

QUEENSLAND

# RSL NEWS

**WARRIOR  
GAMES**  
A SHOWCASE  
OF VETERANS'  
RESILIENT SPIRIT

**REACHING PEAK  
POTENTIAL**  
HUMAN PERFORMANCE  
CENTRE BOOSTS  
SOLDIERS' PHYSICAL  
AND MENTAL  
RESILIENCE



**RSL**  
Queensland

\*\*\*\*\*  
**PASSION  
CAPTURED**

**WARTIME PHOTOS INSPIRE RSL  
QUEENSLAND SCHOLARSHIP  
RECIPIENT**

\*\*\*\*\*

## Danger Close

Battle of Long  
Tan lights up the  
silver screen



# Sleep Apnea? Best prices on CPAP equipment



## CPAP DIRECT

### CPAP House Call Service

In selected areas

*Free clinical setup & support*

CPAP Machines, Masks & Accessories | In-home Setup & Support

**We come to you!**



**CPAP Direct Mobile Clinician | 1800 835 895**

CPAP therapy can be provided to Department of Veterans' Affairs entitled persons with an appropriate prescription



Friendly service, remote monitoring & the best prices



5% Price beat guarantee to ensure the best pricing for ALL patients

\*full Terms & Conditions visit [cpap.com.au](http://cpap.com.au)

*Sleep apnea experts*

# CPAP DIRECT

See the latest mask and machine reviews at [cpap.com.au](http://cpap.com.au)



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

**FREE DELIVERY**  
Australia Wide



*Free after sales clinical support*  
(No hidden fees)

**MAROOCHYDORE**  
Shop 3, 70-98 Dalton Drive  
Maroochydore QLD 4558  
Phone: 07 5476 8328

**MOBILE CPAP SERVICE**  
NOOSA / COOLUM AREA  
We come to you!  
Phone: 0416 450 979

**Video reviews & CPAP tips**  
Contact [info@cpap.com.au](mailto:info@cpap.com.au) to request  
more information on our services

**CHERMSIDE**  
6, 832 Gympie Road  
Chermside QLD 4032  
Phone: 07 3350 4177

**MORAYFIELD**  
Shop 3, 111 William Berry Drive  
Morayfield QLD 4506  
Phone: 07 5316 3327

**UPPER MOUNT GRAVATT**  
Shop 1, 1945 Logan Road  
Upper Mount Gravatt QLD 4122  
Phone: 07 3219 2221

**TOOWOOMBA**  
Shop 2, 161 James Street  
Toowoomba QLD 4350  
Phone: 07 4529 0613

**GOLD COAST**  
Shop 9, 47 Ashmore Road  
Bundall QLD 4217  
Phone: 07 5504 6181

**IPSWICH**  
Shop 3, 116 Brisbane Road  
Booval QLD 4304  
Phone: 07 3281 2249





## RSL NEWS STAFF & ASSOCIATES

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

**State President**  
Tony Ferris

**State Deputy President**  
John Strachan OAM

**State Vice President**  
Bill Whitburn OAM

**Administration**  
PO Box 629, Spring Hill, Qld, 4004  
T: 07 3634 9444  
F: 07 3634 9400  
E: reception@rslqld.org  
W: www.rslqld.org

**Advertising**  
Peter Scruby  
E: massmedia@themediaworkshop.com.au

**Editor**  
RSL (Queensland Branch)  
E: editor@rslqld.org

**Content Coordinator**  
Meagan Martin | iMedia Corp

**Graphic & Editorial Design**  
Rhys Martin | iMedia Corp

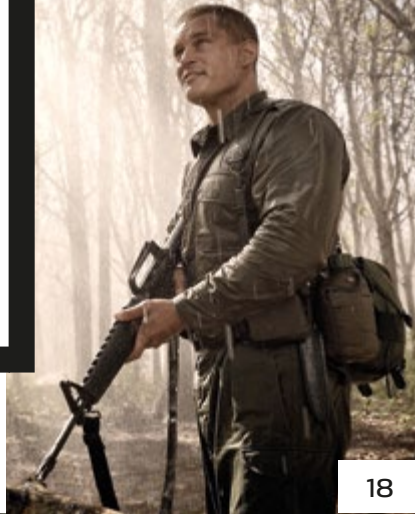
**Printing & Distribution**  
Printcraft  
W: www.printcraft.com.au

RSL (Queensland Branch)  
current membership: 33,857

Queensland 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 that adhere to word limits and are accompanied by high resolution photos. Originals of all material should be retained by contributors and only copies sent to *Queensland RSL News*.

**Disclaimer:** Advertisers and contributors to *Queensland RSL News* acknowledge that they are aware of the provisions of the Anti-Discrimination Act 1977 and the Competition and Consumer Act 2000 in relation to false and misleading advertising or statements under other unfair practices and the penalties for breach of provisions of these Acts. The publisher accepts no responsibility for such breaches. Opinions expressed by contributors are their own and not necessarily endorsed by *Queensland RSL News* or the publishers. All material in *Queensland RSL News* is copyright and may not be reproduced in whole or in part without the express permission of the publishers. All articles are general in nature. Individuals should seek expert advice before acting on any information.



18



15

## FEATURES

### 18 Seminal Battle Fought on the Silver Screen

The new film *Danger Close* brings the Battle of Long Tan to audiences across Australia.

### 24 Adapting to be your Best

The Department of Defense Warrior Games showcase the resilient spirit of today's wounded, ill or injured service members.

### 28 Wartime Photos Inspire Daughter's Passion

RSL Queensland Scholarship recipient Rhiannon Whitaker is turning her passion into a career.

### 40 The Gallipoli Letter

Keith Murdoch's brutally honest letter to Australian Prime Minister Andrew Fisher played a key role in ending the Gallipoli campaign.

### 62 RSL Auxiliaries

Providing support to Sub Branches and an opportunity to give back.

## REGULAR

05 President's Message

10 Editor's Mailbox

12 News Bulletin

45 Mates4Mates

72 RSL Mateship

76 RSL Community

92 Last Post



### Front Cover

Griffith University photography student Rhiannon Whitaker is turning her passion into a career, with the help of the RSL Queensland Scholarship program.



# ARE YOU LOOKING FOR WORK?

RSL Queensland's Employment Program provides ex-Defence and Defence partners with practical assistance and advice for finding meaningful employment.

We help you translate your Defence skills in a way that's relevant to the civilian job market, write a resume, hone your interview skills, and make contact with employers.

**APPLY NOW**  
[rslqld.org/employment](http://rslqld.org/employment)



**RSL**  
Queensland





# MEMBERS WHO GO ABOVE AND BEYOND

Fellow members and friends,

In my role as President, I regularly attend events that recognise the contribution of our Sub Branch volunteers. It's a privilege to attend these events, knowing that everyone there is equally passionate about improving the quality of life of our Defence family.

I commend you, our members, for the many volunteer hours you contribute to achieving this mission. Some of you provide companionship for our older veterans, others help veterans with their DVA claims, and others fundraise to provide local support services.

Our members in every corner of Queensland are the heart of this organisation and without them RSL Queensland could not continue its vital work.

## EXCEPTIONAL SERVICE

One of the events I attended recently was to recognise the contribution of Life Members and recipients of the Meritorious Service Medal in the Pioneer-Fitzroy-Highlands District. As you know, these distinctions are reserved for those of us who have displayed long, continuous and exceptional service to our Defence family.

These members are the best of us, regularly going above and beyond in their service to our community. And we need these exceptional people – and more like them – if we are to continue to meet the needs of contemporary veterans.

After 103 years, the need that

\*\*\*

**“THESE MEMBERS ARE THE BEST OF US, REGULARLY GOING ABOVE AND BEYOND IN THEIR SERVICE TO OUR COMMUNITY. AND WE NEED THESE EXCEPTIONAL PEOPLE – AND MORE LIKE THEM – IF WE ARE TO CONTINUE TO MEET THE NEEDS OF CONTEMPORARY VETERANS.”**

\*\*\*

RSL Queensland was founded to meet not only still exists, but is far greater and more complex than ever before.

Where the veterans of previous conflicts were drawn from everyday society for the duration and returned to their civilian lives afterwards, today's veterans have come from a standing professional Defence force. They have often joined as young men and women and have no adult experience of the civilian world they transition into after Defence.

Their needs are different but no less important. And meeting these changing needs will take all of us, working together across all arms of this organisation.

## HOW DO WE HELP TODAY'S VETERANS?

Recent research into our brand following our ANZAC Day campaign revealed that while the Defence community has a broad understanding of RSL

Queensland's role, they have limited awareness of our services. They are open to joining Sub Branches, but have no strong drivers to do so. The main barrier is relevance to them and their family.

A key issue continues to be the 'clubs' issue. The Defence family sees no distinction between clubs and the RSL, and incorrectly sees clubs as a service we offer and a source of funding for us. In fact, half of those we surveyed thought they were RSL Queensland members; only 14 per cent actually were RSL members, while 33 per cent were club members.

The research also shows that RSL members feel significantly higher rates of connection and future security, so we know that attracting new members is beneficial to the wellbeing of the Defence community. We know that 70 per cent have issues with health and fitness, finances and

relationships, and we see these as the key areas where RSL Queensland can provide support and grow membership.

## SERVICES CATALOGUE

This issue of *Queensland RSL News* contains a copy of our new Services Catalogue. I think the scope of services we offer on a state-wide level will surprise many of our members – from our more traditional advocacy services to innovative scholarship, employment and wellbeing programs.

These are programs that are available to our Defence family across the state – programs that you can access on behalf of your local veterans.

You are already doing amazing work for our Defence family, but by combining our strengths, we can ensure our Defence family continues to be supported and empowered, now and into the future.

Once again, I commend you all – and particularly our Life Members and Meritorious Service Medal recipients – for your dedication and service to our Defence family.



**Tony Ferris**  
State President  
RSL Queensland



# IT IS AN HONOUR TO SERVE THIS ORGANISATION

As I write my first column as RSL Queensland Chief Executive Officer, I reflect on how much I've learnt in my first two months in the role. Thank you for the warm welcome – it is an honour to serve this wonderful organisation and I'm excited to continue its great work supporting our Defence community.

## MY FIRST TWO MONTHS

The first two months gave me an opportunity to fully immerse myself in the business.

I had the privilege of hearing about some of the issues facing Districts and Sub Branches and am keen to continue to learn

\*\*\*

**“ONE OF MY PRIORITIES FOR THE REST OF 2019 IS TO REMIND THE ANZAC HOUSE TEAM OF THE RSL QUEENSLAND OBJECTS. IT IS MY RESPONSIBILITY TO ENSURE OUR TEAM IS NOT JUST FAMILIAR WITH THE OBJECTS, BUT THAT THEY DEEPLY UNDERSTAND THEIR SIGNIFICANCE.”**

\*\*\*

more and to consider the role that State Branch can – and should – play in improving our network's effectiveness.

I spent valuable time meeting one-on-one with senior leaders and staff members across the organisation to hear the thoughts, concerns and frustrations of our team. I also sought feedback on our strategy, execution, communication and culture.

These discussions proved invaluable in painting a realistic picture of how we are performing, assessing the engagement levels of staff, and demonstrating a united voice of the Executive. It helped me gain clarity on our challenges and opportunities and, subsequently, determine our priorities.

A major milestone in facilitating a way forward for RSL Queensland will be the review and reinvigoration of our Vision, Mission and Values. These will underpin and guide our longer-term strategy – both organisationally and within business units.

We have a tremendous opportunity to further enhance and hone service delivery to veterans, better support and engage with members, rethink our communication strategy, and refocus our internal attention and efforts to the League more broadly. This will shape our priorities both in the short term and beyond.

## LATEST NEWS

Productive discussions have continued with the Australian



RSL Queensland CEO Melanie Wilson addressed RSL staff at the mid-year Employee Town Hall on 21 August.





Charities and Not-for-profits Commission (ACNC) to progress the good work already done to improve governance standards. We'll continue to partner with them to strengthen our organisational compliance processes.

We've had several pieces of good news recently:

In August I had the pleasure of attending the Australian Financial Review's Most Innovative Companies Awards. RSL Queensland was a nominee for our work on LotOS, our new Lotteries Operating System, and we were thrilled to be awarded with second place! A huge congratulations to the Technology and Innovation and Lotteries teams for this impressive achievement.

Also in August, we sold out Art Union draw 368 – the second consecutive sell-out for the lottery. The game exceeded its target, delivering even more funding for RSL Queensland to help veterans.

We also opened Art Union 369 – a beautiful new Gold Coast beach house prize home, valued at \$4.1million! Great work to our

\*\*\*

**“WHAT WAS REALLY EXCITING, WAS HAVING THE OPPORTUNITY TO STAND SHOULDER TO SHOULDER WITH STAFF. TOGETHER WITH OUR SUB BRANCH VOLUNTEERS, THEY ARE THE BACKBONE OF OUR AMAZING ORGANISATION.”**

\*\*\*

Lotteries team for delivering another next-level prize home to keep our all-important funding coming through.

On 21 August we held our mid-year Employee Town Hall, an opportunity for our staff to come together, celebrate wins, ask questions and share challenges, and agree on our focus for the next six months. I shared some of the insights I gleaned during my first months, learned more about how our work supports our purpose, and recognised the great work done by so many.

But what was really exciting, was having the opportunity to

stand shoulder to shoulder with staff to hear what's on their minds. Together with our Sub Branch volunteers, they are the backbone of our amazing organisation, and it is important they know how much their hard work and commitment is valued.

The event was also an opportunity for the Executive team to give an update on some of the exciting achievements within each of their business units and their plans for the next six months.

**WHAT'S NEXT?**  
One of my priorities for the

rest of 2019 is to remind the ANZAC House team of the RSL Queensland Objects. It is my responsibility to ensure our team is not just familiar with the Objects, but that they deeply understand their significance.

This is both in the context of our Mission and in their capacity to shape and focus our efforts internally. I have even updated the wall art in my office to reflect this goal, as you can see from the photo above.

You can look forward to a more in-depth article in Edition 4 of *Queensland RSL News*, where you will have a chance to get to know a bit more about me and my goals for moving our organisation forward.



*Melanie Wilson  
Chief Executive Officer  
RSL Queensland*



# WHY SHOULD WE GROW MEMBERSHIP?

As you are likely aware, in August we bid farewell to General Manager of Operations and State Secretary, Scott Denner. Given my role as Veterans Services Manager, I was appointed to step up as Acting General Manager of Operations while the role is permanently recruited.

I would like to thank Scott for the vision he demonstrated during his three years with our organisation and for establishing many activities that helped grow our service delivery.

While this growth has been significant, what is even more important is that we have been working closely together to increase the scope and scale of services. You can see a recap of how we supported our Defence family in the second quarter of 2019 on the opposite page.

## ATTRACTING NEW MEMBERS

We recognise that RSL Queensland needs to attract new members, but why is this important?

As members of the ex-service community, I think we all agree that our time in the ADF offered us an opportunity to develop strong bonds with our Defence mates, many of who will be lifelong friends.

I had an interesting conversation with the partner of a veteran recently. She reminisced about how solid the couple's community was when they lived on base. We all know that when Defence members leave their service behind this connection

\*\*\*

**“WE MUST DEVELOP WAYS TO ENCOURAGE THE YOUNGER GENERATION TO JOIN THE LEAGUE AND WORK WITH OUR MEMBERSHIP AND OUR EMERGING MILITARY FAMILY TO SEEK WAYS TO CONNECT THE TWO. BECAUSE, AT THE END OF THE DAY, WE DON'T NEED TO DO IT FOR US, WE NEED TO DO IT FOR THEM.”**

\*\*\*

becomes the exception, rather than the norm.

## WE CAN BE THE CONNECTION

So, for me, membership has never been more important. RSL Queensland has the ability to be this connection from service through to ex-service; however, it is something we all need to work on.

You will soon have access to the Sub Branch Knowledge and Information Portal (SKIP), which will facilitate greater communication across the league.

We actively empowered our staff to engage with members and Sub Branches across the

state – both during the process of developing SKIP and delivering training to our volunteers. You can read more about SKIP on page 16.

Staff in various areas of Operations have been working towards the goal of connecting with our Defence community:

Our Partnerships Team has been helping the ADF invest in current-serving members and provide them with additional support, as well as enabling other organisations to deliver effective services.

Our Veteran Services Officers are engaging with Sub Branches through their Regional Coordinators so we can

collaboratively support client needs.

Our Marketing Team has refreshed our brand and is actively engaging our current and ex-serving communities through a variety of channels and initiatives, such as the upcoming Explore the Barracks event.

Our RSL Employment Program continues to support veterans into long-term employment.

## THE ROLE OF SUB BRANCHES

We know our Sub Branches deliver an important support role in every community. Our focus will be to work collaboratively in supporting our military family – but, importantly, reconnecting with those who need mateship to support them in life.

We must develop ways to encourage the younger generation to join the League and work with our membership and our emerging military family to seek ways to connect the two. Because, at the end of the day, we don't need to do it for us, we need to do it for them.



**Robert Skoda**  
**Acting General Manager**  
**Operations**  
**RSL Queensland**



# Shoulder to shoulder with our Defence family, in April–June 2019.



**9 individuals and families**  
helped into safe,  
permanent housing



**465 nights**  
spent in RSL short-term  
accommodation



**\$150,000+**  
provided in crisis funding



**3,800+**  
calls handled



**23 jobs found**  
for veterans and their partners



**1,203 DVA**  
claims handled

Between April and June 2019, RSL Queensland provided a broad range of programs and services to support current and former ADF members and their families.

**Find out how we can help you.**

**134 RSL | [rslqld.org](http://rslqld.org)**



**RSL**  
Queensland



# MAILBOX



## ANZAC DAY SERVICES IN THE UNITED STATES

I doubt that it's widely known that ANZAC Day services are held in several places in the United States.

One of these is Saranac Lake, New York, where young Australian Army Captain Paul McKay was found dead on Scarface Mountain in January 2014. McKay suffered from post-traumatic stress after a tour of duty in Afghanistan in 2011.

Without telling anyone where he was going, McKay flew from Adelaide to Saranac Lake and hiked up into the mountains in the middle of winter. He had very little clothing or appropriate gear and he died of hypothermia during the night.

Now, every year on 25 April, a group of Australians and members of the local community hold an ANZAC Day service to commemorate his passing.

Another service is held in Fort Benning

(pictured), where people gather at the 173rd Airborne Brigade Sky Soldier Memorial at the National Infantry Museum in Columbus, Georgia.

It is the only memorial in the US that lists the names of Australians killed in action. Listed are the names of 1RAR group members killed while serving with the 173D Airborne Brigade (SEP) in 1965-66.

The sunrise service is organised and run by the Australian Army contingent on assignment at the Maneuver Center of Excellence and Fort Benning. Australian and US soldiers served in battle together for the first time during WWI at Hamel, France on 4 July 1918.

**Rick O'Brien**  
**Yeppoon**





## ANOTHER PRIVATELY ERECTED WAR MEMORIAL

On page 8 of the Mailbox section of *Queensland RSL News* Ed 2, 2019 there is a photo of a beautiful bridge that has been privately erected as a war memorial. I thought readers might like to know of another Queensland privately erected war memorial in Ma Ma Creek, outside Gatton.

This memorial was commissioned by my great aunt, Fleurine Andrews, and was erected in 1920. It is dedicated to the memory of three of her sons who were killed in action in France during WWI and is in the grounds of the local St Stephens Church and visible from the road.

It is unique in that it is a privately erected war memorial in a church graveyard and the only one in Queensland depicting a digger in a peak cap. It was listed on the Queensland Heritage Register in 1992.

**Paul Andrews**  
LtCol (retired)

## CORRECTION FROM THE LAST POST

In the Last Post in Edition 2, 2019 we incorrectly included the name Stanley Kracht from Tramways Sub Branch (Q107953). This was based on incorrect information we received, and we sincerely apologise to Stanley and his family for any distress this has caused.

## GOONDIWINDI REGIONAL COUNCIL

The article 'Community ANZAC tribute commemorates all' on page 68 of *Queensland RSL News* Edition 2, 2019 incorrectly stated that Goondiwindi Regional Council assisted Boyne-Tannum RSL Sub Branch with its ANZAC memorial. This should have been the Gladstone Regional Council. We apologise for the error.



# NEWS

SHOULDER TO  
SHOULDER, ALWAYS

## MEMBERS ATTEND DANGER CLOSE PREVIEW

Cairns RSL Sub Branch President  
Kristen Rice at the preview  
screening of *Danger Close* in July.

RSL Queensland members were given the opportunity to attend a free preview screening of the movie *Danger Close* in July. Almost 400 people took advantage of the offer and saw the movie in Brisbane and Cairns.

*Danger Close* tells the story of the 108 men of D Coy 6 RAR, who held off more than 2,000 Viet Cong and North Vietnamese soldiers for three and a half hours amid pouring rain, mud and the shattered rubber trees of the Long Tan plantation.

“It’s one of the most significant battles post WWII,” Cairns RSL Sub Branch President Kristen Rice said following the screening.

“It was fantastic. If you want a quick lesson in leadership and courage under fire, go see the movie.”

Fellow Cairns Sub Branch member Dave Harrison said the movie blew him away.

“I could see it hit home for a lot of the guys. It even hit home for some of the younger vets that I was sitting with. It choked me up a little bit,” Dave said.

RSL members were also given access to discounted tickets to see the movie, which opened to the general public in August.



### RESOURCES FOR SCHOOL VISITS

Did you know that RSL Education has information to help Sub Branches and members prepare for school visits?

As veterans, you have firsthand experience of many of the conflicts, peacekeeping operations and disaster relief operations that Australia has been involved in.

Download 'How to Prepare for a School Visit' and help students gain a deeper understanding of our military history at [rsleducation.com.au/about](http://rsleducation.com.au/about)





**LEFT:** RSL Queensland members enjoying the welcome reception at the State Congress.

## CONSTITUTION VOTED DOWN AT STATE CONGRESS

Representatives from 183 Sub Branches around Queensland attended our State Congress in Brisbane on 21-22 June. It was an opportunity for members to help shape the future of our organisation going forward.

The State Council of Auxiliaries held its AGM on Friday, and was followed by the RSL Queensland Opening Ceremony on Friday evening. Saturday saw the official business of the AGM and updates from RSL Queensland President Tony Ferris, then CEO Luke Traini and then State Secretary and GM Operations Scott Denner.

During the AGM, the motion to adopt the draft 2019 Constitution was defeated. Discussions about the document are ongoing.

Minister for Veterans' Affairs and Defence Personnel Hon Darren Chester MP and Shadow Minister Hon Shayne Neumann MP also addressed veterans, and training sessions were provided on governance, grant writing and digital tools for Sub Branches.

Guests had a chance to celebrate all the achievements of the past year with a gala dinner on Saturday night, where Major General Stuart Smith AO DSC (Ret'd) was the guest speaker.

Recordings of the business sessions, guest speakers and training sessions are available at [rslqld.org](http://rslqld.org).



**LEFT:** Former RSL Queensland State Vice President Ewan Cameron, State Deputy President John Strachan, State President Tony Ferris, Company Secretary Leah Coogans and former General Manager of Operations and State Secretary Scott Denner.

**BELOW:** RSL Queensland State President Tony Ferris, his wife Leane and Major General Stuart Smith AO DSC (Ret'd).

**INSET:** Minister for Veterans' Affairs and Defence Personnel Hon Darren Chester MP.





# THANKS TO SCOTT DENNER

After more than three years with RSL Queensland, we bid farewell to General Manager of Operations and State Secretary, Scott Denner.

Scott was an integral part of our transformation and recognised the need for us to evolve the way we support veterans. He oversaw the creation and rollout of many new programs, including RSL Education, RSL Employment, the wellbeing arm of our Veteran Services team, the Defence Family Research Project and the growth of our partnerships with other ex-service organisations.

Scott left a strong legacy at RSL Queensland and we are thankful for his contributions. We know he will continue to have a great impact on the Defence community as he moves to focus on his military career.



