claimed them posthumously.

Wilfred Chapman of The Gap served in WWII, but didn’t claim his medals. His brother, Flight Sergeant Arthur Chapman, was killed in action during a bombing raid over Europe in 1940, and his medals were also never claimed. The Gap Sub Branch helped the family claim them for both brothers and Royal Australian Air Force Group Captain Paddison recently presented them to the family at a ceremony at the Gap Cenotaph.



### RECLAIMED WWI MEDAL TO BE RESTORED

Each edition of *Queensland RSL News* includes a list of military medals, both lost and found, that are held in the hope of being reunited with their rightful owners.

In this case, the British WWI medal belonged to Private Harold Brooks (his surname Brookes was misspelled) of the 17th Australian Infantry Battalion, Australian Imperial Force – Service Number 1378. The medal was found (missing its ribbon) in 2013 by someone cleaning out an old shed. This community-minded person handed it in to RSL (Queensland Branch) and volunteer RSL Community Link Officer Steve Eaton listed it in *Queensland RSL News* and *Vetaffairs*, where it was seen by a family member in 2016.

Harold Brookes appeared to have no direct descendants; however, his wife remarried after his death and the medal has now been claimed by one of her grandchildren, David Holloway. David plans to restore the medal to its original condition (including the ribbon) for proud display. He lives in Toowoomba and is pictured collecting the medal from the Western District RSL Office in Toowoomba.

View the current list of lost and found medals on page 102.

### AUTHOR LAUNCHES BOOK AND FULFILLS PROMISE TO LATE FRIEND

Maureen Newnham holds a portrait of her co-author and friend, the late Lee Larard, and the book they set out to write together. Maureen launched the book – about WWI soldiers honoured on the Townsville cenotaph – on April 20 and fulfilled a promise she had made to her friend. Maureen and Lee started the project in 2005 to give the names on the cenotaph an identity and connect them to families, businesses and streets in Townsville. Lee lost her battle with breast cancer in 2009.





# MATES 4 MATES

ISSUE 03, 2017

**YOUTH OF**  
Tomorrow

Psych's tips on  
Hiking with  
Awareness:

**12**  
breaths to  
steady the  
storm

## ANZAC DAY DAWN SERVICE

*on the Sydney  
Harbour Bridge*

**Meet:**  
Cameron  
Simpson  
& Luke  
Wood





## CEO UPDATE



**IT'S** hard to believe we are already halfway through 2017! As we head into the second half of the year, Mates4Mates is continuing to grow to keep up with the demand from our veterans. We are inducting more Mates and family members from across the country and expanding the services we offer so more people can be involved.

The past few months have been very busy for us. We have recently had a team complete the Kokoda Trek as part of our Rehabilitation Adventure Challenges. I've trekked Kokoda with my son and it's certainly not easy! Our Mates and their family members who set off to trek Kokoda in May came back with a greater understanding of the history of the track and the sacrifices that were paid during the battles there. They also experienced their own personal growth, helping to overcome the challenges and obstacles they've been facing. It was a wonderful achievement for all – particularly in this, the 75th anniversary year.

In May, we started our second round of Churchill Education Scholarships – this time with partners of Mates. The program allows participants to complete a Diploma of Leadership and Management, which is a nationally recognised qualification and allows partners of Mates to work with a qualified trainer. It's a highly sought-after qualification and one that will allow the partners of our Mates to gain further education in a flexible and tailored way.

We have further enhanced our ability to find Mates and family members employment. From late May, our recruitment partner, Ironside Recruitment, has a staff member working from the Mates4Mates Milton Family Recovery Centre on Fridays.

Once again, I would just like to thank RSL (Queensland Branch) for the ongoing support they provide to Mates4Mates. This support makes a difference to our Mates and their families, every day.

*Simon Sauer AM, CSC*  
**CEO Mates4Mates** <

## EXPRESSIONS OF INTEREST CLOSING SOON

**WE'VE** got expressions of interest (EOIs) closing soon for some of our Adventure Challenges. If you'd like to apply, please contact [admin@mates4mates.org](mailto:admin@mates4mates.org) or visit the website for all the specific information about each activity.

### **Dawson River Retreat**

**Dates:** September 4-8

**EOIs close:** June 23, 2017

### **Brave the Crossing – Bass Strait 2018**

**Dates:** February 1-18

**EOIs close:** July 8, 2017

### **Equine Therapy (Couples)**

**South Queensland**

**Dates:** September 17-22

**EOIs close:** July 21, 2017

### **Jubilee Sailing**

**Dates:** October 30 – November 5

Sailing from Brisbane to Sydney

**EOIs close:** August 18, 2017





# ANZAC DAY DAWN SERVICE ON THE SYDNEY HARBOUR BRIDGE



ON ANZAC Day this year, 100 people climbed the 1332 steps in the pitch black to gather at the top of one of Australia's most iconic landmarks – the Sydney Harbour Bridge. As the sun came up, everyone paused to remember those who have paid the ultimate sacrifice, and also spare a thought for those still struggling with the psychological battles of war.

The service was run by ex-servicemen, including ex-SAS Will Beaumont. Will served in the Australian Army for just under 15 years, and read *The Ode* as part of the Dawn Service.

"Reading *The Ode* always draws a few tears and there are a few choke points for me. I found it particularly emotional, but was humbled to be able to read it," Will said.

"The morning was silent, still and the light breeze created a few moments in slow time, where I just remembered friends; some fallen and lost, some suffering who haven't recovered, and those who have just vanished altogether, with no last known address."

As the bugler played *The Last Post*, everyone stood watching the sunrise over Sydney.

"Watching that sunrise bounce off the morning clouds as it crested on the horizon was unlike any other sunrise I had seen," Will said.

This year, Mates4Mates was lucky enough to be chosen by BridgeClimb Sydney as the charity of choice for the Dawn Service. This meant all profits from ticket sales went directly to Mates4Mates.

After transitioning out of Defence, Will was one of the lucky ones who had a job and a new career path, and a supportive family there to help when things got tough. He's had friends from his time in the Army that still struggle every day trying to find their place in civilian life.

"Many soldiers search for a relevance in society when they leave Defence and they often encounter difficulty adapting.

"Mates4Mates is a safe place, filled with familiar faces and experiences, where people can overcome some barriers. This is why it's so important to support Mates4Mates, whether it be in a small or significant way."

Mates4Mates would like to say thank you to BridgeClimb Sydney for partnering with us to deliver this moving service on ANZAC Day 2017. We'd also like to thank Nathan Jacobsen and Cameron Simpson who were also involved in the service. <

*"Watching that sunrise bounce off the morning clouds as it crested on the horizon was unlike any other sunrise I had seen."*





# MEET Cameron Simpson

**THE** grandson of a firefighter and the son of two police officers, Cameron was always destined for a life in the emergency services. He started his working career as a horticulturist, but had always dreamed of being a firefighter, and four years ago he was accepted into the New South Wales Fire Service. Something he didn't

think about while he was growing up was being part of the Firefighters Calendar.

After finding out about the calendar through friends at work in 2015, Cameron has just completed his third photoshoot for the calendar.

"I never thought that I would make one calendar, let alone be doing my third shoot!" Cameron said.

"Previous years I've just done a one-day photoshoot, but this year I was up in Queensland shooting for four days.

"It's always a lot of fun, though, with plenty of laughs. Plus, we get to take photos with some super cute animals. For those who bought the calendar last year, I can confirm the puppies are back in 2018!"

If you've ever seen one of these calendars, you'd be right to assume that a lot of training goes on before the photoshoot. However, Cameron says he doesn't change his training too much in the lead-up to the shoot.

"I'll alter my diet as the shoot gets closer, tracking calories and, unfortunately, have to stop having the occasional treats for a little bit!"

For those who are thinking about applying to be in the calendar, Cameron says go for it!

"We're always looking for new faces from all fire services – including volunteer, Army, RAAF, full-time and part-timers."

It's not all glamour and muscles, though; the calendar actually helps a number of charities – including Mates4Mates. Some of the other charities supported by



the calendar include the Children's Hospital Foundation and the Children's Hospital at Westmead.

