

QUEENSLAND

RSL NEWS

FROM
CITY
STREETS
TO DUSTY
FEET

COMMEMORATING
THE CENTENARY
OF BEERSHEBA

YOUNG VETERANS

— BRIDGING THE GENERATION GAP —



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QUEENSLAND BRANCH

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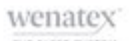
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15



40



26

FEATURES

- 15 Remembrance Day 2017**
Thousands of Queenslanders paid their respects to those who have served, suffered or fallen in war at memorials and commemorations across the state on November 11.
- 26 Supporting Young Veterans**
Since 2015, the Sunshine Coast Young Veterans group has provided an opportunity to connect with mates, enjoy a healthy lifestyle and transition back into civilian life.
- 40 From City Streets to Dusty Feet**
A community Fun Day in Brisbane and a dusty desert re-enactment in Israel were fitting tributes to the centenary of the Battle of Beersheba.
- 62 Doctors and Veterans Break Down Health Barriers**
RSL Queensland and the Australian Medical Association Queensland have joined forces to improve healthcare for veterans.

REGULAR

- 10 Editor's Mailbox**
- 12 News Bulletin**
- 45 Mates4Mates**
- 68 This Month in History**
- 70 RSL Community**
- 77 RSL Mateship**
- 92 Last Post**

Front Cover



COVER IMAGE:

Sunshine Coast Young Veterans President Jittaret Sukhantapree (known as Tay).
PHOTO: Tony Phillips



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AN ONGOING COMMITMENT

My fellow League members,

A lot has happened since I wrote to you in the October edition of *Queensland RSL News*. Most importantly, we commemorated the 99th anniversary of the armistice of WWI across this great nation.

In Brisbane, large crowds gathered at ANZAC Square to express a deep commitment to always remember the sacrifice of our veterans. In my address, I challenged everyone to consider how we as individuals can honour those men and women, not just on ANZAC Day or Remembrance Day, but every day of the year.

Perhaps that individual commitment is as simple as being a tolerant member of our society and looking after our family and friends.

At the end of October, we commemorated the centenary of the Battle of Beersheba in partnership with the 2nd/14th Light Horse Regiment (Queensland Mounted Infantry). This included a Freedom of Entry March down Adelaide Street in Brisbane city, followed by a Fun Day at South Bank organised by RSL Queensland and the regiment.

Almost 5000 people attended the Fun Day, which was a fantastic opportunity to showcase what we do and demonstrate our commitment to those currently serving.

Our dedication to helping current servicemen and women was acknowledged recently, when I met outgoing Commander of 3rd Brigade,

“WHATEVER THE MEMBERSHIP AGREES ON WILL BE INCORPORATED INTO OUR CONSTITUTION. WE MUST ENSURE, HOWEVER, THAT ANY REVISED STRUCTURE ENSURES ALL MEMBERS ARE REPRESENTED AND HAVE AN ABILITY TO INFLUENCE THE DIRECTION OF RSL QUEENSLAND.”

Brigadier Chris Field, in Townsville. On behalf of his soldiers, Chris thanked the League for our commitment to his soldiers. We are recognised and respected for the work we do to support the soldiers of both 3rd and 7th Brigades in Queensland.

Turning to Sub Branch matters, we will receive a report soon from Deloitte with recommendations on a restructured State Board. As you know, the Board is committed to involving our membership in any decisions about our future.

With this in mind, once we receive the Deloitte recommendation we will ask you to decide what you want; this will not be a matter for Deloitte, ANZAC House staff nor the Board to deliberate on.

Whatever the membership agrees on will be incorporated into our Constitution. We must ensure, however, that any

revised structure ensures all members are represented and have an ability to influence the direction of RSL Queensland.

The Board anticipates undertaking a ‘roadshow’ across the Districts in early January to engage with the membership on this important issue. Your participation in this process is of vital importance.

In the previous edition of *Queensland RSL News*, we talked about what we have achieved recently. As we approach the end of the year, we should now look forward to 2018.

Next year will be the centenary of the end of WWI. This will be a significant event for all Australians, and RSL Queensland is currently planning how we will commemorate the armistice centenary.

We anticipate it will involve the League across Queensland, so if you have ideas about

how the centenary should be commemorated, please approach your Sub Branch and District. We want to hear from you.

We will also continue to develop programs to support the veteran community in Queensland. We will expand our employment program, advance our support to the homeless program, further engage with the Australian Defence Force in Queensland and expand our advocacy work across the state. We will also continue to support Mates4Mates in 2018.

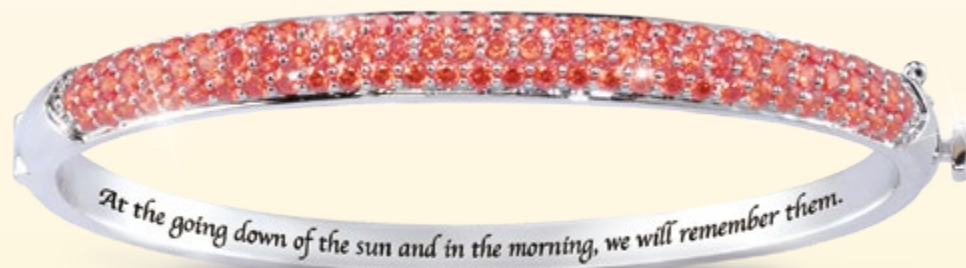
On a personal note, on behalf of the Board of RSL Queensland, I want to thank each of you for your commitment and dedication to this organisation. We are all volunteers focused on supporting our ‘mates’.

As this is the last edition of *Queensland RSL News* for the year, may you all have a happy Christmas and a great New Year. The year 2017 has been one of enormous success for RSL Queensland and your Board is confident that 2018 will bring another year of great achievements.



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

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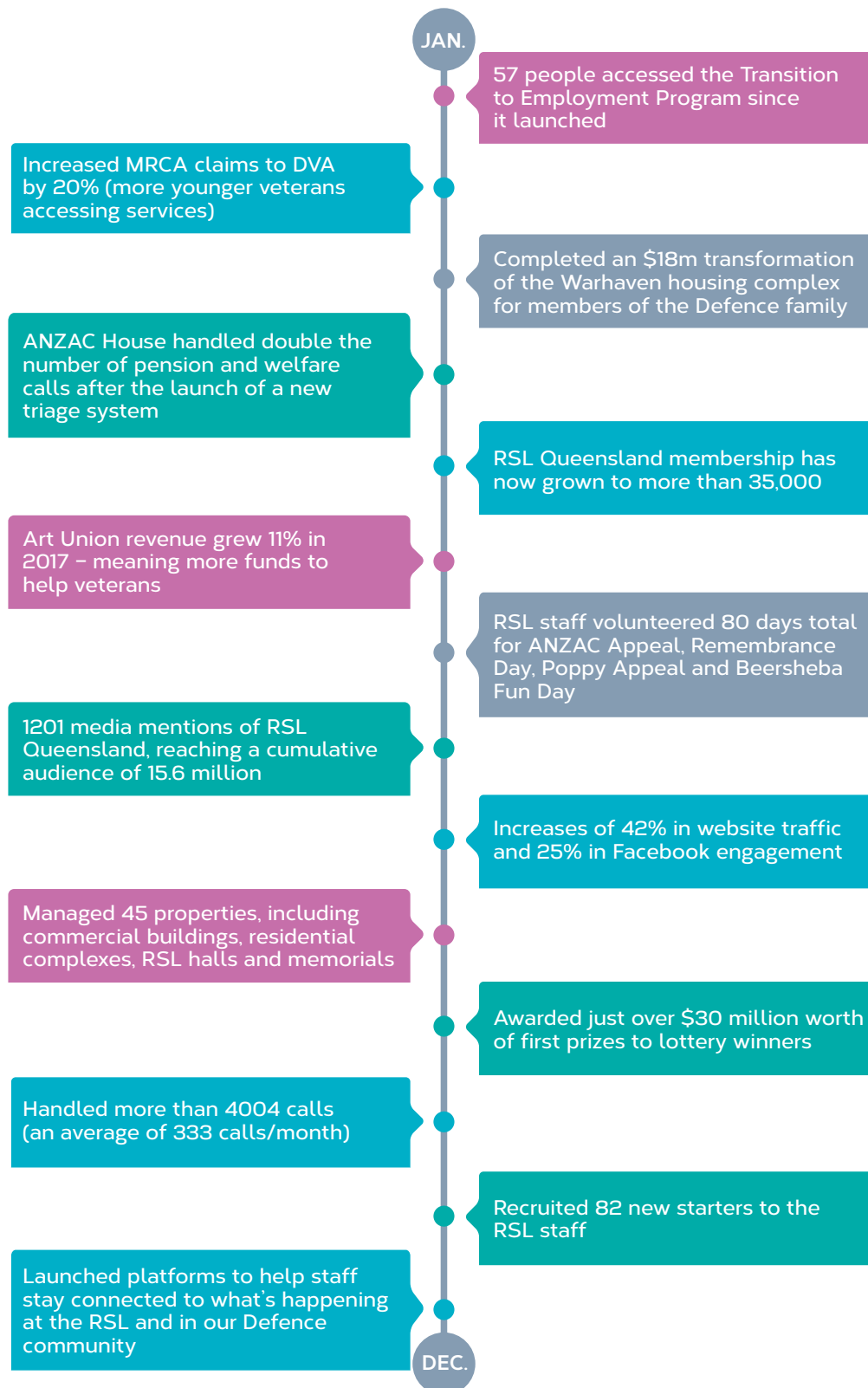
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2017: A YEAR OF ACHIEVEMENTS



As the end of 2017 draws near, I'd like to reflect on what has been a busy and successful year. I'm proud of how hard RSL Queensland staff have worked to fulfil the Objects of the League and support the Defence community.

When staff come to work each day at ANZAC House, they know they're making a difference in the lives of our veterans – whether it be providing welfare to those who need it, fostering a sense of mateship or preserving the memory of those who have served for Australia.

I would like to shine the spotlight on some of our organisational achievements from 2017, as it is important to celebrate our many wins.

Looking at our journey to date, we have much to be proud of. And with many exciting projects either underway or planned, 2018 promises to present many more opportunities for our staff and volunteers to work together to benefit our Defence family. In the meantime, I hope you enjoy a restful break over the holidays with your family and friends.



Luke Traini
Chief Executive Officer
RSL (Queensland Branch)

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Only 29,999 have been minted of *The Long To Reign Over Us Golden Crown*, to be available globally in selected Commonwealth countries.

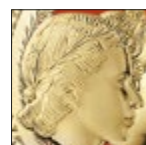
Applications will be processed on a strictly first-come first-served basis and are limited to one per Australian household. Successful applicants also qualify to view the next commemorative in *The Crowning Moments of Queen Elizabeth II Crown Collection* for only \$79.99 (+ \$9.99 P&H) sent later and entirely without obligation on our 14-day home approval service. Applicants may cancel at any time and all purchases are covered by The Bradford Exchange 14-day Money Back Guarantee.

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RSL OPERATIONS: PART TWO

As discussed in the last edition of *Queensland RSL News*, we will review the main capability areas of our Operations group over five consecutive issues of the magazine to illustrate some of the work RSL Queensland does on behalf of its members.

In the last edition, Veteran Services Manager Rob Skoda introduced his team and discussed the pilot Veteran Employment Program in Townsville.

In this edition, we introduce you to the second capability area within the area of Operations – Veteran Services Support. This

team was established over 12 months ago to help train, guide and mentor our Veteran Services Officers and improve the quality of services we provide to the Defence community.



Scott Denner
State Secretary
RSL (Queensland Branch)

OUR VETERAN SERVICES SUPPORT TEAM

The Veteran Services Support team has two main goals: to expand the knowledge of our advocates and improve the experience of veterans seeking assistance.

NEW APPROACH IMPROVES EXPERIENCE

We recently launched a new approach to transform what a veteran or their family experience when they contact RSL Queensland, and how much assistance we can provide.

To achieve this, we significantly improved our contact centre technology, which resulted in an immediate increase in the number of contacts received by the Veteran Services team.

As part of this approach, we have employed subject matter experts within the contact centre to give immediate advice on a range of pension and welfare topics and, in many

OPERATIONS

VETERAN
SERVICES

VETERAN
SERVICES
SUPPORT

MARKETING

DISTRICT
SUPPORT
SERVICES

TRANSFORMATION
& PROJECT
DELIVERY

This is the second article in a five-part series on RSL Queensland's Operations group. In the February edition of *Queensland RSL News*, read about the work of our marketing team.

cases, calls can be resolved on the spot. Those wanting more personalised assistance or to sit down with someone to go through a claim will be referred to the nearest available advocate or welfare officer.

We follow the call with a simple survey to gauge the effectiveness of the service to the veteran or their family, and use the results to support a culture of continual improvement.

SENIOR ADVOCATES MENTOR AND CHECK QUALITY

RSL Queensland is committed to providing high-quality advice to the Defence community on claims processes for Department of Veterans' Affairs (DVA) entitlements. We have appointed three highly experienced Senior Advocates to join the Veteran Services Support team and provide this service.

As well as training and mentoring our existing advocates, the Senior Advocates conduct quality assurance checks on claims submitted by advocates from RSL Queensland, providing support and

guidance to those advocates if they identify knowledge gaps during the process.

The Senior Advocates are also responsible for supporting veterans with complex appeals to the Veterans Review Board or the Administration Appeals Tribunal.

NEW TRAINING PROGRAM DEVELOPED

We recently hired a Training and Knowledge Coordinator to develop a technology platform called the Knowledge and Information Support System (KISS). Our goal is that all volunteer and paid advocates will have easy access to the information necessary for them to provide expert assistance to the Defence community.

The new coordinator is also working with the Senior Advocates to develop and deliver training modules to our staff and volunteer advocates.

ACTIVE APPROACH TO DVA AND COMSUPER LEGISLATION

Utilising expertise within the Veteran Services Support team, RSL Queensland has begun taking a more progressive approach to lobbying regarding veteran issues and driving improvements in government departments and agencies. Over time, this will lead to a better understanding of veteran-related issues by government, and improving standards of service by the delivery agencies.

"WE HAVE EMPLOYED SUBJECT MATTER EXPERTS WITHIN THE CONTACT CENTRE TO GIVE IMMEDIATE ADVICE ON A RANGE OF PENSION AND WELFARE TOPICS AND, IN MANY CASES, CALLS CAN BE RESOLVED ON THE SPOT."



Some of the team behind RSL Queensland's Veteran Services Support program: Dani Steffan, Margaret Jenyns, Glenys Jones, Emma Brown and Desley Zosars.

MEET THE TEAM BEHIND THE PROGRAM

Margaret Jenyns

Veteran Services Support Manager

Responsible for improving the quality of RSL Queensland advocacy services.

Desley Zosars

Client Contact Officer

The first point of contact for someone requesting assistance with pension or welfare matters.

Glenys Jones

Claims Support Officer

Visits remote VSOs to assist with their claims and acts as a backup for the Client Contact Officer.

Dani Steffan (Brisbane) + Caroline Wright (Rockhampton) + John King (Cairns)

Senior Advocates

Based around Queensland, our Senior Advocates are highly qualified and experienced at advocating for the best interests of veterans.

Emma Brown

Training and Knowledge Coordinator

Recruited for her extensive IT experience, Emma has developed a training program called the Knowledge and Information Support System (KISS), which is receiving excellent feedback.

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📞 134 RSL

✉️ vs@rslqld.org

🌐 www.rslqld.org/contactus

MAILBOX



THANK YOU FOR SUPPORTING TROJAN'S TREK

I just want to thank you guys for your ongoing support of Trojan's Trek. I was in a bad way, and doing the Trek got me out of the hole I was in. RSLs are getting a bad run in the media lately, so I just wanted to take the time to give you guys a pat on the back for the good things you do. Volunteers from RSL Queensland also visited me in hospital, which lifted my spirits so much. Thanks again.

Brady 'Guts' Cummins

2 RAR, 1995-2006



THE LAST GREAT CAVALRY CHARGE

I wish to point out that the headline "The Last Great Cavalry Charge" (page 37, Queensland RSL News, Edition 05, 2017) is incorrect. The reason being, Australia never had any cavalry units or any cavalry at all. Those who took part in the charge were 'Light Horse', otherwise known as 'Mounted Infantry'. While any charge by horse-mounted troops may well be construed as a cavalry charge, in the case of the charge at Beersheba, it is incorrect as no cavalry were there. It may be more fitting to acknowledge the fact that the attack was carried out by infantry that only rode horses to battle, never into battle. A totally new experience, even for them. I do not mean to be critical, just to point out it was Mounted Infantry, not cavalry that undertook the charge.

David Holt

Thanks for taking the time to email us, David. We understand the issue of whether Beersheba was "the last great cavalry charge" has been debated over the years. In our story, we pointed out that, "The charge would become known as 'the last great cavalry charge in history'." The reference was taken from material from the Australian War Memorial, the Australian War Memorial in London, the Victorian Government's ANZAC Centenary website, as well as articles from reputable publications.

Editor

Queensland RSL News

SINCERE APOLOGY

In *Queensland RSL News* (Edition 05, 2017) we incorrectly printed the name Monica Love in the Last Post. The name should have been her husband, Gordon Love, who has passed away. We sincerely apologise to Monica and her family for the distress this caused.



REDCLIFFE'S ANNUAL POPPY SERVICE

LEFT: Poppies being placed on the graves of former servicemen and women at the Redcliffe Cemetery during the annual Redcliffe poppy service. (Photo: Stewart Quinn, Newspix)
INSET: Rev. Ian Taylor



Thank you for the splendid article "Poppy Services Provide a Fitting Farewell" (page 29, *Queensland RSL News*, Edition 05, 2017). I am a retired minister of religion, voluntary chaplain and ex-RAAF serviceman (171331) and have conducted numerous services for ex-servicemen and women. I have always been deeply moved by the poppy segment.

This especially sacred addition, with the nation's flag draped over the casket, the deceased person's medals and photograph on display, together with the playing of *The Last Post* and sometimes a Scottish piper, tugs at the heartstrings and brings tears to the eyes. It adds a special reminder of the bravery and sacrifice of our veterans and helps bring closure to family and friends.

But I wonder how many people are aware that at least one RSL Sub Branch (Redcliffe in Moreton Bay area) conducts a total poppy service annually at the Memorial Wall in the local cemetery, in addition to those

held during funeral services. I have been the appointed chaplain for this service for the past four years.

It is usually conducted in the presence of the Redcliffe Branch President, Neville Cullen LM, staff members, cadets from the Army, Navy and Air Force local units, servicemen and women, war widows, state and federal politicians, Moreton Bay Council representatives, the local brass band, senior citizens and the public.

Over 100 people usually attend, and everyone is invited to place a poppy and/or a small national flag against a deceased service personnel's plaque on the memorial wall – a



"IT IS A MOVING AND EMOTIONALLY CHARGED EVENT, CONDUCTED ON THE SUNDAY MORNING BEFORE ANZAC DAY."

highlight of the service. The red crepe paper poppies are made by the local Legacy Laurel War Widows group and distributed to all attendees. It is a moving and emotionally charged event, conducted on the Sunday morning before ANZAC Day.

I am not aware of any other RSL Sub Branch in Australia that conducts such a service, and I hope our initiative might encourage others to go that extra mile in memory of those who gave their lives in service for our wonderful nation.

(Rev.) Ian Taylor, BA, BD
Voluntary chaplain and retired Presbyterian and Uniting Church minister

NEWS

WARHAVEN VACANCIES

Are you a member of our Defence community seeking independent living accommodation in Cairns? We currently have a limited number of vacancies in Warhaven, our revamped, resort-style housing complex. Warhaven is designed for current and ex-serving members of both the Australian Defence Force and Allied Forces, together with their immediate family (including spouses and children). The medium to long-term accommodation currently houses residents of all ages, ranging from late 30s to over 90 years' old.

To find out more information or submit an expression of interest visit www.rslqld.org/warhaven, phone 0427 630 956 or email accommodation@rslqld.org.



GRANTS TO COMMEMORATE ARMISTICE

Sub Branches: do you want access to government grants of between \$3000 and \$50,000 to help commemorate the end of WWI?

The Armistice Centenary Grants Program opened on November 11, 2017 and closes February 28, 2018. Grants are for local, community-based projects and activities that remember Australian service men and women from all conflicts and celebrate a just and secure peace.

Applicants must go through their local MP to receive an application form and be eligible for a grant. Find out more information at www.grants.gov.au





The *Spirit of the Outback* Brisbane to Longreach journey is just one of Queensland Rail's long-distance services available to TPI/EDA veterans.

