

QUEENSLAND

RSL NEWS

A NEW VISION
FOR RSL
QUEENSLAND
CREATING POSITIVE
CHANGE FOR VETERANS

AN
INTERACTIVE
JOURNEY
THROUGH
HISTORY
NEWLY
REFURBISHED
ANZAC SQUARE
MEMORIAL
GALLERIES
NOW OPEN

20 YEARS
OF PEACE
IN TIMOR
AN EMOTIONAL
RETURN

DIGGING UP
HISTORY
YOUNG VETERAN
EMBARKS ON AN
ARCHAEOLOGICAL
ADVENTURE TO
BULLECOURT
BATTLEFIELD

EXPLORE THE BARRACKS

GATES THROWN
OPEN FOR
FAMILY FUN DAY
AT GALLIPOLI
BARRACKS

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Front Cover

Seven-year-old Josiah Newton dressed as a fireman and posed with a member of 7th Brigade during Explore the Barracks on 12 October.

WHEN IS AN RSL NOT AN RSL?

Fellow members and friends,

Have you visited an RSL Club in Queensland thinking the money you spend there will help veterans? You might be surprised to learn that may not always be the case.

This was the subject of an article on our blog back in October titled 'When is an RSL not an RSL?'.

We wrote the article because we believed it was important to clear up the common misconception about RSL Clubs versus Sub Branches.

We wanted to educate the wider community that spending money at an RSL Club does not necessarily help veterans.

And it isn't just the general public that is confused. I'm sure there are many RSL Queensland members who were surprised by this revelation.

But how widespread is this confusion? Our research found that almost 54 per cent of Queenslanders believe they are supporting RSL Queensland's charitable activities by patronising an RSL Club.

People believe the money from the bars and pokies goes towards helping veterans, but that's simply not correct. Of the roughly 230 RSL Sub Branches throughout Queensland, only about 40 have a relationship with an RSL Club. Of those, only 17 own and operate their associated RSL Club.

RSL Queensland – the state body – does not operate any alcohol and gaming facilities.

What RSL Queensland does is provide welfare and wellbeing assistance to current and former service people and their families throughout Queensland – both state-wide and on a local level through our Sub Branches.

RSL Sub Branches are run

"I BELIEVE IT IS IMPORTANT TO MAKE THIS DISTINCTION AS THE LACK OF UNDERSTANDING DAMAGES THE RSL QUEENSLAND BRAND AND UNDERMINES THE WORK WE'RE DOING TO HELP VETERANS. THE PUBLIC MUST RECOGNISE THAT THEY NEED TO DONATE MONEY TO THEIR LOCAL SUB BRANCH IF THEY WANT TO SUPPORT VETERANS, AS SPENDING MONEY IN AN RSL CLUB IS NOT A GUARANTEE OF THIS."

by volunteers, all of whom are ex-serving themselves, who give their time to provide crucial support to veterans in their local communities. This might be through helping them with DVA claims, driving them to medical appointments, or providing opportunities for them to connect with other veterans in their community.

Very little of the funding for these activities comes from RSL Clubs; as you all know, most RSL Sub Branches are reliant on donations from the public to provide these grassroots services.

On the other hand, RSL Clubs are commercial entities.

Although we share the same origins, RSL Clubs have been separate since the introduction of poker machines necessitated stricter liquor and gaming legislation in the 1990s.

Sub Branches' relationships with their local Clubs vary greatly,

making for quite a complex overall picture.

In some cases, the Club leases a property from the Sub Branch to operate its gaming venue, and the Sub Branch may co-exist in the building to carry out its welfare and commemorative activities.

In other cases, Clubs may help the Sub Branch with the organisation and costs associated with commemorative activities, such as ANZAC Day and Remembrance Day. But sometimes they have no collaborative relationship at all, and the Club may not even direct any of its charitable spending to the Sub Branch for its veteran welfare activities.

RSL Clubs are still an important part of the social landscape, particularly in smaller regional areas.

I doubt there's an Aussie who hasn't patronised an RSL Club at some point or another! But

patronising an RSL Club doesn't necessarily support veterans.

I believe it is important to make this distinction as the lack of understanding damages the RSL Queensland brand and undermines the work we're doing to help veterans.

The public must recognise that they need to donate money to their local Sub Branch if they want to support veterans, as spending money in an RSL Club is not a guarantee of this.

REFLECTIONS ON 2019

The past year has been very positive – both in terms of the changes and evolution of the organisation and the perception of what we do. I have noticed an excitement at ANZAC House as everyone gains a greater understanding and awareness of our role supporting the Defence community.

THANK YOU

We never forget the work of our Sub Branches and members around Queensland and as the year draws to a close, I thank you for everything you do. From hosting commemorations to visiting veterans in hospital – your efforts are appreciated.

I wish you – and those near and dear to you – a safe and merry Christmas.



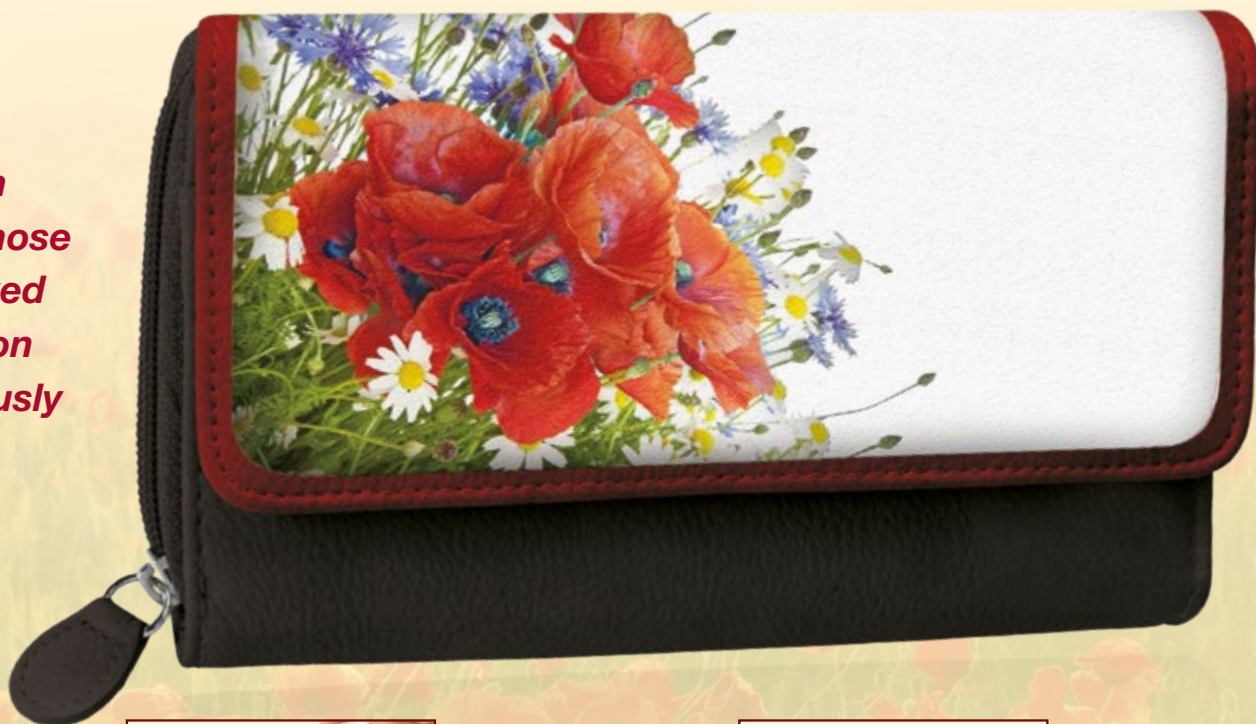
*Tony Ferris
State President
RSL Queensland*

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TWO GOALS FOR MY FIRST 100 DAYS

My first 100 days at RSL Queensland have been both energising and enlightening. I have thoroughly enjoyed learning about our wonderful organisation – its rich and inspiring history, its past and present challenges, and the incredible opportunity we have, through positive change, to make a significant difference to our veterans and their families.

Everyone has been incredibly supportive through these initial days and I have felt rewarded every day by my decision to join the RSL.

My immediate two goals were to a) get 'out and about' to meet our members and b) reset the strategy of our organisation to reflect our reason for being. A lot of time was spent working on our 2025 Strategic Plan and I'm excited to introduce it to you on page 18.

"I HAD A LOT OF FUN AT RSL QUEENSLAND'S STALL, DUNK A DIGGER, WHERE MEMBERS OF THE PUBLIC TESTED THEIR PITCHER'S ARM BY THROWING A BALL AT A TARGET TO DUNK FULLY CLOTHED SOLDIERS INTO A POOL OF WATER!"

REMEMBRANCE DAY EMBODIES THE ESSENCE OF AUSTRALIA

In November, I commemorated my first Remembrance Day as CEO of RSL Queensland. Commemorative days such as these embody the very essence of

being Australian. Taking time to honour the sacrifice of those who served is important for all of us.

They are a time to reflect on past generations of Australians who in hardship displayed courage, discipline, self-sacrifice, self-reliance, resourcefulness and

friendship. It has always struck me how the spirit of Australia is palpable on these national days.

I EXPLORED THE BARRACKS

On 12 October, I attended Explore the Barracks, the hugely successful 'end of Ready' event we organised in conjunction with 7th Brigade at Gallipoli Barracks. It was an opportunity for us to strengthen our relationship with Defence and demonstrate our appreciation for the hard work of their soldiers and the support of their families.

It was fantastic to get 'up close' to a range of Army equipment, including the new Boxer, the M1A1 Abrams Tank and the ARH Tiger Helicopter. I loved hearing the Army Band play Tchaikovsky's classic *1812 Overture* and I had a lot of fun at RSL Queensland's stall, Dunk a Digger, where members of the public tested their pitcher's arm by throwing a ball at a target to dunk fully clothed soldiers into a pool of water! It was a huge hit with the kids (although I did feel a bit sad for the Digger who walked away with soggy clothes after my great shot!).

My personal highlight, though, was hearing the Howitzer ceremonial artillery guns blast across the sky!

ENLIGHTENING VISIT TO TOWNSVILLE

I travelled to Townsville and saw firsthand the great work being done in partnership with 3rd Brigade. The Human Performance Centre at Lavarack Barracks is an Army initiative co-sponsored by RSL Queensland and now showcases the



RSL Queensland Chief Executive Officer Melanie Wilson lays a wreath during the 2019 Remembrance Day service.

impressive, state-of-the-art Sparta technology. Sparta is designed to identify likely injury risks to our soldiers to enable individual programs to be developed that target injury prevention.

I also enjoyed visiting the Family Recovery Centre, run by our very own Mates4Mates, who work with our RSL Advocates to provide a range of services to our Defence family, and I spent time with members of Townsville RSL. This showed me the extent of the devastation experienced as a result of the recent floods and I was inspired to see the spirit of the locals alive and well in their recovery efforts.

KNOCK KNOCK, ART UNION HERE!

Our Art Union is always looking for innovative ways to raise funds to support veterans and their families. Recently, we've been piloting a fantastic new initiative, with our professional fundraisers working in residential areas to recruit new Lottery supporters. This new opportunity is integral in ensuring the delivery of RSL Queensland's vision.

In recent months, our Lottery sales agents have been conducting this activity throughout Queensland, including the Gold and Sunshine Coasts, Brisbane, Darling Downs, Yeppoon, Chinchilla and Rockhampton.

We will soon trial this approach in New South Wales, South Australia and the ACT. All agents are easily identifiable, wearing RSL Art Union branded uniforms and accreditation badges.

If you have any questions or would like to provide feedback about how our teams are performing, you are welcome to contact directfundraising@rslartunion.com.au or 07 3230 2403.

STRONGER CONNECTIONS WITH SUB BRANCHES

In other exciting news, we have been significantly strengthening



One of the servicemen dunked during Dunk a Digger, an RSL Queensland stall at Explore the Barracks.

“SUB BRANCH MEMBERS ARE THE FACE OF OUR ORGANISATION TO THE DEFENCE FAMILY, SO BEING BETTER ALIGNED AND CONNECTED TO OUR VOLUNTEERS IS INCREDIBLY IMPORTANT. SKIP ENHANCES OUR ABILITY TO DO THIS.”

the connections between our organisation and our vitally important Sub Branches around the state.

On 30 October, our new Sub Branch Information and Knowledge Portal—better known as SKIP—went live! SKIP is a dedicated platform that gives Sub Branch members access to RSL Queensland information and resources. They can also use SKIP to quickly and easily ask questions.

Sub Branch members are the face of our organisation to the Defence family, so being better aligned and connected to our volunteers is incredibly important. SKIP enhances our ability to do this.

I'd like to wholeheartedly congratulate everyone who was involved in bringing this brand-new platform to life, including the project team and the District Secretaries.

On the same day, we also

released our new Memberships Management System. The system has a fresh look and provides a better user experience, and we've received positive feedback from membership officers. Thanks to everyone who has already undertaken training and if you have not, please contact your District Secretary to register your interest.

As we wrap up 2019, I want to wish everyone a safe and happy Christmas. I hope you can enjoy a nice break with your family and friends.



*Melanie Wilson
Chief Executive Officer
RSL Queensland*

DEVELOPMENTS IN SUPPORT OF OUR MILITARY FAMILY

When I wrote my last column, it was in the position of Acting General Manager Operations. I am now pleased to write this second column in my official capacity as General Manager Veteran Services.

In this new role, I'm looking forward to listening to the changing needs of you – our Defence community – and supporting you from service through to ex-service.

My key focus will be on preventative measures to improve the quality of life for veterans and their families. The ultimate goal is to enable veterans and their families to lead proud and independent lives.

RESOURCES AND SERVICES

We are often approached by members, Sub Branches and others within the veteran community seeking information and assistance. We also know that many Sub Branches don't have the resources on hand to support veterans across all their needs.

Our strong community would normally facilitate referral to District and Sub Branches to find this support, so this is a great opportunity to share with Sub Branches some of the ways you can engage with us to access those services.

HOW TO FIND HELP

Our website is the place to learn about the range of services available. Visit rslqld.org for information about programs you can access, upcoming events,

"I'M LOOKING FORWARD TO LISTENING TO THE CHANGING NEEDS OF YOU – OUR DEFENCE COMMUNITY – AND SUPPORTING YOU FROM SERVICE THROUGH TO EX-SERVICE. A KEY FOCUS FOR ME WILL BE ON PREVENTATIVE MEASURES TO IMPROVE THE QUALITY OF LIFE FOR VETERANS AND THEIR FAMILIES. THE ULTIMATE GOAL IS TO ENABLE VETERANS AND THEIR FAMILIES TO LEAD PROUD AND INDEPENDENT LIVES."

membership and the RSL more generally.

Importantly, the 'Find Help' section goes into some detail, which will help you identify whether the service is relevant to the member of the Defence family seeking support. There are also two avenues to seek assistance by phone (134 RSL) or online enquiry (or you can email vs@rslqld.org).

This is channelled to our client

contact centre, which works though the client requests to provide assistance and referral. Many Sub Branches may also know of Veteran Services Officers in their Districts, who can provide information, support or referral.

If you are uncertain about who to reach out to, I would recommend contacting our client contact team through our website as the preferred option.

VETERANS' COVENANT

The Australian Defence Veterans' Covenant – originally announced on 27 October 2018 – has now passed parliament. Further details can be found at recognition.dva.gov.au.

The Covenant recognises and acknowledges the unique nature of military service and the contribution of veterans and their families. I would encourage all current and former ADF personnel to review the website and determine whether they would like to participate.

Included is a suite of discounts from organisations that have signed up through the Australian Partners of Defence program, available at apod.com.au.

If we look at the public support for our Defence family, there has never been a greater time to demonstrate the value of veterans to the Australian community. That includes veterans who are currently in service as well as those using their skills, knowledge and attributes in a variety of sectors outside Defence.



Robert Skoda
General Manager Veteran Services
RSL Queensland

Shoulder to shoulder with our Defence family, in Jul–Sep 2019.



37 individuals and families
helped into safe,
permanent housing



561 nights
spent in RSL short-term
accommodation



\$180,000+
provided in crisis funding



3,578
calls handled



41 jobs found
for veterans and their partners



1,470 DVA
claims handled

Between July and September 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



RSL
Queensland

NEWS



The late Graham Lucas, centre, pictured with fellow veterans Peter Sibree AM MG (author of this article), right, and David Clifton, left.

GRAHAM JOHN LUCAS

By Peter Sibree

Graham Lucas, who served as Registrar of the RSL Queensland Tribunal for the last nine years of his life, passed away in Cairns on 11 October 2019, aged 74. Graham was born in Surrey, England on 11 August 1945 and served diligently and efficiently alongside four Tribunal chairmen.

Graham's illustrious Royal Australian Air Force (RAAF) service saw him enlist in October 1965. His walking mates suspected that he enlisted in the Air Force to save a National Service call-up into the Army as he liked the finer things in life, so why give up a good ride to walk.

Graham was discharged from the regular forces in January 1978, after serving in Vietnam with the RAAF helicopter squadron and in Victoria, Canberra, South Australia and the Northern Territory.

Because he was a movements clerk and undertook his own movements, it is rumoured that he didn't arrive in Vietnam on HMAS Sydney or a RAAF charter flight like everyone else, but booked himself on civilian air and arrived in Saigon in a suit and tie rather than a uniform.

After discharging and while working for the Northern Territory Government, Graham was commissioned and oversaw RAAF Cadet Training within Western Australian and Northern Territory Squadron Air Training Corps. His community service also extended to the Lions Club, which he joined in Darwin and served for 30 years.

It is no coincidence that while serving with the Nightcliff Lions Club they started the famous Darwin Lions Beer Can Regatta, to which Graham contributed numerous empty beer cans. If he was there today, it is

likely the boats would be made with good quality wine bottles.

Graham served three governments – the Commonwealth, Northern Territory and Tasmanian governments. While working in a trade position for the Tasmanian and Northern Territory governments in China he met the love of his life, Angela, and they were married two years later in 1997.

In Cairns, Graham assembled around him a diverse group of walking companions from the military, Lions and Qantas. At least three of them were considered 'left wing' and one was even a 'vegetarian' and possibly a 'greenie', which was very unusual for Graham's conservative self.

Generally, discussions over coffee and email were robust and entertaining. But never once, despite far opposing views, did members leave the table without a smile. With Graham's passing, the normal subject at morning coffee will revert from chemotherapy back to old men's health problems of triple bypasses, hip replacements and bad backs.

Graham was an active member of Cairns RSL Sub Branch and Club, but due to his position on the Tribunal thought it would be perceived as a conflict of interest to accept a Board position with either.

Graham leaves behind a wife, Angela, and two sons Jason and Michael.



LEFT: Ben Hilditch from Boeing chatting with people at the RSL Queensland Employment Program Networking event.

EMPLOYMENT NETWORKING EVENT

In October, the RSL Queensland Employment Program hosted a successful networking evening at Customs House for veterans and their partners. With over 60 people attending, the event presented an opportunity for our clients to meet prospective employers committed to hiring members of the Defence community.

Josie Thompson was the keynote speaker, presenting on resilience and mindset. Since April 2018, the Employment Program has helped 224 veterans and their partners into meaningful employment.

For more information about the program, visit rslqld.org/Employment



LEFT: Josie Thompson was the keynote speaker, presenting on resilience and mindset.

RIGHT: Jacinda Keane and Yvonne Dolman from Easec.

BELOW: Brett Simpson and Paul Hillman from Gateway Motorways.

INSET: John Brayshaw and Amanda Smith from Churchill Education.



ANZAC AWARD NOMINATIONS

Nominations are now open for the national RSL ANZAC Awards, which honour those who serve in peace as well as perpetuate the memory and gallantry of those who served in war. They are open to any Australian citizen and nominations can be submitted by any individual or organisation in the community.

There are two categories within the Awards:

RSL ANZAC Peace Prize – recognises any outstanding effort by a person who has promoted the concept of international understanding and who, in so doing, has contributed to world peace.

RSL ANZAC of the Year Awards – recognises the efforts and achievements of up to seven Australians who have given service to their fellow Australians and to the community in a positive, selfless and compassionate manner.

Award winners will be announced prior to ANZAC Day 2020.

Nominations must be made via your District Secretary by 5pm on Thursday 6 February. Please contact them for further information and a nomination form.

A judging panel at RSL Queensland will assess the nominations and forward the successful applicants to RSL Australia for final judging.



SUPERMARKET QUIET HOURS



For those of us who struggle with anxiety or PTSD, even something as seemingly simple as going to the supermarket can be daunting.

Recognising this, both Coles and Woolworths have introduced Quiet Hours, when sensory stimuli are reduced. For one hour every week, store lighting is dimmed, in-store radio is turned off, register and scanner volumes are turned down and PA announcements are kept to a minimum.

Both Coles and Woolworths supermarkets offer Quiet Hour on Tuesday from 10:30 to 11:30am.

Find out more at coles.com.au or woolworths.com.au

ASSISTANCE DOGS THROUGH DVA

Did you know that veterans experiencing PTSD are now eligible to access trained assistance dogs through DVA?

"This program will change lives and it will save lives," says Minister for Veterans and Defence Personnel Darren Chester.

Find out more, including eligibility criteria, at bit.ly/DVAAssistanceDogs



MAILBOX

FASCINATING LETTERS

The latest edition of *Queensland RSL News* was excellent, as always, with some very interesting articles.

Two letters in the Mailbox section fascinated me. The first was the letter from Paul Andres about the privately erected memorial at Ma Ma Creek. We lived about 1km from that memorial for a short time in the 90s and I have always found it a sad reminder of the Great War. What was coincidental was that I mentioned this at our Sub Branch meeting only a week before I received your magazine!

