

QUEENSLAND RSL NEWS

**A fresh
new future
for RSL
Queensland:**
We're more
than you know

**Adopt a
Soldier**
Giving new life
to our forgotten
service men
and women

**RSL
RAEMUS
ROVER**
A FAST TRACK
TO RECOVERY

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HOW WE
REMEMBERED



RSL
Queensland

2021 // EDITION 04

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

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Front Cover

Public Affairs Officer Major Anna-Lise Brink and her son Laurence paying their respects on Remembrance Day in Brisbane. Anna-Lise was taking photos at the service and Laurence is wearing his father's medals pinned to his chest.



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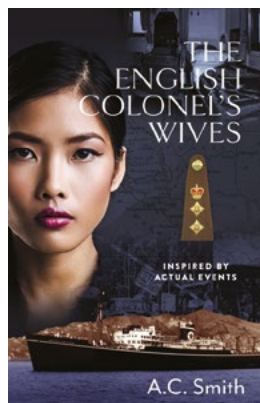
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RECENT RELEASES:



ISBN: 978-1-925707-48-9

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

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

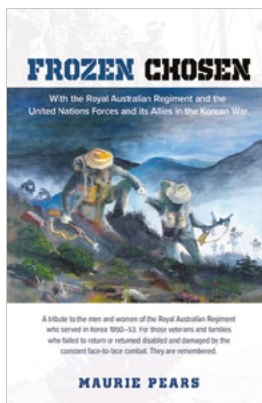
— Michael Pert, author of *The Kissing House*



ISBN: 978-1-925707-64-9

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

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



ISBN: 978-1-925707-55-7

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

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

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

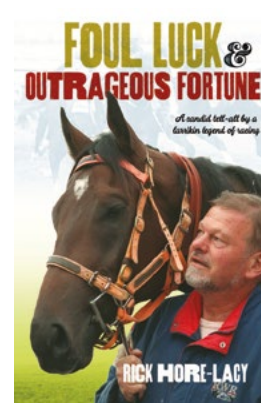


ISBN: 978-1-925707-51-9

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

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

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



ISBN: 978-1-925230-14-7

Rick Hore-Lacy, law-student-turned-horse-trainer who became an Aussie legend in the sport of horse racing. The outspoken larrikin caused a furor in the Elite horse racing industry by breaking conventions with his vociferous opinions and infamous actions. Told with uncompromising honesty, this is a tale that will take you to the inner sanctum of the 'Sport of Kings' and into the heaving action of the most exciting wins. A story that tells of criminal sabotage, crushing mistakes, outrageous success, and above all, indomitable Aussie spirit.

"I regard Rick Hore-Lacy as Australia's (and possibly, the world's) best judge of a yearling. As a trainer, he was refreshingly unconventional and enjoyed some great successes."

— Gai Waterhouse



ISBN: 978-1-925707-66-3

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

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

THE HONOUR IS MINE

SERVING as the State President of RSL Queensland has been an honour. Everything that has been achieved in the past three years has not been achieved alone.

Every success we have achieved for members has been because of the tireless work and support from our Board of Directors, committed and values-driven employees, and a community of Sub Branches and volunteers determined to improve the lives of veterans and their families.

LOOKING BACK TO MOVE FORWARD

As State President, I've witnessed the transformation of a 105-year-old organisation. We are not the same organisation we were three years ago, and we won't be the same organisation in another three years.

The same people I mentioned above have made it possible for our organisation to transform into a robust, modern and engaging ex-service organisation (ESO). I have seen us take the mistakes of our past and learn from them, forging us into the RSL Queensland that we all proudly represent today.

We have ensured our Sub Branches remain vibrant and viable places for veterans to connect with and support each other, bringing our 235 Sub Branches online with the supply of laptops and printers. I only wish I'd been able to visit more Sub Branches in recent times – alas COVID-19

restrictions had other ideas!

Our RSL Queensland Employment Program was recognised for 'Excellence in Supporting Spouse Employment' in the 2021 Prime Minister's Veterans' Employment Awards. Our Employment program continues to be a leader in the ESO space, and this is further proof.

In tandem to this recognition, we expanded the reach of our RSL Queensland Scholarship Program, allowing for a significant increase in the number of scholarships offered. This year, as was the case in 2020, we were able to award more than 70 scholarships to veterans, their partners, and dependents.

“RSL Queensland remains dedicated to building a bright future and enduring legacy for all veterans and their families. We are continuing our great work to be the most valued and trusted partner to our members, and I remain passionate about delivering more successes for the veteran community. Let's continue to embrace change, to ensure our voice is heard and to stand shoulder to shoulder.”

we invited the ANZAC spirit into our homes for the first time, allowing people to continue to honour and commemorate on this special day.

Suffice to say, we've achieved a lot. And there's still so much more we can achieve as we actively pursue the shared vision of being the most valued and trusted partner to enrich the Australian Defence family's quality of life. When it comes to supporting veterans, there are no boundaries.

OUR PURPOSE REMAINS CLEAR

RSL Queensland remains dedicated to building a bright future and enduring legacy for all veterans and their families. We are continuing our great work to be the most valued and trusted partner to our members, and I remain passionate about delivering more successes for the veteran community.

Let's continue to embrace change, to ensure our voice is heard and to stand shoulder to shoulder. Everything we've done, we've done together. But we still have more to do.



Tony Ferris
State President
RSL Queensland

To actively play a part in supporting the ability to address the root causes of veterans' mental health issues, we established a funded partnership with The Salvation Army to reduce veteran homelessness, with more than 50 veterans being assisted at any time. Partnerships like this are the cornerstone of the practical support and assistance we must provide to meet veteran needs during their transition, and for the rest of their civilian lives.

Another highlight is surely the inclusive, innovative and award-winning Light Up the Dawn ANZAC Day campaign that above all else ensured the ANZAC spirit was not lost to the global pandemic. Instead,

AS VETERANS WE'RE ALL IN THIS TOGETHER

IN September this year I was honoured to step into the interim role of Chief Executive Officer of RSL Queensland. Many of you may not know me, but I hope that in the coming months we'll have the opportunity to get to know one another.

I'm a veteran myself – serving in Afghanistan, the Middle East and Timor-Leste with the RAAF – and I've been with RSL Queensland since 2016. Most recently, as General Manager Veteran Affairs and Policy, I gained an even greater understanding of what veterans and their families need – and it is something I carry through to the role of CEO. I'm excited to continue working to positively impact veteran lives.

It's important to me that I take a moment to assure you our future is strong. Often with change comes uncertainty, but what I can tell you – as those who know me well will already know – is that my heart is in the purpose of supporting veterans and their families.

You are in very steady hands. The Executive Leadership Team and I remain as committed as ever to supporting our Defence community.

I'm looking forward to continuing the great work on our RSL Queensland Strategic Plan – an approach that outlines the steps we'll take to drive innovative and impactful outcomes that

contribute to a better quality of life for veterans and their families.

NEW EXECUTIVE LEADERSHIP TEAM MEMBER

We're happy to welcome Troy Watson to the ELT in the role of General Manager Veteran Affairs and Policy. As a Navy veteran and the former CEO of Mates4Mates, Troy has a genuine understanding of the support veterans require.

He's played an instrumental role in expanding the support services provided to veterans, and has recently been engaged with government ensuring that veterans and their families are supported. And with the Royal Commission into Defence and Veteran Suicide, it is vital for RSL Queensland and our partner organisations to take a leadership role, and ensure our voice is heard to make real changes possible.

"It's important to me that I take a moment to assure you that our future is strong. Often with change comes uncertainty, but what I can tell you – as those who know me well will already know – is that my heart is in the purpose of supporting veterans and their families."

BEING TOGETHER AGAIN IN PERSON

By the time our members read this edition of *Queensland RSL News* we will have – hopefully – been able to see each other again at our AGM. And by the same token, a vote will have been reached on the new Constitution. It offers us the ability to set the conditions we need to continue our tradition of supporting veterans and their families, and I encourage all members to make themselves aware of the Constitution.

DEFINING HOW WE SUPPORT MEMBERS

Over the past 18 months you'll have seen our dedicated efforts to build stronger relationships with our Sub Branches. In doing so we've learned a lot about what is important to you and how we can provide even more support. We recently completed phase one of

our managed IT program, providing equipment to 134 Sub Branches – a fantastic result!

This is only the beginning for setting the scene of how we want to work with our Sub Branches. Whether veterans are visiting for camaraderie, because they have additional needs or whatever the reason, they can rest assured we are working collaboratively to give them the support they need.

UNTIL NEXT TIME

We're in this together. We all want to improve the quality of life of veterans. It is something all of us can unite on as we move forward together through the realisation of what RSL Queensland can continue to become.

I will continue to engage with our Districts and Sub Branches as much as possible in 2022, and I encourage you to reach out to your local representatives at any time to discuss your ideas and initiatives. I look forward to updating you on our continued progress in the new year.



Robert Skoda
Chief Executive Officer
RSL Queensland

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



104

individuals and families helped into safe, permanent housing



262

nights spent in RSL short-term accommodation



\$373k

provided in emergency funding



3,708

calls handled



93

jobs found for veterans and their partners



1,770

claims submitted

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

FIND OUT MORE

 [rsl queensland](#)



RSL
Queensland

NEWS

NEW EXECUTIVE LEADERSHIP TEAM MEMBERS

We wanted to take this opportunity to introduce several new members of our Executive Leadership Team who have joined RSL Queensland.



**KALIE
ASHENDEN**

**General Manager
Membership & Network**

Kalie joined us in early 2020 as Head of Network Support, before recently taking on the role of General Manager Membership & Network. During her time with us she has shown her expertise in overseeing the delivery of efficient and effective services to support RSL Queensland's District and Sub Branch network. Kalie has extensive leadership experience working in similar environments, and she has a deep understanding of our network and our members. Kalie is a proud descendent of her First Nations grandparents, who were raised on Nukunu and Ngarrindjeri lands.



**DAVID
SMERDON**

**Chief Marketing
Officer**

David first joined RSL Queensland as Head of Brand in the Marketing team, before taking on the role of CMO. He joined us from advertising agency Publicis, where he was Strategy Director and Client Partner helping companies like Suncorp, Queensland Health and Cross River Rail develop brand and communication strategies. Since being with RSL Queensland, David has led the Brand Revitalisation campaign for RSL Queensland, which you can read more about on page 14.



**TROY
WATSON**

**General Manager
Veteran Affairs
and Policy**

A Navy veteran and the former CEO of Mates4Mates, Troy has a genuine understanding of the support veterans require. He's played an instrumental role in expanding the support services provided to veterans, and has recently been engaged with government ensuring that veterans and their families are supported.



**ANGELA
JONES**

**Chief Information
Officer**

Angela joined RSL Queensland in December 2020 as the Head of Enterprise Applications, before moving into the role of Chief Information Officer. She is a highly capable transformational leader and a technical specialist who is leading our digital, information, cyber security and enterprise delivery teams with expertise.



DEFENCE EDUCATION EXPO

ON 23 November, representatives from RSL Queensland's Scholarships and Employment Programs took part in the Defence Education Expo at Gallipoli Barracks Enoggera 8/9 RAR. The expo was an opportunity to link in with current serving and transitioning members to let them know more about the RSL Queensland services available to them and their families.

There was a lot of interest in RSL Queensland's programs, and staff enjoyed the chance to work alongside other ex-service organisations and registered training organisations in the Defence space. Pictured, from left, are CPL Michael Thompson, RSL Queensland Senior Employment Consultant Rebecca Lehmkuhl, Employment Program Manager Teegan Crump, Paul Copson from TAFE Queensland, RSL Queensland Partnerships Officer (Scholarships) Leah Pabst, Aaron Cornwall from the Australian Catholic University, Kyle McMillen from Rheinmetall Defence and Daniel Vincent from Soldier On.

MILITARY SUPERANNUATION INVALIDITY PENSION

IN early September, the Commonwealth Super Corporation (CSC) alerted veteran customers that the planned changes to invalidity pensions had been delayed. This was because some Federal politicians were concerned that a percentage of veterans would be receiving less 'in-the-hand' each fortnight, so CSC was asked to postpone implementing the proposed changes.

CSC is yet to receive any formal guidance on this topic. However, as of 18 November, they have begun to implement changes to ensure that fortnightly invalidity payments to their veteran customers are adjusted or maintained.

The CSC has created a video to provide some clarity on this topic, and further information can be found on their website at csc.gov.au. If you have questions, contact the CSC team by emailing invaliditytaxation@csc.gov.au or by calling 1300 006 727.

FREE BIDET*

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CUSTOMER TESTIMONIAL

I have had my BIDET for almost five years now and I have found it easy to operate and very effective for my personal hygiene.

I am a 79 year old pensioner and I had suffered ongoing discomfort going to the toilet and the indignity of severe haemorrhoids for many years.

Having my Bidet has given me a new lease on life. Five years ago I was told I would need surgery and to date have not found it necessary. I love my BIDET I could not live without it.

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QLD Resident

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READ OUR 2020 ANNUAL REPORT ONLINE

THE 2020 RSL Queensland Annual Report is now available to read online at rslqld.org/News/Annual-Reports. Printed copies of the report were also distributed at the 2021 State Congress.

The 2020 Annual Report is a testament to the dedication of our network of RSL volunteers and staff in what was a challenging year. The achievements laid a foundation for the important work being carried out in 2021 and beyond.

Don't miss the 'Standing Shoulder to Shoulder' section, which highlights the amazing work of our Sub Branches around Queensland! To get the best user experience from the flipbook, click the 'full screen' button (look for the four arrows) at the bottom and watch videos throughout the report marked by a play button.

QUEENSLAND VETERANS' COUNCIL ACT 2021

THE Queensland Veteran's Council Act was recently passed by Parliament, establishing the Queensland Veterans' Council. The purpose of this council is to:

- Manage, maintain, preserve and develop ANZAC Square as the state's war memorial.
 - Administer the Fund, including by making payments from the Fund.
 - Advise the Minister about veterans' matters.
- RSL Queensland took part in the hearings and made a submission to the Bill to ensure the needs of our members were considered in the proposal.

The legislation can be viewed on the Queensland Government website at legislation.qld.gov.au

2021 DVA CLIENT SATISFACTION SURVEY

THE Department of Veterans' Affairs (DVA) 2021 Client Satisfaction Survey is open for your feedback until February 2022. The survey seeks to understand how clients feel about their interactions with DVA to determine how they can improve the way they provide services and support to Veterans and their families.

Learn more on DVA's website, contact them via client.survey@dva.gov.au or call the general inquiries line on 1800 838 372.

THE TRUTH ABOUT SLEEP AND YOUR HEALTH

The majority of us know that enough sleep is good for us; but how seriously do we take that advice? Many of us don't get an adequate amount of sleep due to our hectic schedules, a need for "down time", or simply life's circumstances. Lack of sleep, however, can result in more than just being tired, which in itself is still bad enough. Experts warn that chronic sleep deprivation can have serious health consequences and so taking time to review your sleep health and improve it if need be, just makes sense.

According to medical professionals, here are just some of the health problems that may result from lack of sleep.

Increased risk of diseases such as cancer

While of course the likelihood of cancer cannot be solely attributed to a lack of sleep, studies have indicated that the risk for certain cancers (such as colon cancer) is higher for those who work night shifts and as a result have inconsistent sleep patterns. Apparently, exposure to light in the night-time hours reduces the body's production of melatonin; a brain chemical that helps promote healthy sleep. Additionally though, melatonin is also believed to reduce tumors and protect against them as well. The less good sleep you get, the less melatonin your body manufactures and therefore the disease risk is higher.

... and heart disease.

Statistically, heart attacks are more likely to occur in the early morning hours. Experts believe this may have something to do with the particular way that sleep and waking affect the cardiovascular system.

Studies have shown the health problems that often lead to heart disease - obesity, high blood pressure, etc. - are exacerbated by lack of sleep and therefore the link between insufficient sleep and heart disease remains under ongoing investigation.

There's also an increased risk of accidents and injury.

From car accidents to mishaps around the home, sleep deprivation has been implicated in all sorts of injury and emergency situations.

Sleep-deprived brains simply don't react very quickly or efficiently. The clumsiness and mistakes that come from fatigue can certainly put you at risk of harm and are avoidable with sufficient good quality sleep.

And finally, it's also important to remember the social implications that lack of sleep can have on your health and well-being.

When you regularly don't get adequate sleep, you're more likely to become moody and irritable; and this is not conducive to maintaining good relationships.

You're also less able to think clearly, problem solve and remember things which can then lead to frustration and even low mood.

Being constantly tired isn't healthy and isn't normal. The good news however, is the supportive team of sleep professionals at **Sleep Health Care Australia** is available to answer all of your sleep related questions or concerns.

DVA Authorised Supplier

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

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DVA'S FREE HEALTH & FITNESS PROGRAM



THE Heart Health Program is fully funded by the DVA (Department of Veterans Affairs) and aims to help veterans improve their physical health and wellbeing with practical exercise support and advice for living a healthier lifestyle.

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans or individually. The Heart Health Program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

Check your eligibility to join the program and register your interest via veteranshearthealth.com.au/eligibility

EXTENSION OF THE DEFENCE REPARATION SCHEME

THE deadline to apply for a payment under the Defence Reparation Scheme has been extended to 30 June 2022.

WHY WAS THE SCHEME EXTENDED?

The Scheme has had a positive impact on individuals who experienced serious abuse while serving in the ADF. Extending the Scheme gives members who may not have been aware of the Scheme previously, the opportunity to report their experience of serious abuse in Defence and apply for a reparation payment.


WHAT DO I NEED TO DO TO APPLY FOR A REPARATION PAYMENT?

To apply for a reparation payment under the Scheme, you must contact the Ombudsman's Office (the Office) by 30 June 2022 and either:

- Submit a report of the abuse you experienced in Defence, or
- Provide a written notification that you intend to submit a report of abuse. If you notify them that you intend to submit a report, you must submit the full report by 30 June 2023.

People who do not submit their report or intention to report to the Ombudsman's Office by 30 June 2022, will not be eligible to receive a reparation payment under the Scheme.


For more information visit ombudsman.gov.au




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DVA LAUNCHES YOUTUBE CHANNEL

DVA has launched a YouTube channel to provide a wide variety of video content dedicated to veterans and their families, regarding DVA services and support.

Content on DVA TV will range from guides to accessing support, such as:

- How to use MyService
- Capturing and sharing commemorative services
- Showcasing individual stories of service
- Important announcements

Search "DVA TV" on YouTube.

MAILBOX

RECEPTION FOR NEW OR ASPIRING MEMBERS

Paul Harrison's letter to the Mailbox in Ed 3 2021 talks about an important matter. Unfortunately, things like his reception at an unnamed RSL are far from rare. As a member for more than 50 years, what he says, while perfectly true, is a real shame.

Sadly, across the board, our membership isn't trained or encouraged to make newer members welcome. It is assumed that they will, but nothing much is done to encourage it or overcome the tribal influence of arm of service or within those services the corps or branches.