REMINDER: VETERAN TRAVEL CARDS

Do you hold a Totally and Permanently Incapacitated (TPI) or Extreme Disablement Adjustment (EDA) Gold Card with a Department of Veterans' Affairs (DVA) file number beginning with the letter 'Q'?

If so, are you aware that you qualify for a TPI/EDA Veteran Travel Card?

This card offers unlimited free travel on the following public transport services:

- Translink bus, train, ferry and tram services, except Airtrain
- qconnect urban bus services
- Palm Island to Townsville ferry
- Magnetic Island to Townsville ferry
- Seisia to Thursday Island ferry

- Coochiemudlo Island to Victoria Point ferry
- North Stradbroke Island ferry
- Southern Moreton Bay Islands ferry (Russell Island, Karragarra Island, Lamb Island) to Redland Bay

TPI/EDA veterans are also entitled to one free return trip each fortnight on the Queensland Rail long distance services.

To apply for the card, you will need to complete the *TPI/EDA Veteran Travel card application*, attach two colour passport-sized photographs and a photocopy of your DVA TPI or EDA Gold Card. Visit the Translink website for more information.

LONGREACH MENTAL HEALTH FORUM

In October, Longreach was the venue for a one-day mental health forum aimed at raising awareness of the signs and symptoms of post-traumatic stress disorder (PTSD), and of the treatment options available in regional Queensland.

The 85 attendees heard from keynote speaker Professor David Crompton OAM, who talked about the current research into PTSD, emphasising that communities had an important role to play in supporting recovery for sufferers.

Tony Dell, returned serviceman, former Test cricketer and founder of Stand Tall for PTS also spoke about his experience of living with PTSD.

An initiative of Longreach RSL Sub Branch, the forum was sponsored by RSL Queensland and supported by the Queensland Government, Queensland Police Service, Longreach Regional Council, James Cook University and the Royal Flying Doctor Service.





Dane Christison

“AS WELL AS PROVIDING PERSONAL DEVELOPMENT COACHING, SURVIVE TO THRIVE ALLOWS VETERANS TO CONNECT WITH OTHERS WHO HAVE BEEN THROUGH SIMILAR EXPERIENCES AND COME OUT THE OTHER SIDE.”

SURVIVE TO THRIVE

Veterans interested in the program should contact:

- admin@survivetothrivenation.com or visit
- www.survivetothrivenation.com/contact-us

ONLINE PROGRAM GIVES VETERANS TOOLS TO THRIVE

Veterans struggling with transition and mental health issues will be able to access online peer-to-peer support through a new pilot partnership from RSL Queensland and Survive to Thrive Nation. The pilot will enable veterans to access the Post War: Survive to Thrive personal development coaching program.

RSL Queensland General Manager Scott Denner said Survive to Thrive provided a valuable forum for veterans to build resilience and regain control of their lives.

“A significant difference with the Survive to Thrive program is that it has been developed by a veteran to address the issues he was facing in his own life,” Scott said.

“As well as providing personal development coaching, Survive to Thrive allows veterans to connect with others who have been through similar experiences and come out the other side. It is also a great option for veterans living in rural or remote areas, who may have limited access to face-to-face support programs.”

An independent evaluation by the Gallipoli Medical Research Foundation indicated that veterans experienced positive outcomes after participating in the program, particularly if combined with clinical therapies.

Survive to Thrive founder and former infantry soldier Dane Christison said he had developed the program after suffering with post-traumatic stress disorder himself.

“I began clinical treatment, but I found the courses and programs were tailored for civilians; they didn’t answer the questions I had. Survive to Thrive teaches participants to accept their situation, but not tolerate it. We give them the training structure and tools to allow them to take control of their own recovery and boost their wellbeing, confidence and self-esteem.”

Former Army bomb disposal technician Corey Stamp said Survive to Thrive had made a big difference in his life since he discharged two years ago.

“It was what I needed when I got out. I had a breakdown after my first tour of Afghanistan in 2010, but I wanted to go back so I just suppressed everything I was feeling. To a certain extent, Defence provides a safety blanket – losing that, combined with losing the routine and all my mates was a real shock to the system,” Corey said.

“Survive to Thrive gave me back the structure that I was missing from Defence, as well as giving me the strength to take ownership of what I was going through and to stop playing the victim.”

Through the pilot program, RSL will provide licences to assessed and eligible veterans who might not otherwise be able to afford the program. This includes ongoing 24/7 access to the Survive to Thrive portal, eight coaching modules and an online support group, where participants encourage, inspire and motivate each other.

Remembrance Day 2017



At 11am on November 11, 1918, the guns finally fell silent on the battlefields of Europe. The carnage of WWI was over. Ninety-nine years later, also at 11am, there was silence at war memorials in hundreds of communities around Queensland as thousands paid their respects to those who have served, suffered or fallen in war.



"THESE AUSTRALIANS HAD THEIR LIVES MEASURED BY DEEDS, NOT YEARS; BY SACRIFICE, NOT BY SIMPLE EXISTENCE. WE THE LIVING ARE CHARGED BY THE HONOURED DEAD WITH A SIMPLE TASK; TO HONOUR THEM, TO REMEMBER THEM, TO LOOK AFTER THEIR FAMILIES AND TO LEAD OUR LIVES IN A WAY THAT MAKES THEIR SACRIFICE TRULY MEANINGFUL."



IN BRISBANE

RSL Queensland organised the state's largest Remembrance Day ceremony at the Shrine of Remembrance in Brisbane's ANZAC Square.

RSL Queensland State President Stewart Cameron was joined by the Governor of Queensland His Excellency the Honourable Paul de Jersey AC, Queensland Premier the Hon Annastacia Palaszczuk MP, Federal Member for Brisbane Trevor Evans MP, representing Prime Minister the Honourable Malcolm Turnbull MP, the Leader of the Opposition Tim Nicholls MP, Lord Mayor of Brisbane the Right Hon Graham Quirk, Queensland Police Commissioner Ian Stewart APM and representatives from the three Defence services.

During his address, Mr Cameron described how dearly war has cost Australia, with over 100,000 Australian service people giving their lives in the defence of freedom, values and the right to a peaceful life.

"Numbers alone, however, cannot adequately chronicle our collective loss; each of the fallen had a family, friends, hopes and dreams. While each of these men and women were denied the full span of their lives, who among us this morning can doubt their achievement?"

"These Australians had their lives measured by deeds, not years; by sacrifice, not by simple existence. We the living are charged by the honoured dead with a simple task; to honour them, to remember them, to look after their families and to lead our lives in a way that makes their sacrifice truly meaningful."

On Friday, November 10, members of 7th Brigade joined RSL Queensland staff for the Remembrance Day Poppy Appeal in Brisbane city. All money raised in the Brisbane appeal will be distributed to RSL District offices to fund welfare programs.

Sub Branches were also out collecting money around Queensland prior to Remembrance Day and all money raised by their efforts stays with the Sub Branch.





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01 Students from St. Pius Primary School Banyo laid a wreath at Banyo's Remembrance Day service. A heavy shower beforehand did not deter 100 people from attending. Reverend Stephen Briggs (Banyo Anglican Church and RSL member) led the service.

02 Young children were among those who laid wreaths during the service in Beaudesert.

03 Glasshouse Christian College student Bakani Kombani played the Last Post, while Beerwah State School students raised the flag and President John Nisbett and Retired Major Peter Rogers looked on.

04 Burrum RSL Sub Branch and the local community commemorated the day at their cenotaph.

05 Army Sargent Raoul D'Arcy, left, with Naval L/Smn David D'Arcy (Rtd) and Biloela RSL Sub Branch President Major John Rathjen RFD, ED (Rtd) at the Biloela service.



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06 Sunshine Coast Mayor Mark Jamieson, 64 cadets and VIPs attended the 106 ACU Remembrance Day formal dinner at Caloundra RSL.

07 Vietnam veteran David Day from Canungra RSL at the service. Rain stopped just as the service began to allow the sun to shine throughout the ceremony. (Photo courtesy of the Beaudesert Times)

08 WO Mike Burrows, left, with President Buster Todd, Her Excellency Menna Rawlings CMG, Mayor Bob Manning OAM and Lieutenant Commander Matthew Richardson at the Cairns service.

09 Calliope Sub Branch President Robyn Marshall and her son Matt laid wreaths at the cenotaph.

10 Caloundra's Remembrance Day ceremony at the RSL Memorial Garden was well-attended and involved many young people. The flag and catafalque party was provided by the Sub Branch-sponsored 106 Amy Cadet Unit, a relatively new unit with an increasing membership.



11 Over 100 people attended the service at Cooroy Cenotaph, with strong support from district schools, local organisations and businesses.



12 All Souls & St Gabriel's College music teacher Miss Croker played the Last Post and is pictured with Charters Towers RSL Sub Branch President Andrew Jensen, left, RSL Padre Fr John Emerson and Vietnam veteran Dave Voge, who recited The Ode.

13 Cooktown RSL Sub Branch Secretary Jim Fay, left, with President Graeme Andrews, Cooktown Turf Club Vice President (and Sub Branch member) Peter Shields, Turf Club President Greg Whittaker and Cook Shire Mayor Peter Scott.

14 Currumbin RSL Sub Branch's service included a Cross of Remembrance ceremony. Led by the 213 Squadron Air Force Cadets, members of the community were invited to place a Cross of Remembrance in a formal tribute to the headstone of the Unknown Soldier. The small white cross, with a poppy attached, is symbolic for those who have lost a loved one during war or conflict.



15 Esk President Charlie Elwell spoke about the origins of Remembrance Day to commemorate the armistice of WWI.



16 Jubilee Primary School Pacific Pines student Ella Friedrich recited the poem *Why are they selling poppies, Mummy?* during a service at Golden Crest Manors in Highland Park. Ella's great-great-grandfather, Major Richard Wells, was killed at Gallipoli on May 13, 1915.



17 Forest Lake's post-traumatic stress dogs at the Remembrance Cenotaph.



18 Goodna RSL Sub Branch members and the local community gathered at Digger's Rest.

19 Kawana Waters RSL Sub Branch member Maureen Javes, left, with Member for Fisher Andrew Wallace MP and Sub Branch board member Erika Meade.

20 TS Krait cadets, Air League Cadets and 181 Army Cadet Unit laid wreaths at the Hervey Bay RSL Sub Branch ceremony at Freedom Park. Federal Member for Hinkler Keith Pitt and Member for Hervey Bay Ted Sorensen also laid wreaths, while Pipe Major Hugh McBroom, from the Hervey Bay RSL Pipe Band, played the bagpipes. Geoff Harper played the bugle, Chaplain Jeffery Jarvis said prayers and the 9RQR served as the catafalque party.

21 Following the Ipswich Remembrance Day service, the Joint Ipswich Region ANZAC Centenary Committee paid tribute to the Ipswich Train Tea Society, a group of local ladies who made a valuable contribution to WWI. The event involved a re-enactment and was supported by the Australian Military Choir and Karalee State School.

22 Ipswich RSL Sub Branch President Rob Wadley spoke at the Remembrance Day service.



23



23 Pictured at the Magnetic Island service are OFF CDT Morgan Reimers, left, and OFF CDT Rachel Walter, Mannah Pam BARlow, RAANC 1 Aust Fd Hosp Vietnam and FLT LT Danielle Scilini.

24 The local community gathered in Malanda to commemorate Remembrance Day.

25 Mount Isa RSL Sub Branch board members Tony Smith and Stephen Carrington with with Mount Isa Councillors.

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26 Local veterans and cadets from 126 ACU and 212 SQN participated in the Pine Rivers service. During the event, Murrumba State Secondary College Choir performed, and guest speaker Denise Sims talked about her experiences as a mother of a contemporary veteran.

27 Rollingstone seniors crocheted a net of poppies to drape over the Rollingstone Memorial.

28 Army cadets laid a wreath during the Redcliffe Remembrance Day service. Others who laid wreaths included Queensland Attorney General and Member for Redcliffe Hon Yvette d'Ath MP, Moreton Bay Regional Council Mayor Alan Sutherland, councillors Kolian Winchester and James Houghton and Major Matthew Marcinkewycz. During the service, Salvation Army chaplain, Major Ed Henderson made a plea to the 400 attendees to "pray for the time when war will be no more".



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29 Salisbury RSL Sub Branch President Anthony Stevenson spoke during the service.

30 Guest speaker Major Simon Formby, from the Queensland University Regiment, addressed a service in Sherwood-Indooroopilly that was well-attended, despite a threatening sky and light sprinkles of rain.

31 A local family generously purchased two meals for North Gold Coast RSL Sub Branch members Richard Alderton and Robin Williams while they sold poppies at Upper Coomera. The family purchased badges and poppies earlier in the day and knew both Sub Branch members had worked a long day. The members were overwhelmed with the demonstration of generosity and compassion and appreciate living in a caring community that has so much respect for its service personnel.

32 An increased number of people attended the Nundah Memorial Park service in 2017 than previous years. Guest speaker, Group Captain Tony Behm (Rtd), talked about the history and significance of the day, while Nundah Northgate Scout Group provided an honour guard and school students participated in the service.

33 Goodwood State Primary School students, Summer and Gideon, laid a poppy at the Woodgate Beach service.

✍ Matilda Dray | 📷 Tony Phillips

Since 2015, the Sunshine Coast Young Veterans RSL group has provided an opportunity to connect with mates, enjoy a healthy lifestyle and transition back into civilian life, surrounded by a supportive community.

YOUNG VETERANS: BRIDGING THE GENERATION GAP





“IT’S all about comradeship and helping fellow veterans – the core values of being a Defence member,” said Army veteran Jittaret Sukhanthapree (known as Tay), who founded Sunshine Coast Young Veterans RSL. It operates as a Chapter under the auspices of the Sunshine Coast District and both the District and several of its Sub Branches contribute some funding towards the Young Veterans.

The first Young Veterans group was formed in Melbourne in 2013 by three Army veterans – brothers Chris and Scott May and Sven Thompson from Brisbane. Chapters of the group have now sprung up around Australia.

Although the Sunshine Coast Young Veterans has a committee, sit-down meetings are rare, and gatherings are usually held outdoors. They include golf days, stand-up paddle boarding, barbecues, camping trips, yoga, meditation, ten pin bowling and four-wheel driving weekends. Although aimed at younger veterans, the group welcomes people of all ages, and members range from 20 to 70 years old.

Feedback from members has been extremely positive.

“I’ve had members who have been stuck at home, not knowing what to do with themselves. Young Veterans gives them the confidence to get back out into the community, which helps the healing process,” Tay said.

Tay served in the Army for four-and-a-half years and completed tours in Iraq and Afghanistan, before discharging in 2008. He struggled integrating back into civilian life.

“To be honest, once you’ve served you won’t ever go back to being a civilian like before you joined. But it’s how you deal with it afterwards,” Tay said.

Young Veterans Secretary Jane McFadden said the group focuses on organising low-cost, fun, relaxed activities to reach out to people who

might need help in a casual, non-threatening way.

“When I came out of the ADF, I didn’t feel like I belonged at an RSL. There were many services I could have accessed if I had known they were available,” Jane said.

“I’m very passionate about helping people who are struggling financially or emotionally and letting them know they don’t have to do it as tough. We let them know the RSL is there to help and regularly refer members to advocates, welfare and other services.”

Jane said younger veterans are less inclined to reminisce about their service history in the same way as older veterans. They often feel isolated and are excited to connect with others in the Defence community to talk about their current life, including what challenges they are overcoming or what the future holds.

Sunshine Coast Young Veterans representatives also recently met with various members of parliament to discuss veteran programs and how they could access financial support through community grants.

The future is looking bright for the group, which hopes to one day become a Sub Branch.

“We are encouraging all our members to become associate members with their local Sub Branches,” Jane said. “We often hold events at Sub Branches to showcase the RSL facilities, and want to collaborate with the RSL as much as we can.”

OPENING IMAGE: The Sunshine Coast Young Veterans RSL group was formed by Army veteran Jittaret Sukhanthapree (known as Tay), left, who is now the president, with help from Jane McFadden, who is now the secretary.

CLOCKWISE FROM TOP LEFT: Jane McFadden with her daughter at the golf day on November 26; Tay Sukhanthapree; The group focuses on organising outdoor, family oriented activities; Events such as golf days provide an opportunity for fun and comradeship; Organisers find young veterans prefer doing outdoor activities rather than visiting RSL clubs; Member Cameron Bruce.



“ALTHOUGH THE SUNSHINE COAST YOUNG VETERANS HAS A COMMITTEE, SIT-DOWN MEETINGS ARE RARE, AND GATHERINGS ARE USUALLY HELD OUTDOORS.”





CLOCKWISE FROM LEFT:
 Gerard McFadden runs Play Fitness, a personal training business that helps veteran clients, and sponsored the barbecue at the golf day;
 Tay Sukhanthapree and Vice-President Scott McClellan;
 Martyn Sim heads up fundraising for the group; Founding member of the Young Veterans in Melbourne, Chris May, with Shane (ex-Army) and Kathryn (ex-Navy) at the tip of Australia on Remembrance Day in 2015 at the culmination of an eight-week trip up the east coast of Australia;
 Sunshine Coast Young Veterans members Martyn Sim, Jodey Hope and Jamie Hope with older veteran Danny O'Kearny;
 Tay Sukhanthapree; Jodey Hope with fellow veteran Tim Langford;
 Vice-President Scott McClellan with his son.





“I’VE HAD MEMBERS WHO HAVE BEEN STUCK AT HOME, NOT KNOWING WHAT TO DO WITH THEMSELVES. YOUNG VETERANS GIVES THEM THE CONFIDENCE TO GET BACK OUT INTO THE COMMUNITY, WHICH HELPS THE HEALING PROCESS.”

YOUNG VETERANS’ BEGINNINGS

Young Veterans was established in Melbourne in 2013 by a trio of Army veterans – brothers Chris and Scott May, and Brisbane resident Sven Thompson. Operating under the auspices of Dandenong RSL Sub Branch, they founded the group to encourage veterans under the age of 60 to join the RSL and modernise the organisation.

“We feel responsible for the future of the RSL. We want to contemporise it and be the fresh face of the RSL,” Chris said.

He noticed that many of his peers weren’t joining the organisation due to negative experiences at Sub Branches, and because they weren’t interested in the perceived ‘Three Ps’ of RSL clubs – pints, parmies and pokies. Instead, younger veterans sought healthy, family-friendly outdoor activities that provided the camaraderie and support they missed from the Defence Force.

Young Veterans organises a range of events to suit different interests, including camping and four-wheel drive trips, sailing, fishing, movie nights, yoga, hiking and school visits for ANZAC and Remembrance Day. The group has around 60 core members, with about 10 who attend each event.

The group recognises that many veterans are busy with their career and family, and everyone is encouraged to attend when it suits them.

“There is no precursor to join, and people aren’t obliged to be there all the time,” Chris said.

There are now 11 groups across Australia in areas including the Sunshine Coast, Gold Coast, Brisbane, Adelaide, the north and south coasts of New South Wales, and Tamworth.

