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RSL NEWS

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*RSL Queensland
current membership: 33,036*

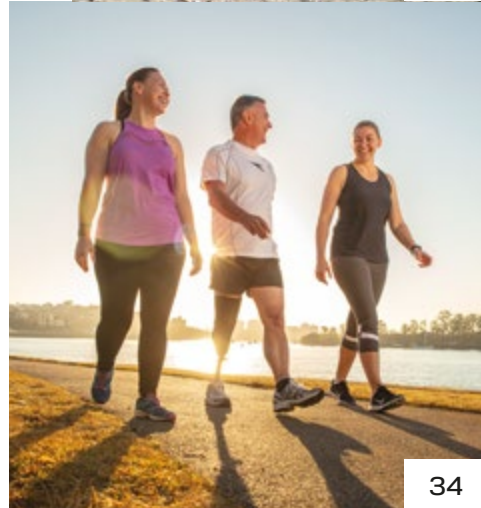
*Queensland RSL News average
distribution: 33,000*

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Front Cover

Andy and Zoe Cullen, pictured, with two of their four children, have rekindled their strong family connection after participating in the REBOOT Recovery program.

KEEPING OUR VETERANS SAFE

Fellow members and friends,

As you are likely aware, in mid-March we advised our Sub Branches to cancel ANZAC Day commemorations in light of the emerging Coronavirus public health emergency.

It's sad that we won't be able to commemorate this special day in a time-honoured fashion this year, but it's important that we follow the Federal Government's advice not to hold public gatherings of more than 500 people (and this number may be further reduced soon).

Our older veterans are particularly at risk from this virus, so we believe this is the responsible thing to do to ensure their health and wellbeing.

As we send *Queensland RSL News* to print, we are still considering options for commemorating ANZAC Day without placing veterans and the general public at risk.

Regardless of the form this year takes, we will *always* remember the dedication, commitment and sacrifice of our Defence forces, past and present.

STATE CONGRESS 2020 POSTPONED

As we go to print, the RSL Queensland Board has made the decision to postpone our 2020 State Congress until Sunday 6 September, due to the COVID-19 crisis.

We are now finalising the event plan and will release this information through the District Secretaries as soon as possible.

“OUR OLDER VETERANS ARE PARTICULARLY AT RISK FROM THIS VIRUS, SO WE BELIEVE THIS IS THE RESPONSIBLE THING TO DO TO ENSURE THEIR HEALTH AND WELLBEING.”

One of the most important items to be discussed during the Annual General Meeting will be our Constitution.

The Constitution Working Party has been working hard on a draft document that considers all the feedback submitted by members over the past couple of years. It is available for members to view on our website at rslqld.org/constitution.

I encourage you to read the

latest draft and familiarise yourself with the document prior to the AGM.

SUPPORT FOR SUB BRANCHES

Our 2025 Strategy emphasises the need for RSL Queensland to increase the support we provide to Districts and Sub Branches, and your Board is committed to this goal. The increased support includes access to professional

resources to enhance Sub Branch financial health and sustainability, improve governance standards and develop operational capability, including growing membership. RSL Queensland is excited about the many potential benefits of working more closely with our Districts and Sub Branches to regain our relevance and future-proof our organisation. This new way of working will be key.

Recently, however, there have been instances where substantial time and effort has been devoted to providing this type of support to Sub Branches in crisis, only for the Sub Branch Board to disregard the help. While it is each Sub Branch's right as an independent entity to either accept or reject the support and guidance provided, RSL Queensland cannot be held accountable for future outcomes should your Sub Branch choose to ignore it. I urge you to carefully consider the spirit in which this support is offered and the expertise being made available – in the interest of ensuring a thriving Sub Branch network into the future.



*Tony Ferris
State President
RSL Queensland*

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BRINGING OUR STRATEGY TO LIFE

Our focus in recent months has been resetting RSL Queensland's strategy. In order to achieve this, we did a great deal of work around restating our purpose as an organisation.

You likely read in the last edition of *Queensland RSL News* that our new purpose is "A bright future and enduring legacy for all veterans and their families."

Once we confirmed this as our purpose, it was important to understand who our customer was. Those two things together – understanding our purpose and gaining clarity around who we serve – led to the development of the new RSL Queensland 2025 Strategic Plan.

FUTURE FOCUS

In the next few months, we will focus on bringing the strategic goals we prioritised for 2020 to life. An important aspect of this is making sure our organisational structure enables effective delivery of those goals.

So, you will see and hear a lot of activity as we reorganise ourselves to ensure we are best positioned to enact the 2020 business plan.

Practically, in terms of our day-to-day work, several cornerstone pieces must happen this year.

One is developing a **member value proposition** that gives veterans a persuasive reason to join RSL Queensland. After all, I understand the significant challenge in retaining and

"THIS MEANS ENSURING THAT BOTH THE VETERAN POPULATION AND THE GENERAL POPULATION UNDERSTAND WHO RSL QUEENSLAND IS, WHO WE ARE NOT, WHAT WE DO, WHAT WE DON'T DO AND HOW WE ADD VALUE TO THE LIVES OF VETERANS."

growing the membership for Sub Branches.