People tend to think only about themselves and forget what it is like to step up to join an organisation that they may have been involved with for years. A flippant remark like Paul had as an introduction to the Sub Branch he approached, may have been wholly innocent to the man who made it, but it lost a potential member and a possible future mate because of the effect it had on Paul.

I'm also an active participant at Mates4Mates and I try to strike up a conversation with any new face I see when I'm at the Family Recovery Centre or one of their many activities.

We simply need to think before we speak, act like we'd wish to be treated and see ourselves as part of the whole, not like the organisation is there for us alone.

Joe Cazey
Grange

CRICOS 00025B

Parkinson's Disease and Constipation



**THE UNIVERSITY
OF QUEENSLAND**
AUSTRALIA

CREATE CHANGE

Constipation is a common complaint for people with Parkinson's disease. The University of Queensland Centre for Clinical Research is proposing that the use of an oral prebiotic can improve the symptoms of constipation and gut microbiome in people with Parkinson's.

If you are interested in participating in our Clinical Trial, live in the Brisbane, Ipswich or Gold Coast area, have been diagnosed with Parkinson's disease, have three or less bowel movement days per week, and are in reasonably good health, please contact Helen Woodhouse, Clinical Trial Coordinator, phone **07 3346 5043**.





HAVE YOUR SAY

RSL Queensland invites members to share their feedback on the campaign via brand2025@rslqld.org



RSL QUEENSLAND: WE'RE MORE THAN YOU KNOW

As part of its Strategic Plan, RSL Queensland is refreshing its brand to ensure its services and support systems are both relevant and recognised by all Defence family members as well as the broader community.

Our Strategic Plan presents us with an opportunity to build on the great work we're already doing. In putting our strategy to paper, we saw how our organisation could be stronger, more relevant and evolve alongside our members.

For more than 100 years we've existed to serve veterans and their families, and we intend to continue cultivating a tradition of standing shoulder to shoulder to create brighter futures for veterans.

NEW LOOK, SAME MISSION

The work we're doing supports veterans and their families. But we also know there's still a lot of people who don't know the breadth of the services and support RSL Queensland offers.

RSL Queensland Acting Chief Marketing Officer David Smerdon says the team has done amazing work to date, and we're building our internal capacity to tell even more people what we do.

"When a veteran or their family needs help, we don't want anyone wondering who they can call. We want them to know that with a call, email or visit to our website, or to one of the more than 220 Sub Branches across Queensland, they can start the process of getting the support they need."

"While we are focused on our purpose of creating brighter futures for veterans and their families, we discovered that only 21 per cent of veterans under 39 years old thought we were relevant to their needs," he explains.

"We have a responsibility to continue to find meaningful and authentic ways to be relevant to all Defence family members to ensure we can remain true to our purpose, and continue serving veterans and their family in ways that matter."



RSL
Queensland

EMPLOYING VETERAN TALENT

We believe that employing veteran talent wherever possible lends our marketing campaigns real authenticity. We invite you to get to know the four veterans walking together outside the Sub Branch in the final frame of our TV commercial – David Brannigan, Jason Parson, Jodie Busch and Sam Stout. These four figures are also designed to represent the four service personnel who appear on our RSL logo.

TIME AND SPACE TO DISCOVER LIKEMINDED PEOPLE

FINDING your feet as you transition to civilian life and readjusting to long stretches of time in one destination is something many veterans are familiar with.

It's a challenge Rockhampton-based ex-Defence member David Brannigan is still navigating.

The 45-year-old joined the Navy when he was 17, forging a career that would see him spend time on HMAS *Hobart*, HMAS *Sydney* and in Darwin working on patrol boats as a Boatswain Mate.

Boatswain Mates are specialist sailors with knowledge and training for carrying out anchor work, fast roping, berthing, towing, re-fuelling at sea and other advanced seamanship work.

After getting married and starting a family, he realised life at sea wasn't working anymore.

"After serving as a Boatswain I transferred to be a medic," David says.

"I was posted to HMAS *Cerberus* before I began my medics training. Once trained, I served for another nine years before I was discharged into Reserves.

"I had a great career, spending 13 years full time serving in the Navy and another five in the Reserves."

LEAVING ISN'T ALWAYS EASY

After 18 years in the Navy, David expected leaving to be straightforward.

"I thought it was going to be easy to transition out, and I thought I was handling it really well," he says.

"But talking to some of my bosses and co-workers, apparently I was very highly strung and regimented.

"It takes a little while to get used to it. I wasn't home a lot when I was in the military and then after leaving found jobs where I was away all the time again, so that takes a toll as well."

Recently finishing work as a paramedic on offshore oil and gas mines, David is now working a "regular Monday to Friday" job where he can be at home at the end of every day.

"I'm really enjoying being home every day," he says.

THE JOY IN RECONNECTING

Now that David is back in Rockhampton full-time, he says it is easier for him to consider committing to memberships with sporting teams and his local RSL Sub Branch.

"I was away for so long that I never really did it," he explains.

"To have the chance recently to sit down with a group of ex-military people and have a chat, share experiences and have a laugh was amazing.

"I can see now just what we can all get out of that opportunity. I'll be doing more of it in the future, definitely."

SIGN UP

Joining your local RSL Sub Branch is easy. Visit rslqld.org to sign up online or download a membership form to complete and submit to your nominated Sub Branch.



BUILDING A TOOL KIT TO HELP OUT A MATE

THEY say prevention is better than cure and that's the mantra of RSL Queensland member Jason Parson, who will be giving back to the veteran community that supported him.

The Kallangur RSL Sub Branch member joined the Army in 2007 after a Defence member visited his high school.

"I decided after that talk that I'd join the Army. I was the first in my family to serve and my younger brother joined after me," Jason says.

"It was very different from what I thought it would be like. Since leaving I've done a lot of different jobs. I'm a telecommunications technician by trade."

After deployments to Malaysia, where he was able to train with the Malaysian Army, and Afghanistan, he discharged in 2011.

"I figured I should see what else was out there. That I couldn't be in the Army all my life," he says.

HELP WHEN YOU NEED IT MOST

As many ex-serving Defence members experience as they transition to civilian life, Jason found help by reaching out to his mates and organisations like RSL Queensland.

"My circle of friends helped immensely," he explains.

"My Sub Branch is like a good group of mates that I can catch up with. There's a good atmosphere. We sit and listen to the old diggers telling their stories and they have questions for us, too."

"There's always outlets and help available. For example, the Padres who are always there and able to talk about anything with you."

Jason is getting ready to give back to his veteran community, having signed up for suicide first aid training.

"I don't know anyone close to me who has taken their life, and I'm motivated to keep it that way," he says.

"I want to be proactive before it happens and have the tools to be able to help."

"It is one of the taboo topics that no one speaks about. I think it needs to be a commonly discussed topic. People struggle mentally."

Jason says he is a different person after serving in Defence.

"I don't think I'd be the person I am now without the experience I had in the Army. It's helped me become who I am and be able to help some others I served with through tough times they might be having," he says.

"We need to help each other better understand what it means to get used to civilian life. It is totally different, and it has to be available before it reaches an atomic crisis for someone. We all need mates to talk to."

NAVIGATING LIFE BEYOND SERVICE

No one needs to face the ups and downs of transitioning to civilian life alone. RSL Queensland has a range of wellness programs and opportunities for ex-serving Defence members and their families to connect with one another or find support through their adjustment to civilian life.

Free programs like Go Beyond, powered by Gallipoli Medical Research Foundation (GMRF) and RSL Queensland, are giving members the opportunity to get the additional support they need.





RSL QUEENSLAND IS MORE THAN YOU KNOW. WE ARE:

- More than 30,000 members, volunteers and staff who deliver specialist services to veterans and their families
- Helping them navigate a complex system, so they can get on with more of the good
- Investing in research, to support veteran health
- Empowering veterans to secure stable accommodation
- Helping veterans and their families find new purpose and direction with dedicated employment and scholarship programs
- 220+ welcoming Sub Branches across Queensland where veterans and their families really connect
- RSL Queensland, the specialists in veteran support.



FINDING WHERE YOU BELONG AGAIN

FOR Yeppoon-based veteran Jodie Busch, the process of leaving her post in the Royal Australian Air Force required discovering where she belonged all over again.

It's a feeling Jodie believes many other ex-serving Defence members will relate to.

"I was medically discharged and struggled to reclaim my identity," she explains.

"You spend so long identifying as being a part of the Armed Forces, you have to find yourself again as a civilian. You lose your sense of purpose.

"You're leaving a lifestyle. After I was medically discharged, I missed getting up every day and feeling like I was contributing to the bigger picture. I'd wanted to join the Air Force for as long as I

remember, so it was a difficult adjustment."

DISCOVERING A NEW VOCATION

As well as missing the camaraderie with her colleagues, Jodie says finding an employer who understood how skills from military service translate to civilian roles was key.

As Jodie found her feet, she went on to study and graduate from a Bachelor of Environmental Science.

"I've just started working in my chosen field as an environmental scientist this year," she says.

"I was able to access help through veteran study and employment programs and without this help I wouldn't have been able to gain meaningful work after leaving service."

A NEW SENSE OF BELONGING

"Being a member of RSL Queensland, I know there are always like-minded people that I can reach out to for support and who are willing to help or lend an ear. It gives a true sense of belonging.

"It isn't just for older veterans. Younger veterans can get just as much support and are encouraged to join!"

Jodie accessed help with an RSL Queensland advocate to support her DVA applications.

"They have been fantastic and have helped get my conditions claimed and accepted with no stress.

"I would really urge other serving Defence members to think about what will happen when they leave Defence before they leave," she says.

"Be as prepared as you can to help make the transition as smooth as it possibly can be."





RSL Queensland's brand evolution is anchored in a commitment to be the leading specialist in veteran support.

"Not everyone knows the wide variety of ways that RSL Queensland can support veterans," David says.

"From employment and scholarship support to help carve a new career path, advice for preparing DVA claims or finding secure accommodation, our reach is vast and there are still more veterans and their families we can help."

David says at the same time it is vital that the organisation continues to find ways to develop innovative programs and advocacy support.

"We are developing ways to ensure all the great work we do is visible to the maximum number of people and that we're informing members about all the support that is available to them.

"When a veteran or their family needs help, we don't want anyone wondering who they can call. We want them to know that with a call, email or visit to our website, or to one of the more than 220 Sub Branches across Queensland, they can start the process of getting the support they need.



OUR VALUES

What we stand for and how we deliver the support we give veterans remains the same, but we have taken the opportunity to reflect and refine the values that guide us.

- **We know how to help**
We bring our expertise in veteran services and support to tailor our approach. There's no one-size-fits-all to the people we help every day.
- **We stand shoulder to shoulder**
Together we achieve more. It is that simple. No matter the size of the challenge, we are here to help and create a safe space for one another.
- **We do it with heart**
It isn't enough to say we care; we show it too. Empathy, pride and passion for where we've come from and where we are going is key. We listen actively and approach conversations with openness, honesty and transparency.
- **We make it easy**
Keeping it simple is the goal. Curiosity and collaboration drive us, and we embrace working smarter, not harder.
- **We do what we say**
We are one organisation with one vision, working to lead the change that veterans need and deserve. Through action and outcomes we're leading by example and setting the standard in veteran support and services.

"We're rolling up our sleeves, doing all that we can to lead the way as Australia's leading ex-service organisation. We want to show veterans and the broader community that RSL Queensland is more than they know," David says.

Further to our brand launch that went live in October 2021, next year we'll be releasing more communications that underline the vital services RSL Queensland offers current and ex-serving Defence members. From one-on-one support navigating DVA claims to employment assistance, and crisis housing to life-changing scholarships – RSL Queensland is here to support you in real and practical ways.

We're ready to challenge the perception that we're "parmies and pints". ←





THE POTENTIAL OF DIVING INTO A NEW CAREER

THE process of discovering a new career after life in Defence is a challenge many veterans understand.

Sam Stout, 30, joined Defence in 2010 as a driver specialist for the Royal Australian Corps of Transport.

"I had always wanted to join the Army from a young age," he shares.

"I had family in the military. My uncle was in the Navy and my grandfather served, too.

"I was deployed to Afghanistan in 2016, the bushfires in Victoria at the start of 2020, and then the Middle East again at the end of 2020."

For Sam, RSL Queensland gave him advice to help make the transition from Defence to civilian life – although he still stays active as a Reservist.

"It was a comfort to know there was help and something there behind me if I needed it," he says.

DIVING INTO NEW CHALLENGES

After Sam finished serving in Defence full-time in 2019, he admits he needed to "find myself again in life".

"I packed my bags and moved to Indonesia. I became a scuba diving instructor on the Gili Islands, off the coast of Bali," he says.

"I'd tried other jobs back home and wasn't sure what I wanted to do. The islands were my one happy place in the world."

On a friend's recommendation, Sam began exploring commercial diving as his new career aspiration.

"It gave me the opportunity to be underwater in the environment I loved being in and I felt like I was really working for my money. It was a very exciting experience. I did all my courses and managed to get employment on the other side of that. I've never looked back."

THE DECISIONS WE MAKE

Having made the decision himself, Sam believes the biggest challenge veterans face is making that initial choice.

"It's a big jump. Leaving that environment where you've got guaranteed employment – no matter what happens – making that decision to get out and trade that for something else is a big one," he says.

For anyone trying to decide, Sam recommends doing your homework.

"Do everything you can before you leave Defence to better yourself. Whether that means getting qualifications or making the most of the



assets and resources available.


"There's plenty of programs like RSL Queensland's Employment Program. Just arm yourself the best you can before you leave and then, when you do need more help speak with RSL Queensland, speak with DVA, speak with your mates.

"And don't be scared to try something new," he says.

"I know people who've been in the Army for 10 years driving trucks and they get out and keep driving trucks.


"There's a whole other world out there from the job that the military taught you. I'm proof! I've gone from driving trucks to blowing bubbles underwater for a living."





RSL QUEENSLAND CELEBRATES 2021 SCHOLARS

A total of 74 ex-serving Australian Defence Force members, Defence partners and veteran dependents are on their way to enhancing their career thanks to RSL Queensland's 2021 Scholarship program.

 Lani Pauli

SINCE 2017, the program has been providing funds to Defence families experiencing hardship to assist with the costs of tertiary study or vocational education. The scholarships aim to improve recipients' employability, contribute to their sense of purpose, and reduce financial barriers to study.

This year's recipients were honoured at a ceremony held in Brisbane on 9 September 2021. RSL Queensland Acting Chief Executive Officer Robert Skoda says it's powerful to see scholars continuing to open doors to opportunity through education.

"RSL Queensland has committed more than \$2 million over the past five years to support more than 300 veterans and their families from across Queensland and the Northern Territory to pursue further education," he says.

"We know many ex-serving members feel a profound sense of loss when they leave Defence and may experience challenges with the transition to civilian life and, likewise, their partners and children are equally impacted by the frequent relocation often required of Defence families.

"The support and encouragement to find a new purpose through education is a powerful thing to give our community."

The ceremony was, according to Mr Skoda, a fantastic way for this year's recipients to reflect on their educational achievements, meet others in similar situations and build their support networks.

"For RSL Queensland it is an equally important opportunity for us to meet scholars and their families, to understand the impact these scholarships have on their lives," he says.

**CLOCKWISE
FROM TOP LEFT:**

Montgomery
Chigwidden; RSL
Queensland's
2021 Scholarship
recipients; RSL
Queensland
Defence
Coordinator
Kristen Kennedy
talking with
ex-Defence
scholar Simon
Wilson and his
wife Natasha
Wilson; RSL
Queensland Chief
Executive Officer
Rob Skoda,
right, chats with
Stephen Gooch,
a veteran friend
of one of the
scholarship
recipients; RSL
Queensland staff
members, from
left, Partnerships
Officer Jazz Tyrril,
Partnerships
Officer
(Scholarships)
Leah Pabst,
Head of Strategic
Partnerships Katie
Maloney, Defence
Coordinator
Kristen Kennedy
and Partnerships
Coordinator
Emma Campbell.





APPLY FOR 2022: RSL Queensland's 2022 Scholarships are now open for applications. Visit rslqld.org/scholarships to apply.

OPENING THE DOOR TO NEW OPPORTUNITIES

Recipients can use their scholarship to upskill, re-qualify, or develop a career path compatible with the Defence lifestyle. This year's recipients are undertaking study from a diverse range of fields including aviation, education, graphic design, library and information services, nursing, law, social work, and spatial science.

Ex-Defence scholarship recipient

Simon Wilson served for five years before medically separating from service earlier this year.

"When you leave Defence, a lot of your existing support networks are impacted," says Simon, who is studying behavioural science at QUT.

"The scholarship from RSL Queensland means I don't have to put myself into further debt to study and for that I am very thankful to RSL Queensland for their support."

It is a sentiment echoed by Veteran Dependent Scholarship recipient Montgomery Chigwidden who is studying a Bachelor of Information Technology and hopes to pursue a career in cyber security.

"My dad served in the Vietnam War and receiving the scholarship means a lot to me," he says.

"It has allowed me to get a head start and focus on studying without worrying about the financial stress of study." ←





THE OFF-ROAD RACE GIVING VETERANS A TRACK TO WELLNESS

✍ Lani Pauli

Racing in a buggy at 200km an hour along an off-road track is giving veterans clarity, mateship and common ground, supporting their transition to civilian life.

THE RSL RAEMUS Rover Off-Road Racing program gives ex-service members the chance to step outside their comfort zone while learning the mechanics of the race vehicles, driver navigating, or acting as pit crew at race day events.

NAVIGATING A ROAD TO WELLNESS

One of the hundreds of ex-serving veterans who have benefited from the program is Darlene Blake, who served in the Navy for 10 years and, like many, found transitioning to civilian life difficult.

"After leaving the Navy, I moved to a small country town and my husband was often away interstate truck driving. I was bringing up the kids and trying to find things to do," she says.

"It was hard not being in that team environment anymore."

A friend introduced Darlene – and her husband – to the RSL RAEMUS Off-Road Racing Program two years ago and it's something she credits with bringing her out of her shell.

"I was very reserved. Being in the team has challenged me to get out of my comfort zone and do things I wouldn't normally do. Challenge myself," she says.

"It makes you feel good about yourself and being a part of a team again."

Darlene started with the team after visiting an open day and has had various roles. Currently, as a RAEMUS navigator, she helps the driver identify any hazards on the track or other vehicles coming up.

RAEMUS FOSTERS A TRUE TEAM SPIRIT

Morgan Appleby enlisted in the Army's Ready Reserve program in 1993 and was medically discharged 18 months later due to a severe knee injury. Morgan is RAEMUS's Risk Manager and says the program offers a supportive team environment.

"The program is a little different from most and we are facilitating some of our veterans' rehabilitation.