## MEMBERSHIP SYSTEM UPGRADE



With over 35,000 members, RSL Queensland is one of the largest member-based not-for-profit organisations in the state, if not the country. Unlike other organisations, the successful recruiting and processing of those memberships largely falls to hard-working volunteer Membership Officers in each of the more than 200 Sub Branches across Queensland.

The annual membership renewal time on 1 December is always extra busy for these Officers, along with our staff and membership experts, Peter Jones and Antoinette Joubert (pictured). But this year there will be a silver lining.

The online MMS system currently used by Sub Branch volunteers is undergoing a much-needed overhaul – with the new version bringing relief to frustrated users. MMS will have a fresh look, but most of the functionality (the way you click through processes) will stay the same.

A heads-up to Membership Officers reading this: you will need to use Google Chrome – the web browser that supports MMS.

Many of you might already be using Outlook or Safari to access websites – these come standard with your computer, and you won't notice much difference when working on Chrome. Think of a web browser as the library building in which a collection of books is stored. The millions of websites are those books.

The more stable the library building is, the better the condition of the books. Google Chrome is recognised as the most stable web browser today, and many websites – including our new MMS – work more efficiently with Chrome.

If you don't have Chrome already, you can go to your current web browser and type in a search for 'Chrome'. Click on 'Download and Install Chrome' and follow the site instructions to download onto your computer. If you have trouble, let your District Secretary know and we can contact you with support.

The new MMS will launch before 1 December, with training sessions to be rolled out for Membership Officers around the state, so please keep an eye out and contact your District Secretaries to register your interest.



## LYNNE GAMBRILL OAM

We were sad to hear that State Council of Auxiliaries President Lynne Gambrell

OAM passed away on 9 August following a battle with cancer. Lynne has been a passionate and dedicated member of the Auxiliaries for the past 30 years and stepped into the role of Council President in 2014. She was awarded Life Membership of the South Eastern District RSL in 2017. Our thoughts are with her family.

## GRANTS AVAILABLE

Does your Sub Branch need funding to restore a military memorial? Round Two of the Queensland Veterans' Memorial Grants Program is now open and will close on 20 October 2019.

Three RSL Sub Branches – Roma, Killarney and Boonah – were successful in receiving a total of over \$60,000 in the first round. Visit the Queensland Government website to learn more.



# EXPLORE THE BARRACKS

To thank the community for its support during the intensive ready to deploy phase, the Australian Army 7th Brigade, supported by RSL Queensland, is opening the gates of Gallipoli Barracks for a rare glimpse on base.

There'll be plenty of fun activities for all the family, as well as opportunities to find out more about what 7th Brigade does and meet some of the men and women who keep us all safe.

Come and see military vehicles like armoured vehicles and helicopters, learn more about the Brigade's units, watch parade displays and enjoy the many rides and activities – including an inflatable obstacle course.

Grab a bite or a coffee from the many food trucks and eat at picnic tables shaded by camo nets.

And don't forget to stick around for an unforgettable performance by the Band of the 1st Regiment, Royal Australian Artillery, including the 1812 Overture with gun displays and fireworks.



## EVENT DETAILS

WHEN: 12 October 2019

TIME: Gates open at 1pm

WHERE: Gallipoli Barracks

REGISTRATION: As this is a secure Defence facility, registration is essential at [explorethebarracks.com.au](http://explorethebarracks.com.au)

## SCHOLARSHIPS AWARDED

In June, we awarded our 2019 RSL Queensland Scholarship recipients at an event hosted by the Department of Veterans' Affairs. Many recipients travelled long distances to attend and brought loved ones – parents, grandparents, partners and children – who cheered them on.

So far this year, RSL Queensland has awarded 58 scholarships to the children

and spouses of veterans, and to ex-Defence members.

This program is incredibly special. Our scholarships support members of the Defence family who are striving to improve their lives. They demonstrate incredible resilience, often completing studies under challenging circumstances that only those in similar circumstances would really understand. Receiving a

scholarship empowers them to achieve their goals, often literally changing their lives.

RSL Queensland staff who attended the ceremony said it was moving to see both the relief and pride recipients felt receiving a scholarship. It's a wonderful example of RSL's powerful work in the community. Read more about one of our scholarship recipients on page 28.



**ABOVE:** RSL Queensland State Deputy President John Strachan OAM, State President Tony Ferris and AVCAT CEO Joan Hughes with 2019 RSL Scholarship recipients Kobi Parker, Aaron Grant, Elizabeth McDonnell, Sarah Mortensen and Jessica Howman.





# SKIP MAKES INFORMATION ACCESS EASIER

It will soon become much easier for Sub Branch committee members to access RSL Queensland information and resources.

This October, we're excited to launch our new Sub Branch Information and Knowledge Portal, affectionately known as SKIP. A central resource hub, SKIP will provide direct online access to wide-ranging and current information about RSL Queensland's services.

It's a giant step towards improving our communication with League members. Ten years in the making, SKIP was created after extensive consultation with RSL Queensland stakeholders, including our 10 District Secretaries who worked

hard to ensure SKIP delivers services that meet the needs of our Sub Branches.

## HOW WILL SKIP WORK?

Each Sub Branch will have access to SKIP's dedicated, online storage space that is secure and only accessible to that Sub Branch's agreed committee members.

This secure online storage was a key driver behind the program, with District Secretaries assisting many Sub Branches in the past to rebuild lost information following natural disasters, computer failure or member turnover. With SKIP, Sub Branch data can be safely stored and

accessed by committee members wherever, and whenever, they choose.

SKIP also features an information library, ensuring Sub Branches are accessing up-to-date forms and resources from State Branch. A dedicated RSL Queensland team member will ensure the library is current, including adding new content that Sub Branches need and updating information to align with changing laws and requirements.

Library content will initially include compliance and marketing materials. Over the following months, we'll add resources relating to legal and governance, funding, membership, commemoration, building

and facilities, volunteers and programs.

## SUPPORTING EXCELLENCE

This portal is a first for RSL Queensland and an initiative that we hope will provide Sub Branches with the support and transparent information they need to operate at the highest standard. SKIP is designed to be easy to use – and we'll provide user training over the coming months – but we also look forward to receiving your feedback so that we can continue to shape and improve the program in the future!

If you would like SKIP access for up to five Sub Branch committee members, please contact your District Secretary.



# HELP IN THE PALM OF YOUR HAND



## Survive to Thrive

The Survive to Thrive program has been developed and backed by ADF members who have firsthand experience with PTSD. The broader program contains video coaching modules, exercise and nutritional information as well as a smartphone app.

[survivetothrivenation.com/post-war-survive-to-thrive-program/](http://survivetothrivenation.com/post-war-survive-to-thrive-program/)



## At Ease

This app has been designed by DVA to assist current and ex-serving ADF members and their families manage the stresses of military life.

[at-ease.dva.gov.au/resources/mobile-apps/high-res-app](http://at-ease.dva.gov.au/resources/mobile-apps/high-res-app)



## REDSIX

REDSIX has been developed to try to lower the suicide rate within the veteran community. The app's peer-to-peer veteran community aims to support other veterans struggling with their mental health.

In iTunes, search for SIX\* to download.  
[redsix.com.au](http://redsix.com.au)



## The Right Mix

The Right Mix has also been developed by DVA and provides tips and strategies to try to reduce the impact of alcohol consumption on your life.

[therightmix.gov.au](http://therightmix.gov.au)



## PTSD Coach


This app is offered by DVA for current and ex-serving ADF members and features information about PTSD as well as links for support and help.

[at-ease.dva.gov.au/resources/mobile-apps/ptsd-coach-australia-app](http://at-ease.dva.gov.au/resources/mobile-apps/ptsd-coach-australia-app)

Many of us rely on smartphone apps to inform, educate and entertain. Now, there are also a variety of apps designed specifically for current and ex-serving ADF members – offering everything from advice about alcohol consumption to mental health support.


While the apps are a great source of information and support for the Defence community, they are not a replacement for advice from your GP or mental health professional. If you are struggling and need to speak to someone, please call us on 134 RSL or Open Arms on 1800 011 046.





# SEMINAL BATTLE FOUGHT ON THE SILVER SCREEN

Like so many battles from other conflicts, the Battle of Long Tan reminds us of what Australians can achieve against overwhelming odds.

 Anita Jaensch





Aussie actor Travis Fimmel plays Major Harry Smith in the new Australian film *Danger Close: The Battle for Long Tan*, which was filmed in Queensland last year.





**IT** lasted less than four hours, but the Battle of Long Tan has gone down in the annals of Australian military history. In the face of waves of attacks by a much larger force of Viet Cong, the 108 men of D Company 6 RAR showed extraordinary bravery and military prowess.

For the first time, their story has been told in the new film *Danger Close: The Battle of Long Tan*.

Following a dawn attack on the 1st Australian Task Force base at Nui Dat on 17 August, B Company 6 RAR was sent out to search for the enemy. They located the enemy's firing positions, but encountered no Viet Cong. The next day, D Company relieved them at the edge of the Long Tan rubber plantation and continued the patrol eastwards.

### MAJOR HARRY SMITH AT THE HELM

Commanding D Company was Major Harry Smith, a veteran of Malaya and a former Commando.

"We were sent out to look for 30 or 40 Viet Cong," Smith says. "The leading platoon, 11 Platoon, ran into probably several hundred North Vietnamese, and they got pinned down."

### SERGEANT BOB BUICK STEPS UP

In the first minutes of the battle, Platoon Commander Lieutenant Gordon Sharp was killed and Sergeant Bob Buick assumed command of 11 Platoon.

"You're trained to do a certain job, and sergeants are trained to take

over from the platoon commander, if [anything] happens. I knew what I had to do," he says. "I had to control artillery for an hour to bring it right in and straight over the top of our heads, to land 50 metres away. Because we had 70 or 80 enemy right in front of us and they were shooting us very effectively.

"I went out with 29 soldiers and there was only eight of us left the next morning; 13 were killed and eight were wounded."

### FLIGHT LIEUTENANT BOB GRANDIN FLIES IN

Dangerously low on ammunition, D Company needed an urgent resupply. After an unsuccessful attempt by US airborne support, pilots from RAAF's 9 Squadron volunteered to fly it in. Flight Lieutenant Bob Grandin was co-pilot on the lead helicopter – one of two – that made the ammunition drop in monsoonal conditions.

"We were in pouring rain and I was looking down between my feet to see the ground, because we couldn't see out the front at all or out the sides. And I recognised a landmark and we were behind the enemy line," Grandin says.

The surviving members of 11 Platoon were eventually able to regroup, first with 12 Platoon and then the rest of D Company. D Company defended its position against relentless attacks by the North Vietnamese until the enemy was repelled by the arrival of B Company and the Armoured Personnel Carriers of 3 APC Troop.

During the battle, 18 of D Company's soldiers were killed and a further 24 were injured – the highest number of casualties in any engagement during the Vietnam War.

THIS  
PAGE

ABOVE  
RIGHT:  
Nicholas  
Hamilton as  
Private Noel  
Grimes.

ABOVE:  
Travis Fimmel  
and Jay Kiriona  
as Bombardier  
Willie Walker.

BELOW  
LEFT:  
Emmy Dougall  
as Little Pattie.

OPPOSITE  
PAGE

TOP  
RIGHT:  
Richard  
Roxburgh as  
Brigadier David  
Jackson.

BOTTOM  
RIGHT:  
Travis Fimmel  
plays Major  
Harry Smith.







## COURAGE AGAINST THE ODDS

“The thing that sticks in my mind 52 years later is the courage and gallantry of my soldiers in fighting off overwhelming North Vietnamese attacking us,” Smith says.

“I had 68 national servicemen in my Company and they hadn’t seen much service, apart from the 12 months of training prior to going to Vietnam. And I have to say that they fought as good as, if not better than, some of the regular Army soldiers I had. They were out to show that they were – that first intake – as good as the rest.”

## DANGER CLOSE BRINGS BATTLE TO LIFE FOR NEW GENERATION

The three veterans agree the release of the film *Danger Close: The Battle of Long Tan* will raise awareness of the battle and the Australian effort in Vietnam among a broader audience.

“We’ve had such a tremendous response from Vietnam vets coming to the movie, especially screenings and things like that. I’m sure they’re getting recognition through that movie,” Grandin says.

“I think it is important for a wider audience to know what went on in

Vietnam,” Smith says. “We had 16 battalions that fought in Vietnam, and it’s not been very well recognised.”

## LIFE AFTER VIETNAM

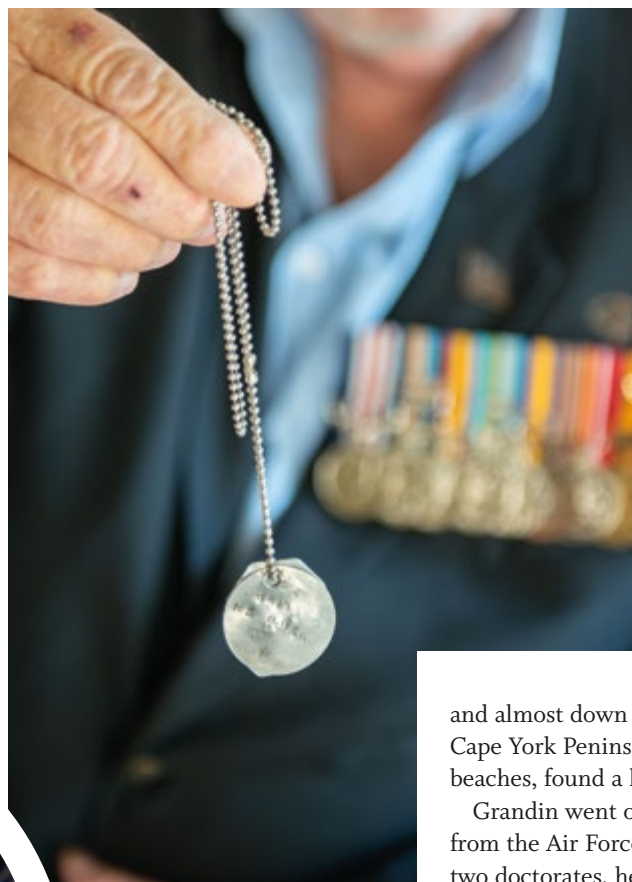
After returning from Vietnam, the three veterans took very different paths. Smith went on to become the first Chief Instructor of the Army’s Parachute School, until an injury ended his military career. After retiring, he skippered charter boats in the Whitsundays with his wife.

“We used to live six months on the boat, six months ashore, and we’ve been all the way up to Thursday Island

“YOU’RE TRAINED TO DO A CERTAIN JOB, AND SERGEANTS ARE TRAINED TO TAKE OVER FROM THE PLATOON COMMANDER, IF [ANYTHING] HAPPENS. I KNEW WHAT I HAD TO DO.”







**CLOCKWISE FROM TOP LEFT:** Harry Smith was Commanding Officer of D Company, 6th Battalion, Royal Australian Regiment during the Battle of Long Tan (and next); Long Tan veteran Bob Buick; Buick displays his dog tags from Vietnam; Buick holds a photo of himself from his service days; Long Tan veteran Bob Grandin.

and almost down as far as Weipa on the western side of Cape York Peninsula. And saw a lot of things, walked a lot of beaches, found a lot of glass floats...

Grandin went on to serve in Malaysia before discharging from the Air Force. After gaining eight degrees, including two doctorates, he now works to improve the professional skills of veteran advocates.

"I'm thriving on getting the culture of the veterans to be willing to change, willing to become more professional, to have a higher level of knowledge and to work with younger people who have had an experience which is different, but complex," Grandin says.

Buick served 20 years in the Army before discharging. He worked in various civilian jobs before he and his wife retired on the Sunshine Coast.

"I'm an hour from my kids, great weather... what else do you want?" he laughs. ←

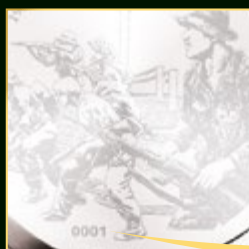
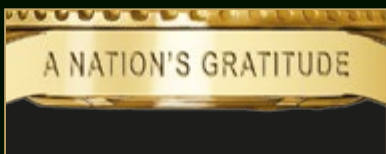


# Honouring those who were only 19 Veterans Remembered

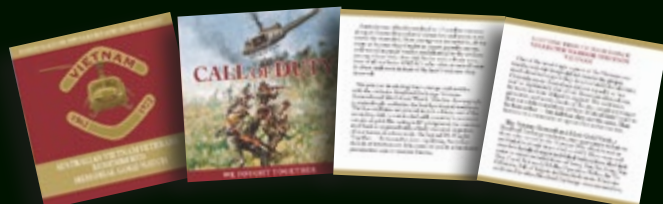
## Men's Gold Watch



Masterfully engraved with poignant tributes



Each watch is individually numbered in an edition of just 2,999



Full colour certificate details history of ANZAC involvement in Vietnam



Amongst the most courageous men of the Anzac legend, the diggers of Vietnam have endured much on and off the battlefield. Today, they are now recognised for their enduring courage, resilience and the brotherhood. Now, you can honour your Vietnam hero with the **"Veterans Remembered Gold Watch"**, available only from The Bradford Exchange.

The gleaming IP gold-plated case plays host to a wealth of icons associated with those who gallantly served in Vietnam. The faces depicts a distinctive Iroquois "Huey" Chopper, surrounded by the tribute "Veterans Remembered". The side is engraved with "A Nation's Gratitude", a sincere expression of thanks for courage shown by our veterans. The case back features a finely etched battle scene highlighting the mateship which has defined our Vietnam veterans for over 50 years. The words "We fought together" and the years of our involvement in the region reminds us that in war and in peace, the brotherhood of veterans will endure. Below the scene is the individual issue number authenticating the watch as part of a worldwide release of just 2,999 watches. Versatile as well as handsome, the watch features three chronographic sub dials, a stopwatch function and is water resistant to 3 ATMs.

**Strict limited edition. Act now.**

Arriving in a deluxe presentation case, the **"Veterans Remembered Men's Gold Watch"** is an heirloom edition you will be proud to own. Strong demand is forecast, so please act now. The watch can be yours for just 5 instalments of \$59.99 or \$299.95, plus \$19.99 postage and handling, backed by our 120-day guarantee. Send no money now. Return the coupon or go online today at [www.bradford.com.au/veterans](http://www.bradford.com.au/veterans)

©2019 The Bradford Exchange Ltd.

A.B.N. 13 003 159 617

503-FA140.01

**PAY NOTHING NOW**

**THE BRADFORD EXCHANGE**

**Please Respond Promptly**

**YES!** Please reserve the **"Veterans Remembered Men's Gold Watch"** for me as described in this advertisement. I understand I need pay nothing now.

Mr/Mrs/Miss/Ms \_\_\_\_\_ First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

**1. ONLINE** at [www.bradford.com.au/veterans](http://www.bradford.com.au/veterans)

quoting promotion code: **106747**

**2. MAIL** no stamp required, to: **The Bradford Exchange, Reply Paid 86369 Parramatta NSW 2124**

**3. PHONE:** Toll-Free 1300 725 103 8am-5pm Mon – Fri

Please allow between 2-10 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at [www.bradford.com.au](http://www.bradford.com.au). You must be over 18 years old to apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box. ☐

**For quickest delivery, order online:**

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

Quoting promotion code: **106747**





**ADAPTING TO**





# DEPARTMENT OF DEFENSE WARRIOR GAMES 2019 BE YOUR BEST

Hosted by the US Special Operations Command (SOCOM), the Department of Defense (DOD) Warrior Games showcase the resilient spirit of today's wounded, ill or injured service members. Australian competitor Peter Brown says the Games are a powerful tool in helping veterans on their road to recovery.

 Matilda Dray

# BE YOUR BEST



**ARMY** parachute rigger Peter Brown, 37, still gets chills down his back when he recalls his experience at the Warrior Games in Tampa Bay, Florida, from 21-30 June. Peter – a Townsville RSL Sub Branch member and previous Invictus Games medal winner – says it's a powerful event for veterans.

"It was mind blowing. One of the most amazing experiences I've ever been part of."

The Games give 300 wounded, ill and injured service members from Australia, the US, the UK, Canada, the Netherlands and Denmark a chance to compete in Paralympic-style sports.

Twenty-three Australians competed in the event. The US competes in its separate service streams of Army, Air Force, Navy, Marines and Special Operations Command.

## INJURED LESS THAN A YEAR AFTER ENLISTING

Peter was seriously injured in a parachute training accident in 2012, less than a year after enlisting in the Army.

He shattered his left leg and injured his lower back, spending weeks in hospital and months confined to bed. He underwent multiple surgeries during that time.

"The rest of my career until now has been recovery mode," Peter says.

"My days are made up of appointments with doctors, physios, psychologists, psychiatrists, rehab consultants and my own physical training.

"I got better, but my body broke down again. Then in April 2016 I lost my mum to cancer and in April 2017 I had my own cancer scare, which really sent me off the edge. I was in a bad way."

Unable to deploy or use a weapon and with a body that wasn't rapidly improving, Peter decided it was time to move on from the Army and he's now in the process of medically discharging.

## THE HEALING POWER OF SPORT

Getting involved in adaptive sports has been a game changer.

"I've always been involved in sports and after my injuries I thought I'd lost that," Peter says.

"Finding a way back to sport through adaptive sport has been amazing. It's good for my mental health and puts me in a better direction moving forward."

It has also helped his personal relationships with his three children, family and friends.

"It's making me more enjoyable to be around. Before, I was there, but I wasn't really there," Peter explains.

In Tampa Bay he competed in six different sports – shot put, discus, power lifting, indoor rowing, seated volleyball and various swimming events. He came away with a silver for the 200m relay swim and placed fourth and fifth in several other events.

"It's nice to have some sort of keepsake, but the medals are more for my kids to enjoy," Peter says.

"These competitions aren't about winning medals, it's about a step forward in your rehabilitation and getting yourself back to being the best person you can be."

For Peter, the highlight of the Games was the opening and closing ceremonies and the bonds he formed with other veterans, in particular a Canadian athlete and his family. In a touching gesture, the family presented Peter with a challenge coin that had been intended for a WWII veteran who unfortunately passed away prior to the Games.

## A SUPPORTIVE, LIKE-MINDED COMMUNITY

Peter says the American public were particularly supportive of all the athletes and cheered for everyone, regardless of their nationality or service stream.

"We were walking down the street and people would run up to congratulate us, thank us for our service and tell us that we were an inspiration."

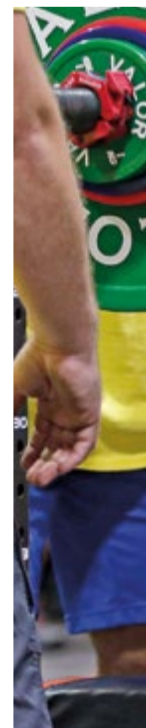
Even the training camps prior to the event provided a supportive and healing environment for athletes.

"Just being at the camps was amazing. It got me back in a better headspace. It got me being competitive again, with people who are like-minded and have no judgement," Peter says.

"Everyone has been through similar situations and knows what you're going through and is there to lend a hand and help you out."

Peter encourages veterans to consider adaptive sports and get started by reaching out to their local RSL Sub Branch or Veteran Sports Australia at [veteran.org.au](http://veteran.org.au). ←

PICTURED: Army parachute rigger Peter Brown was one of 23 Australians who competed in the 2019 Warrior Games in Tampa Bay, Florida. Peter competed in six different sports – shot put, discus, power lifting, indoor rowing, seated volleyball and various swimming events. He came away with a silver for the 200m relay swim, but says the medals are more for his kids to enjoy.



**"THESE COMPETITIONS  
AREN'T ABOUT WINNING  
MEDALS, IT'S ABOUT A  
STEP FORWARD IN YOUR  
REHABILITATION AND GETTING  
YOURSELF BACK TO BEING THE  
BEST PERSON YOU CAN BE."**









# WARTIME PHOTOS DAUGHTER'S PA



# INSPIRE PASSION



Drawing inspiration from her father's photos from East Timor, Griffith University photography student Rhiannon Whitaker is turning her passion into a career, thanks to the help of the RSL Queensland Scholarship program.