The second is making sure we have a **compelling brand strategy**. This means ensuring that both the veteran population and the general population understand who RSL Queensland is, who we are not, what we do, what we don't do and how we add value to the lives of veterans.

Thirdly, we are focussed on ensuring all our resources are pointed in the same direction in terms of enhancing the already embedded **service delivery** programs from RSL Queensland.

This will be carried out in addition to the regular business of running our successful Art

Union and delivering services to hundreds of veterans.

DIFFERENT PERSPECTIVES ARE IMPORTANT

In recent months, I have been reminded about the value of different perspectives. It's been refreshing to hear many of the different perspectives that exist in this organisation – all of which are valid and all of which are welcome.

It's been useful for me personally, but also for the entire executive team, to tap into some of those different perspectives to ensure that as we reset our strategy we are listening to the voices of our

customers and stakeholders.

Generally, I think we are all aware and understand that perspectives are important. But in an organisation like RSL Queensland it's certainly been a great reminder that we need to take the time to stop and hear those perspectives.

WE VALUE YOU AS OUR CORE CUSTOMER

I want you, our RSL Queensland members, to be aware of the extent to which State Branch values you as our core customer and your role within our entire strategic plan.

Our priorities for 2020 are framed around making sure that we're better able to support you. Our customers include our more than 33,000 members as well as our Sub Branch and District organisations, and indeed all veterans in this country.

I understand that sometimes limited information makes its way out to the front lines. But my message to you, to the members, is that we've heard your voice and we understand the responsibility State Branch has in ensuring your needs are met.



Melanie Wilson
Chief Executive Officer
RSL Queensland

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OUR GOAL: EXPAND VETERAN SERVICES

Welcome to 2020. I hope you all had an enjoyable festive season and that your family and friends played a key part in your happiness over the holidays.

We are now in the process of operationalising the first horizon of our 2025 strategy. This element of the strategy concentrates on supporting our veterans through additional services, greater reach and an increased understanding of what our Defence family needs.

EMPLOYMENT PROGRAM LAUNCHES IN SOUTH AUSTRALIA

One of the major goals of the 2025 strategy is to expand our services.

By the time you read this, we will have launched the RSL Employment Program into South Australia. The program will support South Australian veterans in finding meaningful employment in the same way our current program does in Queensland.

Following the success of our Queensland program, the Federal Government provided a grant to expand it nationwide. We are now starting to work with other states and territories, beginning with South Australia, to deliver this outstanding program around the country.

This is a great example of how RSL Queensland's investment in practical, veteran-focused services can have positive outcomes for our Defence family more broadly.

It's also great to see RSL Queensland and RSL South Australia working closely on what

“FOLLOWING THE SUCCESS OF OUR QUEENSLAND PROGRAM, THE FEDERAL GOVERNMENT PROVIDED A GRANT TO EXPAND IT NATIONWIDE. WE ARE NOW STARTING TO WORK WITH OTHER STATES AND TERRITORIES, BEGINNING WITH SOUTH AUSTRALIA, TO DELIVER THIS OUTSTANDING PROGRAM AROUND THE COUNTRY. THIS IS A GREAT EXAMPLE OF HOW RSL QUEENSLAND'S INVESTMENT IN PRACTICAL, VETERAN-FOCUSED SERVICES CAN HAVE POSITIVE OUTCOMES FOR OUR DEFENCE FAMILY MORE BROADLY.”

continues to be one of the major hurdles for our ex-service community – finding both meaningful and suitable employment.

INCREASING QUALITY OF LIFE

Back in 2017, we conducted the Defence Family Research Project.

This research demonstrated significant variation in the quality of life of veterans at different points along their Defence journey. This includes transitioning into military life, during service, transitioning out of service, and once veterans are no longer serving.

Coupled with other ongoing

research, we will work to monitor the improvement or decline in our individual clients' personal wellbeing. We want to learn whether programs they participate in improve or have little effect on their wellbeing.

This will allow us to ensure we are being as holistic as possible when providing support. More importantly, it will give us tools to help identify where veterans and their families may require additional help and resources, before they get into crisis.

This is a great opportunity for us to become better at predicting our clients' needs and supporting them into wellness. Once we understand what they need, we can measure what we, our partners or others are doing and determine whether it is having a marked effect on their overall quality of life.

I will continue to provide progress updates in *Queensland RSL News*, and I look forward to meeting with many of you throughout the course of the year.



Robert Skoda
General Manager Veteran Services
RSL Queensland

PROGRESS REPORT: 2020 CONSTITUTION

The draft 2020 Constitution has now been published to the RSL Queensland website for consideration by members prior to the 2020 RSL Queensland AGM. We urge all Sub Branches to review this document and determine their position for the upcoming AGM vote by your delegates.