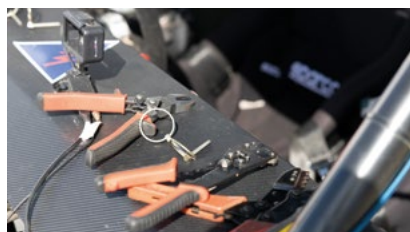
"This works in two ways. New team members are taught about navigating and other race skills that can transfer into their everyday life. Then, when we are joined by additional teammates, they're supported through the program by our existing members. It is a real team environment."

POSSIBLE WITH SUPPORT

RSL Queensland provides financial support to the RAEMUS Rover Racing Program to offer ex-serving veterans the opportunity to be involved with no out-of-pocket expense.

This truly unique program and the community connection the off-road racing team provides to ex-serving veterans and their families is invaluable and Morgan

FROM TOP TO BOTTOM:
RAEMUS Rover Racing President Ian Baker; Navy veteran Darlene Blake credits RAEMUS Rover with bringing her out of her shell; RAEMUS Rover Racing President Ian Baker; Ex-Army Reservist Morgan Appleby is RAEMUS Rover's Risk Manager.





says they couldn't do it without the support of RSL Queensland.

"The funding we receive has given us the support we need to run our program and get to the point we are at now, about to have three cars racing," Morgan says.

MOTORING ON, TOGETHER

"I stay involved because of the people – mentors if you will," Darlene says.

"They're people who've been in the same position as you. They know what you're going through because they've been through it themselves and it is a great team to work with.

"This program has truly brought me out of my shell. I recommend it for anyone to give it a go. Challenge yourself."

Morgan echoes Darlene's sentiment.

"Put your hand up and do it. Unless you start actively participating in things, you're never going to know what you do and don't like, or what you can and can't do. So, don't think about it, just do it." ←

TOP (CENTRE):
Cam Speirs is a member of the RAEMUS Rover racing team;

"I stay involved because of the people – mentors if you will," Darlene says.



READY TO RACE? If you or a family member would like to learn more about or get involved in the RSL RAEMUS Rover Off-Road racing program visit rslqld.org/RAEMUS



REMEMBER
to remember

2021





CLOCKWISE FROM ABOVE:
State President Tony Ferris greets
Queensland Premier Hon Anastacia
Palaszczuk MP as she arrives at the
Shrine of Remembrance; Her Excellency
the Honourable Doctor Jeannette
Young PSM laying a wreath at the
Remembrance Day service; Australian
Army 1st Division Commander Major
General Jake Ellwood DSC AM
laying a wreath during the Brisbane
Remembrance Day service; RSL
Queensland Remembrance Day
Ambassador Curtis McGrath and State
President Tony Ferris speaking with
media after the Brisbane Remembrance
Day service at ANZAC Square; Anna-
Lise Brink and her son Laurence paying
their respects on Remembrance Day
in Brisbane. Laurence is wearing his
father's medals pinned to his chest.



CLOCKWISE FROM TOP: Lt Colonel Retired President George Karsai lay a wreath on behalf of Burleigh Heads RSL Sub Branch at this year's Remembrance Day service; Banyo RSL Sub Branch members commemorated Remembrance Day at the Nudgee School of Arts where more than 100 people attended including representatives from two local schools. Guests enjoyed morning tea following the service and lunch hosted by the RSL Auxiliary; Bray Park-Strathpine RSL Sub Branch commemorated Remembrance Day, unveiling a Cor Infinitus plaque in memory of those who served our nation and have died by suicide. Sub Branch President Brian Kay was joined by Cor Infinitus founder and veteran Kevin Humphreys at the service; Whitsunday Regional Mayor Andrew Wilcox and MP Dale Last joined Bowen State High School students for the Bowen RSL Sub Branch service.



CLOCKWISE FROM TOP LEFT: CMDR Glenn Williams, Major Jeffrey Martin, Far Northern District President John Maschke and Cairns RSL Sub Branch President Jeffrey Langham attended Cairns Sub Branch's Remembrance Day service; Veteran Ted Carey paid his respects after laying a wreath at the Clifton Cenotaph (Photo: *The Clifton Courier*); Charters Towers RSL Sub Branch members gathered at the Charters Towers Cenotaph to commemorate Remembrance Day.





ABOVE: Pictured at the Currumbin RSL Sub Branch Remembrance Day service were (L-R) Tom Rochester, Peter Thorpe, Suzanne Shipp, Michael Humphreys, Cherisa Pearce, Roger Collins, LTCOL DHG Freeman, FRGS (Ret'd), Charles Paul and Alex Zubac with the Gold Coast Tweed Pipe and Drums band; BELOW: Forest Lake and District Sub Branch members were supported by 149 Army Cadet Unit for this year's Remembrance Day service at the Forest Lake Ampitheatre, which included laying a wreath at the War Animal Memorial.





CLOCKWISE FROM TOP LEFT: Wet weather moved Gaythorne RSL Sub Branch's commemorations indoors but members still enjoyed hearing Our Lady of Dolours School choir singing at this year's service; Ex-6RAR and Open Arms Counselling representative Paul Tyler was flag orderly at the Gracemere RSL Sub Branch Remembrance Day Service, where more than 150 people attended. Members of the 1st CQ Light Horse Regiment also formed a Catafalque Party; For the first time since 2019, Hervey Bay RSL Sub Branch hosted a Remembrance Day service which was attended by more than 800 locals and ex-serving Defence members. The 5th Light Horse Regiment Hervey Bay Troop acted as Guard Party, with their three mounted horses and medic dog accompanied by a WWI nurse; A small group of members of the Miles RSL Sub Branch joined President John Green at this year's Remembrance Day Service at ANZAC Park despite the pouring rain. The Sub Branch estimates about 17mm of rain fell during the service; The weather in Longreach stayed bright for some 200 locals and veterans attending this year's Remembrance Day service. The service was supported by officers and soldiers from the Operational Support Squadron, 3rd Combat Signal Regiment, Townsville who have adopted Longreach and regional centres as their own. (Photo: *The Longreach Leader*)



CLOCKWISE FROM TOP LEFT: Students from Malanda State High School, Malanda and Butchers Creek State Schools joined the Malanda RSL Sub Branch to pay tribute to the men and women of the Australian Defence Force who paid the ultimate sacrifice. The Sub Branch's service was held at the Echem Memorial Gates Park; Major Donald Graham laid the PIB-PIR wreath at the ANZAC Square Remembrance Day Service in Brisbane's CBD; Sunnybank RSL Sub Branch hosted a combined commemorative event on 13 November – Our Community Remembers. The event marked multiple days usually commemorated between ANZAC Day and Remembrance Day but had not been due to COVID restrictions. The event included a special memorial of the Long Tan Cross; Members of Agnes Water/1770 Sub Branch at the 2021 Remembrance Day service; Cadets from 17 ACU attended Warwick RSL Sub Branch's Remembrance Day service, which was moved to the town hall due to wet weather. It was the first indoor service for more than 40 years and was attended more more than 300 people (Photo: Kate Christensen); Atherton Sub Branch members mark Remembrance Day at a local service in Atherton; Pine Rivers RSL Sub Branch was honoured to have the Minister for Defence Peter Dutton attend their Remembrance Day service and lay a wreath. Due to heavy rain, the service was held in the auditorium of the Norths Leagues and Services Club.







CLOCKWISE FROM TOP: Glenda Voller and Doreen Matthews lay the War Widows Wreath at the Redlands RSL Sub Branch service held at the ANZAC Memorial Park, Redlands; Constant rain couldn't keep 130 Stanthorpe locals away as they commemorated Remembrance Day at the Southern Downs Regional Council Civic Centre. TS Kookaburra Navy Cadets attended as the Sub Branch's Catafalque Party; Woodgate Beach RSL Sub Branch President Lex McKay and Secretary Cheryl Jones attended the Centenary of ANZAC Memorial following this year's Remembrance Day service; Kelvin Grove State College student Josh Whitmore played the bugle at the Ashgrove Remembrance Day service.



ABOVE: Local Year 12 student and budding photographer Cleo O'Reilley snapped this photo of Tewantin Noosa RSL Sub Branch members – including Vietnam veteran Butch Collins – at this year's Remembrance Day service. BELOW: HMAS *Canberra* Petty Officer Clinton Murphy (second from left) paid his respects at the Toowong RSL Sub Branch Remembrance Day service. He was joined by Sub Branch Treasurer Vince Atley, member Cr James Mackay and member George Vaivarins.



WHAT REMEMBRANCE DAY MEANS TO ME



REMEMBER to remember

Queensland RSL News spoke with veterans about the significance of Remembrance Day and what it means to them.

Through conversations with veterans, you quickly learn that Remembrance Day is an opportunity for service men and women around the world to pause and reflect. Marking the moment that the Armistice was called after the bloodshed of World War One, the 11th hour of the 11th day of the 11th month is a day on the calendar that brings allies together.

Remembrance Day calls on Australians to come together to honour those who have served our country. On this day we remember those who returned safely, those who returned ill or injured, and those who – making the ultimate sacrifice – never returned at all.

For veterans, it is a day to honour those who served before them or alongside them, and to look to their peers who are still serving. We spoke to various members of our Defence community about what Remembrance Day means to them.

ANCE
ME...



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08/10



REMEMBER
to remember



Curtis McGrath

Curtis McGrath served for 11 years as a Combat Engineer, with deployments to East Timor and Afghanistan. In 2012, while on active duty in Afghanistan, Curtis lost both his legs after stepping on an explosive device. Less than a decade after his injury, he won Australia's first gold medal in Para-canoe at the 2016 Rio Paralympic Games. Curtis defended his title at the 2020 Tokyo Paralympics and added another gold in the VL3 event.

"Remembrance Day is really important to me. To remember the people that have gone before us and helped us live a free and peaceful life in Australia, but also current serving members and the people that will serve.

"This year, I was in Brisbane at the Shrine of Remembrance and spent time with part of my RSL family and my fellow veterans."



Gary Penney

Gary Penney, Kawana Waters RSL Sub Branch President and Wellbeing Advocate, joined the Royal Australian Air Force in 1970 and served as an airman for six years before serving as a Ground Defence Officer from 1977 to 2004.

"Remembrance Day brings back memories of my grandfather – a prisoner of war – telling me the meaning of mateship and what it means to be a veteran.

"I think of being carried in his arms through parades, the guys I served with and the guys that we've lost. It is a day I can stand with my friends."



Daniel Ansett

Daniel Ansett joined the Defence Force as a 17-year-old in 1998 and was deployed for the first time – to East Timor – at 18. He served for 15 years, including time as an intelligence analyst, and is now the Deputy President of Kawana Waters RSL Sub Branch.

"It's a different day to ANZAC Day. Remembrance Day is a day for us – as a nation – to pause and remember all of those who gave up everything in service to this country. And to remember those who are still giving in service of this country.

"None of us come back from war unaffected. It's a day to thank those who have gone before us and honour those doing it now."



Bambi McLeod

Bambi McLeod is the daughter of a veteran who served 30 years in the Royal Australian Air Force. Through her father, she remained connected to RSL Queensland and her local Sub Branch, and continues to support the veteran community in honour of her dad.

"I own my own business. Every year I've had to work on Remembrance Day, but I make sure we have a minute of silence. So, all the ladies in there and everyone is quiet.

"This year, I made it to the RSL Sub Branch and was able to pause for a minute of silence with everybody – mainly remembering my dad."



REMEMBER
to remember

THE TRIUMPHS WE CAN ACHIEVE IN SPITE OF TRAGEDY



Lani Pauli

“For myself, I found my purpose in sport, but it doesn’t have to be about sport. It could be a job; it could be a hobby or helping in a charity. There are so many ways to find a purpose. I think it’s really important to help the process of transition and rediscover motivation.”

For Army veteran Curtis McGrath, who lost both legs after stepping on an explosive device while serving in Afghanistan, the triumphs he has achieved in the face of adversity are inspiring.

The 33-year-old enrolled in the Army in 2006 as a combat engineer and served for 11 years.

“I was posted to First Combat Engineer Regiment in Darwin before being deployed to East Timor,” he explains.

“Then I was posted to 21 Construction Squadron and attached to 2CER and deployed to Afghanistan, which is where I was injured.”

Faced with life-changing injuries, Curtis could have easily let his ‘new normal’ limit his future potential. Instead, while rediscovering his place in the world, he harnessed his reality as an amputee, using it as motivation to reinvent himself.

Curtis believes that ongoing support for veterans through organisations like RSL Queensland and its wholly owned subsidiary, Mates4Mates, were imperative to his rehabilitation process.

“When I returned home from Afghanistan and was coping with my injury, RSL Queensland’s

Mates4Mates organisation immediately gave me a great sense of support, community and family,” he says.

“This helped me through all the difficulties and challenges of finding myself as I transitioned out of the military and back into civilian life.”

ABOVE: School students Cooper and Amaya were also part of RSL Queensland’s Remembrance Day campaign encouraging Australians to Remember to Remember.





A LIFE OUTSIDE OF WHAT YOU KNEW

Like many of his peers, Curtis understands how jarring the adjustment to civilian life can be.

"When we're in the military, we feel a great sense of family and camaraderie. But as we transition to civilian life, we sort of lose that because the military is an institution," he says.

"We get taught how to do things with the same people and have the same goals. When we move away, it is important to try and keep the connection going and find like-minded people and organisations to help us feel a sense of belonging and purpose.

"For myself, I found my purpose in sport, but it doesn't have to be about sport. It could be a job; it could be a hobby or helping in a charity. There are so many ways to find a purpose. I think it's really important to help the process of transition and rediscover motivation."

A SECOND CHANCE TO REPRESENT AUSTRALIA

Less than a decade after his injury, Curtis achieved an incredible feat for his country, earning Australia's first gold medal in Paracanoe at the 2016 Paralympic Games in Rio. He defended his title at the 2020 Tokyo Paralympics and added another gold in the VL3 event.

It was a goal he set on the stretcher after his injury.

ABOVE:

While laying on a stretcher after his injury, Curtis set himself a goal of making it to the Paralympic Games. In 2016 he achieved his goal, earning Australia's first gold medal in Paracanoe at the Paralympic Games in Rio.

RIGHT:

Curtis McGrath enrolled in the Army in 2006 as a combat engineer and served for 11 years. While serving in Afghanistan, Curtis lost both his legs after stepping on an explosive device.

"I said I would make it to the Paralympic Games," he says. "That planted the seed and in 2016 I achieved it."

He believes a lot of the skills he learnt in the military prepared him for the life of a high-performance athlete.

"Being on time, having the right equipment, giving it my all and doing my best and understanding there's always a team around me to support me to achieve my goals – are all things that came with me into my sporting life."

The undefeated athlete says he is over the moon to come home from the Tokyo Games having defended his Rio gold medal and won another.

"I'm so happy and proud that I was able to represent Australia again and bring home the double gold."

SUPPORT THROUGH MEMBERSHIP

The inspiring Army veteran added his voice to RSL Queensland's call for Australians to *Remember to Remember* and pause for a minute's silence on Remembrance Day. An act he was happy to undertake for an organisation he values highly.

"There's a wide range of services that help the transition period, both clinically and socially, and gives you a sense of community to feel connected again," he says.

Feeling comfortable in a team environment, Curtis says being a part of a veteran family through his RSL Queensland membership gives him and his family support.

"It's really important to me that everyone knows that support is available from the RSL," he says.

"It's really nice to be involved because they don't just support me, it supports my family as well." ←

MATES 4 MATES

THE QUARTERLY MAGAZINE
FOR OUR DEFENCE COMMUNITY

**Adventure, wellness
and Mates await.**

OUR ONE-DAY WELLNESS
PROGRAMS IN ACTION.



+ A SNAPSHOT OF 2021

**Lest We Forget
Poppy Project.**

ONE YEAR, TEN ARTISTS AND
1,443 RED CERAMIC POPPIES
IN SUPPORT OF OUR MATES.

+ **REDUCING FESTIVE STRESS**

THIS YEAR MANAGE YOUR EXPECTATIONS
TO DISCOVER THE TRUE MEANING OF THE
HOLIDAY SEASON.

A message from Bernadette Praske.



For those that don't know me, I have been with Mates4Mates since early 2020 and following some recent changes have been appointed the Head of Mates4Mates.

In August Mates4Mates and RSL Queensland announced changes to the Mates4Mates board which now sees both organisations aligned under one governance structure. Creating a single governing body that oversees RSL Queensland and Mates4Mates will better connect services across the spectrum of veteran needs, from advocacy and support to clinical health and wellbeing.

As a result of this governance structure, the role of CEO no longer exists, and Troy Watson finished up with Mates4Mates in October. Troy has been a passionate leader of the organisation since 2018, providing a compelling vision and unwavering commitment while supporting veterans in every way possible to help them navigate recovery and transition to a positive and fulfilling civilian life. Troy has since been appointed the General Manager of Veteran Affairs and Policy for RSL Queensland. On behalf of the entire team, I'd like to thank Troy for all that he is done for our Mates, their families and our staff, and I look forward to continuing to work closely with him.

While I recognise these are significant changes, I want you to know the services provided by Mates4Mates to support veterans and their families are integral to the shared purpose of RSL Queensland and Mates4Mates, and will continue to be our focus. Mates4Mates remains committed to supporting all aspects of the health and wellbeing of current and ex-serving Australian Defence Force members, and their families.

Wishing you a safe and happy holiday season.

Bernadette

Thank you!

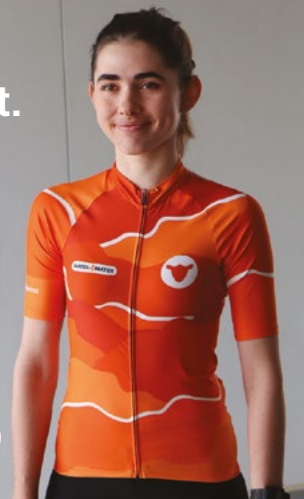


Thank you for your continued support this year. It's been another big year, but despite the highs and lows, we've seen our community continue to pull together in new ways to support one another. From the entire team at Mates4Mates, thank you!

Shop your support.

Every purchase supports veterans and their families.
Shop online today.

 mates4matesshop.org



Make the call that makes the difference.

Contact Mates4Mates to find out about our services, how you can access support or get involved.

 mates4mates.org

 **1300 4 MATES**

Keep up to date, follow us:



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



Adventure, wellness and Mates await.

"It's about stepping away and spending some time on yourself and your own wellbeing. Learning to manage stress and anxiety, and improving our mood and motivation levels, is important. These One-Day Wellness Programs are a supportive and interesting way to do that."

— Trinity
Mates4Mates Counsellor

Throughout 2021, our Mates have enjoyed twelve One-Day Wellness Programs across the country. From the joy of riding their first wave on a surfboard to mastering the art of painting, veterans have been exposed to new experiences while learning practical mindfulness techniques to manage their wellbeing.

Each of our One-Day Wellness Programs are facilitated by a member of our clinical team and are designed to assist veterans in managing their mental, physical, and social health. As part of these programs, our Mates have stepped out of their comfort zone to be challenged with hiking, abseiling, glass blowing and pottery classes, all while learning techniques to better manage stress and anxiety, thanks to the practice of mindfulness, self-compassion and breath work.