"The calendar's contribution to the hospitals goes towards buying advanced machines, research and development to help with the children's recovery or let them live a more comfortable life."

Mates4Mates is a charity Cameron's passionate about supporting. Having current and ex-serving friends, many of whom have seen things most normal people will never see, he says it's important to support the work Mates4Mates does every day to help our veterans.

"It's so reassuring that Mates4Mates does exist and they're able to offer the physical and emotional support to the incredible servicemen and women who've selflessly given so much to defend our country and make the world a better place." <

*"It's so reassuring that Mates4Mates does exist and they're able to offer the physical and emotional support to the incredible servicemen and women who've selflessly given so much to defend our country and make the world a better place."*

Mates4Mates would like to thank the Australian



# MEET *Luke Wood*

**A CHILDHOOD** dream quickly became a reality for firefighter Luke Wood. Luke has been a full-time firefighter for six years and a volunteer firefighter for four years – something he'd always wanted to do. It wasn't until a friend tagged him in a Facebook post that he considered being part of the Australian Firefighters Calendar, though.

"Being a firefighter was my childhood dream!" Luke said.

Luke started his career in the fire service after serving for four years in the Australian Army as a Private in 3RAR. During his career in the Army, Luke was deployed three times.

"I was deployed to the Solomon Islands in 2006, Iraq in 2006 and East Timor in 2008," he said.

It's probably his time in the Army that contributed to Luke's strict training regime. He trains six days a week with a focus on weights – particularly in the lead-up to the calendar photoshoot.

For anyone thinking of applying for the calendar, Luke says get involved!

"Please apply! We want as many firefighters to be part of this amazing organisation as possible, so we can continue to help the charities the calendar supports."

As an ex-serving member of the Australian Defence Force, Luke is passionate about helping Mates4Mates and is proud that the Australian Firefighters Calendar, an organisation he's been involved with for four years, is supporting Mates4Mates.

"I have seen first-hand how many ex-military personnel and their families struggle with life after the military. Mates4Mates is saving lives and there is nothing more important than that." <



*"Mates4Mates is saving lives and there is nothing more important than that."*

## *Firefighters Calendar for their ongoing support!*



# YOUTH of Tomorrow



**ONE** of the most important things we can teach our kids is the history of Australia and how our nation was forged on foreign fields hundreds of years ago. Mates4Mates recently partnered with Youth of Tomorrow and Tennis Queensland to present at the Queensland School Education Program (SEP). This was the first time the program had been delivered in Queensland, following 10 years of success in Melbourne.

More than 200 students from across the state took part in the program, where they were given a unique insight into the events at Gallipoli, the benefits of living a healthy lifestyle and the values of mateship that are integral to the ANZAC spirit.

The SEP uses sport and education together to promote these values and ensure the teachings are engaging and relevant to today's youth.

Mates4Mates was part of the inaugural event this year and presented to the students about Gallipoli and the ANZACs, as well as the ongoing support needed by veterans.

Brisbane Liaison Officer Rhys Gelsthorpe delivered the presentations throughout the day and said the event was a great way for kids to learn about Australia's history.

"When I started at Mates4Mates, there was no way I thought I'd be presenting to school kids about the ANZAC tradition, but it was

*"More than 200 students from across the state took part in the program, where they were given a unique insight into the events at Gallipoli, the benefits of living a healthy lifestyle and the values of mateship that are integral to the ANZAC spirit."*

great to teach them that the ANZAC story, to me, is the birth of the Australian spirit," Rhys said.

"I was able to tell them about why the ANZAC tradition is important to me as an ex-serving ADF member, and how the story of mateship and endurance established a lot of things that make me proud to be an Australian and proud to have served in the Australian Army."

As part of this presentation, Mates4Mates worked with the co-founder of Youth of Tomorrow Umit Oraloglu and the Honorary Consul General, the Republic of Turkey in Queensland, Turgut Allahmanli.

The Honorary Consul General said the SEP was a great initiative to strengthen the existing relationship between Australia and Turkey.

"The SEP offers a great opportunity for the youth to learn about the Gallipoli campaign and the Turkish Government is honoured to be the principal partner of a project that brings together the community by blending sport and education, and building this unique friendship between Australia and Turkey," Mr Allahmanli said.

Overall, Mates4Mates thought the morning was extremely successful and we hope the students who attended learnt something about our important history as a nation. <



# PSYCH'S TIPS ON HIKING WITH AWARENESS: 12 BREATHS TO STEADY THE STORM

By Heath Christie

**PLANNING** on attending one of Mates4Mates' many Rehabilitative Adventure Challenges or activities such as Kokoda, Aussie 10 or Dawson River Retreat – or simply wanting to find better ways to manage stress and anxiety in your life? Then the following information may be just the thing to get you on track (excuse the pun) and get control back in your life.

When we are controlled by the "just get the job done" rule (necessary for military life, but very damaging for life outside the military), this creates anxiety and stress. This is the purpose of such a rule: to motivate our resources despite conflicting demands. However, this also causes rapid and shallow breathing, which activates the fight/flight part of the brain, resulting in increased heart rate, increased blood pressure and muscle tension. Hardly a state from which we can enjoy a beautiful hike in the bush!

So, how do we steady this emotional storm? Yep, you guessed it, by BREATHING! So, when you are on your weekend hikes and you are feeling like your thoughts are switching on your "just get the job done" rule and the resultant body stress, just stop (yep, remember it's OK to stop).



One breathing technique to try is outlined below:

- First, take 12 slow, deep breaths.
- Then, take three breaths and focus on your breathing. Place a hand on your belly and notice your belly rise first, followed by the expansion of your chest.
- For the following three breaths, notice your breathing and notice what thoughts are running through your mind (whatever they are, just let them be).
- Next, take three breaths, notice your breathing, and also scan your body from head to toe and notice what you feel (whatever you feel, just make room for it).
- Finally, take three breaths and, in addition to connecting with your breathing, connect with your environment. Notice what you can see, hear, taste, touch and smell, as well as staying aware of your breathing.

This simple technique will give you a rapid way to increase self-awareness, accept what you are feeling and thinking, and gather your senses so you are not on "autopilot". Practise this throughout the day, wherever you find yourself getting stressed (e.g. at traffic lights, in your office or when you wake up).

So, if this sounds like something you would like to work on, or if you just want to learn some more effective ways to manage stress and anxiety in your life, please contact your local Mates4Mates Family Recovery Centre to make an appointment with one of our experienced psychologists. <

*"When we are controlled by the 'just get the job done' rule (necessary for military life, but very damaging for life outside the military), this creates anxiety and stress."*





**MATES 4 MATES**

Supporting Injured  
Defence Force Mates.

# Helping injured Mates heal.



REACH OUT or DONATE today!

1300 462 837 | [mates4mates.org](https://mates4mates.org)



# A LIFE-CHANGING MOMENT FOR A GOLD COAST LOCAL

It started off a morning like any other for Lisa Rowe\*, but that all changed when she received a call from RSL Art Union General Manager Tracey Bishop letting her know she was the first prize winner of Draw 345 – a luxury, beachfront Kirra apartment valued at over \$2.1 million.

Lisa couldn't hide her emotions as Tracey broke the news; tearing up, she explained that this life-changing news couldn't have come

at a better time: "You're kidding me, aren't you? You don't know what this means to me."

Recently downsizing from a four-bedroom home to a one-bedroom apartment, Ms Rowe remarked she would have to purchase all her old furniture back. But she doesn't need to worry, as her new beachfront home comes with \$124,287 worth of furniture and electrical appliances – all she needs to bring

are some dishwashing tablets and her toiletry bag!

As a \$50 VIP book buyer, Lisa will also receive an additional \$85,000 in gold to kick off her new lifestyle. Taking advantage of living locally, Lisa could pick up the keys to her new home that same afternoon and with the Queensland sun shining brightly, it was the perfect day to start her new life in Kirra Beach.

Congratulations to Lisa and all

the winners of Draw 345!