✍ Louise Liddiard-Smith | 📷 Matilda Dray





# APPLY FOR AN RSL SCHOLARSHIP

.....

If one of your parents served in the ADF, you may be eligible for a scholarship to support your tertiary studies and help you achieve your career aspirations.

Applications for 2020 scholarships opened on 18 August and close on 31 October 2019.

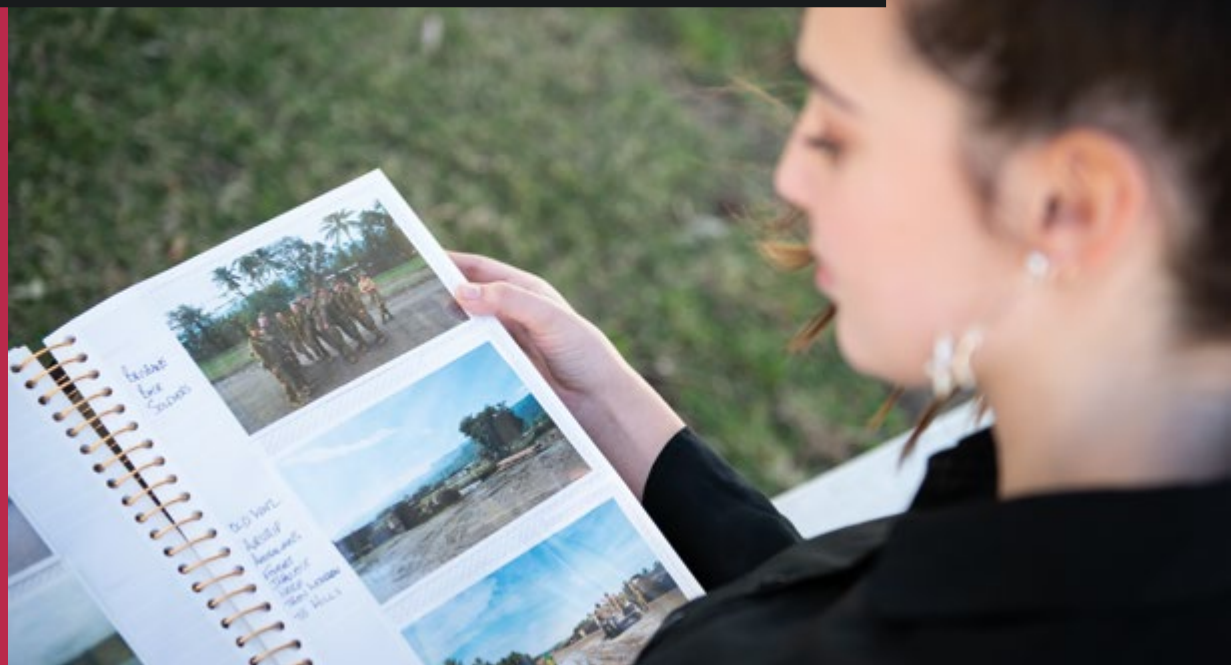
Visit [rslqld.org/Find-Help/Veteran-Dependant-Scholarships](http://rslqld.org/Find-Help/Veteran-Dependant-Scholarships) to find out more.

.....

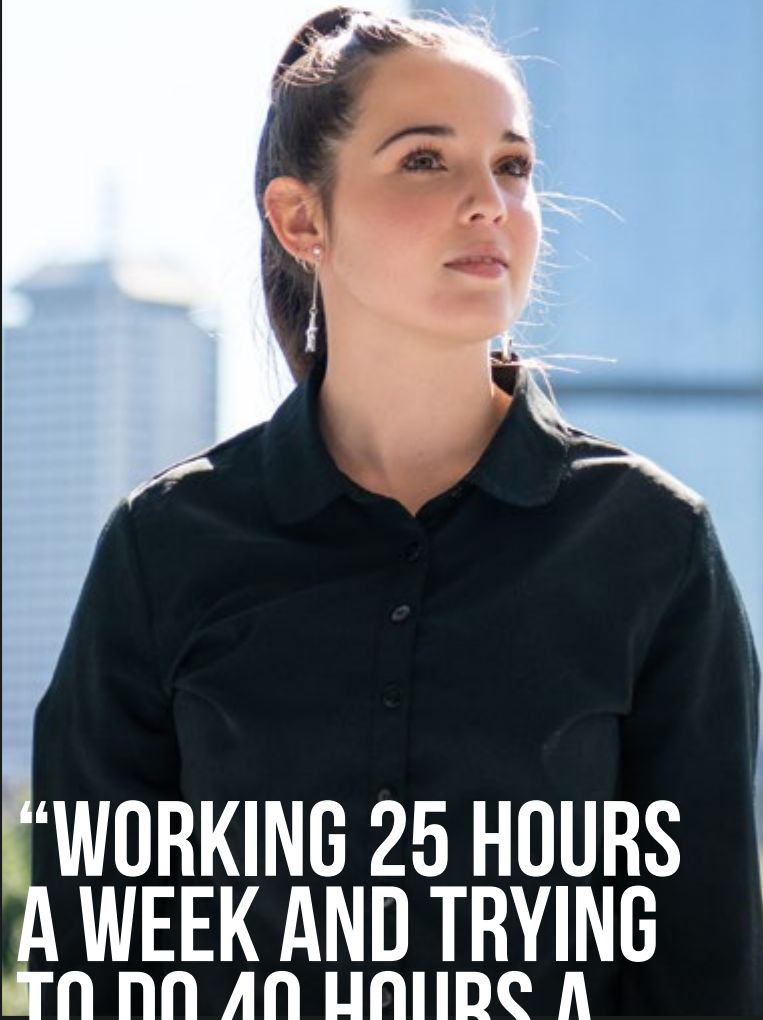


**RIGHT:** RSL Queensland Scholarship recipient Rhiannon Whitaker.

**CLOCKWISE FROM LEFT:** Rhiannon and her father Rod Whitaker; Rod's photos from his service in East Timor inspired his daughter's passion for photography; The RSL Queensland Scholarship is helping Rhiannon complete her photography degree at Griffith University.







**“WORKING 25 HOURS  
A WEEK AND TRYING  
TO DO 40 HOURS A  
WEEK OF UNI REALLY  
TAKES A TOLL ON YOU.  
SO BEING ABLE TO  
PUT THAT ASIDE AND  
FOCUS SOLELY ON MY  
DEGREE AND MY WORK  
IS REALLY HELPFUL.”**

**WHEN** Rod Whitaker was deployed to East Timor in 2000 as a driver with 6 BSG UNTAET, taking his film camera with him was a way of recording his memories. For his daughter Rhiannon, those photos are a way of connecting with her father’s time away from home.

“It’s really nice to look back on what he experienced, and I get to experience that through his photos,” Rhiannon says.

Now in her third year of a Bachelor of Photography at Griffith University, Rhiannon credits her father with helping her discover her passion.

“His photos really inspired me to be the photographer I am at the moment, and the photographer I hope to be in the future,” she says.

The RSL Queensland Scholarship, managed by AVCAT, is helping Rhiannon make the most of her time at university.

“Having the scholarship behind me really helps with focusing on my grades and my marks. Working 25 hours a week and trying to do 40 hours a week of uni really takes a toll on you,” Rhiannon explains.

“So being able to put that aside and focus solely on my degree and my work is really helpful.”

As she comes to the end of her time at university, Rhiannon encourages other school leavers to consider further education.

“I think it has a really important value to anyone leaving school and it’s something everyone should look into. It’s really important for pushing yourself and finding what you really want to do in life.”

It means a great deal to Rhiannon that the RSL Queensland Scholarship is available to veteran dependants.

“It is really important to keep that support going, because I know a lot of families do struggle when they come out of Defence. I would definitely recommend this scholarship to anyone who’s eligible. Honestly, it’s a bit of a life changer, so definitely apply if you can.”

As she considers life beyond university, Rhiannon hopes to turn her love of photography into a lifelong career.

“My favourite things to photograph are definitely dancers. I like finding the moment in their movement and capturing their feelings,” she says.

“I would love to have my own studio one day working for ballet companies and doing their promotional advertising campaigns.” ←





# MY LIFE AS A FEMALE AUSTRALIAN SOLDIER

 Donna Bourke



“HE LOWERED HIS WEAPON BUT KEPT RAISING IT EVER SO SLIGHTLY. TO OUR DISADVANTAGE, THE EAST TIMORESE GANG MEMBERS WERE FAMILIAR WITH OUR ROE. HE KNEW IF HE RAISED THE BOW HIGHER THAN WAIST LEVEL, I WOULD SHOOT. I WALKED TOWARDS HIM.”



The following is an excerpt from Army veteran Donna Bourke’s book *Hidden Courage – My Life as a Female Australian Soldier*.

**AS** a child I was a tomboy with a keen sense of curiosity, adventure and mischief. Around our neighbourhood, I was known as “that naughty kid” or a “bad influence” by the parents of other children on our street.

“We’re not allowed to play with you because you’re too naughty,” I was reminded many times. My outgoing personality, sense of fun and risk-



**ABOVE:**  
Army veteran Donna Bourke talking to locals during a peacekeeping mission to East Timor.

**LEFT:**  
Donna at her Women’s Royal Australian Army Corps (WRAAC) School graduation.

taking certainly made me stand out, although I was by no means alone in my escapades.

Despite my reputation, I remained inquisitive and adventurous. I didn’t enjoy sitting around doing nothing. That was boring.

My high school years were littered with truancy and a lack of interest. As expected, the truancy and my sub-standard school reports eventually caught up with me.

Our school career guidance officer asked my parents to come in for a parent-teacher interview to discuss my future at school.

Looking over her bifocals, the guidance officer, addressing my mother, started with, “Donna is very bright you know. But she is such a disruptive influence in class. Well, the classes she attends. I think it would be in everyone’s best interests for her to leave.”

She continued, “If, and I mean IF she should be allowed to stay, it’s best for her to stick to clerical studies, as





**“AS A SOLDIER, I WOULD HAVE DONE WHAT I HAD BEEN TRAINED TO DO UNDER OUR ROE. I AM GRATEFUL THOUGH THAT I DIDN’T SHOOT THIS YOUNG MAN AND SUFFER THE CONSEQUENCES OF HAVING HIS DEATH ON MY CONSCIENCE FOR THE REST OF MY LIFE.”**

**ABOVE:**  
Donna took part in an Equine Therapy Rehabilitation Program after being medically discharged from the Army.

**LEFT:**  
On patrol in Ainaro, East Timor.

**OPPOSITE PAGE:**  
On patrol in Afghanistan.

she probably won’t amount to much more than a secretary.”

Upon the insistence of my mother, I was allowed to stay, however I left school halfway through year 12 and joined the workforce.

A few years later, I was unemployed and wondering where my life was heading. My Uncle David, who was serving in the Australian Army at the time, asked me what I was doing with my life.

“I’m not working at the moment,” I said.

“Ever thought of joining the Army?” he asked.

“No. I’m not sure I’m ready to move out of home yet,” I said.

“Don’t you think it’s about time you got off your arse, started behaving yourself and stopped being a dole bludger?” he said, in his typically abrupt way.

“I’m not a dole bludger. I just can’t get a job.”

“What about joining the Army?” he asked again.

“I don’t know much about the Army,” I said.

“It’d do you good. Give you some discipline. I’ll find out when they’re recruiting next and let you know,” he said gruffly and walked off.

I didn’t think any more of our conversation until the following week. My father came home from work and said, “Uncle David rang today. If you want to join the Army, you have to go in to Keswick Barracks to see him tomorrow.”

I went. A few short weeks later, at 20 years of age, I enlisted into the Australian Army.

Despite joining a peacetime Defence Force, I went on many years later to deploy both on peacekeeping operations in East Timor and as a combat soldier in Afghanistan.

My deployment to Timor in 2004 was the first time I experienced one of many ‘close shaves’ with death. Whilst conducting security patrols throughout Dili, myself and two team members were faced with a rioting gang, requiring me to aim my rifle at a young



## ABOUT THE AUTHOR

Donna Bourke is a recently retired Australian Army Intelligence Warrant Officer. She enlisted in 1979, attending the Women's Royal Australian Army Corps (WRAAC) School. With her military career spanning three decades, Donna worked as a communications and cipher operator, computer technician, manager of intelligence operations, senior intelligence analyst, human intelligence operator and interrogator.

Donna deployed six times during a nine-year period, to East Timor and Afghanistan and also on border protection operations. Severely injured during her operational service, Donna was medically discharged from the Army in 2016.

Her courage, strength and tenacity to live a positive life outside of Defence shines through in her recently published memoir *Hidden Courage – My Life as a Female Australian Soldier*.



man whose intent was to kill me.

I raised my weapon, safety catch off and yelled at him, “Berhenti! Atau aku akan menembak!” (Stop! Or I will shoot!) – a phrase I learnt during pre-deployment training and which was written on our rules of engagement (ROE) cards.

He lowered his weapon but kept raising it ever so slightly. To our disadvantage, the East Timorese gang members were familiar with our ROE. He knew if he raised the bow higher than waist level, I would shoot. I walked towards him.

“Berhenti! Atau aku akan menembak!” I repeated louder this time.

I continued walking towards him, keeping him in my line of fire, finger on the trigger, my heart thudding in my chest.

I was focused on every movement of his body. I knew my two other team members had their areas under control. The mayhem around me was peripheral

to the situation in front of me. I was confident in my shooting skills and although I preferred not to shoot him, I had no hesitation in doing so.

He lowered his weapon and ran away. As a soldier, I would have done what I had been trained to do under our ROE. I am grateful though that I didn't shoot this young man and suffer the consequences of having his death on my conscience for the rest of my life.

This incident, and many others while on active service – good and bad – often had me thinking back to when I was known as the “naughty child, the bad influence” or the girl who “wouldn't amount to much more than a secretary”.

I achieved so much in my Army career, had the best job in the world and met some incredibly interesting people. Although I am now injured and was medically discharged from the Army because of those injuries, I wouldn't change a thing. ←



Turn to page 88 for a chance to win one of four copies of *Hidden Courage – My Life as a Female Australian Soldier*.





Brigadier Scott  
Winter commands  
personnel of the 3rd  
Brigade in Townsville.



# INVESTING IN INDIVIDUALS

SCIENTIFIC. PERSONALISED. TRAINING.

Supported by RSL Queensland, the Human Performance Framework continues to thrive and evolve at 3rd Brigade in Townsville under the command of Brigadier Scott Winter.

 Matilda Dray

**BRIG** Winter was an enthusiastic Australian Defence Force (ADF) recruit, joining on his 17th birthday, with visions of playing Army as a young boy running through his head.

“Which I wouldn’t recommend, because my HSC results suffered accordingly. I just read too many commando comics and I played with toy soldiers growing up,” he joked.

BRIG Winter spent a couple of years in the Army Reserves and was given a scholarship to the ADF Academy. It was the beginning of an extraordinary series of opportunities.

“It seems like only yesterday that I was a young tank troop leader. It’s been a remarkable journey to get to this point.”

Most of his military career was spent with the 1st Armoured Regiment in Darwin,

but he also served in East Timor, twice in Afghanistan and with the US Army in Iraq. He also lived overseas in the Netherlands and the United Kingdom.

“I consider myself incredibly fortunate to have one more opportunity to come back and command Australian soldiers as a Brigade Commander here in Townsville in particular, Australia’s true garrison city. I pinch myself every morning,” BRIG Winter said.

Appointed Brigade Commander in November 2017, he will hold the position for two years.

## HUMAN PERFORMANCE CENTRE BOOSTS SOLDIERS’ RESILIENCE

A favourite part of BRIG Winter’s role is overseeing the Human Performance

Framework – an initiative of the 3rd Brigade and supported by RSL Queensland. The program helps build the physical and mental resilience of its personnel to get the best out of them during and after service.

“I’d like to thank RSL Queensland from the bottom of my heart for what they are doing to help us with some of these initiatives. It’s a natural partnership, because RSL is just as interested in our people as we are,” BRIG Winter said.

The concept was first developed in 2016 with the establishment of the Vasey Resilience Centre (VRC), which aimed to enhance a soldier’s physical, intellectual and character development. It has since evolved into the Human Performance Centre – North Queensland (HPC-NQ), which encompasses



**“WHETHER IT’S PHYSICAL OR MENTAL, WE’VE LEARNED A LOT ABOUT HOW WE CAN HELP PEOPLE TO GET BACK ON THE HORSE AND WE’VE LEARNED A LOT ABOUT HOW TO HELP OUR PEOPLE TRANSITION TO LIFE AFTER WEARING THE UNIFORM.”**

the traditional elements of the former VRC and Soldier Recovery Centre, with a renewed focus on self-empowerment.

The HPC-NQ includes scientific and personalised training programs to improve a soldier’s physical capability. It also educates soldiers in injury prevention techniques (both physical and psychological) to enhance their health and wellbeing.

The result is a holistic investment in each soldier, which better prepares them for the rigours of service life; complementing and supporting their civilian life.

The HPC-NQ also established the Advanced Operational Conditioning Program (AOCP). Now available Brigade-wide, the program incorporates innovative strength and conditioning training and imitates how professional athletes and sports teams train for success.

Due to the AOCP’s success, 3rd Brigade is this year embarking on a Defence first – injury prevention intervention. The internationally recognised concept measures and optimises human performance, identifying injury risk profiles and addressing biometric weaknesses to improve their physical potential and career longevity.

## **CENTRE CATERS FOR ALL STAGES OF A SOLDIER’S CAREER**

Major Simon Bowen, OIC Human Performance Centre, said there are two distinct groups at the centre.

The health and wellbeing group involves a return to work program and transition support program. “We help them understand chronic injury management as well as grip up some of the lifestyle factors that they’re going to expect when they return to their units or leave Defence,” MAJ Bowen explained.

The ready and resilience group is a peak performance program, also known as a prehabilitation program for soldiers early in their career.

“We’re trying to build up the physical, intellectual and character resilience in all those three domains,” MAJ Bowen said.

BRIG Winter wishes the program existed when he was coming through the ranks.

“We wouldn’t be carrying so many aches and pains if we had some of the opportunities in that regard.

“This is far more targeted physical training within an ethical framework, empowering our people to look after themselves, and not be on receive mode when it comes to some of this learning,” he said.

## **POPULAR PROGRAM**

The program is getting positive results and BRIG Winter said recruits appreciate the Army investing in them as individuals. It is an ever-evolving landscape as the ADF grapples with how best to invest in its greatest resource – it’s people.

Sapper Nick Carles from 3CER found the reset module run by the psychologist particularly beneficial.

“It was really good to think about how my brain functions and what I was doing in different situations and have a better understanding of that and be able to control it better,” SPR Carles said.

“Whether it’s physical or mental, we’ve learned a lot about how we can help people to get back on the horse and we’ve learned a lot about how to help our people transition to life after wearing the uniform,” BRIG Winter said.

“The most remarkable thing is the calibre of our young people. I know sometimes that can sound a bit like a throwaway line, but the young officers and young soldiers coming through today are remarkable young Australians,” BRIG Winter said.

## **BRIGADE IN RESET PHASE**

The Brigade is currently in the reset phase of the force generation cycle, which means they have a greater focus on individual skills and resilience. When *Queensland RSL News* spoke to BRIG Winter in late 2018 it had recently welcomed home the last of its contingents from the Middle East.

“It’s fantastic to actually have all the members of our Brigade back in that regard. There’ll be a fair few families there that are enjoying having their mums, dads, brothers and sisters around a fair bit more,” BRIG Winter said.

“It is a time for people to recharge their batteries, enjoy some team sports, enjoy the fantastic, supportive community that we have up here in Townsville, before we then start the cycle again and get busy all over again.”







THOMAS KINKADEE  
*Painter of Light.*

Santa & his  
reindeer really  
"fly" round  
and round!

IT LIGHTS UP!

with Music  
& Motion!



A Bradford Exchange  
Exclusive

Featuring:

- Four levels of rotating trains
- 12 illuminated buildings
- Music
- Over 30 hand-crafted figurines including Santa and his reindeer



All aboard for the  
merriest Christmas ever!

## Thomas Kinkadee's Wonderland Express Christmas Tree

As Santa and his reindeer joyously fly into the Christmas night, the Wonderland Express slowly chug, chug, chugs its way 'round and 'round the peaceful little village nestled amongst the snow-kissed evergreen boughs. Now, inspired by Thomas Kinkadee, the "Wonderland Express Christmas Tree" Masterpiece Edition captures this wondrous night in a very special collectable available exclusively from The Bradford Exchange. With four levels of rotating trains – plus Santa and his sleigh – you'll watch with delight as the Wonderland Express "climbs" higher up the tree. With 12 brilliantly illuminated buildings and over 30 figurines, this meticulously hand-crafted, hand-painted masterwork lavished with a blanket of glitter-touched snow and playing a beloved medley of holiday carols is certain to be the ever-so-perfect addition to your holiday decorating.

**Exceptional value; Money-back Guarantee.**

This delightful Masterpiece Edition can be yours for 5 easy payments of only \$59.99, or \$299.95, plus \$19.99 postage and handling, but don't wait to reserve your tree. Due to intensive handcraftsmanship, this is a limited-time offer and strong demand is expected. *Send no money now.* Just complete and return the coupon or go online today at [www.bradford.com.au/kinkadee](http://www.bradford.com.au/kinkadee)

**PAY NOTHING NOW**

**THE BRADFORD EXCHANGE**

**Please Respond Promptly**

**YES!** Please reserve the "Wonderland Express Christmas Tree" for me as described in this advertisement. I understand need pay nothing now.

Title: \_\_\_\_\_ First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

**1. ONLINE** at [www.bradford.com.au/kinkadee](http://www.bradford.com.au/kinkadee)

quoting promotion code: **107165**

**2. MAIL** no stamp required, to: **The Bradford Exchange,**  
**Reply Paid 86369 Parramatta NSW 2124**

**3. PHONE:** Toll-Free 1300 725 103 8am-5pm Mon – Fri

Please allow between 2-10 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at [www.bradford.com.au](http://www.bradford.com.au). You must be over 18 years old to apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box. ☐




Shown smaller than its impressive  
actual size of approx. 36cm high! AC  
Adapter ready or 3 "AA" batteries  
(not included).

**For quickest delivery, order online:**  
**[www.bradford.com.au/kinkadee](http://www.bradford.com.au/kinkadee)**  
Quoting promotion code: **107165**



# THE GALLIPOLI LETTER...

In his 25-page letter to Prime Minister Andrew Fisher, Australian journalist Keith Murdoch described the Gallipoli campaign as 'undoubtedly one of the most terrible chapters in our history'. Murdoch's conversational yet brutally honest letter played a key role in ending the Gallipoli campaign and in the evacuation of British and ANZAC troops from the peninsula.

 John RE Brown







**AS** the months passed following the Gallipoli landing in 1915, Australian Prime Minister Andrew Fisher, a religious man of some sensitivity and compassion, was greatly concerned by heavy Australian casualty lists and sketchy information received from the Dardanelles. It was also obvious that reports received from Charles Bean, the Australian war historian, were being heavily filtered.

Keith Arthur Murdoch, a young political correspondent and personal family friend of the Prime Minister, was anxious to enlist. Later in his life, Murdoch went on to father media magnate Rupert Murdoch. Fisher persuaded Murdoch to accept an alternate appointment as managing

director of the United Cable Service in London.

En route, Fisher commissioned him to visit Australian troops in hospitals in Egypt and to travel to the Dardanelles. Fisher wanted reliable reports from a trusted confidant, and Murdoch carried documents identifying him as the official representative of the Australian Prime Minister.

Wounded men in Egyptian hospitals gave disquieting news about the situation at the Dardanelles and were highly critical of the performance of British command. Then, with British General Sir Ian Hamilton's permission, Murdoch sailed on to Gallipoli, where his first contact was historian Bean.