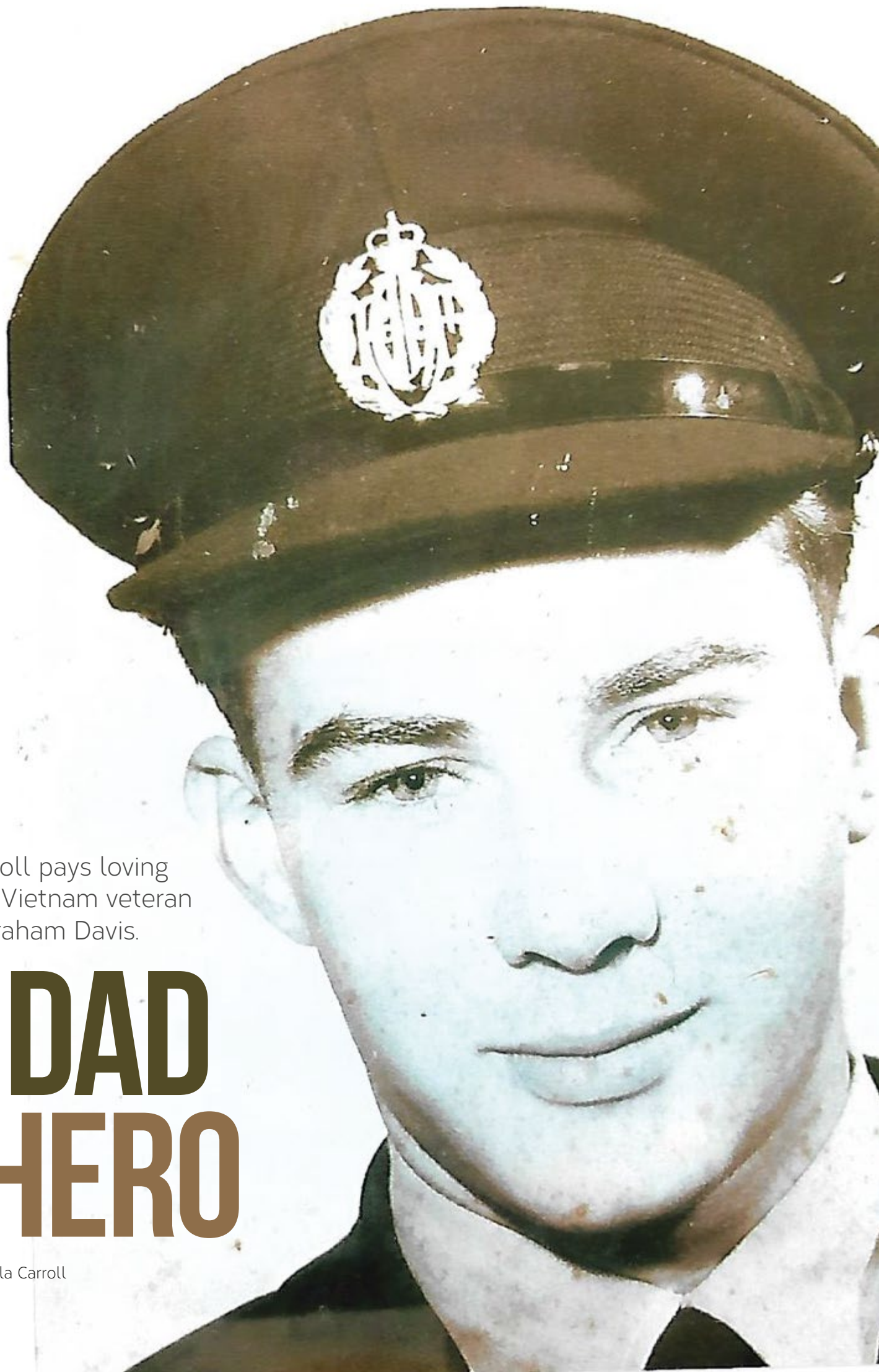
“It’s quite humbling to see that people are using it as a way to assist themselves and their community. It’s really inspiring,” Chris said.

Establishing the group has been a rewarding experience for Chris and Scott, who were both nominated for Australia’s Local Hero in the Australian of the Year Awards in 2017.

“You see how other people are struggling and you want to be part of their journey back to health. The group has really made me reconsider the way I see the world post ADF. It makes you re-evaluate what you see as a priority,” Chris said.

Young Veterans encourages its members to join their local Sub Branches and support the organisation by volunteering for events and connecting with older veterans.

“We want to spread the love and help out the small, local RSLs,” Chris said.



Angela Carroll pays loving
tribute to her Vietnam veteran
father, Graham Davis.

MY DAD MY HERO

 Angela Carroll

MY dad, Graham Edward Davis, was born in Rylstone, New South Wales, on May 12, 1943. He was one of five children (four boys and one girl) and grew up like any normal boy in the '40s and '50s. They got up to as much mischief as possible – shooting rabbits for fun and wagging school to play down by the river.

He was like that even as an adult. He never listened to anyone, and if you told him not to do something he would do it just to annoy you. At the age of 17, my dad joined the Royal Australian Air Force (A16840), rank LAC, Field Squadron, and was stationed at Garbutt Air Base in Townsville.

My parents were married on September 26, 1964 and, like so many other young boys, Dad was sent to Ubon in Thailand in December 1965 to fight in the Vietnam War.

When he landed in Thailand, Dad's job description was a medic. As you can imagine, the job title was as bad as the position itself. Later in life, Dad was diagnosed with severe post-traumatic stress disorder, mainly due to what he saw in Thailand.

Dad never really talked about what happened over there, and I think in a tiny way we didn't really want to know. We saw the movies, read the books and, in a lot of ways, my three siblings and I lived the pain with him.

My dad was an alcoholic. He drank to drown out the pain and the thoughts of some of the horrible things he did and witnessed over there.

As we got older, "Lest We Forget" began to mean so much more. In my 48 years of life, I have never missed an ANZAC Day or Remembrance Day.

Many years ago, after a few beers, my dad started pouring out his heart about what he saw and how he raised his pistol to a man. It was the only time in his life he ever pointed a firearm at a human being.

That one time haunted him enough to drink until he passed out or fell over. He cried every ANZAC Day, Remembrance Day and Vietnam Veterans Day. He would cry when the

song *I was only 19* was played.

He was just like most Vietnam veterans. He was a simple, but extremely proud person. He was proud of his job, his car and his family.

My dad was a very humble person and he cared when it counted. He didn't say much to people, but when he did, it was always something memorable. He was always taking a dig at us and joked about everything from the car we drove to what we were wearing. But he was never mean or offensive.

In many ways, Dad was just like any other normal dad. But we lived with his alcohol abuse and he was never around when we won medals at school or in sport.

But he was there when it mattered. He was there front and centre with

Mum at my passing out parade, when I followed in his footsteps and became a medic in the Army. He told me how proud he was of me that day.

On January 22, 2017, my dad passed away in Greenslopes Hospital. While his pain and nightmares are now gone, so is he. I know he is up there somewhere, feeling free and looking over us proudly from afar, and he gives us little signs to show he is still around.

My life is not the same without him here. It's difficult to explain the type of person Dad was, but I will say that, despite his faults, his drinking and swearing, he was my dad. And for all those things – both right and wrong – I am proud that I had him in my life.

He will be forever in my heart and forever my hero. ←

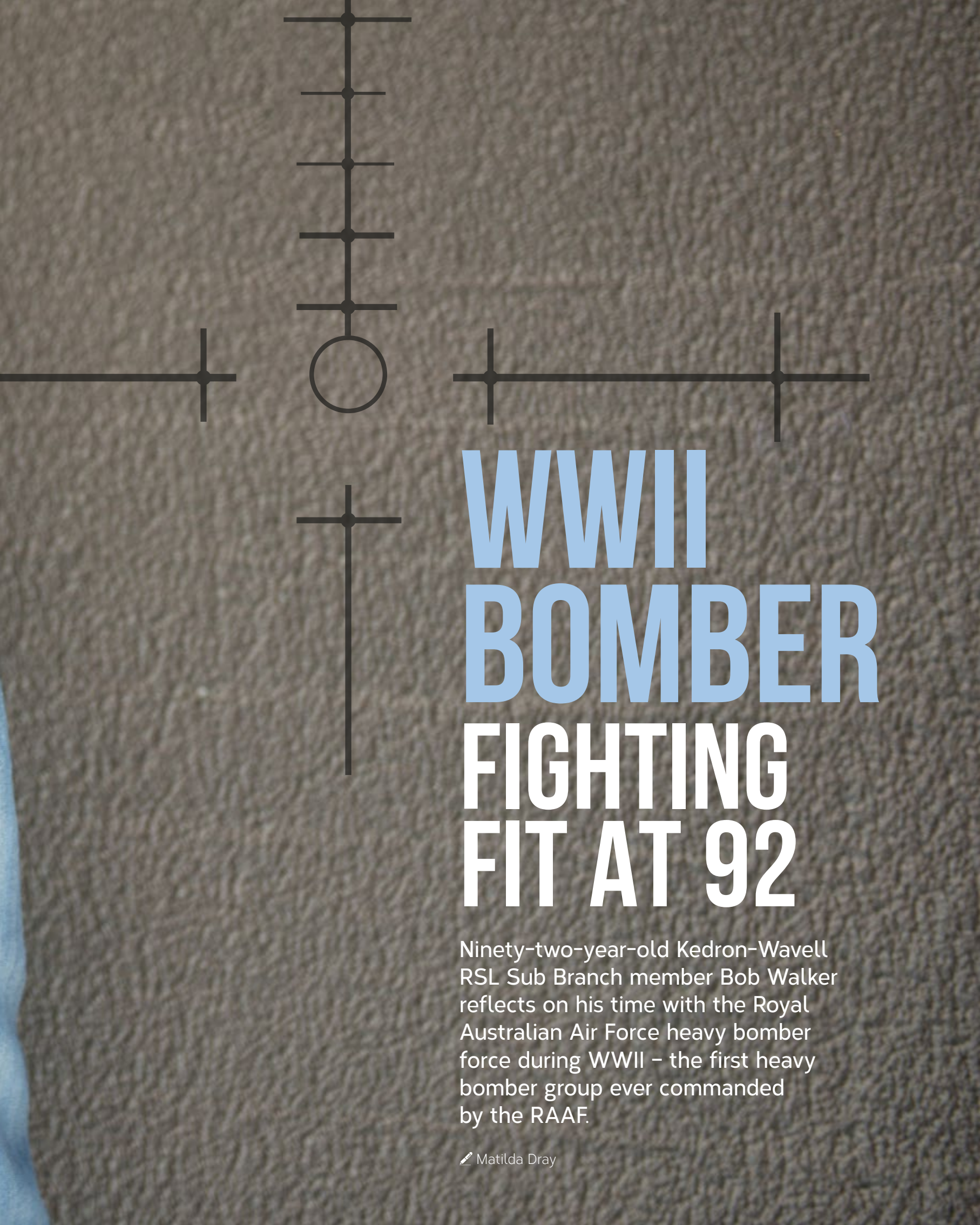
OPPOSITE:
Graham Davis served in the Vietnam War in Ubon, Thailand.

BELOW: Angela Carrol, centre, with her father Graham Davis, right, and mother Fay.

“DAD NEVER REALLY TALKED ABOUT WHAT HAPPENED OVER THERE, AND I THINK IN A TINY WAY WE DIDN'T REALLY WANT TO KNOW. WE SAW THE MOVIES, READ THE BOOKS AND, IN A LOT OF WAYS, MY THREE SIBLINGS AND I LIVED THE PAIN WITH HIM.”







WWII BOMBER FIGHTING FIT AT 92

Ninety-two-year-old Kedron-Wavell RSL Sub Branch member Bob Walker reflects on his time with the Royal Australian Air Force heavy bomber force during WWII – the first heavy bomber group ever commanded by the RAAF.

 Matilda Dray

“WE WERE A PRETTY CLOSE-KNIT GROUP OF FELLAS. ON OUR DAYS OFF WE WOULD GO MUD CRABBING OR FISHING. WE WOULD EAT THE MUD CRABS AND DRINK A FEW BEERS TOGETHER. YOU HAD TO DO THINGS LIKE THAT. YOU GOT SCARED, NO DOUBT ABOUT IT.”



BOB was just 19 years old when he dropped his first bomb on a Japanese target at the end of WWII. As a bomb aimer, Bob said he was one of around 10,000 men who operated 287 B-24 Liberator aircrafts for Australia.

When Japan entered the war in early 1942, the RAAF realised it needed an aircraft that could carry large bomb loads to distant targets. It was difficult to find a plane suitable for the job, but eventually US President Franklin Roosevelt agreed to help Australia in 1943.

The RAAF took over a large base built by the US at Tocomwal in NSW to train crews for the Liberators. By July 1944, there were enough crews to form a squadron and the first mission was completed on August 4, 1944 by 24 Squadron.

The Australian squadrons operated out of Western Australia, Northern Territory and Morotai, and flew over the Dutch East Indies (now Indonesia) and areas of Borneo, bombing oil production airfields, Army camps and shipping routes.

Bob said at least 190 men perished in these operations. After peace was declared, the squadrons flew food to prisoners of war and then flew some of these men back to Australia.

Bob's father served in the army in WWI, and his brother with the British Commonwealth Occupation Forces in Japan. At the age of 14, Bob realised he wanted to join the Air Force.

"I saw the Air Force march down the main street of Ipswich when Amberley opened, and that impressed me," Bob said.

He joined the Air Training Corps, aged 16, while working as a bank clerk.

Although he originally wanted to be a pilot, Bob's lack of depth perception prevented this. Instead, he volunteered to become a bomb aimer and completed the first bomb aimer's course in Australia in mid-1944.

It involved three months of initial training in Kingaroy, three months of bomb aimer training at Evans Head and 30 days at Tocomwal, where the crew gathered before joining the 12th Squadron in Darwin.

Bob flew a total of 13 missions, with the furthest taking him 13 hours north to Borneo. He progressed through the ranks from ACT and AC1 to Flight Sergeant. The experience changed his view on life and enabled him to meet people he would never have met normally.

"We were a pretty close-knit group of fellas," Bob said. "On our days off we would go mud crabbing or fishing."

The survival kit Bob Walker was given during his WWII service included items such as a compass, condoms, toothbrush, signal mirror, diarrhoea tablets, dental floss, water steriliser, a lens for starting a fire, sewing kit, ointment and a book of survival hints.



CLOCKWISE FROM TOP LEFT: Bob Walker in 1944; Bob Walker's notebook from WWII, detailing such procedures as the steps required during the process of aiming and dropping bombs; Bob Walker, back right, and his B-24 Liberator crew preparing for their 10th mission. The nine bombs painted on the side of the aircraft indicate the crew had already completed nine missions prior to this photo being taken; Bob Walker, centre, picking peanuts in Kingaroy in 1944. This photo appeared alongside an article in the *Women's Weekly* in 1944; Pass out day for the No. 1 Air Bomb Aimers Course in Evans Head in September 1944. Bob Walker, centre, fourth from the right, took the first bomb aimers course held in Australia.



ABOVE: Four of the remaining crew members met for a reunion in 1990, including (L-R) Tom Murray Prior, skipper Don Campbell, Les Hoskins and Bob Walker.



“IT IS ESTIMATED THAT 20,000 LIBERATORS WERE CONSTRUCTED, OF WHICH ONLY 13 ARE LEFT IN THE WORLD. THE ONLY ONE IN THE SOUTHERN HEMISPHERE IS CURRENTLY BEING RESTORED IN WERRIBEE, VICTORIA.”



ABOVE RIGHT: Bob Walker visited the only B-24 Liberator in the Southern Hemisphere, which is currently being restored in Werribee, Victoria.

ABOVE: Bob Walker, second from the left, with his wife Stella, granddaughter Samantha and grandson James at the 2015 ANZAC Day service in Kedron-Wavell.



We would eat the mud crabs and drink a few beers together. You had to do things like that. You got scared, no doubt about it."

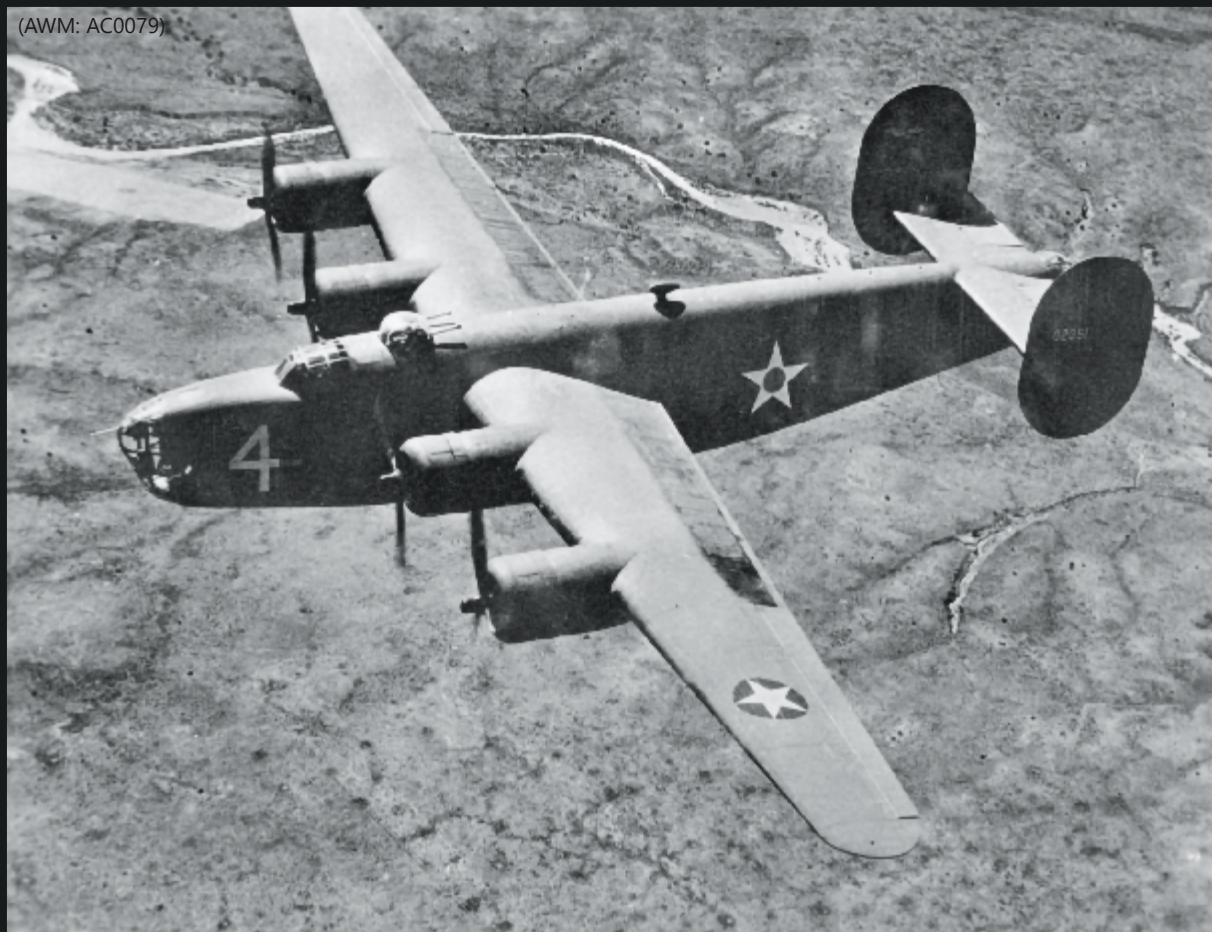
There was always tension during a mission, but rarely enough time to worry.

"We had a motto – 'do it right the first time'. You want to make sure you do everything right, because you have 10 friends in the plane with you. I was scared stiff that I was going to make a bloody mistake," Bob said.

He remembers the closest call his crew experienced required the pilot to fly in a corkscrew to evade enemy fire.

It is estimated that 20,000 Liberators were constructed, of which only 13 are left in the world. The only one in the Southern Hemisphere is

(AWM: AC0079)



currently being restored in Werribee, Victoria, which Bob visited in early 2017.

He said his time with the RAAF helped foster a strong work ethic, but he discharged when the war ended as he was weary of the discipline. He went back to work at the bank, where he met and married his wife, Stella, in 1953.

Together they had a daughter, Sandra, and when Bob eventually retired he was working as the state manager for BHP.

"I had a pretty full life," he said.

Bob kept in contact with his mates after the war ended, and in 1990 met up with some of his crew for a reunion. Apart from Bob, the skipper Don Campbell is the only other surviving member of their crew.

Although he's just been diagnosed with Parkinson's disease, Bob is a sprightly 92-year-old. He goes to the gym three days a week and can do an impressive 60 half push-ups.

Bob's gym praised him as a "bit of a legend" when it posted a video of him negotiating an obstacle course earlier this year.

"The video has had over 1000 views," Bob exclaimed in surprise. 14

B-24 LIBERATORS (US REPORT)

- Wing span – 110 feet
- Length – 67 feet 2 inches
- Height – 18 feet
- Wing span – 1048 square feet
- Engine – 4 Pratt & Whitney 14-cylinder air-cooled radials
- Weight – empty: 38,000 lbs, combat: 56,000 lbs, max: 71,200 lbs

ARMAMENT

- 10 x 0.5 Browning machine guns
- Nose, upper tail turrets, two manual waist guns and ball turret
- Max number 4716 rounds were carried
- Max short bomb load: 12,800 lbs
- Normal load: 5000 lbs

CREW

- Captain pilot
- Second pilot
- Bomb aimer (Deputy navigator)
- Navigator (Deputy BA)
- Wireless 1
- Wireless 2 and waste gun
- Wireless 3
- Gunnery leader top turret
- AG nose
- AG tail
- Flight engineer and waste gun
- Some crews had a radar counter measures operator



FROM CITY STREETS TO DUSTY FEET

*Commemorating the
centenary of Beersheba*



From a community Fun Day in the heart of Brisbane to a dusty desert re-enactment in Israel, the centenary of the Battle of Beersheba commemorations were a fitting tribute to an extraordinary WWI feat.