From all of us here at RSL Art Union, thank you for your support and we wish you the best of luck in our current lottery, Draw 346, where the lucky winner will receive the keys to an entire townhouse complex valued at \$3.5 million. Keep close to your phone on June 21, as you could be the next winner!

*\*Name changed for privacy reasons.*



# WIN A LUXURY HINTERLAND RETREAT

PLUS 100 OTHER AMAZING PRIZES UP FOR GRABS!



TICKETS  
ONLY  
\$5

**\$1.9** MILLION  
TOTAL PRIZE POOL

**DRAW  
347**

**DRAW CLOSES 18<sup>TH</sup> JULY 2017  
DRAWN 26<sup>TH</sup> JULY 2017**

TOTAL ESTIMATED ANNUAL  
RENTAL RETURN

**\$65,000**

FURNITURE & ELECTRICAL  
APPLIANCES INCLUDED

**\$183,988**

RSL Art Union No. 347 Licence No. 29819 (by permission of the Queensland Office of Liquor and Gaming Regulation). ACT Permit No. R17/00059. VIC Permit No. 10344/17. NSW Permit No. GOCAU/1896. TAS Permit No. Prizes drawn in order (e.g. 1st, 2nd, 3rd). The total number of tickets available for AU 347 is 2,175,000. Promoter: Vic Reading. Locked Bag 4032, Fortitude Valley QLD 4006. Conducted by Returned & Services League of Mail' Friday 28th July 2017 Entrants must be 18 years or over to enter. Full terms and conditions are available at [www.rslartunion.com.au](http://www.rslartunion.com.au)





Perfectly positioned in the beautiful surrounds of the Sunshine Coast hinterland, yet only a short drive to the hustle and bustle of Coolum and Noosa, this 940 sqm house is the biggest and best hinterland home we have ever offered. Thoughtfully designed to offer a perfect balance of indoor and outdoor living, with entertaining spaces on both floors, this home is the ultimate escape, with plenty of space for all your friends and family. To make the transition to your new home flawless, this prize also includes a \$10,000 home and maintenance voucher and \$50,000 in gold bullion.

**101 PRIZES  
TO BE WON!**  
YOUR BEST ODDS  
OF THE YEAR  
SEE MORE  
ONLINE



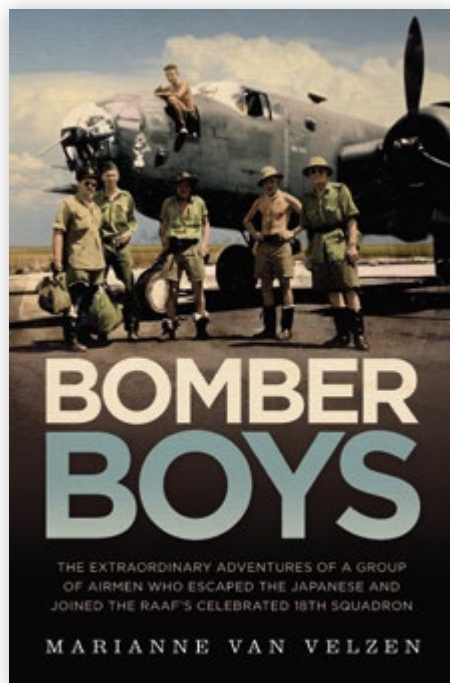
**SECURE YOUR TICKETS EARLY SO YOU DON'T MISS OUT!**  
**RSLartunion.com.au or 1300 775 888**



75607. SA Permit No. M13298. Close date: 8pm (AEST) Tuesday 18th July 2017. Draw Date: Public draw 10am (AEST) Wednesday 26th July 2017 at ANZAC HOUSE, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Australia (Queensland Branch). Proceeds are for the purpose of veteran welfare and support in Australia. Winners notified by Registered Mail. Results published in public notices of 'The Australian' and 'The Courier







## BOMBER BOYS

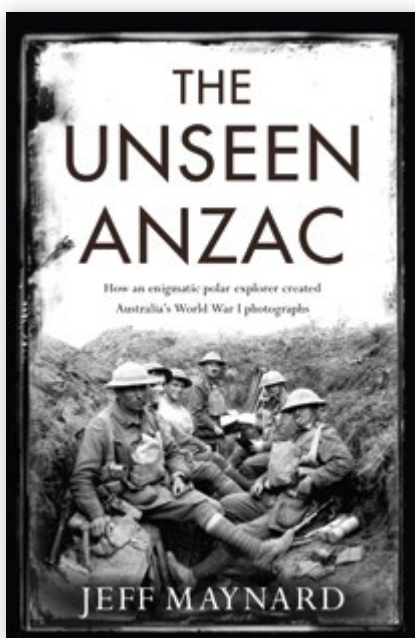
March 1942. Java is about to fall. An Australian military dispatch rider and a Dutch Air Force transport pilot embark on a frightening escape from the advancing Japanese that takes them from Bandung to a crash landing just north of Darwin. Both would later join a unique band of flyers determined to strike back at the enemy.

*Bomber Boys* is the extraordinary and little-known story of more than 100 Dutch airmen, stranded in Australia with no country to return to, who were joined by a contingent of Australians to make up the RAAF's No. 18 (Netherlands East Indies) Squadron.

This is, however, more than a story about the 900 bombing raids, reconnaissance missions and attacks on Japanese shipping the squadron flew in its three years under Australian control. At its heart is a powerful and compelling story of a group of very different men, thrown together for a common purpose, and the strange and sometimes difficult friendships they formed.

*Bomber Boys* by Marianne van Velzen is published by Allen and Unwin (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *Bomber Boys*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'Bomber Boys') or post to 'Bomber Boys', PO Box 629, Spring Hill Qld 4004. Competition closes July 17, 2017.



## THE UNSEEN ANZAC

The previously untold story of an extraordinary man and a great war photographer. Cameras were banned at the Western Front when the ANZACs arrived in 1916, prompting correspondent Charles Bean to argue continually for Australia to have a dedicated photographer. He was eventually assigned an enigmatic polar explorer – George Hubert Wilkins.

Within weeks of arriving at the front, Wilkins' exploits were legendary. He did what no photographer had previously dared to do. He went "over the top" with the troops and ran forward to photograph the actual fighting. He led soldiers into battle, captured German prisoners, was wounded repeatedly, and was twice awarded the Military Cross – all while he refused to carry a gun and armed himself only with a bulky glass-plate camera.

Throughout his life, Wilkins wrote detailed diaries and letters, but when he died in 1958 these documents were locked away. Jeff Maynard follows a trail of myth and misinformation to locate Wilkins' lost records and to reveal the remarkable, true story of Australia's greatest war photographer.

*The Unseen ANZAC* by Jeff Maynard is published by Scribe (RRP: \$39.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Unseen ANZAC*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'The Unseen ANZAC') or post to 'The Unseen ANZAC', PO Box 629, Spring Hill Qld 4004. Competition closes July 17, 2017.



## BAREFOOT TO BOEINGS

What does it take to be a Boeing pilot? A dream and persistence.

Brian Crane was a pilot for most of his working life, but his dreams seemed a long way off when he walked barefoot to school in country New South Wales. Brian's biography takes the reader on a look behind the scenes of the aviation industry – the rigorous testing, the industrial manoeuvres and the persistence and hard work that take a boy from wooden model aeroplanes to the pinnacle of his career as a Boeing pilot for TAA.

A book for all lovers of aviation, covering the Gypsy Moths of the '30s, the Tiger Moths and DC3s of the '40s, the Ansons and Oxfords of the '50s, the Viscounts of the '60s and onto the DC9s and the Boeing 727s.

*Barefoot to Boeings* by Karen Guest is available at BookFace, Springfield Orion Shopping Centre (RRP: \$25) and [www.karenguest.com.au](http://www.karenguest.com.au).

FOR YOUR CHANCE TO WIN one of four copies of *Barefoot to Boeings*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'Barefoot to Boeings') or post to 'Barefoot to Boeings', PO Box 629, Spring Hill Qld 4004. Competition closes July 17, 2017.