This is an important moment in the history of our organisation – while we have been representing veteran interests for more than 100 years, we are embarking on a bold new vision to grow our influence and advocacy across Australia. This will enable us to serve veterans and their families and ensure RSL Queensland remains relevant.

To do this, we need to continue evolving to meet the public expectations of us as a member organisation and modern charity. Our Constitution is a crucial part of the puzzle that will enable us to deliver on our mission.

Member feedback throughout the consultation process has enabled the development of a Constitution which:

- Incorporates strengthened delegate processes to ensure Sub Branches remain able to vote on key issues affecting the League's future
- Strengthens and grows our critical Sub Branch network
- Aligns membership eligibility to enable growth into the future
- Ensures members retain their voice and influence across the organisation.

Some of the feedback received indicates some confusion about specific content contained in the Constitution. To help members and Sub Branches in the review process, we've made a comparison document available on the website – this is a summary of the changes between the current (2015) Constitution and the proposed 2020 Constitution.

The adjacent Quick Facts also summarises some frequently asked questions received by the Constitution Working Party.

www.rslqld.org/constitution

QUICK FACTS ABOUT THE DRAFT 2020 CONSTITUTION

WHAT CHANGES HAVE BEEN INCORPORATED INTO THE PROPOSED DRAFT?

The Constitution Working Party has considered all feedback submitted, using the current 2015 RSL Queensland Constitution as a base. The broad themes of changes to the document include: the make-up of the Board, changes to ensure consistency with the RSL National Constitution, and changes to membership eligibility to require only one day of service (in line with the new DVA definition).

WHAT IS THE PROPOSED MAKE-UP OF THE BOARD?

Under the proposed 2020 Constitution, the Board will comprise eight mandatory roles: three Executives (State President, Deputy State President and Vice State President), four Directors directly elected by members and one State Council President who is the chair of the Council of District Presidents. The State Council is a Board Sub Committee with the remit to focus on issues at District level.

These eight mandatory roles must all be members of RSL Queensland. Should it be deemed (as a result of a Board skills evaluation analysis carried out by an independent governance firm) there is a skills gap across the eight mandatory roles, the Board may also appoint up to two additional (and optional) Directors, who will preferably be drawn from the membership. The additional two Directors will only be appointed if there is a skills gap identified within the mandatory Board roles, and to ensure RSL Queensland's Board has the right skills and expertise to provide ongoing strategic oversight and steward the organisation into the future.

HOW WILL DIRECTORS BE SELECTED?

Seven of the eight mandatory roles will be elected directly by Sub Branch delegates at RSL Queensland AGMs. To transition to the new Board, the existing Executive will be appointed, and members can nominate for the other four Director positions after the AGM. Districts and Sub Branches will then vote on those four Director positions, which will come up for election on a rotational three-year basis.

The State Council President will be chosen from the 10 elected District Presidents as their committee Chair.

If required to be appointed, the two optional Director roles will be sourced from within the RSL Queensland membership. However, if the required skills and expertise cannot be identified from within the membership, the role/s may be more widely advertised.

HOW IS THE SKILL GAP DETERMINED?

The required Board skills and expertise are determined by the organisation's strategy, which was finalised in late 2019 and is available on the RSL Queensland website and covered in-depth in the last edition of *RSL News*.

Based on our 2025 strategy, a Board skills matrix is currently being developed, for review by the Board Nomination and Remuneration Committee and recommendation to the Board.

WHEN WILL BOARD POSITION DESCRIPTIONS BE MADE AVAILABLE TO MEMBERS?

It is anticipated these will be published in early May for all members to consider their eligibility for the available Director positions, should the Constitution be adopted at the 2020 AGM.

NEWS



VETERAN CENSUS WILL FACILITATE ENHANCED SERVICE DELIVERY

For the first time since the 1930s, Australia's Defence community will be counted in the 2021 Census.

This is extremely important as it will provide us with more accurate information about how many current and ex-serving ADF members there are and where they're located. This, in turn, will help RSL Queensland ensure we're providing the support services our Defence family needs, when and where they need them.

"For the first time, we'll have a clear picture of exactly how many

veterans there are among the Australian population, as well as demographic data such as their ages and locations," says RSL Queensland General Manager Veteran Services Rob Skoda.

"Greater clarity about the veteran population and their needs is critical to ensuring adequate resources are deployed where veterans are located, and that our services meet their needs more effectively."

The Federal Government made the announcement in February.



VALE TERRY MEEHAN

Former RSL Queensland State President Terry Meehan AM passed away on 23 December 2019, after battling cancer for more than three years.

Terry served in the Navy for 20 years and then in the police force, before retiring and serving as President of both RSL Queensland from 2011-15 and Maroochydore RSL Sub Branch.

RSL Queensland is grateful to Terry for his extensive contribution to the Defence community and we extend our sincere condolences to his family.