IN BRISBANE



Brisbane residents commemorated the centenary of the Battle of Beersheba on Saturday, October 28, with a Freedom of Entry March down Adelaide Street, followed by a Fun Day at South Bank. Almost 5000 people enjoyed the Battle of Beersheba Fun Day celebrations organised by RSL Queensland and the 2nd/14th Light Horse Regiment (Queensland Mounted Infantry). It was a great opportunity for people to get up close to the armoured vehicles from the parade, meet horses and riders from the Queensland Mounted Infantry Historical Troop, listen to bands, have their face painted and join in other family activities.

DRAWING COMPETITION

A drawing competition for Brisbane school children from Prep to Year 6 was also held to commemorate the centenary. Lots of fantastic drawings were submitted – some of the century-old battle and some of the Regiment's new "steeds", the Australian Light Armoured Vehicles (ASLAVs) – from which RSL Queensland board members and the 2/14 LHR (QMI) chose eight lucky winners. On November 17, the winners visited Gallipoli Barracks, where they had a go on the firing range simulator, climbed into an M1A1 Main Battle Tank and went for a drive in an ASLAV. Congratulations to winners Anna, Blake C, Blake N, Charlie, Chiara, Jackson, Joshua and Matt!







IN ISRAEL

One hundred riders from the Australian Light Horse Association travelled to Israel in October to commemorate the charge of Beersheba. Many of the participants were descendants of Light Horsemen who served in the Middle East during WWI, and several are descendants of those who participated in the charge.

From October 28-30, the Light Horse riders rode through the desert to Beersheba, before taking part in the commemorative parade on October 31. After the parade, they rode to Beit Eschel for a re-enactment of the charge.

MATES 4 MATES

Issue 06. 2017

Magazine.

Tara Pitt

On a mission to support Mates.

Mates Put Their Balance to the Test

Stand-up paddleboarding and mindfulness program

Meet a Mate

Michaela Gilewicz

Heroes Week 2017

Sporting stars team up with veterans

MATES 4 MATES



Rick Ralph Chairman's Message

This year has been a year of many achievements for Mates4Mates. The organisation continues to expand its delivery of services to the increasing number of Mates and family members that we are so very privileged to give support to, and most importantly our reach into regional areas has seen the most overall growth.

This demand for services has expanded our reach to more than 3600 Mates and their families. Our Rehabilitation Adventure Challenges are growing in popularity, particularly the Equine Therapy Program, which was recently evaluated by the Gallipoli Medical Research Foundation. The research results were presented in October on the international stage at a conference in Toronto, Canada, and gives evidence-based acknowledgment of the benefits for participants, particularly couples who complete this program. It has also led us to make changes to our Equine program which will be implemented in 2018. These changes include a 'buddy' system for the Mates Therapy Programs and increasing the number of couples programs over the next 12 months.

It is important to acknowledge without the help of our generous supporters and corporate partners, RSL Queensland, our foundation member, as well as our wonderful staff and many volunteers we would not be able to deliver our excellent services. Thank you sincerely for this generosity.

As 2017 draws to a close and we look to 2018, on behalf of all the Directors and myself, I'd like to wish everyone a very happy and safe Christmas and New Year's break. Please take care on the roads and remember to take a break every two hours if driving long distances. Our Family Recovery Centres will close on Friday 22 December and reopen on Tuesday 2 January. However, most importantly, as this period of the year can present challenges unforeseen to many of our veterans and their families, if you or any family member requires support during this time, please contact the Veterans and Veterans Family Counselling Service 24 hour phonenumber on 1800 011 046.

Enjoy the Christmas holiday season and we look forward to seeing you next year.

EOIs closing soon!

Equine Therapy Program (Mates)

11 – 16 March. EOIs close 12 January

Equine Therapy Program (Couples)

8 – 13 April. EOIs close 25 January

Dawson River Retreat (Mates)

21-25 May. EOIs close 16 March

Dawson River Retreat.

Mates4Mates is excited to again offer Mates the opportunity to trek and canoe on our Dawson River Retreat trip. This five day Rehabilitation Adventure Challenge is for those Mates that love the outdoors and would like a chance to reconnect with nature. On this trip, you will work as part of a team while taking your time to indulge in nature on the Dawson River in the heart of Central Queensland.

Submit an Expression of Interest Today!

Mates4Mates supports current and ex-serving Australian Defence Force members, and their families, who are wounded, injured or ill as a result of their service.

We are an initiative of RSL Queensland.



If you would like to contribute to our magazine please contact the Mates4Mates Marketing and Fundraising team via marketing@mates4mates.org or call 1300 462 837.



Mates4Mates has recently partnered with Wesley Mission Queensland to deliver a stand-up paddleboarding (SUP) and mindfulness course for Mates and their family members. The four-week course combines a half-hour of mindfulness practice and an hour SUP lesson with the instructors from SurfConnect at Sandgate, near Brisbane.

Wesley Mission Queensland run several mental health programs, all with a focus on assisting people to live rich and meaningful lives. Shele Liddle, the Mental Health Services and Practice Manager for Wesley Mission Queensland, designed the SUP course with the Mates4Mates Rehabilitation Adventure Challenges in mind, with the addition of a therapeutic component of mindfulness practice for veterans.

"I designed the program for veterans because my Dad is a Vietnam veteran and my grandfather a veteran of WWII. I've seen first-hand the impact of Post-Traumatic Stress (PTS), but I also know the power of mindfulness in overcoming stress, trauma, anxiety and depression through my work as a mental health clinician over the past 15 years," Shele said.

Mindfulness is a skill that is often overlooked or forgotten, but this program aims to ensure participants practice mindfulness well after the four weeks is completed. The benefits of mindfulness are endless, and the self-awareness training is about being aware of what is happening in the present, on a moment by moment basis.

"Stand-up paddleboarding has a lot of health benefits including improving balance, reducing stress, increasing overall strength and cardio function, as well as giving participants a full body workout."

"It is not simply a relaxation technique or 'power of positive thinking'. The technique is based on Buddhist meditation principles, but has since been used effectively as treatment and research has shown considerable health benefits," Shele said.

Brisbane Liaison Officer Kiel Goodman said the 10 Mates taking part in the first program were really looking forward to learning the mindfulness techniques, as well as gaining the physical benefits from SUP.

The program has deliberately designed to include partners of Mates to encourage the learning of an enjoyable physical and social activity together, as well as the therapeutic techniques learnt that aim to help navigate daily lives and potential relationship stressors.

"It's really helpful for Mates and their families that at the end of the course they receive a folder of mindfulness exercises and are able to continue working with SurfConnect at Sandgate," Kiel said.

"Everyone is really excited and already benefiting from the program!" he added.

This program wouldn't be possible without the funding from the Queensland Mental Health Commission's Stronger Community Mental Health and Wellbeing Grants Program 2017-18.

The next four-week program will start on 25 January. If you'd like to take part please contact the Brisbane Family Recovery Centre on 1300 462 837 for more information.



Meet our
Ambassador

Tara Pitt

She divided the nation on this year's Australian Survivor but runner-up Tara Pitt is uniting veterans across the country in her new role as a Mates4Mates Ambassador.

Tara is the daughter of Australian Army veteran, Rodney Blair, who tragically took his own life last year after a lifelong battle with depression and post-traumatic stress (PTS). Rodney served for 20 years, deployed to Somalia in 1993 and discharged as a Staff Sergeant in 1997. However, all of his training and years of service couldn't prepare him for the mental battle he would face over the next almost two-and-a-half decades.

Survivor applications opened two months after her dad's passing and Tara decided to apply.

"I think it was a way to escape and grieve separately after suffering with my own depression. I also wanted to make my dad proud," Tara said.

After struggling through the physical challenges but dominating with her strategies to form alliances, Tara ended up in the final two – up against Tribe favourite Jericho. Despite missing out on the title of Australian Survivor Winner for 2017, Tara picked up a different role – Mates4Mates Ambassador.

"If I got anything out of Survivor I'm really excited that I got to become a Mates4Mates Ambassador, and I've decided to use as much of my '15 minutes of fame' to talk about the issues that really matter – like supporting our veterans and their families," she said.

Already Tara has been involved in a wide range of activities with Mates4Mates including the launch of Heroes Week and

stand-up paddleboarding for Veterans' Health Week on the Sunshine Coast.

"I feel so much at home hanging out with the veterans and people that understand what my dad went through. I feel really at home at Mates4Mates," she said.

And her work doesn't stop there! She's got big plans for her role, including getting more involved with the Equine Therapy Program, an initiative close to her heart due to both her and her dad's positive experiences with horses.

It was eight years ago that Rodney brought home a beautiful horse called Tum Tum. Tara spent months breaking in Tum Tum and realised he had very impressive speed which led Tara to start competitive barrel racing.

"I've just been declared the 3D Champion of the Sunshine Coast District and will represent Australia in 2018 in the USA," Tara said.

But Tum Tum wasn't just a great racer, he was an incredibly calming form of therapy for Rodney.

"The way he helped my dad was incredible and I'd really encourage all Mates to apply for the Equine Therapy Program in 2018," she said.

"I want veterans to know that they don't ever have to feel alone, because there's always someone out there to give you a helping hand."

"It was hard going through all of the different feelings and realising that your best friend, your hero, the man you rang any time you had a problem, wasn't there anymore," Tara said.

Meet a
Mate

Michaela Gilewicz

Tasmanian Michaela Gilewicz made headlines around the world after her emotional appearance during the opening ceremony of the 2017 Invictus Games in Toronto. She caught the attention of Prince Harry, and captured the hearts of viewers, but it took a lot of hard work to make it to the Games.

Michaela joined the Australian Army in 2009, signing up for nine years, and heading to the Australian Defence Force Academy to study a Bachelor of Arts (History). During this time, Michaela injured her shoulder at rugby training, which changed her career plans instantly. After her graduation, she was posted to Australia's Federation Guard as a Public Affairs Officer while her medical discharge was processed.

"I can never quite put into words what being medically discharged from the Australian Defence Force (ADF) felt like. I most closely associate it with being divorced," Michaela says.

Until that point she had every day of her life planned and out of nowhere was told her plans were no longer possible.

After discharge, Michaela was determined to get back to work. However, the overwhelming sense of failure and feeling like she'd let everyone down, coupled with the challenges of reintegrating and becoming a civilian again, made working tough.

"I felt a lot of anger towards people that didn't have the same work ethic as I did and that made it difficult to hold down a job – even socialising was difficult."

She chose to stop working, because she was struggling to cope and decided to focus on her mental health, which led her to Mates4Mates.



"I want veterans out there who are struggling to know they are not alone... I want them to know walking in the door is the hardest part but it is absolutely worth it. I want them to know that we are all waiting, with open arms, to welcome them into the fold."

After hearing about Mates4Mates it took Michaela 18 months to walk through the door.

"I was worried about fitting in due to my lack of service history. I'd also convinced myself I wanted nothing to do with anyone or anything involved with the ADF," she said.

The one thing that changed her mind was seeing a group of Mates at an obstacle course she was volunteering at.

"I noticed everyone was varied in age and fitness levels, but no one was resentful about being slowed down – in fact everyone was enjoying themselves and supporting each other. It looked safe so I went to the Centre a few days later and I haven't looked back."

Since joining, Michaela has become a regular at the Hobart Family Recovery Centre (FRC) and has taken part in the STAIR Program and the Equine Therapy program.

"The Equine Therapy Program changed my life."

Michaela had reached a point after years of traditional therapy where she felt as though she kept rehashing the same problems and not moving forward. Equine Therapy broke down the barriers and enabled her to speak about issues that had previously been 'no go' areas.

"There's a magic about the program that can't be explained," she said.

Tasmanian Manager Stephen Knox says Michaela has continued to grow since completing the Equine Program and her strength and hard work is always an inspiration to other Mates in Tasmania.

"The ease with which Michaela engages with people belies the hard work and determination it has taken to get to where she is today. She is modest about her achievements but the influence she has and the inspiration others draw from her is profound," Stephen said.

The journey for Michaela continues and if she's taken anything out of her experience it's being able to share her story with other veterans and their families.

"I would argue that I haven't necessarily transitioned yet but I have people on my team to share the frustrations with and that helps lighten the load."



Images: Our Mates with athletes from the Brisbane Bullets, Queensland Firebirds and the Brisbane Broncos.



Heroes Week 2017

November 6-10 was the inaugural Heroes Week at Mates4Mates. We recruited Queensland's best sports stars to go head-to-head with some of our Mates to launch the week.

The Brisbane Broncos, Brisbane Bullets and Queensland Firebirds joined Survivor's 2017 runner up Tara Pitt and four of our Mates to battle each other in a team challenge. We tested their bodies and their minds in a five-stage challenge involving trivia questions, skipping, rowing, finding hidden items and push ups.

The week asked Australians to think about who their hero is and who inspires them every day in an effort to raise awareness about the issues veterans can face when they transition to civilian life.

Brisbane Bullets player, Tom Fullarton said the week was important and encouraged everyone to get involved.

"I think if we encourage [ourselves] to get around each other and look after our mates and our community I think it will go a long way," he said.

Queensland Firebirds player Gretel Tippet said that they were honoured to bring awareness to the work being done by Mates4Mates for our veterans.

"Whilst our players are considered heroes within the sporting community, we are in awe of the responsibility undertaken by servicemen and women within the Defence Force," she said.

Throughout the week we told the stories of some of our heroes here at Mates4Mates, including Emma and Brock Griffith. Emma shared the couple's story with 97.3FM's Breakfast Show Bianca, Terry & Bob. Emma and Brock are both ex-serving and have struggled significantly since Brock's diagnosis of Post-Traumatic Stress. They bravely told their story to let other families know about Mates4Mates and there is support out there.

Tara Pitt, Mates4Mates Ambassador, said that the week was especially important to her because Tara's hero is her dad and she feels it's important for the public to realise sometimes veterans need support.

Thank you to everyone who got involved in Heroes Week 2017!

Who's your hero?



"My Dad will always be my hero... That's why it's important for us to spread the message not just this week, but every day,"

Tara Pitt



Rupert McCall OAM
(Ambassador, Poet)

"My grandfather, Barney McCall who was a veteran of Tobruk."



Travis Trice
(Brisbane Bullets)

"My heroes are my siblings. They are my best friends."



Tessa O'Halloran
(Survivor Aus, Doctor)

"A colleague who went out of his way to comfort a patient."



Justin Bygrave
(Community Ambassador)

"My hero is Ken Marslew – the founder of Enough is Enough"



Locklan Gilbert
(Survivor Aus, Adventurer)

"My hero is anyone who is pushing the limits"

2018 at a glance

JANUARY

Curry on Tukkin Fundraiser

On New Year's Day, Grant and Simon, will embark on a 3000km journey from the North to the South of India in an auto-Rickshaw (or Tuk Tuk) to raise money for Mates4Mates. Visit their website to follow the journey, cheer them on and donate curryontukkin.com

FEBRUARY

Water based challenges are a great way to rehabilitate and relax. Throughout the month of February Mates will embark on a range of kayaking, paddleboarding and sailing activities across the country.

MARCH

Mates Month

Mates4Mates annual fundraising month coincides with our 5th birthday since opening our doors to Mates and their families. Be sure to get involved and help raise valuable funds.

APRIL

Kokoda

Australian Defence Apparel (ADA) have partnered with Mates4Mates for the 2018 Kokoda Trek. Dan Keighran VC will also be joining our Mates on the trail, which is an important part of Australian war history.

MAY

2018/19 Entertainment Book

Available nationally in hard copy and digital memberships, you can help support Mates4Mates with your purchase, whilst receiving great discounts on dining, retail and travel.

JUNE

BIG BATTLEFIELD BIKE RIDE

Our annual international bike ride with Help for Heroes will be happening in June 2018.

JULY

FRC School Holiday Activities

Every school holidays our FRCs hold an exciting activity or Fun Day. Past events have involved bowling, jumping castles, and movie days. Contact your local FRC.

AUGUST

2019 Challenges Released

Come August, our 2019 Rehabilitation Adventure Challenges calendar will be released. Keep an eye out to make sure your EOIs are in on time.

SEPTEMBER

Mates4Mates continues our charity partnership with Oceanway Ride in 2018. Available for cyclists of all levels to get involved, including kids.

OCTOBER

Buy your 2019 Firefighters Calendar

The Australian Firefighters Calendar, is an amazing supporter of Mates4Mates. Make sure you buy a calendar at your local Coffee Club or online.

NOVEMBER

Heroes Week 2018

Due to the success of the inaugural Heroes Week in 2017, the awareness week will run again in 2018.

DECEMBER

Tassie Adventure

Our multi-adventure challenge, which includes trekking, walking, cycling and paddling, set in the glorious landscape of Tasmania, will happen in December 2018.

EOIs Close
September 2018.



This Christmas
*Support veterans
& their families.*

MATES 4 MATES

Supporting Injured
Defence Force Mates.

Give the gift of giving today

mates4mates.org

RSL WELCOMES TORRES STRAIT CHAPTER

Veterans from across the Torres Strait Island communities can now join the RSL, following the formation of the Torres Strait Chapter of Far Northern District on Thursday Island.



ABOVE:
Gathered at 51 Charlie
Company base on
Thursday Island are WO
Daniel Sharpe, left, Michael
Pemberton, Marsat
Ketchell, Far Northern
District Vice President
James Carroll, Secretary
Norma Short, Torres Strait
Chapter President Kevin
Savage, Far Northern
District President Peter
Sterling, Treasurer Peter
Hayton and Patrick Mills.

THE organisation was formally
established during its first
meeting on September 25.

Prior to its formation, Far Northern District
President Peter Sterling, Vice President James
Carroll, District Treasurer Peter Hayton and
District Secretary Norma Short sat with Kevin
Savage, Patrick Mills and Marsat Ketchell to
discuss the process required to establish an
RSL chapter.

“The first stage is to become a chapter, which
requires a minimum of 10 members, but it’s
better to have more in case someone moves
away or passes away,” Peter said. “Once we have
observed and supported them through this phase
successfully, then they can become a Sub Branch
of the Far Northern District.”

A week after the initial meeting, the newly

formed Torres Strait Chapter elected Kevin
Savage as President, Michael Pemberton as
Secretary/Treasurer and Patrick Mills as
a Director.

Any servicemen or women in the region
wishing to become a member of the Torres
Strait Chapter can contact Kevin on
kr.savage3@bigpond.com. ←

**“A WEEK AFTER THE INITIAL
MEETING, THE NEWLY FORMED
TORRES STRAIT CHAPTER ELECTED
KEVIN SAVAGE AS PRESIDENT.”**

DIGGER THE DEVOTED WAR DOG



The remarkable service of Digger, a brown and white bulldog who devoted himself to Sergeant James Harold Martin during his three and a half years with the AIF during WWI, is a story of true mateship and the enduring ANZAC spirit.

 Australian War Memorial

DIGGER seems to have been a stray dog that attached himself to soldiers on their way down to the troopships at Melbourne. The 1st Division immediately adopted him as a mascot and Digger sailed with them to war on October 20, 1914.

It is understood that Digger soon devoted himself to 24 Private James Harold Martin, who was serving with the 1st Division Signal Company. Martin, an electrician from Hindmarsh in South Australia, enlisted on September 18, 1914 at the age of 22. He served at Gallipoli, and

transferred to the 2nd Division Signal Company in July 1915. He remained with the company, attached to the Engineers, during his service on the Western Front in France and Belgium.

Martin returned to Australia on May 12, 1918, and was discharged medically unfit. Digger was able to accompany him home as strict quarantine regulations relating to the arrival of dogs in Australia from overseas did not come into force until June 1918.

Newspaper articles at the time refer to Digger's remarkable service with the 1st Division. They describe how Digger 'went over the top' 16 times and had been through some of the worst battles of Gallipoli and the Western Front.

He had been wounded and gassed at Pozieres in 1916, shot through the jaw – losing three teeth – was blinded in the right eye and deaf in the left ear. At the sound of a gas alarm, it was reported that Digger would rush to his nearest human companion to have his gas mask fitted.

There are also accounts of how Digger would take food to wounded men stranded in no man's land, sometimes bringing back written messages.

TITLE IMAGE:

The leather collar worn by Digger during his three-and-a-half years' service with the AIF during WWI. (AWM: REL/00423)

LEFT:

The black and white photographic postcard of Digger that helped raise funds for his post-war care. (AWM: RC01916)



DIGGER'S LOYAL SERVICE REMEMBERED

The courage and devotion of Digger was recently honoured with a memorial in South Australia.