Interested in taking part in our upcoming programs? Thanks to the success of our programs this year, we'll be delivering another twelve One-Day Wellness Programs in 2022. Our programs are open to all veterans and their families who are registered with Mates4Mates.

Be sure to keep an eye out on our website over the next few months to find out more. Please note places are limited and age limits apply for children wishing to take part.

A Day of Wellbeing

- 1. Wellness:** At the start of the session, our Mates are provided with a workbook to write down their goals for the day before discussing techniques to achieve and maintain wellness, such as diaphragmatic breathing.
- 2. Activity:** Mates then put these new techniques to the test while taking part in an activity such as surfing or pottery. Throughout the activity, they also get to enjoy connecting and engaging with others.
- 3. Reflect:** The session concludes with our Mates taking part in a reflection and discussion about incorporating their wellness techniques into the activity and their everyday lives.



A snapshot of 2021.

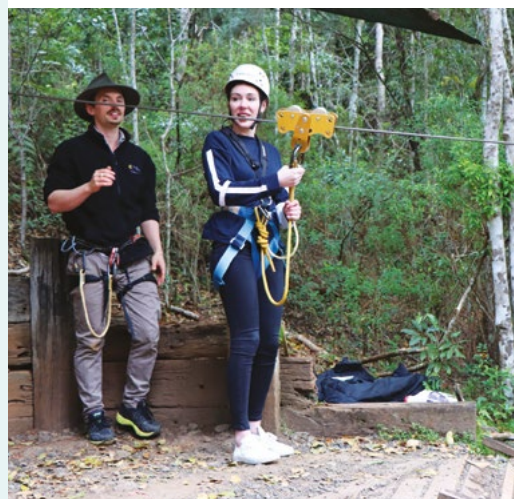
From opening the doors of our Northern Territory (NT) Interim Centre to helping veterans regain their purpose through our Wellness Programs, Mates4Mates provided a range of new programs and services throughout Australia during 2021. Here's a glimpse into what we've been up to:

Feburary 2021

Three-Day Wellness Programs

Funded by the Department of Veterans' Affairs, we delivered ten Three-Day Wellness Programs across Australia in 2021. These programs are designed to help veterans learn about their own emotions and injuries and find practical ways to manage their symptoms and navigate life's stressors. Each of our programs are facilitated by our team of psychologists and exercise physiologists, who address topics such as:

- Persistent pain
- Sleep issues and mindfulness techniques
- Addiction issues
- Mental health strategies
- Healthy relationships
- Hydrotherapy
- Yoga



April 2021

Community Fundraising Focus

Our Community Fundraising focus in April saw people from all walks of life embracing the quintessential Australian spirit of mateship. We had hundreds of supporters hosting morning teas, community craft days, BBQs, raffles, sporting events, lawn bowls and jewellery sales. We'd like to thank everyone who showed their support for veterans and their families impacted by service.



May 2021

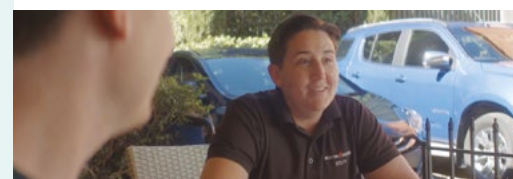
Launched Arts Therapy Program for children

We launched an Arts Therapy Program from our South East Queensland Family Recovery Centre designed specifically for children and teens of servicemen and women. Delivered from funds raised through last year's National Appeal Day, our Arts Therapy Program helped participants increase their self-awareness and improve their overall wellbeing while creating social connectedness.

June 2021

Mates4Mates Tax Appeal

Clinical services are a critical part of recovery, but social connections have become a lifeline for veterans and their families impacted by service. Through the launch of our Tax time appeal we raised much-needed funds to continue supporting current and ex-serving Defence Force members experiencing service-related physical injuries, mental health issues and isolation.



July 2021

Opened NT Interim Centre

We opened the doors to our new Mates4Mates Northern Territory Interim Centre, ahead of our permanent Veterans and Family Wellbeing Centre, scheduled to open mid-2022. The Centre is the first of its kind in the Territory and busier than ever, welcoming and supporting NT veterans and their family members.



October 2021

Veterans' Health Week

This year's Veterans' Health Week focused on supporting veterans' health and wellbeing by encouraging them to 'Get Moving!' Thanks to funding from the Department of Veterans' Affairs, we were excited to offer a range of virtual and physical

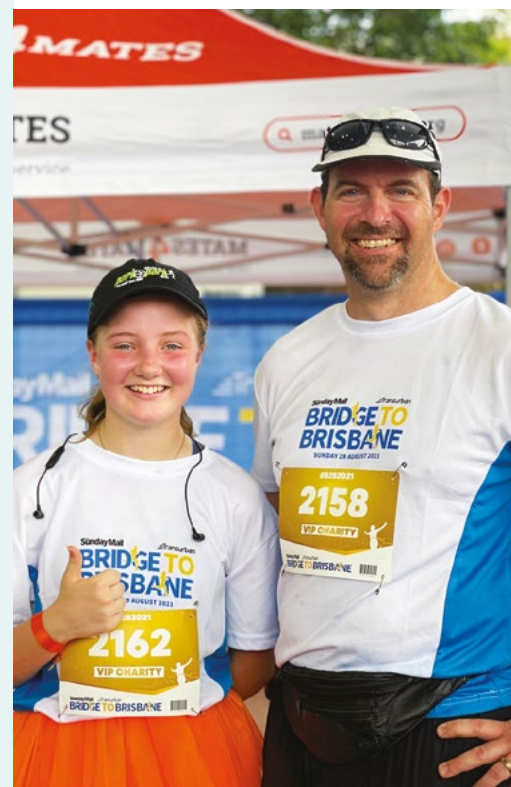
events right across Australia throughout the entire month of October. From kayaking and hiking to family days, online yoga and more.

It was great to see veterans and their families getting involved and increasing their physical activity.

November 2021

Bridge to Brisbane

We were proud to be a tier one charity partner of this year's Bridge to Brisbane, an iconic charity fun-run held on 7 November. Over 550 Mates4Mates supporters ran in the event, raising over \$16,000 for our Mates and their families!



Lest We Forget Poppy Project.

Navy veteran Fliur-Louise Genevieve knows the challenges many within the military community face every day. When the gifted artist decided to raise funds for Mates4Mates by handcrafting 1,443 red ceramic Flanders poppies, she was soon surrounded by a community of like-minded artists who also wanted show support of the sacrifices made by all those who serve.



With her team of nine volunteers, the Lest We Forget Poppy Project set out to handcraft 1,443 ceramic poppies to represent each of the service people listed at the Pialba Cenotaph and the Light Horseman Memorial, located in Freedom Park Hervey Bay.

Each poppy is as unique as the service person they represent says poppy artist Helen Kirk,

“When making the poppies, I am aware that this poppy is actually representing someone who has given their service for our country. With that in mind, the poppies are made with love and gratitude,” she said.

Each poppy has been carefully sculpted, bisque fired, glazed and re-fired over two days, standing 35cm tall and spanning the size of two cupped hands when completed. Each of the 1,443 poppies will stand proudly on ANZAC Day 2022 at the Hervey Bay Light Horse Memorial.

“ANZAC Day is such an emotional day. To have the poppy display as part of that and provide a place people can pause

and reflect upon everything service people do for our country is really important,” said Fliur-Louise.

The team of talented poppy artists supporting Fliur-Louise on the project includes Annie Alexander, Camille Sangster, Fay Thomson, Helen Kirk, Irene Brown, Jo Shadbolt, Kaye Moffat, Carol Bedding and Ruth Dillon, most of whom have a personal connection to past and present members of the Defence Force.

With the goal to raise \$45,000, the poppies will be available for purchase from the foyer of the Hervey Bay RSL on 11 April and will be available for collection on 26 April after being displayed on ANZAC Day.

All proceeds from the poppy sales go directly to Mates4Mates to support those impacted by service.

If you would like to read more about the Lest We Forget Poppy Project, we encourage you to visit this link:

<https://www.supportmates4mates.org/fundraisers/fliur-louisegenevieve/lest-we-forget-poppy-project>

Where to find support.

Mates4Mates Family Recovery Centres will be closed from 12pm Friday, 24 December to Monday, 3 January. Our doors will be back open on Tuesday, 4 January 2022.

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

Reducing stress this holiday season.

The holiday season is a time of joy and celebration, but for many people, it can also lead to stress, anxiety and even disappointment. This year, take active steps to manage your holiday stress and discover the true meaning of the season by managing your expectations, shifting your focus and enjoying the gift of self-care.

We understand that various things can trigger stress over the holiday period including family issues, separations, finances and added social pressures. This year, many who are still unable to travel to see their loved ones in person may experience guilt and sadness at missing this special time. Others may be experiencing the complete opposite as they try to negotiate

everyone's busy schedules as well as keep everyone happy, leading them to feel overwhelmed.

It is important to acknowledge that it can be a stressful time of year and we encourage you to focus on managing your expectations, looking after yourself, and adapting when you need to.

"The holiday season is all about connection and the gift of your time; regardless of how you do it, whether it's unwrapping gifts or simply a long chat, the only thing you can control is how you respond to what the season brings."

— Clare



Tips for managing stress this holiday period:

- 1. Self-care:** Looking after yourself is the priority this season. Get enough sleep, exercise (even when on holiday) and enjoy getting outdoors. Be mindful when eating and drinking but know it's okay to enjoy treats too.
- 2. Self-compassion:** Speak kindly and go easy on yourself, be aware and remind yourself that it can be a difficult time of year, and distressing feelings might be an understandable part of your experience. Focus on the things that you enjoy.
- 3. Disconnecting & connecting:** It's a good time to disconnect and take a break from social media as often this can drive our anxiety. Instead try connecting with others directly, in person, by phone or virtually.
- 4. Managing expectations:** When managing expectations this holiday season, it's important to prepare for the unknown. From cancelled travel and social plans due to COVID-19 to things not going the way you envisioned – stay flexible and prepare where you can. Holidays that don't go to plan are difficult for everyone, especially those with young children. By thinking outside the box, having a tool kit of activities on hand, and modifying or creating new traditions means you'll be prepared and not left scrambling this festive season should plans change.

✍ Clare Mitchell, Mates4Mates Clinical Lead,
Psychological Services



MATES4MATES

Here for those
impacted by service.



Join Mates4Mates

Find a way forward from
service-related injuries.

Support for all current and ex-serving Defence Force
members impacted by service, and their families.

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




Join Mates4Mates

Register today



ONE STEP AT A TIME SAVED THIS VETERAN

Trapped in Iraq with a life-threatening medical condition during COVID lockdowns was a terrifying ordeal for Army veteran Diane Hanna. But taking one step at a time has become a mantra that has guided her consistently and kept her going in her darkest times.

 Lani Pauli





ABOVE:
Diane in week four of training at Kapooka in 1986

TOP RIGHT:
Diane with her mental health team at Jeddah camp, Qayyarah, Iraq, September 2017

OPPOSITE:
Diane in her role as Aspen Medical's surgical team psychologist, pictured with 'miracle baby' survivor who was shot by a sniper in his mother's womb, April, 2017



AS Diane resettles in Brisbane after her harrowing 15-month long mission to leave Iraq, where she was working as an aid worker, she says she often feels like her mind is still catching up with it all.

"I sometimes catch myself and think where am I? I don't know how to explain it. It's like I've lived in another universe or something. It's the result of extreme and prolonged stress," she says.

"Your body is learning to trust that it is safe. I guess it is also starting to realise how deep into survival mode I had been. It is a traumatic response. You have to be patient and can't force it."

A FIGHT TO GET HOME

The veteran, who spent six-and-a-half years serving in the Army, joined Doctors without Borders in 2017, travelling to Iraq as an aid worker.

"The local people were so humbled and couldn't believe that someone from another country in the West would want to come there and help work with them," she says. "That's when you know the work you're doing really has merit. It feels good. It's not about a pay cheque. It's never about a pay cheque. I just wish I could have done more."

When COVID-19 struck, Diane – along with other aid workers – were stuck in Iraq as borders closed and lockdown started.

Then, in March 2020, on the way back from attempting to source supplies, Diane was seriously injured. The injury prevented Diane from flying and meant she was forced to stay.

"We were in lockdown because of COVID and the Asayesh had checkpoints set up. You couldn't get anywhere throughout the city," she explains.

"My housemate and I had spent three and a half weeks living on cornflakes, tuna and a few eggs. We needed to get food, even though we were under strict lockdown orders. We decided we would walk to the end of the road and knew it would take no more than 10 to 15 minutes.

"When I fell I was by myself and I remember taking a few

steps towards the shop front and then nothing. It's just black until I come to open my eyes. I was disorientated – like I had had a stroke. I felt like somebody had shot me twice in the leg from the bottom of the foot.

"The best scenario my doctor and I can come up with is that I snapped or tore my tendon so severely that the pain caused me to black out."

By some miracle, Diane made it back to her house before hearing what she thought were explosions next door. The sounds were Asayesh military with AK 47s at the front of her house trying to get her into an ambulance.

Surviving an unbelievably challenging medical system and an increasingly volatile environment in Iraq with a life-threatening medical condition is the first time Diane says she felt truly terrified.

"I don't think I was ever really scared of anything in my life. Of course you have close calls and near misses, but this was the first time I think I ever really experienced the emotion of terror," she says.

"It gripped me physically, mentally and spiritually. We had been trained as soldiers for hostile environments. We were taken through drills – blindfolded, our

“You don’t have to tread water fast. You must keep your legs moving nice and slowly. And you’ll get there. You pick something that drives you forward. You pick a point and keep focusing on it.”

hands taped together and put on our knees. Nobody wants to think about it happening to them in a real-life scenario but sometimes, especially in Iraq, you have to confront that it could be a very real scenario.”

As she recovered and was in a position to consider attempting to get home, ongoing unrest and COVID lockdowns made it all the more risky.

“Leaving isn’t as simple as buying your ticket and flying out. You must have a valid Iqama – Kurdistan’s residency card – to be allowed to leave. I didn’t want to cancel mine before leaving, as you normally would, because they were doing airstrikes on the airport and had already hit it a few times. I couldn’t take the risk that I would get to the airport and not be able to leave,” she says.

“I knew I had to be ready to think on my feet if need be. It was a huge gamble but I couldn’t see another way. My training as a soldier and psychologist helped get me through what seemed like a never-ending obstacle course.”

THE SMALL STEPS THAT STARTED HER JOURNEY

Before her humanitarian work in Iraq, Diane served in the Australian Army. She joined after finishing Year 10 in 1986.

A physical attack from a male a few years older than her at the time changed her perspective.

“I was feeling a little lost and the Army came to my school. I thought I would give it a go. I ended up being a Corps enlisted nurse. Later on, I transferred into medical.”

After six and a half years in the military, Diane studied psychology and became a registered psychologist working in mental health and holding roles with NSW Department of Corrective Services, NSW Police and her own private practice.

Diane says anecdotally her time in the military has often been seen as a positive on her CV by prospective employers.

“I guess you have moments in your life that shape your career path and I still maintain that it is one of the best things that sits on my CV and always will be,” she says.

“It is a specific skill set that sets you above everyone else. You’ve got self-determination, drive and integrity. They know you are a person who is a self-starter and has self-direction. Employers want these skills, and it sets the bar high.”





WILLIAM ABELL COMMUN

90th ANNIVERSARY
THIS PLAQUE IS TO COMMEMORATE
THE 90TH ANNIVERSARY OF THE RSL
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	SANDGATE
	SHEPPARD/DOONBULL
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DOUG FORMBY
6TH SEPTEMBER 2006

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FEDERAL MEMBER FOR DICKSON
12TH MARCH 2003.





DIGGERS REST LIFE CHANGING FOR A VETERAN AND HIS SON

Through Diggers Rest, an eco-friendly soldiers' retreat based on the Sunshine Coast, and the support of RSL Queensland, RAAF veteran Craig Dimmock and his family found the help and healing they needed.

 Belinda Crossman

LIKE his father, Craig had a long and rewarding career in the Royal Australian Air Force (RAAF). Sadly though, he faced many other battles, including post-traumatic stress disorder (PTSD), long after leaving service.

18 YEARS IN THE AIR FORCE

Craig joined the RAAF in 1994, following in his parents' footsteps. His father Darryl, a flight engineer and Vietnam veteran, met Craig's mother, a shorthand typist, while they were both serving.

Craig worked as a diesel mechanic, eventually rising to the rank of Sergeant. He served in Amberley, Tindal, Darwin, Adelaide, Newcastle and Malaysia, and was twice deployed to Afghanistan. There he spent considerable time outside the wire, and he and his unit came under regular mortar attack and enemy fire.

Despite finding his career professionally rewarding, Craig says the time he spent training for war would leave a lasting impact.

BELOW:
RAAF veteran
Craig Dimmock
says Diggers Rest,
a soldier's retreat
supported by RSL
Queensland, was
life changing for
him and his son.

"Across the Australian Defence Force, they are very good at winding you up to be hypervigilant, but they do not teach you how to let this go upon discharge."

A DIFFICULT TRANSITION

"My transition [to civilian life] was difficult," Craig says.

After voluntarily discharging and returning home from deployment to the Middle East, Craig found himself "wound up really tight".

He worked several mining industry jobs that seemed to suit his Defence background. But the "totally different psyches" of military and civilian life, and the ongoing effects of deployment, eroded Craig's mental health.

"I was still hypervigilant and hated being in crowds. I started to drink very heavily; I would have very strong mood swings. I knew something was just not quite right."

That prompted Craig to seek help, and he was eventually diagnosed with prolonged PTSD,

"It was the best decision as a father I have ever made. All we did was talk, play games, cook together and just really get to know each other. And since that time my son is completely different. He's all calm, loving and empathetic."



major depressive disorder, and alcohol use disorder.

But he wasn't the only one suffering.

While working a FIFO job in 2017, Craig noticed his then seven-year-old son becoming distant and violent towards his parents.

So began Craig's earnest quest for solutions – and his discovery of Diggers Rest.

A SOLDIER'S RETREAT

Set in the idyllic Sunshine Coast hinterland, Diggers Rest is a veterans' retreat supported by RSL Queensland that welcomes guests free of charge.

It's run by ex-soldier Nick Forster-Jones and his wife Karen, who opened not only their facilities



but also "their hearts and ears" to Craig and his son.

"It was the best decision as a father I have ever made," Craig says.

"All we did was talk, play games, cook together and just really get to know each other.

"When you go there, it's just peaceful. There's no loud traffic; there's no people screaming or yelling. It's just really quiet and calm, and you can do your own thing. It's off the grid – no TVs, no computers. It's all just time to connect with yourself and your family."

It was the kind of bonding Craig can't recall having with his own father, who spent long stints away on duty and "was living with his own demons".

For Craig and his son, Diggers Rest was life changing.