The other letter relates to ANZAC Day services in the US. I have attended two ANZAC Day services in Hawaii, and I have to say I have never seen them done better. The precision of the drill and the speeches, usually by the Australian and New Zealand Consul-Generals, have been perfect on both occasions. They were memorable occasions.

Frank Reid

DIGGER WEARING A CAP

I always look forward to receiving my *Queensland RSL News* and enjoy reading the many interesting stories. However, I noticed a small error on page 11 of Edition 3 in the letter to the editor about privately erected war memorials. It stated that the memorial at Ma Ma Creek is the only one in Queensland with a Digger wearing a cap. There is a memorial in Biggenden with a Digger who is also wearing a cap.

**John Wilson OAM
Burnett Heads**



OTHER US MEMORIALS HONOURING AUSTRALIANS

I love *Queensland RSL News* and would like to provide further information in response to a letter on page 10 of Edition 3 about ANZAC Day services in the United States. The letter stated that the 173rd Airborne Brigade Sky Soldier Memorial at the National Infantry Museum in Columbus, Georgia is the only memorial in the US that lists the names of Australians killed in action.

Since 27 May 2005, there has also been a memorial dedicated to the US Army 135 Assault Helicopter Company/RAN Helicopter Flight Vietnam (RANHfV) at Fort Rucker Alabama, which names both US Army and RAN HFV KIA. This unit was named the EMUs (Experimental Military Unit) and the gunship platoon the Taipans. The unit motto was 'Get the bloody job done'.

An annual ANZAC Day ceremony has

been held here since 2005 and in 2019 the Unit Citation for Gallantry was presented to US Army members of the 135AHC.

RANHfV was the most highly decorated RAN unit during the Vietnam War and was also awarded the Unit Citation for Gallantry in 2018. Sadly, when then Governor-General Sir Peter Cosgrove presented the award at the Australian War Memorial on Vietnam Veterans Day last year it was barely mentioned in the Australian press.

The 135AHC was the US Army helicopter unit that inserted 3RAR into FSB Coral and Balmoral and their gunships were also involved in the ensuing fire fight against the VC/NVA assaults. Like the 1RAR/173 Airborne Brigade, the RANHfV /135AHC was also a fully integrated unit.

**Ray Godfrey
LCDR RAN (ret'd)**



A RARE CHANCE TO EXPLORE THE BARRACKS



Over 12,000 people were treated to a glimpse of Gallipoli Barracks on 12 October, when the gates were thrown open to the public as a thank you for their support of the Defence community. As darkness fell and the gates closed, members and family of 7th Brigade rocked on to celebrate its end of Ready phase.

“I KNOW THE AMOUNT OF EFFORT AND COMMITMENT THAT 7TH COMBAT BRIGADE HAS PUT IN DURING THE INTENSIVE READY PHASE, AND IT’S ONLY RIGHT THAT WE SHOULD MARK THE END OF THAT PHASE WITH A SUITABLE CELEBRATION.”



RSL Queensland has the honour of standing behind the Defence community during both the good times and the bad. On 12 October, we enjoyed the opportunity to celebrate some of those good times when we helped 7th Brigade throw open its gates to host Explore the Barracks.

The open day was a chance to thank the community for its support during the brigade’s Ready phase, which saw thousands of personnel deploy overseas. These soldiers have now returned home to their families – to rest and recharge.





“I know the amount of effort and commitment that 7th Combat Brigade has put in during the intensive Ready phase, and it’s only right that we should mark the end of that phase with a suitable celebration,” RSL Queensland State President Tony Ferris said.

Mr Ferris also reminded the Defence community of the multiple ways RSL Queensland is available to support them – DVA claims, scholarships and employment assistance, education forums, and health and wellbeing programs.

Just minutes before the gates opened, the storm clouds that had been dumping rain for hours miraculously vanished to reveal blue skies. Over 12,000 people came through the gates to enjoy a rare glimpse of Gallipoli Barracks, which is normally closed to the public.

There were events for the whole family including kids’ activities, food trucks, heavy vehicle displays, Defence community stalls, live demonstrations from 7th Brigade and fireworks accompanying musical performances.





EXPLORE THE BARRACKS



In the evening, the gates closed to the public for Rock the Barracks, which acknowledged the hard work of 7th Brigade and the support of their families. The Hoodoo Gurus, Kingswood and the Australian Army Band all took to the stage to help celebrate the end of Ready.

"It's a huge day for us, because we like to show off our wares and show the community and the nation in many respects, what we do for them," Commander of 7th Brigade, Brigadier Andrew Hocking, said.

"The soldiers of this Brigade and this garrison are at the end of 14 months where thousands of them have been deployed overseas. It's an opportunity as we thank those soldiers to feel the pride that comes with serving your country and being willing to make the sacrifices that go with it." ←

A REFRESHED *purpose and vision* FOR RSL QUEENSLAND

There is immense opportunity for our organisation to quite radically create positive change. Positive change within the sector, positive change within the ex-service organisation (ESO) community, positive change within RSL and – most importantly – positive change for our veterans and their families.

 Melanie Wilson, Chief Executive Officer, RSL Queensland

Since its beginning in 1916, RSL Queensland has stood shoulder to shoulder with Queensland's Defence family. Over these past 103 years, we have firmly and proudly upheld our Objects. We are veterans helping veterans, our members and supporters united in their desire to champion the rights of all veterans.

We are the largest ex-service organisation in Queensland, providing practical support, assistance, advice and camaraderie to current and former Australian Defence Force members and their families across the state. We are able to do this through the funds generated by the world's most successful prize home lottery, RSL Art Union.

Since joining RSL Queensland, I have been immersing myself in the business. This is an organisation founded for our members, and yet, I see a need for us to remind ourselves



who our customer is and to refocus our efforts on our core purpose: to support veterans and their families. We understand that our investment in technology to ensure our Art Union's future, while necessary, has overshadowed our reason for being, so we need to clearly state our purpose and relentlessly pursue this together.

In order to understand how we do this, we had to examine history, think deeply about and reflect on the present, and challenge ourselves to imagine a future where our veterans and their families can live the lives they justly deserve. Our Executive has recently worked through a comprehensive strategic planning process designed to ensure we are aligned across the organisation and are cohesively directing our support in the right ways. I'm delighted to share the findings of this process with you as we approach 2020.

A STRONG CASE FOR CHANGE

Who we serve

We are first and foremost a member organisation, comprising more than 33,000 members across our District and Sub Branch network. Among other challenges currently facing this network, including reduced rates of volunteering and the Australian Charities and Not-for-profits Commission's increased focus on improving the compliance and governance standards of all charities in Australia, it's true that our membership is also in decline and has been for some time. If we don't take action now to increase our relevance to veterans and find ways to attract new members, we face obsolescence within 10 years. Our organisation needs to evolve to become relevant to all who do and have served, regardless of age, gender, ethnicity or service history.

Our veteran's needs are changing

Over time, the increased tempo and changing



nature of the conflicts our Australian troops are engaged in has changed the impacts that service has on their lives and those of their families. As such, veteran's needs have evolved and while RSL Queensland has a proud history of providing veteran support, we have not kept pace with the change. Our 2018 landmark study, the Defence Family Research Project, found there were significant unmet needs across all stages of our veterans' journeys, and highlighted the need for RSL Queensland to meet those challenges head on and evolve the way we provide support. This can be best described as having to adopt a more holistic approach to improving their quality of life. If we don't change, we will continue to lose relevance.

Our operating environment is complex

Our federated organisational structure, our complex relationships with RSL Clubs across the state, the varying government agencies and complex entitlement legislation across a range of government departments that we work with, our Defence partners, our ESO networks... Our operating environment presents many nuances, and there are challenges involved in coordinating the many different groups that cross our collective paths.

So, a declining membership base, changing needs of veterans rendering us irrelevant, and

a crowded and extremely complex operating environment create a compelling case for change. The RSL Queensland 2025 Strategy is our blueprint for the coming five years and will guide our decision making and provide a framework for us to achieve our purpose and measure our success. Your Board of Directors has firmly endorsed this strategy.

“ BE THE MOST VALUED AND TRUSTED PARTNER TO ENRICH THE AUSTRALIAN DEFENCE FAMILY'S QUALITY OF LIFE. ”

OUR VISION AND PURPOSE

The strategy refocuses our energies through a refreshed purpose: “A bright future and enduring legacy for all veterans and their families” and vision: “Be the most valued and trusted partner to enrich the Australian Defence Family's quality of life.”

“

A BRIGHT FUTURE AND ENDURING LEGACY FOR ALL VETERANS AND THEIR FAMILIES.

”

Our purpose statement and vision encapsulate our commitment to honour the sacrifice made by so many through ensuring the work we do each day is focussed, impactful and relevant.



STRATEGIC GOALS

RELEVANCE

Transform the lives of veterans so that their average Quality of Life matches that of the general public

INFLUENCE

Become the leading voice representing the interests of the Australian Defence Community and the ESO community as a whole

SUSTAINABILITY

Continue to grow a sustainable business that enables both relevance and influence to flourish



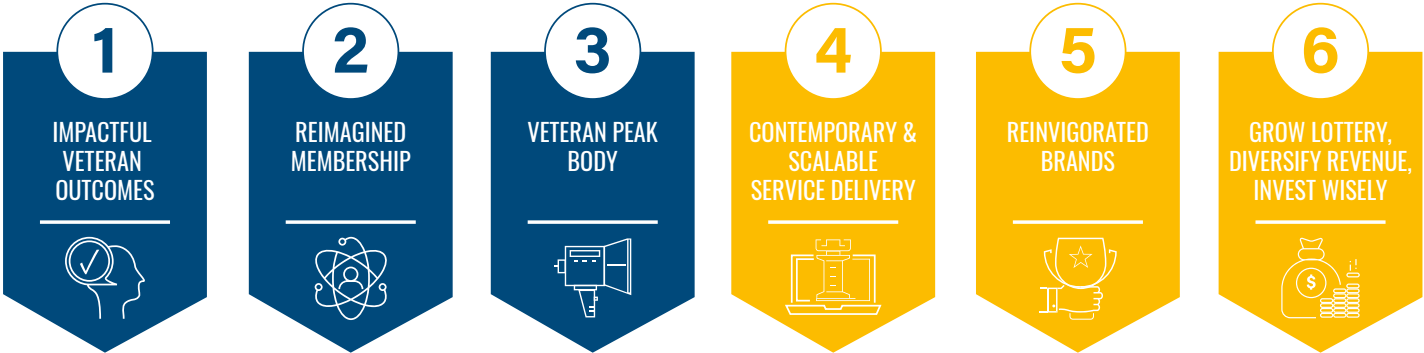
2025 STRATEGY

To realign to our reason for being (purpose) and deliver on our new vision, three strategic goals have been formulated: Relevance, Influence and Sustainability. These goals will ensure we pursue our purpose and vision with drive and determination.

These strategic goals will be achieved by delivering on three strategic pillars: “Impactful Veteran Outcomes”, “Reimagined Membership” and “Veteran Peak Body” and will be underpinned by three strategic enablers: “Contemporary & Scalable Service Delivery”, “Reinvigorated Brand” and “Grow Lottery, Diversify Revenue, Invest Wisely”. We will focus on delivering outcomes that positively impact quality of life for veterans and their families, on transforming RSL

ENABLERS AND PILLARS

Strategic pillar Strategic enabler



Pillars are outcomes
we will achieve in the next 5 years



Enablers are foundations
required to deliver our pillars



Queensland's membership, significantly improving the way we support and work with our Sub Branches, and establishing RSL Queensland as the leading voice in our sector.

WHAT DOES THIS MEAN FOR OUR MEMBERS?

This strategy means we have a shared, consistent view of who our customers are – our customers are our members and our clients, all veterans and their families, and our Sub Branch and District network.

This strategy ensures that our customers are at the heart of our decision making, and also ensures accountability and consistency in our decision making, by giving us better clarity on what we will do and what we won't.

As members, you will see a renewed focus on growing membership; on reimagining what it could and should be, so that collectively, we will be more relevant to our customers.

You will see more support and service from State Branch for Sub Branches and Districts

to flourish into the future.

You will see more effective services developed that address needs of all veterans and their families. And you will see us far more overtly address the confusion across Australia about what RSL Queensland is, and what it isn't. We will advocate more strongly on issues affecting our customers and provide leadership in a crowded market of ESOs.

I believe this is one of the very best times in our history, a once-in-a-generation time, where there are more opportunities than ever before for this organisation to achieve great things, noting they will be different from the past. We must stand together if we are to be successful and it will be through our collective efforts that we will achieve our vision of being the most valued and trusted partner to enrich the Australian Defence family's quality of life.

I look forward to meeting more of you as I travel around the state in the coming months and welcome all feedback on our vision of the future for RSL Queensland. ✦



RSL
Queensland

MEMBER FEEDBACK

We welcome your feedback on our strategy. Visit rslqld.org/strategy to submit your comments via the feedback form.

meet our REFRESHED executive

In recent months, RSL Queensland has recruited several new staff members to its Executive. We would like to introduce you to the refreshed team now leading your organisation.



MELANIE WILSON
Chief Executive Officer

What drew you to working for RSL Queensland? The ethos of the RSL has always resonated strongly with me; the fundamental spirit of a culture that was born from the Australian way to 'help your mates'. From a distance, I knew of the immensely successful Lottery and cutting-edge technology innovations, but I also felt a deep desire to support those who sacrifice for our country.

What is your favourite aspect of working for RSL Queensland? Since joining on 1 July,

I have enjoyed every aspect of my role. From watching our Lotteries team demonstrate its capability and drive to maximise fundraising, to learning how the deep understanding of our Veteran Services team intelligently advances our veteran support programs. I have seen our District Offices and Sub Branches give themselves passionately and unwaveringly for the Defence community and experienced the genuine connection State Branch staff feel for supporting veterans.

Where do you see the future of the organisation in the next five to 10 years? We are in a unique position to play a lead role in how the ESO community supports veterans and their families in the future. During September and October, our executive team worked hard to develop a five-year strategic plan to enable RSL Queensland to become more relevant to veterans and drive higher levels of coordinated impact. I'm excited to share the plan with you on page 18 of this magazine.

What is your connection to Defence or the RSL? My paternal grandfather served in the British Royal Navy for two years during WWII. His wife – my grandmother – had seven

I DON'T EAT VEGETABLES, I WAS TAUGHT TO PLAY THE SPOONS BY AN ELDERLY UNCLE AND SOMETIMES ENTERTAIN THE FAMILY WITH MY TALENT AND I LOVE ANIMALS AND WOULD LOVE TO RETIRE AND RUN A SHELTER ONE DAY.

brothers, six of whom served in the British Army. In 1954, my grandparents brought my father and his nine siblings from England to settle in Australia, sailing aboard HMS *Otranto* (£10 Poms!). My father and two of his brothers joined the Australian Navy. One served for 12 years and another for nine years. Dad served for one year, before being medically discharged with a back injury. Our family has also been well represented in the Navy and Army in the UK. Family legend has it that my grandfather's brother-in-law, a gunner in WWII, shot a plane

down in North Yorkshire with a gun he had never used before nor knew anything about, he just got lucky! My maternal grandfather also served in both the Australian Navy as a Petty Officer from 1940-1952 and then in the Air Force until 1961.

Tell us something that people wouldn't ordinarily guess about you? I am usually fairly open, but here are a few things – I don't eat vegetables, I was taught to play the spoons by an elderly uncle and sometimes entertain the family with my talent, and I love animals and would love to retire and run a shelter one day.



GREG PRATT
Chief Financial Officer

What drew you to working for RSL Queensland? We are a long-standing, highly regarded organisation, with a well-known brand that provides amazing services for our wonderful Defence family. This is based on a strong financial business model, built on an innovative platform, with the opportunity to expand its positive impact across the community in the coming years. We also have an extremely talented executive leadership with a diverse cross section of experience who are hungry to improve the business and the services it can provide.

What is your favourite aspect of working for RSL Queensland? Meeting and getting to know people at all levels and locations who are diverse, passionate, faithful, unique, interesting, dedicated and fun.

Where do you see the future of the organisation in the next five to 10 years? Robust but considered financial growth, utilising world-class business transformation, to invest in affordable initiatives to underpin focused strengthening of care and services to transform the lives of our veterans through a united RSL Queensland family network.

What is your connection to Defence or the RSL? In 1916, at the age of 35, my great-grandfather William Gourlay enlisted in the 26th Battalion, just five years after emigrating from Scotland to Rockhampton. His daughter was just a toddler when he began basic training at Enoggera. William was sent to Northern France in 1916 and a few months later took part in the Maze Trenches attack. He was killed in action on 14 November 1916. His body was never recovered. He is listed on the Wall of Remembrance at the Australian Villers-Bretonneux memorial, which my family has visited three times. His ultimate sacrifice reminds us that you are never too old to serve your fellow man and country. I am extremely honoured to be working with RSL Queensland and playing a small part in maintaining his legacy.

Tell us something that people wouldn't ordinarily guess about you? I am a man of faith and when we lived in London for 16 years, I volunteered as an assistant Minister, Trustee and member of the leadership team at a beautiful multinational church. We had 400 people from 40 different nations. We have been back in Brisbane for nearly three years, but I'm still a Trustee and serve a wonderful cross-section of people with amazing life stories.



ROB SKODA
General Manager Veteran Services

What drew you to working for RSL Queensland? RSL Queensland and its Objects are significant to me as they provide us with an opportunity to help our military family thrive. I was in the RAAF for 12 years, but I noticed that I didn't ever really feel engaged with the RSL during my military career or upon discharge. I didn't see RSL as an organisation that I related to. When I joined RSL in 2017, I saw an opportunity to shift this commonly held perception and

really increase our relevance through our service delivery for all veterans and their families.

What is your favourite aspect of working for RSL Queensland? I find the same passion for our veteran community – together with a real interest in helping others – across the organisation. We also want to take the lead in supporting the veteran community and not just be a part of it.

MY FAMILY SIGNED UP FOR TALENT ADVERTISING ON TV. UNFORTUNATELY, PRODUCERS DECIDED TO DROP ME FOR A YOUNGER, BETTER LOOKING VERSION FOR THE FATHER FIGURE. AS SUCH, FOR ABOUT 12 MONTHS I HAD TO WATCH A TV ADVERTISEMENT IN WHICH THEY ALL PLAYED HAPPY FAMILIES WITH A STAND-IN DAD.

Where do you see the future of the organisation in the next five to 10 years? I see an organisation that works collaboratively with Sub Branches, states and nationally to provide consistent support to our military family. I also see an organisation that its attractive to all veterans, regardless of age or experience. These members work together to provide the same values of mateship and camaraderie that are found in service.



RSL
Queensland

What is your connection to Defence or the RSL? My family does not have a military history, however I was in the RAAF for 12 years in Ground Defence. During that time, I had the opportunity to work with amazing people across all services and with multinational forces globally.

Tell us something that people wouldn't ordinarily guess about you? My family signed up for talent advertising on TV. Unfortunately, producers decided to drop me for a younger, better looking version for the father figure. As such, for about 12 months I had to watch a TV advertisement in which they all played happy families with a stand-in dad.



TRACEY BISHOP
General Manager Lotteries

What drew you to working for RSL Queensland? After working in marketing for large telecommunications organisations for nearly 20 years, it was exciting to use my skills to make a genuine difference in people's lives.

What is your favourite aspect of working for RSL Queensland? The people. I love coming to work every day with such a smart and passionate group of people, driven by a common purpose.

Where do you see the future of the organisation in the next five to 10 years? It's a pivotal time in the RSL's history. Lotteries recently delivered a five-year plan, which has provided the broader organisation with greater certainty around funding into the future. This has meant RSL Queensland has been able to develop its vision, mission and strategy with confidence – a strategy that has been wholeheartedly endorsed by the Board. In my time at RSL, we've never had such a strong, clear idea of our future direction.

What is your connection to Defence or the RSL? A couple of my uncles fought in WWII and my dad's older brother was captured at Tobruk. He escaped to Sweden, where he was recaptured and spent a few years in Stalag XIII-C, the POW camp in Germany. His other brother was on mine sweepers. My grandmother often asked her children to sleep under newspapers on the verandah so she could give visiting soldiers a bed and a home cooked meal. She hoped someone was doing the same for her boys overseas.

Tell us something that people wouldn't ordinarily guess about you? This year, my son's primary school ran a cooking program and I was in a group with my 11-year-old and his friends making soft cheese. Several months later, our cheese was selected as the best and entered into the Brisbane Ekka. We won the 'Schools Soft Cheese' category! It's now a standing joke that whenever we're enjoying a cheese platter my family will ask for my 'expert' opinion.



SIMON BUTTON
Chief Information Officer

What drew you to working for RSL Queensland? The opportunity to make a genuine difference to the military family, coupled with the chance to transform our wonderful organisation so it can remain relevant, vibrant and sustainable into the future. It really was the opportunity to leave a legacy for future generations by making a once-in-a-generation evolution of our organisation.

What is your favourite aspect of working for RSL Queensland? We do something every day that directly impacts veterans. Technology is so ingrained in our organisation that it powers most customer touchpoints and experiences. So, whether it is providing a great solution to allow our Sub

Branches, District offices and State Branch to collaborate, a great veteran experience through our claim management processes or a great experience for an Art Union customer, I get a big kick out of everything.

I WAS ONE OF THE FOUNDING DIRECTORS OF THE HUMMINGBIRD HOUSE FOUNDATION. WE ESTABLISHED IT TO SUPPORT KIDS WITH LIFE LIMITING ILLNESSES IN QUEENSLAND (OF WHICH THERE ARE AROUND 3,700 AT ANY POINT IN TIME).

Where do you see the future of the organisation in the next five to 10 years? We will have a vibrant membership that is representative of the entire veteran community, where the needs of all veterans are being met, independent of age, gender or need. We will offer a broad array of services that deliver tangible outcomes to improve the quality of life for our veterans. I see an organisation that has harmonised and is homogeneous across Australia, where state borders no longer matter (apart from the State of Origin!). Every Australian veteran will be supported in a consistent, quality and meaningful manner in recognition of their service.