The Australian War Animal Memorial Organisation (AWAMO) opened the war dog memorial at West Croydon RSL in October. Around 200 people attended the event, including Federal and State Ministers and family members of Digger's handler James Martin.

AWAMO President Nigel Allsopp said he was pleased the marvelous story of Digger would never be lost to history.

"I was so glad to meet members of Sergeant Martin's family. Around a dozen descendants attended the ceremony," Nigel said. "Sergeant Martin was born and lived less than a kilometre from this memorial, his family still live in the area and his great grandchildren attend the same local school he did. It's the right place for this memorial."



"DIGGER 'WENT OVER THE TOP' 16 TIMES AND HAD BEEN THROUGH SOME OF THE WORST BATTLES OF GALLIPOLI AND THE WESTERN FRONT."

Upon their return to Australia, Sergeant Martin and Digger continued to do their bit for the war effort by attending ceremonies and marches in support of recruitment, fundraising and returning men. There are accounts of Sergeant Martin and Digger attending functions in Bathurst, Maitland and Sydney during 1918.

Martin and Digger remained in Sydney. The wounds Digger had received at Pozieres troubled him and he needed cod liver oil for his mustard gas burns. This was expensive, so a picture postcard of Digger wearing the inscribed silver collar, pictured, made for him on his return to Australia, with patriotic red, white and blue ribbons attached to it, was produced.

The money raised from its sale was used to buy the oil. A copy of the photograph, signed by Sergeant Martin, is held in the collections of the Australian War Memorial.

It is said that Digger was also presented with a free tram and rail pass so that he could accompany Martin.

Digger died, as an old dog, on

TOP RIGHT:
The inscribed silver collar made for Digger on his return to Australia, which he wore for the postcard photo. (AWM: REL/00541)

"DIGGER DIED, AS AN OLD DOG, ON EMPIRE DAY, WHEN HE WAS FRIGHTENED BY THE CELEBRATORY FIREWORKS."

Empire Day (May 24, probably 1919) when he was frightened by the celebratory fireworks. Thinking he was under fire again, he attempted to jump the fence, but failed and fell back with a burst blood vessel. Digger managed to crawl back into the house and died under Martin's bed.

Martin was in the Prince of Wales Hospital at Randwick (4th Australian General Hospital) at the time, but he arranged through Mrs JA Little, a volunteer who visited the hospital twice a day to help the soldiers there, to have Digger's hide tanned.

Sergeant Martin then presented the hide and collars to Mrs Little. Her daughter recalled that the hide was displayed on the floor.

"Nobody ever put a foot on it. His head was propped on a stool so that everyone could see him... he has been loved by all," she said.

James Martin returned home to Adelaide and married Frances Letitia Larkin in 1920. Martin and Miss Larkin had met in England during the war. He died in 1963. [←](#)



WIN A COMMEMORATIVE DIGGER PACK

Thanks to the Australian War Animal Memorial Organisation, you could win this commemorative Digger pack, including a collectable coin, stuffed toy and purple poppy. Email editor@rslqld.org with the subject line 'Digger commemorative pack' and include your postal address.





THE HOME THEY DESERVE

A deserving Defence family in Nambour was given a much-appreciated home makeover, thanks to the suggestion of an RSL Queensland Veteran Services Officer, who was assisting them with a Department of Veterans' Affairs claim.

 Christina Underwood

AFTER purchasing an apartment in Noosa, the RSL Art Union team was looking for a veteran family to donate the existing furniture to. Veteran Services Officer Jason Ryan knew exactly the right family.

Mick Brauns joined the Army in 1998, at the age of 18. During his service, Mick deployed to East Timor in 1999 and twice to Iraq in 2004 and 2005 as an Armoured Vehicle Commander.

Unfortunately, during his first deployment to Iraq, Mick's vehicle was attacked, and he was injured and medically flown out. After recovering, Mick went back to his duties and returned to Iraq for his second tour.



OPENING PAGE:

Army veteran Mick Brauns, wife Kate and their two children, Henry and Rose, a deserving Defence family, received a much-appreciated home makeover recently, thanks to the suggestion of an RSL Queensland Veteran Services Officer.

ABOVE:
Mick with his children Henry and Rose.

In 2006, Mick voluntarily discharged due to family commitments, but unfortunately his first marriage fell apart soon after. A few years later, Mick met Kate and they now live in Nambour on the Sunshine Coast, with their two children, Henry (five) and Rose (two), and their puppy Frankie.

Sadly, Mick suffers from the crippling effects of post-traumatic stress disorder, including anxiety, anger and depression. It was only in the past few years that he reached out for help and was diagnosed with the disorder.

Kate reveals that an incident in 2015 triggered the Brauns to realise Mick needed help.

“We were in bed and a drunk driver wrote off our car,” Kate said. “The noise of the crash triggered something in Mick that brought everything to the front of his mind. After that, he started jumping at me, rolling over in the bed. Thunder and lightning were triggers, too.”

Mick was referred to a psychiatrist and psychologist by his GP, and he decided to quit drinking to aid the psychological recovery process. Unfortunately, this didn’t make things easier.

“We soon realised that the alcohol had been numbing him and helping him block things out. So, when he stopped drinking, his thoughts came into his mind and he didn’t know how to deal with them and struggled to vocalise them, and he fell into an even worse depression,” Kate explained.

Mick’s trade is a four-wheel drive accessories fitter, but he had to stop working as he realised the noise in the workshop and the work-related stress was triggering his symptoms.

“He would always come home from work tired, grumpy and with a headache. He also started to struggle at home with our small children and all the noise,” Kate said.

Kate was recommended to get in touch with Jason at the RSL by Mates4Mates, after going to fortnightly coffee mornings with fellow veteran families. The meetings helped considerably.

“It was really nice to be around people who knew what I was going through,” Kate said. “They have a great supportive network for the family.”

Jason played a key role in assisting

Mick with his Department of Veterans’ Affairs claims. In helping them, Jason relieved a lot of stress for Mick and Kate, especially as a family without an income and two young children to support.

“It’s been a very long road, but we’re getting there, and Jason has really helped with that,” Kate said. “We had no clue what to do. When we met Jason, he was enthusiastic, which I thought was strange... why would you get excited about a claim? But I realised he was excited because he knew he could help us.”

After hearing what the Brauns family had been through over the years, Jason couldn’t have found a more deserving home for the Noosa apartment furniture. Kate said most of their furniture was “ancient” – with their fridge being 15 years old and their mattress over 10 years old.

“We’re blown away that Jason even suggested this to us in the first place; I didn’t feel worthy enough. It’s amazingly special, and there was so much stuff! We feel like we’ve really been supported,” Kate said. ←



SUPPORTING
our defence family



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
QUEENSLAND BRANCH

rslqld.org

MEET A MEMBER

What is your service history?

I joined the Australian Army in 2005. I enlisted into the Royal Australian Armoured Corps and, after completing basic training at Kapooka, I completed my IET course in ASLAV Crewman. I then posted to the 2nd Cavalry Regiment in Darwin. While there, I was deployed to Iraq for six months in 2007 as an ASLAV driver in Combat Team Courage as part of the Overwatch Battlegroup (West) 3. In 2009, I deployed to Afghanistan for nine months and served as an ASLAV Gunner in the 1RAR Mentoring Reconstruction Task Force 2. In 2011, I posted to B Squadron 3rd/4th Cavalry Regiment, where I spent another eight months in Afghanistan as a crew commander as part of 2RAR battlegroup, Mentoring Task Force 3. After returning to Australia, I discharged from the Army in October 2012. In 2016, I service transferred to the Royal Australian Air Force and am now an active RAAF reservist with No. 2 Security Forces Squadron.

When and why did you join your local RSL Sub Branch?

I became the Queensland representative of the Young Veterans organisation in 2015. In early 2017, I then joined Redcliffe Sub Branch to bring some new blood to the RSL. I don't agree with many service personnel that the RSL is just about beer, pokies and pokies. If you want something to change, you should get involved and not just stand back and complain. The Young Veterans took on the Sunshine Coast crew earlier this year and, as the Queensland representative, I want to establish groups in Brisbane and the Gold Coast soon.

How have you been involved with your Sub Branch over the years?

I'm very new and have been flat chat with a young family and work, so I haven't been involved in many activities yet. But from what I've seen, it doesn't offer as much for my era of service. Hopefully I can change that, with my involvement with Young Veterans and the Sub Branch.

What Sub Branch activities are you passionate about?

In the next 12-18 months, I'd love to see Sub Branches across Queensland get behind Young Veterans. The work they've done to provide younger members with activities external to the Sub Branch has been invaluable. We've done tons of adventure training, as



“IN THE NEXT 12-18 MONTHS, I’D LOVE TO SEE SUB BRANCHES ACROSS QUEENSLAND GET BEHIND YOUNG VETERANS. THE WORK THEY’VE DONE TO PROVIDE YOUNGER MEMBERS WITH ACTIVITIES EXTERNAL TO THE SUB BRANCH HAS BEEN INVALUABLE.”

well as more relaxed activities. We provide a means for members to socialise and test themselves mentally around other members, and welcome the individual's family and support network to our events.

What role does your Sub Branch play in the lives of veterans?

Redcliffe has been vital in advocating for the veteran community and providing a safe and welcoming place for us to socialise. They also provide support, so members can participate in sporting events across Australia, which is incredible and should continue in the future.

What role does your Sub Branch play in the local community?

Providing quite possibly the best ANZAC Day service I've ever been to, consistently, for the past four years I've attended. My Sub Branch also provides ongoing support to local schools and sporting associations.

What should RSL's top priorities be over the next five to 10 years?

Changing the stigma and mentality of the RSL in the veteran and wider community. Most guys I served with don't want anything to do with the RSL, because of how they or their family were treated at their local Sub Branch or club, and the perception of the RSL as a money-making enterprise. If RSL doesn't do more for today's veteran community, it won't see its 150th anniversary.

What do you hear as the top three issues on RSL members' minds?

One: Where's the money going? There is a lot of it coming in through the clubs and the clubs' facilities, but what's happening with it? Two: Member welfare and the ongoing support of Sub Branches. Three: Advocacy and the DVA process. There's a lot of noise being made about how painful the process is and how it needs to be better.

What is your greatest achievement?

My kids are easily the greatest thing I've done in my life. Being a husband and a dad are the best jobs in the world.

“REDCLIFFE HAS BEEN VITAL IN ADVOCATING FOR THE VETERAN COMMUNITY AND PROVIDING A SAFE AND WELCOMING PLACE FOR US TO SOCIALISE.”

Which talent would you most like to have?

I wish I picked up an instrument of some sort when I was growing up. I know a lot of guys find peace in kicking back and playing guitar, so maybe it's something I'll consider.

What is your most treasured possession?

I would say it's a tie between my firearms, phone and four-wheel drive. Shooting has been a great relaxing outlet and goes hand-in-hand with camping and four-wheel driving as another means of escape and relaxation. My phone has been vital in keeping in touch with the guys I served with and the networks I've made to help other veterans.

Jeff Casson
Age: 32 years old


Member of Kawana Waters RSL Sub Branch



If you know an RSL member of any age who we should feature in our new 'Meet a Member' section, please email editor@rslqld.org.

DOCTORS AND VETERANS BREAK DOWN HEALTH BARRIERS

RSL Queensland and the Australian Medical Association Queensland have joined forces to improve the healthcare of veterans across the state.

 Anita Jaensch



THE affiliation of these two peak organisations, announced in Townsville on October 24 as part of Veterans' Health Week, will help link former servicemen and women with GPs who have served in the Australian Defence Force (ADF) or who have experience treating veteran-related health issues.

RSL Queensland Veteran Services Manager Rob Skoda said the face of veterans was changing and that it was important to keep pace with their health issues and needs.

"There is a stereotype of veterans as being elderly gentlemen, but this is not the reality," Rob said. "More than half of all veterans who approached RSL Queensland for assistance last year were under the age of 50.

"And we know that tinnitus, sensory-neural hearing loss and degenerative spinal discs are among the top five most common health problems affecting service personnel when they return home, but we tend to hear mostly about mental health conditions."

As well as 170,000 veterans, Queensland is home to 21,500 current serving men and women. The total military community, including families of ADF personnel, is estimated to be 496,600.

Townsville GP and Australian Medical Association (AMA) Queensland North Area Representative, Dr Michael Clements, who served in the Royal Australian Air Force for 13 years, said access to RSL Queensland-funded veteran health research and training programs would ensure he remained up-to-date with health issues and treatments affecting the ADF community.

"Because of my military service, I am keen to support ex-service personnel, as well as family members of those who are currently serving," said Dr

Clements, who remained in the RAAF Specialist Reserve.

"I see a lot of veterans with musculoskeletal injuries from their service, as well as those who are struggling mentally to readjust to civilian life."

Townsville veteran Terry Aldred, who served in the Navy for 23 years, said his GP helped him through tough times after he was discharged in 2001.

"I thought I was fine, but I ended up having a nervous breakdown. My GP understands my personal military

experience, so he has been able to really help me get back on track," Terry said.

"Veterans are often reluctant to open up with doctors who have no experience in what it's like to be deployed to a war zone or to have to face the challenges of returning to a civilian life," Rob said. "Through this affiliation, AMA Queensland doctors and RSL Queensland will work together to ensure veterans seeking help can access an experienced GP or specialist early, so they can get on with leading happy, fulfilling lives." ←

ABOVE: RSL Queensland Veteran Services Manager Rob Skoda said the affiliation with AMA Queensland will help improve the healthcare of veterans across the state.

OPPOSITE: North Queensland representative for AMA Queensland Dr Michael Clements and Rob Skoda. (Photo: Zak Simmonds, Newspix)



EDUCATION BOOST FOR DEFENCE PARTNERS

RSL Queensland has made it easier for partners of current and ex-service personnel to achieve tertiary or vocational qualifications with a new scholarship program.

 Anita Jaensch





HAVING A CAREER IS HARD IF YOU MOVE 16 TIMES IN 20 YEARS

Donna Reggett, 55, who received a scholarship as part of the pilot program, said it was important for military partners to have qualifications to fall back on.

"You never know what the future holds," she said.

As an Air Force wife, Donna moved 16 times in 20 years.

"It makes it hard to have a career. I married at 23 – at the time I was with Telecom [now Telstra], so I was able to transfer around the country. Of course, it meant I kept having to drop back to the base pay grade, but at least I had a job."

When her husband was medically discharged after deployment to Somalia, however, Donna had to give up full-time work to become his carer.

The scholarship has enabled her to gain accreditation as a mediator, and she is now studying family disputes resolution.

"This builds on skills I've gained in the past and allows me to help people overcome issues in their family life," Donna said. "If anything were to happen now, I know I can keep working until I'm 75. That gives me tremendous peace of mind."

PROVIDING

up to \$4000 annually for up to three years, the RSL Queensland Partner Education and Training Scholarship gives partners of current and former Defence personnel the opportunity to pursue their own career goals.

RSL Queensland Veteran Services Manager Robert Skoda said military partners often had to shelve their career aspirations while their partner is serving.

"The military life demands a lot from all members of the family, not just the serving member. It can be hard to establish and maintain a career when

LEFT: Donna Reggett received a scholarship from RSL Queensland that gives partners of current and former Defence personnel the opportunity to pursue their own career goals. (Photo: Rob Williams/News Corp)

you have to move to a different part of the country every few years," Rob said.

"These scholarships enable partners to access education and training opportunities that will enable them to forge a brighter future for themselves and their family."

The partner scholarships complement the program RSL Queensland already offers to children or grandchildren of veterans, bringing the total potential value of scholarships on offer to \$480,000.

This is the second year scholarships have been offered to the children and grandchildren of ex-serving ADF members. Applications closed on October 31, and the 20 successful

scholarship recipients will be notified in early 2018.

These scholarships are part of RSL Queensland's broader strategy, aimed at providing support to the entire Defence family.

"Families provide vital support to Defence personnel, both while they are serving and when they transition out of the military," Rob said. "RSL Queensland stands behind our Defence families, with practical programs to build resilience, provide advice and assistance, and support education and employment."

For more information or to apply, visit www.rslqld.org/Our-Services/RSL-Scholarships. ←



ABOVE AND BELOW: Cassandra Ladesma with her three boys Dante, Denzel and Danyon.



SCHOLARSHIP TO STUDY SOCIAL WORK

Thirty-three-year-old Cassandra Ladesma, who received a scholarship as part of the pilot program, said relocating to Townsville with her Army husband had meant leaving her career behind.

"I had a really good job managing a Registered Training Organisation in childcare, but when I moved here, I couldn't find a job that matched my skills and experience," Cassandra said.

She is currently studying a Bachelor of Social Work at James Cook University.

"There is a lot of demand for social workers, so I know my skills will be transferable."

100

years of mateship

Maryborough RSL celebrated its centenary with a free community family fair at the Brolga Theatre and an anniversary dinner on October 14.

 Nancy Bates

Maryborough RSL Sub Branch President George Mellick told guests at the dinner that the RSL had always been “a place for veterans to seek assistance, advice, mateship and help”.

The vision, dedication and determination of returned servicemen back in 1915 ensured veterans always had a place they could go, where they knew they would not be forgotten and their legacy would be celebrated.

“We fast forward 100 years and the ideals and objects remain the same,” George said. “The RSL continues to lead the way in the delivery of welfare and assistance for our veterans and their families.

“From the humble beginnings in October 1917, Maryborough RSL has continued to thrive and emerge as an organisation that is well-regarded and dedicated to our local veterans and our community.”

RSL Queensland State President Stewart Cameron said the need for

support services for returning service personnel had been clear before the end of WWI and remained a changing, but continuing need through a century of continual armed conflict.

Trevor Williamson, Deputy President for the Wide Bay District, congratulated the Sub Branch on reaching a magnificent milestone in its work of providing a range of welfare support services to servicemen and women and their families, including hospital and nursing home visits to ex-service personnel.

“They continue to connect with the community and continue to support the Maryborough area,” Trevor said.

After the Sub Branch was formed in 1917, with Henry Croker Garde as the inaugural President, it met at various venues, before buying a two-storey building in Bazaar Street in 1955 and forming the RSL club.

In 1996, the club moved to the current building bordering Adelaide

and Lennox Streets. Extensive expansion and renovation work over the past two years will be completed with the refurbished memorial garden, where a plaque dedicated to the founding board was unveiled at the start of the anniversary dinner.

The Maryborough RSL Club also won a variety of awards recently at the Fraser Coast Ability Awards and the Keno Clubs Awards.

In November, Maryborough RSL was named the winner of the best café, restaurant and hospitality venue at the annual Fraser Coast Business and Tourism Awards. It also collected the trophy for the best customer service on the Fraser Coast.

CEO Jason Scanes said a lot of hard work and team effort had lifted the club to a new level; a fitting salute to the men who, 100 years ago, saw the need for a gathering place for servicemen and women returning from The Great War. ➔



ABOVE: Maryborough RSL CEO Jason Scanes at the unveiling of the plaque honouring the first board.
BELOW: The 9RQR stand was kept busy at the family fair held to celebrate the RSL centenary.



ABOVE: The Kunurang Krew performed in the land of the Butchulla people to celebrate the 100th anniversary of the Maryborough RSL.
BELOW: The fire brigade was kept busy with activities for children at the RSL family fair.



JAN.

THIS MONTH IN AUSTRALIAN MILITARY HISTORY

01.01
1901

▼ **Proclamation of the Commonwealth of Australia**
The union of the six former colonies came into being with a proclamation by Governor-General Lord Hopetoun at Centennial Park, Sydney.

01.01
1901

Sunnyside, South Africa
Two companies of the Queensland Mounted Infantry Regiment along with British and Canadian troops attacked a Boer laager on the western border of Orange Free State. The Queenslanders suffered the first casualties of any Australian colony in the Boer War.

01.01
1975

Office of Australian War Graves established
The office is responsible for the maintenance of the graves of Australia's war dead in 78 countries around the world and in 76 war cemeteries within Australia.



02.01
1951

Buna Government Station captured
The Japanese withdrawal from the Kokoda Trail enabled the Allies to plan the encirclement of important Japanese positions in the Buna, Sanananda and Gona beachhead.



03.01
1941

6th Division in action at Bardia, Libya
The attack against the Italians at Bardia was the beginning of Australia's first major ground campaign of WWII.

04.01
1942

Japanese air attacks begin against Rabaul, New Britain
Rabaul's capture gave Japan a base from which to launch air attacks towards New Guinea and north-eastern Australia, as well as a strong south-eastern corner to its defensive perimeter in the Pacific.