"We've been going there ever since, and since that time my son is completely different. He's all calm, loving and empathetic.

"We are so close as best mates, and he has lost his violence and anger.

"I can honestly say that if we did not turn things around my son could still be suffering and I quite possibly wouldn't be here."

CONNECTION AND SUPPORT

Craig also found support at the Pine Rivers District RSL Sub Branch – one of hundreds of Sub Branches across Australia providing veterans with welfare and wellbeing services, as well as all-important social connection.

The Dimmock family has been closely involved with their Sub Branch since Craig's father discharged in 1979.

"It's just a place to go to meet people who have similar interests, similar experiences. Because this Sub Branch is quite small it's a very tight-knit community," Craig says.

"I've got certain friends here that I can call any time of the night or day with any problems I'm having, and they're happy to listen."

When grappling with DVA claims (an often confusing and stressful process for veterans seeking government assistance), Craig could again depend on his Sub Branch for help.

"I've been seeing an RSL Advocate here for the past four years, and through him we've been able to get a lot of my claims across the line.

"The RSL has completely supported me. I thank them from the bottom of my heart because I know, and they know, that I wouldn't be here today without their support." ←

TOP LEFT:
RAAF veteran Craig Dimmock chats with Pine Rivers District RSL Sub Branch Board member Paul Scarborough.

ABOVE:
Craig was supported during his transition by the Pine Rivers District RSL Sub Branch – one of hundreds of Sub Branches across Australia providing veterans with welfare and wellbeing services, as well as all-important social connection.




We've helped more than 400 veterans secure meaningful employment after Defence. If you're looking for civilian employment opportunities, the RSL Employment Program supports veterans in their search for meaningful employment. Learn more about the RSL Employment Program via rslemployment.com.au



TRANSFERABLE DEFENCE SKILLS FOR YOUR CIVILIAN CV

*Leaving the
ADF? Many
Defence
skills can be
transferred to
the civilian job
market.*

 Jessica Grant

PLANNING your transition to the civilian workforce? If you're worried about starting a new career from scratch, keep in mind that many skills are transferable between Defence and civilian employment.

RSL Queensland's Employment Program Manager Teegan Crump says leadership, planning, problem solving with critical thinking, communication, and being values driven are among the most important transferable skills.

"The Prime Minister's Veterans' Employment Program identifies these core skills," she says.

"Then if you delve down into what service people were in, what rank they held and what roles they undertook, that's going to give you even more transferable skills."

To help you make the most of your Defence experience for civvy street, these are the top five transferable skills.

01

LEADERSHIP

Leadership is required across all areas of Defence, making it one of the most valuable transferable skills for former service members to call out in their civilian job search.

Teegan says it's important to demonstrate real examples of how you applied leadership skills while in service.

"With Defence, obviously there's a ranking system with different team sizes and things like that," she says.

"So, you can show leadership experience from leading teams and working together to achieve different goals and outcomes, depending on what your mission was."

By showing potential employers your ability to lead, you'll make yourself more attractive as a candidate.

02

PLANNING

When demonstrating your planning skills, Teegan recommends specifying the types of planning you did while in Defence.

"Planning is important in a lot of different spaces," she says.

"If you worked in project management, there would have been a need for future planning and working out the scope of the project, like resourcing and budgeting."

She also says you could call out your experience with risk mitigation.

"A lot of planning in Defence has to do with risk mitigation with a workplace health and safety focus, as Defence has a huge focus on safety. For example, identifying different situations that might have been a risk and forward planning for different scenarios that could occur because of that risk."

"Regardless of rank or role, all Defence members are expected to solve problems with critical thinking. Highlighting the often-complicated nature of problem solving in Defence could help you prove your proficiency with this skill."

03

PROBLEM SOLVING WITH CRITICAL THINKING

Regardless of rank or role, all Defence members are expected to solve problems with critical thinking. Highlighting the often-complicated nature of problem solving in Defence could help you prove your proficiency with this skill, says Teegan.

"At the different levels of Defence, you're given bits of information – like a brief – that's just relevant to your level, your security clearance, all of those sorts of things. You go on and you get that job done, and then you let your superior know if there's anything you are concerned about. So, situational awareness is a key skill that is instilled in each person."

Civilian employers will be more likely to hire someone with experience in managing complex problems, because who wouldn't want that kind of expertise on their team?

04

COMMUNICATION

Many civilians may not realise that Defence members are often excellent communicators. To ensure potential employers recognise your communication skills, Teegan says to explain how your time in Defence enhanced your ability to communicate clearly.

"It's really about knowing your audience, pitching whatever your messaging is at the right level," she says.

"So, if you're talking to one of your peers, you're going to be really detailed and really drill down into the specifics of what you need to do. If you're talking to a manager, you might leave out some of the lower-level details that aren't as important, but if you're talking to a senior officer, you're going to be really concise and straight to the point."

Helping employers understand the vital role communication skills play in Defence and how you're poised to apply those skills in a civilian setting will give you a chance to set yourself apart from other applicants.

05

VALUES DRIVEN

Veterans are known for their strong values, and this perception could help you succeed out in the civilian world. According to Teegan, values like loyalty, self-discipline, and perseverance are often associated with Defence members.

"Veterans have a really strong work ethic and are dedicated to what they do," she says.

"They are driven by mission and purpose."


So, in addition to transferring your skills from Defence to your post-service career, be sure to bring your values along for the ride too.




**STRENGTHENED
RELATIONS
MAKES FOR
A BRIGHTER
FUTURE**



Working with the values of inclusivity, camaraderie and a healthy appetite for innovation, Kawana Waters RSL Sub Branch comprises an extraordinary team of people who deliver incredible support to their community.

 Lani Pauli

 Matilda Dray

Throughout 2021, the Sub Branch has embraced various support initiatives available through State Branch, from the rollout of the Managed IT Services to the piloting of 'Adopt a Sub Branch'. The insights gained between teams have been profound.

"The relationship with State Branch has evolved dramatically over the past few years," says Kawana Waters RSL Sub Branch Deputy President Daniel Ansett. "As part of the pilot program, we had members from the State Branch come down and help with welfare, wellbeing visits and technology assistance. And I think they enjoyed it as much as we enjoyed having them."

"Because of the relationship we've forged with the State Branch, we are now a long way down the track to having our wellbeing advocates classified as essential workers and knowing they'll be able to continue supporting those who need it during any future lockdowns."

The Sub Branch is also now up and running with RSL Queensland's Managed IT Services roll out, something Daniel says makes life a lot easier.

"Being in the 21st century, everything is done on computers now," he says. "We always struggled. Now we don't have to worry about information security or maintenance. If there is a problem, we can pick up the phone and it gets sorted by the experts at RSL Queensland."

Daniel says the new IT rollout also means they have greater capacity to reach out to the community via programming and newsletters for Sub Branch members.



A SUB BRANCH WITH STRONG COMMUNITY TIES

Kawana Waters RSL Sub Branch is used to forging relationships that strengthen community ties.

Kawana Waters Sub Branch President Gary Penney says they partnered with the Kawana Surf Club in 1983, when both

organisations were looking to build new headquarters.

"It is quite unique, but it demonstrates the power of working with your community," he says.

David Johnson, who is involved with Kawana Surf Life Saving Club and has been associated with the Sub Branch for more than 13

years, says there's a very close link between both organisations.

"It blends two very iconic brands and gives us a strong relationship at a local level," he says. "We've got a very strong Sub Branch, a very good Surf Life Saving Club and it strengthens the overall relationship when we are involved in what each party is doing."

The strength, of course, is based on keeping members at the heart of all that they do.

ABOVE: Kawana Waters RSL Sub Branch is an integral part of the local community. Pictured in front of the cenotaph are, from left, Sub Branch social member Bambi McLeod, Sub Branch staff member Victoria Gray, Kawana Waters Surf Life Saving Supporters Club Treasurer David Johnson, Kawana Waters RSL Sub Branch Deputy President Daniel Ansett and President Gary Penney.

FAR LEFT: Social member Bambi McLeod chats with other members of the Sub Branch.

“Everything we do here is based on the veteran’s family. To us, it doesn’t matter where you served, how long you served, whether you’ve deployed overseas or not – they’re all inclusive and all important.”



“Everything we do here is based on the veteran’s family. To us, it doesn’t matter where you served, how long you served, whether you’ve deployed overseas or not – they’re all inclusive and all important,” Gary says.

“And because of this our age spectrum is right through from early 20s to our oldest member who recently turned 100.”

Daniel says the Kawana Waters member community broke every misconception he had of RSL Queensland.

“I tried a few Sub Branches before I joined Kawana Waters and I didn’t quite fit,” he explains. “There’s quite a few characters and they’re very accepting of the younger members in the Sub Branch. We look after each other like a big family.”

CULTIVATING A NEW GENERATION

Bambi McLeod, whose father was a past President of the Sub Branch and served in the Air Force for almost 30 years, is one local who has experienced the Sub Branch’s openness.

“I’m considered a social member,” she says. “I like to come along and support what they do. I used to come down here with my dad and help him set up for ANZAC Day. It

was something the whole family was involved in.”

With her father having recently passed away, the potential opportunity to become a formal member under the proposed Member Value Proposition is an emotional prospect.

“I would love to be able to be a family member of RSL Queensland. My dad did a lot of community work and I would like to carry that on,” she says. “To have newer, younger people coming in would be a great thing to help.” ←

ABOVE: Kawana Waters RSL Sub Branch President Gary Penney and Deputy President Daniel Ansett looking at the plaques on the cenotaph.

LEFT: Kawana Waters RSL Sub Branch President Gary Penney discussing upcoming Sub Branch projects with Deputy President Daniel Ansett.

RIGHT: Sub Branch social member Bambi McLeod.



BRISBANE NORTH DISTRICT GIVES SUPPORT TO CHARGE UP

A donation of funds to purchase portable single unit radio chargers for SES volunteers means the Arana Hills and Moreton Bay Unit is charged up and ready to go wherever duty calls.

✍ Lani Pauli | 📷 Tim Schaefer

ARANA Hills and Moreton Bay Unit SES volunteers are entering Queensland's notorious summer storm season better equipped to help local residents, thanks to the generosity of RSL Queensland's Brisbane North District.

When a local RSL Queensland member mentioned the group had experienced some difficulty charging their new radios away from base, the District donated the funds needed to purchase 11 portable single unit radio chargers.

HELP TO POWER UP

Brisbane North District President Merv Brown OAM says it all started with a coffee.

"We were having coffee and a general chat with a veteran member who also volunteers with the Arana Hills SES, and he happened to mention that although the new radios are supplied with spare batteries, during periods of deployment, it's difficult to recharge the batteries."

During the past year, Arana Hills SES Group Leader Graham Bartlett

says that with their volunteers travelling as far as NSW and WA to help when needed, portable battery chargers are essential.

"The radios our teams use are vital to our operations," he says.

"Safety is number one and being able to communicate situation updates between members is also paramount.

"In times following a disaster, our teams travel intrastate and interstate to support our fellow SES volunteers in their communities, and it is more difficult to travel with our bulk base radio chargers."

The donation of the portable single unit chargers means both Arana Hills SES volunteers and the wider Moreton Bay SES groups



“We find the SES is another way veterans can express what they have been doing in the military. They learn map reading, radio procedures and those types of things in the Army. And volunteering gives them structure and another community to belong to.”

can now deploy with greater flexibility.

“Arana Hills is one of eight SES groups in the Moreton Bay region,” Graham says.

“We look after a population of around 400,000 people in that area and this donation means we are better able to help the community when called.

“It’s one way we can step out and show veterans that we’re here to help them,” Merv says.

“There’s so many ways RSL Queensland can show up for our veteran community.”

LIKE ATTRACTS LIKE

Merv also discovered that a lot of veterans volunteer in the SES.

“Throughout the conversation, we discovered that there are about 20 veterans in the Arana Hills SES group and many times they have assisted veteran members in the community,” he says.

“We find the SES is another way veterans can express what they have been doing in the military. They learn map reading, radio procedures and those types of things in the Army. And volunteering gives them structure

and another community to belong to.”

Graham agrees: “There’s a parallel between serving in Defence and the SES structure. There’s a similar chain of command, structure and skills that we naturally see veterans bring to our groups. We just use different tools.

“And we’re always looking for more members. We currently have around 350 members in the Moreton Bay Region. That’s about one percent of the 400,000 people in our region. When big events happen, we can’t get to as many people as quickly as we may like.

“If anyone is interested in joining the SES, most groups will be conducting an intake for new volunteers early next year – you just need to be trained, willing and able to help when called.” ←

ABOVE:
Brisbane North District President Merv Brown OAM, right, is pictured with Arana Hills SES Group Leader Graham Bartlett. Brisbane North District donated funds to enable the Arana Hills and Moreton Bay Unit SES to purchase portable single unit radio charges.



Anyone interested in registering to volunteer for SES Queensland should visit either www.qfes.qld.gov.au or www.moretonbay.qld.gov.au/Services/Disaster-Management/SES to register their interest.

HARNESSING NEW WAYS OF THINKING FOR STRONGER CONNECTIONS

Thuringowa RSL Sub Branch President Jeremy Browne is on a mission to harness the power of equine therapy to offer greater support to ex-serving veterans as they transition to civilian life.

 Lani Pauli |  Tim Schaefer





JEREMY, an ex-serving veteran himself, says his Sub Branch covers approximately half of Townsville and there's plenty of work to be done as they forge partnerships with groups around the area, including Rupertswood Horse Club.

"We're currently focusing on equine therapy and creating a relaxed place where you can visit and get things off your chest if you need to, in a friendly environment where you don't have to walk past poker machines or gambling – all that stuff myself and a lot of other blokes have had to battle with in the past," he explains.

"We've joined Rupertswood Horse Club in a charity partnership so we can use their expertise in equine therapy. It has been proven

to help soldiers, especially blokes suffering from PTSD, anxiety, and depression. I grew up in the bush around horses and can see the benefits it will provide.

"A few of our members already have assistance dogs and we want to emphasise what animals can do for us."

GUIDED BY FIRSTHAND EXPERIENCE

"I started my service in the Corps of Engineers in late 1999 early 2000 and was a field engineer for a few years before being selected to complete my trade as an electrician," he says.

Jeremy's time in service took him to several remote towns in Australia as part of the Australian Aboriginal Community Aid Assistance

(AACAP) as well as Palm Island, Papua New Guinea and a nearly nine-month deployment in Afghanistan.

"I've been involved in the RSL for a long time, before I even joined the Defence force. My grandfather served and was actually a founding member of Claremont RSL Sub Branch in Tasmania," he says.

"I come from a huge military family. My father, his father, cousins, and uncles served. My mother's father was captured in Crete and spent six years in a Polish POW camp before finally being repatriated back to New Zealand."

KNOWING WHAT'S AVAILABLE BEFORE IT'S NEEDED

Jeremy believes the best way he and the Sub Branch can assist

ABOVE:

Thuringowa RSL Sub Branch President Jeremy Browne believes the best way he and the Sub Branch can assist members transitioning to civilian life is to start the conversations about what support is available to them before they start thinking about leaving the Defence Force.

OPPOSITE:

Thuringowa RSL Sub Branch President Jeremy Browne with his wife Sarah and children Clancy, Ned and Lawson. Jeremy credits his wife, family, good mates and the RSL for helping him get out of a dark spot in his life.

"We're working every day to change the perception from pokies and bingo or 'just another old boys' club' to something that is all inclusive, offering something for all ages regardless of their service or experience."

BELOW:
With his own transition from Defence being a bit bumpy, Jeremy wants to help others have a better experience.

members transitioning to civilian life is to start the conversations about what support is available to them before they start thinking about leaving the Defence Force.

"My transition from Defence was a bit bumpy. I was very disgruntled and jaded. I went into mining jobs for a while and was lucky enough to be selected for a 12-month stint in Antarctica, before my injuries and mental wellbeing caught up with me," he says.

"I finally reached out and asked for help. I was diagnosed with PTSD, depression and anxiety. It is my own experience, and the experiences I see in members in my own community, that shows we have a vital role to play in being a conduit to help ex-serving veterans re-engage with hobbies and interests they had prior to life in Defence or discovering new interests."

"The RSL has played a huge part in my recovery, both the friendship and the bond

servicemen have. The boys from the RSL here grabbed me and helped keep me centred and grounded. They also put me in the right direction to get all my claims. All the small stuff that was too complex for me to do myself at the time."

CHALLENGING PERCEPTIONS TO BRING PEOPLE TOGETHER

There's still plenty of hurdles to jump for Jeremy and his Sub Branch as they work to show younger veterans how the RSL can be a support when they need it most.

"We're working every day to change the perception from pokies and bingo or 'just another old boys' club' to something that is all inclusive, offering something for all ages regardless of their service or experience," he says.

"It's our duty to be able to support the local community. I was in a dark spot for a very long time. If it wasn't for the RSL, my wife and family, and my good mates, I

don't know where I or my family would be. If I can help another veteran in even the smallest way, that's the least I can do.

"What's special about our Sub Branch, to me, is our desire to include everybody. Our little tin shed over here has been a central point for members, especially on ANZAC Day, where they might want to be away from crowds and in a more family-friendly atmosphere.

"In 10 years' time I hope the Sub Branch is thriving, with more advocates looking after the greater community and fostering greater inclusivity.


"We're all servicemen, we're all brothers and sisters, and at the end of the day we're all Australians. I want to make sure everybody is included from World War II, Vietnam, Namibia, Somalia, Rwanda, East Timor, Iraq and Afghanistan, as well as all our servicemen that never deployed and those who'll serve for us in future." ✦

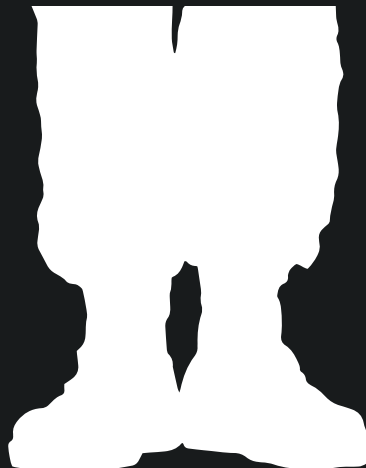




FORGOTTEN SOLDIERS ADOPTED FOR MEMORIAL

Initiated in 2005, the 'Adopt a Soldier' project is giving new life to our forgotten service men and women who have long laid in unmarked graves.

 Lani Pauli



LISTENING to Ipswich RSL Sub Branch Life Member Matt Rennie recount the backstories of veterans buried in unmarked graves, who he has been able to research and identify, gives you goosebumps.

Goosebumps for the sacrifice these men and women made for our country and goosebumps for the way their stories haven't had any closure, until now.

As part of the Sub Branch's 'Adopt a Soldier' campaign, 150 veterans buried in unmarked graves at the historic Ipswich Cemetery will soon have the recognition they deserve.

The Medal of the Order of Australia recipient started the 'Adopt a Soldier' project in 2005 to honour these forgotten individuals – many who had fought in World War I, before returning home and eventually becoming patients at the Sandy Gallop Mental Asylum.