EMPLOYMENT PROGRAM TO EXPAND NATIONALLY

The RSL Queensland Employment Program will roll out nationally from this year, starting with South Australia. This great news is thanks to a \$6 million grant by the Federal Government, which will be administered by RSL National. The Employment Program was chosen as the model for national expansion due to its success in Queensland.

The program helps veterans and their partners gain meaningful employment. Since it launched in April 2018, we have accepted



476 veterans into the program and helped secure 251 roles.

RSL Queensland General Manager Veteran Services Rob Skoda said the organisation was proud of the results its employment program had achieved in Queensland and was confident the model would enjoy continued success on a national scale.

“RSL Queensland exists to provide wellbeing and welfare support to veterans and their families,” says Rob.

“Part of this involves helping veterans find employment that gives them purpose, direction and a fulfilling post-service career.

“We’re very excited to be supporting the national rollout of the program.”

In other news, the program has been shortlisted for a Prime Minister’s Veterans’ Employment Award. We were recognised in the Excellence in Supporting Spouse Employment Category.

AUSSIE INVICTUS GAMES TEAM ANNOUNCED

Congratulations to the 32 current and ex-serving Aussie veterans selected to compete in the Invictus Games The Hague 2020 from 9-16 May in the Netherlands.

Special mention to the 11 Queensland athletes: Mark Armstrong, Taryn Barbara, Shane Bramley (co-captain), Peter Brown, Trent Forbes, Stephen French, Braedon Griffiths, Damien Irish, Emma Murfet, Sarah Petchel (co-captain) and Shannon Stewart.

The Games were established in 2014 for serving and former military personnel who have been wounded, injured or become ill during their military service. This year will be the fifth time they have been staged.

They use the power of sport to motivate recovery, support rehabilitation and generate a wider understanding of the sacrifices made by the men and women who have served their country.

Best of luck to all the Team Australia athletes as they ramp up their training in preparation for the Games.



(Photo: Department of Defence)

RSL MEMBERS ON AUSTRALIA DAY HONOURS LIST

Congratulations to the eight RSL Queensland members recognised on the 2020 Australia Day Honours List. They were:

- **Lieutenant Colonel Judd Andrew Finger CSC** – Clermont RSL Sub Branch. For outstanding devotion to duty as Commander Joint Task Group 629 on Operation AUGURY from February 2018 to October 2018. LTCOL Finger is pictured addressing the media at Russell Offices, Canberra in October 2018.
- **Peter Kelly OAM** – Tiaro RSL Sub Branch. For service to veterans and their families.
- **Barbara May Dawson OAM** – Geebung Zillmere Bald Hills Aspley RSL Sub Branch. For service to veterans and their families.
- **Elva Margaret Henderson OAM** – Bribie Island RSL Sub Branch. For service to veterans and their families.
- **Ashley Alfred Cupitt OAM** – Atherton RSL Sub Branch. For service to the community of Yungaburra and to boxing.
- **Peter William Boyes OAM** – Southport RSL Sub Branch. For service to the community of Queensland.
- **William Arthur Goodrem OAM** – Surfers Paradise RSL Sub Branch. For service to the communities of the Mornington Peninsula and Southport.
- **Valerie Mary Rooney OAM** – Greenbank RSL Sub Branch. For service to war widows and to the community of Logan.



IDEAS WANTED FOR RSL EDUCATION PAGE

Do you know a unique place in your local area – or within your Sub Branch – where students can learn about Australia's Defence history?

We are currently building a page on the RSL Education website where teachers can get ideas for school excursions.

It could be a local museum with fantastic memorabilia, a Sub Branch that deserves to be featured or a hidden site of military significance.

Please send your ideas to education@rslqlld.org.



RSL QUEENSLAND WELCOMES ACTION ON VETERAN SUICIDE

RSL Queensland has welcomed the Prime Minister's announcement that he will appoint a National Commissioner for Defence and Suicide Prevention.

RSL Queensland President Tony Ferris said the move was a welcome development that would allow a flexible response to the serious issue of veteran suicide.

"Those of us who have served feel it deeply when a fellow veteran takes their own life," said Tony.

"The Government's appointment of a permanent independent commissioner will shine a light on this serious issue."

He said the ongoing remit of the new office showed that the Government was prepared to act quickly to remedy issues.

"The static nature and lengthy duration of a Royal Commission – which examines historical issues and is limited in scope by its Terms of Reference – was a concern. We have always believed that urgent action was needed.

"The new office will be more nimble and able to evolve in response to changes in the situation, policy and approach from DVA. The appointment of a veteran family advocate is also a positive development, as it will give veterans the opportunity to provide input into policy development."

He said supporting veterans who were struggling with mental health issues remained RSL Queensland's highest priority.

"While the Government gets on with the business of setting up this new office, RSL Queensland will be doing what we do best – providing practical support and assistance to veterans and their families in need."