## SCORCHED EARTH

Hidden for 75 years, the top-secret government documents outlining preparations for the event of a Japanese invasion of Australia in 1942 have finally been discovered. They reveal an extraordinarily comprehensive plan to thwart Japanese troops, and a population that would go to great lengths to avoid being enslaved.

In 1942, the threat of Japanese invasion hung over Australia. The men were away overseas, fighting on other fronts, and civilians were left unprotected at home.

Following the attack on Pearl Harbor and the Japanese advance south, Prime Minister Curtin ordered State Governments to prepare. From January 1942, a team frantically pulled together secret plans for a "scorched earth" strategy. After the war, these top-secret plans were forgotten. This is the first time they have ever been made public.

*Scorched Earth* by Sue Rosen is published by Allen & Unwin (RRP: \$32.99).

FOR YOUR CHANCE TO WIN one of four copies of *Scorched Earth*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'Scorched Earth') or post to 'Scorched Earth', PO Box 629, Spring Hill Qld 4004. Competition closes July 17, 2017.

## QUEENSLAND RSL NEWS WINNERS

*Edition 2, 2017*

### CORPUS

R Robertson, Avoca  
J Tehan, Ashgrove  
D Cameron, Lawnton  
W Alexander, Nanango

### BULLY BEEF & BALDERDASH

J Walford, Kingsthorpe  
A Warren, Maryborough  
E Maloney, Stafford  
I Quee, Maroochydore

### CODE BREAKERS

P Crowe, Gumdale  
P McAndrew, Mountain  
Creek  
W Waldock, Mt Sheridan  
A McKenna, Beaudesert

### THE BATTLES OF BULLECOURT

L Hend, Heatley  
G Brewer, Biggera Waters  
A Adams, Whiteside  
W Boyce, Bracken Ridge



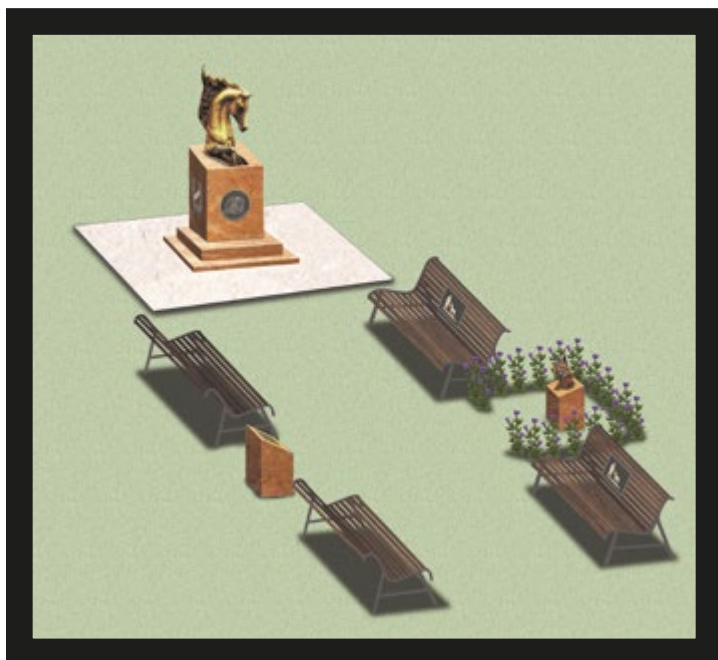
## **SALUTE TO SERVICEWOMEN – BUNDABERG**

### **EXHIBITION AND REUNION**

One hundred years after four Australian Army nurses were awarded Military Medals for "courage under fire", Bundaberg & District Ex Servicewomen's Association is organising a series of events in partnership with Elements Art to salute all women who have served Australia in the Defence Forces. This includes a public exhibition on July 8-9 and a reunion for ex servicewomen and their guests from July 14-16, with a luncheon on July 15 that will include a special viewing of the exhibition. The *Salute to Servicewomen* begins with wreath laying at the War Nurses Memorial and finishes with a community service at the Australian Servicewomen's Memorial on July 16. The reunion also marks Bundaberg Ex Servicewomen's 50th anniversary. For information, visit [www.exservicewomen.org](http://www.exservicewomen.org), email [bundy.eswa@gmail.com](mailto:bundy.eswa@gmail.com) or phone Leone Wilson on 07 4159 4134 or Jenny Waldron on 07 4157 4621.

### **50TH ANNIVERSARY OF WEIPA TOWN OPENING**

The Weipa community on the Cape York Peninsula in Far North Queensland is celebrating the 50th anniversary of the official opening of the town from July 14-16, 2017. The Weipa RSL Sub Branch will organise a display of the history of the RSL in Weipa and is seeking any photos or memorabilia related to this history. Please contact Michele Brown on 0428 199 075 or Lloyd Williams, email [weipa@rslqld.org](mailto:weipa@rslqld.org), or write to Weipa RSL Sub Branch at PO Box 156, Weipa, Qld. 4874.



### **AUSTRALIA'S WAR ANIMAL MEMORIAL IN FRANCE**

The Australian War Animal Memorial Organisation (AWAMO) has been granted permission to establish Australia's war animal memorial at Pozières, France, on July 21, 2017. This world-first event will honour animals from all nations that have served and died. The main plinth will display a half-scale horse called *Emerging Spirit*, designed by acclaimed international war animal artist Susan Bahary. Within the

horse's flowing mane will be images of a mule, dog and messenger pigeon. Those wishing to honour the nine million animals that died during WWI are encouraged to wear a purple poppy on July 21. No war could have ever been undertaken up to and including WWII without the mass use of animals; they have done everything from sending vital messages, to hauling vital equipment, to providing a mode of transport in attack and carrying the wounded. For more information, contact AWAMO President Nigel Allsopp at [nballsopp@gmail.com](mailto:nballsopp@gmail.com). Sub Branches wishing to show their support can send a wreath to Joel Pelletier (Premier Adjoint of Pozières), 362 Route De Bapaume, Pozières, 80300, France. Tel: 0033 612162685. This will be placed at the ceremony by a VIP on the day.

### **GOVERNOR-GENERAL TO ATTEND MACARTHUR**

#### **FOUNDATION DINNER**

Australian Governor-General Sir Peter Cosgrove will attend the MacArthur Foundation Brisbane's anniversary on July 21, 2017. Sir Peter will speak as the guest of honour to commemorate the war efforts of General Douglas MacArthur and Brisbane's contribution to WWII. General MacArthur played a critical role during the war as Supreme Commander of the Allied Forces in the South West Pacific Area. The



Army Museum South Queensland.

MacArthur Museum Brisbane and the Brisbane City Council will also celebrate the occasion with a Back to Brisbane at War day in the CBD on July 22 to recognise Brisbane's efforts during the war. For more information, contact John Dwyer on 0408 663 313.

### **ARMY MUSEUM COMMEMORATES 100TH ANNIVERSARY AND NEEDS VOLUNTEERS**

On July 28, 2017, the Army Museum South Queensland will proudly commemorate the 100th anniversary of the charge by the Australian Light Horse at Beersheba in the Middle East. This battle was important as it resulted in the capture of numerous wells containing vital water supplies. The exhibition, highlighting the Australian Light Horse in WWI in the Middle East and on the Western Front, runs until December.

A visit to the exhibition is by escort only and includes a tour of the historic Victoria Barracks precinct on Petrie Terrace, Brisbane. Each tour includes a formal Devonshire tea served in the original officers'

mess, a presentation, a souvenir booklet and group photo. For more information, contact WO2 Stan Albert on 3233 4531 or stan.albert@defence.gov.au, or Bev Smith on 0429 954 663 or bsmithys@bigpond.net.au.

Volunteers are also needed at the Barracks on Wednesday each week. There are various roles available, depending on individual interests and capabilities. Tour guides are especially required, to assist with visitor information in a clear and confident manner. People with carpentry and other trade skills, cataloguing and conservation experience are also needed. A background of Australian military procedures is an advantage, but not essential. All ages are welcome and training is provided.