Matt and his team were able to have all soldiers 'adopted' just before ANZAC Day this year. Something Matt and Ipswich RSL

Sub Branch Secretary Debbie Wadwell agree was special timing.

"It was a wonderful community effort," Debbie says. "We had locals and people from NSW, Victoria and Aratula adopt a soldier."

Matt says it brings him a sense of satisfaction to bring closure to these young men and women who lost ties to their families and communities when they needed them most.

"What drives me to do this is giving them the recognition they deserve. They defended the people in this country, and they have nothing to show for it," he explains.

"I'm always pleased when I'm able to marry up a grave with a veteran. I get upset when I think of these veterans coming home and what they endured – both in battle and once they returned to Australia. There's a young fellow from Dinmore, for example. He was 17 when he was badly gassed in France, and had enlisted when he was 16. He was back in Ipswich when he was 18 and dead by the time he was 21.

"They've laid there for 100 or more years, and nobody has done anything for them. I can give them a life again by putting up their names, what years they served and when they died. So it gives them a life, they become a person again."





"Or a chap like Alexander Marsden. He died in a mental home having returned to Australia in 1916. He was 70 when he enlisted. Can you imagine at 70 years of age? He told them he was 45. So, you find these things and it's really tragic.

"This project ensures they're not lost forever."

A FINAL RESTING PLACE ACHIEVED

By Remembrance Day this year, Matt and his team had achieved their goal of having the memorial wall at Ipswich Cemetery completed. The memorial displays brass plaques commemorating the service of each of the soldiers completed.

"The dedication event was held on 30 October and we had around 60 people attend, despite it being a very hot morning," Debbie said. "We cannot thank all that helped with this project and Matt and I are continuing to research. We have another 57 names of soldiers who lie in the Ipswich General Cemetery and we'll be starting to piece their stories together early next year."

The way it has resonated with

the local community has spurred Matt on to bring more veterans "back to life" – even if only in memory.

"They've laid there for 100 or more years, and nobody has done anything for them. I can give them a life again by putting up their names, what years they served and when they died. So it gives them a life, they become a person again."

THE SEARCH CONTINUES

The incredible support shown to the 'Adopt a Soldier' project,

alongside their passion to bring these veterans closure, sees Matt and Debbie now starting to research a new group of unmarked graves.

Funded by RSL Queensland members and supporters, for \$150 benefactors can still 'Adopt a Soldier' and support the memory of more local veterans.

"I think we'll have just another 150 or more for the next stage, once I finish correlating all the names and sites," Matt says.

"We have been inundated with other Sub Branches wanting to be involved, which is amazing," Debbie adds. "We thank everyone who has shown interest in adopting a soldier from our next list and we'll be in contact as soon as we can."

"It's surprising that it's caught on around the state," Matt says. "I think if they can find other unmarked veteran graves and mark them it's tremendous. It's so important they get the respectful farewell they deserve." ←

TOP:

Ipswich RSL Sub Branch Life Member Matthew Rennie researches the lives of soldiers in unmarked graves in their local areas.

OPPOSITE:

Matthew with his ongoing research.

BOTTOM:

(L-R) Ipswich Mayor Teresa Harding, Matthew Rennie and member from 26Transport Sqn RAAF base.



If you would like to donate, please contact the Ipswich RSL Sub Branch at secretary@ipswichrslsb.com.au and follow the progress of the campaign via the Sub Branch Facebook page.

MATESHIP



GET YOUR ADRENALINE PUMPING

Bulimba RSL Sub Branch introduced more than 30 veterans and RSL Queensland members to a variety of ways they can stay well during their Veteran's Health Expo Day. One of the information stands included RAEMUS Rover Racing, who support ex-serving veterans and their families transition to civilian life via their off-road racing team. Sub Branch President Brian Daley is pictured speaking with RAEMUS Rover Racing President Ian Baker. Learn more about the team at rslqld.org/Find-Help/RSL-RAEMUS-Rover-Off-Road-Racing

MEMBER HONOURED

Currumbin RSL Sub Branch member and founding member of the Currumbin Palm Beach Women's Auxiliary, Cynthia Munro was honoured with an Order of Australia Medal at Government House in Brisbane. Her fundraising efforts have raised more than \$58,000 for veteran support. She continues to inspire the community with her commitment to fundraising for local events and helping friends and members.



ANNUAL CALENDAR

Clayfield Toombul RSL Sub Branch held its inaugural Community Open Day at Ascot Park on 31 October. The event celebrated Veterans' Health Week and its 'Get Moving' theme with a day of activities and workshops to encourage veterans, their families and the local community to get active. Sub Branch Secretary Shane Bliss says the event will become part of the organisation's calendar. "We also had a lot of interest in the services and programs offered by RSL Queensland to veterans and their families. I said from the beginning of planning this event that if we can connect just one veteran in need with an RSL Queensland service, then this day has been a success," Shane says. RSL Queensland members Slavko Jankusik, Allan Hanson, William George (Bill) O'Chee are pictured with some of the memorabilia on display.



ANOTHER FLAG

In the spirit of reconciliation and acknowledgement of Indigenous culture and residents in its community, Currumbin RSL is proud to have installed a new flag pole that enables the Aboriginal and Torres Strait Island flags to be hoisted alongside the Australian flag front and centre of the club. Sub Branch Board members voted to include the flags in the existing display to demonstrate Currumbin RSL's recognition of First Nation peoples, promoting a sense of community partnership and their commitment toward reconciliation.





CURRUMBIN MARKS VIETNAM VETERANS' DAY

Currumbin RSL Sub Branch held a service to mark Vietnam Veterans' Day on 18 August. Pictured at the service were, from left, Dave Marrett, Charles Paul and LTCOL DHG Freeman FRGS (Ret'd).

GOODNA TEES OFF FOR A GOOD CAUSE

Goodna RSL Sub Branch and Bundamba Sub Section members swung their support behind the Legacy Ipswich Charity Golf Day on September 24, 2021. A great day was had by all with one of the teams taking home the 'Knocking off a nearest to the pin' trophy (pictured).



HAPPY 85TH ANNIVERSARY TO WOWAN SUB BRANCH

The Wowan RSL Sub Branch celebrated its 85th anniversary in August with long-standing members including, from left, John Law, Stan Briggs and Denis George – who have been members for 36 years – joining in the festivities. Special thanks to the Wowan Bowls Club for their help organising the day.

TOBRUK FIG GIFTED TO NEW HOME

Geebung RSL President Harry Boxsell, Gaythorne RSL President Ken Cullen and Descendants of Rats of Tobruk Association National President Roger Murphy recently relocated a very significant fig tree to Gaythorne RSL Memorial Park. The tree grew from a cutting taken from the original Tobruk Fig Tree that was seen by soldiers who were at the siege of Tobruk during WWII. The tree was the only living feature in a barren desert and marked the entrance to a series of deep natural underground caves Australians used to treat the wounded. The cutting was brought home to Australia and planted, growing in the backyard of the late Gordon Wallace, a Rat of Tobruk veteran. The tree has now been gifted to the people of Brisbane by his family.



CAMERON BAIRD MEMORIAL STONE

A commemoration and dedication took place for the Memorial Stone honouring Cameron Baird VC on 25 May. The ceremony was attended by the Governor-General of Australia, His Excellency General the Honourable David Hurley AC DSC (Retd), his wife Mrs Hurley, the parents of Cameron Baird VC, Gold Coast District President Pat Fairon, Gold Coast Sub Branch Presidents, and other guests. A lunch was also held at Currumbin Palm Beach RSL following the dedication.



REMEMBERING THE SACRIFICES MADE

Mossman RSL Sub Branch visited Mossman State High School to see assignments made by students representing elements of the veteran experience during WWI. The exhibits showed their understanding of the conditions faced by veterans and was an opportunity to continue educating younger people about the sacrifices soldiers had made.

VIETNAM VETERANS DAY

The Honorable Bruce Scott AM and Southern Queensland Landscapes board members joined Miles RSL Sub Branch to commemorate Vietnam Veterans' Day. Miles RSL Sub Branch member Hohaia Downs sang the Australian and New Zealand anthems while Greg Thompson played the Last Post and Reveille. Pictured, members of the Miles RSL Sub-Branch with guests, from left, Hon Bruce Scott AM, Greg Thompson (bugler), John Green, Shirley Makin, Adrian Daveson, Roger Wickham, Hohaia Downs, and Frank Couper.



PEACEKEEPING FORCES REMEMBERED

Hervey Bay RSL Sub Branch President Brian Tidyman was joined by RSL & Services Memorial Club President Ray Eustace, Fraser Coast Regional Council Mayor George Seymour, 2021 Youth Parliamentarian for Hervey Bay Sara Farah (pictured) and Sub Branch members to commemorate Freedom for Australian Peacekeepers Day on 14 September. The service, led by Reverend Jeff Jarvis, recognised the contribution Australia has made to peacekeeping forces over the last 76 years.

WATER POLICE TOUR

Members of the Ipswich Naval Association (pictured) recently used the Ipswich RSL Sub Branch bus to visit the Brisbane Water Police HQ for a day trip. Led by serving Queensland Police Officers, the group were shown through the unit and given insights into the day-to-day operations of the officers and divers.





GREENBANK 50-YEAR AWARDS

Two members of Greenbank RSL Sub Branch – Deputy President Tom McGee OAM (left) and Secretary Doug Watts (right) – received their 50 Year Membership certificates at the Sub Branch's AGM.



60 YEAR AUXILIARY AWARD

Mundubbera RSL Sub Branch awarded Phyllis McGilvery the RSL Queensland Council of Auxiliaries 60 Years Membership Certificate in August. Phyllis, who now lives in Gayndah, was joined by her son and daughter-in-law to receive the special award that recognises a lifetime of service.

A MILESTONE CELEBRATION

North Gold Coast RSL Sub Branch member Richard Saunders celebrated his 100th birthday in October. Richard served in the Army and RAAF and celebrated the day with family and close friends with a high tea.



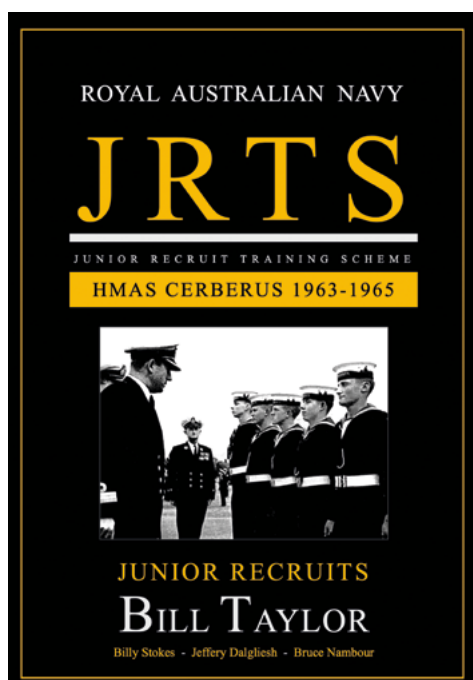
LUNCH FOR MENTAL HEALTH MONTH

North Gold Coast RSL Sub Branch hosted a lunch at the Helensvale Tavern for Mental Health Month in October. More than 20 veterans and members attended and listened to talks by guest speakers from the Veterans Health Association.



FULFILLING A LIFELONG DREAM

Suffering from ill health for the past year, Boyne Tannum RSL Sub Branch Treasurer Bill (Squizzy) Taylor had a dream – to leave behind a book of memories from his early Navy days. Bill joined the Navy aged 17 in 1963 as a junior recruit at HMAS *Cerberus* alongside many other 15-year-old boys who became known as the Tingira Boys. Thanks to the help of the Tingira Australia Association, a new historical Navy book titled *RAN JRTS HMAS Cerberus 1963 – 1965* will be published in 2022. Over a period of 10 months, Secretary Mark Lee (himself in the print publishing industry) researched and worked tirelessly to present Bill with a book that promises to become a collector's item. The committee used Bill's original manuscripts and pictorial collection and supported him with design, research, content, production, advertising, sales, and distribution. All Navy veterans and their partners are invited to the book launch at 6:30pm on Saturday 19 February 2022 at the Gladstone Maritime Museum at 62 Flinders Parade. RSVP to Lindsay Wassell by 11 February 2022 via 0419 722 495 or hots02@bigpond.com. You can also pre-order copies of the book from tingira.org.au.





REDCLIFFE CENTENARY

Redcliffe RSL Sub Branch finally celebrated its 100th Anniversary after festivities were postponed by a year due to COVID restrictions. Guests at the lunch on September 18 included Redcliffe RSL Sub Branch President Neville Cullen, pictured right, National RSL President Greg Melick, AO RFD FANZCN SC, left, Queensland Health Minister, Member for Ambulance Services and Member for Redcliffe Yvette D'Ath, Moreton Bay Region Mayor Peter Flannery.



REDLANDS CELEBRATES FOUR CENTENARIANS

Redlands RSL Sub Branch recently celebrated the milestone birthdays of four long-time members. Dennis Wellbelove, Ted Neil and Eric Cater are celebrating their 100th birthdays this year, while Stan Mellick OAM turned 101 in February. The four members were honoured with a lunch, gift presentation and birthday cake that they cut with a WWII bayonet.

REDLANDS CELEBRATES FOUR CENTENARIANS

Pictured at the Redlands RSL Sub Branch 2021 Presidents Lunch were, from left, Les and Audrey Warner, Carol and Ken Cullum, Graham Hargreaves, Frank and Tina Williams, and Anne and Eric Shaw.



NORMAN STEELE AWARDED LIFE MEMBERSHIP

Stanthorpe RSL Sub Branch member Norman Steele, centre, was recently presented with Life Membership in recognition of his service to RSL Queensland. Western District President Dennis Pollard, left, and Stanthorpe RSL Sub Branch President Martin Corbett, right, presented the award to Norm at the District Council Meeting in Stanthorpe on 18 September. Norm has been a member of Stanthorpe RSL Sub Branch for more than five decades and a director for almost 12 years. He is currently in the role of Deputy President and is heavily involved in organising ceremonial events such as Vietnam Veterans' Day, Remembrance Day, and ANZAC Day. Norm regularly attends services at local schools in remembrance of veterans and helps organise poppy services for ex-service people who have passed.



STANTHORPE DONATION SUPPORTS LOCAL MEN'S SHED

Stanthorpe RSL Sub Branch proudly donated \$1,000 to help the Stanthorpe Men's Shed run Mental Health Week activities. Sub Branch President Martin Corbett and Women's Auxiliary member Bernice Steele presented the donation to Kev Armstrong. The money was raised in collaboration with the Stanthorpe Sub Branch Women's Auxiliary.



VALE COL DUMKE

Tramways RSL Sub Branch members are mourning the passing of long-standing and much-loved member Col Dumke, pictured centre. He joined the Sub Branch in 1946, serving as Treasurer for 48 years and held the position of Welfare Officer for the past 21 years. Col served in the Royal Australian Air Force and was part of the invasion of Tarakan, Borneo. After leaving service, he spent 39 years as an electrician working for Brisbane City Council's Transport department. He is survived by his three children, grandchildren, and great grandchildren. He will be sadly missed. Col is pictured with Norman Harold Traves, left, who passed away in 2018 aged 95, and Alexander Thomas Craig, who passed away in January 2021 aged 98.



CENTENARY FOR ARTHUR AULD

Runaway Bay RSL Sub Branch member Arthur Auld, centre, celebrated his 100th birthday on 13 September with a lunch hosted by Sub Branch President Bruce Main, left. Piper Barry Cathcart, right, played for Arthur as he entered the Seagulls Club to meet 60 veteran members gathered for the occasion. He was presented with an RSL plaque certifying his active service from 1942-44 and was also pleased to receive a note from HRH Queen Elizabeth II and other dignitaries recognising his huge achievement. Arthur has been and continues to be an active member of Runaway Bay Sub Branch.



THE GAP MARKS VIETNAM VETERANS DAY

The Gap RSL Sub Branch President David Esler and members of the Sub Branch were joined by Assistant Treasurer Rod Adamson, Welfare Officer Karen Mins and Vice President Dick Dunstan to mark Vietnam Veterans' Day in the Memorial Gardens.

COMMUNITY



HONOURING 50 YEARS SINCE THE BATTLE OF NUI LE

Vietnam veteran Rick Butler visited Pandanus Park – a bush camping retreat for veterans on Cape York Peninsula – on a trip organised to commemorate the 50th anniversary of the Battle of Nui Le. Rick and the group laid a plaque (pictured) commemorating the anniversary. The battle, the last involving Australian forces during the Vietnam War, took place on 21 September 1971 in South Vietnam, and is thought to have killed five Australians and wounded 30 soldiers, although total losses are still unknown.



A WEEKEND GETAWAY

Current and ex-serving veterans looking for a place to rest and recharge can take advantage of Cockscomb Veterans Bush Retreat, an hour's drive outside Rockhampton. Open since 1997, guests can enjoy an affordable and peaceful stay with like-minded company.

REMEMBERING OUR ANIMAL COMRADES

The Australian War Animal Memorial Organisation (AWAMO) played a role in this year's NATO services commemorating all soldiers who have served with them. Officially unveiled on 11 September at the NATO Belgium event, the NATO War Animal Memorial (pictured) – funded by AWAMO – includes a glass case displaying a Light Horse bit, MWD chain, a purple poppy made by an Australian school student and a time capsule buried under the memorial.



A HISTORICAL ADDITION

Rosewood RSL Sub Branch supported Ipswich military historian and member Eddie Habben's recent compilation of the local area's military history. The project, which was funded by the Sub Branch and Rosewood's Bendigo Bank branch, has resulted in two publications featuring the military and family biographies of local service men and women who sacrificed their lives in both World Wars. Both volumes are now available in the Rosewood Library's History Room. Eddie is pictured with former Councillor David Pahlke.