2020 STATE CONGRESS

The RSL Queensland State Congress will be held in Brisbane on 26-27 June. Further information will be available through your District Secretary for delegates attending the event.

The RSL Queensland Board intends to take a revised Constitution to vote at the 2020 AGM. A Constitution Working Party has been convened to develop the draft Constitution, which has been available for members' review.

[Visit rslqlld.org](http://rslqlld.org) for more information.

SIGNIFICANCE OF OUR MEDALS

On occasions such as ANZAC Day, we see servicemen and women wearing medals, but unless community members speak to that person, they would not understand where they served.

We must promote the different medals, embellishments and citations worn by these people. I would like to see the RSL providing links to obtain this information, so the community can be proud of their service.

I was in the Australian Regular Army from 1963 to 1984 and went to Vietnam in January 1968. I was a vehicle mechanic with the 1st Armoured Squadron Workshops, RAEME (Royal Australian Electrical and Mechanical Engineers) and I repaired and recovered the first Centurion Tanks to go to Vietnam in February 1968. We were attached to C Squadron, 1st Armoured Regiment.

The medals, embellishments and citation I received were the Australian Active Service Medal 1945-75 with clasp Vietnam, Vietnam Medal, Defence Force Service Medal with Bar, National Medal, Australian Defence Medal, South Vietnam Campaign Medal (Star) with 1960 scroll, Returned From Active Service Badge and the Army Combat Badge.

In May 2018, I received the Insignia to the Unit Citation of Gallantry, as I was in the Battle of Balmoral in May 1968. I was on the Centurion Armoured Recovery Vehicle (ARV), attached to C Squadron, 1st Armoured Regiment.

The Unit Citation for Gallantry recognises gallantry in action by units of the Defence Force and by units of the Defence Forces of other countries. It is awarded to a unit only for acts of extraordinary gallantry in action. The Unit Citation of Gallantry is fifth below the Victoria Cross for Australia (VC).

Des Kearton

RSL Life Member

Kedron-Wavell RSL Sub Branch



NOTE FROM THE EDITOR:

The Department of Defence is the best place to access information about Australian Defence honours and awards. Visit defence.gov.au/medals

VISIT THE MARYBOROUGH MUSEUM

I revisited the Maryborough Military and Colonial Museum recently, together with the nearby WWI memorial. The museum continues to impress me with its vast array of items, which change constantly to retain the interest of returning visitors. There are stunning displays of medals, uniforms, memorabilia and bios of people who helped shape our military reputation.

This museum is second only to the AWM in Canberra and I strongly recommend those with an interest in our military history pay a visit. The WWI memorial is unique and a magnificent tribute to those who served, with the designers and planners capturing the essence of the WWI battlefields. I walked though the memorial and then sat listening to the free recorded commentary with my eyes closed, which sent shivers down my spine.

Frank Reid

Boonah

CONGRATULATIONS ON A GREAT EDITION

Congratulations on producing an excellent/readable Ed 4, 2019 of *Queensland RSL News*. It was the first time that I sat down and read each article with interest.

I liked meeting the new executive and the brief on the new CEO. I await the next issue.

Michael Callanan

Holland Park/Mt Gravatt RSL Sub Branch

INCLUDE **VETERAN** NAMES IN CAPTIONS

Firstly, I love your magazine and read it cover to cover. I was reading Ed 4, 2019 and saw a picture on page 77 with a plaque honouring Vietnam veterans. It disappoints me to see the name of Mayor Liz Schmidt and Graham Lohmann but not the names of the vets for whom the plaque represents.

The same applies on page 81 for Vietnam Veterans' Day in Stanthorpe. It is nice to recognise the old soldiers and give them a name. I realise that if you are given the photos without names it's not your fault, maybe that can be rectified.

I am a 96-year-old WWII digger, having served in Morotai and British North Borneo as a dispatch rider.

Jeff Oliver

Chancellor Park

NOTE FROM THE EDITOR:

We agree that it is important to recognise our veterans and do our best to include their names where possible. We do ask that all magazine submissions provide a caption with this information, however, you are correct in your assumption that this does not always occur. We remind all contributors to please provide these details.

WE MUST REMEMBER **BROODSEINDE RIDGE**

On ANZAC Day 2014, *Guardian* journalist Nick Evershed published the result of his research from the Australian War Memorial's Roll of Honour. It was titled 'Australian war deaths: a graphic analysis of more than 102,000 records.'

One detail he noted was the 751 deaths recorded at the Anzac Cove landing in 1915.

Another more surprising, yet not remembered detail, was that the worst single day in Australian military history occurred during WWI on 4 October 1917. The AWM roll of honour shows that 1,279 Australian troops died on one day fighting for Broodseinde Ridge in Belgium during the battle of Passchendaele.

I believe we should spare a thought for those we lost on that special day. I wonder if anyone knows in what manner they were lost? We should take a special look into our history with this new information.

For me, the term Lest We Forget means we can only remember what we know or are taught – either from our own family history or a school curriculum.