Bean was sick and most despondent



**ABOVE:**  
Australian Prime Minister William Morris (Billy) Hughes, left, with managing director of the United Cable Service in London Keith Murdoch.  
(AWM: E02650)

**ABOVE LEFT:**  
Australian war historian Charles Bean, front, with British journalist Ellis Ashmead-Bartlett on the Aegean Island of Imbros.  
(AWM: A05382)

about the course of the campaign and its prospects for success. There were constant problems with food and water supplies, and he had considerable apprehension about the effects of an approaching winter.

### CONVINCED GALLIPOLI WAS A STALEMATE

Murdoch visited most of the Australian battlefields and spoke to soldiers from the rank of General down to Private. By the end of his four-day stay he was convinced that the Gallipoli stalemate was about to become a catastrophe, and General Hamilton should be replaced as overall commander as a prelude to the termination of the campaign.

Moving to the nearby island of Imbros for the continuation of his journey to England, he met veteran British journalist Ellis Ashmead-Bartlett, whose vivid reporting of the Gallipoli landing was credited with the inauguration of the ANZAC legend. The English journalist was found to be equally disillusioned with the prospects of winning the war with the Turks.

They both agreed the British Government should be advised that the Dardanelles conflict was unwinnable. Murdoch urged Ashmead-Bartlett to write a letter to his Prime Minister, and Murdoch would convey it to England.



**"MURDOCH VISITED MOST OF THE AUSTRALIAN BATTLEFIELDS AND SPOKE TO SOLDIERS FROM THE RANK OF GENERAL DOWN TO PRIVATE. BY THE END OF HIS FOUR-DAY STAY HE WAS CONVINCED THAT THE GALLIPOLI STALEMATE WAS ABOUT TO BECOME A CATASTROPHE."**

**BELOW:**

The 8000-word letter Keith Murdoch wrote to Australian Prime Minister Andrew Fisher following his visit to the Gallipoli Peninsula in September 1915. (Photo: Papers of Sir Keith Arthur Murdoch, National Library of Australia, MS 2823 Series 2 Folder 1).

They convinced themselves that doing it in this way would not be a breach of journalistic etiquette, and the letter was duly written. But the scheme was betrayed to General Hamilton, and when Murdoch reached Marseilles he was confronted by military police and required to hand over Ashmead-Bartlett's letter to avoid arrest.

The offending journalist Ashmead-Bartlett was summarily packed off home – a foolish course of action, as he was then free to talk his head off, which he did, and he also must therefore be accepted as one of the influences that cancelled the Dardanelles campaign.

As SS *Mooltan* sailed to England, Murdoch created the first draft of his letter, which he cabled to Fisher once in London.

**THE LETTER**

Murdoch first dealt with the disastrous Suvla Bay operation, where four English Divisions of inexperienced troops landed at a site just north of ANZAC Cove. This area was lightly defended and while the men came ashore without problems, they faltered in their final advance to the ridge.

They also had catastrophic shortages of water. The advantage of surprise was lost, and the Turks quickly reinforced the high ground and inflicted heavy

casualties on the British. It was a disaster and caused some 2,500 Australians to lose their lives at Lone Pine and The Nek, operations which were designed as feints to distract the Turks away from Suvla.

The Australians were furious at the ineptitude of the operation (which they could observe from high ground in the south), and the failure of its leadership. Murdoch castigated the British in no uncertain terms and selected their leader, General Stopford, for special attention. Stopford appeared to have been chosen on account of seniority but lacked combat experience. Some 35,000 British casualties were sustained.

The letter then turned to the weather as there was every indication that the troops were intended to see out a winter, and, with reinforcements, open a second front in the 1916 spring. Murdoch pointed to the consequences: the men were already exhausted, had poor food, insufficient water, ramshackle housing and constant guard duty.

Winter would bring rain initially and then snow. Warm clothing would be required. The casualty rate from sickness was already high – some 600 men per day – and would only increase. In effect, the combined British force at the Dardanelles could be decimated without a shot being fired.

On the other hand, the Turks had well-dug trenches on ground of their selection, which were generally roofed with timber. Those dug by the Australians were inferior and certainly not weatherproof.

Winter would bring heavy seas, with difficult if not impracticable landing of men, food, water and munitions. Meanwhile, the Turks were supplied by land, with a risk that a winter interlude would allow extensive reinforcements (possibly including German troops) and the introduction of additional artillery such as howitzers, which could have deadly consequences.

Turkish guns were already occupying superior strategic locations, while



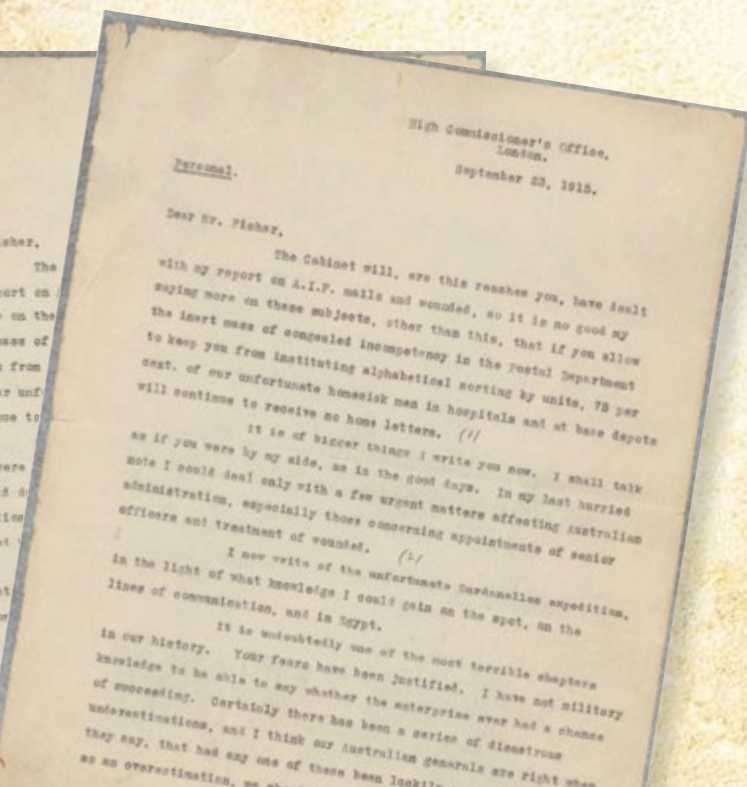
Keith Arthur Murdoch



Ellis Ashmead-Bartlett



General Sir Ian Hamilton





GALLIPOLI, MAY 1915: This image shows a 9th Battery 18-pound field gun in action during a Turkish attack. It was reproduced in the *Illustrated War News* (London), 29 September 1915, p. 26, with the following caption: "With the colonial 'Naked Army' in Gallipoli: Australian gunners stripped for the fray during a fierce artillery duel. This photograph illustrates well a characteristic of the splendid Australian and New Zealand troops, of whom Mr Ashmead-Bartlett wrote: "I suppose that since the Dervishes made their last charge at Omdurman no such naked army has ever been seen in the field. ... To find an Australian now wearing anything except a pair of 'shorts' is extremely rare, whether he be in the trenches, in a rest camp, or on fatigue. One by one they have thrown aside their various articles of clothing. ... The 'shorts' which started a few months ago as full-length trousers, have now arrived half-way up the thigh. In this primitive costume the Australians and New Zealanders live and work and fight. Their huge frames and giant limbs are now burnt by the sun to a dull brick-red."

It was also published in the *Sydney Mail* (17 Nov 1915: 24) with the caption: "Australian Artillery in action. This fine photograph was secured, at considerable personal risk to the man with the camera during a fierce artillery duel on the Gallipoli Peninsula. The gun it will be noted has been skilfully concealed. The men it will be noted have discarded what they regard as superfluous clothing and suspended from the neck of one of them may be seen his identification disc. The work of our artillery has been warmly praised by General Birdwood."



**“MURDOCH CASTIGATED THE BRITISH IN NO UNCERTAIN TERMS AND SELECTED THEIR LEADER, GENERAL STOPFORD, FOR SPECIAL ATTENTION. STOPFORD APPEARED TO HAVE BEEN CHOSEN ON ACCOUNT OF SENIORITY BUT LACKED COMBAT EXPERIENCE. SOME 35,000 BRITISH CASUALTIES WERE SUSTAINED.”**

British naval artillery with flat trajectory was quite inefficient in targeting narrow Turkish trenches and hidden gun emplacements.

Murdoch delivered a passionate eulogy about Australian morale. He could not speak highly enough of the troops' physique, spirit and bravery under fire. And while exhausted, the men would immediately answer the call to arms.

But while the Australians were impressive fighting men – earning recent high praise from the Turks at Lone Pine – they were resentful at having lost so many mates for so little gain. The men had faith in their own generals, but detested the British command, particularly red-tabbed staff officers and General Hamilton, who

lived in comparative luxury and safety at nearby Imbros and Mudros Islands. Murdoch believed the British military hierarchy was based on a peace-time social system rather than on military ability.

Murdoch was generous in his praise of the Turks. The British Government had anticipated an easily-defeated rabble, but they found a brave army of well-trained men under the direction of an able German General – Liman von Sanders. It was recommended that no further offensives be undertaken, and that General Hamilton be recalled.

#### **AN UNEXPECTED SEQUEL**

The letter Murdoch cabled to his Prime Minister was considered by some to be “a little over-coloured” but



**RIGHT:**

Admiral John de Robeck and General Sir Ian Hamilton on board HMS Triad, on the afternoon of the General's departure from the Gallipoli Peninsula to England. (AWM: G00528)

**BELOW:**

Australian journalists, including Murdoch, in the forward area near Biaches, France, during a visit to the Australian front. (AWM: E03170)

**BELOW RIGHT:**

Murdoch outside Charles Bean's dugout during his visit to Anzac Cove, Gallipoli, in September 1915. (AWM: A05396)

was still absolutely compelling in its important detail. Unfortunately, the Australian Government was capable of little significant redress, as it had surrendered all control of its troops to the British authorities.

But the story took a totally unexpected twist. Shortly after his arrival in London, Murdoch was invited to lunch with Geoffrey Dawson, the politically influential editor of *The Times* newspaper. Initially disbelieving, Dawson became aghast at what he was told of the substance of the letter, and arranged for a meeting with Sir Edward Carson, chairman of the British Cabinet's Dardanelles Committee.

Murdoch was then given a hearing with David Lloyd George, Minister for Munitions. Both politicians had originally believed in a 1916 spring 'second front' at the Dardanelles, but were sufficiently impressed by the letter to submit it to Prime Minister Herbert Henry Asquith. After reading Murdoch's report, alarm bells started to ring loudly, and Asquith printed the letter as a State Paper for distribution to the Committee of Imperial Defence.

The veil of secrecy and obfuscation over the Dardanelles operation was now lifted. In the next few weeks, Hamilton was recalled and replaced

by General Sir Charles Monro. Lord Kitchener was despatched to the Gallipoli peninsula to provide a report to assist in the Imperial deliberations. This he did, resulting in a decision to abandon the Dardanelles.

The campaign was at an end and all troops were evacuated in December without loss of a single life. Hamilton had contended that such an operation would result in 50 per cent casualties. Hamilton would always defend his role as commander but was never given another active post.

Murdoch visited the Western Front irregularly during the remainder of the war and sent back dispatches written in his own vigorous style. He also maintained his position of influence in political circles but was unsuccessful in his inexplicable opposition to the various appointments of Sir John Monash.

Continuing in his position as leader of the United Cable Service, he met Lord Northcliffe, owner of *The Times*, and became a lifetime supporter of the latter's authoritative newspaper management. By 1920 he had returned to Australia and started a career of media acquisitions and operation, which continued for the rest of his life.

Murdoch also maintained a strong presence in the political arena. In later life he also became a significant figure in Melbourne's art world, which benefited from his dynamic influence.

He was always a handsome, superior figure with an elegant lifestyle. He married in 1918 and had four children, including Rupert, who built his own media organisation which spread around the globe.

It is extensively reported that Murdoch rejected the offer of a

knighthood in 1919, but the title became a reality in 1933. He was also playfully dubbed 'Lord Southcliffe' by his contemporaries, for his vigorous adherence to Lord Northcliffe's managerial style.

The last years of his life were spent fighting cancer, to which he succumbed in 1952. His career was summarised as being that of an "able journalist, a brilliant editor in his youth and a remarkable entrepreneur and organiser of his industry".

And as an "able journalist" he produced a 25-page letter in 1915, which was a prime influence in an event that would beneficially change the course of Australian history. ←





# MATES **4** MATES

Magazine

*Trauma-  
sensitive yoga  
changing  
lives*

---

**Nutrition  
for recovery**

---

**Veterans'  
Health Week**

---

**Around the  
regions**

**Issue 3. 2019**





## A message from our CEO **Troy Watson.**

I want to start by saying thank you to each and every person who has supported Mates4Mates this year.

As you may recall, in the last edition of our Mates4Mates Magazine we included our Tax Appeal and the response was heart-warming.

With your support, and that of the wider community, we raised more than \$46,000. That funding will be instrumental in helping us increase capacity of our services – supporting more veterans and their families as they navigate through recovery.

With new appeals and fundraising initiatives, and the continued support of RSL Queensland, we're excited to see growth and expansion across our outreach areas to help more veterans and their families.

We've recently welcomed new Volunteer Liaison Officers to Toowoomba, Bundaberg and Mackay, providing regular support in those areas and beyond. This adds to the regional work we've already been doing in Cairns, Ipswich and on the Sunshine Coast, amongst others. In addition, we've increased outreach programs across Tasmania.

As a charity, we continue to look at ways we can support veterans and their families.

Last year, Mates4Mates provided a submission to the Productivity Commission and we

were pleased to see several of our recommendations included in the final Compensation and Rehabilitation for Veterans report, released in July this year. This is a vital step forward in reviewing and improving veteran support services across the country.

We were particularly pleased to see acknowledgement of the need for a national peak body for veteran organisations, and that the responsibility of such a peak body should also oversee a formalised accreditation framework for veteran service organisations. The emphasis on the need for evidence-based treatment for veterans' mental health was also welcomed.

We look forward to the government's response to this final report. It's vital that veterans, and their families, are effectively supported to improve quality of life.

We have a busy quarter coming up with plenty of activities, including Rehabilitation Adventure Challenges, Veterans' Health Week (Oct. 26 – Nov 3), and outreach programs.

Thank you for your continued support. I hope you enjoy reading the latest edition of the Mates4Mates Magazine. ■

*Troy*



Australian Government  
Department of Veterans' Affairs



**Veterans' Health Week is an opportunity for former and current serving Australian Defence Force personnel, their families and carers to improve the health and wellbeing of themselves and their friends.**



**For more information visit [dva.gov.au/vhw](http://dva.gov.au/vhw)**

**#veteranshealthweek**

## Get in touch



### Central and North Queensland

(07) 4771 9600  
[townsville@mates4mates.org](mailto:townsville@mates4mates.org)



### South East Queensland

1300 4 MATES (1300 4 62837)  
or (07) 3493 6200  
[brisbane@mates4mates.org](mailto:brisbane@mates4mates.org)



### Tasmania

(03) 6242 8940  
[tasmania@mates4mates.org](mailto:tasmania@mates4mates.org)



**mates4mates.org**



Mates4Mates supports current and ex-serving Australian Defence Force members, and their families, who have physical and psychological injuries as a result of their service. We are an initiative established by RSL Queensland.

If you would like to contribute to our magazine please contact the Mates4Mates Partnerships and Engagement team via [marketing@mates4mates.org](mailto:marketing@mates4mates.org) or call **1300 462 837**.



# Trauma-sensitive yoga...

## Rolling out the mat to recovery.

### Trauma-sensitive yoga is providing life-changing results for veterans across the country – all without a single downward dog or warrior pose.

“Slowly breathe in for a count of three, gently hold the breath for a count of three, and then breathe out for a count of three.”

Lying flat on a yoga mat, participants tune into Jodi Allen’s voice as she guides a morning class through a yoga practice at Mates4Mates.

This isn’t just any yoga class – at Mates4Mates classes have been designed for people who have experienced trauma or injury to help reduce the symptoms of mental health issues and improve wellbeing.

In the quiet space, participants find a comfortable position before settling into a rhythm of slow breathing. Some have bolsters under their knees, others lay under a blanket.

At Mates4Mates, there is no expectation or pressure when it comes to how each movement should be done. Participants are encouraged to adapt each position to suit their body.

People of all ages and abilities are invited to take part in this therapeutic practice and through simple meditation techniques and stretching, bring a sense of calm to their mind and body.

“We focus on meditation, gentle stretching and the safety of your own body,” Jodi said.

“A lot of people come out of the Defence Force with an injury or mental illness and think that they won’t be able to do yoga – but this is done completely on the mat and uses various forms of relaxation

that can be adapted. There is no pressure, no expectation and no judgement.

“One important benefit of this type of yoga is learning to use the breath. It’s such a simple tool that we all have within ourselves that we can use to calm our nervous system, reduce muscle tension and lower our blood pressure, and it allows us to feel safe within our own body in times of stress and anxiety.

“After taking part some participants say that it was the first time in years that they have switched off and found rest – it’s very powerful and that’s why I’m passionate about it.”

“After taking part some participants say that it was the first time in years that they have switched off and found rest – it’s very powerful and that’s why I’m passionate about it.”

Jodi first joined Mates4Mates nearly two years ago as a member after she was medically discharged from the Air Force with a back injury. It wasn’t long before she experienced the benefits of yoga first-hand and started training in meditation and yoga.



**Images:** (above) Mates4Mates Trauma-informed yoga therapist, Jodi Allen.

Now Jodi is the trauma-informed yoga therapist at the Family Recovery Centre in Brisbane and said it’s the best job she’s ever had.

“It means so much to me that I can give people the opportunity to experience something that they may not have experienced before. It’s very rewarding,” she said.

Mates4Mates yoga classes are held at the Brisbane, Townsville and Tasmania Family Recovery Centres each week, and in regional locations from time-to-time.

“I hope that more people will take part – it opens up awareness in the body and provides people with simple tools that they can use in everyday life,” she said ■





# Hands-on with *nutrition*.



**Keto, paleo, intermittent fasting – they're all buzz words when it comes to diet and nutrition. But how do we know what is actually effective and what is simply hype?**

**T**he quick answer is that there is no easy answer. When looking into diets to improve your nutrition or manage weight, it's important to consider a number of factors. This includes age, genetics, current body composition and metabolism, to name a few.

A diet that works for one person, often fails for another.



For our bodies to function optimally, both chemically and hormonally, it's essential that our intake is a combination of micronutrients (vitamins and minerals), phytonutrients (derived

from plants) and zoonutrients (derived from animals), along with fibre and water to aid with our metabolism.

So, where do we start?

A very basic, yet effective method to help ensure you are getting enough energy each day is to use your own two hands when measuring food groups.

**Aim for the following intake each day:**


-  6-8 palms for men and 4-6 palms for women of protein dense foods like chicken, beef, turkey and tofu.
-  6-8 fists for men and 4-6 fists




**Written by: Brett Taylor, Mates4Mates Physical Rehabilitation Manager**

Brett is a trained Exercise Physiologist with an interest in both physical wellbeing and the role of nutrition in helping with recovery.

for women of vegetables - eat a rainbow of food, including greens and leafy veggies.

 6-8 handfuls for men and 4-6 handfuls for women of carbohydrate dense foods like rice, quinoa, pasta, potato, pumpkin and fruit.

 6-8 thumbs for men and 4-6 thumbs for women of fat dense foods like olive oil, chia, avocado, coconut oil, nuts and butter.

While this is just a guide, it's important to understand what is included in a healthy balanced diet and make sure you're adding

the different food groups into your meal planning.

Nutrition plays a key role not only for our physical health, but our mental health too.

Eating well also helps reduce the risk of chronic disease, like heart disease, diabetes and some cancers. In addition, your energy levels will increase, along with your mood and concentration.

It's never too late to change your diet and start leading a healthier lifestyle.

Always speak with your GP before embarking on a new diet. ■

As a proud supporter of Mates4Mates, NAB is dedicated to supporting Defence Force families

# NAB DEFENCE FORCE HOME LOANS

more  
than  
money



**Jack Budden**  
Mobile Defence Specialist  
Brisbane  
0436615909  
Jack.Budden@nab.com.au

**Jacqui Onn**  
Mobile Defence Specialist  
Brisbane  
0475965446  
Jacqui.Onn@nab.com.au

**Chris Di Giacomo**  
Mobile Defence Specialist  
North Queensland  
0472 871 855  
Christopher.A.Di.Giacomo@nab.com.au





# Meet a volunteer.

Meet Lee Bailey – a Mates4Mates Volunteer Liaison Officer making a difference in the lives of Toowoomba veterans one coffee at a time.

After experiencing first-hand how social support can improve recovery and quality of life, Lee has dedicated his time to helping other veterans to ensure they don't go through illness and injury alone.

Lee served in the Australian Army for over 19 years, which included deployments to East Timor, Iraq and Afghanistan. But, he developed post-

traumatic stress disorder and other mental health issues as a result of some experiences.

It wasn't until he found support and connected into the veteran community that he realised he wasn't alone, and life started to turn around.

Now, every Tuesday, he invites local veterans down to Queens Park in Toowoomba for a brew and a chat to give them a safe, supportive environment to connect with others who understand what they're going through.

"I really isolated myself and that caused a lot of things to get worse including anger, anxiety and depression," Lee said.

"Breaking that isolation and finding other veterans that speak the same language is really helpful. It brought me back to life

“Volunteering and helping others heal also gives me great purpose and that is hugely helpful in managing my own symptoms.”

and got me living again.”

He said that volunteering was not only rewarding but improved his own mental health.

"The social interaction and encouragement I get through Mates4Mates activities has become a big part of my support mechanisms.

"Volunteering and helping others heal also gives me great purpose and that is hugely helpful in managing my own symptoms.”



While reaching out for support initially can be difficult, he encouraged veterans to make the effort.

"I initially took part in Trojan's Trek, a wilderness peer-support based intervention for veterans, and that was lifechanging. I then joined Mates4Mates and had the opportunity to volunteer.

"I've realised that you gain nothing by staying isolated at home and not talking to people. It makes a huge difference accessing support through organisations like Mates4Mates.”

Now, Lee said he has more energy to focus on other important areas of life, including his family, and spending quality time with his three sons aged 20, nine and eight. ■

Images: Volunteer Liaison Officer Lee Bailey

# STOPP for better health.

With mental health issues affecting millions of Australians, Mates4Mates Psychologist Chris McIntyre shares a strategy everyone can use anywhere to help regulate emotions in times of distress.



Mates4Mates Psychologist Chris McIntyre

This October we mark Queensland Mental Health Week (October 5-13) and Veterans' Health Week (October 26 - November 3) – important times to think about how we can improve our wellbeing.

We know that mental illness is more prevalent among transitioned ADF members than the general population, with

anxiety, depression and post-traumatic stress disorder common.

One strategy we use is STOPP – an acronym used to help slow down negative thoughts and feelings and improve mental wellbeing.

Next time you feel distressed, anxious or overwhelmed, take a moment to STOPP. ■

## S.T.O.P.P

**1. Stop** – Pause for a moment.

**2. Take a breath** – Notice your breathing. Try to breathe in through the nose and out through the mouth.

**3. Observe** – What thoughts are going through your mind right now and what sensations do you feel in your body?

**4. Pull back for perspective** Take a helicopter view and look at the bigger picture. Think about what a trusted friend would say to you right now.