05.01
1941

▲ **Bardia captured**
The Australian 6th Division captured 40,000 Italian prisoners, including four generals, at a cost of 130 killed and 326 wounded in Australia's first major land battle of WWII.

05.01
1945

HMAS *Australia* damaged by Kamikaze aircraft
Australian ships were operating in the Lingayen Gulf, Philippines when the *Australia* became one of seven Allied ships to be struck by Kamikaze aircraft. 25 of her crew were killed and 30 wounded.

08.01
1916

▼ **Evacuation of Helles**
British and French landings at Helles on April 25, 1915, had failed to secure their objectives, leading to a lengthy stalemate on the southern tip of the Gallipoli Peninsula.

08.01
1958

Last Australian servicemen return from Korea
At the end of hostilities in Korea the peninsula remained divided between North and South. The war has yet to officially end.

09.01
1917

Light Horse captures Rafa
Following the capture of Magdhaba a fortnight earlier the Allies need to take Rafa, a former Egyptian police post on the Mediterranean border with Palestine, to enable their advance into Palestine.

09.01
1966

1st Battalion, Royal Australian Regiment, in Operation Crimp
The operation became the scene of a major action against a Viet Cong tunnel complex.



<p>10.01 1940</p> <p>Second AIF sails for the Middle East</p> <p>Following in the footsteps of the first AIF, the second AIF were also sent to the Middle East rather than England. Unlike their earlier counterparts, however, most of their fighting took place in North Africa.</p>	<p>11.01 1942</p> <p>Japanese captured Tarakan Island, Borneo</p> <p>The success of Japan's war in South-East Asia and the Pacific depended in large part upon the seizure of Borneo's oilfields, including those at Tarakan.</p>		
<p>11.01 1973</p> <p>Cessation of hostilities in Vietnam by Australian forces</p> <p>The proclamation by Governor-General Sir Paul Hasluck ended 11 years of Australian involvement in Vietnam, the longest duration of any war in Australia's history.</p>	<p>14.01 1942</p> <p>Gemas, Malaya</p> <p>8th Division inflicts heavy casualties on Japanese in an ambush at Gemas in the first Australian contact with Japanese troops of WWII.</p>	<p>15.01 1944</p> <p>▲ Sio</p> <p>The capture of Sio by the 9th Australian Division represented the final destruction of the Japanese 20th Division in the protracted Huon Peninsula campaign of 1943-44.</p>	<p>17.01 1991</p> <p>Coalition air attacks begin against Iraqi forces in Iraq and Kuwait</p> <p>The first day of the Gulf War, which ended when Iraqi forces were driven from Kuwait.</p>
<p>18.01 1919</p> <p>► Versailles Peace Conference</p> <p>The Treaty of Versailles, signed between Germany and representatives of 27 victorious powers, punished Germany territorially and financially for her role in WWI, to prevent Germany from making war in the future.</p>			<p>19.01 1942</p> <p>North Borneo surrendered to Japanese</p> <p>The Japanese continued their conquest of South-East Asia in early 1942. Oil-rich North Borneo was a vital objective that would allow Japan to carry on its war in Asia and the Pacific.</p>
<p>21.01 1941</p> <p>6th Division begins its attack on Tobruk, Libya</p> <p>The port city of Tobruk was a well-fortified Italian-held stronghold held by about 25,000 men.</p>	<p>22.01 1941</p> <p>Tobruk surrenders to Australian 6th Division</p> <p>After its capture, Tobruk was garrisoned by the 9th Division, elements of the 7th Division and other Allied units.</p>	<p>23.01 1942</p> <p>▼ Japanese capture Rabaul, New Guinea</p> <p>The capture of Rabaul gave Japan a base from which to launch air attacks towards New Guinea and north-eastern Australia, as well as a strong south-eastern corner to its defensive perimeter in the Pacific.</p>	<p>25.01 1942</p> <p>Japanese land at Lae</p> <p>Japanese forces sought to capture Lae in order to build a forward air base for the defence of Rabaul and for attacks on northern Australia and New Guinea.</p>
<p>26.01 1945</p> <p>Beginning of Sandakan death march, Borneo</p> <p>Fearing invasion from Allied forces, Japanese troops marched prisoners inland to Ranau. Many died of malnutrition, exhaustion, disease and ill-treatment and the survivors were shot when they reached Ranau.</p>	<p>31.01 1943</p> <p>German forces surrender at Stalingrad</p> <p>The defeat of the German 6th Army at Stalingrad is widely regarded as the turning point for the Allies. Thereafter the Germans were unable to regain the initiative on the Eastern Front.</p>		

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

C OMMUNITY



BUNDABERG HONOURS Z FORCE

Bundaberg RSL Sub Branch sponsored 14 veterans and family members to walk in honour of the students who trained at the Fraser Commando School on Fraser Island between 1943 and 1945. The young men were members of the illustrious Z Special Force, which infiltrated areas north of Australia during WWII. They were responsible for sinking between 30,000 and 40,000 tonnes of enemy shipping in the Singapore Harbour. The Z Special Force conducted over 70 operations – usually top secret, highly dangerous and often located thousands of kilometres from Australia. Virtually every strategic island between Australia and Southeast Asia was infiltrated by Z Special Force: Borneo, the Moluccas, Sulawesi and New Guinea. The soldiers were honoured in a typically Australian way – a tour of the site, memorial service, a toast and a game of cricket.



CHARTERS TOWERS HONOURS PRIVATE JOHN MCDONALD

Charters Towers RSL Sub Branch recently paid tribute to Private John Angus McDonald, who was born in Charters Towers in 1887. Known to his family as Angus, he left Brisbane on HMAS *Boonah* on October 21, 1916, to fight in WWI. It was the last time he ever saw his family or home country. The striking 19-year-old died of battle wounds on October 22, 1917. Angus was related to the second Australian Prime Minister, Alfred Deakin, on his mother's side. He fought in the battles of Pozieres, Mouquet Farm, Somme, Polygon Wood, Messines and Bullecourt, but it was the Battle of Passchendaele, or the Third Battle of Ypres, that claimed his life. Angus is buried somewhere near Passchendaele, but the exact location of his grave is unknown, and he is remembered at the Menin Gate Memorial and at the Australian War Memorial in Canberra.



BURRUM INSTALLS MONUMENT

The monument dedication at Howard State School, installed by Burrum RSL Sub Branch.

FOREST LAKE MARKS BEERSHEBA CENTENARY

Forest Lake RSL Sub Branch member Hannah, with a trainee PTSD dog and a veteran dressed in the traditional Light Horse uniform to mark the centenary of the Battle of Beersheba at the Mudgeraba Light Horse Museum.



COOKTOWN FISHING TRIP

Cooktown RSL Sub Branch has organised member events throughout 2017, including an overnight fishing trip.

COOKTOWN TEACHES YUKU BAJA MULIKU JUNIOR RANGERS

Cooktown RSL Sub Branch has worked closely with Yuku Baja Muliku Junior Rangers throughout 2017. The Sub Branch has taught the Rangers about commemoration days and provided insight into what men from these remote children's families went through as Light Horsemen during WWI.





GATTON PARTICIPATES IN LEGACY EVENT

Gatton RSL Sub Branch's welfare and legacy members participated in Ipswich Legacy's annual event at Esk Racecourse to commemorate the centenary of Beersheba. They are pictured with members of the local Light Horse troop.



LEGION OF HONOUR FOR WWII VETERAN

RSL Queensland State Deputy President John Strachan OAM spoke at the Legion of Honour ceremony in honour of WWII veteran Philip Hannah. The event was also attended by the Ambassador of France to Australia, Christophe Penot. Philip enlisted in Plymouth, England, on October 20, 1942 and served as a gun crew member on HMS *Adventure*. He was severely injured during Operation Neptune, hospitalised in Bayeux and then evacuated to England. He discharged on November 28, 1944.



WAR ANIMAL MEMORIAL IN FOREST LAKE

Forest Lake RSL Sub Branch unveiled the War Animal Memorial at Forest Lake Amphitheatre on Remembrance Day.



GO FUND ME FOR ASSISTANCE DOG

A veteran couple from Gympie has set up a Go Fund Me page to raise money for an assistance dog for their son. Six-year-old Mason has autism, ADHD, learning and language disorders and an intellectual disability. His professional team believe an assistance dog will help Mason be more functional, safer, and make it easier for him to go out in public. If you would like to donate, visit www.gofundme.com/ft3jf99e.



MALANDA COMMEMORATES BEERSHEBA CENTENARY

Malanda RSL Sub Branch commemorated the centenary of the Battle of Beersheba at Malanda RSL Citizens Memorial Club. It was attended by teachers and students from local schools, and family members of those who served in various engagements during this period. Marjorie Buckley and Bill Hapgood represented the brave soldiers.



MOUNT ISA MURALS

Stephen Carrington, left, Scobie Beasley, Steve Wollaston, Les Bunn, Tony Smith and Bob Burdon unveiled murals and a flagpole at the entrance to Mount Isa Lawn Cemetery on Remembrance Day.

BOWLS FOR VETERANS' HEALTH WEEK

Veterans and members of Malanda RSL Sub Branch, Men's Shed and the Bowling Club celebrated Veterans' Health Week with activities at Malanda Bowls Club on October 29. RAAF won the inaugural Tri-Service Plaque after a playoff between Army, represented by Ray Sutton, and Phil English OAM, representing the Air Force.



NEW LONE PINE FOR REGAL WATERS

Korean War Army veteran Geoff Barnes and Vietnam and Borneo Navy veteran Gerry Kluyt are pictured planting a new Lone Pine tree in Regal Waters, a community village for over 50s located in Bethania, on Remembrance Day.



LONE PINE FOR NATIONAL SERVICEMEN

The Memorial Gardens of the RSL National Servicemen's Sub Branch (Inc.) have a new Lone Pine tree, thanks to a donation from Federal Member for Griffiths, Terri Butler MP. Senior Vice President Ken Cort is pictured with Terri Butler and President Brian Besgrove.



ANNUAL NAVY WOMEN'S LUNCHEON GROWS

Nearly 70 female Navy veterans gathered for lunch at Hotel Jen at the Transit Centre in Brisbane on November 7. They travelled from as far afield as Townsville to attend, and represented groups that served from 1942 to 1998. Only two WWII ladies were present. The annual reunion is sponsored by the Navy Women (WRANS-RAN) Queensland subsection of the Naval Association, is open to current and ex-serving Navy women and includes veterans of the WRANS and the RAN. Ladies do not have to be members to attend, with numbers growing each year.



RSL SUPPORTS MOUNT ISA CADETS

North Queensland District helped Mount Isa 111 SQN Cadets with funding to purchase replica weapons for ceremonial activities, promotion courses and rifle drills. Pictured are CCPL Ryan Hardie, left, LCDT Mishmael Kelly, CCPL Alex Etherington, Acting CFLTSGT Ethan Farrelly and CSGT Caleb Farrelly.

COSTELLO PLACE HONOURS FORMER SUB BRANCH PRESIDENT

The area around the Rock of Remembrance in Windorah has been named Costello Place after former Windorah RSL Sub Branch President Martin James Costello, who originally installed the rock. This is thanks to his great nephew, Paul Scanlan, who visited the area while retracing the steps of his forebears in 2015. The rock is used as a focal point for Remembrance Day services in the district.



RSL HELPS SES

Redcliffe RSL Sub Branch provided a grant to enable the local State Emergency Group to buy an electric generator to provide portable power for radios, lighting, recharging small appliances and boiling a kettle. Redcliffe supports local Defence personnel, veterans and their families, as well as community organisations. Grants to community groups sometimes exceed \$60,000 a year. SES volunteers Sheila Barrett and Patrick Feltham are pictured with Sub Branch President Neville Cullen and SES Group Leader Dean Welsh at the RSL club.

WILLIAM LARKIN RECOGNISED FOR SERVICE TO VETERANS

Former National Serviceman Barry Larkin is pictured with memorabilia related to his grandfather William Arthur Larkin's service and involvement in the Returned Sailors & Soldiers Imperial League (RSSILA) after WWI. Barry, whose sister Ruby Luder is Secretary of Yeronga Dutton Park RSL Sub Branch, recently researched his grandfather's wartime and post-war history.

William was a Quartermaster Sergeant, who enlisted at Enoggera, served in the 42nd Battalion, and served overseas for two years and 169 days. He fought in many famous battles at the end of WWI, was gassed and shell shocked at Villers-Bretonneux, repatriated to England and then relocated to Australia. William's unit was eventually disbanded in October 1918.

After WWI, William realised that many sick and wounded soldiers needed ex-service organisations to represent them for rehabilitation benefits and welfare. Up to two-thirds of WWI veterans were gassed or wounded. William was District Organising Secretary for the

Brisbane District Office of the RSSILA at South Brisbane.

Although he wasn't paid for his efforts, his work was vital and resulted in membership growing from 2000 to 7000, and the creation of 17 new Sub Branches.

For his work with the RSSILA, William was invited to meet Prime Minister William Hughes at a function at Albert Hall in 1919, and General Sir WR Birdwood and Lady Birdwood at the University Grounds in 1920.

William Larkin's sons joined up during WWII and Barry and Ruby's father Beecher served in the Army for 17 years. Ruby's fondest memory of her grandfather is seeing him dressed in his dark coloured suit and waistcoat, with a fob watch attached.

Many years after her grandfather died, Ruby discovered that he wore the suit to hide scars on his arms from being gassed in the trenches in 1918. William was a courageous, hard-working and gentle man. He died at Eventide Home, Sandgate, aged 86, and is buried in the ANZAC section of Mt Gravatt Cemetery.



WAR ANIMAL MEMORIAL GARDEN OPENED

A memorial garden of purple Charles De Gaulle rose bushes planted around a bronze horse head sculpture has opened as a tribute to war animals in Newtown Park State Rose Garden in Toowoomba. The park covers 30 acres and includes many of Australia's finest roses. The memorial also honours the people who cared for, rode, handled or maintained the animals. The horse sculpture, *Soaring Spirit*, was made by international artist Susan Bahary, who created several Australian war animal artworks, including Australia's official war animal memorial at Pozieres, France. Toowoomba Mayor Paul Antonio is pictured laying a wreath on behalf of the Mayor of Pozieres, to link both towns and their war animal memorials.



WALKERSTON PLEYSTOWE AWARDS BURSARY

For the past seven years, Walkerston Pleystowe RSL Sub Branch has given the Fred Taylor Memorial Bursary in honour of a former revered Sub Branch member. Before he died in 2011, Fred played the bugle on ANZAC Day, Remembrance Day and at funerals for ex-service personnel. Each year, local students research the life of a fallen Digger as part of the bursary. This year, students from St John's Catholic School, Walkerston State School and Homebush State School researched James Mclay from the Walkerston area, who died on December 23, 1917, in Belgium.

MATESHIP



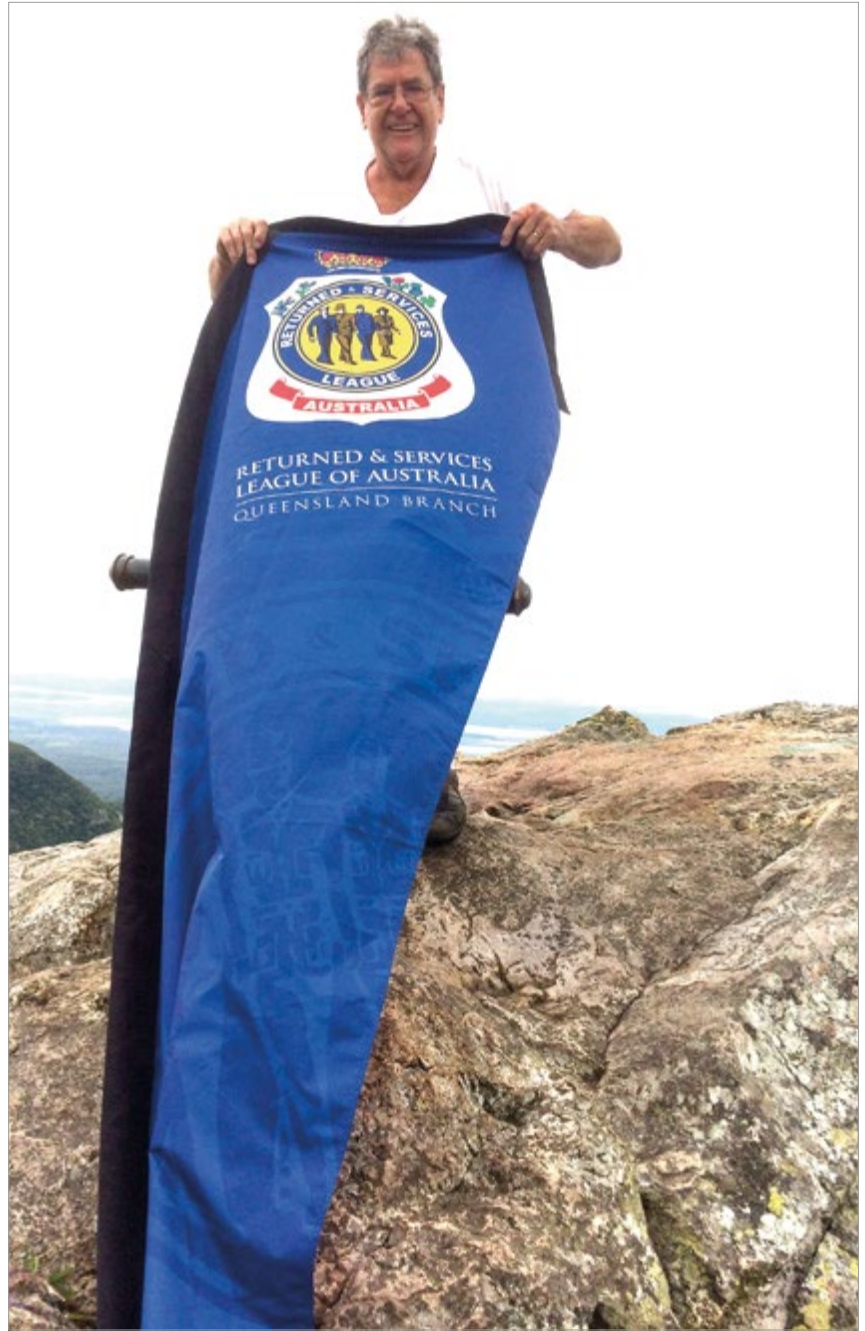
BEST WISHES FOR JEFF TICKNER

Boyne-Tannum RSL Sub Branch President Jeff Tickner has been in Brisbane Hospital for several weeks. Jeff had several tests, which led to a small operation, but is now firing on all cylinders. Sub Branch members wish him a speedy recovery and look forward to seeing him return.



DONATION TO WARHAVEN

Cairns and District Ex-Servicewomen's Sub Branch Secretary, Sandra Perry, is pictured donating two new recliner chairs to Warhaven Manager John Martin. Recently revamped by RSL Queensland, Warhaven offers modern, resort-style housing for Defence community members looking for medium- to long-term accommodation. The donation was followed by morning tea with several Warhaven residents. The recliners were purchased with proceeds of the Sub Branch's annual raffle.



TAKING RSL TO NEW HEIGHTS

Boyne-Tannum RSL Sub Branch and Boyne Tannum Men's Shed group organised six activities for Veterans' Health Week. As the theme was physical activity, they arranged four walks between four to six kilometres, an indoor session and 'The Challenge' - to climb 632 metres above sea level to Mount Larcom. The challenge was undertaken by five people aged from their early 30s to 75, including ex-reservist members of the Men's Shed group and a former national serviceman. Sub Branch Secretary Mike Robbins, almost 70 years old, is pictured holding the RSL banner at the mountain's peak.



OLIVE DONALDSON CONTINUES LIFE MEMBERSHIP LEGACY

Olive Donaldson, second from left, is the third person in her immediate family to be given the prestigious RSL Life Member award. Olive is a member of the Women's Auxiliary and was presented with the honour at the recent Sunshine Coast and Regional District luncheon. Olive's father was a founding member of Tewantin Noosa Sub Branch and received Life Membership in 1959, while her mother was a founding member of Tewantin Noosa Women's Auxiliary and received her Life Membership in 1970. Olive is pictured with various others who received Life Membership at the luncheon.



GORDON POWELL AWARDED LEGION OF HONOUR

Mareeba RSL Sub Branch member Gordon Powell was awarded the French Legion of Honour for his WWII service. Gordon served in the Royal Navy as a DEMS gunner, and his ship, the Freighter *Derrycunihy*, was sunk during the D-Day landings.