However, now we know the significance of this worst single day, we must engrave this day in our memories, because this day has been forgotten.

Paul Carolan
Mount Archer

WHEN IS AN RSL NOT AN RSL?

When I read the State President's message in Ed 4 2019 'When is an RSL not an RSL?', I was completely surprised by the fact that not all RSL Clubs provide financial support to Sub Branches.

I suggest there should be a clear distinction between Clubs and Sub Branches. Clubs not providing financial support should be known only as RS Clubs, they should have no relationship with the League.

Most of the general public will automatically think there is a direct link with the Clubs and believe that by buying drinks, playing pokies and eating they are supporting Sub Branches, which is not the case.

I have attended some RSL Clubs which do not accept my RSL membership card or even other RSL Club cards and I had to sign in just like the general public. These so-called RSL Clubs are purely run as a business and not worthy of the title RSL.

Ken Puffitt

Tiaro RSL Sub Branch

NOTE FROM THE EDITOR:

At our suggestion, Paul is writing an article about the Battle for Broodseinde Ridge for the next edition of *Queensland RSL News*. It should also be noted that while the largest number of Australians died on 4 October 1917, almost 2,000 casualties died as a result of the battle of Fromelles on 19 July 1916, making Fromelles the deadliest battle in Australian history.



A UNI THAT KNOWS THERE'S MORE TO LEARN

With the diagnosis of chronic stress, trauma exposure and PTSD becoming more prevalent, it's never been more important to ensure you're staying up to date with best practice. CQUniversity's Traumatic Stress Management courses will provide you with the skills to assist in the identification and management of these health complexities. What's more, they're available via our flexible online study mode, so you can balance study with work and your lifestyle.

- » **GRADUATE CERTIFICATE IN STRESS AND TRAUMA RESPONSE**
- » **GRADUATE DIPLOMA OF TRAUMATIC STRESS MANAGEMENT**

Find out more and apply cqu.edu.au





RSL HELPS WITH THE BUSHFIRE CRISIS

In response to the catastrophic bushfires that tore through the land over the 2019/20 summer season, RSL Queensland has crossed borders to provide support for veterans in bushfire-affected communities.





STAFF CONTRIBUTE

RSL Queensland staff also did their part by holding a Bushfire Appeal in January. Staff members contributed by baking food, organising a morning tea and donating a total of \$3,420.

The executive leadership team matched this amount dollar for dollar, resulting in a \$6,840 cheque being presented to the Salvation Army. The funds will enable them to provide ongoing care and support for at least seven families as they rebuild their lives.

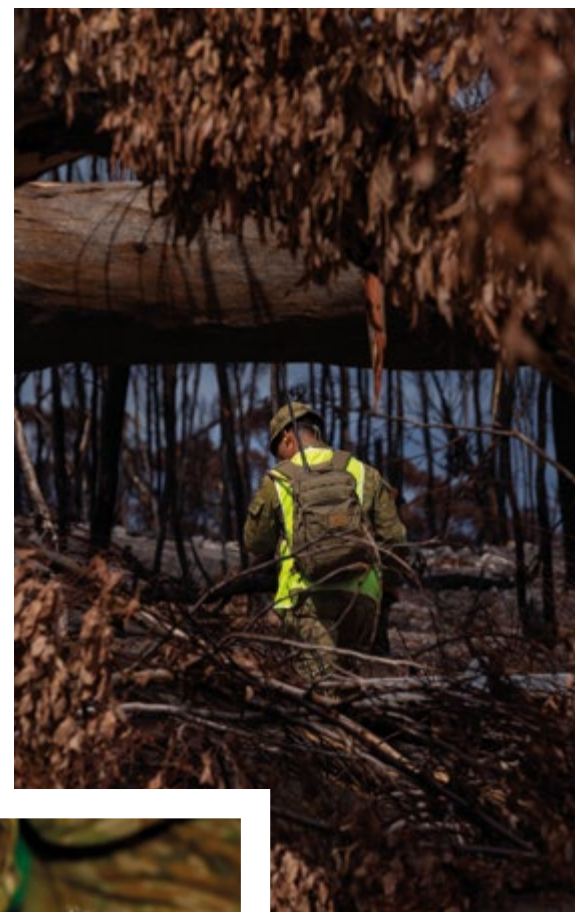
Speaking at the fundraising event, RSL Queensland CEO Melanie Wilson thanked staff members for their generous response.



Since the blazes first ignited in September 2019, the bushfire crisis has touched us all deeply. It is impossible not to be affected by the scale of this national tragedy.

While RSL Queensland will, of course, continue supporting the Defence family here in Queensland, we also recognise that our broader Defence family in the southern states has been heavily impacted.

That's why we donated \$100,000 to support veterans in bushfire-affected regions throughout Australia. The money will be administered by RSL Australia to ensure it is directed where it is most needed.