**5. Practice what works** Decide what is the most helpful thing to do right now and where you can focus your attention.





### School holiday fun

Supporting families is a key part of our mission at Mates4Mates. In **Townsville**, the regular school holiday program continues to do just that. A highlight was the family mini golf day. Over 60 Mates and their families joined for a morning of mini golf followed by lunch – with smiles all round ■



### Deputy Chief of Army joins bike ride

Mates4Mates board member and Deputy Chief of Army, Major General Anthony Rawlins, recently joined Mates on their weekly bike-ride. Each Friday a group of cyclists take off from the Family Recovery Centre, before heading along the **Brisbane** river and

stopping at the Powerhouse for coffee and connection. Cycling is offered as part of our comprehensive physical rehabilitation and wellbeing programs ■



### Connecting on a cruise

**Cairns** Mates recently visited Lake Barrine Teahouse, which was originally a WWII convalescent home for returned servicemen. Mates boarded the lake boat and embarked on a 45-minute guided cruise, learning about the history and local flora and fauna. The day was designed to help foster connection between Mates and families ■



### A-maze-ing day out

A group of Mates and their families tackled the Bellingham Maze at Tanawha on the **Sunshine Coast**. Everyone made it to the central point, and more importantly made it back out – making it a special day out for all involved ■



### Powerlifting for health

Every two years the Invictus Games inspires many with stories of hardship, resilience and recovery through sport – including Mates4Mates **Tasmania** staff. They

employed the help of a strength and conditioning coach and through a generous donation, bought a para-bench (the first in Tasmania) to put together a Powerlifting Program for veterans. Participants are taking part in a three-month program to get stronger, build their confidence and reach new goals ■



### Woodwork wonders

**Hobart** Mates headed to a Defence and Veterans' Workshop to get their hands dirty and do some woodwork. With no prior experience, Mates learnt new skills, made new relationships and crafted their own handmade pens, rolling pins, chopping boards and cribbage boards ■

# Around the *regions*.

Programs and activities around the regions are providing Mates and their families with more opportunities for connection and support.





## Fundraising ideas

Sometimes the hardest part of fundraising is coming up with an idea and putting it into action. Here are our top five ideas to get you started.

- Host a morning tea and ask for a gold coin donation on entry
- Participate in a physical challenge and ask friends and family to sponsor you
- Give up your morning coffee and donate the money instead
- Ask friends to donate to Mates4Mates instead of birthday presents
- Get baking and sell items for a donation.

### To start fundraising for Mates4Mates

fill out a community fundraising application form at [mates4mates/support-mates](https://mates4mates/support-mates).

## Brisbane Telstra team calls in *support for veterans*.

When Telstra Store Licensees, John Bennett and Michael Hardy, started looking for a charity to get behind, they wanted to find a cause that connected with staff at their 13 Telstra stores across Greater Brisbane.

With a number of stores operating in areas with large Defence communities like Amberley Base and Enoggera Barracks, supporting veterans was a cause they were interested in. Little did they know that almost 40 per cent of their staff also had personal connections to the ADF.

With the cause resonating with employees, they teamed up with Mates4Mates to give back to those in need.

Customers now support Mates4Mates by donating in participating stores. Defence Day events will also be held in store once a month to raise awareness and funds for the cause.

Of their store employees with Defence connections, more than 65 per cent have a partner or family member who has served or is currently serving, and four per cent are veterans themselves.

Colton Pleass, who works at the Brookside store, is one of these.

"I served in the Australian Army for three years before discharging to go to university," he said.

"I have friends who are still serving and struggle with mental health issues so I've seen first-hand the impact it can have

on some people.

"Any chance I can give back is really important to me and it makes our jobs more meaningful."

Marketing Manager Claudia Johnston said that their Telstra store teams were honoured to partner with Mates4Mates.

"As a business it's important to give back. It motivates staff, assists with team building, and enables us to engage with our local community while helping those in need."

Participating Telstra Stores include Brookside, Beenleigh, Capalaba, Ipswich, Jimboomba, Redbank, Springfield, Strathpine, Sunnybank, The Gap, Toombul, Toowong and Victoria Point. ■

**Top images:** (L) Brookside store team, (R) Telstra team with Mates at Mates4Mates BBQ

## Community Fundraising in Action

Mates4Mates would like to say a big thank you to all of our community fundraisers.

Here are just a few highlights from the past few months.



### 1 Mile Burpee Challenge

5th Aviation Regiment—Australian Army  
Friday, 16 August  
Raised \$2616.48



### Drag Bingo

Tewantin-Noosa RSL Club  
Wednesday, 26 June  
Raised \$1015



### Archery Competition

Townsville Bowhunters Association  
Saturday, 27 July  
Raised \$1500



**MATES 4 MATES**

N A T I O N A L  
**APPEAL  
DAY.**

14 NOVEMBER 2019

**For one day only  
your donation will  
make 3x the difference.**

[appealday.mates4mates.org](https://appealday.mates4mates.org)

*Stay in touch*



# THE WAR ARTIST

## *A Novel*

In his latest novel, Queensland author Simon Cleary explores the cost of psychological war wounds and the role of sacrifice and love in healing.

 Simon Cleary







**MY** third novel, *The War Artist*, began a long, long time ago. Probably, in truth, on the Western Front during WWI, when my grandfather, EW Cleary, fought in the 25th Battalion at the Battle of Bullecourt in 1917 and the following year at Le Hamel and Amiens.

He returned home to Queensland and settled in Toowoomba. His older brother John, however, did not, and lies buried in a community cemetery in Doullens, Northern France.

Though he left his brother behind, my grandfather brought vivid memories back with him:

“Near the end of the war, as we advanced through French territory, we were constantly in the midst of women, children and crippled men. To see shells (German and ours) land in a crowd of these defenceless people and kill and maim them by the score was a sickening and unforgettable sight.”

Accompanying these conscious memories were other experiences buried deep in his subconscious, for he also returned to civilian life with enough nightmares to last a lifetime. My own father, John – named for my grandfather’s dead brother – was tasked with going to him in his bedroom in the midst of these battlefield nightmares to soothe him.

Though my grandfather went on to become a successful Toowoomba lawyer, he carried these invisible – yet enduring – psychological wounds throughout his life. He remained on

the reserve list of the Australian Army, serving until WWII as legal staff officer at Headquarters, 1st Cavalry Brigade.

He served with the Toowoomba RSL Sub Branch and as President of the Western District of the RSL during WWII; he travelled the Darling Downs urging young men to enlist as part of the fight against Nazism.

I have a draft of one of his radio speeches from that time and think of the conflict he must have carried within him: campaigning during the day for young men to go to war, while in the evening being reminded by his nightmares of the horrors they were likely to experience.

*The War Artist* explores the effects of these psychological wounds of war, set in the context of the war in Afghanistan.

Fictional Brigadier James Phelan witnesses the death of a young sapper




Author Simon Cleary's grandfather, EW Cleary, inspired his third novel, *The War Artist*.



on a patrol in the Chora Valley, Ourezgan Province. Traumatized by the experience and feeling responsible for his death, Phelan has the soldier's name tattooed on his shoulder by Kira, the "war artist" of the title.

But his efforts to memorialise the young sapper's life aren't enough. Phelan returns home to a campaign of retribution from the sapper's comrades, who blame him for the ambush and threaten his career. With his marriage to Penny also on the brink, Phelan's life spirals out of control.

*The War Artist* asks questions about the cost of psychological war wounds – both for the book's conflicted hero as well as for his wife, his friends, and the wider community that supports him. But as much as *The War Artist* is a book about PTSD, it is also about regeneration. And it's about the place sacrifice and love can play in journeys of healing. 



TOP: EW Cleary, second from the left, during the war. On the back of photo is written that it may have been taken at Chateau Bertangles, north of Amiens, France, which was the Australian headquarters under General Monash. Simon Cleary has tried to clarify whether the photo was indeed taken there but hasn't had any luck. He would love to hear from anyone who knows!

ABOVE: EW Cleary, seated third from right with his wife Holly Cleary beside him, at the Toowoomba RSSAILA Diggers Armistice Race Ball.

**"I HAVE A DRAFT OF ONE OF HIS RADIO SPEECHES FROM THAT TIME AND THINK OF THE CONFLICT HE MUST HAVE CARRIED WITHIN HIM: CAMPAIGNING DURING THE DAY FOR YOUNG MEN TO GO TO WAR, WHILE IN THE EVENING BEING REMINDED BY HIS NIGHTMARES OF THE HORRORS THEY WERE LIKELY TO EXPERIENCE."**




To go in the draw to win a copy of *The War Artist*, turn to page 89.





# A LIFE TRANSFORMED

Around six months ago, Sam's\* life revolved around earning money to use, rather than earning money to live. With the help of RSL Queensland and the Hader Clinic Queensland, Sam's life has been completely transformed. This is his story.

 Samuel\*





**I'M** 48 and grew up in Charleville, a small country town. Like many kids, I couldn't wait to leave at the first opportunity I had. So, I joined the Army.

I spent most of my Army career in Townsville. I did a deployment to Cambodia in 1992-93 and then a few touring stints. I left the Army seven years and 234 days later.

My primary addiction was alcohol and a bit of cannabis. I started smoking weed when I was 15. I gave it up when I entered the Army but picked it up six years later – because alcohol just wasn't doing it for me.

My dad is an alcoholic and so are all his friends. Drinking and work were the consistent things in their lives – so you could say that for me growing up it was the norm.

The grip it had on me was powerful. And the scary part was that I didn't care, nor did I want to admit I had a problem, even when I was at what we call 'rock bottom'.

I missed positions of rank, or advancement in rank because of my association with alcohol. I didn't want to quit, because it was a release.

My turnaround point started with an unexpected phone call. It was Kathleen, a Wellbeing Officer at RSL Queensland. I had been put in a program to keep me off the streets, but I continued my alcohol and drug addiction.

Kathleen asked, "What can I do for you, or what can you do for yourself going forward with your life to make it better?"

For some unknown reason I said, "I have to kick the alcohol and drugs." She said, "I'll get you into a program, but it will take about seven to 14 days."

I responded, "No, if you're going to ring me up and offer me this kind of thing, or want to ask me these questions, I have to do this now, or I won't ever do it."

I was shocked when she called back within 90 minutes and said, "I've got you into a program, I'll send you the details."

I was at the Hader Clinic Queensland within 48 hours.

When Kathleen called me, I was standing on the roof of a building on the work site. I thought, I'm working and earning good money, but I'd go home to my flat at night and realise that I had nothing to show for it, my money had been wasted on alcohol and drugs. I didn't work to live, I worked to use.

I drank right up to the minute that the taxi picked me up to take me to the rehab centre. I had to throw

the bottle in the bin just as the taxi arrived.

I found it testing for the first month – all I could think about was drinking and smoking. And it wasn't until I was in the program for 10 weeks that my attitude started to change. I started to find peace again.

The program is a fellowship of people with the same problems, helping each other. It takes the shame and isolation out of addiction.

Checking in and going to an AA meeting is a fundamental part of my day now.

I'm still undergoing treatment as an outpatient through Hader's transitional housing program. I didn't want to go out into the real world straight away, because I'd spent so long being addicted.

Because I've been fortunate enough to have DVA assistance, I'm using this opportunity to get every bit of help I possibly can. Because the first thing you learn is that you really need to build a solid foundation in your recovery. If that's not there, everything crumbles.

A big part of my recovery has been learning how to handle my fears. It's also been a case of becoming aware of what was making me fearful and learning how to handle those situations.

When I go back to work, I'm going to do cleaning. It's therapeutic.

I'm also very involved with the Salvation Army – so I'm thinking that I'd like to forge a career path there. Service is part of AA – if you give to others, it comes back to you. I've been volunteering at the homeless shelter for several months now.

My story is a gift and my recovery is a gift. I never wish to disrespect that gift. I have been given an opportunity by the RSL – there are many people out there in active addiction that will never get the opportunities I've had.

The support from people down at street level is encouraging too. They're so positive. They say, "Sam, you've changed" or "Sam, you're looking great." It's good when you can't see it. It's great to be feeling healthier too. I used to be skinny and kind of drawn out. It's great to be getting my life back on track.

With the help of RSL Queensland and the Hader Clinic Queensland, my life has been completely transformed.

*A version of this article first appeared on the Hader Clinic website at [haderclinicqld.com.au](http://haderclinicqld.com.au). If you or someone you know needs help, contact RSL Queensland on 134 RSL or [vs@rslqld.org](mailto:vs@rslqld.org).*

*\* Name changed to maintain confidentiality*



# 5 THINGS TO THINK ABOUT BEFORE MAKING A DVA CLAIM

Taking the time to prepare carefully can make all the difference.

 Anita Jaensch

If you have developed a physical or mental health condition as a result of your service, you may be eligible to make a claim to the Department of Veterans' Affairs (DVA). Navigating the claims process can be tricky but taking the time to prepare carefully can make all the difference. We asked Regional Coordinator Darrell Edwards what ex-service people should think about before making a DVA claim.

## 1 GET A DIAGNOSIS FROM A MEDICAL PROFESSIONAL

It's crucial that your condition has been diagnosed by a qualified medical professional – for physical conditions, this might be your GP or a specialist, but, for mental health issues, you must be diagnosed by a psychiatrist.

## 2 PROVE YOUR INJURY OR CONDITION WAS CAUSED BY YOUR SERVICE

If you were injured while you were serving, you'll need to provide your service medical records showing the date and nature of the injury.

Even though some conditions may not develop until years after you've left Defence, it may still be possible to claim, as long as they can be linked back to your service.

"For example, some osteo conditions, like spine or lower limbs, can be related to load-bearing," Darrell says. "But you must still be able to link the condition to the eligible service."



## 3 MAKE SURE YOU HAVE ALL RELEVANT SUPPORTING DOCUMENTATION

The most common mistake people make is not providing all the evidence necessary to support their claim. You will need to have copies of all the relevant supporting documentation, which may include:

- Service medical records
- Treatment records from your doctor
- Specialist reports
- Radiology reports
- Incident reports
- Witness statements
- Service records
- Bank details.

“One of the first things we do when people come to us is make sure they’ve applied to Defence for their service records, or help them do it,” Darrell says.

## 4 KNOW WHICH ACT YOU ARE ELIGIBLE TO CLAIM UNDER

Darrell points out that although most people can make a DVA claim under at least one Act, they could be covered by up to three different pieces of legislation. So, it’s important to know which one you should be claiming under.

“The date of enlistment, type of service and the date the injury developed will determine which Act applies,” Darrell says.

## 5 GET HELP FROM A QUALIFIED ADVOCATE

To give yourself the best chance of making a successful DVA claim, work with a qualified advocate who can advise if your claim has merit, make sure you’ve got all the documentation and evidence you need, and guide you through the process.

A good advocate can help you make sure you’ve dotted every i and crossed every t.

“If you’re in any doubt, contact someone who’s qualified to help,” Darrell says. “It won’t cost you anything to get help from RSL Queensland’s team of professional advocates, but it may make all the difference in having your claim recognised. “And we’re there to support you through the process too, so you know what’s happening every step of the way.”



Find out more about how RSL Queensland can help you with your DVA claim by visiting [rslqld.org/Find-Help/DVA-Claims](https://rslqld.org/Find-Help/DVA-Claims)





# CARE PACKAGES SUPPORT VETERANS IN HOSPITAL

A simple idea to provide veterans in hospital with a parcel of essential items has proved to be an inspired gift of compassion and mateship.



**RIGHT:** RSL Queensland Veteran Services Officer Xanthe Moore, left, and Greenbank RSL Sub Branch Welfare Officer Helen McLaren with the pilot Hospital Care Packs.

**OPPOSITE:** Toowoomba United RSL Sub Branch Welfare Officer Trevor Fuelling meets with Keith Dwyer, 96-year-old WWII and Bombing of Darwin veteran, at St Vincent's Private Hospital. (Photo: Courtesy of *The Chronicle*)



**BELOW:** In 2018, Gold Coast District member Max Greber suggested the idea of developing a small 'goody bag' of items to give veterans in hospital.



**EVERY** year, RSL Queensland employees, Sub Branch members and volunteers donate hours of their time to visit veterans in hospital. This gesture of caring and companionship goes a long way for the recipients, many of whom are in hospital for extended periods and have a lot of time to fill.

In 2018, Gold Coast District member Max Greber suggested the idea of developing a small 'goody bag' of items to give veterans in hospital.

"Some years ago, we found a number of veterans and war widows were being admitted to the hospital as a result of falls or accidents and had few or no personal items with them," Max said.

RSL Queensland's Operations Team thought it was a great idea and assembled several test bags to distribute to Sub Branches. They contained items including a puzzle book, ANZAC biscuits and essential toiletries. The response was overwhelmingly positive.

"As an example, we visited a 25-year-old female veteran who was medically discharged due to a training accident and resulting back problem," Max explained.

"A recurrence of the problem resulted in an ambulance trip to hospital with no personal effects. She was most appreciative of a care pack, along with other measures we took to ensure she had everything she needed."

Following the pilot's success, RSL Queensland will roll out the Hospital Care Packages project state-wide in 2019. The package will contain similar items to the pilot, in addition to the novel *After the Blast* by Garth Callender, an Australian Army Officer who served in Afghanistan and Iraq. ←

**"SHE WAS MOST APPRECIATIVE OF A CARE PACK, ALONG WITH OTHER MEASURES WE TOOK TO ENSURE SHE HAD EVERYTHING SHE NEEDED."**

## HOW YOU CAN HELP

Hospital Care Packages will be distributed to each District around the state and then passed on to volunteers who carry out the hospital visits. Contact your District Secretary for more information.

If you are a veteran or a family member of a veteran who would like to get involved and volunteer your time, please contact your local Sub Branch.







# AUXILIARIES VITAL TO SUB BRANCH SUCCESS

RSL Auxiliaries provide support for RSL Sub Branches and an opportunity for those who have not served to give back to the Defence community.

 Matilda Dray

**MANY** RSL Sub Branches would struggle to operate if it were not for the support of the RSL Queensland Council of Auxiliaries, whose members help organise events, fundraise and care for local veterans.

“They’re actually vital for Sub Branches to get their work done,” says RSL Queensland Council of Auxiliaries State Secretary Maureen Sargent. “Many wouldn’t exist if they didn’t have an Auxiliary.”

There are an estimated 70 Auxiliaries throughout Queensland, with approximately 1,500 members in total (the majority are women).

Maureen says there were about 80 Auxiliaries 10 years ago. Although several groups have disbanded during those years, new groups are continually being established.

## **AUXILIARIES ARE INCLUSIVE**

Auxiliaries are also a way for those who have not served to give back to the Defence community.

“Members want to help out the ex-serving community and this is something they can do that does make a difference. Anything anybody can do is appreciated, even if you can only contribute an hour or two,” Maureen says.

She describes herself as someone who has “chronically volunteered” from a young age.

Maureen worked for the Department of Veterans’ Affairs for 25 years and has been involved with Banyo RSL Sub Branch for around 40 years.

When Banyo RSL started a Citizens’ Auxiliary (the first in Australia) in 2000, she became the inaugural President. After retiring in 2007, she increased her involvement and became a Pensions and Welfare officer for the Sub Branch.

“I saw it as an extension of my work and I enjoyed being part of the camaraderie in the Sub Branch,” she explains.

“We’ve had a lot of success in getting pensions for veterans and that gives me a lot of satisfaction. You feel like you have contributed to their better quality of life,” Maureen says.





**ABOVE:**  
State Council  
of Auxiliary  
members Liz  
Williamson and  
Mary Okely at  
the 2019 AGM.

**RIGHT:**  
Council of  
Auxiliary  
members Lyn  
Coles, left,  
and Cynthia  
Cronin from the  
Western District  
at the  
2019 AGM.

## PLANS FOR GROWTH AND EXPANSION

Due to the changing role of women in society, the Auxiliaries have been struggling to grow their membership and are always thinking of new recruitment strategies.

“It’s not easy to get young people to join. When you think back to the 1950s, most women didn’t work. Now, you’re not going to get them until they retire, and the retirement age keeps going up,” Maureen explains.

To combat this, they are encouraging Auxiliaries to recruit new members by offering two trophies. In 2018, the Joy Bryson Shield went to Toowoomba United Citizen’s Auxiliary for the highest percentage increase in membership.

Meanwhile, a new trophy donated in 2018 by John and Jill Burgess was awarded to Banyo Citizens’ Auxiliary for attracting the most new members overall.

“This year we definitely saw an increase in new members, and it was



very close. We had a lot of Auxiliaries getting 10, 15 or 18 new members,” Maureen says.

## WOMEN’S AUXILIARY VS CITIZENS’ AUXILIARY

The Council is made up of two streams, Women’s Auxiliaries and Citizens’ Auxiliaries. Most new Auxiliaries are established as a Citizens’ Auxiliary as

they are more inclusive.

The Women’s Auxiliaries have existed since WWI, when the female relatives of returned service men raised much-needed funds to buy land, buildings and furnishings to establish RSL Sub Branches.

Any female relative of a current or ex-serving Defence member is welcome to join an RSL Women’s





#### CLOCKWISE FROM LEFT:

RSL Queensland Council of Auxiliaries executive: former RSL Queensland Vice President Ewan Cameron, left, patron Leane Cameron, Gerry Murray, Maureen Sargent, Rebecca McEwan, Lesley Boye, Mary Okely, Judy Kranen, Glenis Rogers and Glenys O'Malley (retiring); The inaugural John and Jill Burgess Trophy was won by Banyo Citizens Auxiliary: Maureen Sargent, left, Elizabeth Nunn, John Burgess, Banyo President Fay Coman, Jill Burgess, patron Leane Ferris, Stephanie Ingeri and Richard Morse; The winner of the Joy Bryson Shield for 2018 for the highest percentage increase in membership was Toowoomba United Citizens Auxiliary: Ewan Cameron, left, is pictured with patron Leane Ferris, Rhonda James and Rebecca McEwan.



Auxiliary. Current or ex-serving female personnel can also join, and an Auxiliary can also choose by resolution to admit any female member of the community.

People in the non-Defence community who would like to volunteer their time can join an RSL Citizens' Auxiliary. Citizens' Auxiliaries are open to any member of the community, including children between the ages of 12 and 18. ←

## CONTACT US

If you would like more information about joining the RSL Queensland Council of Auxiliaries, contact [rsllqsac@gmail.com](mailto:rsllqsac@gmail.com) call 0408 675 366 or visit [rsllqd.org/auxiliaries](http://rsllqd.org/auxiliaries)

**“WE’VE HAD A LOT OF SUCCESS IN GETTING PENSIONS FOR VETERANS AND THAT GIVES ME A LOT OF SATISFACTION. YOU FEEL LIKE YOU HAVE CONTRIBUTED TO THEIR BETTER QUALITY OF LIFE.”**



# ESO CORNER

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

# AUSTRALIAN KOOKABURRA KIDS FOUNDATION

SINCE 2002, the Australian Kookaburra Kids Foundation has been supporting children aged 8-18 years living in families experiencing mental illness. In 2016, the Defence Kids Program was launched, delivering the established and reputable program to children of current and ex-serving Australian Defence Force families affected by mental illness related to their military service.

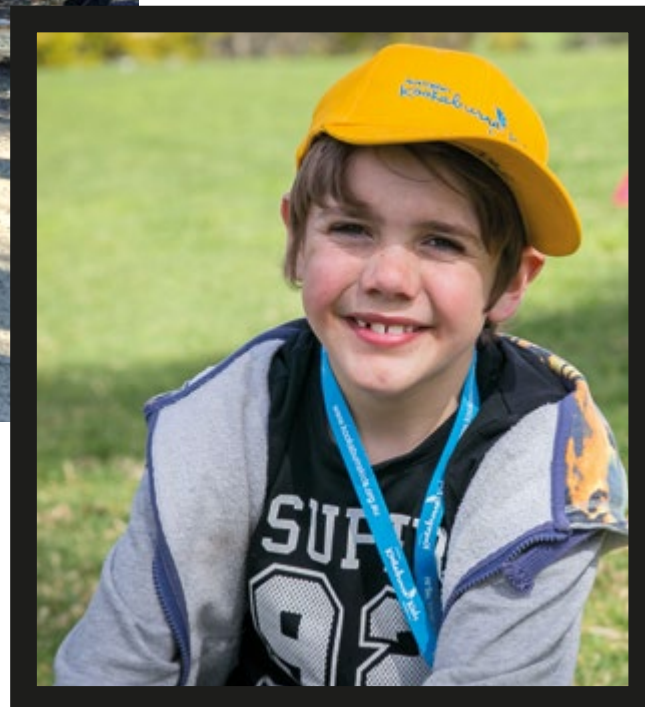
Defence personnel suffering from

mental illness often worry about the flow-on effects their condition may have on their children. The Kookaburra Kids program delivers evidence-based, age-appropriate prevention and early intervention mental health services, embedded within a peer-based social and activity-based format, and educates children on issues their parents may be facing.