What is your connection to Defence or the RSL? Both my parents served. Mum was in the 7th Signal Regiment from Cabarlah and dad was an officer in the Royal Corps of Signals (the British Military). They met in Singapore in the late 1960s during the Indonesia-Malaysia confrontation. Mum's claim to fame was being the first Australian servicewoman posted overseas in peacekeeping times. If it wasn't for Defence, my parents would not have met, and I wouldn't be here today. Both my grandfathers also fought in WWII (one in Europe and one in PNG – both survived) and my great uncle was a pilot and was shot down and killed over Europe.

Tell us something that people wouldn't ordinarily guess about you? I was one of the founding directors of the Hummingbird House Foundation. We established it to support kids with life limiting illnesses in Queensland (of which there are around 3,700 at any point in time). For almost eight years I helped steer the foundation to deliver Hummingbird House, a world-class paediatric palliative care facility in Chermside that supports sick and dying kids and their families.



MARIA FORGIONE
General Counsel

What drew you to working for RSL Queensland? I have an extensive background in the insurance industry and my aspirations were in legal and governance. However, I was drawn to RSL itself and the opportunity to work in a change environment.

What is your favourite aspect of working for RSL Queensland? I'm proud of what the organisation has achieved and where it is going, but my favourite aspect is working with RSL's people and culture.

Where do you see the future of the organisation in the next five to 10 years? I see the organisation as a strong influencer – not just on veteran affairs, but more generally in society. In five years, Australians won't confuse RSL with pubs and pokies.

What is your connection to Defence or the RSL? Like many Australians, I have always had respect for veterans. My parents were immigrants from post-war Europe and my father had a seven-year military career in Italy before he came to Australia. RSL Queensland presented an opportunity to lend my skills to a cause I believe in.

I WAS ONCE PRETTY GOOD AT AIRCRAFT TRADING. I TRAVELLED TO IRAN AND THE MIDDLE EAST NEGOTIATING THE SALE AND PURCHASE OF USED AIRCRAFT. I ONCE GOT HAULED INTO A MEETING WITH SOME SERIOUS MILITARY PEOPLE IN JORDAN BECAUSE WE DECIDED TO SELL AN AIRCRAFT TO JOHN TRAVOLTA INSTEAD OF THE KING OF JORDAN.

Tell us something that people wouldn't ordinarily guess about you? I have a background in aircraft trading where I travelled to Iran and the Middle East. I once got hauled up to a meeting with some serious military people in Jordan because we decided to sell an aircraft to John Travolta instead of the King of Jordan.



ALLANNA KELSALL
General Manager, Human Resources

What drew you to working for RSL Queensland? I joined at a time when RSL Queensland was going through a major transition, and the opportunity to help influence and shape the future of such a vital organisation was enticing. I also have a long family history and connection with the Armed Forces. My father was in the Navy during WWII, and my mother worked for

an RSL District in NSW for 20 years, so I've always had a close connection and passion for supporting those who serve.

What is your favourite aspect of working for RSL Queensland? I've been lucky enough to travel around Queensland to meet our veterans and sit down with them so we can find ways to support our Defence family better. These interactions have been enriching, and really brought home RSL Queensland's role in improving the quality of life for our veteran community.

Where do you see the future of the organisation in the next five to 10 years? I'm committed to helping shape a future where RSL Queensland is the leading voice for veterans in Australia. That means forging closer connections to our members, current and ex-serving veterans and the wider community. To do that though, we must ensure the RSL Queensland team feels supported, valued and fulfilled. Happy employees equals happy customers, so empowering our employees to succeed is a big focus for the Human Resources team.

What is your connection to Defence or the RSL? As well as my connection through family and friends who have served, I spent a year living on a RAAF base when I was 20. The experience helped me gain a deep respect for our Armed Forces, and that was underlined further following the September 11 attacks. I was living in the United States at the time, and it highlighted for me how much our servicemen and women sacrifice to maintain our quality of life. They deserve to be well supported, and that's why I'm proud to be part of the RSL Queensland team.

Tell us something that people wouldn't ordinarily guess about you? I've piloted a small plane between the pillars of the Golden Gate Bridge. ✈



RSL
Queensland



The Brauns family – including Kate, Mick, Henry and Rose – are an example of how RSL Queensland can provide practical assistance to a Defence family at various stages of their journey to improve their overall quality of life.

SUPPORTING DEFENCE FAMILIES... ALL THE WAY

The right support at the right time can transform challenging situations and brighten futures. As RSL Queensland evolves to meet the changing needs of our Defence family, a host of innovative services are being offered to improve the overall quality of life for veterans.

 Matilda Dray

KATE Brauns and her family are an example of how RSL Queensland can step in at different times with practical assistance that effects positive change.

“Our family has had a lot of interaction with RSL Queensland,” says Kate.

“My perception of RSL Queensland prior to all of this was that it was just for an older generation and not necessarily something we could access. But RSL Queensland is definitely for young veterans now. It’s somewhere you can go to ask for assistance.”

Kate and her husband Mick live in the Sunshine Coast hinterland and have two children – seven-year-old Henry and four-year-old Rose. Mick served in the Army for over eight years, during which time he did one tour of East Timor and two tours of Iraq. Kate met him two years after he discharged.

In 2015, several years after leaving Defence, Mick experienced an incident that triggered his post-traumatic stress

disorder. It drastically affected both his home and work life.

“It came to a point where Mick wasn’t able to go to work every day and that was becoming a problem because I was a stay-at-home mum,” explains Kate.

DVA ADVOCATE WAS PATIENT AND UNDERSTANDING

They sought advice and were put in contact with RSL Queensland advocate Jason, who helped Mick get his Department of Veterans’ Affairs claim processed. Mick now receives incapacity payments, which is helping the Brauns move forward with their lives.

“Our RSL advocate was basically a whiz. Jason put together all of Mick’s DVA claims and even provided us with food and petrol vouchers when we had no income. He was very patient and understanding and he’s become a really good friend,” says Kate.

SCHOLARSHIP PROGRAM OPENS DOORS

With her husband unable to work, Kate faced the intimidating prospect of re-entering the workforce. But she didn’t want just any job; her goal was to find a meaningful career.

“I realised that all my previous jobs had just been a job. It had never been anything I was particularly interested in.

“I’ve been interested in surveying for a long time. I’ve always liked maps and location and anything relating to surveying.”

Kate was studying surveying online through the University of Southern Queensland, but it was becoming increasingly difficult as her husband’s health deteriorated.

At Jason’s suggestion, Kate applied for the RSL Queensland Scholarship Program for partners and her application was accepted. The scholarship helped pay for tuition fees and study items.

"I think further education for veterans or their partners can be invaluable to taking them to the next phase of their life," explains Kate.

EMPLOYMENT PROGRAM GIVES KATE ENCOURAGEMENT

Kate was then referred to the RSL Employment Program, where staff reviewed her resume, coached her through interview techniques and encouraged her to seek work experience.

She soon found a work placement

with the Downes Group, a surveying, town planning and land development consultancy practice.

"It's been really good working with the Downes Group while I'm still studying. They've given me the opportunity to get my hands on the equipment and the instruments and really put into practice what I've been learning."

They have also been very accepting of her home situation – young children and Mick's limitations – something Kate is extremely grateful for.

Downes Group Operations Director

CENTRE:

Kate Brauns in the office with fellow Downes Group staff members Project Surveyor Neil Smith and Operations Director Tony Vella.

BELOW: Kate Brauns and Downes Group Project Surveyor Neil Smith out in the field.



ACCESS RSL QUEENSLAND SERVICES

To find out how RSL Queensland can support you, contact 134 RSL or vs@rslqld.org.



Tony Vella says the business operates with family values and is proud to support the community.

"Being able to help RSL Queensland provide support to families that have served is extremely important to our company," says Tony.

"Kate has fitted in very well with the team and is popular with everyone she's worked with. She is a very, very bright person and certainly flexible."

COFFEE AND A CHAT AT MATES4MATES

The Brauns were also introduced to RSL Queensland's sister organisation, Mates4Mates, and joined the fortnightly coffee meetup, which allows them to connect with similar people in the Defence community.

"We still do that to this day. It's been a really good social outlet to just go and have a coffee and have a chat with people that understand," explains Kate.

TIMOR AWAKENING HELPED MICK REHABILITATE

During his recovery, Mick participated in Timor Awakening, a rehabilitation and community engagement program run by RSL Queensland's partner Veterans Care. Although initially hesitant to return to East Timor, where he had some very negative experiences, the tour allowed him to see firsthand the progress of the country and its people.

"In the end he was really, really glad he did it and he's actually hoping to go again," says Kate.

REACH OUT FOR HELP

Kate's view of RSL Queensland has radically changed in recent years. She now strongly encourages other members of the Defence community to approach the organisation if they need assistance.

"I would definitely highly recommend veterans, or their partners, get in touch with RSL Queensland for any sort of assistance. You can get in touch either through your local Sub Branch or you can call the state office." ←



SHOULDER TO SHOULDER, ALWAYS.



Sometimes the bond goes unspoken, sometimes it's great to talk it out.

RSL Queensland is more than 100 years old and feeling younger every day – finding solutions through shared experiences, across generations, for every veteran.

We're 34,000 strong and helping every veteran stay that way.

Shoulder to Shoulder, Always.

rslqld.org



RSL
Queensland



GROUNDS FOR A SUCCESSFUL DVA CLAIM

 Louise Liddiard-Smith

The perception of RSL Queensland is changing among the younger Defence community, thanks to success stories like that of veteran Daniel Smith.

When Daniel Smith medically discharged from the Army in 2014 – after eight years of service in 6RAR – the prospect of life outside the military was daunting.

“It was super difficult to try and readjust to civilian life after being in the military for so long,”

Daniel says.

His next challenge was trying to navigate the DVA claims process – a task he found confusing and almost gave up on.

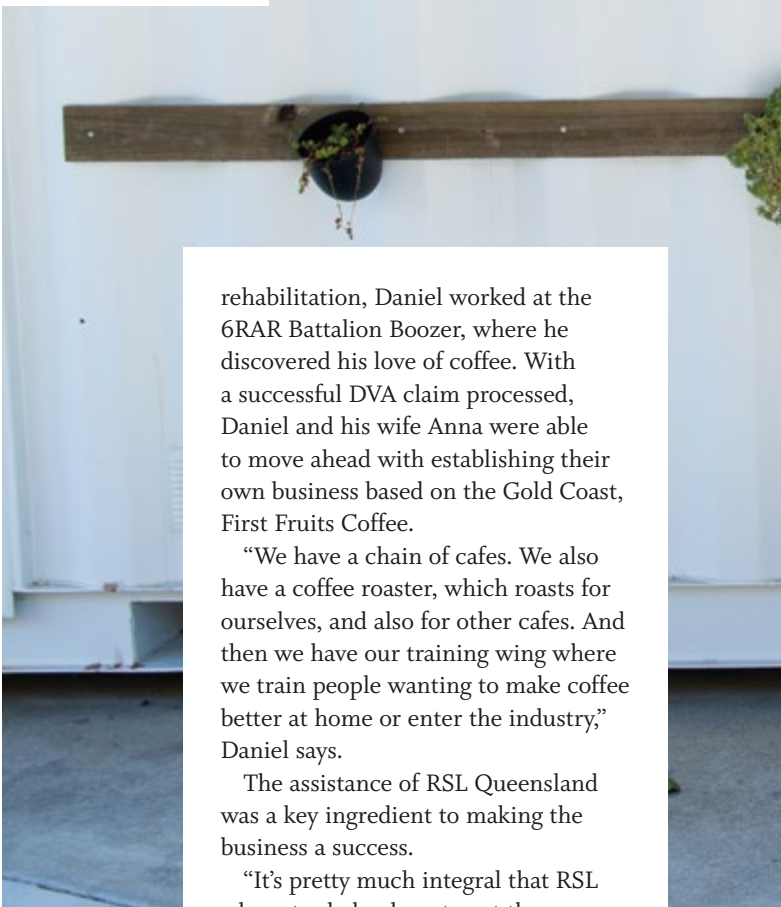
“There seems to be a lot of hoops

that need to be jumped through and not really a clear roadmap to get there. I remember kind of feeling overwhelmed and almost wondering if it was worth it,” Daniel says.

After reaching out to RSL Queensland, a trained advocate was allocated to assist with his claim.

“They helped in what I should apply for and what would be accepted. They’ve done it a lot and they were able to really guide me through the claims process.”

During his discharge and



rehabilitation, Daniel worked at the 6RAR Battalion Boozer, where he discovered his love of coffee. With a successful DVA claim processed, Daniel and his wife Anna were able to move ahead with establishing their own business based on the Gold Coast, First Fruits Coffee.

“We have a chain of cafes. We also have a coffee roaster, which roasts for ourselves, and also for other cafes. And then we have our training wing where we train people wanting to make coffee better at home or enter the industry,” Daniel says.

The assistance of RSL Queensland was a key ingredient to making the business a success.

“It’s pretty much integral that RSL advocates helped me to get those claims done. Without getting the claims accepted I don’t think I would be doing what I’m doing now.

“It really enabled us to kickstart a business in terms of having some financial freedom to put money into the business in order to grow it.”

First Fruits Coffee is now expanding further, with cafes and a roastery opening in Tokyo, Japan in late 2019.

Daniel hopes other ex-service members take up the assistance available.

“I can see with a lot of my friends a sense of helplessness that they don’t really know how to do the claims. And I think it’s a good thing that I



can direct them to RSL to help them through it.

“Prior to having experienced RSL Queensland, I think that it got lumped into the same category as another government organisation that soldiers are frustrated with, when it’s really not.

“I got an opportunity to speak at the North Gold Coast RSL Sub Branch recently and I was really blown away by how much the members wanted to reach out and help younger veterans.

“I think RSL Queensland is really there to help us veterans, regardless of our age, move into civilian life a lot better.” ←



RSL Queensland staff and Defence Force personnel raised money during the annual Poppy Appeal on 8 November to help Districts and Sub Branches support veterans in their communities.



We REMEMBER TO REMEMBER

On Remembrance Day, RSL Queensland called on Queenslanders to Remember to Remember and to reflect on the service and sacrifice of former and current-serving veterans.

Busy lives and competing priorities mean many Queenslanders forget to remember the significance of Remembrance Day.

Queenslanders were urged to pause for a minute's silence at 11am on 11 November, a simple observance that many have forgotten over the years.

"Observing this significant historical event with a minute of silence and reflection is a mark of respect to the brave young men who fought and fell in the First World War, as well as their comrades who returned," RSL Queensland President Tony Ferris said.

Here is a snapshot of how Queensland remembered...







06

01 SAS veterans gather at the Shrine of Remembrance at ANZAC Square following the Remembrance Day service.

02 The catafalque party dismounting the Shrine.

03 RSL Queensland State President Tony Ferris officially greets Governor of Queensland His Excellency the Honourable Paul de Jersey AC.

04 Nine-year-old Emily Clapham and her father Heta Heta, a Vietnam veteran who served for New Zealand.

05 Eighty-three-year-old Leo Walsh OAM pays his respects.

06 Students lay wreaths at the Banyo service, which was attended by approximately 200 people, including 70 students.

07 Rural Fire Service personnel, police and school students lay wreaths in Beaudesert.



07

08 Cadets from the tri-service catafalque party participate in the service at Beenleigh Memorial.

09 A jacaranda tree in full bloom contrasted next to red poppy wreaths at the Blackbutt RSL Sub Branch Remembrance Day service.

10 The Ghost Soldier, a wire sculpture created by Brian Campbell, was on display during the Charleville service.

11 Goodna RSL Sub Branch President addresses members and the community during the service.

12 Members of the 5th Lighthouse troop in Biloela.

13 Local families handed out hand painted 'poppy rocks' to veterans and community members at the Bowen service.



08



09



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14

14 Emu Park RSL Sub Branch President Darryl Dwyer presents a \$500 cheque to the Rockhampton Pipe Band, which has been part of Emu Park commemorative activities for more than 50 years.

15 Unveiling a plaque dedicated to the Gallipoli pine tree that was planted during Emerald's Remembrance Day service for the Centenary of Armistice in 2018.



15

16 Calliope State School students recite *We Shall Keep the Faith* at the Remembrance Day service.

17 Ailsa Bennett from Inverpine Retirement Village at Murrumba Downs devised the brilliant idea of creating a garden of poppies, made from soft drink bottle bases, for the Remembrance Day service. Ailsa organised several workshops for volunteers to help make the poppies.



17



16

18 Veterans and community members gathered at the Weeping Mother's Memorial in Littleton Park in Gatton. Cadets from 205 SQN AAFC provided the Catafalque guard and a piper from the Lockyer Celtic Pipe Band provided music.



18



19

19 Esk veterans and community members gather for the Remembrance Day service, during which WWII veteran and Sub Branch patron Jack O'Keefe laid a wreath.

20 Members of the 11 Army Cadet Unit performed the catafalque party duties at Greenbank RSL Sub Branch's Remembrance Day service.



20



21



22



23

21 Pictured at the Geebung service were veterans, left to right, Rat of Tobruk Gordon Wallace, Bryan Barry, Bluey Wilson and Michael Hinchey. The service was attended by almost 100 people, including veterans, politicians and residents.

22 Eimeo Road State School students lay a wreath during the Farleigh and Northern Beaches service, which was led by President Greg Smith at the Bucasia Memorial.

23 Forest Lake PTSD support group members and their assistance dogs at the war animal memorial following the Remembrance Day service.



24

24 Tewanin Noosa RSL Sub Branch Vice President Graham Pattle pays his respects during the Remembrance Day ceremony.

25 Pictured at the Thuringowa service were, left to right, welfare officers Jye Christie and Jeremy JEB Browne, Deputy Mayor Cr Les Walker, Vietnam veteran John Hanno Hanlon, Aaron Harper MP, Townsville City Councillor Kurt Rehbein, Thuringowa RSL Sub Branch President Rocky Hema and veteran Greg Pride.

26 Some of the younger veterans from Tweed Heads and Coolangatta RSL Sub Branch enjoying comradeship after the service on Remembrance Day.

27 There was a good turnout of community members for the Ipswich service.

28 Kawana Waters RSL Sub Branch members on Remembrance Day.



27



25



28



26



29



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33

33 Hervey Bay residents gather at the Remembrance Day service in Freedom Park. During the service, Sub Branch Chaplain Jeff Jarvis paid tribute to everyone affected by the devastating bushfires. A total of 38 wreaths were laid, including 14 by local schools.



31

34 Flag bearer Jason Heath and parade marshal Kevin Gill during Murgon's Remembrance Day parade.

29 Wreaths and poppies were laid during Manly Lota's Remembrance Day service. (Photo: Donna Jones).

30 During the Mossman service, the RSL Sub Branch presented Mossman State High School with a replica of a mural created by Year 9 students in 2012 etched onto three coffee mugs, with a mosaic commissioned by Sam Mathews in the background.

32 The refurbished Eacham Memorial Gates were officially reopened by Malanda RSL Sub Branch President Christine Reghenzani OAM following the Remembrance Day service.



34

31 Miles RSL Sub Branch members observe one minute's silence during the service in ANZAC Park.



35



38



36



37

35 Sherwood Indooroopilly RSL Sub Branch held its Remembrance Day service at Graceville Memorial Park.

36 Joe Carroll laid poppies during the Pine Rivers service to honour Sub Branch members who died in the past 12 months.

37 Cleveland High School students with Redlands RSL Sub Branch Deputy President Ian Gray. Leading up to Remembrance Day, students from four schools participated in the Honouring Our Fallen Project, which saw students place an Australian Flag on the grave of veterans buried in the Redlands.

38 Mt Molloy RSL Sub Branch member LAC Norman Howsan lays a wreath during the Remembrance Day Service.

39 The catafalque party from C Coy 31/42 RQR Rockhampton at the Gracemere service under the leadership of LCPL Matt Hibble with Flag Orderly, Anthony Egretz, member of 1st CQ Light Horse Regiment, left, watched by students and teachers from St Paul's Catholic Primary School and members of the public.



39

40 Stephens RSL Sub Branch fundraises for veterans in the lead up to Remembrance Day.

41 WWII veterans and war widows were guests of honour at the Toowoomba Remembrance Day service, which was attended by around 250 people.



42 The catafalque party mounting the Cenotaph at the Maryborough RSL Sub Branch Remembrance Day service, which was attended by numerous veterans and local community members.

43 Toowong RSL Sub Branch members fundraising in the leadup to Remembrance Day.

44 Students from Charters Towers High School pay their respects.



EDUCATION HELPS NAVY VETERAN FIND NEW PURPOSE

For Navy veteran Deb Morris, education is a stepping stone between Defence and her new career path. A scholarship from RSL Queensland is helping facilitate this time of personal growth.

 Matilda Dray

DEB has close ties to Defence – she served for several years in the early 2000s, her spouse also served, and her family history dates back to veterans from WWI. But when she discharged in the mid-2000s, she left military life behind her and sought a new direction.

“When I left Defence, I pretty much burnt my bridges, threw it over my shoulder and walked away. I didn’t want anything to do with the military or with veterans,” Deb says.

“There’s a number of challenges that you face when you leave Defence and it can be really overwhelming. It’s been likened to a reverse culture shock, where you have to learn a whole new set of rules of engagement and new norms to participate in society.”

FULL CIRCLE BACK TO DEFENCE

But Deb’s life has come full circle and the RSL Scholarship Program is now

helping her finish her PhD – which examines the home space for families of veterans.

“It was actually through the process of going back to university and studying that I started reconnecting with literature and the things that were happening in the veteran community,” Deb explains.