“This has been an unprecedented, tragic summer season, with the bushfires burning across much of Australia,” Melanie said.

“As of this morning, the death toll has reached 28 fatalities, more than 2,500 homes have been destroyed and 6.5 million hectares of land has burnt to the ground, impacting almost one billion animals.

“As a team, we are in a position to do our bit to help those in need. And for that, I want to thank each and every one of you. It truly made me proud to be part of this team. The care and the support and the kindness that has been shown over the past week or so has been nothing short of incredible.”

FUNDS SUPPORT THOSE DESPERATELY IN NEED

Gratefully accepting the donation, Major Neil Dickson from the Salvation Army said, “In a disaster such as our country is facing at the moment, we all

need to come together and work together for those who have been impacted.”

“The funds that you’re donating will support people who are really desperately in need. Every donation makes an incredible difference when we all band together,” MAJ Dickson said.

ADF STEPS UP

The Australian Defence Force has been heavily involved in dealing with the disaster. At the time of going to press, approximately 5,400 ADF personnel, including about 1,400 reservists, were supporting Operation Bushfire Assist.

They have focused on assisting state authorities to reopen roads, restore essential services and deliver emergency food, water and fodder to affected communities.

Several Sub Branches also organised fundraising events and collected donations from members. 14



(Photos: Department of Defence).



Shoulder to shoulder with our Defence family in Oct–Dec 2019.



62 individuals and families
helped into safe,
permanent housing



394 nights
spent in RSL short-term
accommodation



\$190,000+
provided in crisis funding



3,816
calls handled



32 jobs found
for veterans and their partners



1,559 DVA
claims handled

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

Find out how we can help you.

134 RSL | rslqld.org




RSL
Queensland



THE
HEALING
MAGIC OF
ALABAMA
OUTBACK
RETREAT



Set on 50,000 hectares in remote Queensland, Alaric Outback Retreat provides a peaceful refuge for ex-service people, first responders and their families, who want to get away from it all.

 Nicholas Falconer

You could say the founders of Alaric Outback Retreat are continuing an Australian custom that first occurred in Alaric way back in 1918 – an unwritten promise that ‘mates will always be there to help their mates’.

The original owner of Alaric in 1918 was Corporal JC (James Chum) Tully, who returned from the horrors of WWI with his left arm wounded from a machine-gun burst and a depressed skull fracture, possibly from a shell striking his helmet.

Under a settlement scheme designed

to aid returned veterans, Chum drew Alaric, a block of about 12,000 hectares near Quilpie. He chose to employ only returned veterans and help them rebuild their shattered, shell-shocked lives.

Chum apparently refused to grow beetroot on the property as it reminded him and his colleagues of the horrific injuries they saw during the bloody fighting.

FOUNDED BY VIETNAM VETERANS

Today, the property is known as Alaric Outback Retreat and registered

with the Australian Charity and Not-for-profit Commission (ACNC). Co-founded by two Vietnam veterans, Lenny Thompson OAM and Ted Robinson, it is a working cattle property of around 50,000 hectares.

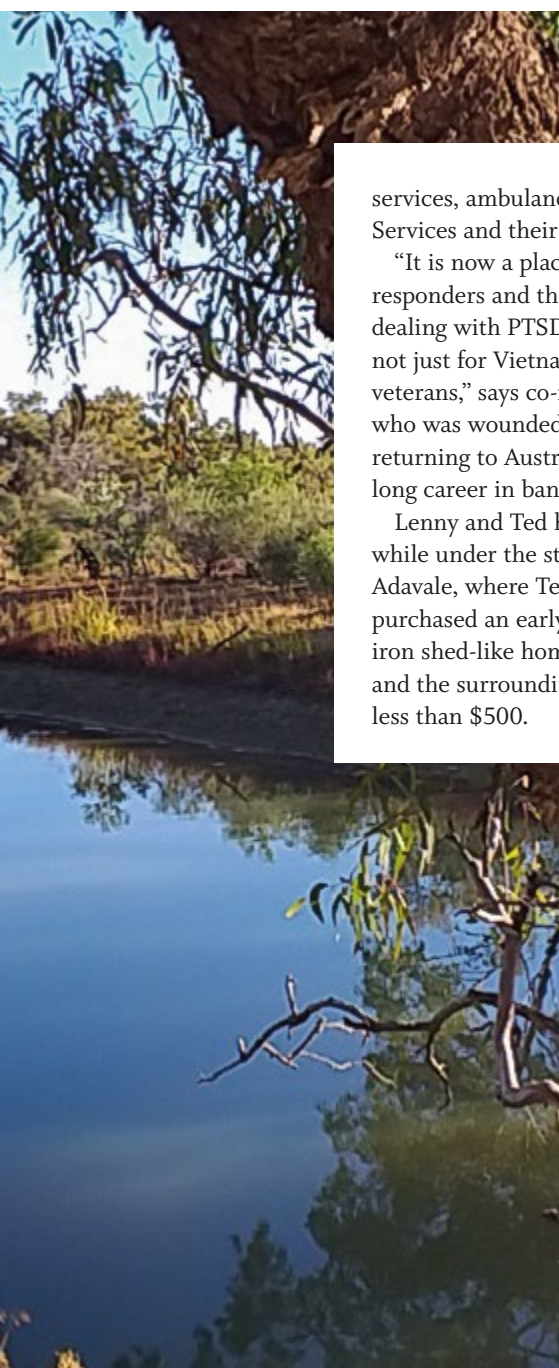
It is located in the outback of Western Queensland – 100 kilometres northwest of Quilpie and approximately 1,100 kilometres west of Brisbane.