Children attend age-relevant camps and activity days, enjoying







recreational and social activities, as well as participating in important mental health education programs. The educational component is developed by the Kookaburra Kids clinical team and delivered by trained leaders.

The camps run Friday to Sunday and feature a range of recreational and physical activities, designed to encourage thought leadership, friendship and camaraderie. While there is plenty of fun to be had, the essential ingredient to the Kookaburra Kids program is Chat Group.

Chat Group is the psycho-education component, where leaders and children come together in a small group to have age-appropriate discussions surrounding mental health literacy and appropriate help-seeking for emotional and personal problems, and to expand effective basic coping skills and facilitate social participation around the theme of mental health and wellbeing.

In targeting these areas, Kookaburra Kids believes children can more easily bounce back from challenges and adversities they may face. It's all about resilience, connection, empowerment, courage and hope.

Activity days are another opportunity to connect with children in the program while they participate in fun leisure activities such as skating, watching movies and workshops.

Mental health education is continued in a smaller scale at the activity days via the Kooka-resilience education program. These activities are

held during the school holidays as well as monthly in different locations.

Kookaburra Kids relies heavily on volunteers to assist with delivering the physical side of the program. An amazing group of passionate volunteers all undergo relevant training and the appropriate working with children checks and police checks. Volunteers come from all walks of life, bringing genuine enthusiasm and support to the children in the program.

Kookaburra Kids empowers children to build resilience and life-long knowledge, skills and abilities to reach their potential. It is currently delivered in the metropolitan areas of NSW, ACT, VIC and NT.

The program has been delivered in greater Brisbane since 2017 and recently commenced operations in Townsville and Adelaide. Planning is underway for Perth in 2020.

Kookaburra Kids aspires to be the national expert in empowering young people to grow beyond the impacts of family mental illness. ☛

**"KOOKABURRA KIDS HAS BEEN A GODSEND FOR OUR FAMILY. IT'S THE ONLY ORGANISATION I KNOW OF TO FOCUS ON KIDS."**



If you are interested in making a difference to the lives of children impacted by family mental illness, register your interest and become a Kookaburra Kids volunteer at [kookaburrakids.org.au/volunteer](http://kookaburrakids.org.au/volunteer)



# ESCAPE TO THE BEACH AT RAINBOW BAY

The tang of salt on the breeze, the sun sparkling on the waves, the crunch of sand underfoot – there's nothing quite like a beach holiday to recharge your batteries.

 Anita Jaensch

**T**ucked into a quiet corner of the Gold Coast, with the ocean right on its doorstep, St George's Defence Holiday Suites has been a peaceful escape for current and ex-service people for more than a century – although it has seen drastic changes over that time.

In 1915, Canon David Garland – the 'Architect of ANZAC Day' – established the Soldiers' Church of England Help Society, which originally bought the Rainbow Bay block for deploying and returning soldiers to seek respite.

Over the years, the accommodation has seen many changes, from basic tents to dormitory-style accommodation with shared bathrooms, kitchens and dining facilities, to the red brick holiday house that was eventually built

in 1954. Although renovated over the years, this building remained until a decision was made in 2014 to replace it with a modern high-rise apartment building.

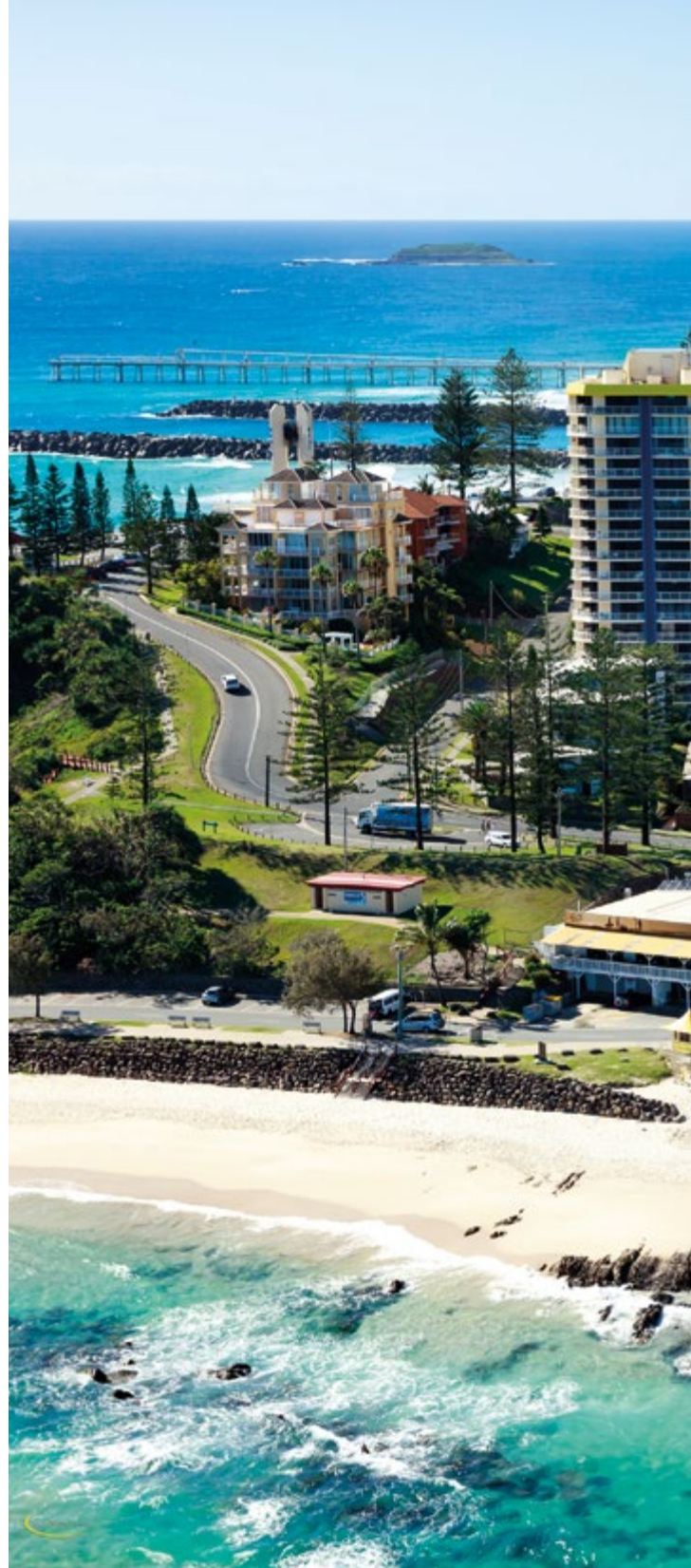
Opened in December 2016, St George's Defence Holiday Suites at The Garland is luxury accommodation bearing no resemblance to the canvas tents originally pitched on the Rainbow Bay block. Gorgeous, self-contained units offer every amenity and are decorated in a soothing palette of blues and greens that reflects the view of the ocean.

Guests can take advantage of the stunning pool and outdoor barbeque facilities, or simply step across the road to enjoy the waves. And they're only a short stroll away from cafes,

restaurants, shopping and all the delights of the Gold Coast.

In accordance with its original purpose, the first three floors are reserved for current and ex-service people and their families, offering a range of studio and two-bedroom air-conditioned apartments priced from \$80 per night.

**To book, call 07 5536 1261 or visit [stgeorges.net.au](http://stgeorges.net.au) for more information.**







**“GORGEOUS, SELF-CONTAINED UNITS OFFER EVERY AMENITY AND ARE DECORATED IN A SOOTHING PALETTE OF **BLUES AND GREENS** THAT REFLECTS THE VIEW OF THE OCEAN.”**





# PHOTO WALL HELPS COMMUNITY REMEMBER

Home to the faces of hundreds of past servicemen and women, Pioneer-Fitzroy-Highlands District's memorial wall inspires conversation and incites contemplation.

 Tracey Victor

Each year, millions of Australians utter the words “We will remember them” on ANZAC Day and Remembrance Day. We see images of monuments and cenotaphs etched with the names of men and women who never made it home and paid the ultimate sacrifice to allow us the life we sometimes take for granted.

As an RSL advocate, I also see the many individuals who were lucky enough to return home. Although most have moved on from their military careers, they remain steadfast members of the Defence family. They are brothers, sons, husbands, daughters, sisters, wives, grandparents, grandchildren, cousins and friends.

I hear stories of mates, stepdads who served, men and women who came home and started businesses, who serve their community as volunteers and many who joined the emergency services. They fall in love, get married and start families.

They move to towns large and small – returning to places they call

home or finding new places to make a life for themselves. They meld into their communities and fall in line on ANZAC Day, Remembrance Day and Vietnam Veterans Day.

They march with pride in honour of those who didn't come home, remembering their days of service and their commitment to their country. After the parade, they return home and carefully pack away their medals in a safe place alongside their uniform and hat. Their past service remains ever-present in their minds.

How do I remember them? I remember them through photographs, one of my passions. The black and white images show the innocence of youth, anticipation of adventure and comradeship.

Some boys look so young they likely weren't ready to leave their parents' sides. But they went off in search of something – hoping to learn a trade, become a man or make their mark on the world.

Hundreds of stories are contained in the images collected on the wall of

the Pioneer-Fitzroy-Highlands District office. The photos speak of past generations and the various branches of the armed forces that influenced our community and helped it grow and prosper.

They inspire conversations, no two of which are the same. For some, the wall is a place of honour for a recently passed loved one. For others, it brings back memories of best mates and the units they served with. Others find familiar faces on the wall, see







Hollywood lookalikes or simply notice the large number of men and women who served our community. Some faces are well-known figures and others you've never heard of.

Veterans gazing at the wall often feel a sense of pride at seeing their own face looking back at them or feel the old rivalry of Army versus Navy versus Air Force reflected in their numbers on the wall.

For me, this is a place of coming together and telling stories; one

generation sharing commonalities with the other. It provides an opportunity for everyone to remember and ponder: what would our world be like if these individuals had not made the decision to sign up?

Their decision had a ripple effect across our region – not just on their family and friends, but inadvertently shared through their strong work ethic and team spirit, their ability to get the job done and support their mates.

I've heard that the best way to show

appreciation of someone is to include them, so I hope that in the months to come we continue to receive photos for the wall and fill the blank spaces with faces from our community. The faces of men and women whose actions made a discernible difference to our lives. I will remember them.

***If you would like to contribute to the memorabilia wall, contact the Pioneer-Fitzroy-Highlands District office on 07 4957 4165 or [pfh@rslqld.org](mailto:pfh@rslqld.org).*** ←





## WELLBEING OFFICER TRAINING

Hervey Bay RSL Sub Branch wants the Defence community to feel supported and, as such, is providing wellbeing and support officers with training to enable them to better assist veterans and their families. On 1 July, the Sub Branch held a workshop on how to help clients with suicidal ideation. Sub Branch President Brian Tidyman is pictured with Ross Remano from Cores Training. Ross taught officers coping skills and strategies and helped remove the stigma around being confronted with a situation involving suicide.

## MERVIN TAYLOR SCORES A CENTURY

Tewantin Noosa RSL Sub Branch Membership Officer John Philpot presented member Mervin Edwin Taylor with a certificate for his 100th birthday on 12 June. Mervin also received a letter of congratulations from the Queen and Member for Noosa Sandy Bolton MP.



## BOWEN CELEBRATES 100 YEARS

Bowen RSL Sub Branch celebrated its 100-year anniversary on 1 September. Members gathered at the RSL Club in Williams Street to listen to live music and view historical memorabilia. The weekend also coincided with Bowen's Walk to the Lighthouse, when the low tide allowed people to walk across to the refurbished lighthouse on North Head Island in Port Denison. The sandstone memorial (pictured) was moved from the old club in Brisbane Street to the new premises.

## GRANT TO UPGRADE COMMUNITY HALL

As custodians, Boyne-Tannum RSL Sub Branch secured a \$212,000 grant from the Gladstone Foundation to upgrade and renovate Tannum Sands Community Hall. Sub Branch member Cecil Beckman will act as the project manager. Another \$15,000 Gaming Fund grant was also secured to apply insulation paint to the roof and install a hot water system. A lot of in-kind work has been donated to improve the facility and once finished it will be offered to other community groups for functions and activities. The Sub Branch is also making a concerted effort to reduce the number of formal meetings held and involve social members in more frequent activities to make the organisation more accessible for members.







#### VISIT AWASH WITH MEMORIES

Navy Fleet Air Arm veteran Mal Lancaster was invited aboard the USS *Ronald Reagan* when it visited Brisbane recently. The 101,400-ton warship was taking part in the joint US-Australian military exercise Talisman Sabre off Queensland's coast. Mal was a guest of Commanding Officer Brent Jaquith of the Royal Maccs VFA-27 FA /18 Squadron, one of five Squadrons on board the carrier. The tour brought back a lot of memories for Mal, who served from 1959-69 in the Royal Australian Navy Fleet Air Arm as a photographer and spent a tour of duty onboard the aircraft carrier HMAS *Melbourne* in South East Asia.

#### NORMAN WATSON CELEBRATES 100 YEARS

Brisbane North District President Merv Brown OAM presented Norman Watson with his 100-year birthday certificate on 27 July. Norm received his certificate in hospital, surrounded by his family. Norman is a long-time member of Redcliffe RSL Sub Branch and served in the Army during WWII from 1941 to 1946.



#### FRANK RADFORD AWARDED OAM

Long-time Townsville RSL Sub Branch advocate Frank Radford OAM CSM, centre, was recognised for his years of service to veterans with an Order of Australia Medal. He is pictured with wife Helen, right, and Governor of Queensland, His Excellency Paul De Jersey, on 27 July. Frank had a severe stroke on 24 May and is in Townsville General Hospital undergoing speech therapy and intensive physio to get the left side of his body moving again.







#### STRONGER TIES WITH RAAF AMBERLEY

RAAF Amberley's Community Engagement Officer Squadron Leader Deanna Nott, left, and 382 Squadron Warrant Officer Talwyn Davies, right, presented an Air Force plaque to Greenbank RSL Sub Branch President Eric Cavanagh OAM. Supporting the welfare of RAAF Amberley's serving and ex-serving members is a primary focus for Mr Cavanagh, who served for 20 years in the Air Force from 1964 to 1984. Commanding Officer 23 Squadron Wing Commander Mark Thompson believes it is important for serving and ex-serving members to be aware of the services and support offered by local RSLs.

"Given the size of our base and the fact that our members live across South East Queensland, it is wonderful to know that we have a range of RSLs to visit and be involved with.

"It is not a well-known fact that all current serving ADF and ex-service personnel that served in any Australian or Allied Service or completed National Service for a minimum of six months are eligible to join the RSL," CO Thompson said.



#### 100TH ANNIVERSARY DINNER

Caboolture-Morayfield & District RSL Sub Branch Treasurer Dave John spoke about the history of the organisation at a centenary dinner on 29 June. Dave grew up in the area and has seen the Sub Branch grow and change over the years. The dinner was attended by RSL Queensland State President Tony Ferris and 100 invited guests and members.

#### WALKING WITH WARRIORS TREK

Boyne-Tannum RSL Sub Branch recently provided a barbecue trailer and supplies to support a 17km trek on Facing Island for the group Walking with Warriors. The support group was formed by Sub Branch social member Craig Watson to encourage physical exercise as a way to improve mental health. Service member Justin Devrell assisted on the trek, which was attended by 11 people and two dogs.







#### KARIN'S SPECIAL MOMENT

Tweed Heads & Coolangatta RSL Sub Branch member, Lieutenant Karin Leepere (Ret'd), right, was presented with a Gold Service Medallion and Certificate of Appreciation from the Chief of Navy by Captain Tish Van Stralen CSC RAN, Director Navy People Career Management Agency.

"I wish to commend her for 38 years of dedicated service to the Royal Australian Navy," Captain Van Stralen said.

Karin joined the Navy in 1981 as a writer, a role that involved human resources, personnel management and administration. She had a long list of shore postings, including HMAS *Harman*, *Kuttubul*, *Waterhen*, *Cairns* and *Nirimba*, and sea postings to HMAS *Moresby*, *Tarakan*, *Adelaide* and *Kanimbla*.



#### GATTON CHRISTMAS IN JULY

Gatton RSL Sub Branch held a Christmas in July at its RSL Club. Newly elected secretary Karen Harwood decorated the tables, resident Padre Bob Heathwood said Grace and Sub Branch ladies prepared the buffet.

#### GRACE RECALLS WRAAF FONDLY

Yeronga Dutton Park RSL Sub Branch presented Grace Quane with a centenary birthday certificate for her 100th birthday on 12 June at Duhig Village Aged Care, Holland Park. Born in Chinchilla, Grace joined the RAAF as a member of the WRAAFs in 1942 and served primarily in Sydney, Brisbane and Toowoomba, working in RAAF stores. She was discharged in 1945. Grace speaks fondly of the enormous experience it was for a girl from Chinchilla to get out in the world and travel. She is pictured, left, with Sub Branch President Ross Wiseman AM, centre, and member Frank Hourigan.







## ALL SERVICES BALL RAISES THOUSANDS

The inaugural All Services Ball on 15 June raised thousands of dollars for veterans and first responders with post-traumatic stress disorder (PTSD). Hosted by Currumbin RSL, the ball was the brainchild of former Army Major and founder of PTSD Resurrected, Andy Cullen, and his wife Zoe (pictured). It was a chance to honour and thank Australia's outstanding servicemen and women and recognise the important sacrifices they make. Andy served with the Army for 17 years and was deployed multiple times to Afghanistan. He was diagnosed with PTSD shortly after returning to civilian life. Pictured at the ball are Able Seaman Darren Skaar, left, Bridget Daley, centre, and Able Seaman Jason Rousell.



## ANZAC DAY QUILT

Representatives of Quilts of Valour donated a patchwork quilt depicting an ANZAC Day theme to Gaythorne RSL Sub Branch. The quilt took hours to complete and measures 1.5 metres by 1.4 metres. It has been placed in a frame on display in the Sub Branch's function room.



## EX-DEFENCE QPS DEBRIEF

Queensland Police Service officers Inspector Keith McDonald, left, A/Sen Sgt Rob Colthorpe and Sen Sgt Paul Andrews are all members of Ipswich RSL Sub Branch, having previously served in all three services, as shown by the newspapers they are holding. The officers were conducting a valuable debrief using skills learnt from the ADF.





#### AUSTRALIA'S FIRST BLUE CROSS AWARD FOR WWI WAR DOG

Digger, a bulldog that served at both Gallipoli and the Western Front during WWI, has been given Australia's first Blue Cross Award. The honour was bestowed on the deceased dog by Blue Cross, a UK animal welfare charity. Digger served overseas for three and a half years, accompanied by his owner Sergeant James Harold Martin. Digger is reported to have been a stray dog that attached himself to soldiers training at Broadmeadows. Sgt Martin adopted him as a mascot. Newspaper articles at the time refer to Digger's remarkable service, saying he 'went over the top' 16 times and lived through some of the worst battles of WWI. There are also accounts that Digger took food to wounded men stranded in no man's land, sometimes bringing back written messages. The medal and certificate were handed over to Sgt Martin's grandson Rex Hoskins. The medal is pictured on Buble, a Digger lookalike who attended the event.



#### KOREAN WAR VETERAN HONOURED

Greenbank RSL Sub Branch member and Korean War veteran Ron Lord, centre, was honoured to receive a plaque from Dennis Cho, President of the Australian Department of the Korean Veterans Association (Queensland Branch). It was given "in appreciation of his continued support and contribution to the KVA Department in Australia, thus enhancing the bilateral relationship between the Republic of Korea and Australia". Ron is pictured with Simon Jeon, left, and Edward Kim, from the Korean Society of Gold Coast Australia Inc.



#### HERVEY BAY MARKS VP DAY

Hervey Bay RSL Sub Branch hosted a service at Freedom Park for Victory in the Pacific Day on 15 August. Pictured are WWII veteran Ken Hayden, left, Ken Rees, Vietnam Veterans Association Hervey Bay City President Col Payne, Hervey Bay RSL & Services Memorial Club President Ray Eustace and Hervey Bay RSL Sub Branch member Troy Gill.





#### GOONDIWINDI MEMBERS SUPPORT COMMUNITY

Goondiwindi RSL Sub Branch members are a highly motivated group, dedicated to supporting the community and being creative and mindful of its needs. In 2018, member Russell Billsborough led a team in creating 17 headstones for veterans at Goondiwindi Cemetery who did not have gravestones. Pictured (above) with the headstone in place are members John Toohey, left, Bill Brasington, Terry Farrell, Clinton Billsborough, Greg Rixon, Ron Kyte and Russell Billsborough. The second project for 2018 was to build a rotunda near the cenotaph to allow veterans to sit comfortably during memorial ceremonies or community events. Veterans are pictured (below) in the rotunda on Remembrance Day 2018. The Sub Branch's dedication to the local community continued into 2019, with members speaking to cadets at a military memorial display, volunteering their time at the war museum, and holding fundraising barbecues at the local show, police charity day and bull shows. (Photos: Wayne Pratt)



#### WWII RELIC RESURFACES

When Southern Downs Ex-Service Association President Ken Ashton saw the word 'Tarakan' written in red on a faded Australian flag, he realised he was holding a national treasure. It is believed the flag once belonged to the 2nd/23rd Battalion, 2nd AIF, and was raised on Lingkas Beach during the invasion of Tarakan in 1945.

The WWII relic was originally donated to the Australian Flag Society by an Ipswich man, who says his uncle, an Australian commando, won the flag in a card game after the battle of Tarakan. AFS national convenor Nigel Morris, right, is pictured holding the flag with fellow AFS member Lochlan Maughan. The donor recognised the flag from an old photo used in an AFS campaign urging school students to recite the words of the Australian national salute on National Flag Day. It appears to be the same flag featured in a photograph held by the Australian War Memorial (pictured), dated 1 May 1945. The image shows a scene where "Happy soldiers of the 9th Australian Division raise the Australian flag on a bamboo pole on the first day of Operation Oboe One, the Division's successful attack and landing on Tarakan Island then occupied by Japanese forces".





### WWI INDIGENOUS SERVICE PERSONNEL HONOURED

Mossman RSL Sub Branch held a commemorative service at Mossman Gorge Tourist Centre to dedicate a plaque honouring service personnel, in particular the Indigenous and Torres Strait Islanders who served in WWI. Following the service, a special presentation was given to the descendants of the Norman and Charlie Baird family. The presentation included a review of the brothers' service during WWI, compiled by Pat Kennedy.



### BELLS RUNG FOR OPERATION RIMAU

Hervey Bay RSL Sub Branch held a commemorative service for the WWII Operation Rimau at the TS KRAIT memorial at Dayman Park in Urangan on 7 July. The service was conducted by Sub Branch President Brian Tidyman in front of a crowd of over 70 people. The catafalque party was presented by the TS KRAIT Cadets. The names of the Operation Rimau members were read out and a bell rung for each of them. The TS KRAIT memorial is a main feature of Dayman Park and was erected overlooking the ocean to Fraser Island, where training took place for those who participated in Operation Rimau.

### PLAQUE FOR NEW ZEALAND NAVY SERVICE ANIMALS

Australian War Animal Memorial Organisation President Nigel Allsopp, left, presented Torpedo Bay Navy Museum Director David Wright with a marble plaque commemorating New Zealand Navy service animals on 25 May. The New Zealand Navy has a long tradition of having mascots on its ships and shore facilities. At one point the Navy even had regulations that all ships should have a cat on board. In addition to offering sailors companionship on long voyages, cats helped rid ships of vermin. Without them, a ship could get overrun with rats and mice that would eat their provisions, chew through ropes and spread disease. Horses, mules and other military animals also crossed the sea and served on battlefields.







#### WONDAI ART GALLERY SHOWCASES WAR AT SEA EXHIBITION

Wondai Art Gallery recently hosted the travelling War at Sea exhibition. Pictured at the opening are Wondai Art Gallery Manager Elaine Madill, left, David Scrimgeour and Wondai RSL Sub Branch member Gill Smith, who was the emcee for the evening.