And her PhD is only the most recent of her educational pursuits. Since leaving Defence she has completed a certificate II, diploma, undergraduate degree and honours.

“I fell into that category of being young, still focused on having a career in Defence, but really didn’t have any idea of where I wanted to go.”

EDUCATION CHANGES HOW YOU SEE THE WORLD

Deb believes Defence members really benefit from doing further education when they leave the Armed Forces.

“It doesn’t just give you an idea of


“IT DOESN’T JUST GIVE YOU AN IDEA OF HOW YOU CAN GO FORWARD AND HAVE A CAREER, IT GIVES YOU MEANING. IT GIVES YOU A DIFFERENT WAY TO SEE THE WORLD, A DIFFERENT WAY TO APPRECIATE THINGS AND A DIFFERENT WAY TO LIVE.”

how you can go forward and have a career, it gives you meaning. It gives you a different way to see the world, a different way to appreciate things and a different way to live,” Deb says.

She cannot speak highly enough about RSL Queensland and what the scholarship has meant for her.

“The scholarships really ensure that you’ve got a bit more financial security to ensure that you can continue to study – to be able to move on with your life.”

With the veteran community in a state of flux, Deb says RSL Queensland is trying hard to catch up, understand the nature of contemporary service and provide services for veterans transitioning out.

“Because the scholarship is coming from an ex-service organisation, it’s actually supporting those that served to ensure they can move on with their lives and receive further education, which is paramount to having a career post-service,” she explains. 



APPLY FOR AN RSL QUEENSLAND SCHOLARSHIP

The RSL Scholarship Program empowers ex-Defence personnel, partners and their children by supporting them through tertiary study or vocational training. Visit rslqld.org/scholarship to find out if you are eligible.



RSL GRANT HELPS YOUNG DANCER **REACH** **HER DREAMS**

Thanks to a grant from RSL Queensland, 18-year-old Georgia Baxter from Caloundra has been able to pursue her dancing dreams on the international stage.

 Georgia Baxter



APPLY FOR AN RSL SCHOLARSHIP

We have since evolved and expanded our support to the Defence community, creating the RSL Queensland Scholarship Program. This program empowers ex-Defence personnel, partners and their children by supporting them through tertiary study or vocational training. Find out if you are eligible at rslqld.org/scholarships


MY name is Georgia Baxter and in 2016 I was very fortunate to be awarded a \$5,000 RSL Queensland Youth Development Grant. This grant helped me attend the six-week Summer Intensive Program at the Houston Ballet Academy in Texas, USA.

This was a fantastic experience, which I really enjoyed. While attending the program, I auditioned for the Academy's full-time program and was successful in being offered a place.

This meant that at the age of 14 I had to move to Houston to live there while attending ballet classes every day at the Academy. I had an amazing time training at the Academy for three years and learning from some world-class dance teachers and choreographers.

In 2018, I travelled to Switzerland to represent the Academy at the Prix de Lausanne Choreographic Project and toured with the Houston Ballet Company to Dubai. I also performed with the Company in *Swan Lake*, *Nutcracker* and *Coppelia* and was awarded the Houston Ballet Academy 2018 Professional Female Student of the Year Award.

I recently flew to Wellington to audition with the Royal New Zealand Ballet and was offered my first professional contract. I am now settling into my new life in Wellington and looking forward to the challenges that lie ahead as I commence my professional ballet career.

I will forever be indebted to RSL Queensland for awarding me the grant three years ago. Without their financial support, I would not be where I am today. 

MATES 4 MATES

Magazine

*National
Appeal Day
makes an
impact*

Art classes
providing new
ways to recover

Christmas
without the
stress

Issue 4. 2019





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

This year we've had the honour of actively changing lives and creating positive futures for veterans and their families.

Supporting veterans and their families through rehabilitation and recovery is a responsibility that we don't take lightly. Our dedication to our Mates inspires us as an organisation, and as individuals, to provide services that are evidence-led, tailored and inclusive. Throughout 2019, the need for support has continued to grow with more people reaching out to Mates4Mates to access services.

To keep up with the need, we've increased the number of Volunteer Liaison Officers around the regions, launched multiple fundraising initiatives to ensure we're expanding our revenue streams to cater for more Mates, and are looking at new areas to expand into.

Currently, over 4,400 veterans and their families have accessed support through Mates4Mates. But there are thousands more that need our help. As we look ahead to 2020, we are thankful for the ongoing support of our community, and RSL Queensland, in supporting our mission. Together, we can make a greater difference.

From everyone at Mates4Mates, have a safe holiday and see you in 2020. ■

Troy

From **January to October 2019**, we've made over 21,000 face-to-face contacts with veterans and their immediate family members.



3,754

Psychology appointments



7,373

Social connections



9,902

Physical rehabilitation and wellbeing connections

Holiday Opening Hours

All Mates4Mates Family Recovery Centres will be **closed over the Christmas and New Year period**, from Wednesday, December 25 until Wednesday, January 1. In addition, all regional activities will also cease during this time.

The Centres will be open again from Thursday, January 2. Contact your local Family Recovery Centre for more information.

Get in touch



Central and North Queensland

(07) 4771 9600
townsville@mates4mates.org



South East Queensland

1300 4 MATES (1300 4 62837)
or (07) 3493 6200
brisbane@mates4mates.org



Tasmania

(03) 6242 8940
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 or call **1300 462 837**.

Finding healing through art

At Mates4Mates, there are many pathways to recovery. For some, it's taking part in gym sessions or cycling activities, for others, the mindful practice of doing something creative makes all the difference.

At the Mates4Mates Family Recovery Centre in Brisbane, Mates are developing their artistic drawing skills. In Townsville, they are whipping up new recipes, and in Hobart, a group is learning the art of crocheting.

These are just three of the many social connection and wellbeing activities offered by Mates4Mates, aiming to provide creative outlets for veterans and families to improve their wellbeing.

While there are many activities on offer, these three classes are a little unique. They're run by Mates for Mates.

Mates4Mates South East Queensland Regional Manager Marc Diplock said the classes were designed to help Mates find new ways to recover and complement other services on offer. "Our model of care is centred around providing a variety of services so that veterans and families can find a pathway to recovery that fits their unique needs," he said.

"Creative classes, like drawing and crocheting, have proven to

be popular and give veterans more opportunities to connect with others and improve their mental wellbeing while learning new skills."



"I definitely recommend trying as many different activities as you can. You never know which one will speak to you until you try."

— Mark Ericksson

"We've also had the opportunity to have Mates help lead a number of these programs and give back after they've had a positive experience at Mates4Mates."

For more information about Mates4Mates social connection and wellbeing activities, phone 1300 4 MATES (62 837) ■



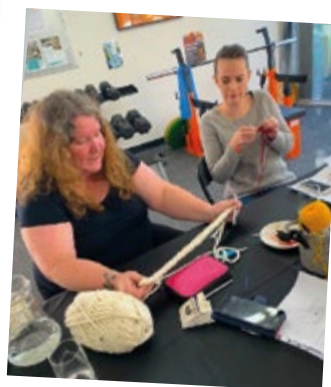
In **Brisbane**, Mark Ericksson is teaching others how to draw and find healing through art. Having taken part in art lessons at Mates4Mates after discharging from the Army, he was inspired to study a Bachelor of Fine Arts and now uses his skills to give back.

"After being medically discharged in 2010 I felt lost. I had only ever wanted to be a soldier and felt that I hadn't just lost a job

but a big part of my identity. I found that helping other veterans and their families gave me back a sense of purpose. For Mates that don't yet know what their passion is, I definitely recommend trying as many different activities as you can. You never know which one will speak to you until you try."

In **Townsville**, Raymond Thain, is using his passion for food to help out at the Centre's new Community Kitchen program. After being a chef in the Army for 27 years, he enjoys passing on his knowledge of food and kitchen hygiene.

"Mates4Mates has been wonderful to my wife and I, so it's good to give something back. The camaraderie in programs like these is really great. Everyone, including partners, have all been through the same things and can relate to each other."



In **Hobart**, Angela Beyer runs a weekly crochet class – an activity she's found to be hugely beneficial for managing her own mental health after discharging from the Navy.

"Activities like this brings people together. It's tremendous to have the opportunity to teach others a new skill. I find crocheting a good mindful way to relax and teaching the class has helped me feel that I can make a difference."



Get festive without the stress.

The holiday season symbolises different things to all of us. No matter what it means for you, make sure you plan ahead to reduce festive-related stress.

For some people, the holiday season is a joyous and fun-loving time, filled with family, friends and excitement. However, for others, it can be very stressful. Worries about finances and spending time with relatives, negotiating schedules and seemingly trying to keep everyone happy can understandably bring on feelings of stress, dread and sadness. You may also be one of the many people who, for a variety of reasons, find themselves alone throughout the holiday period.

“Whatever the situation you find yourself in, it’s important to focus on your wellness to make this time as easy and stress free as possible. One way of achieving wellness is to use your time wisely.”

This means not treating this time of year as another list of tasks that you have to accomplish with deadlines and expectations attached. Delegate to take the pressure off, keep it simple, take

time for yourself and adjust your expectations.

Focus on quality time with the people who mean the most to you and keep things in perspective. Not every activity needs to be squashed into this period of time and you simply cannot please everyone all the time. By using your time wisely and remembering that the purpose of the holiday season is to bring some joy and happiness into each other’s lives, you will place yourself in the best position to face challenges that arise.

Using your time wisely also applies if you are spending the holiday season alone this year. Sometimes having too much time on your hands can bring upon stress and sadness. Adjusting expectations and understanding that many people are feeling the same way as you is important.

The reality is that in Australia, the rate of one person households has steadily increased

over the years with the latest research showing over 24 per cent of households fall into this category. We also know that rates of loneliness have grown significantly over time with 1 in 10 reporting they lack social support and 1 in 6 experiencing emotional loneliness.

If you know someone who is doing something on Christmas day, why not take the plunge and give them a call. Let them know your circumstances. Most people love opening their households to a friend.

Alternatively, try volunteering in your community. There are a number of organisations that run community lunches or dinners on Christmas day for those in need. Helping can be particularly rewarding at this time of year.

Be grateful for the people and things you do have in your life as too often we forget or minimise the things that matter.

No matter what your circumstance is during this holiday season, everyone can put steps in place to reduce festive-related stress ■



Written by Georgia Ash
Mates4Mates Psychology
Services Manager and
Clinical Psychologist.

Where to find help?

If you need support over the holiday period, there are many organisations that offer 24-hour support.

Open Arms

1800 011 046 openarms.gov.au

Lifeline (24 hours)

13 11 14 lifeline.org.au

Suicide Call Back Service (24 hours)

1300 659 467
suicidecallbackservice.org.au

Australian Defence Health All-hours Support Line

1800 628 036



“Whatever the situation you find yourself in, it’s important to focus on your wellness to make this time as easy and stress free as possible. One way of achieving wellness is to use your time wisely.”

No Mate Left Behind.

On November 14, Mates4Mates held their first National Appeal Day to raise funds to help support more veterans and their families.

To each and every person who generously donated to our National Appeal Day, thank you. Because of you, and our corporate partners, we raised more than \$101,000. This will enable us to expand services in 2020 and reach more veterans and families in need. This includes, additional group wellness programs and the expansion of services into new areas.

Thank you to our principal matching partners Rehab Management, our corporate and community supporters including 97.3fm, Equine Encounters, Apex Financial Advice, Toowong Private Hospital, Adventure Professionals and Bulk Nutrients and our Appeal Day ambassadors Craig and Lara Lowndes, Adam Brand, Kevin Humphreys and Rupert McCall.

“Lara and I are very proud to be Ambassadors for Mates4Mates and it's a cause that we both feel strongly about. Lara has a family history of members that served, and I have seen firsthand the commitment of our service people, after visiting our Troops in Iraq. They sacrifice and stand by us, so that we have the amazing country that we do.”

— Craig Lowndes



Principal matching partner

rehab
MANAGEMENT

Images:
National Appeal Day.

Recognised for service.

One of our Mates, John White, has recently been awarded the Distinguished Service Cross by the Governor General of Australia for his leadership under fire. This recognition and award comes 51 years after the Battle of Ngok Tavak in Vietnam, where John as a 26-year old

captain in the Australian Army Training Team Vietnam bravely lead his unit. John has faced a number of challenges over the years, including battles with his mental health. But through his courage and determination and reaching out for help, John has gone on to live a fulfilling and meaningful life.

“The award of this medal is significant in that it belatedly gives recognition to Australians who were deployed to little-known but vital postings across the country.”

— John White





Ladies on tour

Staff hit the road and took the **Townsville** Partners' Women's Group to Cairns for a weekend, visiting the Cairns RSL Club, the Day and Night Markets, and snorkelling at Green Island. This was a great way for the partners of veterans to connect and spend time in a supportive environment. ■



Mates buzzing over new creation

The **Brisbane** centre has been buzzing over the last couple of months with many new activities, including a beehive-building workshop supported by Bunnings Rocklea and Renae McBrien. The social connection activity aimed to bring Mates together and teach new skills. ■



Veterans' Health Week

The Hon Darren Chester MP and Phillip Thompson OAM MP, visited the **Townsville** Family Recovery Centre during Veterans' Health Week to check out the facilities and programs. As part of the visit, Mates and family members enjoyed a social game of wheelchair rugby and connected over a BBQ. ■



New moves

Brisbane Mates have been taking part in a new Brazilian Jiu Jitsu class, focused on learning techniques in self-defence and how to move and defend from an uncomfortable position. The class also focused on using mindfulness to engage in, and learn new skills, empowering those taking part. ■

Around the *regions.*

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



Green thumbs

With garden trowels in hand, Mates gave the **Hobart** veggie garden a little revamp. They harvested spring onions and carrots and replanted tomatoes, strawberries and chillies. With great conversation and bright sunshine, all Mates enjoyed the morning. ■



Mountain biking thrills

With peddles spinning, Mates sped down the famous Ben Lomond Mountain Bike Descent in **Tasmania**, dropping a total 1050 vertical metres. The scenery was nothing less than spectacular, ensuring it was a memorable day for all involved. ■

Don't wait until January or Monday.



As the end of 2019 looms and 2020 is merely a stone's throw away, we start to think about the goals unmet and the projects left unfinished. This might be the time when you begin to feel the pressure and go into overdrive to tick things off your health and fitness to-do list. We often start our #summershred or ambitious gym regime, valiantly trying to build muscle, lose weight or reach that goal before the holiday season begins. However, if this leads to feeling overwhelmed many end up putting it in the 'too hard' basket and save it for the New Year. Then the cycle starts again with the pressure to commit to a New Year's resolution.

Long term changes happen with small consistent habits and you don't need to wait until January 1, or Monday, or when the stars align to get started. There is no better time to start than now.

Focusing on small goals will bring a sense of achievement, increase confidence, and you'll be more likely to take on bigger, more ambitious health and fitness goals as time goes on. Here are three tips to get you started:

Set the habit and slowly increase it

Set a reminder in your phone for 20 minutes of non-negotiable movement every day. Can't find 20 minutes? Start by going for a

walk around the block each day, do just five minutes of squats or set a timer to stretch for five minutes. There's a really good chance you'll end up doing more as movement releases all those feel-good endorphins.

Set a goal based on feel, not appearance

Setting goals to achieve a distance or time to feel strong or to have more energy, is going to make you feel good and motivate



"There are many benefits to setting small, realistic goals and there is no better time to start than now."



Written by Lauren Kelly
Mates4Mates
Exercise Physiologist

you. When you feel good, you'll stick with it and reach your goals.

Work with your energy levels.

If you're free at 3pm to exercise, but you have more energy in the morning, that isn't going to keep you motivated. Instead, wake up 20 minutes earlier and work in with your energy levels.

Make a commitment to start today ■

2020 Rehabilitation Adventure Programs and Equine Therapy.

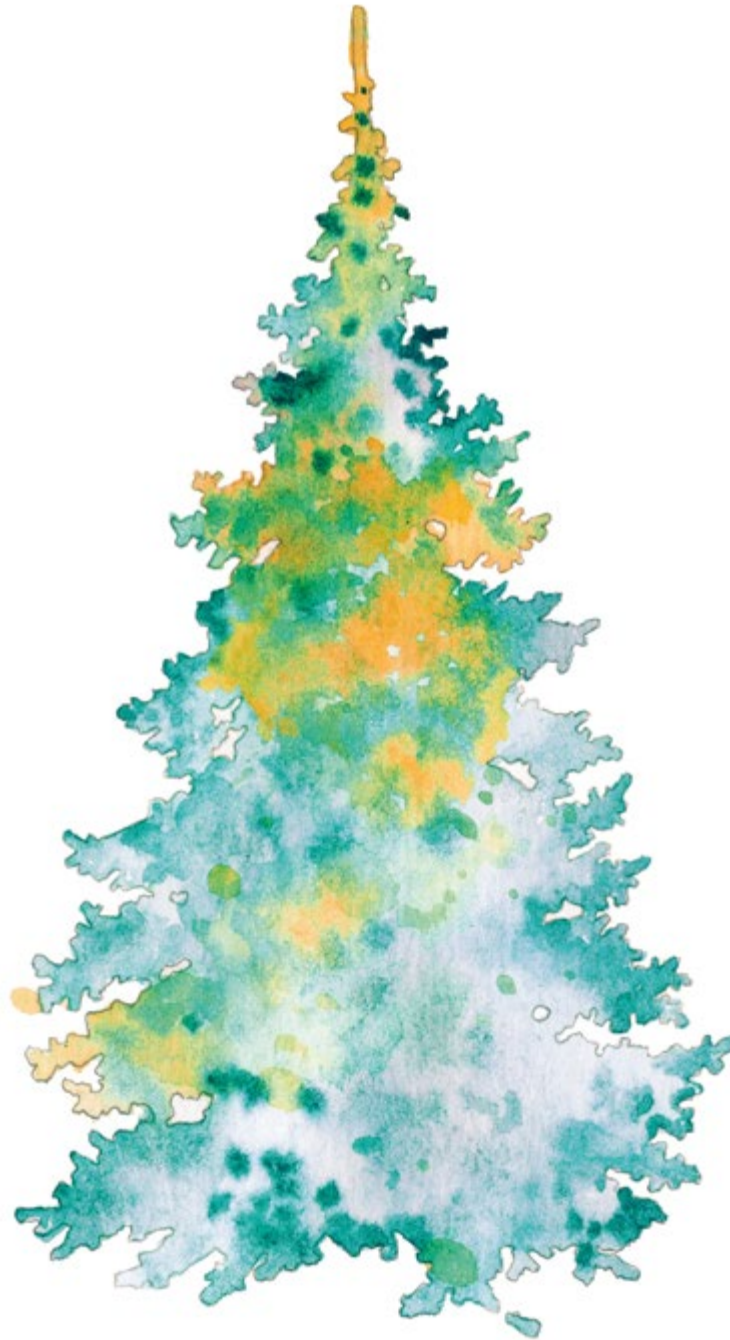
At Mates4Mates, we know that injuries come in many forms and there can't be a one-size-fits-all approach to recovery, which is why our programs incorporate a range of rehabilitation options.

Our programs are designed to provide veterans and their family members with opportunities to develop relevant skills and techniques that will help them move forward in life and manage their wellbeing into the future.

We are here to provide recovery options that meet the needs of veterans. In 2020, Mates4Mates is proud to deliver a range of Rehabilitation Adventure Programs and Equine Therapy as recovery programs for Mates and their families.



Please visit mates4mates.org to find out more and submit an expression of interest.



Thank you

to everyone who supported Mates4Mates in 2019

From the entire team at

MATES 4 MATES

Stay in touch

mates4mates.org



1300 4 MATES

YOUNG VETERAN CHOSEN FOR PREMIER'S ANZAC PRIZE



Young Army and Air Force veteran Paul has been selected from among 70 applicants to be the RSL Queensland representative for the Premier's ANZAC Prize.

✍ Matilda Dray

THE honour will see Paul accompany a group of eight students on a 16-day tour of important memorial sites in London and the Western Front battlefields in France and Belgium in April/May 2020.

Paul was selected by RSL Queensland because of his enthusiasm for supporting students to ensure they have the best experience possible. He is passionate about helping educate and develop today's youth, inspiring them to study military and contemporary history.

"Battlefield tours are an important experience in shaping the understanding of the consequences of national policy, communities and decision making of our future leaders," Paul says.

"I'm very excited and proud to be RSL's representative on this worthwhile trip."

PROVIDING CONTEMPORARY MILITARY INSIGHT

Paul served in the Army from 1998-2004 and the Air Force from 2005-2015. He deployed overseas to Afghanistan, Iraq and the Gulf States, in addition to providing humanitarian services in Indonesia.

He has worked as an instructor at the Australian Defence Force Academy and has both a Bachelor of Arts (History) and a Masters in Aviation (Management). He currently works in the aviation industry.

Paul is a member of Sherwood-Indooroopilly RSL Sub Branch and recently joined the committee as part of its compliance team.

In his spare time, Paul also contributes to his local community by coaching kids' baseball and volunteering for the State Emergency Service.

APPLICATIONS FROM 30 TO 83-YEAR-OLDS

A diverse group of RSL Queensland members applied for the opportunity, including teachers, police officers, a paramedic, a university professor, a school liaison officer, Sub Branch Presidents, District Presidents and founders of the local Army Cadets. Many shared personal stories and their family's military history.

Male and female veterans ranging in age from their early 30s through to an 83-year-old man were eager to participate in the trip. Applicants had an array of ADF service, with deployments ranging from Vietnam, Korea, Middle East, Africa, East Timor and Malaysia.

They were asked to describe how they would add value to the students' experience. Many described developing a bond with students to teach them about modern-day service and help them understand the sacrifice and contribution of veterans.