CAIRNS TO COOKTOWN CHALLENGE

Burleigh Heads RSL Sub Branch member Petty Officer Michael Beacham recently rode 333km from Cairns to Cooktown over three days with the HMAS *Cairns* cycling team. It was part of the 2017 Cardiac Challenge, an annual event to raise funds for the Far North Queensland Hospital Foundation.

The route passes through dramatically varying terrain and involves night camping in some remote locations. This was Michael's first year and his first time cycling in a large group. Camaraderie and support helped him overcome the ride's challenges.

Michael acknowledged generous donations from Burleigh Heads RSL Sub Branch, The Law Office in Cairns, and his family and friends. He has served in the Navy for 13 years and completed two tours of duty in Afghanistan.



POIGNANT COMMEMORATION OF BEERSHEBA

Hervey Bay RSL Sub Branch committee and President Brian Tidyman led a poignant ceremony to commemorate the centenary of the Battle of Beersheba at the War Memorial in Freedom Park on October 31. Hervey Bay locals are pictured at the commemoration.

FREEDOM OF ENTRY RENEWED

The 816 Squadron of the Royal Australian Navy has a long association with Caloundra City and Caloundra RSL Sub Branch. Freedom of Entry was first granted to the squadron 21 years ago and recently renewed at an impressive parade with a helicopter flying display. The Reviewing Officer, Rear Admiral Colin Lawrence OAM, is pictured with CPO Slavik, CO 816 Sqn Comdr Anthony Sauvage and Inspector Jason Overland, who challenged the Right of Entry.



SURPRISE VISIT BY JOHN 'SPEEDY' TOONEN

Harvey Bay veteran John 'Speedy' Toonen made a surprise visit to pay his respects at Mount Isa RSL Sub Branch's Vietnam Veterans Day commemoration. Speedy, pictured being interviewed by the local newspaper, served with Timo Pesonen from Mount Isa, who volunteered for active service and was one of the 521 Australians killed during the Vietnam War. Timo was returned to Mount Isa for burial, and this visit from his mate Speedy was an emotional day for the Sub Branch.

CARE PACKAGES FOR OVERSEAS TROOPS

Oakey RSL Club started a new Christmas tradition this year – assembling care packages for troops serving overseas. A young staff member suggested the idea and several volunteers created 50 packages of toiletries, pen and paper, lollies, ANZAC biscuits, packaged food and a personal handwritten Christmas card. Next year, the club is also planning to send packages to animals on duty overseas. Sonya Steinmuller, left, with her husband Oakey RSL President Trevor Steinmuller and General Manager Melissa Flynn.



Win beachfront luxury

A home steps from Kirra Beach

\$2.3 MILLION
FIRST PRIZE

TICKETS
ONLY
\$5



DRAW
352

OPENS 17TH DECEMBER 2017.
CLOSES 27TH JANUARY 2017. DRAWN 31ST JANUARY 2017.

RSL Art Union No. 352 Licence No. 29819 (by permission of the Queensland Office of Liquor and Gaming Regulation). ACT Permit No. R17/00171. VIC Permit No.10789/17. NSW Permit No. GOCAU/1964 TAS 27/01/18. Draw Date: Public draw 10am (AEST) Wednesday 31/01/18 at ANZAC HOUSE, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Promoter: Vic Reading, Locked Bag 4032, Fortitude Valley QLD 4006. number of tickets available for AU 352 is 2,400,000. Entrants must be 18 years or over to enter. Full terms and conditions are available at www.rslartunion.com.au



Just steps from Queensland's beautiful Kirra Beach, the unique design of this home offers uninterrupted ocean views from every bedroom and living space, giving you the ultimate in beachfront living.

The generous kitchen and open-plan living area lead onto the balcony that sprawls the entire length of the home and captures panoramic views from Surfers Paradise all the way to Coolangatta. Styled with \$93,376 worth of furniture and electrical appliances you can start enjoying this prize from the moment you move in.

Kirra Surf, 902/2 Creek Street, Kirra, QLD 4225

This house isn't open for inspection but you can take a virtual tour! Visit rslartunion.com.au

192 SQM HOME
 3
 2
 2
 AC
 BBQ
 POOL



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



Permit No. 75607. SA Permit No. M13406. WA residents not eligible to enter. First prize value: \$2,308,888. Second prize value: \$10,000 in gold. Third prize value: \$5,000 in gold. Close date: 6pm (AEST), Saturday. Conducted by Returned & Services League of Australia (Queensland Branch). Proceeds are for the purpose of veteran welfare and support in Australia. Prizes drawn in order (e.g. 1st, 2nd, 3rd). The total





MULTI-MILLION-DOLLAR WIN FOR SOON-TO-BE RETIREE

Nearing retirement age, Abigail Moreland* from Queensland's Sunshine Coast received a multi-million-dollar call on November 15 that has, in her words, "forever changed her life". RSL Art Union's General Manager Tracey Bishop revealed that she was the first-prize winner of Draw 350, and now the owner of a luxury property portfolio, with apartments in Noosa, Port Melbourne and Potts Point in Sydney valued at \$3.4 million.

When asked her reason for her loyal support, Abigail revealed that the cause was close to

her heart as her parents and grandparents both served in the war, adding that winning a prize would just be a bonus.

"We're 60, and we think, 'Oh gosh that would be lovely!'"

Well, her charitable contribution has certainly paid off in dividends, with a \$3.4 million win. Yelling down the phone to her partner, "You're joking?! Joe, we've won! WE WON THE ART UNION!", they were both in disbelief after receiving this life-changing news.

Abigail told Tracey that although they don't own a

house of their own, they have contributed \$50,000 to her daughter's house deposit to give her a good start in life.

"We were just going to bunk in with her!" she remarked.

Now, owning three luxury homes, Abigail has the choice to live mortgage-free in either her Sydney, Melbourne or Noosa property. Currently based in the Sunshine Coast, the three-bedroom beachside Noosa home may be the perfect option for her!

Becoming quite emotional, and ending the call with Tracey on a note that didn't leave one dry

eye in ANZAC House, Abigail exclaimed, "I've got to go now, I've got to go cry".

As a \$100 VIP book buyer, Abigail will also receive an additional \$135,000 in gold, which will go a long way in helping her settle into a now very comfortable retirement.

Congratulations to Abigail and all the winners of Draw 350!

From all of us here at RSL Art Union, thank you for your support, and we wish you the best of luck in our current lottery.

**Name changed for privacy reasons.*



'Tis the season to be jolly ... **IN MODERATION**

While no one is immune to serious illness, there are lifestyle factors that can significantly impact your level of risk. We don't want to put a dampener on your Christmas celebrations, but we would like to share with you a few things to keep in mind this silly season.



FOR most of us, December is the month for delicious food and a few celebratory drinks. Fatty foods and excessive alcohol can lead to high triglyceride levels, which may contribute to pancreatitis or hardening of the arteries. This increases your risk of stroke, heart attack and heart disease.

Most often, there are no symptoms of having elevated triglycerides. Weight loss, a healthy diet, exercise and restricting alcohol are recommended. Treatment to reduce triglyceride levels may include fish oil, vitamin B-3 (niacin) or other medication.

HDL cholesterol, also known as the 'good cholesterol', is a fat that circulates in your blood. Having a certain amount of cholesterol is normal, but if your good cholesterol is too low, or your bad cholesterol is too high, there are lifestyle changes and medications you can take to reduce your risk.

In addition to helping you lose weight, increased physical activity can lower your triglycerides, while increasing your HDL levels. Benefits can be seen with as little as 60 minutes of moderate-intensity aerobic exercise a week. Where possible, try to avoid trans fats. Foods prepared with shortening, such as cakes and cookies, often contain trans fats, as do most fried foods and some margarines.

The good news for those wishing to have a few glasses of 'Christmas cheer' is that moderate alcohol consumption has been linked with higher levels of HDL cholesterol. The key word here is moderate. For healthy adults, this means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger. Too much alcohol can cause weight gain, and may increase your blood pressure and triglyceride levels.

Research presented by Rebecca Theal from the Gallipoli Medical Research Foundation (GMRF) at the Australasian Military Medical Association (AMMA) Conference in October, found veterans with post-traumatic stress disorder (PTSD) were more likely to meet the criteria for metabolic syndrome compared to veterans without PTSD.

Metabolic syndrome is a collection of conditions/risk factors – including

“FOR MOST OF US, DECEMBER IS THE MONTH FOR DELICIOUS FOOD AND A FEW CELEBRATORY DRINKS. FATTY FOODS AND EXCESSIVE ALCOHOL CAN LEAD TO HIGH TRIGLYCERIDE LEVELS, WHICH MAY CONTRIBUTE TO PANCREATITIS OR HARDENING OF THE ARTERIES. THIS INCREASES YOUR RISK OF STROKE, HEART ATTACK AND HEART DISEASE.”

The Gallipoli Medical Research Foundation is committed to enhancing the health of our veterans and the wider Australian community. We're hard at work developing new treatment options for serious illnesses such as fatty liver disease and liver cancer.

“THE GOOD NEWS FOR THOSE WISHING TO HAVE A FEW GLASSES OF ‘CHRISTMAS CHEER’ IS THAT MODERATE ALCOHOL CONSUMPTION HAS BEEN LINKED WITH HIGHER LEVELS OF HDL CHOLESTEROL. THE KEY WORD HERE IS MODERATE.”

high blood pressure, obesity, high triglycerides, insulin resistance and low HDL cholesterol – that together increase your risk of stroke, heart disease and Type 2 diabetes.

The research presented at AMMA is part of the GMRF PTSD Initiative, a world-first research project investigating both the long-term physical and psychological toll of PTSD in Vietnam veterans.

The overall PTSD Initiative findings were published earlier this year in the *Medical Journal of Australia* by a multidisciplinary team of GMRF investigators in partnership with RSL Queensland. It found veterans with a diagnosis of PTSD displayed increased rates of poor health outcomes, including heart disease, gastric complaints and sleep disorders.

To find out more, visit www.gallipoliresearch.com.au. ←

TIPS FOR THE SILLY SEASON

Valerie Xin Pei Tay, who recently completed her Bachelor of Nutrition and Dietetics (Honours) at Queensland University of Technology, shares some tips you can use when attending a Christmas function this silly season.



Have a light snack or meal before – avoid going on an empty stomach; our body sends cues to reach out for unhealthy choices when we are hungry.



Use a smaller serving plate for portion control.



Limit yourself to a small serving of each dish/nibbles.



Fill plate with salads, lean meats and whole grains before fried foods and sweet desserts.



Be mindful of the dressing, gravies and sauces.



Drink plain water or lemon/mint-infused water with meals.



Chew and eat slowly – avoid eating and talking at the same time.



Sit away from where the food is served when chatting over food.



Discuss foods with friends/family and opt for healthier take-out choices e.g. salads, wholegrain sandwiches, baked over fried foods; or suggest a themed potluck, with healthy ingredients only.



Walk around the place and spend quality time with family and friends before taking food.



Ask yourself, “Am I hungry?” before heading for the next serving.



CAIRNS RSL SUB BRANCH VETERANS' HEALTH WEEK

Diverse ways of keeping active were on show at Cairns RSL Sub Branch's #letsgetphysical event.

AS part of Veterans' Health Week, Cairns RSL Sub Branch organised a free community event on October 26 in partnership with Far Northern District RSL, Department of Veterans' Affairs, Australian Military Bank, Smartline Mortgage consultant Aaron Latter and Defence Health.

The event, #letsgetphysical, was a huge success, with over 150 veterans, currently serving members, families and community members attending. It was an opportunity for veterans to try new activities, improve their physical

fitness, make new social connections and link with local veteran service providers.

The morning began with a 2.5km mindfulness walk along the Cairns Esplanade, led by veteran and Mayor Bob Manning, Cairns RSL Sub Branch President Buster Todd, the Commanding Officer of HMAS Cairns Commander Carl Capper RAN, Major Sarah Weiss of 51st Far North Queensland Regiment and 2017 Invictus Games competitor Graeme Marshall.

Mayor Manning highlighted

to participants the importance of incorporating physical activity into everyday living. Everyone was invited to participate in one of four sessions, including Army personal training, Navy personal training, body movement and yoga. They were designed to showcase diverse ways of keeping active.

"This was a fun, yet informative event, with stalls representing various organisations that can assist current and former serving personnel and their families," Cairns RSL Sub Branch President Buster Todd said. ←



CLOCKWISE FROM TOP LEFT:
 Personal training sessions were part of the health week activities; Lieutenant Commander Matthew Richardson, left, and Commanding Officer Commander Carl Capper of HMAS Cairns; Abs were at the core of training activities on the day; The mind and spirit weren't forgotten; Local school students were put through their paces; Major Sarah Weiss (51FNQR), left, Peter Hayton (Cairns RSL Sub Branch Director), Mayor Bob Manning OAM (Cairns Regional Council), Buster Todd (Cairns RSL Sub Branch President) and WO Michael Burrows (HMAS Cairns).



#LETSGETPHYSICAL



NO FRONT LINE

Australia's foremost investigative journalist goes deep into the heart of our Special Forces long war in Afghanistan.

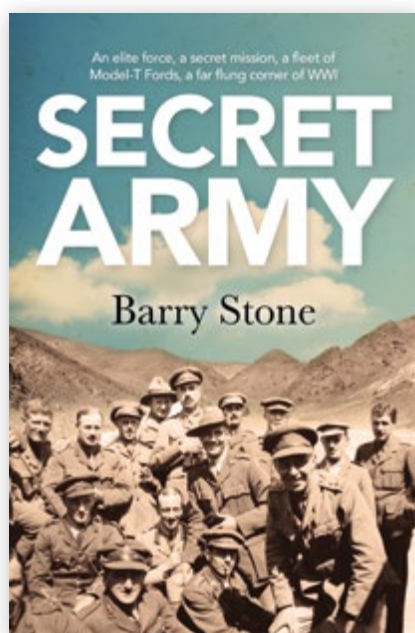
The soldiers of the SAS, the Commandos and Special Operations Engineer Regiment are Australia's most highly trained soldiers. Their work is often secret, their bravery undeniable, and for 13 years they were at the forefront of Australia's longest war. Shunning acclaim, they are the Australian Defence Forces' brightest and best-skilled.

In an extraordinary investigation undertaken over 10 years, Chris Masters opens up the heart of Australia's Special Forces and their war in Afghanistan. He gives voice to the soldiers, he takes us to the centre of some of the fiercest combat Australia has ever experienced, and provides the most intimate examination of what it's like to be a member of this country's elite fighting forces. But he also asks difficult questions that reveal controversial clouds hanging over our Special Operations mission in Afghanistan.

For Australia, there is no more important war to examine in detail. Afghanistan lives in our recent past and will continue to occupy our future. Masterfully told, *No Front Line* will find a place as one of Australia's finest books on contemporary soldiering.

No Front Line by Chris Masters is published by Allen & Unwin (RRP: \$34.99).

FOR YOUR CHANCE TO WIN one of three copies of *No Front Line*, email your name, address and contact number to editor@rslqld.org (with the subject 'War Flower') or post to 'No Front Line', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 29, 2018.



SECRET ARMY

This is the story of the 'Dunsterforce', a secret force of elite soldiers hand-picked from across the Allied forces, sent to the ethnic powder keg of the Caucasus in 1918 to defend British interests from the Ottomans, Cossacks and Germans. Little known today, this is a story of derring-do, exotic locations and dangerous encounters – and a fleet of 41 Model T Fords.

It was arguably the greatest fighting force in the entirety of The Great War. They were the very best: hardened, fearless, decorated, cocky fighting men – all veterans of Gallipoli and the Western Front. Yet how this elite force secretly assembled in London in late 1917 remains an enigma, even today.

Barry Stone tells the story of these Australian, British, New Zealand, Canadian and South African men, who matched wits with German spies and assassins. They fought the Turks. They dined with sheiks, outraged local mullahs, forged unlikely alliances with Russian Cossacks, helped Armenians flee genocide, and saved the lives of thousands of starving Persians.

This book is a rarity: a story set against the backdrop of war, filled not with bloodshed, but with acts of kindness and selflessness; a triumph of the human spirit.

Secret Army by Barry Stone is published by Allen and Unwin (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *Secret Army*, email your name, address and contact number to editor@rslqld.org (with the subject 'Defeating Terror') or post to 'Secret Army', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 29, 2018.



WE THAT ARE LEFT

Melbourne, 1941. Headstrong young Mae meets and falls head over heels in love with Harry Parker, a dashing Naval Engineer. After a whirlwind courtship, they marry, and Mae is heavily pregnant when she hears that Harry has just received his dream posting to HMAS Sydney. Just after Mae becomes a mother, she learns Harry's ship is missing.

Meanwhile, Grace Fowler is battling prejudice to become a reporter on the afternoon daily newspaper, *The Tribune*, while waiting for word on whether her journalist boyfriend Phil Taylor, captured during the fall of Singapore, is still alive.

Set in inner Melbourne and rural Victoria, *We That Are Left* is a moving and haunting novel about love and war, the terrifyingly thin line between happiness and tragedy, and how servicemen and women are not the only lives lost when tragedy strikes during war.

We That Are Left by Lisa Bigelow is published by Allen and Unwin (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *We That Are Left*, email your name, address and contact number to editor@rslqld.org (with the subject 'Last Hope Island') or post to 'We That Are Left', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 29, 2018.



QUEENSLAND RSL NEWS WINNERS

Edition 5, 2017

DEFEATING TERROR

G Chipman, Spring Hill

H Iserief, Kallangur

D Perks, Kingaroy

J Thomas, Svensson Heights

LAST HOPE ISLAND

R McManus, Bulimba

M Griffiths, Avoca

D Caton, Sunshine Beach

K May, Wondunna

THE CRYING YEARS

B Victorsen, Waterford West

M Kuilboer, Mitchelton

J Jones, Wyreema

J Greenhalgh, Aspley

WAR FLOWER

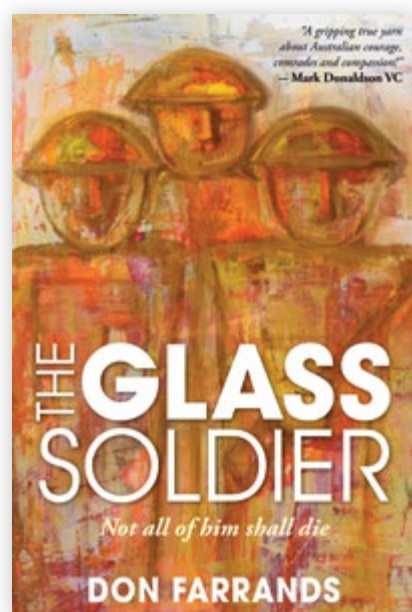
R Anderson, Surfers Paradise

M Wicks, Arundel

J Moore, Burleigh Waters

T Channelles, North

Rockhampton



THE GLASS SOLDIER

Nelson Ferguson was a stretcher-bearer on the Western Front in France in WWI. He survived the dangers of stretcher-bearing in some of Australia's most horrific battles. In April 1918, at Villers-Bretonneux, he was severely gassed. His eyes were traumatised and his lungs damaged.

Upon his return home, he met and married Madeline, the love of his life, started a family and resumed his career teaching art. But, eventually, the effects of the mustard gas claimed his eyesight, ending his career. Courageously enduring this consequence of war, he continued contributing to society by assisting his son and son-in-law in their stained-glass window business. Advances in medicine finally restored his sight in 1968, allowing him to yet again appreciate the beauty around him, before his death in 1976.

The Glass Soldier by Don Farrands is published by Big Sky Publishing (RRP: \$34.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Glass Soldier* email your name, address and contact number to editor@rslqld.org (with the subject 'The Crying Years') or post to 'The Glass Soldier', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 29, 2018.

COMMUNITY CONNECT

ARMY MUSEUM NEEDS VOLUNTEERS

The Army Museum South Queensland is seeking volunteers for the Barracks on Wednesdays. Various roles are available, depending on individual interests and capabilities. Tour guides are especially required, to assist with visitor information in a clear and confident manner. People with cataloguing and conservation experience are also needed. A background of Australian military procedures is an advantage, but not essential. All ages are welcome and training is provided. For more information, visit www.armymuseumsouthqueensland.com.au or contact WO Stan Albert via stan.albert@defence.gov.au or 07 3233 4531, or Bev Smith via bsmithys@bigpond.net.au or 0429 954 663.

CALOUNDRA RSL MILITARY DISPLAY

Caloundra RSL Sub Branch Military Display continues to grow, with recent extensions allowing the collection to be seen after hours. It includes an extensive library with DVDs and thousands of books. The display first opened in 2010 and is manned by Sub Branch volunteers. It is open from 10am to 2pm Tuesday to Thursday, and entry is free. Guided tours are available after hours for schools, scouts and ESOs. For enquiries or to book a tour, email billb@caloundrarsl.com.au or markg@caloundrarsl.com.au.