### BATTLE OF MILNE BAY 75TH ANNIVERSARY COMMEMORATION SERVICE

All are invited to attend the Battle of Milne Bay 75th Anniversary Commemoration Service at 10am on August 26, 2017. It will be held at the Milne Bay Memorial Library and Research Centre, Chermide Historical Precinct, 61 Kittyhawk Drive, Chermide. For further details, phone 07 3733 1471, email milnebaymlarc@gmail.com, or visit www.milnebaybattlecentre.org.

### NEW HOME FOR OLD MEMORIAL

The Battle for Australia Memorial will be dedicated at its new home at Chermide Historical Precinct, 61 Kittyhawk Drive, Chermide, on the Battle for Australia Day, September 6, 2017. Due to the Queens Wharf Brisbane project, the memorial was shifted from its old location on George Street to its new location last year by the stonemasons of the Queensland Government, who created the memorial. The dedication ceremony will precede the annual Battle for Australia Commemoration Service for the 75th anniversary, which begins at 10.30am. The service will be followed by morning tea in the Milne Bay Memorial Library and Research Centre. For further information, contact Pat O'Keefe on 0407 574 097 or pjok1941@gmail.com.

### MILITARY HERALDRY WANTED FOR DISPLAY

Southport RSL Sub Branch is seeking help to find military heraldry, such as a field gun or trench mortar, to display on plinths outside its building. The original WWI trophies presented to Southport in 1920 and placed at the Southport Soldier Monument were removed at the start of WWII and never replaced. The Sub Branch hopes to obtain similar artefacts to mount on plinths outside the Southport RSL Memorial Club/Sub Branch building to enhance the entrance and promote the presence of RSL to the community. If you can help, please contact the Sub Branch secretary on 07 5552 4214 or subbranch@southportsl.com.au.

### INFORMATION WANTED ON WWII AUSTRALIAN WAR GRAVES UNITS

Writer and historian Lisa Cooper is researching the work of Australian War Graves Units from WWII, in particular those units that served in the South West Pacific area of operations, including New Britain, New Guinea, New Ireland, Malaya, Borneo, Timor and Ambon. She would like any information on these units or the men who served with them, whether it be first-hand or anecdotal accounts of their work, letters, diaries, photographs, or simply adding names to the list she is compiling of Australian servicemen who worked with these units. If you can help, please contact her via 0448 112 700, PO Box 2239, Mildura, Vic. 3502 or lisacooperjournalist@gmail.com.



Nathaniel  
Goudie's  
photograph  
and a diary  
found inside.



### COMBAT SUICIDE POODLE SEEKS VOLUNTEERS

One hundred volunteers are being sought for Suicide Memorial Day at the Central Coast Interactive War Exhibit at 24 Tatura Avenue, Gosford, NSW on June 23, 2017 at 11am. They will be led by the Combat Suicide Poodle Patrol, and have a goal of stopping the WWI 100-year suicide stigma that is prevalent today. During WWI, a soldier took leave to see his wife. Together they decided they didn't want to be separated by the war again and went to bed and never woke up. Their suicidal deaths were ridiculed by military and political officials. The Suicide Memorial Day is designed to draw attention to this insensitive stigma. For more information, please contact Clarence Ormsby JP on 0447 448 636.

### WAR DIARY OF RAAF SERVICEMAN FOUND

The war diary and several other documents owned by RAAF serviceman Nathaniel George Goudie have been handed in to the Bray Park-Strathpine RSL Sub Branch in the hope they can be passed along to the next of kin. For more information, contact Sub Branch Honorary Secretary Andrew Wilson on 07 3889 9689 (business hours), 0417 145 600 or brayparkstrathrsl@bigpond.com. Nathaniel's first diary entry on September 18, 1941, talks about saying goodbye to his darling Margaret and leaving Australia on the US luxury liner SS Monterey. If found, he asks that his diary is forwarded to 1006 Dana Street, Ballarat.

### PTSD TREATMENT STUDY SEEKING VOLUNTEERS

Do you believe you may have developed post-traumatic stress disorder (PTSD) during or after your military service? If so, you may like to consider participating in a new treatment trial to be conducted from the Veterans and Veterans Families Counselling Service (VVCS) offices in Brisbane and Sydney, and Phoenix Australia in Melbourne. This research is investigating one of the most effective interventions for PTSD – prolonged exposure (PE). Researchers want to see whether a



# COMMUNITY CONNECT

new intensive form (daily sessions for two weeks) is as effective as the standard form (one session a week for 10 weeks). PE is effective, but veterans and serving members may be unable to allocate the 10 weeks required for treatment. If people can get the same benefits in two weeks of intensive treatment, it will make PE more accessible for those who need it. If someone is eligible for the trial, they will be allocated to one of the two groups (intensive or standard treatment). In either group participants will receive high-quality treatment from experienced clinicians. Researchers hope participants will see an improvement in their PTSD symptoms and better quality of life. Participants will also be helping the broader military and veteran community both in Australia and overseas by improving understanding of effective treatments. For more information, phone 1800 856 824 or visit [www.phoenixaustralia.org/RESTORE](http://www.phoenixaustralia.org/RESTORE).

## MEDALS AND MEMORABILIA FOUND

- WWI medal of 206 Donald Alexander
- WWI ID Tags of 1866 Albert Ayres
- Wooden Box in name of NX410 Eric Benjamin Bailey
- WWII medals issued to VX37419 Cyril Armadale Ball
- WWII badge of WRAAF W316626 Laraine Barkley
- Items belonging to QX18608 Alfred Barnard
- WWI medal issued to Captain Francis WW Broughton
- WWII medal issued to VX57858 Alexander Bullock
- WWI medal of 18928 Reginald Campbell
- WWII medal issued to 152295 Alfred Francis Campbell
- WWII medals and papers of VX120178 William Heath Carrick
- WWII medals issued to Q265200 John Ezra Clark
- Australian Service Medal with "Somalia" Clasp issued to R141379 PJ Connors
- WWI medal issued to 1832 Roy Cyril Cook
- WWII medal issued to 424157 Brian Patrick Curran
- WWII medal of 25328 Robert Frank Dale
- WWII medals of QX19662 Ray Earle Davidson
- WWI medal issued to 1807 James Richard Davis
- WWII DSM of P/JX237129 James Gallagher (Royal Navy)
- Australian Service Medal issued to 8095180 GJ Goodwin
- WWI medal of 286 Ernest Samuel Goulden
- WWI medal issued to 5220 Allun Grant
- WWII medal issued to QX47782 John Green
- WWII medals of 97900 Esme Guleksen
- Replica medal set including AASM Iraq
- WWI medal issued to V90867 Keith Bertram James
- WWII medals issued to QX24681 Leonard William Johnson
- Exemplary Service Medallion of David Large
- WWI medal issued to 2172A Horace David Lawler
- WWII medal issued to V380219 Thomas Leslie Lawler
- WWII medals of QX13516 Richard William Ledger
- WWII medal of NX25409 Ronald John MacLaren
- WWII medals issued to QX39866 Thomas Bathurst Martin
- WWII medals issued to QX13254 Caleb Arthur Martin
- ID Tags of 325619 McDougall and VX62900 Thurst
- WWII medal issued to 68892 Richard Francis McLaren
- Vietnam ID Tags of 217557 Brian Phillip McRobert
- WWII medal issued to NX96830 Stanley Vincent Mellor
- WWII medals issued to Q142643 Richard Thomas Moate
- WWII medals issued to 75826 Neville NL Morley
- Steel locker in name of L/Sgt RG Morris
- WWII medal of VX52064 David Leslie Murphy
- WWII pay book of NX150433 John Patrick Murphy