One wrote: "As an Afghanistan veteran, I would add value to this amazing opportunity by providing the students with contemporary military operations insight to help bridge the gap of time between WWI and modern conflicts." ✈

ABOVE: Paul Kretschmann, who served in both the Army and Air Force, has been selected as the RSL Queensland representative for the Premier's ANZAC Prize to accompany students on a 16-day tour of important memorial sites in Europe.

"PAUL WAS SELECTED BY RSL QUEENSLAND BECAUSE OF HIS ENTHUSIASM FOR SUPPORTING STUDENTS TO ENSURE THEY HAVE THE BEST EXPERIENCE POSSIBLE. HE IS PASSIONATE ABOUT HELPING EDUCATE AND DEVELOP TODAY'S YOUTH, INSPIRING THEM TO STUDY MILITARY AND CONTEMPORARY HISTORY."

20 YEARS ON:

commemorating **peace** *in Timor*

For many Australian Defence members involved in the peacekeeping mission to East Timor in 1999, the traumatic events they experienced would be forever burned in their memories. Many described the horror they felt at witnessing the chaos and destruction of a nation, and the deep, lasting ways it impacted them. The chance to visit Timor 20 years later to see the positive impact of their involvement was an emotionally charged and healing experience.

 Matilda Dray

TWENTY years ago, on 15 September 1999, Australian Forces led the deployment of a multinational peacekeeping force known as INTERFET to East Timor. About 5,500 of the 10,000-strong INTERFET were Australian military personnel and 22 countries participated in the operation.

To commemorate the 20th anniversary of INTERFET, RSL Queensland hosted a delegation of six veterans on an eight-day tour of East Timor, now Timor-Leste. The tour culminated in a commemorative ceremony in Dili. >>



AN EMOTIONAL RETURN

By Katie Kilpatrick

I was privileged to be selected by RSL Queensland among seven delegates to return to East Timor for the INTERFET 20-year anniversary. As part of the trip, I travelled through the country with Veterans Care Association's Timor Awakening program.

Twenty years ago, I was a young soldier in Townsville. I remember watching the news, waiting to find out if – or when – my unit would be deployed to East Timor. I experienced a range of emotions, from eagerness and curiosity to apprehension and nervousness.

I experienced those exact feelings in the weeks before returning to East Timor. The idea of returning to the country and sharing the experience with a group of strangers was quite overwhelming.

The trip and its full itinerary sounded amazing, but also loomed ahead of me in an intimidating way. I like to be in control and the idea that this journey was in someone else's hands made me quite anxious. I almost changed my mind.

I am grateful that I didn't change my mind, and very grateful for the support of the wonderful Veterans Care team. By the end of the trip, not being in control or having to 'adult' for a week was quite cathartic!

We learned the history of East Timor

Prior to the trip, I had limited knowledge of East Timor's history. Through the TA program, I learnt about their struggles in WWII and Australia's role in that conflict.

I learnt about the exit of Portugal, Indonesia's occupation in 1975, and the tragic events that led to the death of the Australian Balibo Five journalists. I learnt of the Dili

Massacre in 1991 and the events through 1999 that led to our arrival.

Through the program, we watched videos and documentaries to understand the history and turmoil of this country and then travelled to key areas of significance. We travelled by convoy to Betano Beach and saw the remains of the HMAS *Voyager*.

We watched a video featuring members of the 2/2nd Independent Company – a very moving experience. The following day, we walked along the same beach and with each step I recounted their stories in my mind.

We were met with open arms

We travelled in a convoy of vehicles to Dare, Maliana and Balibo. Everywhere we travelled we were met with open arms and hearts by the Timorese.

My biggest takeaway from this trip was their ability to acknowledge and remember the pain and suffering of the past, but also move forward and forgive.

A long time ago, the Timorese recognised that the only way their country could truly be free and progress as a new country, was to forgive the Indonesians. This is a challenging concept for many of us to accept, yet they have achieved it.

For the first time, I could truly be proud of myself

I never realised how important our role in East Timor was in 1999, nor how important a neighbour Australia has been to East Timor over many decades. The Timorese treat us like family, and it was wonderful to share this journey with the Timorese veterans who had fought for so long for their independence.

Probably for the first time, I could truly be proud of myself, my unit and the work we had done. Because now I understood just how significant this was to the people.

By the time Friday 20 September arrived, I looked at my role in INTERFET – and the role

of INTERFET as a force – with a whole new perspective.

The anniversary was commemorated with a range of activities in Dili. I started the day with an appearance on live television alongside five other veterans being interviewed for a morning news program. The Timorese wanted to hear how their country had changed in the 20 years since we first arrived.

In the afternoon, I cheered loudly in the grandstands at Dili Stadium for the FALANTIL Veterans vs INTERFET Veterans football (soccer) match.

Meeting former Governor-General of Australia Peter Cosgrove AK CVO MC and former President of East Timor Xanana Gusmão after the match was a fantastic way to end the day.

Veterans shared their experiences

The highlight of the trip for me was listening to the stories of fellow veterans. The program included veterans from all three services in a wide range of corps. Along the way we visited significant sites and shared stories over the radios, which provided many opportunities for people to share recollections of their deployment in East Timor.

It was eye-opening to hear about their experiences and I am grateful to the veterans who were willing to share. I hadn't realised how much I missed being around other like-minded veterans.

That is why programs such as Timor Awakening and the role of RSL Queensland is so important. I believe the connections we make with each other will help us through our life's journey and give us the support we need, even when we don't recognise it ourselves.

<< The tour was organised and delivered through RSL Queensland's partner Veterans Care, which also runs the Timor Awakening (TA) program. TA is a rehabilitation and community engagement program that brings veterans to Timor-Leste to see firsthand the progress of its people and help bring veterans inner peace.

TA Program Director Mick Stone enlisted in the Army in 1996 and served for 20 years. During that time, he served on multiple peacekeeping missions in Timor and was an advisor to both the Timorese Army and the Timorese President.

Mick was also part of the recent trip to Timor-Leste and describes his vivid and upsetting recollections of his time serving in the war-torn country.

"Witnessing the total destruction of Timor and the widespread suffering of innocent people is something that has stuck with me to this day," Mick says.

He established Timor Awakening as part of his journey of healing and wellness.

"I was desperate to come out of a dark place and deep illness, and I was reaching out for any type of treatment I could. I consider myself fortunate that I've had the opportunity to both heal and contribute to the healing of other veterans," Mick explains.

Rehabilitation and commemoration in Timor gives veterans a healthy perspective and helps them realise they're not alone in suffering with physical or mental pain. >>

"IT'S VERY HARD FOR US TO HEAL BY OURSELVES. WE'RE PROGRAMMED TO BE PART OF A COMMUNITY, AND TIMOR AWAKENING ENCOURAGES AND INSTILLS THAT IT'S OKAY TO GET HELP. INDEED, WE CAN CONTINUE TO LIVE LIVES WITH PURPOSE, IDENTITY, HONOUR AND IN SERVICE TO OUR COMMUNITY AS WE DID WHEN IN UNIFORM."



ABOVE: A veteran from Timor-Leste.

RIGHT: Children from the surrounding area put on a performance for veterans at the Riak Retreat at Boaventura University during the traditional ceremony.





GREAT SATISFACTION

Tony Irwin joined the Army in 1979 and during his career was deployed to Bougainville, the first Gulf war in 1990, East Timor and the Solomon Islands.

"I have very bad memories of Timor. But on the positive side, we could learn a lot from the Timorese. They're still so resilient and happy and they're just getting on with life.

"Coming back here for myself, I wanted to find out if we had done the right thing by the country and I think we have.

"I believe we did what we could during INTERFET to help the people and there's so many positive outcomes. That's given me great satisfaction and I feel so welcomed and so privileged to be here in Timor.

"The Timor Awakening program gives you some tools to assist with some of the problems you may have, such as coping with anxiety, addiction, alcohol and just dealing with relationships. Coming to Timor really makes you appreciate what you have at home and how precious families are."



ABOVE: Veterans on the tour chatted with students at a school in Same.

ABOVE LEFT (TOP TO BOTTOM): Xanana Gusmão and General Cosgrove at the INTERFET ceremonial soccer game.

LEFT: Veterans handed out books and supplies to students at a school in Same.



PERSONAL AND CONFRONTING

Dannielle Brearley served in the Navy from 1997 to 2002.

"My memory of Timor 20 years ago was a place of destruction and darkness. Buildings were burned down, people were displaced, but children were still smiling on the sides of the road and very welcoming when we arrived.

"It was very personal and confronting because I was only 20 when we came over. It was the first time I'd ever seen anything of such mass destruction in my lifetime.

"My impression of the country now is that they've come around three-fold. They've gone through destruction, they've won freedom and they've won their natural resources back.

"It was an honour to be a part of the RSL delegation. You serve for your country and now we're back here representing our country. I've met some amazing people, and they've had some traumatic experiences themselves."



ABOVE: Veterans were greeted warmly by locals as they travelled around Timor-Leste.

A family in the small village of Same, across the road from where the tour group stayed at the Hotel Uma Liurai.

<< “A major lesson that comes out of this experience is the realisation of how important it is to start with yourself. To be able to forgive yourself, respect yourself and love yourself, before you will be useful to others,” Mick says.

“It’s very hard for us to heal by ourselves. We’re programmed to be part of a community, and Timor Awakening encourages and instils that it’s okay to get help. Indeed, we can continue to live lives with purpose, identity, honour and in service to our community as we did when in uniform.” ←

FINDING MY TRIBE

Scott McAndrew joined the Army in 1988, served with 3 RAR in East Timor for INTERFET and Operation Spitfire and in the Special Operations Task Group in Afghanistan. In 2015, he crossed over to active reserves, before discharging in August 2019.

“Transitioning out of the military wasn’t an easy task. The biggest thing was losing your tribe. Things like attending this INTERFET commemoration have definitely helped me find my tribe again.

“I had a lot of guilt when I left East Timor. I felt like the mission wasn’t complete and I hadn’t done enough for the people.

“Coming back here has closed that door for me because I can see that the people have flourished. They’re growing stronger every day, they’ve managed to put behind the hardship, and they’re moving forward.

“I’ve seen more people dancing, a lot more Timor flags are flying and people have dental and health care. But the biggest thing I noticed was that people are now wearing prescription glasses, so they can actually see their beautiful country.

“The 20-year commemoration is a milestone for the people of East Timor.”



MODERN DAY DIGGERS DIGGING UP HISTORY

An archaeological adventure to dig up the past is helping a young Queensland veteran move on with his future.

 Len Kelly

Kieran Scotchford – an ex-8/9RAR infantry soldier who saw active service in Afghanistan – struggled to find his feet after leaving the Army. A trip to France in June 2019 for an archaeological dig at the WWI Australian and British battlefield of Bullecourt helped him leave behind the effects of his combat trauma and renew his excitement for the future.

“It was the best experience of my life,” Kieran says.

“It was surreal, and at first I felt daunted and apprehensive, but the mateship and camaraderie that was on display the first day from fellow veterans and the rest of the crew on site felt very familiar.”

The dig was partly funded by an Australian businessman and headed by English archaeologist Richard Osgood. A group of 25 volunteers – mostly British, with a sprinkling of Australians and French – excavated an Australian

wartime trench known as Melbourne Avenue.

Five others in the British group had seen active service in the Middle East, Northern Ireland and Bosnia, and all had suffered the effects of combat trauma.

The group camped out on the battlefield for a week on a disused railway embankment that was once the epicentre of the Battle of Bullecourt. It was from here that the Australians and British launched their attacks in April and May 1917.

Friendships between the volunteers developed quickly.

“It felt like we had been mates for years. To dig up history with modern day veterans will be an experience that I cannot imitate nor forget,”

Kieran says.

“I was reminded that you can have good times again, and I felt re-inspired to plan and look forward to the future”.

Since returning to Australia,

Kieran has thrown himself eagerly into a TAFE course studying electro-technology that will likely lead to an electrical apprenticeship next year.

While in France, Kieran also took time to seek out and honour the grave of his great grandfather’s brother, who was killed at age 20 while fighting with the Gordon Highlanders.

During the dig, three small sections of trench were excavated, along with an Australian dugout on the embankment. Participants described the digging experience as superb and many artefacts of everyday WWI trench life were found. The items were donated to the local Bullecourt museum.

The team also uncovered various munitions including mortars, bombs, grenades, flares, fuse caps and lots of .303 ammunition. A qualified explosives expert was onsite during the dig and all dangerous munitions were collected for destruction. ←



CLOCKWISE FROM TOP LEFT:
Australian Army veteran Kieran Scotchford in Melbourne Avenue with his tray of finds; Kieran and WWI historian Len Kelly, who sponsored Kieran to join the dig; An aerial view of the 2019 Bullecourt excavation; A group of 25 volunteers from Britain, Australia and France took part in the dig (Photo: Harvey Mills); British veteran Paul Barnsley excavating a full bandolier of .303 ammunition (Photo: Harvey Mills); Kieran with twins Harry and Jack Robson – Jack is a British war veteran; Some of the finds excavated during the archaeology dig. (Photo: Harvey Mills)



TOWNSVILLE BOUNCES BACK FROM DISASTER

After sustaining \$15 million worth of disastrous stormwater damage in January 2019, Townsville RSL proved it has the resilience to bounce back – and just in time to celebrate its 100th anniversary.

Townsville RSL had just completed stage seven of its major redevelopment in 2018 when the monsoonal weather hit early the following year.

General Manager Karla Malouf, who has worked at Townsville RSL for 25 years, says the damage was extensive.

“We had water coming through the roof from 30 January, well before the peak of the destruction, when the dam gates were opened on the night of 3 February,” Karla recalls.

“The result was one metre of water inundating the ground floor operation,

BELOW:
Townsville RSL and surrounds inundated with floodwaters.

BELOW RIGHT:
The damage to Townsville RSL was extensive and forced the building to close for 106 days.

as well as our welfare offices and veteran accommodation units.”

The damage forced the business to close for 106 days.

“This has left us really struggling as we are still battling with insurers, but we are grateful that our members and community continue to support us,” Karla says.

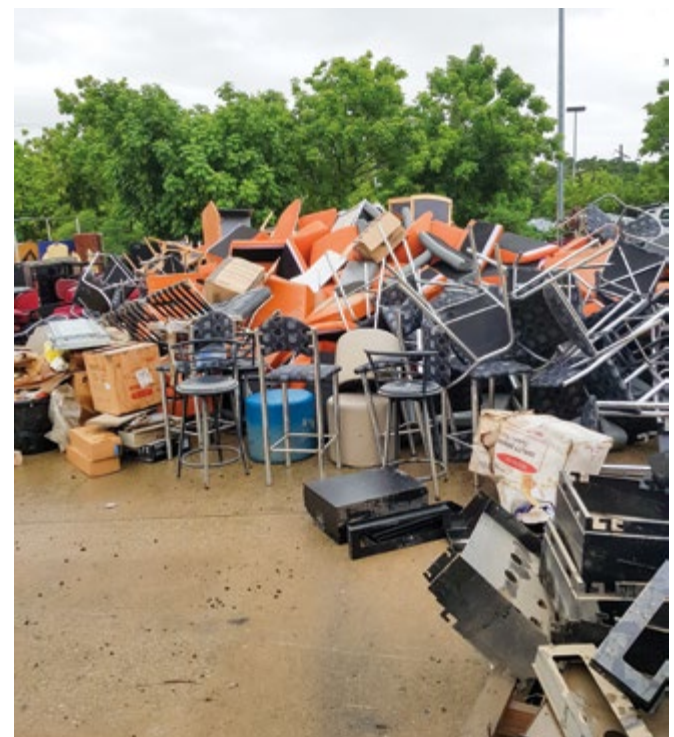
TOWNSVILLE HAS REBUILT BEFORE

It should have been a time for celebration, but Townsville RSL’s 100th year was one they would rather forget.

But it wasn’t the first time the organisation had rebuilt due to disasters. They knew they had the tenacity required to push through adversity and continue supporting Defence families, ex-service organisations and the wider community.

The top floor of Townsville RSL reopened in May, with one bar, a sports bar, one restaurant and 120 gaming machines. Complete repairs may take another 18 months.

The centenary on 1 September was celebrated with a public party at Jezzine Barracks. The RSL’s oldest member, Arnold Forrester – who had





turned 100 himself the previous week – cut the centenary cake alongside Karla and RSL Club President Bill Whitburn OAM.

HISTORY OF THE RSL

Townsville RSL received its charter from the Returned Sailors and Soldiers Imperial League of Australia (RSSILA) on 1 September 1919. Its history began in March 1917, however, when a meeting was held to establish a Townsville Returned Soldiers Association.

The aim was to ease the transition of soldiers returning home by offering the same camaraderie and mateship shown among troops at war. The adjustment back into home life wasn't easy for many, particularly those looking for jobs and needing to support their families.

Many who returned did not talk about their experience of war as it was too mentally challenging. In military service, soldiers depended on their mates, and there was an overwhelming desire to retain this camaraderie and ensure the memory of their fallen comrades would never fade.

EVOLUTION TO THE CURRENT BUILDING

In the early 1930s, a Memorial Hall was built on land previously purchased on Sturt Street.

A series of arson attacks throughout the city in 1965 resulted in the building burning down. Using funds made from selling their city sites to council and Woolworths, the Sub Branch purchased land on Charters Towers Road for \$36,950. This is the location of the RSL today.

This was also the year the RSSILA changed its name to the Returned and Services League of Australia (RSL).

The new Memorial Hall opened in 1965 and was home to the Townsville RSL until 1995, when the current premises opened in May that year. That old brick building is a distant memory, with many new redevelopments, refurbishments and expansions happening over the following years.

In 2003, the League and Club amalgamated to become the RSL

of Australia (Queensland Branch) Townsville Sub Branch Inc, or Townsville RSL for short. Overseen by one committee, the amalgamation of the two entities ensures that profits are used primarily for the welfare of veterans and their families as per the RSL Queensland Objects.

Thanks to Dorothy M Gibson-Wilde for providing information about Townsville RSL's history. ←



FAR LEFT: Army personnel assisting during the disaster.

TOP LEFT: One metre of water inundated the ground floor of Townsville RSL, which included welfare offices and veteran accommodation units.

ABOVE: The top floor of Townsville RSL reopened in May, with one bar, a sports bar, one restaurant and 120 gaming machines. Complete repairs may take another 18 months.

LEFT: Cutting the cake at Townsville RSL's centenary, left to right, General Manager Karla Malouf, President Bill Whitburn OAM and Townsville RSL's oldest member, Arnold Forrester, who had celebrated his 100th birthday the previous week.



The Federation Guard Precision Drill Team were part of the 100-year celebrations.

ESO CORNER

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

LIFE IN THE DEFENCE FORCE WITH SPECIAL NEEDS

Defence Special Needs Support Group Chief Executive Officer Kim Collins shares what life is like as the mother of two children with special needs and how her organisation supports the Defence community.

 Kim Collins

Any parent of a special needs child will tell you that absolutely nothing could prepare them for the complete and utter heartache – but also the unimaginable joy and elation – that comes from raising a child with special needs.

Unless you live it every day you cannot possibly know what it's like or how it feels. So, as a mother of five sensational children – two of who have special needs – here are some unspoken truths I believe come with being a mother or carer to a child with challenges.

WE ARE ALWAYS HYPER-VIGILANT

We are always planning, pre-empting or waiting for a trigger, or anticipating the next hurdle our child will need support overcoming. It's a case of always observing, being on edge and

ready to manage whatever might come our child's way that they won't be able to handle themselves.

They need us to be there, thinking ahead and planning, because they can't do this themselves. This state of hyper-vigilance is exhausting and can even contribute to anxiety issues, because it's extremely hard to calm down and relax.

Behind every special needs child who appears to be handling their challenges well, is a fierce mother or carer fighting for their cause.

Over the years I've lost track of the amount of times people have told me that my child with special needs "looks" normal to them – as if it was something I fabricated for fun! The truth is, only a parent of a child with unique needs knows the effort required to help them achieve their goals.

Being an advocate for a special needs child is a full-time job in itself. If our children look well, it's because it's a





Kim Collins
and her
family.

team effort by all involved. What you don't see is the patience required and the many hours of therapy, research and appointments with specialists necessary for us to get there.

People don't see the ongoing meltdowns and the constant battles between our siblings as we try to keep the peace by helping them understand these meltdowns. There is also the reassurance and protection bubbles we create to calm them down. It is a huge battle for all those involved – emotionally, mentally, physically and financially.

SPECIAL NEEDS IN THE DEFENCE COMMUNITY

The lives of service families can be very different from those in the civilian world. We move more frequently and often have less control over our destiny. While these experiences can enrich our lives, the upheaval of postings, deployments, uncertainty about the future, lack of choices and the isolation of being far from friends and family can make life more difficult.

The challenges of military life are greater when you or a member of your family has a disability or an additional need.

There are many questions to consider: When will we move? Will the housing be suitable for our family's needs? Does the local school offer adequate support? How far are the local hospitals? What is the transport

like? Will the same treatment, medications or services be available? What is the waiting list like?

Military lifestyle brings a range of opportunities and experiences, but it can also create specific issues for families when they are experiencing isolation, continual mobility, and separation due to deployments and training.

Special needs families live a unique lifestyle and the stresses placed on them is vastly underestimated.

HOW OUR GROUP CAN HELP

The Defence Special Needs Support Group (DSNSG) is a well-respected national organisation with many local support groups. We have a total of 4,000 members and dependants located around Australia and overseas.

DSNSG provides support, information, assistance and advocacy for all Australian Defence Force families who have a dependant (child, spouse or other dependant) with special needs.

Our national co-patrons are Minister for Veterans and Defence Personnel the Hon Darren Chester and Chief of Defence Force General Angus J Campbell AO DSC. Our ambassador is Air Commodore Henrik Ehlers AM.