COMMUNITY CONNECT

WELCOME TO AMBERLEY

Australian Defence Force members and families are invited to the annual Welcome to Amberley event at the Workshops Rail Museum in North Ipswich on 18 February 2022 from 4-7pm. Register by 16 February and you'll get entry to the iconic Workshops Rail Museum, interactive displays, live entertainment, train rides and a barbecue. There will be a market with information about what is available in the local region, including Ipswich City Council Tourism, partner education and employment, health, finance providers, and recreational and community groups. RSVP via partnerships@rslqld.org

REUNION WITH AN INJURED RAAF MEMBER

During his 16 years as a RAAF police officer, Keith Skinner completed many tasks that he's proud of. One traumatic event, however, stands out in his memory. Keith is hoping someone can reunite him with the serviceman he helped and allow him to complete his memories of that day. Between 16 September 1986 and 16 April 1987, Keith was posted to RAAF Base Butterworth as a Corporal RAAF Policeman (as they were then known). During this posting, he was called to a motor vehicle accident between a civilian taxi and a motorbike at the Butterworth Street lights intersection. The bike was driven by an off-duty RAAF member (details unknown). When he arrived, Keith gave first aid to the severely injured serviceman. When the ambulance arrived on the scene, the police patrol followed it back to the hospital. After learning that the serviceman needed an O positive blood type for a transfusion and that he himself was a match, Keith offered to help the injured man. Keith was told the man was medically

evacuated back to Australia the next day. Keith has relived this shift many times over the years, and would like to be reunited with the serviceman he helped. You can contact Keith via 0457 355 628 or keith.skinner4@gmail.com

THE MISSING 'DEAD MAN'S PENNY'

Mudgeeraba Robina RSL Sub Branch is hoping for information about a Memorial Coin that has gone missing. In 1918, during the closing days of WWI, 17184 Gunner Percy Flanigan was killed. His relatives, along with other military personnel reported killed, were sent a Memorial Coin known as a 'The Dead Man's Penny'. The coin, with scroll attached, was engraved with the deceased's name and service number. Gunner Flanigan's Memorial Coin was donated to the Mudgeeraba Robina RSL Sub Branch by his present-day relatives. The coin was kept safe in a locked, purpose-built glass-fronted cabinet. Unfortunately, the coin has recently gone missing and the RSL would appreciate its return. The Memorial Coin is larger than a penny but is cast in similar shape and colour, is rare and has high monetary value. Anyone with knowledge of the whereabouts of the coin are urged to contact the police, quoting QP2101831769.



REUNIONS

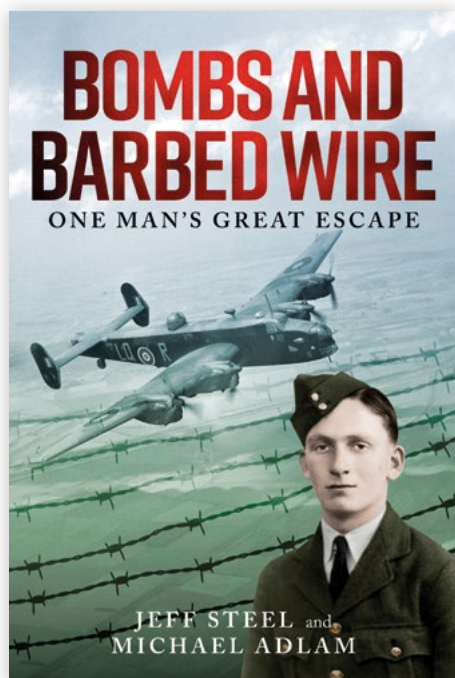
TERMITE REUNION

The Termite Reunion is being held in Townsville on Friday 22 April 2022 at 6pm for the 80th birthday of the Terminal Trade. The event is for all who served from the 1st Australian dockers to the current 30 Terminal Sqn members. More details including location will be published closer to the event. Contact Craig Ingram via 0407 173 321 or craigingram@westnet.com.au

CORAL SEA BATTLE 80TH ANNIVERSARY

A dinner dance will be held in Stanthorpe to recognise the 80th anniversary of the Battle of the Coral Sea on Saturday 14 May 2022. The dinner celebrates the friendships forged between the United States and Australian Armed Forces, and invitations have been extended to our fellow Naval Association sub-sections, Australian Armed Forces, the Returned Services League, and American Leagues. Invitations are also being extended to the Australian and Queensland Governors General, Australian Government and Queensland Government dignitaries. Contact Norm Gale via 0435 619 626 or storhel70@gmail.com.

WIN



BOMBS AND BARBED WIRE

His hatred of Nazism made him leave his six-month marriage to Miranda on hold. Over Germany, his Halifax bomber is shot down by a night fighter: He has 10 seconds to act or he will never see her again.

Ambrose Adlam did not even want to go to war. Hitler's war came looking for him. The war enveloped him, it took over his world; there was no escape. To do nothing was not an option. Ambrose joined RAF ground crew. That was not enough. He volunteered for active service as a Flight Engineer in Halifax bombers. The RAF high command forgot to tell him that his chance of survival was minimal.

Ambrose found out the hard way as his bomber plummeted to earth in flames. Parachuting into a duck pond in Nazi Germany, he narrowly escaped death. On the run, he is pursued by German forces. They shot him. He survived.

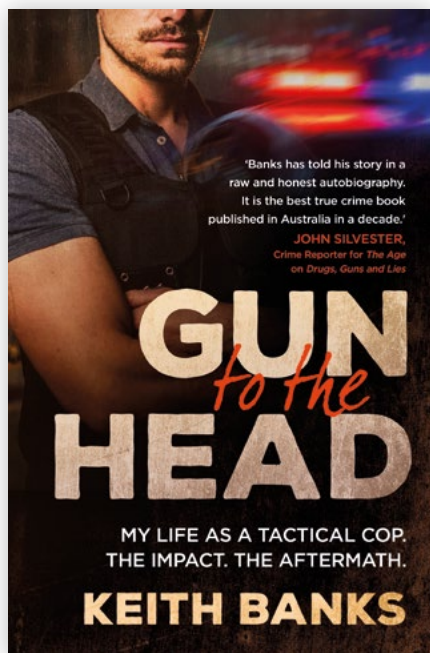
An odyssey through the monstrous world of Luftwaffe prisoner of war camps brought him to the eastern fringe of the Third Reich. The camp was called Stalag Luft III.

Beneath the exterior calm of the camp routine, an ambitious plot was brewing. The prisoners were organising a mass breakout. There were hundreds involved. As a non-officer he would not be one to break free... but there was a lot that he could do to support the Great Escape.

This was his war, his mission in life and his purpose. But would he ever see Miranda again? A gripping true story of love and war constructed from meticulous research, family records and eye-witness accounts.

Bombs and Barbed Wire by Jeff Steel is published by Big Sky Publishing (RRP: \$29.99).

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



GUN TO THE HEAD

Keith Banks was a member of the Queensland Police Force when not everyone with a badge could be trusted.

After serving as an undercover cop and declining an opportunity to participate in a lucrative and totally corrupt enterprise, Keith found himself sidelined from the Drug Squad. In 1984 he was transferred to the Taringa Criminal Investigation Branch as a Detective Senior Constable. That had its moments, but he wanted more. He missed the adrenaline charge of his days as an undercover cop. He discovered that rush again when, ultimately, he became one of the first full-time members of the Tactical Response Group.

This was challenging and dangerous work. Not only did Keith find himself facing off against some of Australia's most brutal criminals, but he also had to confront the demons of constantly living on the edge, of finding that fine line between good and bad where violence was normal.

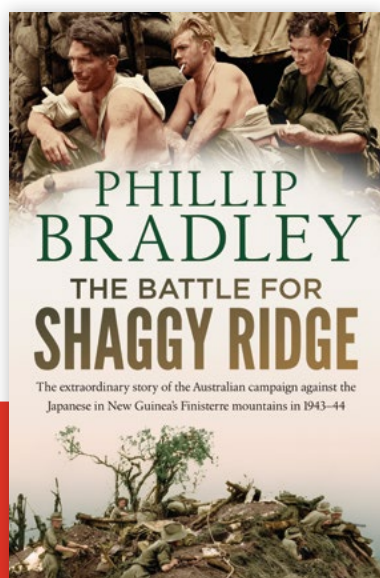
Raw and confronting, *Gun to the Head* exposes a world of policing that few have lived.

Gun to the Head by Keith Banks is published by Allen & Unwin (RRP: \$29.99).

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



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



FOR YOUR CHANCE TO WIN one of four copies of *The Battle for Shaggy Ridge*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Battle for Shaggy Ridge') or post to 'The Battle for Shaggy Ridge', PO Box 629, Spring Hill Qld 4004. Competition closes 25 January 2022.

SMALL ACTS OF DEFIANCE

May 1940: After a bitter tragedy, young Australian woman Lucie and her French mother Yvonne are forced to leave home and seek help from the only family they have left – Lucie's uncle, Gerard.

As WWII engulfs Europe, the two women find themselves trapped in German-occupied Paris, sharing a cramped apartment with the authoritarian Gerard and his extremist views.

Drawing upon her artistic talents, Lucie risks her own safety to engage in small acts of defiance against the occupying forces and the collaborationist French regime, where the authorities reward French citizens for denouncing so-called 'traitors' in their community.

Faced with the escalating brutality of anti-Jewish measures, and the indifference of so many of her fellow Parisians, Lucie must decide how far she will go to defend the rights of others.

Small Acts of Defiance by Michelle Wright is published by Allen & Unwin (RRP: \$29.99).

THE BATTLE FOR SHAGGY RIDGE

From the killing ground of Kaiapit to the treacherous heights of the Finisterre Range, for four months in 1943-44 the Australian Army fought to drive the Japanese from their mountain strongholds. The most formidable position was the fortress-like Shaggy Ridge, its steep sides rising sharply to a knife-edge crest where battle was joined on a one-man front.

Based on the accounts of more than 100 Australians, Americans and Japanese who served on, around and over the ridge, *The Battle for Shaggy Ridge* tells the story of this extraordinary struggle for control of the Ramu Valley in New Guinea.

The Battle for Shaggy Ridge by Phillip Bradley is published by Allen & Unwin (RRP: \$32.99).



QUEENSLAND RSL NEWS WINNERS *Edition 3, 2021*

VIETNAM - A MEMOIR

B Iselin, Peregian Springs
C Sparrow, Rowes Bay
J Meadows, Griffin
R Titman, Cedar Grove

GALLIPOLI: THE WAR NOBODY WON

C Thorpe, Bribie Island
M Barnes, Chermside West
I Tomlinson, Kenmore East
L Hillberg, Alderley

PURE MASSACRE

M McAuley-White,
Chermside West
G Unsworth, Pelican Waters
M Cooper, Buddina
P Sugars, Little Mountain

THE BLIND STRATEGIST

M Schwaiger, Winya
S MacFarlane, Carrara
D Baldwin, Forest Lake
D Mays, Norman Park

RAAF BAUSELE WATCH

G Nicholl, Mount Perry

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



THE \$6 MILLION SEA CHANGE

Positioned right on the Gold Coast beachfront, this Tugun property is breathtaking inside and out.



RSL
Art Union

THE brand-new \$6 million beach house feels worlds away from Annette Masterson's rural Far North Queensland. But this lucky cattle farmer can now call both places home after winning the RSL Art Union Draw 389.

"Everything is just beautiful," Annette says of her life-changing prize.

"I'm speechless about it. I can't get over the view. The beach is just right there. It's amazing!"

Annette's win gave her the choice between two

magnificent, multimillion-dollar beach houses – one in Sydney's exclusive Palm Beach, and one on the beautiful southern Gold Coast.

She chose the latter and, a few weeks later, got to see it for the first time. Annette and her daughters' awed reactions

were captured on national TV, with three-time Olympic gold medalist Stephanie Rice handing over the keys.

"I THOUGHT IT WAS A HOAX!"

Annette was at a bull sale when she got the unexpected



Prize winner Annette Masterson, left, was handed the keys to her brand-new \$6 million beach front house by three-time Olympic gold medalist Stephanie Rice.



and exciting news.

"The phone kept ringing," she recalled of the day she won. "We were busy at the time, and I didn't know the number. I said to my husband, 'I'll deal with it later.'"

"Then there was an email and I'm thinking, 'I think I may have won something.' When I rang and they told me, I was like, 'Oh, wow.' I thought it was a hoax!"

Only after laying eyes on the house did Annette finally believe the news.

"When we drove in and saw it, I was like, 'Okay, this is real!'"

THE ULTIMATE HOLIDAY HOME

Having never taken a beach holiday before, Annette now has the ultimate reason to do so.

Bathed in light, space and uninterrupted ocean views, her luxuriously styled prize home includes four bedrooms, two living areas, and a stunning pool and alfresco area with direct access to the sand.

It will be a welcome retreat from life on the farm – a retreat where Annette's family is looking forward to "just relaxing and doing nothing".

"Now we know we can go, we're going down to the house and having a break," she said.

"It will be nice knowing that we've got something we can come to. We don't have to book it; we can just come when we want. We're just going to enjoy it."

SECOND TIME LUCKY

Annette was just two draws into her RSL Art Union VIP Club membership when she struck it lucky.

She signed up on a whim

while shopping for groceries, buying a \$30 ticket book that would land her \$6,293,715 in prize value plus a bonus \$30,000 in gold.

"I had bought tickets in previous years, but it was back in July when I [joined the VIP Club]. I bought tickets and honestly didn't think any more of it. And then I won!"

"I was like, 'Oh my God, people really win these things!' I couldn't believe it. To win it that quick was a big surprise. I'm very thankful. I never

imagined winning anything like this, and it's just beautiful."

A GREAT CAUSE

Like thousands of RSL Art Union customers, Annette was keen to support those who have served.

"I think it's a great cause, and it's good to see that your money is going where it's needed."

For anyone who's ever considered entering an RSL Art Union draw, Annette's advice is simple.

"Just buy tickets. You never know your luck!" ←



DRAW 392

NOW OPEN!

TICKETS
ONLY
\$5

WIN THE ULTIMATE
\$3.6 MILLION
Beachfront Oasis
LUXURY APARTMENT + GOLD

Your chance to win a **\$3.6 million** prize package, including
a luxury beachfront apartment AND **\$250K** in gold!

DRAW 392 CLOSES 8PM (AEST) 19 JANUARY 2022 | DRAWN 10AM (AEST) 25 JANUARY 2022

VIP CLUB MORE MILLIONS FOR MEMBERS

RSL Art Union Draw No.392 (AU392L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79902601713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006, under QLD licence \$3,605,000. The total number of tickets available for AU392 is 4,661,400 which may include a maximum of 1,178,868 bonus tickets. Winners notified by registered mail. Results published in The Australian on 27/01/22. Cheque, next draw, Draw 393, RSL Art Union Draw No. 393 (AU393L) QLD licence No. 29819, ACT Permit No. R21/00188, VIC Permit No. 10508/21, NSW Authority No. GOCAU/2332, SA Permit No. M14117. Close date: 8pm (AEST) notified by registered mail. Results published in The Australian on 11/03/22. Cheque, money order and credit card payments must be received by 02/03/22 to be entered into Draw 393. If an order is received after this date purpose of veteran welfare and support in Australia. Entrants must be 18 years or over. Some items shown in pictures are for display purposes only. Car 1 is a brand new Jaguar F-TYPE, Car 2 is a brand new Range Rover Evoque, standard terms and conditions of sale and availability. Both vehicles are not transferrable or redeemable for cash. Vehicle images shown are for illustrative purposes only. Selling costs and market variations apply when selling up to date details and full terms and conditions please refer to www.rslartunion.com.au.

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

DRAW 393

COMING UP NEXT!

WIN THE

\$5.4 MILLION *Waterfront Haven*

2 VILLAS, 2 LUXURY CARS + \$1M GOLD

TICKETS
ONLY
\$5

Your chance to win two exclusive waterfront villas,
two luxury cars AND \$1 million in gold!

DRAW 393 OPENS 12.01AM (AEST) 12 JANUARY 2022 | CLOSES 8PM (AEST) 02 MARCH 2022 | DRAWN 10AM (AEST) 09 MARCH 2022

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

[RSLARTUNION.COM.AU/VIP](https://rslartunion.com.au/vip)

No.29819, ACT Permit No.R21/00192.1, VIC Permit No.10510/21, NSW Authority No.GOCAU/2332, SA Permit No. M14126. Close date: 8pm (AEST) 19/01/22. Draw Date: Drawn 10am (AEST) 25/01/22. Prize value money order and credit card payments must be received by 19/01/22 to be entered into Draw 392. If an order is received after this date or if the draw is sold out, the order will be automatically entered into the 02/03/22. Draw Date: Drawn 10am (AEST) 09/03/22. Prize value \$5,425,000. The total number of tickets available for AU393 is 5,947,800 which may include a maximum of 1,528,704 bonus tickets. Winners or if the draw is sold out, the order will be automatically entered into the next draw, Draw 394. Both Draws will be drawn at ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Proceeds are for the both vehicles delivered ex-Gold Coast, registered in QLD, comprehensive motor vehicle insurance excluded. On-road costs, dealer delivery and GST included. Both vehicles are subject to the relevant auto dealers gold bullion. Travel is in the form of a voucher, is not redeemable for cash and must be booked directly with our selected supplier, subject to their terms and conditions. Information correct at time of printing. For



LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Clark	Bruce	T23208875	Caloundra Sub Branch
Trevaskis	Ernest	67160	Burrum District Sub Branch
Butterfield	Cecil	NX144433	Nanango Sub Branch
Hedge	Lester	14853	Mount Isa Sub Branch
Raddatz	Kevin	46783	Babinda Sub Branch
Pont	Adrian	49497	Tully Sub Branch
Todd	Gordon	R64972	Tully Sub Branch
Davies	Alan	23594954	Magnetic Island Sub Branch
Mildren	Patrick	A15501	Townsville Sub Branch
Miller	Noel	5/708613	Townsville Sub Branch
Rawling	William	214122	Townsville Sub Branch
Dalliston	Juan	R117813	Magnetic Island Sub Branch
Charleston*	Rex	NX124975	Tweed Heads & Coolangatta Sub Branch
White	Thomas	QX62398	Maryborough Sub Branch
Cooper	John	3/471143	Nambour Sub Branch
Jones	Robin	214031	Hervey Bay Sub Branch
Van Haren	Gerard	1734937	Bundaberg Sub Branch
Mobbs	Arthur	54908	Kedron-Wavell Sub Branch
Houghton*	Ernest	14058479	Tweed Heads & Coolangatta Sub Branch
Treacy	Francis	QX39003	Redlands Sub Branch
McWilliam	Russell	NX9696/443518	Redlands Sub Branch
Humphries*	Ronald	2787419	Mareeba Sub Branch
Tempest	John	215967	Greenbank Sub Branch
Pratt	Earl	5686NS	Murgon Sub Branch
McCosker	Harold	QX37987	Kedron-Wavell Sub Branch
Roberts	Harry	V3/718321	Gympie Sub Branch
Ryan	Raymond	1733866	Nerang Sub Branch
Eaton	Leonard	6/1195	Redlands Sub Branch
Robinson*	Ronald	PJ960767	Rainbow Beach Sub Branch
Swan	Gary	1736343	Currumbin/Palm Beach Sub Branch
Wedding	Trevor	A43416	Maroochydore Sub Branch
Smith	Desmond	1/707803	Glasshouse Country Sub Branch
Rogers	Dennis	44318	Geebung Zillmere Bald Hills Aspley Sub Branch
Lynn	John	A115143	Monto Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Sission*	John	A13601	Warwick Sub Branch
McGrath	Francis	123251	Kedron-Wavell Sub Branch
Wessels	Ronald	A19071	Townsville Sub Branch
Pratley	Stanley	A118476	Sherwood-Indooroopilly Sub Branch
O'Leary	Brian	R52499	Kedron-Wavell Sub Branch
Tomkins	Kenneth	3/114111	Coorparoo & Districts Sub Branch
Edmonds	Gordon	R50385	Bribie Island Sub Branch
Stephens	Christopher	145906	Kenmore/Moggill Sub Branch
Kearney	George	173487	RSL QLD State Branch
Green	John	36236	Hervey Bay Sub Branch
Court*	Reginald	VX92775	Tweed Heads & Coolangatta Sub Branch
Kharitou	Nicolas	ME2546099	Tweed Heads & Coolangatta Sub Branch
Morrish	John	1/729440	Gordonvale Sub Branch
McKenzie	Samuel	29837	Herbert River Sub Branch
Guerin	Keith	A55368	Maryborough Sub Branch
Stewart*	Donald	1/714692 / 170890	Ipswich Railway Sub Branch
Keen	Allan	2765462	Hervey Bay Sub Branch
Watters	William	A29960	Cairns Sub Branch
Beh	Peter	219632	Hervey Bay Sub Branch
St George	Toby	146839	Sherwood-Indooroopilly Sub Branch
Penman	Robert	29893	Townsville Sub Branch
Duncan	John	R94409	Goondiwindi Sub Branch
Connolly	Daniel	1732137	Emu Park Sub Branch
Summerhill	Michael	37370	North Gold Coast Sub Branch
Parry	Raymond	1735223	Bribie Island Sub Branch
Tucker	Sidney	1/719130	Bray Park-Strathpine Sub Branch
Whitworth-Chalk	Maureen	82243	Laidley Sub Branch
Cannane	Phillip	28681	Hervey Bay Sub Branch
Lance	Trevor	469385	Gympie Sub Branch
Aldred*	Albert	14902511	Hervey Bay Sub Branch
Sutton	Darrell	NX206466	Gympie Sub Branch
Sterling	Frederick	A47502	Redlands Sub Branch
Cunnington	Brian	170605	Cooroy-Pomona Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Baumanis	Peter	CP1412	Hervey Bay Sub Branch
Mellersh	Clive	1/54671	Wondai Sub Branch
Ferguson*	Charles	1/700507	Bowen Sub Branch
Babarovich	Anthony	17667	Tewantin/Noosa Sub Branch
Jarvis	Trevor	1/719338	Stephens Sub Branch
Richards	Alan	1/724632	Leyburn Sub Branch
Batty	Norma	W24958	Mackay Ex-Service Women Sub Branch
Campbell	Michael	467677	Nanango Sub Branch
Saint	Gerard	169086/ 8215764	Gaythorne Sub Branch
Armstrong	Warwick	1/716906	Mount Morgan Sub Branch
Armstrong	Warwick	A110198	Mount Morgan Sub Branch
Law*	Gregory	1734589	Esk Sub Branch
Hamilton	Kathleen	QF267924	Currumbin/Palm Beach Sub Branch
Treers	Joseph	24994	Toowoomba Sub Branch
Ambrose	Thelma	104028	Maroochydore Sub Branch
Schofield	Dennis	R493/51	Maroochydore Sub Branch
Shields	Barry	2/737729	Tweed Heads & Coolangatta Sub Branch
Kearton	David	R4286863	Bundaberg Sub Branch
Amos	George	171790	Mackay Sub Branch
Smith	Archibald	QX49437	Ipswich Sub Branch
Wells*	Kenneth	2065CNX	Tewantin/Noosa Sub Branch
Mackay	Ian	2412184	Bribie Island Sub Branch
Hunt*	Peter	440282	Gaythorne Sub Branch
Ilic	Gaspar	NA	Sunnybank Sub Branch
Kropp	Paul	1/707514	Southport Sub Branch
Kropp	Paul	113537	Southport Sub Branch
Snow	Stuart	D/JX538049	Redlands Sub Branch
Aitken	Peter	1/3748	Bribie Island Sub Branch
Maxwell	Bruce	38200	Moura Sub Branch
Turnbull	Alexander	0220737	Agnes Water/1770 Sub Branch
Duncan	Colin	1410733	Walkerston-Pleystowe Sub Branch
Chalk	David	1734550	Caloundra Sub Branch
Horton	Allan	0226227	Nerang Sub Branch
Shaw	Ian	A111707	Lowood Sub Branch
Lambert	Leonard	36515	Caloundra Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Marshall	Colin	QX24659	Caloundra Sub Branch
Sullivan	Noel	A111684	Townsville Sub Branch
Bennett*	Douglas	R332835	Beenleigh & District Sub Branch
Foxlee	Roger	A225425	Gayndah Sub Branch
Geddes	Neilson	1728040	Yeronga-Dutton Park Sub Branch
Guteridge	John	0130681	Blackwater/Bluff Sub Branch
Gayler	Geoffrey	217614	Hervey Bay Sub Branch
Plowright	Gordon	NX126818	Hervey Bay Sub Branch
Dalgrin	Peter	61143	Nerang Sub Branch
Beazley	Vivian	NX152953	Surat Sub Branch
Ulcoq	Rene	1/32721	Gaythorne Sub Branch
Reynolds	Carl	4107288	Redlands Sub Branch
Rice	Brian	2787798	North Gold Coast Sub Branch
Taylor	Keith	O218723	North Gold Coast Sub Branch
Taylor	Keith	R38401	North Gold Coast Sub Branch
Findlay*	John	R104429	Wondai Sub Branch
Prime	Arthur	46217	Bundaberg Sub Branch
Brettell*	Raymond	QX41487	Tweed Heads & Coolangatta Sub Branch
Clark	George	B3380	Gaythorne Sub Branch
Noble*	John	1535299	Gaythorne Sub Branch
Pandel	Jorden	214956	Gaythorne Sub Branch
Hunt*	Peter	19143791	Gaythorne Sub Branch
Stuart	William	131208	Tweed Heads & Coolangatta Sub Branch
Durham	Bryan	3138676	Surfers Paradise Sub Branch
Mellor	John	1202072	Orchid Beach/Fraser Island Sub Branch
Nielsen	Noel	S7781	Coorparoo & Districts Sub Branch
McDougall	Kevan	1364NS	Maroochydore Sub Branch
Stewart	Joan	QF142350	Coorparoo & Districts Sub Branch
Hoare	Anthony	1/729517	Townsville Sub Branch
Symons	Harold	A38125	Currumbin/Palm Beach Sub Branch
Bowles	Alexander	426791	Sherwood-Indooroopilly Sub Branch

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LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Colclough	Malcolm	1/716419	Maroochydore Sub Branch
Bishop	Norman	A11269	Beenleigh & District Sub Branch
Fazakerly	John	14697752	Coorparoo & Districts Sub Branch
Kirby	Ernest	QX42971 (Q99931)	Maroochydore Sub Branch
Gordon*	Kevin	1/700211	Toowong Sub Branch
Montefiore	John	151325	Caloundra Sub Branch
McKenna	Francis	QX53360/ Q101987	Gaythorne Sub Branch
Franke	Elwyn	–	Caloundra Sub Branch
Randle	William	1/717974	Goodna Sub Branch
Maunsell	Maurice	QX56872/ Q149010	Kedron-Wavell Sub Branch
Haskins	Eric	A11235	Kedron-Wavell Sub Branch
Chesney	David	22130613	Kedron-Wavell Sub Branch
Dumke	Colin	151279	Tramways Sub Branch
Hamilton	Thomas	R29216	Kedron-Wavell Sub Branch
Argent	Raymond	QX36187	Redlands Sub Branch
Rogers	Alan	R49070	Redlands Sub Branch
Stallan	Victor	A37405	Redlands Sub Branch
Shearer*	Colin	R311130	RSL QLD State Branch
Fechner	Herbert	170289	Southport Sub Branch
Hartley	John	426587	Surfers Paradise Sub Branch
Kidd*	Dorothy	VF510424	Surfers Paradise Sub Branch
Parchert	Barry	1731913	Gatton Sub Branch
Ferguson	Laurence	364285	Warwick Sub Branch
Ingram*	Frederick	16069	Taroom Sub Branch
Rogers (nee Lowe)	Nancy	VF508807	Maroochydore Sub Branch
Simon	Dorothy	174281	Gympie Sub Branch
Benson	Albert	QX54721	Gympie Sub Branch
Woodward	Allan	49416	Maryborough Sub Branch
Lowe	Robert	R50238	Maryborough Sub Branch
Pedersen	James	3/3169	Maryborough Sub Branch
Pollock	Desmond	1/715438	Bundaberg Sub Branch
Prowse	Arthur	QX52681 (Q138518)	Yeppoon Sub Branch
Grimble	Harvey	165844	Mackay Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Brady*	John	A11085	Bowen Sub Branch
Sellars	Frank	QX59653 (Q34332)	Bowen Sub Branch
Losberg	David	1201807	Townsville Sub Branch
Howieson	Bruce	54342	Townsville Sub Branch
Jones	Emrys	4028865	Cairns Sub Branch
Aldridge	Alan	0225215	Hervey Bay Sub Branch
Dahms	Fred	QX54651 (Q136220)	Kingaroy/Memerambi Sub Branch
Columbine	Joseph	78728	Kedron-Wavell Sub Branch
Klimisch	Wolfgang	39180	Cooroy-Pomona Sub Branch
Moores	Harold	14151272	Tweed Heads & Coolangatta Sub Branch
O'Keefe	John	134084	Esk Sub Branch
Provan*	Colin	124804	Tweed Heads & Coolangatta Sub Branch
Brabazon*	Thomas	V16867	Southport Sub Branch
Davis	Araunah	157770	Redcliffe Sub Branch
Mogensen	Gordon	QX54823 (Q270459)	Bundaberg Sub Branch
Pryor	Rodger	A219425	Caloundra Sub Branch
Fallon*	Ronald	N170169	Caloundra Sub Branch
Cox	David	2366860	Mackay Sub Branch
McIntyre*	Diarmid	170207	Geebung Zillmere Bald Hills Aspley Sub Branch
Nunn	Arnold	77452	Redcliffe Sub Branch
Edge*	William	5650NS	National Servicemens Sub Branch
Culey	Lennard	R47848	Bundaberg Sub Branch
Denton	Ernest	Q269934	Bundaberg Sub Branch
Rosenthal	Vincent	125799	Toowoomba Sub Branch
Logan*	Elsie	QFX57973	Maryborough Sub Branch
Kessler*	Herb	429580	Dalby Sub Branch
Horrigan	Brian	171183	Dalby Sub Branch
Challenor	Diana	–	Townsville Sub Branch
Walsh	Patrick	QX39513 (Q15193)	Townsville Sub Branch
Ring	Michael	14922401	Helidon Sub Branch
Brown	Kenneth	B5096	Surfers Paradise Sub Branch
Wynne	Tony	156660	Mackay Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Cochrane	Douglas	QX10201	Maroochydore Sub Branch
Dorling	Alan	17584	Currumbin/Palm Beach Sub Branch
Green	Francis	015800	Ipswich Sub Branch
Howard	Alan	145205	Clayfield-Toombul Sub Branch
Jensen	Ronald	PA4512	Tweed Heads & Coolangatta Sub Branch
Riley	Kevin	NX164887	Kedron-Wavell Sub Branch
Sheehan	Thomas	N446577	Tweed Heads & Coolangatta Sub Branch
Taylor	Jack	B2679	Tweed Heads & Coolangatta Sub Branch
Tibballs*	Eric	PM7959	Tweed Heads & Coolangatta Sub Branch
Trussell	Rodney	4720226	Currumbin/Palm Beach Sub Branch
Oliver	Eric	1/37144	Gemfields Sub Branch
Whitty	John	NX111543	Redlands Sub Branch
Smedley	Leslie	2594446	Caloundra Sub Branch
Kenna	Leonard	2/4472	Currumbin/Palm Beach Sub Branch
Victorsen	Keith	1/36098	Kenmore/Moggill Sub Branch
Atkinson	John	1/715882	Kenmore/Moggill Sub Branch
Bartlett	Graeme	213620	Currumbin/Palm Beach Sub Branch
Geelhoed	Cornelis	201807003	Centenary Suburbs Sub Branch
Christensen	John	6881498	Wondai Sub Branch
Jewell	John	26058	Hervey Bay Sub Branch
Irwin	John	R14382	Pine Rivers District Sub Branch
Campbell*	John	VX503539	Redlands Sub Branch
Purssey	Brian	19131	Sherwood-Indooroopilly Sub Branch
Biddle	Roy	QX47309 (Q108972)	Sunnybank Sub Branch
Muller	Terrance	A315860	Beenleigh & District Sub Branch
Blythe	Ian	28819425	Sherwood-Indooroopilly Sub Branch
Reed	William	A123374/1731491	Gympie Sub Branch
Cansick	Gerald	A16863	Mareeba Sub Branch

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Osbourne*	Leonard	1/724730	Gaythorne Sub Branch
Giddins	Roy	Q273931	Gatton Sub Branch
Thompson	George	1/717893	Sunnybank Sub Branch
Jeffries	Vivian	A11534	Caloundra Sub Branch
Hughes	Raymond	216186	Southport Sub Branch
Spring	Raymond	A114419	National Servicemens Sub Branch
Little	Gary	R59505	Caloundra Sub Branch
Ehrich	Mervyn	1/3225	Coorparoo & Districts Sub Branch
Steinhardt*	Cecil	A114272	Ipswich Railway Sub Branch
Hoskin	Albert	VX61359	Maroochydore Sub Branch
Bathis	Frank	14406	Bundaberg Sub Branch
Mcdowell	Herbert	968295	Townsville Sub Branch
Stone	Vince	QX63354	Stephens Sub Branch
Edwards	Robert	A13188	Deception Bay Sub Branch
Bills	Keith	SX33149	Kedron-Wavell Sub Branch
Klease	Brian	1/729491	Nambour Sub Branch
Kelly	Jon	R52614	Oakey Sub Branch
Starkey	Roy	22305	Redcliffe Sub Branch
Mitchell	Thomas	19046149	Greenbank Sub Branch
Doughty	Judith	W221013	Maroochydore Sub Branch
Norman	Alan	1202826	Walkerston-Pleystowe Sub Branch
Carlsen*	Lenard	1739450	Bowen Sub Branch
Ricketts*	Ronald	171452	Gaythorne Sub Branch
Brown	Robert	-	Tweed Heads & Coolangatta Sub Branch
Spehr	Jack	5X31884	Currumbin/Palm Beach Sub Branch
Jones	John	402462	Tweed Heads & Coolangatta Sub Branch
Kruisdyk*	John	2789036	Gaythorne Sub Branch
Wright*	Donald	NX503440	Bowen Sub Branch
Binning	Walter	54918	Beenleigh & District Sub Branch
Waldron	John	3171597	Caloundra Sub Branch
Cork	Robert	171555	Coorparoo & Districts Sub Branch
Winsor	Terrence	A225582	Mudjimba Sub Branch
Maughan	Robert	R50713	Runaway Bay Sub Branch

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LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Buttery	Graeme	42515	Greenbank Sub Branch
Squibb	Andrew	XX879116	Southport Sub Branch
Gorski	John	R62754	Southport Sub Branch
Gordon	Colin	1/722366	Townsville Sub Branch
Campbell	Graham	0112960	Bribie Island Sub Branch
Boulter	John	38354	Beaudesert Sub Branch
Skewes	Noel	115509	Maroochydore Sub Branch
Kneubuhler	Vincent	157009	Innisfail Sub Branch
Fawcett	Reginald	3770808	Maryborough Sub Branch
Brodie	Clive	36002	Yeppoon Sub Branch
Parker	James	14560	Bribie Island Sub Branch
Rich	Harold	CM/ X719869	Boyne-Tannum Sub Branch
Lipp	Brian	1/712371	Yangan-Emu Vale Chapter of the Warwick Sub Branch
Mackay	James	M38191	Southport Sub Branch
Fadden	John	1737231	Walkerston-Pleystowe Sub Branch
Wilkinson	Peter	0217700	Redlands Sub Branch
Flanagan	Kevin	435735	Kedron-Wavell Sub Branch
Armand	Kenneth	14810790	Sunnybank Sub Branch
Dredge	Caleb	23514446	Tewantin/Noosa Sub Branch
Marriner	Ella	W217386	Bribie Island Sub Branch
Sheather*	Raymond	1202153	Caloundra Sub Branch
Hough	Colin	H49401	Hervey Bay Sub Branch
O'Keeffe	Bruce	2/709657	Tweed Heads & Coolangatta Sub Branch
Butler	Anthony	22362396	Chinchilla Sub Branch
Bere	Thomas	1204910	Redcliffe Sub Branch
McLeod*	Frederick	3/777058	Currumbin/Palm Beach Sub Branch
Muldoon	Laurence	166704	Greenbank Sub Branch
Schouteten	Jacobus	448006	Harlaxton Sub Branch
Bergman	Paul	3411815	Esk Sub Branch
Hunt	Donald	R48044	Townsville Sub Branch
Steen	Geertjan	1203184	Townsville Sub Branch
Wells	Allan	151665	RSL QLD State Branch
Osmond	Allan	2721142	Toowoomba Sub Branch

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Johns	Peter	1732165	Magnetic Island Sub Branch
Hollis	Colin	A34954	Caloundra Sub Branch
Trowill	Wally	4156349	Nerang Sub Branch
McNamara*	Stephen	62382	Kedron-Wavell Sub Branch
Clements	Robert	4060056	Sarina Sub Branch
Jefferson	John	R63865	Bribie Island Sub Branch
Jefferson	John	1205929	Bribie Island Sub Branch
Oskam	Leonard	R54157	Hervey Bay Sub Branch
Stafford*	Richard	3726261	Tewantin/Noosa Sub Branch
Lewis	Colin	R58161	Woodford Sub Branch
Kimber	Lindsay	A120723	Townsville Sub Branch
Boyde	Stephen	317183	Maryborough Sub Branch
Waugh	Edward	1733943	Sherwood-Indooroopilly Sub Branch
Smith*	Erroll	537022	Currumbin/Palm Beach Sub Branch
Rayner	Graham	16107	Oakey Sub Branch
Alder	John	CFX973325	Redlands Sub Branch
Mothersill	Arthur	23068703	Bundaberg Sub Branch
Minon	Raymond	134709	Townsville Sub Branch
King	John	220116	Greenbank Sub Branch
Llewelyn	Shane	R107346	Tewantin/Noosa Sub Branch
Barry	Ray	4/400177	Burleigh Heads Sub Branch
Leslie	Ryan	2817567 / 8214675	Gaythorne Sub Branch
Adey	Charles	VX94500	Tweed Heads & Coolangatta Sub Branch
Stott*	Robert	134683	St Helens Sub Branch
D'Arcy	Michael	1737432	Currumbin/Palm Beach Sub Branch
Andrews	John	S149004	Bundaberg Sub Branch
Catt	Alfred	NX191548	Nambour Sub Branch
Gee	Alfred	15727	Bribie Island Sub Branch
King	Denis	5039 NS	Redlands Sub Branch
Shepherd	Walter	19975	Kedron-Wavell Sub Branch
Spencer	Peter	120368	Ipswich Sub Branch
Wilson	Robert	164334	Maryborough Sub Branch



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