- WWII medal issued to TX4993 Andrew Herlihy Leo Nelson
- Exemplary Service Medallions of Max Norton
- UN Korea medal of 25470 Brian Thomas O'Sullivan
- WWII medal issued to QX55712 Bruce Hamilton Page
- WWI medal issued to 7023 Charles Fredrick Phillips
- WWI medals issued to 2217 Alfred George Redden
- WWII medal issued to QX13594 Reginald Tudor Renwick
- WWII medal issued to NX26683 Cyril Roy Robinson
- WWI medals of Montague Rogerson (British Army)
- WWII medal issued to QX5424/435210 John Richard Sampson
- WWI medal issued to 322 Thomas Sellers/Sellars
- WWII medal of 153102 Geoffrey Norman Simpson
- WWI Memorial Plaque of 2967 Archibald Allan Stokes
- WWII medals of A315806 Ryland Spencer Thomas
- WWII medals of VX33314 Victor Albert Thompson
- WWII medals issued to VX62280 William Herbert Tyrell
- WWII medal issued to QX9152 Colin Henry Underhill
- WWI medal issued to 7162 Francis Herbert Webster
- WWI medals and pay book issued to 6361 William Wiley
- WWII medal issued to S67643 Rayburn Keith Williams
- WWI medals of Wood CW and Wood DF (British Army)

## MEDALS AND MEMORABILIA LOST

- WWII DSO of 70300 Richard Ashley Atkinson DSO DFC & Bar
- WWII medals and log book of 426489 Leo George Bange
- General Service Medal with "Borneo" Clasp issued to 469364 Robin Eric George Blackburn (British Army)
- WWI medals issued to 3756 Sydney Thomas Burnell
- WWII medals of QX34503 Edward John Burns
- WWII medals of QX16348 Patrick Collins
- WWI and Third Anglo-Afghan medals of 77518 John Condon (British Army)
- WWI medals issued to 5679 Sydney Roy Cooper
- WWI medal issued to 3483 Ernest Griffin
- WWI DSO medal issued to Major Douglas Rawson Harris
- Vietnam medals issued to 860619 Gregory Charles Jabs
- WWI medals issued to NZ 12/778 Joseph Edward Kelly
- Vietnam medals issued to 1200855 David George Kidd
- WWI medal issued to 2416 John William Laycock
- WWI medals and items of 1676 Percy Linwood
- WWI medals issued to 6388 Andrew Madden aka William Lake
- WWI medals issued to 2515 Stephen Madden
- WWII medals of QX500388 Mervyn Marlowe
- WWII medals of New Zealander Herbert Athol Martin
- WWI medals of 1979 John William Martin
- WWI and WWII medals issued to 6499 Robert James Mays
- WWI medals issued to 231 Charles Henry Merlehan
- WWI medals issued to 323 Alexander Edward Merlehan
- WWI medals issued to 32853 Charles Ernest Mills
- WWII medals issued to QX10016 Percy Robert Peachey
- WWI medals issued to 1549 Arthur Edward Plewman
- WWI medals of 468 Archibald Robinson
- ASM 45-75 'SE Asia' Clasp, Defence Force Service Medal, Aust Defence Medal of R106330 Henry Schuurman
- WWII medals of SX9470 Wilfred Carlstan Jurs White
- WWII medals issued to 414329 Cyril Douglas Whittaker
- WWI medal issued to 3133 Victor Mark Whitty
- WWII medals of QX40729 Ronald John Williams

**Contact Steve Eaton OAM for medals lost and found on 07 3634 9444 or email [steve.eaton@rslqld.org](mailto:steve.eaton@rslqld.org).**

## REUNION FOR FORMER SERVICEMEN IN PNG

A reunion and commemoration service to honour the 75th anniversary of the Kokoda Campaign will be held on August 8, 2017 on the Gold Coast. Australian servicemen on duty in PNG between 1940 and 1975 (or later) and their partners are invited to catch up with mates over two days at Broadbeach-Surfers Paradise. The main events will be a Monday dinner and then a Tuesday service, immediately followed by the reunion lunch. For more information, contact Kev Horton on 0418 750 189 or Greg Ivey via ivelygj@gmail.com. For more details, visit [www.soldierspng.com](http://www.soldierspng.com).

## RAEME RES/CMF REUNION

The RAEME Res/CMF reunion will be held on Sunday, August 20, 2017 at Sherwood/Indooroopilly RSL Sub Branch at 2 Clewley Street, Corinda. The reunion is open to all serving and ex-serving members of RAEME (Army Reserve/CMF or regular Army) or associated corps who served with RAEME units and wish to renew past friendships. Wives, families and ex-cadre staff are also welcome. For more information, contact John Parfitt on 07 3376 1778 or [jparfitt@bigpond.net.au](mailto:jparfitt@bigpond.net.au).

## 1 FIELD SQUADRON GROUP RAE

Reunion of 1 Field Squadron Group RAE will take place at Twin Towns Services Club at Coolangatta from August 25-27, 2017. Contact Robin Farrell on 07 4661 7791, [info@1fieldsappers.org](mailto:info@1fieldsappers.org), or PO Box 703, Warwick, Qld, 4370.

## 75TH ANNIVERSARY OF THE BATTLE OF MILNE BAY

Nundah Northgate RSL Sub Branch will host a memorial service to commemorate the 75th anniversary of the Battle of Milne Bay from 10am on Sunday, August 27, 2017 in Nundah Memorial Park, at the corner of Bage Street and Buckland Road, Nundah. All veterans, their families and members of the community are invited to attend. For more information, call the Sub Branch on 07 3265 7887 or email [nu07770@bigpond.net.au](mailto:nu07770@bigpond.net.au).

## 10TH INTAKE NATIONAL SERVICEMEN 50TH ANNIVERSARY

We would like all National Servicemen called up for National Service in October 1967 to join us for a reunion in Sawtell, NSW, from October 1-8, 2017 for a 50th reunion of our conscription. Accommodation is

available at the Sawtell Beach Holiday Park, 5 Lyons Road, Sawtell (02 6653 1379/1800 200 555, or [info@sbhpbh.com.au](mailto:info@sbhpbh.com.au)). Overseas service not a requirement. Contact Peter Beauchamp on 0418 751 812 or [pbeau1@bigpond.com](mailto:pbeau1@bigpond.com) for further information about the reunion.

## HMAS DUCHESS REUNION 2017 - NEW VENUE AND DATES

Registrations are now called for the 8th reunion of HMAS *Duchess* crew members, to be held at Surfers Paradise RSL (not Tweed Heads, as previously advised) for October 6-8, 2017 (not November). The cost will be \$200, which includes Friday and Saturday night dinner and Sunday lunch, and a certain amount of dry till Saturday night. A deposit of \$50/head for prospective attendees to be paid by July 1, 2017; balance of payment by September 8, 2017. For the flyer, phone Rod Clarey on 0409 267 388 or email [rod.clarey1@bigpond.com](mailto:rod.clarey1@bigpond.com), or contact Bruce Bowmaker at 0403 243 795 or [littlefish.in@bigpond.com](mailto:littlefish.in@bigpond.com).

## 26 RADIO APPRENTICES RAAF REUNION

The 45th anniversary reunion of the 26 intake RAAF radio apprentices will be held on the Sunshine Coast over the weekend of October 27-29, 2017. The function will be at Maroochy RSL, with a bus trip to the hinterland also organised. All members who joined the intake are encouraged to contact organiser Peter 'Pygmy' McAndrew on 07 5444 6165.

## RAASC VIETNAM SUPPLY PLATOONS

### ASSOCIATION REUNION

Attention Galloping Green Grocers, aka RAASC-RAAOC food stuffs platoon members. Our next RAASC Vietnam Supply Platoons Association reunion is in Hobart this year to coincide with Armistice Day. Dates are November 6-9, 2017. Come along and connect with old mates. Even stay a while in the "Apple Isle". For more details, phone Christina on 0430 125 195; write to PO Box 207, Mitchell, ACT, 2911; email [bamberb01@bigpond.com](mailto:bamberb01@bigpond.com) or visit [www.raascsupply.asn.au](http://www.raascsupply.asn.au). No phone calls after 8pm, thanks.

## 27 INTAKE RAAF APPRENTICES

A 45th anniversary reunion of the 27 intake RAAF apprentices will be held on the Gold Coast in 2018, and the organiser is seeking all original members of the intake, which formed in Wagga Wagga in January 1973. Contact Martin 'Dutchy' Holland on 07 5522 2255.