DSNSG is run by a group of volunteers comprised of current and ex-serving Defence members and their spouses. ←



HOW CAN THE DEFENCE SPECIAL NEEDS GROUP HELP?

Advocacy: Liaise with Defence and other federal and state departments concerning issues that affect families with special needs, particularly those being mobile.

Assistance: Assist families with housing/posting issues and liaise with Defence Housing Australia, Toll Transitions, Defence Community Organisation and Defence Families Australia.

Programs: Computer 4 Kids, Drive Safe, FYI, Posting Plans, grants and family events.

Support: Local area coordinators, a closed Facebook page for families to connect with other special needs families and unlimited resource of information.

Find out more at www.dsnsng.org.au or via 1800 037 674.

REMEMBER

A STORY TO HONOUR OUR SOLDIERS

Drawing on her family's long military history for inspiration, *Remember* by JE Miller is a message of gratitude for the sacrifices, healing and hope of our servicemen and women. Taking children on an adventure to step into the shoes of others, the beautifully illustrated book teaches empathy and respect.

 JE Miller

REMEMBER was written for soldiers and veterans as much as it was for the children who look up to them. The story is told from the perspective of a child at an ANZAC Day March, who steps into the shoes of people they see to discover why they are there.

This publication was made possible thanks to the generous support of Goodna RSL Sub Branch, including the Navy and Women's Auxiliaries, as well as Ipswich RSL Sub Branch and Moreton District RSL. They all donated funds to enable this beautiful, quality book to be produced, and it wouldn't have happened without them.

The book was also made possible because of the 18 artists who won the illustration competition and donated their incredible artwork for the illustrations. Thanks to Ian Coate, Glen Gillard, Starr, Gemma Doherty and other members of the community, including veterans, teachers and school students.

I was always raised to have a lot of respect and reverence for our service

members. Many of the stories within the pages of *Remember* are taken from personal experiences. My mum was a nurse, and while she served the health profession rather than the Defence Force, she was an infinitely kind woman whose memory drives me every single day.

Both of my grandfathers served in WWII and my great great uncle was killed in action in WWI. I was a Navy Cadet in my teenage years, and I've worked with military personnel during flood and disaster relief efforts as a member of the State Emergency Service.

In 2009, I decided to write *Remember* for two reasons.

We were travelling around Australia and I was homeschooling my two young boys. It was approaching ANZAC Day and I couldn't find any books to help them understand the meaning behind the ceremony. We crossed the Nullarbor earlier than expected and found ourselves in Perth in time for the ANZAC Day March.

My dad had served in Vietnam, but almost never talked about it. While he always went to the marches and ceremonies, he never marched and never wore his medals.

One of dad's best mates lived in Perth and, as fate would have it, a few other guys from their unit were meeting there to march together. They put a spare set of medals on dad – the same ones he had been awarded – and convinced him to march with them.

I will never forget the look on my dad's face that day. It was absolutely precious. He now marches every year and wears his medals with pride.

Over the years, I've known a lot of people who have served and many of them have inspired different parts of the book. When I first wrote the book, I wasn't going to put my name to it. Instead, I planned to pen, "No author is named as this story is for those whom we honour. *Remember* them."

While my name did end up on the book, I was just the hands that typed the words. There really was no way I could make money from *Remember*. The proceeds always had to help those who stood – and still stand so bravely – to give us a life of freedom and security.

I'm looking forward to working with the RSL to see the money raised from *Remember* spent in ways that will make a meaningful difference, especially to help combat veteran suicide and homelessness.

They might be my words, but this is their story.

Lest we forget.

Turn to page 86 for a chance to win one of four copies of *Remember*. ←



ABOVE:
Author JE
Miller aged
16 in a Navy
cadet working
uniform.



CLOCKWISE FROM TOP LEFT: Illustrators of *Remember* Monice Hurlbutt, Trellyse Allan and Danielle Carige with author JE Miller at Australia Zoo; A family photograph taken at the 2019 Goodna RSL ANZAC Day service; Showing their support at the Goodna book launch were, left to right, Moreton District Treasurer Bruce Milne, Moreton District Secretary Catherine Macmillan and Ipswich RSL Sub Branch Vice President Paul Rogers; Author JE Miller with Captain Clive Redgate (ret'd), Major Tim Moroney (ret'd) and Lieutenant Colonel Kevin Humphries (ret'd) at the Goodna book launch; Author JE Miller aged 16 in a Navy cadet working uniform.





SHINING A LIGHT ON TRAUMA



GALLIPOLI
MEDICAL RESEARCH FOUNDATION

Remembrance through research

The important information you need to know if you or someone you know is affected by post-traumatic stress disorder.

Post-traumatic stress disorder (PTSD) is a significant problem. It affects approximately one in 20 Australians and is worse among veterans, with 20 to 35 per cent experiencing the disorder.

We've come a long way towards understanding the causes and treatment of PTSD. As older veterans would know, it has a name now for starters, and it is steadily gaining the recognition it deserves as a legitimate and devastating illness.

But understanding an illness is only half the battle. The important question is what can be done about it?

In partnership with RSL Queensland, the Gallipoli Medical Research Foundation (GMRF) has significantly contributed to increased understanding of PTSD and its consequences. GMRF's Associate Director of Mental Health Research, Dr Maddy Romaniuk, is working on the frontline of PTSD treatment as both a clinician and researcher.

"The more we understand the mechanisms of PTSD, the more we appreciate just how complex it is," Dr Romaniuk says.

"It is a true 'Biopsychosocial' condition, which is a fancy way of saying it is influenced by your environment and impacts your mind, body and your day-to-day life with family and friends."

HOW TO RECOGNISE THE WARNING SIGNS OF PTSD

PTSD can present in several ways, but there are certain behaviours and actions to look out for:

- Disturbing memories or nightmares about past traumatic experiences
- Avoiding thoughts, feelings or reminders of past traumatic experiences
- Changes in mood including increased anger, lack of interest in activities and emotional numbness
- Hypervigilance, concentration difficulties and sleep disturbance



Dr Maddy Romaniuk

“IF YOU WOULD LIKE TO ACCESS FIRST-LINE PTSD TREATMENT, IT IS IMPORTANT THAT YOU SPEAK TO YOUR GP AND SEEK A REFERRAL FOR A CLINICIAN (USUALLY A CLINICAL PSYCHOLOGIST), WHO IS ACTUALLY TRAINED IN DELIVERING THESE TREATMENTS. NOT ALL MENTAL HEALTH PROVIDERS HAVE THIS TRAINING, SO IT’S IMPORTANT TO CHECK BEFORE MAKING AN APPOINTMENT.”

- Long-term physical health problems including gastric complaints and sleep disorders
- Heavy alcohol consumption.

Dr Romaniuk has seen these warning signs play out in veterans she has treated as a clinician, and she’s also seen the impact PTSD has on sufferers and those around them.

“Veterans don’t come into my office and say, ‘Oh I’ve been feeling emotional numbness’ or ‘I’m hypervigilant’. That’s just the way the symptoms are described under the medical model.

“Instead they’ll tell me... ‘I know I must have loved my wife once, because I proposed to her, but I feel nothing now...’ or they’ll say ‘I never sit with my back to the door – I’ve got to keep an eye on the exits at all times. I’m constantly on the lookout. It’s exhausting, and most days I’d just rather not leave the house’.

“These are the types of things I hear, and these experiences of PTSD can have a devastating impact on someone’s life.”

WHAT YOU CAN DO

If PTSD is affecting your life, there are two important points to remember:

1. Treatment is available

There are several treatments available. These are classified in terms of ‘first-line’ treatments, (those with the most evidence demonstrating they work), and ‘second-line’ treatments, (those that do not address the condition directly, but may be helpful in reducing some symptoms or improving general wellbeing).

Combining first-line and second-line treatments over time is often the best approach in an overall treatment regime of PTSD.

The first-line treatments for PTSD recommended in the National Guidelines include Trauma-focussed Cognitive Behavioural Therapy (TF-CBT) and Eye Movement Desensitisation and Reprocessing (EMDR), two forms of talking therapies.

The second-line options include adjunct treatments such as medication and psychosocial support therapies, including peer-to-peer support.

“If you would like to access first-

line PTSD treatment, it is important that you speak to your GP and seek a referral for a clinician (usually a clinical psychologist), who is actually trained in delivering these treatments. Not all mental health providers have this training, so it’s important to check before making an appointment,”

Dr Romaniuk says.

2. Treatment is helpful

It may seem obvious, but it is important to recognise the crucial role treatment plays in the road to recovery. As clinicians like Dr Romaniuk will tell you, PTSD is rarely alleviated without treatment or intervention; in fact, it is only likely to worsen.

“If you had a serious physical injury, like a broken leg, and you just ignored it and kept walking on it for months and years, it would certainly worsen, fester, and get more and more complicated to treat,”

Dr Romaniuk says.

“PTSD is the same. Just like a broken leg, it’s important to seek treatment early to stabilise the injury and follow advice to promote healing.”

Open Arms – Veterans and Families Counselling is a national service all veterans can access for PTSD treatment, with clinicians trained in first-line therapies as well as many options for second-line treatments, including peer-supporters. Call them 24 hours a day on 1800 011 046.

Mates4Mates is also an organisation

that provides first-line therapies via their psychology team, as well as second-line adjunct treatments including peer support, equine and adventure therapies. Their centres are based in Brisbane, Townsville and Hobart. Call 1300 4 MATES (1300 4 62837).

FOR LOVED ONES OF A PTSD SUFFERER

For many veterans with PTSD, a close friend or family member might recognise the warning signs before they do. So, what do you do if you’ve talked to somebody you suspect may have PTSD, but who refuses to get help?

1. Try to take away the stigma of PTSD

Explain that the symptoms and reactions are common among veterans. Normalising their reactions and experience can help reduce feelings of isolation and frustration over the impact PTSD is having on them.

2. Demystify treatment

Veterans may have misconceptions about what therapy is like and are reluctant to seek out the unknown. Try to explain some of the options outlined above and inform them about the range of services available.

3. Encourage them to keep trying

They may have sought out treatment and had a bad experience, discouraging further action. Acknowledge that treatment isn’t a ‘one size fits all’ approach and encourage them to try something else.

WHAT MORE CAN BE DONE?

Medical research is constantly expanding our understanding of, and treatment for, PTSD. GMRF is committed to enhancing the health and wellbeing of veterans and their families, and we can continue this work thanks to our committed partner RSL Queensland.

We have current and upcoming studies that will be recruiting participants and we need your help. The veterans and family members who give of their time are contributing to vital research that will make an impact for years to come. To get involved visit bit.ly/VMHI-STUDIES ←





“IT MAKES ME REALLY PROUD THAT I CAN BE A SMALL COG IN A WHEEL THAT ACTUALLY CONTRIBUTES VERY TANGIBLE BENEFITS TO OUR DEFENCE FORCE FAMILIES.”

IN HONOUR OF HER FAMILY

For Judy McGrath, her role as RSL Queensland Operations Coordinator enables her to honour her family’s military history and give back to the Defence community.

 Matilda Dray

“**IT** makes me very proud when I think about the types of service my family has given,” Judy says.

Indeed, her family’s contribution is extensive. Judy’s paternal grandfather, William Francis McGrath, served in both World Wars. He received a Mention in Despatches, the Military Medal (1918), 1914-15 Star, British War Medal and a Victory Medal. He was a commissioned officer in WWII in the 14th Lighthouse Regiment.

Her maternal grandfather Signaller Edmond ‘Ted’ G Eardley served in WWI in the 11th Lighthouse Regiment (ANZAC Signal Squadron) and received the British War Medal and Victory Medal.

ABOVE LEFT:
Judy McGrath

ABOVE RIGHT:
Judy’s paternal grandfather, William Francis McGrath, served in both World Wars. He received a Mention in Despatches, the Military Medal (1918), 1914-15 Star, British War Medal and a Victory Medal.

Judy’s father Rusty McGrath, now a Life Member of Bundaberg RSL Sub Branch, served with the British Merchant Navy during the Korean War. Her brother John served in the Australian Army. All spoke modestly about their experiences and impact.

William McGrath was asked by his children what he had done to win his Military Medal. “Oh, I wore out a couple of pairs of boots,” was his unpretentious reply.

Meanwhile, Ted Eardley joked to his grandchildren that wounds he sustained to his head were his “salt and pepper holes”.

“Neither of my grandfathers really talked about what they did over there,” Judy says.

“But when you look at the war records you can see how often they were put in hospital with different infections, dysentery and pneumonia. Gosh, the conditions must have been just appalling.”

Judy has great respect for her family members and the legacy they left on Australia.

“We live in one of the world’s best countries, but there is still so much we can do to look after the people who have served.”

Judy was drawn to working for RSL Queensland for this reason.

“When I thought about the kind of organisation I wanted to work for, I looked for an organisation that gives back and that contributes in some way,” she says.

“It makes me really proud that I can be a small cog in a wheel that actually contributes very tangible benefits to our Defence Force families.”

Judy works within the RSL Art Union team, which raises funding for programs that support veterans. Her role ensures the smooth running of the prize home lotteries from start to finish, including securing permits, scheduling and timings.

“We’re the behind the scenes team and the team dynamic that I have here is better than any other place I have worked.”

Rusty often boasts about the great work his daughter does at RSL Queensland.

“For me, it’s how proud my dad is because I’m giving something back. And that’s really important for me,” Judy says. ←



DES ANDERSON TURNS 100

Tewantin Noosa RSL Sub Branch Treasurer Dean Harlow congratulates veteran Des Anderson on his 100th birthday.



BOWEN CELEBRATES CENTENARY

Bowen RSL Sub Branch celebrated its centenary on 1 September 2019. It began with a service led by Secretary John Eyles, with guest speakers Councillor Mike Brunker and Sergeant Major Hagar Quirke. North Queensland District Vice President Jim Egan, left, presented a certificate of congratulations from RSL National to Bowen Sub Branch President Stephen Farley. Many community members were present and enjoyed a lunch prepared by Bowen QCWA.

MERITORIOUS MILES FARMER

Sherwood Indooroopilly RSL Sub Branch member Miles Farmer OAM received a Meritorious Medal and Award at a Life Members lunch at Redcliffe RSL.



SUPPORTING VETERANS

Gracemere prides itself on being a welcoming RSL Sub Branch, with a growing number of volunteers dedicated to supporting local veterans. Welfare activities include hospital visits, poppy services, transportation to meetings and appointments, maintenance work and lawn manicuring. Several Nashos from Rockhampton who visited recently said they appreciated the friendly and social nature of the Sub Branch. Most volunteers who work in the RSL Club are ex-servicemen, which is fairly unique. Pictured are Jim Aitken, from the National Servicemen's Association Rockhampton, back, Alan Nelson, ex-42RQR, left, Syd Batts, civilian barbecue extraordinaire and cenotaph caretaker, Steve Robinson, President and ex-Nasho, and Tony Harris, ex-ARA and ceremonial coordinator.





NUNDAH NORTHGATE CELEBRATES 90 YEARS

Nundah Northgate RSL Sub Branch celebrated its 90th birthday with lunch for 87 Sub Branch and Brisbane North District members on 29 September. Members revived the old Sub Branch tradition of starting each meeting with a Parade of Flags to open the event. One of the Sub Branch's longest serving members, Ivan Gall, and cadet Emily Biller from IMCU cut the cake. Pictured at the event are Sherwood Indooroopilly Sub Branch member Andrew Crowe, left, Nundah Northgate Sub Branch President Jean Bromham, Brisbane North District President Merv Brown AOM and Cr Adam Allan.



KILCOY CENTENARY LUNCH

Pictured at the Kilcoy RSL Sub Branch centenary lunch on 19 October are Mayor Graham Lehmann, left, and his wife, President Shane Williams and wife Donna, Shayne Neumann MP and Sgt Ryan Flanders from 5th Battalion.

FRENCH FAMILY

The French family has shown dedication to the Ipswich and West Moreton Sub Branch Naval Association of Australia, with three members of the family awarded Life Memberships and also serving as president. Russell French, left, and Phillip French, centre, are pictured with another ex-President Joc Henderson. Current President Russell took on the role in 2018, Phillip was president from 2008-17 and James (not pictured) was president from 1986-90.





GOONDIWINDI MEMBERS ENJOY CAMARADERIE

Goondiwindi RSL Sub Branch members are a highly motivated group, having completed several community projects throughout the year. They also find time to visit places of interest, particularly towns with military museums. Members recently visited the Miles Historical Village Museum. The highlight was Possum Park, originally a WWII RAAF base and part of the 'Brisbane Line' – 20 bunkers that housed bombs and ammunition in preparation for Japanese invasion. One of the bunkers had been converted into a small museum outlining the story of Possum Park. Members pictured at the bunker are (back) Russell Billsborough, left, Bill Brasington and Annette Billsborough, (front) Karen Woods, left, Pat Brasington, Sheena Kyte, Ron Kyte and Greg Rixon.



GOODNA AUXILIARY RAISES FUNDS

Goodna Women's Auxiliary was established in 2017 with the goal of raising money to support veterans in the local Sub Branch. Since then, the group has organised various sausage sizzles, car boot sales, high teas and bake sales. Funds raised have enabled the Auxiliary to donate a defibrillator to the Sub Branch and help fund other activities. The Auxiliary is pictured supporting President Tim Moroney at a Sub Branch meeting.

COMMUNITY CONCERT FOR CENTENARY

Sherwood Indooroopilly RSL Sub Branch celebrated its 100th anniversary with a community concert on 21 September. RSL member and conductor of the Queensland Pops Orchestra Patrick Pickett led his orchestra, beside The Voices of Birrallee, in a two-hour concert that took the crowd of 300 through memories of yesteryear.





VIETNAM MEDALLIONS DONATED

Ipswich RSL Sub Branch member Ken Hartwell with a set of Vietnam War medallions donated by Ipswich Railways President Ray Waterson during the monthly Naval Association meeting. Ken served on HMAS *Sydney* during the Vietnam War and numerous other ships during his lengthy Navy service. Ken is pictured with Ipswich and West Moreton Sub Branch of the Naval Association of Australia members Joan Gilbert and John O'Dwyer.



BOOKLET OF GOONDIWINDI MEMBERS

Goondiwindi RSL Sub Branch members and their families were photographed by Wayne Pratt Photography in preparation for a booklet being created about members. The booklet will include members' military service stories and photos of each in their service uniform. Members pictured during the evening are Ron Kyte, left, John Duncan, Tony Stepney, Ken Jenkins and Tim Hayes. The evening was also an opportunity for the Sub Branch community to enjoy some camaraderie.

KILLARNEY MURAL

Killarney RSL Sub Branch Secretary Peter Webster has completed stage one of a mural on the Sub Branch's Military Memorabilia Museum. The other stages will continue down the length of the building, starting with the Vietnam War, WWII and then WWI.





BALLINA TRIP

Members and friends of the Ipswich and West Moreton Naval Association discuss the workings of a torpedo at the Ballina Naval and Maritime Museum. Funds were donated by Ipswich City Council, Ipswich RSL Sub Branch, Ipswich RSL Railways Sub Branch, Federal MP Shayne Neumann and State MPs Jennifer Howard and Jim Madden to cover bus costs for the Association to make the two-day trip to Ballina.



BACK TO NATURE ON STRADBROKE ISLAND

A group of veterans and their spouses from North Gold Coast Sub Branch enjoyed a day on North Stradbroke Island recently. Organiser Jeff McLaren said seeing wildlife and walking along the vast tracks were the highlights of the trip. The day out in nature was supported by the Department of Veterans' Affairs Veterans' Health Week.

AUXILIARIES TOUR SOUTHERN DOWNS

The State Council of Auxiliaries recently visited Auxiliaries and Branches in the southern Downs, including the towns of Killarney (pictured), Warwick, Stanthorpe, Wallangarra and Goondiwindi.



C OMMUNITY



PLAQUE HONOURS VIETNAM VETERANS

Charters Towers RSL Sub Branch unveiled a new plaque on Vietnam Veterans Day. Mayor Liz Schmidt and Cr Graham Lohmann are pictured with several Vietnam veterans.



GOODNA WAR ANIMAL MEMORIAL

Australian War Animal Memorial Organisation (AWAMO) President Nigel Allsopp was guest speaker at the unveiling of a new war animal memorial in Goodna. Goodna RSL Sub Branch Women's Auxiliary sold purple poppies to fundraise for the memorial, which includes a dog drinking fountain. AWAMO donated one of the bronze plaques.



VIETNAM VETERANS DAY

Vietnam veterans David Christie OAM, left, and guest speaker LTCOL Kel Ryan (retired) at the Goodna RSL Sub Branch Vietnam Veterans Day service. Behind them is a life-sized replica of the Long Tan Cross and Vietnam Veteran Ribbon Scarf made by Shirley Chapman.



GOLDEN RIVET WINNERS

Winners of the annual Golden Rivet Competition at Ipswich RSL Services Club on 19 October. Organised by the Naval Association of Australia Ipswich Sub Section, the competition comprised members, sub sections, ship associations and supporters.



RIGBY FAMILY HONOURED

Rigby Park Place in Yeronga has been named in honour of the Rigby family, who served their country and community during WWI, WWII and times of peace. In the 1880s, the family settled around the Shottery Street area and began farming and raising their family. When war broke, the Rigby children, Lyl (a nurse), George, Gordon and Jack signed up for service. Sadly, Jack was killed in action at Gallipoli on 25 April 1915, aged 23. The youngest of the Rigby children, Hubert, went on to serve in WWII. Their father, William Rigby, was one of three owners who gifted the land on which Yeronga-Dutton Park RSL now stands. Their mother Julia was instrumental in planting the commemorative avenue of trees in Yeronga Memorial Park in 1917 in honour of those who died at Gallipoli. Pictured at the dedication of the park are Cr Nicole Johnston (BCC – Tennyson Ward), left, Noeline Blatch (a descendent of the Rigby family), past Sub Branch Secretary Ruby Luder and President Ross Wiseman AO.