#### KOREAN WAR VETERANS DAY

Hervey Bay RSL Sub Branch President Brian Tidyman led a service to commemorate Korean War veterans at the Freedom Park Cenotaph on 27 July. Around 40 people, including local residents and ex-service organisations, attended the service and laid wreaths. Chaplain Jeff Jarvis opened the commemoration with a prayer. Pictured laying wreaths are Fraser Coast Regional Councillor David Lews, left, Korean War veteran Bernie Devine, Hervey Bay RSL Sub Branch Deputy President John Beattie and Member for Hervey Bay Ted Sorensen MP.



#### FOOTBALL FUNDRAISING SUPPORTS VETERANS

Port Douglas Junior Football Club (Crocs) has been running a raffle and dividing funds raised between the Juniors and Mossman RSL Sub Branch. The funds have helped the Sub Branch support local veterans. Craig Mitchell from the Junior Crocs is pictured presenting a cheque to Bruce Andrews and Bryan Smith from the Sub Branch. Bruce thanked the Junior Crocs for their continued support.





# IMAGINE COMING HOME FROM HOLIDAY **\$3.7 MILLION RICHER!**

After days of trying to contact the lucky winner, our team finally delivered the life-changing news to Sam Jay\*. Draw 367, offering two Gold Coast waterfront villas worth \$3.7 million sold out early. Sam's lucky ticket number 1,903,610 was drawn at 10am (AEST) on 24 July 2019.

At the time of draw, Sam was overseas and uncontactable, unaware that several calls from RSL Art Union would make him \$3.7 million richer! As a \$75 book buyer, Sam also receives an additional \$105,000 in gold bullion.

Sam can expect to secure his

financial future with this win. A big decision awaits him: will he live in one villa, rent out both for an estimated \$156,000, or sell them for millions?

Congratulations to all our Draw 367 winners – keep an eye out, your ticket could be drawn next!

*\*Name changed for privacy reasons.*



**RSL**  
Art Union



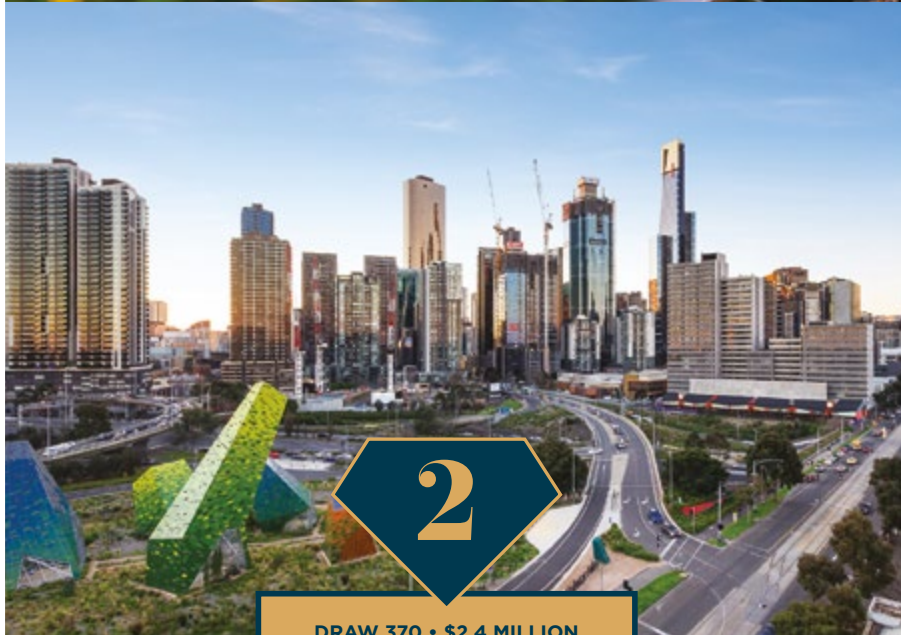
# 3 Draws. 9 Homes. \$12 Million

1

**DRAW CLOSED**

**DRAW 369 • \$4.1 MILLION  
THE BEACH HOUSE**

OPENS 14/08/19 • CLOSES 01/10/19



2

**DRAW 370 • \$2.4 MILLION  
THE MULTI-STATE TRIFECTA**

OPENS 25/09/19 • CLOSES 05/11/19

**CURRENT DRAW**



RSL Art Union Draw No. 370 (also known as Draw 370L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006 under QLD licence No.2 Fortitude Valley QLD 4006. Promoter: Vic Reading, Locked Bag 4032, Fortitude Valley QLD 4006. Proceeds are for the purpose of veteran welfare and support in Australia. Prizes drawn in order of value: 1st prize \$2,484,415 2nd prize \$10,000 gold bullion. Prizes are available in The Courier Mail and The Australian on 15/11/19. Cheque, money order and credit card payments must be received by 05/11/19 to be entered into Draw 370. If an order is received after this date or if the draw is sold out, the order will be automatically cancelled. Market variations apply when selling gold bullion. Travel is in the form of a voucher, is not redeemable for cash and must be booked directly with our selected supplier, subject to their terms and conditions. Information correct at time of printing. For



3

**DRAW 371\* • \$6 MILLION**  
**THE GOLDEN TREASURE**  
 OPENS 30/10/19 • CLOSES 17/12/19

**COMING SOON**



*The Trifecta*  
 is not the last

**3 Draws. 9 Homes. \$12 Million**

1

**DRAW 369, THE BEACH HOUSE**

Win a \$4 million beach house in Palm Beach, Gold Coast.

**DRAW CLOSED**

2

**DRAW 370, THE TRIFECTA**

Win a \$2.4 million multi-state trifecta with three apartments in Sydney, Melbourne and Brisbane + \$200,000 gold bullion.

3

**DRAW 371, THE GOLDEN TREASURE\***

Win a \$6 million ENTIRE apartment complex at Palm Beach, Gold Coast with a penthouse, two townhouses and two apartments.

**EXPLORE THE \$12 MILLION**  
**LUXURY LINEUP AT**  
**RSLARTUNION.COM.AU**



**RSL**  
 Art Union







Living with chronic pain is both an emotional and physical burden that can be all-consuming. While medication can bring some relief, veteran and general practitioner Dr Phil Parker says mindset and behaviour can play a significant role in pain management.

**C**HRONIC pain is such a common occurrence among veterans it's almost considered 'part and parcel' of life after service. On top of the significant impact on daily function and quality of life, chronic pain can take a serious toll on your mental health.

Countless veterans have experienced the impact chronic pain has on their mind, but many may not have experienced the transformative benefit their mind can have on managing their pain.

GP Ambassador of the Gallipoli Medical Research Foundation (GMRF) Dr Phil Parker is a veteran and general practitioner based in Brisbane who treats numerous veterans and civilians struggling with chronic pain.

"It's a common problem – around 11 per cent of all GP encounters in Australian involve chronic pain. It can be challenging for a patient to achieve control of the pain. I've seen many patients who get to a point where they're desperate for anything that might fix the problem quickly," Dr Parker says.

# MANAGING CHRONIC PAIN WITH MIND AND BODY





Jenny Pashley

“The impact of chronic pain goes far beyond the physical aspect. It can impact your mood, limit motivation to look after yourself, increase fatigue and have a detrimental effect on performing work duties and maintaining personal relationships.”

Medication plays a role in pain management, but GPs and other allied practitioners also try to support patients in ways aimed at providing longer-term benefit – such as cognitive behavioural therapy.

Dr Parker says a lot of veterans endure the pain because they think there is nothing they can do about it. He assures them that in most instances this is not the case – while it may not reduce your pain altogether, your mindset and your behaviour can play a significant role in your pain management.

If you suffer from chronic pain, it is important to remember that while there may not be ‘cures’, there is help available. There are several specialised programs aimed at helping chronic pain sufferers to live the best lives possible.

The Wellness Centre based at Greenslopes Private Hospital (GPH) offers a six-week program to veterans and civilians who suffer from chronic pain. The Independent Management of Pain through Activity and Cognitive Therapy (IMPACT) Program, takes a multidisciplinary approach to equipping chronic pain sufferers to self-manage their condition.

Occupational Therapist on the IMPACT Program, Jenny Pashley, works with veterans and civilians on the program and says there is hope for sufferers if they have a proactive

If you or someone you know is affected by chronic pain, Dr Parker’s general advice is:



### Identify areas of your life that cause you stress

A demanding job or long working hours with minimal rest periods can contribute to worsening chronic pain.



### Exercise

It may be the last thing you feel like doing when you have chronic pain, but exercise has a demonstrated benefit to reducing chronic pain. It is important for exercise to be developed as part of a plan and preferably under the supervision of a physiotherapist.

### Reduce your alcohol intake

Any numbing effect alcohol may have is negated by a long-term worsening of pain and heightened pain sensitivity.



### Focus on sleep

Chronic pain can lead to poor sleep, just as poor sleep can lead to chronic pain. Developing a good sleep routine and hygiene practices to improve sleep quality can lead to a reduction of pain sensitivity during the day.



### Get your family involved

Family can play an important role in encouraging socialisation, adherence to exercise and sleep routines, and discouraging alcohol.



**“OVER THE PAST FIVE WEEKS, MY WHOLE LIFE HAS CHANGED. I HAVE ACCEPTED PAIN AS PART OF MY LIFE, AND NO LONGER FEAR IT, TAKING AWAY ITS POWER. THE TOOLS AND STRATEGIES HAVE GIVEN US WAYS TO MAXIMISE OUR QUALITY OF LIFE; SOMETHING I THINK MANY OF US HAD BEGUN TO DOUBT POSSIBLE.”**

*- IMPACT PROGRAM PARTICIPANT*



mindset to the treatment and management of their pain.

“It’s about understanding the complexity of your own pain journey and identifying contributing factors. People with a military background are used to ‘pushing through’, but pacing exercise and movement is crucial to retrain the system rather than a boom and bust approach,” Jenny says.

“Some people can become quite fearful of movement because of the pain, which reduces mobility and increases the severity of the chronic pain. We teach cognitive behavioural techniques, where patients learn ways of movement that don’t cause pain to flare up, which reintroduces confidence in increasing activity levels.”

GMRF provided grant funding for Jenny and other staff at the Keith Payne Unit at GPH to conduct research into the psychological and functional outcomes of the IMPACT Program in 2015.

“The research showed that veterans who completed the IMPACT Program had a significant reduction in measures of anxiety, stress and depression than the veteran control group,” Jenny says.

“We’ve had some people through the program who have become pain free, but mostly it’s about increased activity, managing the pain and reducing the amount of pain medication, which leads to an improved quality of life.”

The IMPACT Program is based on pain specialist referrals. If you are interested in finding out more about the program, contact 07 3394 7030.

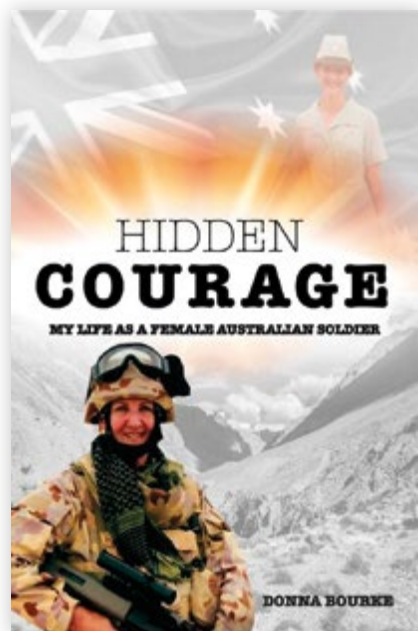
GMRF is currently recruiting for several research studies investigating treatments and therapies aimed at enhancing the health and wellbeing of veterans and their families. To find out more, visit [bit.ly/GMRF-VSTS](http://bit.ly/GMRF-VSTS).

*Learn more or support GMRF by visiting [gallipoliresearch.com.au](http://gallipoliresearch.com.au).* ←





# WIN



## HIDDEN COURAGE: MY LIFE AS A FEMALE SOLDIER

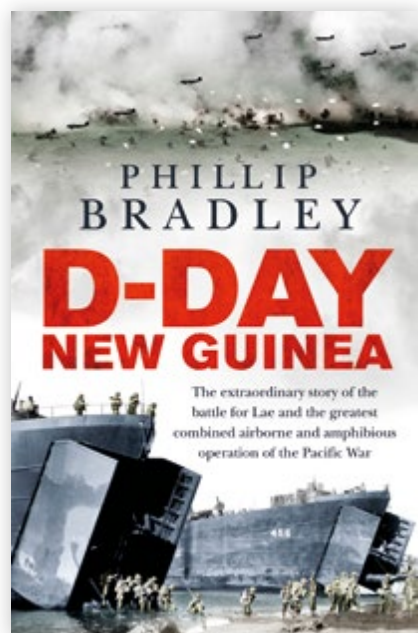
A timely memoir of a female Australian soldier's 34-year career, from the Women's Royal Australian Army Corps (WRAAC) School in the late 1970s to numerous deployments, including peacekeeping operations in East Timor to supporting the global War on Terrorism in Afghanistan.

The changing role and ethos of the Australian Defence Force has created ever-expanding opportunities for female service women. This is one woman's personal account of her rise through the ranks from private soldier to corporal in the Royal Australian Corps of Signals, and later to warrant officer in the Australian Intelligence Corps.

It is also the story of the toll that dedicated service can have on soldiers both physically and mentally. Donna Bourke shares her experience of being unexpectedly diagnosed with post-traumatic stress disorder, and how she came to accept that her injuries, and her career in the Australian Defence Force, had significantly altered the direction of her life.

*Hidden Courage: My Life as a Female Australian Soldier* by Donna Bourke is published by In House Publishing (RRP: \$28.95).

**FOR YOUR CHANCE TO WIN** one of four copies of *Hidden Courage*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject '*Hidden Courage*') or post to '*Hidden Courage*', PO Box 629, Spring Hill Qld 4004. Competition closes 21 October 2019.



## D-DAY NEW GUINEA

"Java is heaven, Burma is hell, but you never come back alive from New Guinea."  
– Japanese military saying.

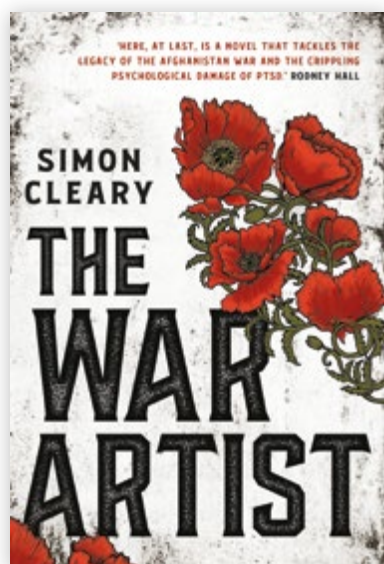
The capture of Lae was the most complex operation for the Australian Army in WWII. In many ways, it was also a rehearsal for the D-Day invasion of France, with an amphibious landing combined with the first successful large-scale Allied airborne operation of the war.

*D-Day New Guinea* brings together the extraordinary stories of the Australian, American and Japanese participants in this battle, and of the fight against the cloying jungle, the raging rivers and the soaring mountain ranges that made New Guinea such a daunting battlefield.

*D-Day New Guinea* by Phillip Bradley is published by Allen & Unwin (RRP: \$32.99).

**FOR YOUR CHANCE** to win one of four copies of *D-Day New Guinea*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject '*D-Day New Guinea*') or post to '*D-Day New Guinea*', PO Box 629, Spring Hill Qld 4004. Competition closes 21 October 2019.





## THE WAR ARTIST

When Brigadier James Phelan returns from Afghanistan with the body of a young soldier killed under his command, he is traumatised by the tragedy. An encounter with young Sydney tattoo artist Kira leaves him with a permanent tribute to the soldier; and the meeting will change the course of his life.

What he isn't expecting on his homecoming is a campaign of retribution from the soldiers who blame him for the ambush and threaten his career. With his marriage also on the brink, his life spirals out of control.

Years later, Phelan is surprised when Kira re-enters his life seeking refuge from her own troubles and with a young son in tow. She finds a way to help him make peace with his past, but she is still on the run from her own.

This is a timely and compelling novel about the legacy of war, the power of art, and the possibility of atonement.

*The War Artist* by Simon Cleary is published by the University of Queensland Press (RRP: \$29.95).

**FOR YOUR CHANCE TO WIN** one of four copies of *The War Artist*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'The War Artist') or post to 'The War Artist', PO Box 629, Spring Hill Qld 4004. Competition closes 21 October 2019.



## QUEENSLAND RSL NEWS WINNERS

*Edition 2, 2019*

### THE GREAT ESCAPE FROM STALAG LUFT III

B Wilson, Mareeba  
R Sable, Hemmant  
W Robey, Coorparoo  
L O'Keefe, Mermaid Waters

### DUTY NOBLY DONE

J Beckett, Home Hill  
R Ascott, Toowoomba  
T Strain, Rochedale South  
G Featherstone, Newport

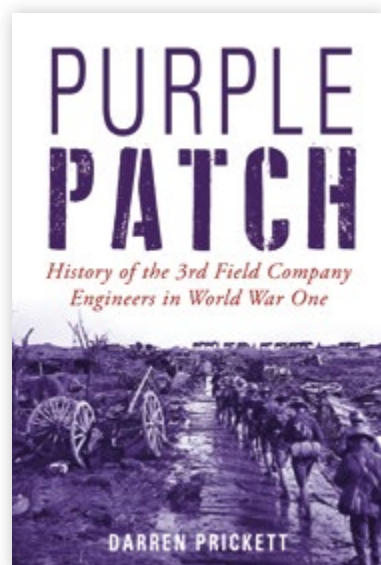
### SHADOWS ON THE TRACK

J Ede, Sandstone Point  
L Bennett, Kippa-Ring  
P Tingay, Keperra  
B Audley, Scarborough

### THE NAMELESS NAMES

V Horsfall, Chelmer  
P Reynolds, Thababan  
A Ernst, Kenmore East  
G East, Helensvale

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



## PURPLE PATCH

The 3rd Field Company Engineers holds a distinguished place in the history of the Australian Army, being the first unit of the AIF to deploy on active service and to come under enemy fire, in defence of the Suez Canal against a Turkish attack in February 1915, almost three months before the Gallipoli landing.

This book, the result of many years of research, details the work of the Company from its raising in August 1914 until the end of the war in November 1918. Drawing on both official records and personal papers, it explores the varied activities of an engineering unit – ranging from the taxing work of building bridges and other vital infrastructure in and behind battle zones to the highly dangerous task of extending trenches and barbed wire obstructions on the front line.

*Purple Patch* by Darren Prickett is published by Big Sky Publishing (RRP: \$34.99).

**FOR YOUR CHANCE TO WIN** one of four copies of *Purple Patch*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'Purple Patch') or post to 'Purple Patch', PO Box 629, Spring Hill Qld 4004. Competition closes 21 October 2019.



# COMMUNITY CONNECT



## **BUILDING EMOTIONAL RESILIENCE FOR PTSD SUFFERERS**

Part of Queensland Mental Health Week, this one-day free training on 5 October will focus on PTSD sufferers and their families. It will run from 9am to 5pm, with registration from 8:30am, at CJ Greenfields Community Hall (beside the AFL Diversity Academy) at the playing fields. Participants will be introduced to using a Task Trained Service Dog by Bob and Hannah Richards. Individuals will learn from Drs John and Judy Hinwood on how to identify life stressors and develop unique, evidence-based tools and strategies to manage and reduce stress. It is a highly practical, straightforward and results-based program. Lunch, morning and afternoon tea will be provided. There is no cost but tickets must be reserved via 1300 663 979 or at [stresstostrength.com/events](http://stresstostrength.com/events).

## **REDCOATS TO CAMOUFLAGE EXHIBITION**

Uniforms and equipment of Army personnel in Queensland from 1824 to the present will feature in the next exhibition at Victoria Barracks, Brisbane. Displays will include digital presentations, genuine artefacts and an array of Army uniforms. Home to the Army Museum South Queensland and an important branch of the Australian Army History Unit, the historic precinct on Petrie Terrace (near Caxton Street) provides a unique glimpse of military history from the colonial era, through two World Wars, to the ADF role in current operations. Public tours of Victoria Barracks are on Wednesdays only. The price of \$15 per person includes the exhibition, an escorted tour of historic Victoria Barracks, Devonshire tea, a souvenir booklet and digital photo. Groups and individuals must make prior bookings via [armymuseumssouthqueensland.com.au](http://armymuseumssouthqueensland.com.au), 0429 954 663 or [info@armymuseumssouthqueensland.com.au](mailto:info@armymuseumssouthqueensland.com.au).

## **JOIN THE BRISBANE VETERANS RUGBY LEAGUE FOOTBALL CLUB**

Are you a Brisbane veteran who likes rugby league? A group of mates are looking for players to help establish the Brisbane Veterans Rugby League Football Club. The group hopes to enter a men's team in the 2020 competition. Contact Nate via [brisbaneveteransrlfc@outlook.com](mailto:brisbaneveteransrlfc@outlook.com) or 0499 569 276.

## **LOST MEDALS - JOSEPH SELLECK**

Have you found the medals of WWI veteran 4232 Gunner Joseph Selleck? His granddaughter is looking for them and believes they were donated to an RSL or local museum. If you have information, please contact Paul Ross on 0403 861 457.

## **MATES FROM RAAF**

Rodney Furminger would like to connect with his mates from RAAF training squadrons 1546 and 1547. Please contact him via 0455 120 544 or [rod.furminger2@gmail.com](mailto:rod.furminger2@gmail.com).

## **STEPHENS AT WAR CONFERENCE**

The Stephens at War Conference will be held at Yeronga Services Club at 9am on 26 October. It is presented by Annerley-Stephens History Group, the Royal Historical Society of Queensland, Yeronga Dutton Park RSL Sub Branch and Stephens RSL Sub Branch. Papers will be presented on the history of Yeronga Park and its memorials. Guests are invited to bring memorabilia and photographs to display. The \$40 cost will include morning tea, lunch and afternoon tea. RSVP by 23 October to Stephen Sheaffe on 0417 770 176 or [stephen@sheaffe.com](mailto:stephen@sheaffe.com).



# REUNIONS

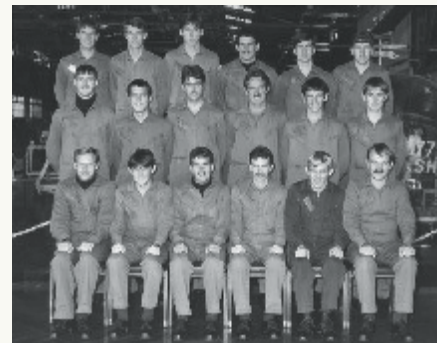


## RELATIVES OF THE BROWNING BROTHERS

Roma Buddery is looking for living relatives of her late cousins, 121 Pte Allen Browning and 137 Pte Henry Browning. The brothers were labourers from Brisbane and enlisted on 22 December 1915. They embarked on 18 May 1916 with A Company, aboard HMAT *Demosthenes* (A64). On 24 April 1918, Henry was killed by a shell burst during an early morning bombardment at Vaux-Sur-Somme. Reports describe the moment Henry was hit, standing beside his brother Allen, handing out rations at the reserve line near the village of Vaux. Henry was buried at Bonnay Communal Cemetery in France. Allen survived the war and returned to Australia in July 1919. He died in 1954, aged 56 years. If you have any information, please contact Roma on 0414 742 487 or via [rbuddery@gmail.com](mailto:rbuddery@gmail.com).

## REUNION FOR RAAFSTT NO: 48 ENGINE FITTER COURSE

A reunion is planned for 48 Engine Fit Course on Saturday 5 October 2019 at 11am. It will coincide with the annual Amberley Blackhanders Reunion at the Services Club Ipswich, 5 Lowry St, North Ipswich. Approximately nine of the 18 course members have been located – missing members are Stuart Leigh, Derek Fields, Dave Clackson, Bruce Freeman, Mick McDonald, Ian Rigven and Tim Wells. If you can assist, please contact Mark Richards (Western Australia) via [handyricho2@yahoo.com.au](mailto:handyricho2@yahoo.com.au) or 0407 118 356 or Phillip Hunter (Queensland) via [hunter.clan@bigpond.com.au](mailto:hunter.clan@bigpond.com.au) or 0419 662 961.