# 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](mailto:editor@rslqld.org)



Last Name	First Name	Service No.	Sub Branch
Aburn	Eric	L/FX107721	Hervey Bay Sub Branch Inc.
Allard*	Robert	24277	Beenleigh & District Sub Branch Inc.
Andersen	Neil	A118111	Maroochydore Sub Branch Inc.
Anstee	Robert	R104882	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Apps	Oswald	QX51099 (Q140266)	Yandina/Eumundi Sub Branch Inc.
Astill	Donald	QX24485	Surfers Paradise Sub Branch Inc.
Austin	Raymond	76230	Maryborough Sub Branch Inc.
Aylott	William	R39170	Redcliffe Sub Branch Inc.
Baker	Vernon	S23909	Cairns Sub Branch Inc.
Bamford	William	-	Beenleigh & District Sub Branch Inc.
Banks	Stanley	QX55048	Kedron-Wavell Sub Branch Inc.
Barry	Warren	R46781	Mount Isa Sub Branch Inc.
Bartz*	Hector	170412	Beenleigh & District Sub Branch Inc.
Beard	Ronald	61971	Bowen Sub Branch Inc.
Bennett	Victor	1/702267	Stanthorpe Sub Branch Inc.
Bennion	Alfred	QX53255 (Q102842)	Bribie Island Sub Branch Inc.
Beutel	Francis	QX64442 (Q273260)	Tweed Heads & Coolangatta Sub Branch Inc.
Biancotti	James	QX62903 (Q116527)	Babinda Sub Branch
Boulton	Kevin	QX26957	Nerang Sub Branch
Bourne	George	B3425	Bribie Island Sub Branch Inc.
Brannigan	Edward	18242 / A19435	Redcliffe Sub Branch Inc.
Brennan	Cyril	QX44996 (Q1567)	Tweed Heads & Coolangatta Sub Branch Inc.
Bridgland	Gilbert	Q112717	Townsville Sub Branch Inc.
Broomhall	Henry	1/1553	Emu Park Sub Branch Inc.
Brutton	Harold	A32916	Sherwood-Indooroopilly Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Buller	Arthur	VX83036	Maryborough Sub Branch Inc.
Burnett	Raymond	78022	Glasshouse Country Sub Branch Inc.
Butler*	Arthur	412478	Esk Sub Branch Inc.
Byrnes	Frederick	1/725461	Banyo Sub Branch Inc.
Cameron	Maxwell	NZ13926	Walkerston-Pleystowe Sub Branch Inc.
Campbell	Marie	F1/185	Bribie Island Sub Branch Inc.
Campbell	David	2787112	Gatton Sub Branch Inc.
Carroll	William	Q144176	Toowong Sub Branch
Catsacos	George	16575	Townsville Sub Branch Inc.
Chandler*	James	NX73216	Tweed Heads & Coolangatta Sub Branch Inc.
Charles	George	153521	Sandgate Sub Branch Inc.
Clare	Robert	353096	Southport Sub Branch Inc.
Clark	Henry	NX36742	Lowood Sub Branch Inc.
Clewes	Dawn	QF272204	Yeppoon Sub Branch Inc.
Coleman	Peter	1204601	Kilcoy Sub Branch Inc.
Colcutt	Edward	R595334	Bribie Island Sub Branch Inc.
Collings	Armun	14479919	Tweed Heads & Coolangatta Sub Branch Inc.
Collins	Daniel	12585	Maroochydore Sub Branch Inc.
Crane	Harold	321061924	Laidley Sub Branch Inc.
Crawford	John	NX151412	Nerang Sub Branch
Dale	Thomas	818661	Sarina Sub Branch Inc.
Daley	William	QX46858/ q130642	Mackay Sub Branch Inc.
Dalgairns	David	2412374	Gladstone Sub Branch Inc.
Davidson	Charles	QX52746	Gayndah Sub Branch Inc.
Dawson	Graham	439089	Hervey Bay Sub Branch Inc.
Dhu	Geoffrey	68356	Caloundra Sub Branch Inc.
Dickson	Howard	434624	Kedron-Wavell Sub Branch Inc.
Dobson	James	104999	Hervey Bay Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Downes	Cecil	–	Palmwoods & District Sub Branch
Eaton	Seymour	NZ9450	Redcliffe Sub Branch Inc.
Eaton	Maurice	VX94869	Harlaxton Sub Branch
Ellis	Ernst	28038	Bardon Sub Branch Inc.
Evans	Barry	122620	Hervey Bay Sub Branch Inc.
Flynn	Leonard	Q109488	Sarina Sub Branch Inc.
Ford	Robert	A6621	Hervey Bay Sub Branch Inc.
Ford	Basil	2146886 / A21907	Bundaberg Sub Branch Inc.
Gallagher	Thomas	R56737	Hervey Bay Sub Branch Inc.
Gardner	Denis	3035846	Sunnybank Sub Branch Inc.
Gillies	Peter	X802652	Greenbank Sub Branch Inc.
Gimm	Jennifer	L318507	Carlyle Gardens Townsville Chapter of North QLD District
Girvan	Edgar	VX124791	Townsville Sub Branch Inc.
Goener	Brian	R63000	Wynnum Sub Branch Inc.
Gollan	John	164550	Tweed Heads & Coolangatta Sub Branch Inc.
Goodman	Edward	251532	Hervey Bay Sub Branch Inc.
Gordon	Colin	1/701412	Caboolture-Morayfield & Dist Sub Branch Inc.
Gough	Ronald	B4130	Capricornia & Rockhampton Region Sub Branch Inc
Guy	June	WR4337	Yeronga-Dutton Park Sub Branch Inc.
Hall*	Harold	125074	Dalby Sub Branch Inc.
Halloran	James	NX202219	Runaway Bay Sub Branch Inc.
Harding	John	25629	Surfers Paradise Sub Branch Inc.
Hartnett	Denis	39909	Currumbin/Palm Beach Sub Branch Inc.
Hathaway	Roy	L/FX82612	Sherwood-Indooroopilly Sub Branch Inc.
Heaps	William	QX52246 (Q131077)	Blackall Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Heath	John	D/M 930252	Tweed Heads & Coolangatta Sub Branch Inc.
Heffernan	Raymond	36793	Townsville Sub Branch Inc.
Henderson*	Malcolm	18804	Manly-Lota Sub Branch Inc.
Hill	Frederick	2/768993	Currumbin/Palm Beach Sub Branch Inc.
Hogg	Donald	B5202	Hervey Bay Sub Branch Inc.
Holland	Arthur	124982	Tweed Heads & Coolangatta Sub Branch Inc.
Hooper	S	QX500893	Cairns Sub Branch Inc.
Houston	Mervyn	NZ8133	Redlands Sub Branch Inc.
Howie	James	1717554	Greenbank Sub Branch Inc.
Hughes	Glanffrwd	1414784	Tweed Heads & Coolangatta Sub Branch Inc.
Huttley	Herbert	QX53702 (Q136665)	Proserpine Sub Branch Inc.
Hutton	Geoffrey	1710462	Surfers Paradise Sub Branch Inc.
Isbister	Donald	1/705819	Glasshouse Country Sub Branch Inc.
Iselin	Eric	Q273261	Sherwood-Indooroopilly Sub Branch Inc.
Jackson	Wallace	2737459	Hervey Bay Sub Branch Inc.
Jaques	Anne	W/199313	Cairns and Dist Ex-Servicewomen
Jazowy	Gwendoline	W/325942	Kedron-Wavell Sub Branch Inc.
Johnson	Ronald	R65131	Caloundra Sub Branch Inc.
Jones	Robert	243076	Townsville Sub Branch Inc.
Kalinowski	Leo	A15267	Deception Bay Sub Branch Inc.
Kean	Stanley	R50007	Bribie Island Sub Branch Inc.
Kessey	John	482	Coorparoo & Districts Sub Branch Inc.
Kuhl	James	VX147569	Springsure Sub Branch
Lancaster	Burnett	B4607 / Q269964	Yeronga-Dutton Park Sub Branch Inc.
Langford	William	R52881	Ipswich Railway Sub Branch Inc.