SCHOLARSHIP INSPIRES DEFENCE CAREER

Laidley RSL Sub Branch scholarship winner and ambassador Kelly Harris, now a commissioned officer in the Royal Australian Air Force, returned to Laidley on 11 October to thank those who had supported her. Pilot Officer Harris was awarded a scholarship in 2011, during which time she also assisted Laidley Sub Branch in a variety of functions and activities.

"It was when I was asked to recite the Ode during the 2011 ANZAC Day service in Laidley that I realised this was what I wanted to do from then on," Plt Off Harris said. "It meant so much to me, and I still regard that experience as one of the best moments of my life."



GOODWOOD HONOURS VIETNAM VETS

Guest speaker Peter Howard AM (in a slouch hat) is pictured with other Vietnam veterans and Goodwood State School students at the Woodgate Beach RSL Sub Branch Vietnam Veterans Day service.

PEACEKEEPERS DAY

Peacekeepers Day was commemorated at the Freedom Park Memorial in Hervey Bay on 14 September. The service was officiated by Hervey Bay RSL Sub Branch President Brian Tidyman and began with an opening prayer by Chaplain Jeff Jarvis in which he remembered the peacekeepers who were unable to attend.



CADET COMPETITION

The Naval Association of Australia Ipswich and West Moreton Sub Section at the annual Australia-wide Navy cadet assessment competition on 26 October. The competition pits cadet units in various activities across Australia and three were chosen to compete for the top honour, including TS Ipswich. Ipswich RSL Sub Branch President Rob Wadley is pictured with Jennifer Howard MP.

CHEQUE PRESENTATION TO 10 ARMY CADET UNIT

Nerang RSL Sub Branch President Stewart McGettigan presented a cheque to Lt (AAC) Karen Redding and 2LT (AAC) Craig Johnson from RSL Queensland Cadet Fund for 10 Army Cadet Unit.



KOKODA SERVICE

Salisbury RSL Sub Branch President Anthony Stevenson and Brisbane City Councillor Angela Owen at the Sherwood-Indooroopilly RSL Sub Branch Kokoda commemoration service.

BATTLE OF MILNE BAY SERVICE

Nundah Northgate RSL Sub Branch held its annual Battle of Milne Bay service on 25 August, marking 77 years since the Australian victory. The Sub Branch still has several veterans who served in the battle and believe it is important to remember the men who, under extreme conditions and with inadequate equipment and training, defeated the Japanese on land for the first time. The battle gave hope to Australians and inspiration to other Allied troops across the Asia Pacific. The 1st Military Cadet Unit provided the catafalque party for the service and Major Brad Shillig (Retired) from Milne Bay Memorial Library and Research Centre was the guest speaker.



ROAD SAFETY CAMPAIGN A HUGE SUCCESS

The second Tiaro RSL Sub Branch road safety campaign was a huge success, with Tiaro Public School students and over 100 motorists attending. Students were addressed by Senior Constable Leah Nancarrow on the importance of road safety. The campaign was the second of four to be jointly run by the Sub Branch and police, with help from Queensland CWA members.

FUNDS FOR CANCER SUPPORT GROUP

Stanthorpe RSL Sub Branch Women's Auxiliary President Veronica Ryan and Secretary/Treasurer Helen Corbett present a \$1,500 cheque to Debbie Wilmot, Stanthorpe Cancer Support Group. The funds will help provide a 'cuddle bed' to the Stanthorpe Hospital Palliative Care Unit. The donation was made possible due to community support of the recent Father's Day raffle.



AWM HONOURS FRANK TOPP

Private Francis Brett Topp was honoured during a moving Last Post Ceremony at the Australian War Memorial in Canberra on 18 August. The date was 53 years since Frank was killed in action in the battle of Long Tan. He was 19 at the time and had volunteered to serve in Vietnam. He had been in the country less than five weeks and was assigned as a reinforcement to 11th Platoon Delta Company 6 RAR the day before the battle.



VIETNAM VETERANS DAY IN STANTHORPE

Stanthorpe RSL Sub Branch members commemorate Vietnam Veterans Day.



YOUNG VETERANS RELAX

Over recent years, an increasing number of young veterans and their families have been travelling to Pandanus Park Veterans Retreat Cape York to relax. Veterans are using the park to kick back and enjoy barramundi fishing, cherabin netting (freshwater prawns), and crocodile watching from bush campsites on the banks of the Normanby river.

ALL CONFLICTS MEMORIAL

Earlier this year, Ipswich Railway Sub Branch erected the All Conflicts Memorial at Railway Workshops Museum. The memorial complements the existing WWI Honour Stone, continuing the story of Queensland Rail/Railway Sub Branch. There are seven granite panels with images in chronological order from 1939 to today, featuring all three service arms, nurses and peacekeepers. It also recognises the industrial war efforts provided by Queensland Rail workers, who could not serve on the front line due to their protected industry.



EXTRAORDINARY TRUE STORIES: AN INTERACTIVE JOURNEY THROUGH HISTORY



Delve deeper into Queensland's war history than ever before at the newly refurbished ANZAC Square Memorial Galleries.

 Matilda Dray

THE heartbreaking and heroic stories of Queenslanders involved in conflicts from World War I to the present is the focus of the newly refurbished ANZAC Square Memorial Galleries.

The largely digital exhibition can be found in the rooms below the Shrine of Remembrance and took more than

a year to create. The changes – curated by the State Library of Queensland – were part of a larger refurbishment of ANZAC Square that began in 2013.

INSIDE THE MEMORIAL GALLERIES

Anna Thurgood, Engagement Officer, Queensland Memory, State Library of Queensland, led the content curation of the Galleries. As she worked on the project, Anna felt an affinity with many of the individuals who featured in the exhibition and was amazed by their incredible stories.

“I was really struck by how young these men and women were. Their

faces are just like people I know, my friends,” says Anna.

“So, I guess it really became a personal connection through working with the collections.”

WWI – THE ORIGINAL MEMORIAL SPACE

ANZAC Square was first opened on Armistice Day in 1930 as a memorial to the service and sacrifice of Queenslanders in WWI. The recent restoration work aims to ensure the continued use and relevance of the Square for current and future generations.

If you enter via the bronze door at the western side of the square, the



newly updated Galleries take visitors on a chronological journey that first passes through the long hallway of the WWI Memorial Crypt. This area contains mainly plaques, together with a video screen of images and two touchscreens: one dedicated to the individual stories of 21 Queenslanders and the other to the battalions and regiments Queenslanders served in.

Around 57,700 Queenslanders served in WWI and about 10,000 of them didn't come home.

INTERACTIVE WWII

The corridor opens into a large room that houses the WWII exhibition,

which includes a series of large flat touchscreens in the centre of the room, with a massive digital projection screen and plaques honouring various battalions, regiments and squadrons on the walls.

"We worked very collaboratively with the exhibition designers to come up with this idea of a plotting table, which contains some individual stories, because I think they carry the most emotional impact," says Anna.

The plotting table is hugely interactive, and visitors can explore maps of Queensland, timelines of the progression of the war and glimpses into the lives of men and women involved in and impacted by the conflict.

DYNAMIC POST-WWII SPACE

The third section of the gallery covering post-WWII is the most dynamic of the three spaces. Five

touchscreens are joined together on the wall, containing newly commissioned digital stories of individuals who've served in various conflicts or peacekeeping missions since 1945.

You can listen to stories, view photo galleries, interact with world maps, take quizzes, learn how we commemorate ANZAC Day and Remembrance Day and more.

ORGANISE A FREE SCHOOL VISIT

School visits to the Galleries are a great way for students to develop a richer understanding of Queensland's military history. Free tours last for 60 minutes and learning resources are also available. Visit anzacsquare.qld.gov.au/education/school-visits.

"We really want schools to visit. There's so much material here – it's very rich, layered and deep," says Anna.

ABOVE: Robyn Hamilton, Lead, Collection Building, Queensland Memory, State Library of Queensland, using a touchscreen in the post-WWII space, which contains digital stories of individuals who've served in various conflicts or peacekeeping missions since 1945.

EXTERNAL ENHANCEMENTS KEEP SQUARE RELEVANT

Numerous enhancements were also made to the external areas of the Square, including rectifying structural defects and major landscaping works. The three pathways were retained, which represent the three arms of the Defence Forces and lead through the park to the central focus of the Square, the Shrine of Remembrance.

Robyn Hamilton, Lead, Collection Building, Queensland Memory, State Library of Queensland, says one of the highlights is the new memorial screens. They are made from bronze, designed to offer dignity and a sense of permanence.

“They contain hundreds of place

names from around Queensland,”

Robyn explains.

“They’re meant to remind people that war happens to everybody, not just those who enlist, that the impact of conflict spreads through an entire community.

“And it really reinforces the idea that this Square is a Square for all of Queensland. It’s not just a Brisbane Square. It’s our state memorial so it reflects all of us.”

Robyn has three ancestors who served in WWI, both her grandfathers served in WWII, and she herself was in the Army Reserves for seven years. She says it’s important to ensure the exhibition is relatable and relevant and honours service people both past and present. “←

“WE WORKED VERY COLLABORATIVELY WITH THE EXHIBITION DESIGNERS TO COME UP WITH THIS IDEA OF A PLOTTING TABLE, WHICH CONTAINS SOME INDIVIDUAL STORIES, BECAUSE I THINK THEY CARRY THE MOST EMOTIONAL IMPACT.”

Anna Thurgood, Engagement Officer, Queensland Memory, State Library of Queensland, led the content curation of the ANZAC Square Memorial Galleries. As she worked on the project, she developed a personal connection to many of the individuals who featured in the exhibition.





ABOVE LEFT: The Galleries are great for families, students and anyone interested in Queensland's military history; **ABOVE RIGHT:** Visiting students have left messages of love and support for servicemen and women; **BELOW:** ANZAC Square is designed as a place for all Queensland servicemen and women to be honoured.

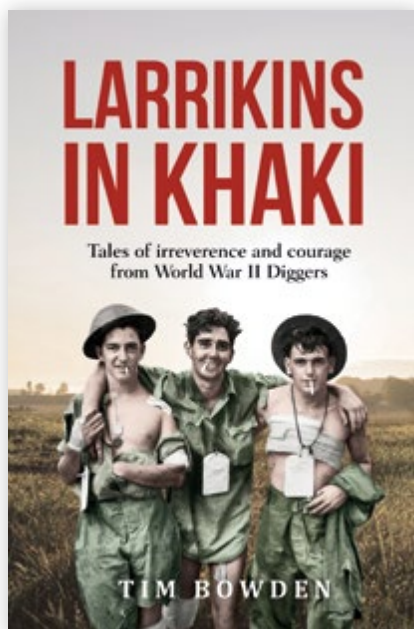


TOP LEFT: If you enter the Galleries through the bronze door at the western side of the Square, you will first pass through the the long hallway of the WWI Memorial Crypt.

TOP: Anna Thurgood demonstrates the interactive plotting table in the centre of the WWII space.

ABOVE: Robyn Hamilton in front of the bronze memorial screens, which contain hundreds of place names from around Queensland.

WIN



LARRIKINS IN KHAKI

Tim Bowden has sourced a range of compelling and vivid stories from individual soldiers who fought in WWII, whose memoirs were mostly self-published and who told of their experiences with scant regard for literary pretensions and military niceties.

On the hard-won battlefields of Palestine, North Africa, Burma and beyond – in the midst of exhaustion, pain and bloodshed – rose the spirit of the ‘Larrikins in Khaki’.

With their hilarious anecdotes, routine flouting of authority, and genuine camaraderie, the Australians who fought in WWII were a wild and courageous bunch. Now, their stories will never be forgotten, told in their own colourful voices.

Larrikins in Khaki by Tim Bowden is published by Allen & Unwin (RRP: \$32.99).

FOR YOUR CHANCE TO WIN one of four copies of *Larrikins in Khaki*, email your name, address and contact number to editor@rslqld.org (with the subject ‘Larrikins in Khaki’) or post to ‘Larrikins in Khaki’, PO Box 629, Spring Hill Qld 4004. Competition closes 28 January 2020.



REMEMBER – LEST WE FORGET

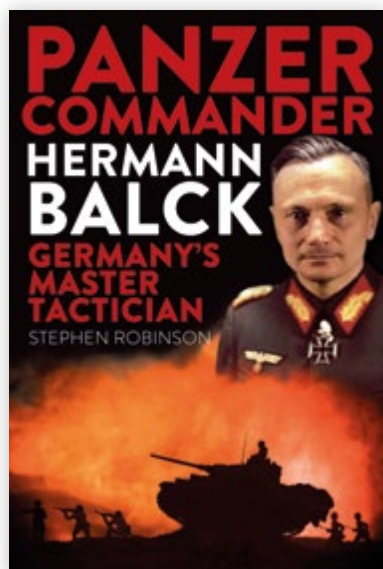
Remember is told from the perspective of a child at an ANZAC Day march, who steps into the shoes of people they see, to find out why they are there. A touching book with beautiful illustrations, it is the first time this familiar story has been told this way.

The Hon Dr Brendan Nelson, Director of the Australian War Memorial, endorsed the book saying, “*Remember* is a true gift. Within these pages is the key to stimulating young minds to see the world through the eyes of others, sacrifices made in our name by men and women in uniform and the families who love and support them. In this ennobled memory, we are prompted to ask if we continue to be people worthy of such sacrifices.”

Veteran and Mates4Mates Community Ambassador Kevin Humphreys said, “What a gift; to walk a mile in our veterans’ shoes – the gift of empathy. Simple in language yet ornate in visual imagery, *Remember* is the perfect book to educate our children about why we stand as a nation with pride and gratitude.”

Remember – Lest We Forget by JE Miller is published by Ocean Reeve Publishing (RRP: \$22.95).

FOR YOUR CHANCE TO WIN one of four copies of *Remember*, email your name, address and contact number to editor@rslqld.org (with the subject ‘Remember’) or post to ‘Remember’, PO Box 629, Spring Hill Qld 4004. Competition closes 28 January 2020.



PANZER COMMANDER HERMANN BALCK

This is the history of one of the world's greatest armoured warfare commanders, Hermann Balck (1897–1982).

During WWII, Hermann commanded panzer troops brilliantly, and we follow his exciting journey through the fields of France, mountains of Greece and steppes of Russia.

It is also the story of a cultured and complex man with a great love of antiquity and classical literature, who nevertheless willingly fought for Hitler's Third Reich while remaining strangely detached from the horrors around him.

Panzer Commander Hermann Balck by Stephen Robinson is published by Exisle Publishing (RRP: \$44.99).

FOR YOUR CHANCE TO WIN one of four copies of *Panzer Commander Hermann Balck*, email your name, address and contact number to editor@rslqld.org (with the subject 'Panzer Commander Hermann Balck') or post to 'Panzer Commander Hermann Balck', PO Box 629, Spring Hill Qld 4004. Competition closes 28 January 2020.



QUEENSLAND RSL NEWS WINNERS

Edition 3, 2019

D-DAY NEW GUINEA

K Gordon, Banyo
J Horton, Capalaba
G Smillie, Ashmore
A Regan, Camp Hill

HIDDEN COURAGE

N Rosenblatt, Biloela
A Ferdinands, Kenmore
G Bible, Pomona
C Cunningham, Maleny

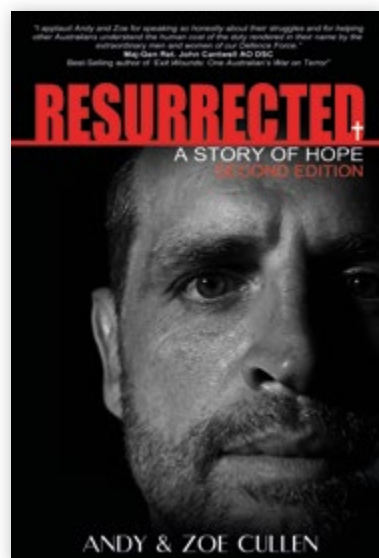
PURPLE PATCH

B Barker, Banksia Beach
F McGregor, Manly West
D Kelly, Birkdale
J Slater, Mitchelton

THE WAR ARTIST

D McKellar, Pimpama
P Park, Oakey
R Pollock, Caloundra
D Backwell,
Eight Mile Plains

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



RESURRECTED: A STORY OF HOPE

Resurrected is a story of hope for those suffering from post-traumatic stress disorder and the loss of identity that comes with it.

It is for those who want to overcome the life sentence of mental illness and have the courage to step out on the journey of coming to terms with finding their new identity.

This story is a raw account of Andy, a man whose love of adventure and loyalty to his country leaves him broken. It is also about his beloved wife Zoe and their journey through the dark times – the hurt, fears and challenges that are very real for a couple and a family dealing with the trauma of modern warfare and the continued battle that rages on at home.

Resurrected by Andy and Zoe Cullen is published by Ocean Reeve Publishing (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *Resurrected*, email your name, address and contact number to editor@rslqld.org (with the subject 'Resurrected') or post to 'Resurrected', PO Box 629, Spring Hill Qld 4004. Competition closes 28 January 2020.

DRAW 372



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RSL Art Union Draw No. 372 (also known as Draw 372L) 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, (AEST) 29/01/20 at ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Promoter: John Strachan, Locked Bag 4032, Fortitude Valley QLD 4006. Proceeds are for the purpose of veteran welfare and support in registered mail. Results published in The Courier Mail and The Australian on 31/01/20. Cheque, money order and credit card payments must be received by 21/01/20 to be entered into Draw AU372. If an order is received after only. Any rental estimates provided are for informational purposes only. Selling costs and market variations apply when selling gold bullion. Travel is in the form of a voucher, is not redeemable for cash and must be booked www.rslartunion.com.au.

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4



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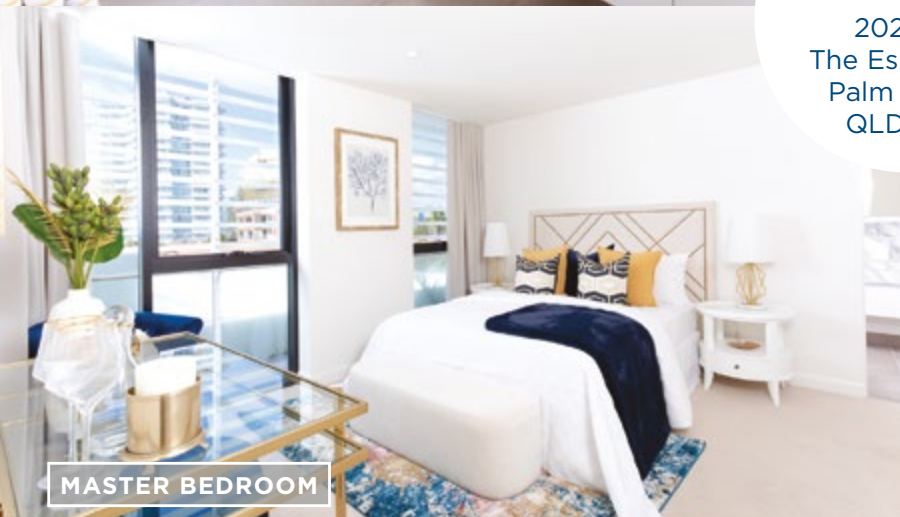
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YOU'RE KIDDING ME?! ARE YOU SURE?

On 9 October, Janette Adams* from Chirn Park, Queensland received a \$4.1 million phone call from General Manager Lotteries Tracey Bishop that turned her luck completely around.

As a long-time supporter of RSL Art Union, Janette said supporting the cause was the main reason for her commitment

of over 12 years, followed by the possibility of a win.

"I support to help the veterans and, of course, to maybe one day win a prize," said Janette.

Janette was unknowingly about to receive the news that after her many years of support, she was now the lucky winner of a \$4.1 million beach house in

Palm Beach, Queensland. Her ticket no. 666,791 was drawn as the first prize winner at 10am (AEST).

After the initial shock of the news subsided, her husband joined the call and exclaimed, "Are you sure this is not a joke? Because we have been through some really rough times lately."

After many years of hardship,

the deserving couple are over the moon with this life-changing win. "This is just an absolute blessing," said Janette.

We hope the short trip to Palm Beach and their move runs smoothly.

Congratulations to all the winners of Draw 369.

**Name changed for privacy reasons.*

REDCOATS TO CAMOUFLAGE EXHIBITION

Uniforms and equipment of Army personnel in Queensland from 1824 to the present feature in an exhibition at Victoria Barracks, Brisbane. Home to Army Museum South Queensland, the historic precinct on Petrie Terrace (near Caxton Street) provides a unique glimpse of Australia's military history from the colonial era, through two World Wars to the role of the current Australian Defence Force.

A recent addition is a special display related to the Australian Light Horse during WWI, together with Australia's involvement in the Vietnam conflict.

The museum will close on 5 December 2019 and reopen on 4 March 2020. Prior bookings are essential. Public tours of Victoria Barracks are on Wednesdays only. The price of \$15 per person includes viewing the exhibition, an escorted tour of the barracks, Devonshire tea, a souvenir booklet and digital photo. Please visit armymuseumssouthqueensland.com.au, email info@armymuseumssouthqueensland.com.au or 0429 954 663.

ANNUAL FALL OF SINGAPORE SERVICE

The annual Fall of Singapore memorial service will be held at the Shrine of Remembrance, Ann Street, Brisbane at 10am on Sunday 16 February. The half-hour wreath laying service will go ahead irrespective of the weather. Seating will be available and the general public are welcome to attend and lay wreaths. Silk roses will be available for \$3 each for personal tributes. Funds raised from their sale will be donated to medical research. Ann Street will be closed to traffic between Creek and Edward Streets from 10-10:30 am. For more information, phone Wendy on 0414 483 009.