## REUNION FOR B COY 2RAR/NZ

B Coy 2RAR/NZ 1970-71 is holding a reunion in Townsville from 14-18 October 2019. This commemorates 50 years since 2RAR moved from Enoggera to Lavarack Barracks prior to their deployment to Vietnam in 1970.

## 2RAR ASSOCIATION AGM AND REUNION

The 2RAR Association will hold its annual meeting and reunion at Tweed Heads & Coolangatta RSL Sub Branch, Level 2, Twin Towns Resort on Saturday 26 October 2019 at 8:30am. A commemorative service will be held at the adjacent Cunningham Park at 9:45am, followed by the annual reunion. Contact the 2RAR Association Secretary via [2rarsecretary@gmail.com](mailto:2rarsecretary@gmail.com) for more information.

## TARAKAN REUNION

The next Tarakan reunion will be held at Geebung on Sunday 3 November 2019. For more information contact 07 5536 3666, [gwenrob60@hotmail.com](mailto:gwenrob60@hotmail.com) or [tarakan.reunion@gmail.com](mailto:tarakan.reunion@gmail.com).

## 6RAR REUNION 2020

The 6RAR Reunion will be held over three days in Brisbane from 5-7 June 2020. All eras of the Battalion are invited. The schedule of events is as follows:

- 5 June – Meet and greet
- 6 June – Gala dinner
- 7 June – Memorial service, 6 RAR Association AGM and spit roast lunch

Learn more at [6rarassociation.com/reunion2020.html](http://6rarassociation.com/reunion2020.html) or contact Allan Whelan via 0427 632 402 or [wheels6rarassn@gmail.com](mailto:wheels6rarassn@gmail.com).

## HMAS SYDNEY (IV) 30-YEAR TRI-DEPLOYMENT REUNION

The HMAS *Sydney* (IV) 30-year Tri-deployment Reunion will be held 23-24 October 2020. Crews only from deployments 1990 world trip (75th anniversary Gallipoli), 1990-91 Damask II (Gulf War) and 1991-92 Damask IV (Red Sea). There will be a meet and greet at the First Fleet Mess HMAS *Kuttabul* on the evening of Friday 23 October. Organisers are now taking deposits for the four-hour harbour cruise, which will take place on the evening of Saturday 24 October. The minimum number of deposits has now been received. Email Adrian Burns (Radar) via [hmassydneyiv30yrreunion@gmail.com](mailto:hmassydneyiv30yrreunion@gmail.com) or visit the Facebook reunion page [@hmassydneyiv30yrreunion](https://www.facebook.com/hmassydneyiv30yrreunion).

## HEADQUARTERS 1ST AUSTRALIAN TASK FORCE

The bi-annual reunion of Headquarters 1st Australian Task Force/D&E Platoon (Nui Dat, South Vietnam 1966-1972) will be held at the Capital Country Holiday Park in Canberra from 29 October – 2 November 2020. The commemorative dinner will be held on Saturday 31 October 2020 at the Old Parliament House (Museum of Australian Democracy). The dinner will be preceded by a memorial service at the Vietnam Veterans Memorial on Anzac Ave, Canberra. For details, contact John Verhelst on 0437 212 121, [jeverhelst@gmail.com](mailto:jeverhelst@gmail.com) or [hq1atf.org](http://hq1atf.org).



# LAST POST

Last Name	First Name	Service Number	Sub Branch
Aberneathy	Yvonne	W218065	Gaythorne Sub Branch Inc.
Adams*	Alan	R35344	Gaythorne Sub Branch Inc.
Aitken	Brian	61183	Caloundra Sub Branch Inc.
Ambrose*	Leslie	S/8661	Tewantin/Noosa Sub Branch Inc.
Anderson	Gary	175187	Proserpine Sub Branch Inc.
Armati	Phillip	A110065	Thuringowa Sub Branch Inc.
Armbrust	Stephen	1736686	Tamborine Mountain Sub Branch Inc.
Ash	Lindsay	VX94271	Currumbin/Palm Beach Sub Branch Inc.
Ashton	Ralph	R58945	Caboolture-Morayfield & Dist Sub Branch Inc.
Auld	Robert	A11903	Kawana Waters Sub Branch Inc.
Baggott	Peter	R49927	Currumbin/Palm Beach Sub Branch Inc.
Barkby	Stanley	22804575	Greenbank Sub Branch Inc.
Barnes	Edward	2/734011	Tweed Heads & Coolangatta Sub Branch Inc.
Barringer	Bruce	459165	Tweed Heads & Coolangatta Sub Branch Inc.
Bateman	Ron	13323	Ipswich Railway Sub Branch Inc.
Bendel	Henry	QX61416 (Q124847)	Wynnum Sub Branch Inc.
Bending*	John	51051	Redlands Sub Branch Inc.
Bennetts	John	R42301	Barcaldine Sub Branch Inc.
Benson	Peter	1263183	Bundaberg Sub Branch Inc.
Birch	Noel	440431	Maryborough Sub Branch Inc.
Bishop	Doris	94175	Surfers Paradise Sub Branch Inc.
Black	Jean	QFX56248	Kingaroy/Memerambi Sub Branch Inc.
Boshammer	Claude	1/799	Gympie Sub Branch Inc.
Boston	Roy	VX107908	Maroochydore Sub Branch Inc.
Boyce	Francis	NX94119	Caloundra Sub Branch Inc.
Bradshaw	Henrietta	102489	The Gap Sub Branch
Brandrett	Anthony	2059550	Stanthorpe Sub Branch Inc.
Brereton	Peter	A17318	Sherwood-Indooroopilly Sub Branch Inc.
Bretherton*	Keith	QX43147	Gaythorne Sub Branch Inc.
Brosnan	Keith	1/721247	Maroochydore Sub Branch Inc.
Brunner	Walter	124895	Toowoomba United Sub Branch Inc.
Budge	Arthur	437173	Redlands Sub Branch Inc.
Buntine	Robin	17018	Yeronga-Dutton Park Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Butler	William	NX154925	Redlands Sub Branch Inc.
Cain	Thelma	QF268665	Banyo Sub Branch Inc.
Callaghan	Walter	1/722534	Townsville Sub Branch Inc.
Cameron*	Clendening	B5025	Redlands Sub Branch Inc.
Cartwright	Brian	6/706716	Caloundra Sub Branch Inc.
Cashin*	Colin	134968	Gladstone Sub Branch Inc.
Chamberlain*	John	24216	Yeronga-Dutton Park Sub Branch Inc.
Chapman	Ray	A18469	Redlands Sub Branch Inc.
Chard	Neville	3044	Maryborough Sub Branch Inc.
Christie	Robert	QX19990	Wynnum Sub Branch Inc.
Christie	Barry	A114180	Kedron-Wavell Sub Branch Inc.
Clarke	Gordon	124847	Sherwood-Indooroopilly Sub Branch Inc.
Clayton	Henry	H1424	Deception Bay Sub Branch Inc.
Cole	Kingsford	1679/1900332	Capricornia & Rockhampton Region Sub Branch Inc
Cook	John	1/726973	Kedron-Wavell Sub Branch Inc.
Cook	Patricia	N223567	Maroochydore Sub Branch Inc.
Coonan	Lawrence	-	Gaythorne Sub Branch Inc.
Cottrell	Donald	12198	Kedron-Wavell Sub Branch Inc.
Coulson	Garry	R95841	Wondai Sub Branch Inc.
Cowan	John	9731099	Townsville Sub Branch Inc.
Cruikshank*	John	O100094	Gaythorne Sub Branch Inc.
Cupitt	John	Q30453	Ipswich Railway Sub Branch Inc.
Curtis	Colin	B3099	Southport Sub Branch Inc.
Daley	Francis	61636	Townsville Sub Branch Inc.
Daniells	Wilfred	QX54237 (Q269446)	Lowood Sub Branch Inc.
Deacon	James	QX60041	Allora Sub Branch Inc.
Dengate	Robert	59943	Southport Sub Branch Inc.
Dobbs	Jack	NX166775	Stephens Sub Branch
D'Oliveira	Cyril	-	Hervey Bay Sub Branch Inc.
Doran	Harry	-	Tweed Heads & Coolangatta Sub Branch Inc.
Downie	James	QX52425	Banyo Sub Branch Inc.
Drew*	Douglas	NX190467/ n219810	Mackay Sub Branch Inc.
Duffus	Donald	3794467	Hervey Bay Sub Branch Inc.
Emanuel	Ronald	A23042	Currumbin/Palm Beach Sub Branch Inc.
Errington	Jason	8260098 / 1809898	Townsville Sub Branch Inc.



Queensland RSL News has published this list at the request of RSL members. Queensland RSL News takes no responsibility for inaccuracies outside the control of RSL Queensland. This list was correct as at 6 August 2019. Surnames flagged with an asterisk (\*) have an unconfirmed 'date of death'.

Last Name	First Name	Service Number	Sub Branch
Farmer	Norman	D/X35882	Beenleigh & District Sub Branch Inc.
Fenton*	Anthony	CN/X594180	Tweed Heads & Coolangatta Sub Branch Inc.
Free	Kenneth	1/21323	Townsville Sub Branch Inc.
Fuller	James	182130	Greenbank Sub Branch Inc.
Gadsby	Lorne	3653	Maroochydore Sub Branch Inc.
Gardiner	Alfred	PM6074	Toowong Sub Branch
Gatley	Thomas	A19731	Bundaberg Sub Branch Inc.
Graham	Tasman	1410526	Hervey Bay Sub Branch Inc.
Graham	John	VX107643	Currumbin/Palm Beach Sub Branch Inc.
Graham	Kenneth	1471	Redcliffe Sub Branch Inc.
Green	Austin	A27923	Sherwood-Indooroopilly Sub Branch Inc.
Griffiths	Eric	19048302	Redlands Sub Branch Inc.
Griffiths	Eric	R317189MM	Redlands Sub Branch Inc.
Haig	Peter	1736727	Maleny Sub Branch Inc.
Haken	Edward	118453	Meandarra/Glenmorgan Sub Branch
Hartley*	William	Q145033	Gaythorne Sub Branch Inc.
Hayes	Victor	150059	Bribie Island Sub Branch Inc.
Hearse	George	29675	Cairns Sub Branch Inc.
Hines*	Richard	SX18905	Tweed Heads & Coolangatta Sub Branch Inc.
Hoare	Raymond	14823860	Caloundra Sub Branch Inc.
Holt	Elaine	F38154	Bundaberg Sub Branch Inc.
Honey	Gerald	A61298	Hervey Bay Sub Branch Inc.
Horton	Henry	A19841	Gympie Sub Branch Inc.
Horton*	William	132768	Redlands Sub Branch Inc.
Huig	Cornelis	46339	Goodna Sub Branch Inc.
Humphreys	Benjamin	Q213203	Maleny Sub Branch Inc.
Jackson	Graeme	1736453	Ipswich Railway Sub Branch Inc.
Jackson	Brian	22678283	Tewantin/Noosa Sub Branch Inc.
Jenkinson	Raymond	R58064	Townsville Sub Branch Inc.
Johnson	Brian	120147	Tin Can Bay Sub Branch Inc.
Just	Dudley	425447	Greenbank Sub Branch Inc.
Keightley	Denis	A114826	Redcliffe Sub Branch Inc.
Kelsall	Garry	111810	Kedron-Wavell Sub Branch Inc.
Kissel	Brian	J847742	North Gold Coast Sub Branch Inc.
Knowles	James	D/JX640514	Southport Sub Branch Inc.
Lake	John	5026711	Bundaberg Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Langston	John	1732339	Mount Isa Sub Branch Inc.
Latimer*	Philip	18580	Gaythorne Sub Branch Inc.
Leech	Kym	R115274	Mudgeeraba-Robina Sub Branch Inc.
Leech	Alan	23256699	Maroochydore Sub Branch Inc.
Lennox	Edward	1/724199/ Q46094	Home Hill Sub Branch Inc.
Linwood	Ian	QX500334	Toowoomba United Sub Branch Inc.
Lipke	Craig	182038	Gaythorne Sub Branch Inc.
Livingston	Jack	QX46869	Capricornia & Rockhampton Region Sub Branch Inc
Lobley	William	Q125527	Redlands Sub Branch Inc.
Lofthouse	Peter	53185	Kedron-Wavell Sub Branch Inc.
Lovelock	Arthur	A215598	Surfers Paradise Sub Branch Inc.
Low*	Kenneth	22916609	Beenleigh & District Sub Branch Inc.
Lynch	John	3788441	Tewantin/Noosa Sub Branch Inc.
Mabardi*	Anthony	MERCHANT NAVY	Tin Can Bay Sub Branch Inc.
Macarthur	Eric	B4755	Sherwood-Indooroopilly Sub Branch Inc.
Macdonald	Kenneth	432233	Tweed Heads & Coolangatta Sub Branch Inc.
Mackay*	Kenneth	439479	Goondiwindi Sub Branch
Mackenzie	Alistair	29337	Pine Rivers District Sub Branch Inc.
Mackenzie	John	A120341	Maroochydore Sub Branch Inc.
Maher	David	1/707740	Tweed Heads & Coolangatta Sub Branch Inc.
McCall	Niall	1739497	Sarina Sub Branch Inc.
McClelland	John	R46900	Townsville Sub Branch Inc.
McCoombes	Francis	1/721731	Ipswich Sub Branch Inc.
McDonald	Michael	O19611	Hervey Bay Sub Branch Inc.
McDougall	Robert	111722	Wynnum Sub Branch Inc.
McGill	Bryan	429609	Kedron-Wavell Sub Branch Inc.
McGinn	John	R59146	Macleay Island Sub Branch Inc.
McMillan	Michael	2800065	Bray Park-Strathpine Sub Branch Inc.
Mead	Kenneth	NX129183 (N195781)	Tweed Heads & Coolangatta Sub Branch Inc.
Molleneaux	Kevin	A217544	Cairns Sub Branch Inc.
Moore	Stanley	QX59560 (Q102721)	North Gold Coast Sub Branch Inc.
Morhee	John	46020	Goodna Sub Branch Inc.



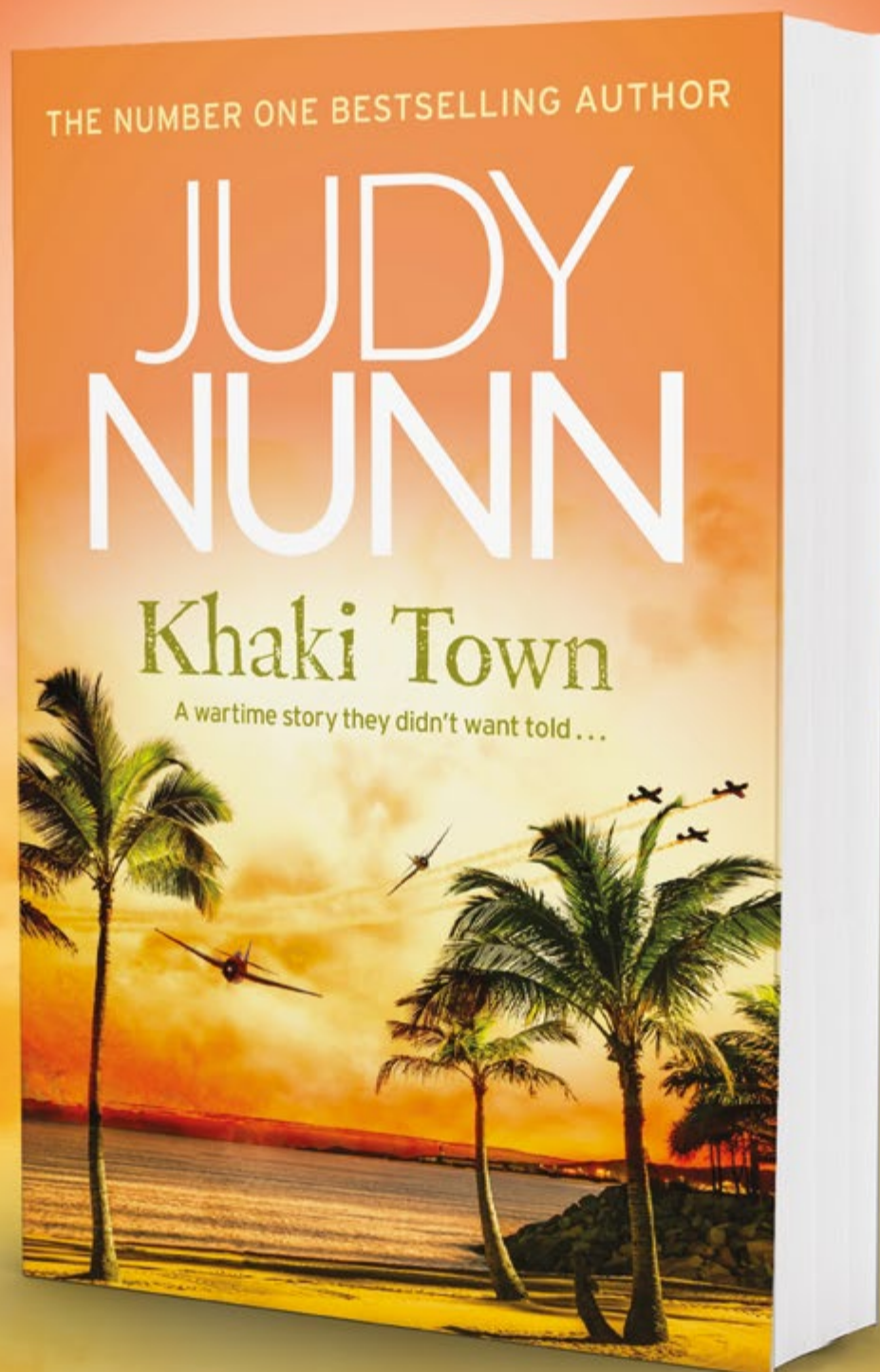
# LAST POST

Last Name	First Name	Service Number	Sub Branch
Morris*	Stanley	1622440	Beenleigh & District Sub Branch Inc.
Morrissey	Brian	3799723	Currumbin/Palm Beach Sub Branch Inc.
Muir	Raymond	79968	Ayr Sub Branch
Newby	Fredrick	QX49683	Greenbank Sub Branch Inc.
Nolan	Ronald	11931	Redcliffe Sub Branch Inc.
O'Brien	Barrie	1/61717	Kedron-Wavell Sub Branch Inc.
O'Doherty	Hugh	111646	Ipswich Sub Branch Inc.
Oehms	Kevin	A28730	Southport Sub Branch Inc.
O'Neil	Warren	A216319	Bundaberg Sub Branch Inc.
Ovey*	Albert	WX7763	Gaythorne Sub Branch Inc.
Oxenham	William	WX500417/5974	Toowoomba United Sub Branch Inc.
Pearson	Edwin	136803	Holland Park-Mt Gravatt Sub Branch
Peart	Aiden	PM7794	Caboolture-Morayfield & Dist Sub Branch Inc.
Pepperell	Cyril	L/FX100906	Hervey Bay Sub Branch Inc.
Peters	Cecil	439529	Sherwood-Indooroopilly Sub Branch Inc.
Power	Thomas	-	Sherwood-Indooroopilly Sub Branch Inc.
Price*	Grenville	FX669869	Cooloola Cove Sub Branch Inc.
Pritchard	Anthony	2210396	Beenleigh & District Sub Branch Inc.
Purcell	John	2/756823	Bribie Island Sub Branch Inc.
Rasmussen	Rodney	A17821	Bundaberg Sub Branch Inc.
Reardon	Phillip	A110678	Townsville Sub Branch Inc.
Reeves	Hannah	265946	Townsville Sub Branch Inc.
Reeves	Colin	PKX826190	Maryborough Sub Branch Inc.
Renew	Robert	1/711098	Kedron-Wavell Sub Branch Inc.
Robertson	Ian	118218	Hervey Bay Sub Branch Inc.
Robins	Janis	F18277	Kedron-Wavell Sub Branch Inc.
Robson*	Raymond	170318	Sandgate Sub Branch Inc.
Rose*	Colin	1/712492	Beaudesert Sub Branch Inc.
Rough	Arthur	QX55272	Maleny Sub Branch Inc.
Rouse	Arthur	NX161467	Emu Park Sub Branch Inc.
Rowles	Donald	426981	Redlands Sub Branch Inc.
Rush	Harold	QX16035	Redlands Sub Branch Inc.
Russell	Graham	12952	Kedron-Wavell Sub Branch Inc.
Rutch	Darcy	QX30825	Toogoom and District Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Saunders	Colin	QX47892	Toowong Sub Branch
Segura*	Maurice	-	Tweed Heads & Coolangatta Sub Branch Inc.
Sailer	James	1/711674	Murgon Sub Branch
Seinor	Steven	36248	Maryborough Sub Branch Inc.
Shambrook	Edward	1/55249	Cairns Sub Branch Inc.
Sheen	Harold	2/754581	Southport Sub Branch Inc.
Simmonds	Hilton	A120630	Rainbow Beach Sub Branch
Smith	Gordon	-	Tweed Heads & Coolangatta Sub Branch Inc.
Smith	Geoffrey	138613	Burleigh Heads Sub Branch Inc.
Smith	Robert	QX500512	Bundaberg Sub Branch Inc.
Stafford	Roger	2993220	Thuringowa Sub Branch Inc.
Stanley	William	23877218	Gympie Sub Branch Inc.
Stubbs	Robert	-	Coolum-Peregian Sub Branch Inc.
Swindells	Geoffrey	429080	Tweed Heads & Coolangatta Sub Branch Inc.
Tanner	Bryen	A25118	Caloundra Sub Branch Inc.
Taylor	Thelma	QF273016	Tin Can Bay Sub Branch Inc.
Thow	Allan	22774791	Sherwood-Indooroopilly Sub Branch Inc.
Trudgian	Joseph	-	Gaythorne Sub Branch Inc.
Uppington	Trevor	R57428	Greenbank Sub Branch Inc.
Verney	Adrian	1/725399	Sandgate Sub Branch Inc.
Wade	Brian	57044	Sherwood-Indooroopilly Sub Branch Inc.
Waldron	Reginald	1/724745	Miles Sub Branch
Ward	Harold	VX93022	Nambour Sub Branch Inc.
Warwick	Michael	4087214	Redlands Sub Branch Inc.
Webb	Stan	LT/JX376745	Mudjimba Sub Branch Inc.
Weller	Edward	NX105627	Bundaberg Sub Branch Inc.
Wells	Helena	101605	Mudgeeraba-Robina Sub Branch Inc.
Welsh	Thomas	42686	Logan & District Sub Branch Inc
Went	Kevin	R65046	Isis Sub Branch Inc.
Wilson	Lindsay	01747	Maroochydore Sub Branch Inc.
Woods	Frances	QF271418	Isis Sub Branch Inc.
Woodward	Albert	NX170413	Maroochydore Sub Branch Inc.
Worner	Hugh	A218832	Hervey Bay Sub Branch Inc.
Wright	Robin	A125812	Hervey Bay Sub Branch Inc.
Wright	Eric	11290	Greenbank Sub Branch Inc.
Wright	Eric	441240	Greenbank Sub Branch Inc.



They came to fight a war.  
They left with a secret.



BASED ON A TRUE STORY





# EXPLORE THE BARRACKS

**Saturday 12 October**

**GATES OPEN 1PM**

Be there when 7th Brigade throws open the gates for  
a rare chance to explore Gallipoli Barracks!

**INFLATABLE OBSTACLE COURSE** ENTERTAINMENT  
**FOOD TRUCKS** **VEHICLE & UNIT DISPLAYS**  
**FIREWORKS** **KIDS' ACTIVITIES**

Brought to you by



**RSL**  
Queensland



**Army**



**7th Brigade**

Get your **FREE** tickets at  
**[explorethebarracks.com.au](http://explorethebarracks.com.au)**

Registration essential