Last Name	First Name	Service No.	Sub Branch
Lankford	Albert	R31549	Tweed Heads & Coolangatta Sub Branch Inc.
Lawson	Raymond	77860	Wynnum Sub Branch Inc.
Lecchi	Bryan	NX122194	Tweed Heads & Coolangatta Sub Branch Inc.
Lee	Douglas	N166906	Yeronga-Dutton Park Sub Branch Inc.
Lennon	Gregory	1734758	Gympie Sub Branch Inc.
Lewis	George	1/711610	Monto Sub Branch Inc.
Liddell*	William	QX58518	Tweed Heads & Coolangatta Sub Branch Inc.
Lowry	George	426120	Cardwell Sub Branch
Ludbey	Geoffrey	TX500223	Beachmere Sub Branch Inc.
Mackrell	Gordon	QX29139	Yeronga-Dutton Park Sub Branch Inc.
Magennis	Allan	NX134232	Kawana Waters Sub Branch Inc.
Malone	Cecil	1/2568	Julia Creek Sub Branch
Marchetti	Frank	114833/ 8222759	Walkerston-Pleystowe Sub Branch Inc.
Mason	Patrick	A322124	Redcliffe Sub Branch Inc.
Mayo	William	404737 / QX33914 (Q100706)	Gaythorne Sub Branch Inc.
McCarthy	John	13681	Maryborough Sub Branch Inc.
McCoola	Peter	17912	Oakey Sub Branch Inc.
McDonald	Peter	215180	Beaudesert Sub Branch Inc.
McGuire	Robert	A56485	Kedron-Wavell Sub Branch Inc.
McMurdy	John	1/2491	Ipswich Sub Branch Inc.
Meade	Daniel	W1811	Bribie Island Sub Branch Inc.
Middleton	Francis	A12799	Beenleigh & District Sub Branch Inc.
Morris	Alfred	NX26286	Cooroy-Pomona Sub Branch Inc.
Morris	James	23234523	Forest Lake Sub Branch
Mulder	Hijke	4410434	Redcliffe Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Musso	Stephen	644060	Tweed Heads & Coolangatta Sub Branch Inc.
Nash	Kevin	218650	Bribie Island Sub Branch Inc.
Niethe	Kevin	1709254	Laidley Sub Branch Inc.
Nisbet	Robert	QX39467 (Q102242)	Wynnum Sub Branch Inc.
Norris	Duncan	B4376	Kedron-Wavell Sub Branch Inc.
Osborne	James	1/4800- A26103	Forest Lake Sub Branch
Ottaway	Selwyn	75565	Greenbank Sub Branch Inc.
Owen	Gerard	23094401	Hervey Bay Sub Branch Inc.
Owen Jones	Arthur	QX60669 (Q39638)	Innisfail Sub Branch Inc.
Page	Harold	QX16792	Greenbank Sub Branch Inc.
Panos	Charles	QX45976 (Q18904)	Southport Sub Branch Inc.
Parsons	John	21068 (NX177194)	Holland Park-Mt Gravatt Sub Branch
Patrick	Robert	NX137962 (N238861)	Maroochydore Sub Branch Inc.
Peel	Lindsay	R552251	Logan & District Sub Branch Inc.
Phillips	Warren	QX61955	Gladstone Sub Branch Inc.
Plath	Reginald	A429481	Wynnum Sub Branch Inc.
Polzin	Colin	1733244	Gayndah Sub Branch Inc.
Power	Margaret	88560	Beaudesert Sub Branch Inc.
Press	Denis	A17366	Stanthorpe Sub Branch Inc.
Pritchard	Earle	B4749	Tweed Heads & Coolangatta Sub Branch Inc.
Ralph	Donald	2/729258	Burleigh Heads Sub Branch Inc.
Raymond	Trevor	42749	Greenbank Sub Branch Inc.
Rayner	Iris	905	Hervey Bay Sub Branch Inc.
Reid	Prosper	VX37673	Maroochydore Sub Branch Inc.
Reid	Gordon	23004	Gaythorne Sub Branch Inc.
Rennie*	Raymond	A117953	Unattached List Sub Branch
Robertson	Peter	140526	Laidley Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Robinson	Evelyn	2106727	Hervey Bay Sub Branch Inc.
Rose	Juanita	QF270371	Kedron-Wavell Sub Branch Inc.
Russell	Brian	A117307	Charters Towers Sub Branch Inc.
Ryan	Leo	434132	Surfers Paradise Sub Branch Inc.
Sainsbury	Allan	33690	Hervey Bay Sub Branch Inc.
Salmon	Roy	NX114861/ N281162	Redlands Sub Branch Inc.
Sas-Baczynski	Tadeusz	ENK2222614	Cairns Sub Branch Inc.
Schofield	Brian	2/707135	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Schrieber	Stanley	33899 (VX146403)	Kedron-Wavell Sub Branch Inc.
Scott	Thomas	17933	Mudjimba Sub Branch Inc.
Secrett	Robert	7121	Gaythorne Sub Branch Inc.
Sheehan	Philip	2412128	Blackbutt Sub Branch Inc.
Sherwill	Beryl	S29755	Caloundra Sub Branch Inc.
Shivnen*	Ronald	2/715226	Caloundra Sub Branch Inc.
Shoebridge	George	R38252	Airlie Beach-Whitsunday Sub Branch Inc.
Sinnott	Ian	1201166	Currumbin/Palm Beach Sub Branch Inc.
Smith	Jack	S6023	Toowoomba United Sub Branch Inc.
Smith	Leo	VX81972 (V102663)	Southport Sub Branch Inc.
Smith	Daisy	F1/1105	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Smith	George	QX22864	Redlands Sub Branch Inc.
Smith	Alan	1/700041	Bardon Sub Branch Inc.
Smith	John	1201193	Springwood Tri-Service Sub Branch Inc.
Snowdon	Peter	242872	Kedron-Wavell Sub Branch Inc.
Stallan	Allan	157270	Caboolture-Morayfield & Dist Sub Branch Inc.
Stevenson	David	45058	Mudjimba Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Stockwell	Errol	NX8722	Currumbin/Palm Beach Sub Branch Inc.
Stringer	Raymond	SFX2135	Surfers Paradise Sub Branch Inc.
Sutherland	Norman	144711	Currumbin/Palm Beach Sub Branch Inc.
Thomas*	Hedley	O219178	Surfers Paradise Sub Branch Inc.
Thompson	Alan	1734672	Walkerston-Pleystowe Sub Branch Inc.
Threading-ham	Kenneth	A14434	Hervey Bay Sub Branch Inc.
Thurman	Thomas	23944205	Beenleigh & District Sub Branch Inc.
Tickner	Keith	VX501350	Tewantin/Noosa Sub Branch Inc.
Tracey	Kenneth	1/711713	Capricornia & Rockhampton Region Sub Branch Inc.
Turner	Ivan	170014	Gaythorne Sub Branch Inc.
Turner	Margaret	QF124342	Kedron-Wavell Sub Branch Inc.
Tyree	Jack	QX12619	Proserpine Sub Branch Inc.
Venaglia	John	1/725656	Hervey Bay Sub Branch Inc.
Vinten*	Alan	22386305	Beenleigh & District Sub Branch Inc.
Waite	Francis	151516	Gaythorne Sub Branch Inc.
Wallace	Josie	VF510437	Southport Sub Branch Inc.
Webb	Kenneth	17905	Logan & District Sub Branch Inc.
Webberley	Fraser	345606	Hervey Bay Sub Branch Inc.
Weekes	Neil	1732646	Bribie Island Sub Branch Inc.
Wells	Hugh	R51994	Mossman Sub Branch Inc.
Winstanley	Robert	215953	Bundaberg Sub Branch Inc.
Wong	Shui	NG2448	Sunnybank Sub Branch Inc.
Wruck	Gordon	123727	Boonah Sub Branch
Wyatt	Graham	121312	Airlie Beach-Whitsunday Sub Branch Inc.
Young	Frank	Q62	Wynnum Sub Branch Inc.





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