Following the service, there will be a 2/10th reunion morning tea at the Brisbane Room, Brisbane City Hall. Cost is \$35 (cash bar is available) and bookings are essential. Phone Wendy on 0414 483 009.

As in recent years, the Victoria and Story Bridges and Reddcliff Place will be lit up red on the night of 15 February to mark the anniversary of the Fall of Singapore in 1942.

RAAF RECRUIT COURSE 568 AT WAGGA

Were you a member of the RAAF Recruit Course 568 at Wagga Wagga in 1961? Veterans Cliff Buckley (now 81 years old and living in Bagara, Queensland) and John Cameron (80 years old from Tamborine) are looking for their course mates. Cliff and John began in the RAAF as drill instructors, then moved on to other ground defence classifications and later to different fields. Contact John on jtrcpmh@hotmail.com.

2020 SANDAKAN DAY MEMORIAL

The 75th commemoration of the Sandakan Death March will be held between 7-8:30am on 15 August at Sandakan Memorial Park, Mile 8 Taman Rimba, Sandakan, Sabah. The day remembers the Australian and British prisoners of war who endured the notorious death marches from Sandakan to Ranau in 1945. At the end of January 1945, 2,000 POWs were forcibly marched and only six survived. For more information, contact sandakanday@sabahtourism.com.

OPERATION DAMON REUNION

The Australian Operation Damon Reunion will be held from 6-8 March 2020 at Kedron Wavell RSL. It will include a meet and greet, memorial service, dinner, recovery breakfast and free time to explore Brisbane. It will be the first formal reunion for personnel who served in Southern Rhodesia as a part of Operation Agila from 25 December 1979 to 5 March 1980. The Australian contingent was named Operation Damon. The event will celebrate the operation's success as a mission, being the first large force to be deployed on operations since the Vietnam War. Anyone who was a member of Operation Agila or had an extended role connected to the mission is invited. For more information, contact Dick Clarke via 0468 947 929 or ulyssess39371@gmail.com or Norton via 0404 812 423 or Lesnorton0@gmail.com.

BRIDGE OVER THE RIVER KWAI TRIP IN 2020

Join a two-week journey from Singapore to Thailand on 12-26 July 2020, following the footsteps of the Allied POWs who worked on the Death Railway. The trip will scatter the ashes of POW artist Jack Bridger Chalker and dedicate a memorial plaque for all POWs at the Jack Chalker Gallery/'Weary' Dunlop Memorial in Kanchanaburi. Hosted by first-class guides and accompanied by the son of Jack Chalker, the itinerary is a mix of WWII activities and tourist visits designed to accommodate the interests of the entire family, not just history buffs. It will explore Singapore and Bangkok, visit Chiang Mai and Chiang Rai for the jungle experience, and end in Kanchanaburi, a place of startling beauty, for the dedication ceremony. For more information contact Jodie Tipping of Total Travel Management via 1300 294 334 or jodie@totaltravelmanagement.com.au.

INSOMNIA? PTSD? NIGHTMARES?
VETERAN SLEEP THERAPY STUDY

Gallipoli Medical Research Foundation

Veteran Mental Health Initiative

Sponsored by

Australian Government
Department of Veterans' Affairs

CALL FOR PARTICIPANTS

LAST POST

Last Name	First Name	Service Number	Sub Branch
Agnew	Philip	75768	Warwick Sub Branch Inc.
Agnew	Philip	Q303411	Warwick Sub Branch Inc.
Ahearn	Phylis	NF451410	Burleigh Heads Sub Branch Inc.
Alcock	Vasil	NX72065	Burleigh Heads Sub Branch Inc.
Allwright	Michael	4410745	Caloundra Sub Branch Inc.
Angus	James	SX31632	Tweed Heads & Coolangatta Sub Branch Inc.
Antcliff	Raymond	1/723008	Beautesert Sub Branch Inc.
Armstrong	Gordon	R55745	Currumbin/Palm Beach Sub Branch Inc.
Armstrong	Victor	10R854	Redlands Sub Branch Inc.
Asome	Tony	550852	Macleay Island Sub Branch Inc.
Austin	Gordon	QX62916	Sunnybank Sub Branch Inc.
Bachmann	Colin	A13399	Greenbank Sub Branch Inc.
Baguley	Rex	Q269056	Warwick Sub Branch Inc.
Baldock*	Donald	121714	Kedron-Wavell Sub Branch Inc.
Barker	Gwendoline	VF509581	Mackay Sub Branch Inc.
Barnes	Noel	QX64047	Harlaxton Sub Branch
Barton	Johnathan	28133	Sherwood-Indooroopilly Sub Branch Inc.
Bassett	Rodney	173754	Hervey Bay Sub Branch Inc.
Beard*	Ernest	Q100467	Kedron-Wavell Sub Branch Inc.
Behan	Ronald	2/743171	Currumbin/Palm Beach Sub Branch Inc.
Bennett	Raymond	QX33851	Kenmore/Moggill Sub Branch
Bevan	Allan	1719578	Redlands Sub Branch Inc.
Blackmore*	Agnes	QF267352	Kedron-Wavell Sub Branch Inc.
Blackwell	Leonard	QX19765	Kedron-Wavell Sub Branch Inc.
Blatchford	Fredrick	3/77745	Redlands Sub Branch Inc.
Boorman	Roger	47784	Redcliffe Sub Branch Inc.
Booth	Adrian	18098	Gympie Sub Branch Inc.
Boyes	Ian	1/3747	Bribie Island Sub Branch Inc.
Brooke	Terence	R66554	Deception Bay Sub Branch Inc.
Brown	Harold	7/400007	Sunnybank Sub Branch Inc.
Brown	Maxwell	243040	Gympie Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Brown	Clive	A118307	Maroochydore Sub Branch Inc.
Brown	Sydney	A19723	Ipswich Railway Sub Branch Inc.
Bryant	Clive	18546	Kedron-Wavell Sub Branch Inc.
Buckingham	George	W/2195	Holland Park-Mt Gravatt Sub Branch
Callanan	Roger	2789112	Burleigh Heads Sub Branch Inc.
Cameron	Lindsay	3/743652	Innisfail Sub Branch Inc.
Candy	Charles	2257944	Beautesert Sub Branch Inc.
Caporn-Crettenden*	Judith	W107663	Redlands Sub Branch Inc.
Carsley	Brian	1/3864	Gympie Sub Branch Inc.
Carter	Francis	170188	Innisfail Sub Branch Inc.
Chappell	Brian	1/701868	Isis Sub Branch Inc.
Chester	Kenneth	8927	Pine Rivers District Sub Branch Inc.
Chick	Roland	QX501419	Townsville Sub Branch Inc.
Christianson	Barry	NZ16096	Maroochydore Sub Branch Inc.
Clancy	John	219642	Toowoomba United Sub Branch Inc.
Clarke	John	A116793	Tweed Heads & Coolangatta Sub Branch Inc.
Clifton	Robert	A4172/153718	Greenbank Sub Branch Inc.
Clinghan	Robert	214497	Gympie Sub Branch Inc.
Collins	Colin	2/5457	Redlands Sub Branch Inc.
Connor	Philip	163592	Sarina Sub Branch Inc.
Cox*	Frederick	1/32885	Yeronga-Dutton Park Sub Branch Inc.
Cuk	Nikola	-	City-New Farm Sub Branch Inc.
Curtin	Terrence	1733578	Redlands Sub Branch Inc.
Cushnan	Thomas	QX57590	Townsville Sub Branch Inc.
Dark	Ronald	VX69943	Tweed Heads & Coolangatta Sub Branch Inc.
Dellaway	Allan	QX35016	Ipswich Sub Branch Inc.
Dennis	Cecil	138712	Tweed Heads & Coolangatta Sub Branch Inc.
Dinh Vu	Kinh	64/170852	Sherwood-Indooroopilly Sub Branch Inc.
Dixon	George	VX50082	Warwick Sub Branch Inc.
Dobson	Vivienne	W85122	Currumbin/Palm Beach Sub Branch Inc.

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Last Name	First Name	Service Number	Sub Branch
Dodds	William	22591096	Kingaroy/Memerambi Sub Branch Inc.
Donald	John	R58430	Hervey Bay Sub Branch Inc.
Donnelly	John	A111104	Banyo Sub Branch Inc.
Dore*	Edmund	A18036	Gaythorne Sub Branch Inc.
Dorman	Bruce	1732694	Rainbow Beach Sub Branch
Dunn	Kenneth	15045	Caloundra Sub Branch Inc.
Elliott	Gordon	29499/38138	Redcliffe Sub Branch Inc.
Ellis	Glen	1710361	Caloundra Sub Branch Inc.
Ellis	William	138055/ A2612	Hervey Bay Sub Branch Inc.
Epps	Stephen	161170	Redlands Sub Branch Inc.
Evans	Sheldon	180211	Beenleigh & District Sub Branch Inc.
Evans	Ronnie	A316598	Kedron-Wavell Sub Branch Inc.
Fabricato	Michael	13651	Kedron-Wavell Sub Branch Inc.
Faithfull	Ian	176462	Hervey Bay Sub Branch Inc.
Ferguson	Raymond	1732141	Kedron-Wavell Sub Branch Inc.
Findlay	James	38804	Helidon Sub Branch Inc.
Fisher	Herbert	Q116641	Toowoomba United Sub Branch Inc.
Fisher	Ray	VX114572	Tin Can Bay Sub Branch Inc.
Fossett	William	1/55256	Mareeba Sub Branch
Foster	Robert	27105	Toowoomba United Sub Branch Inc.
Frape	Donald	A33727	Currumbin/Palm Beach Sub Branch Inc.
French	Alan	QX58049	Caboolture-Morayfield & Dist Sub Branch Inc.
Gill	Ryland	O1905	Unattached List Sub Branch
Goddard	Paul	216012	Townsville Sub Branch Inc.
Graham	Nola	NX146515 (N442657)	Capricornia & Rockhampton Region Sub Branch Inc
Greaves	Ian	15550/ 1200946	Redlands Sub Branch Inc.
Green	Nancy	2033397	Gracemere & District Sub Branch Inc.
Greensmith	Charlie	PJ965506	Ipswich Sub Branch Inc.
Haddrell	Derick	54294	Greenbank Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Halliday	Joan	NF444784	Coorparoo & Districts Sub Branch Inc.
Harper	Douglas	4410700	Cairns Sub Branch Inc.
Hatton	Keith	NX129052	Cairns Sub Branch Inc.
Hatton	William	1118	Maroochydore Sub Branch Inc.
Hedger	Gordon	139573	Southport Sub Branch Inc.
Hedges	Jack	B5650	Kedron-Wavell Sub Branch Inc.
Henderson	Noel	QX35975 (Q102381)	Greenbank Sub Branch Inc.
Henning	Gordon	QX5655	Atherton Sub Branch Inc.
Herbert	Graham	3/107370	Currumbin/Palm Beach Sub Branch Inc.
Higgs	Norman	PM8431	Toowoomba United Sub Branch Inc.
Hingley	John	116463	Mossman Sub Branch Inc.
Hinkler	Ray	QF143175	Bundaberg Sub Branch Inc.
Hoatson	Brian	562346	Maroochydore Sub Branch Inc.
Holland	Malcolm	A117216	Townsville Sub Branch Inc.
Houlson	Edward	47201	Greenbank Sub Branch Inc.
Howard	Alvan	1202150	Warwick Sub Branch Inc.
Howard	Allan	3/53458	Mudgeeraba-Robina Sub Branch Inc.
Huntly*	Paul	A32931	Redlands Sub Branch Inc.
Jacobs	Joyce	107760	Maroochydore Sub Branch Inc.
Jameson	Andrzej	270101241	Redcliffe Sub Branch Inc.
Johnson	William	146931	Redcliffe Sub Branch Inc.
Joliffe	Oliver	B3689	Centenary Suburbs Sub Branch Inc.
Jones	Patricia	W/50053	Cairns and Dist Ex-Servicewomen
Jones	Alan	R58770	Maroochydore Sub Branch Inc.
Jones	John	18674	RSL QLD State Branch
Jordan	Sydney	Q136272	Toowoomba United Sub Branch Inc.
Keats	Richard	QX53974	Maroochydore Sub Branch Inc.
Kennedy	Noel	36429	Mitchell Sub Branch
King	Noel	B5159/135159	Kedron-Wavell Sub Branch Inc.
Klease	Allan	QX57250	Maroochydore Sub Branch Inc.
Latimer	Anne	F38085	Townsville Sub Branch Inc.

LAST POST

Last Name	First Name	Service Number	Sub Branch
Lucas	Graham	A44849	Cairns Sub Branch Inc.
Mackie	Robert	r47224	Redlands Sub Branch Inc.
Magor	John	R52894	Hervey Bay Sub Branch Inc.
Mangan	Joseph	R28892	Tweed Heads & Coolangatta Sub Branch Inc.
Mann	Douglas	315425	Murgon Sub Branch
Marchant	Edgar	434510	Toowong Sub Branch
Mason	Richard	23224761	Charleville Sub Branch Inc.
Matthew	Robert	3742541	Burleigh Heads Sub Branch Inc.
Mattson	Ivor	3771853	Caloundra Sub Branch Inc.
McClellan	Michael	4400483	Townsville Sub Branch Inc.
McDonald	Neil	A317034	Hervey Bay Sub Branch Inc.
McKavanagh	Neville	123707	Nerang Sub Branch
McKeon*	Raymond	-	Tewantin/Noosa Sub Branch Inc.
McMillan	Malcolm	A14691	Caloundra Sub Branch Inc.
McQueen	John	3176319	Yeppoon Sub Branch Inc.
Meade	Mervyn	Q45328	Hervey Bay Sub Branch Inc.
Mendez	Ronald	1700646	Hervey Bay Sub Branch Inc.
Miles	Frank	428499	Burleigh Heads Sub Branch Inc.
Milford	William	QX10467	Currumbin/Palm Beach Sub Branch Inc.
Miller	John	A118138	Gayndah Sub Branch Inc.
Modystack	Henry	4/702475	Deception Bay Sub Branch Inc.
Morrow	Henry	1/730535-171800	Walkerston-Pleystowe Sub Branch Inc.
Morrow	Edward	A15579	Ipswich Sub Branch Inc.
Myers	Thomas	77656	Yeronga-Dutton Park Sub Branch Inc.
Neath	Raymond	QX28076 (Q49305)	Toowoomba United Sub Branch Inc.
Neil	James	2322047	Hervey Bay Sub Branch Inc.
Nicol	Douglas	VX503036	Maroochydore Sub Branch Inc.
Norman	Vic	QX30940	Proserpine Sub Branch Inc.
Nott	Clyde	NX58103	Tweed Heads & Coolangatta Sub Branch Inc.
Nunn	Malcolm	23095069	Sherwood-Indooroopilly Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Nutting	Sinclair	J85055	Tweed Heads & Coolangatta Sub Branch Inc.
Ockenden*	Richard	43225	Bowen Sub Branch Inc.
O'Neill	Bernard	150191	City-New Farm Sub Branch Inc.
O'Neill	Keith	432591	Burleigh Heads Sub Branch Inc.
O'Neill	Gordon	B4082	Wynnum Sub Branch Inc.
Osborne	Clive	A110754	Laidley Sub Branch Inc.
O'Shea	Peter	R58690	Townsville Sub Branch Inc.
O'Sullivan	Gerald	A15696	Redlands Sub Branch Inc.
O'Sullivan	J	133028	Yeppoon Sub Branch Inc.
Palethorpe	Garth	QX32139	Caloundra Sub Branch Inc.
Parcell	Colin	133621	Ipswich Railway Sub Branch Inc.
Pardon	Frank	QX56044	Townsville Sub Branch Inc.
Parker	Richard	1717355	Gympie Sub Branch Inc.
Parr	Dorothy	109645	Kedron-Wavell Sub Branch Inc.
Paulsen	Ellen	QF273818	Logan Village Sub Branch
Pearse	Eric	NX137244 (N276336)	Greenbank Sub Branch Inc.
Penman	David	1/716317	Innisfail Sub Branch Inc.
Perry	Darrell	A116592	Redbank Sub Branch
Petrie	Terry	156647	Toowoomba United Sub Branch Inc.
Phillips	Ronald	R52119	Maroochydore Sub Branch Inc.
Pinder	Stewart	8210041	Mareeba Sub Branch
Planck*	Charles	VX145085	Currumbin/Palm Beach Sub Branch Inc.
Podd	Clive	A44974	Maryborough Sub Branch Inc.
Power	Kevin	3173628	Calliope Sub Branch Inc
Priestley	Clifford	79259	Bribie Island Sub Branch Inc.
Ramsden	Trevor	CSS/ X840972	Greenbank Sub Branch Inc.
Ratten*	Brian	A36281	Lowood Sub Branch Inc.
Redford	Marion	437658	Sherwood-Indooroopilly Sub Branch Inc.
Richmond	Raymond	2753364	Redlands Sub Branch Inc.
Robertson	Tom	A45398	Gaythorne Sub Branch Inc.
Robertson	Kerry	F48827	Greenbank Sub Branch Inc.
Robinson	Oliver	QX44252	Gayndah Sub Branch Inc.

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Last Name	First Name	Service Number	Sub Branch
Romeyn	Frederick	A112501	Townsville Sub Branch Inc.
Sampson	Colin	QX43328	Redlands Sub Branch Inc.
Schumacher	Alfred	1/710395	Boonah Sub Branch
Scott	Edward	3799829	Russell Island Sub Branch Inc.
Seabourne	Barry	B/D2877	Redcliffe Sub Branch Inc.
Shaw	Ernest	19002659	Caloundra Sub Branch Inc.
Shoebridge	Robert	1411119	Tweed Heads & Coolangatta Sub Branch Inc.
Simons	Paul	NX171208	Caloundra Sub Branch Inc.
Sinton	Malcolm	B4837	Warwick Sub Branch Inc.
Skilbeck	Raymond	5033518	Samford Sub Branch Inc.
Smart	Elizabeth	2117215	Dalby Sub Branch Inc.
Smee	Kenneth	1717308	Southport Sub Branch Inc.
Smith	Robert	1/712448	Rockhampton Combined Services Sub Branch Inc
Smith	Douglas	A12503	Ipswich Sub Branch Inc.
Sparks	Trevor	P/NB6474	Kedron-Wavell Sub Branch Inc.
Stack	George	A11155	Ipswich Railway Sub Branch Inc.
Stevenson	James	2716140	Hervey Bay Sub Branch Inc.
Stewart	Ronald	126649	Toowoomba United Sub Branch Inc.
Stokes	James	17572	Maroochydore Sub Branch Inc.
Stokes	Keith	132532	Gympie Sub Branch Inc.
Strickland	William	25288	Thuringowa Sub Branch Inc.
Symmons	Alan	14898653	Gladstone Sub Branch Inc.
Taylor	Alan	215250	Caboolture-Morayfield & Dist Sub Branch Inc.
Taylor	George	QX20033	Caloundra Sub Branch Inc.
Taylor	Sidney	1300929	Toowoomba United Sub Branch Inc.
Ter Rahe	Pamela	W86140	Hervey Bay Sub Branch Inc.
Tillack*	Eric	VX119553	Redcliffe Sub Branch Inc.
Tobin	Mark	1204608	Gympie Sub Branch Inc.
Tosi	Robert	QX19961	Tweed Heads & Coolangatta Sub Branch Inc.
Tronson	Allan	151752	Ipswich Sub Branch Inc.
Tulczyn	Anatoli	P 66971	Bundaberg Sub Branch Inc.
Tyler	Ernest	B4342	Yeronga-Dutton Park Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Van Rensburg	Ramon	C15504	Gympie Sub Branch Inc.
Vellacott	Dennis	1/701375	Greenbank Sub Branch Inc.
Wakefield	Maurice	A18959	Tweed Heads & Coolangatta Sub Branch Inc.
Wall	Ivan	2/771725	Caboolture-Morayfield & Dist Sub Branch Inc.
Walsh	John	7282344	Beenleigh & District Sub Branch Inc.
Watson	Norman	QX50981	Redcliffe Sub Branch Inc.
Webb	William	147452	Hervey Bay Sub Branch Inc.
Welch	Patricia	VF396755	Burleigh Heads Sub Branch Inc.
Whaites	Jeffrey	4721313	Bribie Island Sub Branch Inc.
Wheeler	Leslie	JX611770	Redcliffe Sub Branch Inc.
White	Desmond	R56718	Toowoomba United Sub Branch Inc.
Wieden	Rodney	160208	Surat Sub Branch
Wilder	Peter	3804191	Beenleigh & District Sub Branch Inc.
Williams	Graham	R66620	Hervey Bay Sub Branch Inc.
Williams	Alwyn	33577	Sunnybank Sub Branch Inc.
Williams	Wyatt	G37082	Southport Sub Branch Inc.
Williams	Keith	NX206654	Tweed Heads & Coolangatta Sub Branch Inc.
Williams*	William	A19284	Mackay Sub Branch Inc.
Williamson	Kelvin	2795776	Warwick Sub Branch Inc.
Willis	Adrian	2132709	Bundaberg Sub Branch Inc.
Wiltshire	Colin	R64892	Mareeba Sub Branch
Window	Mervyn	QX43152	Gympie Sub Branch Inc.
Winzar	Clyde	16745	Sherwood-Indooroopilly Sub Branch Inc.
Woods	Noel	QX61275 (Q145707)	Toowoomba United Sub Branch Inc.
Worthington	Reginald	QX17576	Ipswich Sub Branch Inc.
Wright	Percy	14426800	Redlands Sub Branch Inc.
Wrigley	Philip	6141	Tweed Heads & Coolangatta Sub Branch Inc.
Wyer	John	A19253	Kedron-Wavell Sub Branch Inc.
Wylie*	Allan	R45653	Beenleigh & District Sub Branch Inc.
Wyvill	Allan	1/702734	Sarina Sub Branch Inc.



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