LOOKING FOR RAAF MEMBERS AT BUTTERWORTH

A veteran is searching for anyone posted to RAAF base Butterworth between 1968 and 1969, who was a member of the burial party for British casualties. During the Vietnam War, British citizens who wanted to fight in Vietnam joined the ADF. Some of these veterans were killed during their service and sent to Butterworth for cremation on the Isle of Penang. Pat Bulbrook was OIC of the burial party during this time.

If you were also posted to this base and can help Pat with a DVA matter, please contact him via aumax@tmtech.com.au, 0416 099 417 or 7 Gilford Crescent, Albany Creek, Qld, 4035.

NUCLEAR VETERANS IN NORTH BRISBANE

Nuclear veteran and Kedron-Wavell Sub Branch member Brian Sherlock, who served in the British Army (REME) at Maralinga from October 1958 to September 1959, is seeking other nuclear veterans in the north Brisbane area. Brian is hoping to find specific memorials for service personnel who served at nuclear test sites within Australia, and if there are any groups, programs or services for those veterans. If you have any information, email dunelmman@bigpond.com.

MEDALS FOUND

WWI Victory Medal of 610 PTE WJ Minion 5 LHR B Sqd C Troop. Contact Mike Glover on 0413 819 363 or mike.glover1@outlook.com. Medal, pictured, of WWI veteran William Hyslop, who passed away in Mount Isa in 1942, found in a bottle dump in Duchess 30 years ago. Please contact Mount Isa Sub Branch via mountisa@rslqld.org.

CRUISE TO WHITSUNDAYS FOR EX-SERVICE WOMEN

Ex-service women are invited to join a four-day cruise to the Whitsundays on the *Sea Princess*, departing Brisbane on March 8, 2018. For more information, contact Dee Elliott on deirdre_colin@bigpond.com.

ARMY MUSEUM SOUTH QUEENSLAND

- 'ANIMALS IN WAR' EXHIBITION

Australian military history abounds with accounts of how important animals have been during times of war. Commencing early in 2018, animal lovers and historians will delight in the next exhibition at Brisbane's Victoria Barracks, entitled 'Animals in War'. Meticulous research ensures that any display by Army Museum South Queensland is accurate. 'Animals in War' will include tributes to the camels, horses, mules and donkeys in WWI. In Vietnam and Afghanistan, many Diggers relied on their beloved dog mates, and these stories will be shown and illustrated. Tours (Wednesdays only) by individuals or groups must be pre-booked. The price of \$15 per person includes the exhibition, an escorted tour of Victoria Barracks precinct on Petrie Terrace, a formal Devonshire tea served in the original officers' mess, a souvenir booklet and a group photo. For more information, visit www.armymuseumsouthqueensland.com.au or contact Bev Smith on 0429 954 663 or bsmithys@bigpond.net.au.

VIETNAM VETERAN'S LIGHTER

A zippo lighter belonging to a Vietnam veteran was found in the sand at Calliope in May 2013. If you know the owner, contact Robyn Mibus on 0411 439 150.



DO YOU KNOW NEVILLE 'BLUEY'?

Do you know a Neville 'Bluey', who was in the Australian Army in WWII? Family friend Conrad Bruce (Bill) Chivers is looking for information about him. It is believed that 'Bluey' enlisted in the Army in Brisbane and served in Egypt. If you have any information, please contact cbchivers@westnet.com.au.

DO YOU KNOW JOHN MICHAEL SCOTT?

Gordon Beach is trying to locate his old Army mate John Michael Scott, who was born on November 17, 1926, and served in Vietnam as a military policeman. If you have any information about John, please email beachg@optusnet.com.au.



27 INTAKE RAAF APPRENTICES

A 45th anniversary reunion of the 27 Intake RAAF Apprentices will be held on the Gold Coast in 2018, and the organiser is seeking all original members of the intake, which formed in Wagga Wagga in January 1973. Contact Martin 'Dutchy' Holland on 07 5522 2255.

50 YEAR ANNIVERSARY REUNION BATTLES OF CORAL AND BALMORAL

The next 'Red Rat' reunion of the 1st Australian Task Force South Vietnam 1966-72 will be held on Phillip Island from November 15-19, 2018 to commemorate the 50th anniversary of the Battles of Coral/Balmoral. It will take place at the BIG 4 Phillip Island Caravan Park at 24 Old Bridge Drive, Newhaven, Victoria. For more information on the reunion, phone John Verhelst on 0437 212 121 or Bob Sutton on 0400 825 386. For caravan park bookings, phone 03 5956 7227, email info@phillipislandcpk.com.au or visit www.phillipislandcpk.com.au.

WWII VETERANS REUNION

WWII veterans are invited to gather at Kawana Surf Club twice a month for an afternoon tea. For information about the next meeting, contact Phil Wilkins on 07 5493 7821 or philwilkins27@optusnet.com.au.

RETURN TO CORAL AND BALMORAL 50TH ANNIVERSARY TOUR

The year 2018 will mark the 50th anniversary of the Battle of Coral/Balmoral, a heroic Australian battle and operation. At the request of several veterans, Walter Pearson of JCP Tours will organise a 12-day tour from August 9-20, 2018, to commemorate this historic event. For more information, phone 0424 177 590 or visit www.jcptours.com.au.

NEW EVENTS WEBPAGE!

rslqld.org/events



Do you have a reunion or important Sub Branch event you would like on our new RSL Queensland events webpage?

Let us help you promote it.
Email events@rslqld.org with the details.



LAST POST

Last Name	First Name	Service No.	Sub Branch
Szabo	Eugen	125064	Gatton Sub Branch Inc.
Youngman	Walter	QX54235	Redcliffe Sub Branch Inc.
Mills	Margaret	F1/60	Townsville Sub Branch Inc.
Ollett	Reginald	Q272742	Townsville Sub Branch Inc.
Kinsman	Maxwell	148478	Kedron-Wavell Sub Branch Inc.
Bliss	Patrick	QX34814 (Q63904)	Toowoomba United Sub Branch Inc.
King	Donald	B3460	Toowoomba United Sub Branch Inc.
McDonald	John	22189	Toowoomba United Sub Branch Inc.
Shaw	William	1294	Toowoomba United Sub Branch Inc.
Higgins	Gordon	8687/07 - 2781214	Innisfail Sub Branch Inc.
Coombs	Lorna	177151	Tweed Heads & Coolangatta Sub Branch Inc.
Smith*	Donald	NX207865	Hervey Bay Sub Branch Inc.
Eastoe	Harrison	B4274004	Seaforth Sub Branch Inc.
Martin	James	QX42220	Tweed Heads & Coolangatta Sub Branch Inc.
Cuthbert*	Kenneth	1/35906	Sherwood-Indooroopilly Sub Branch Inc.
Taylor	Kay	-	Tewantin/Noosa Sub Branch Inc.
MacKenzie	Kenneth	36373	Kenmore/Moggill Sub Branch
Bosworth	Edward	QX46538, 1400095 & 156919	Innisfail Sub Branch Inc.
Luscombe	John	148669	Innisfail Sub Branch Inc.
McQueen	Eileen	174183	Kedron-Wavell Sub Branch Inc.
Wonnacott	Raymond	23175227	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Brutnall	Harry	22421	Ravenshoe Sub Branch

Last Name	First Name	Service No.	Sub Branch
Jackson	Arthur	B3333	Yeronga-Dutton Park Sub Branch Inc.
Treeby	Henry	1702912	Kedron-Wavell Sub Branch Inc.
Ritchie	Barry	17620	Redbank Sub Branch
Manych	Charles	18357	Toowoomba United Sub Branch Inc.
Power	Thomas	1718405	Toowoomba United Sub Branch Inc.
Littlewood	Bryan	23365853	Kedron-Wavell Sub Branch Inc.
Whytcross	Edward	014362	Greenbank Sub Branch Inc.
Quinlivan	Paul	455204	The Gap Sub Branch
Kirkham	Leslie	QX52756	Bundaberg Sub Branch Inc.
Love	Gordon	R49559	North Gold Coast Sub Branch Inc.
Jones	Gordon	38844	Redlands Sub Branch Inc.
Dickinson	William	23514507	Bundaberg Sub Branch Inc.
Redshaw	Barry	A217616	Ipswich Sub Branch Inc.
Ashcroft	Gerald	979854	Southport Sub Branch Inc.
Dwyer	John	4/706759	Townsville Sub Branch Inc.
Nelson	Robert	CSS/ X839619	Currumbin/Palm Beach Sub Branch Inc.
Webber	Donald	A14053	Ipswich Sub Branch Inc.
O'Connor	John	3176695	Coorparoo & Districts Sub Branch Inc.
Wheate	Harold	A115085	Wynnum Sub Branch Inc.
Green	Robin	1201703	Ipswich Railway Sub Branch Inc.
Greer	John	2734364	Hervey Bay Sub Branch Inc.
Eickenloff	Ivan	1/702253	Bardon Sub Branch Inc.
Cairns	Peter	R59665	Greenbank Sub Branch Inc.
O'Reilly	Paul	NX505148	Pine Rivers District Sub Branch Inc.
Watson	James	CK/X572657	Kingaroy/Memerambi Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Smith	Keith	R45881	Hervey Bay Sub Branch Inc.
Spence	Colin	A37323	Currumbin/Palm Beach Sub Branch Inc.
Durrington	Trevor	2/716734	Hervey Bay Sub Branch Inc.
Biggs	Cedric	QX48949	Greenbank Sub Branch Inc.
Pardey	John	A27846	Bribie Island Sub Branch Inc.
Robson	Ernest	A12801	Centenary Suburbs Sub Branch Inc.
Robken	John	A110694	Toowoomba United Sub Branch Inc.
Wheeler	Barry	A123294	Hervey Bay Sub Branch Inc.
Houselander	Frederick	QX53543	Coorparoo & Districts Sub Branch Inc.
Dolerud	Leif	11-68768/59	Currumbin/Palm Beach Sub Branch Inc.
Edwards	Edwin	78117	Toowoomba United Sub Branch Inc.
Wolter	Alan	A12366	Nerang Sub Branch
Holding	Phillip	PM4026	Tweed Heads & Coolangatta Sub Branch Inc.
Flanagan	Thomas	R58381	Redlands Sub Branch Inc.
Jameson	Anthony	592895	Caloundra Sub Branch Inc.
Wilson	Stanley	13872	Southport Sub Branch Inc.
Foreman	James	506322	Mundubbera Sub Branch Inc.
Morris	Anne	N219972	Redlands Sub Branch Inc.
Cox	Roy	PJX522374	Sandgate Sub Branch Inc.
Hing	Frederick	A1742	Sandgate Sub Branch Inc.
Organ	Ronald	15725	Gaythorne Sub Branch Inc.
Tomley	John	79263	Gaythorne Sub Branch Inc.
Carr	Ronald	14464	Tweed Heads & Coolangatta Sub Branch Inc.
Ross	Ken	VX83046	Salisbury Sub Branch Inc.
Afflick	Colin	2/66384	Redlands Sub Branch Inc.
Starkie	Peter	14887	Greenbank Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Hetherington	Ronald	2/8214	Tweed Heads & Coolangatta Sub Branch Inc.
Bayada	Claude	NX152492 (N185170)	Tweed Heads & Coolangatta Sub Branch Inc.
Atkinson	Michael	N176127	Currumbin/Palm Beach Sub Branch Inc.
Atkinson	Michael	O22073	Currumbin/Palm Beach Sub Branch Inc.
Bennett	Raymond	A45803	Currumbin/Palm Beach Sub Branch Inc.
Gray	John	B4739	Kedron-Wavell Sub Branch Inc.
McFadyen	Ronald	213984	Bribie Island Sub Branch Inc.
Ferguson	Lex	A17713	Innisfail Sub Branch Inc.
Meikle	Robert	QX24211	Currumbin/Palm Beach Sub Branch Inc.
Morsby	Alexander	VX132290	Toowong Sub Branch
Lyons	Francis	2/700319	Springwood Tri-Service Sub Branch Inc.
Allum	Percy	170407	Redcliffe Sub Branch Inc.
Castleton	Harold	LFX76990	Wynnum Sub Branch Inc.
Kube	Daryl	610076	Kedron-Wavell Sub Branch Inc.
Ruthenberg	Colin	124899	Bundaberg Sub Branch Inc.
O'Hanlon	Douglas	QX59642 (Q143682)	Wynnum Sub Branch Inc.
Brindley	Claude	B3445	Pine Rivers District Sub Branch Inc.
Colborne	Eric	76853	Kedron-Wavell Sub Branch Inc.
Thomas	Walter	9234/366460	Beaunesert Sub Branch Inc.
Chapman	Bartlett	435611	Kedron-Wavell Sub Branch Inc.
McNae	Robert	161602	Yeronga-Dutton Park Sub Branch Inc.
Robinson	George	QX10242	Redlands Sub Branch Inc.
Pullen	William	38234	Runaway Bay Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Stewart	Cecil	QX45961	Ipswich Railway Sub Branch Inc.
Johnson	R	QX31401	Toowoomba United Sub Branch Inc.
Brassington	Noel	79058	Toowoomba United Sub Branch Inc.
Jensen	Joseph	QX34255	Killarney Sub Branch Inc.
Webster	Wilfred	426729	Cunnamulla Sub Branch
Graham	Donald	NX109315 (N225177)	Maroochydore Sub Branch Inc.
O'Connor	Leslie	422247	Maroochydore Sub Branch Inc.
Howlett	Charlie	336533	Wondai Sub Branch Inc.
Russell	Vivian	A120919	Emu Park Sub Branch Inc.
Renew	Jean	96021	Yeppoon Sub Branch Inc.
Wait	Don	QX19838	Mackay Sub Branch Inc.
Kent	Arthur	1200239	Townsville Sub Branch Inc.
Foden*	Anthony	72038	Cairns Sub Branch Inc.
Chalmers	Ronald	QX51363 (Q136352)	Kingaroy/Memerambi Sub Branch Inc.
Padget	Lionel	QX39849	Hervey Bay Sub Branch Inc.
Natt	Eva	176683	Caloundra Sub Branch Inc.
Mitchell	William	QX54397 (Q109348)	Tweed Heads & Coolangatta Sub Branch Inc.
Laurie	Ronald	NX176407 (N463749)	Beenleigh & District Sub Branch Inc.
Parsons	John	1200713	Redlands Sub Branch Inc.
Sully	Terrance	124000	Ipswich Sub Branch Inc.
McGowan	Garnet	NX129507 (N176026)	Southport Sub Branch Inc.
Flynn	Gerrard	123453	Deception Bay Sub Branch Inc.
Thompson	Leslie	28001	Bundaberg Sub Branch Inc.
Hickey	Ronald	425654	Glasshouse Country Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Richards	Allan	NX15814	Tweed Heads & Coolangatta Sub Branch Inc.
Stewart	Alexander	QX36121	Toowoomba United Sub Branch Inc.
Patterson	Ronald	75009	Bundaberg Sub Branch Inc.
McGee	Patrick	36158	Beenleigh & District Sub Branch Inc.
Bryce	Thomas	425828	Tweed Heads & Coolangatta Sub Branch Inc.
Rowe	Harold	QX46066 (Q49319)	Southport Sub Branch Inc.
Sjoberg	Lincoln	NX205709	Currumbin/Palm Beach Sub Branch Inc.
Lewis	Charles	WX39095	Toowoomba United Sub Branch Inc.
Davies	Terry	2744379	Beaudesert Sub Branch Inc.
Hansen*	Henry	2218793/49	Caloundra Sub Branch Inc.
Allwright	Raymond	NX42790/24713	Toowoomba United Sub Branch Inc.
Kent	Gary	A225911	Herbert River Sub Branch Inc.
Borrowman	George	NX51664	Bundaberg Sub Branch Inc.
Loose	Bert	QX64077	Caboolture-Morayfield & Dist Sub Branch Inc.
Caldwell	Wayne	A132045	Hughenden Sub Branch Inc.
Coleman	Lily	2032446	Nambour Sub Branch Inc.
Spann	George	453226	Caloundra Sub Branch Inc.
McGregor	Geoffrey	QX5815	Toowoomba United Sub Branch Inc.
New	Dennis	19047738	Bundaberg Sub Branch Inc.
New	Dennis	JX514093	Bundaberg Sub Branch Inc.
Blain	Ken	RM22697	Edge Hill/Cairns West Sub Branch Inc.
Haines	Peter	16670	Greenbank Sub Branch Inc.
Smith	Joseph	R208624	Mt Perry Sub Branch Inc.
Newman	William	4561	Caloundra Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Hudson	Maxwell	A2913	Mudjimba Sub Branch Inc.
Phillips	Ian	158098	Maroochydore Sub Branch Inc.
Algar	Raymond	QX501552	Maroochydore Sub Branch Inc.
Lannan	Laurence	219569	Redcliffe Sub Branch Inc.
Pulis	Paul	3411356	Kuranda Sub Branch
Smith	Frank	438121	Southport Sub Branch Inc.
Malcolm	John	A18592	Caloundra Sub Branch Inc.
O'Loughlin	Edward	2732517	Tweed Heads & Coolangatta Sub Branch Inc.
Easton	Douglas	A114972	Kedron-Wavell Sub Branch Inc.
Wilson	John	QX53274 (Q265699)	Bribie Island Sub Branch Inc.
Wallin	Keith	435892	Yeronga-Dutton Park Sub Branch Inc.
Groessler	William	551402	Gaythorne Sub Branch Inc.
Robertson	William	NX129772	Maroochydore Sub Branch Inc.
Eggleton	Jack	A1652	Maroochydore Sub Branch Inc.
Lane	Horace	QX64170	Bribie Island Sub Branch Inc.
Whitaker	Austen	151217	Bundaberg Sub Branch Inc.
Andrew	Leslie	Q9579	Caloundra Sub Branch Inc.
Bennett	Kevin	1701766	Townsville Sub Branch Inc.
Preston	Charles	150945	Toowoomba United Sub Branch Inc.
Schollick	George	QX37653	Gympie Sub Branch Inc.
Stewart*	David	1/765798	National Servicemens Sub Branch Inc.
Sparks	Robin	R54303	Townsville Sub Branch Inc.
Shaw	Lance	TX12205	Caloundra Sub Branch Inc.
Lewis	Warren	212797	Caboolture-Morayfield & Dist Sub Branch Inc.
Webb	William	A12201	Toowoomba United Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Webb	William	QX500126	Toowoomba United Sub Branch Inc.
McCoy	Ronald	3073	National Servicemens Sub Branch Inc.
Duff	Elwyn	137337	Caloundra Sub Branch Inc.
Smith	Dennis	22275233	Hervey Bay Sub Branch Inc.
Day	Donald	912292	Currumbin/Palm Beach Sub Branch Inc.
Anderson	Clarence	1/718724	Herbert River Sub Branch Inc.
Gibbs	Leslie	QX50917	Greenbank Sub Branch Inc.
Hall	Kathleen	F18240	Redcliffe Sub Branch Inc.
Preston	Charles	150945	Toowoomba United Sub Branch Inc.
Symes	Mervyn	Q146978	Kedron-Wavell Sub Branch Inc.
Blackbourne	Robert	212810	Caloundra Sub Branch Inc.
Grund	Bernard	1/725110	Emu Park Sub Branch Inc.
Garrigan	Owen	R129602/ 8075228	Highfields Sub Branch Inc.
Sollom	Geoffrey	2147640 / 8228151	Maroochydore Sub Branch Inc.
Harrison	Lisa	F326166	Caloundra Sub Branch Inc.
Simonds	Ronald	11752	Toowoomba United Sub Branch Inc.
Lenz	Andre	AFP4454	North Gold Coast Sub Branch Inc.
Crane	Roger	1 / 727538	Bundaberg Sub Branch Inc.
Walker	Ross	14100	Tewantin/Noosa Sub Branch Inc.
Daniels	Warwick	NP35794	Mudjimba Sub Branch Inc.
Garwood	Charlie	1647500	Gin Gin Sub Branch Inc.
Moon	Leslie	3/752215	Tweed Heads & Coolangatta Sub Branch Inc.
Wood	Ian	1205533	Bribie Island Sub Branch Inc.

WARHAVEN ACCOMMODATION UNITS AVAILABLE IN CAIRNS*

Offer for members

Learn more on page 12



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
QUEENSLAND BRANCH

*TERMS & CONDITIONS APPLY