The retreat provides a secure and relaxing place for service people, including current and former members of the Australian and Allied Defence Forces, State and Federal Police, fire





“PERHAPS IT’S BECAUSE THERE ARE NO ORGANISED FORMAL ACTIVITIES AT ALARIC. VISITORS ARE FREE TO DO AS LITTLE OR AS MUCH AS THEY WISH AND CAN STAY FOR A DAY, A WEEK OR LONGER. **MEALS AND ACCOMMODATION IN THE HOMESTEAD ARE INCLUDED FOR A MODEST DONATION.**”



services, ambulance, State Emergency Services and their families.

“It is now a place for all first responders and their families, those dealing with PTSD and other issues, not just for Vietnam and other war veterans,” says co-founder Lenny, who was wounded in Vietnam before returning to Australia and having a long career in banking.

Lenny and Ted hatched the idea while under the stars at nearby Adavale, where Ted had already purchased an early 1900s corrugated iron shed-like home, called ‘The Hut’, and the surrounding block of land for less than \$500.





us furniture, freezers, paint, as well as patronising the raffles we have been running,” says Len.

When Chum took on Alaric in 1918, conditions were primitive – there was no electricity, no phone, no radio or motor vehicles.

Today’s guests have electricity, running water, baths, air conditioning, TV, WiFi, 4WDs and an airport nearby in case of medical emergencies.

A QUIET PLACE TO RELAX

But the overall beauty of Alaric is the isolation and quiet.

While performing the manager’s duties at Alaric Homestead, Vietnam veteran Graeme (Scotty) Scott says, “Three couples visited for up to a week at separate times. Before they departed, each wife commented that they had never seen their partner so relaxed, happy and enjoying themselves like they had during their stay, for years.”

This is a common observation from most partners/wives of veterans who stay there.

Perhaps it’s because there are no organised formal activities at Alaric. Visitors are free to do as little or as much as they wish and can stay for a day, a week or longer. Meals and accommodation in the homestead are included for a modest donation.

Many choose to help with tasks like vegetable gardening, cleaning, weeding, watering or collecting timber for the evening fires around the fire pit.

Visitors can choose between using the spacious bedrooms of the homestead or parking their caravans, mobile homes and tents in the ample space, with power and water available.

During the day, activities such as opal fossicking, fishing, catching yabbies, bird watching, photography, bush walking, or visits to one of the two working opal mines on the property are available. Day trips to the historic town of Adavale and Hell Hole National Park can also be arranged.

ABOVE:
Relaxing by the fireside at Alaric Outback Retreat.

LEFT:
Vietnam veteran Lenny Thompson OAM co-founded Alaric Outback Retreat.

OPPOSITE:
Co-founder Vietnam veteran Ted Robinson.



VETERANS SEEK SOLACE IN THE OUTBACK

For many years, veterans used ‘The Hut’ at Adavale to relax, recuperate and recharge their batteries. The popularity of veterans seeking solace and refuge in the outback was growing.

“In 2006, Lenny and I met the new owner of Alaric, grazier Jim Scott, who told us he may have to bulldoze the house as the absentee new owners had no real need for the 100-year-old five-bedroomed homestead,” says Ted.

“Immediately, my dreams of winning Gold Lotto and buying the homestead as a Vietnam veterans retreat came

back, so we put together a proposition to Jim and the Veterans Association and after much discussion about certain conditions and rules relating to cattle properties, plus some hard work, it was established as a retreat,” explains Ted.

Working parties compiled from the 400-strong Sunshine Coast Vietnam Veterans Association arrived in September and November 2006 and worked hard to repaint, rewire, re-plumb and repair doors, windows, toilets and showers.

“People were most generous and came out of the woodwork offering

“HOW MANY LIVES HAS ALARIC SAVED OR HELPED? I DON’T KNOW, BUT I MET ONE.”

THE HEALING MAGIC OF ALARIC

However, most visitors prefer to just relax, read a book, sit around the fire in the evening with newfound friends and tell a few yarns. This is when the magic of Alaric Outback Retreat recuperation is seen at its best.

Alaric's remoteness is a major part of the retreat's attraction and contributes to the healing processes of both mind and body, and when like-minded guys gather, drink a few ales and talk, you can see the weight lift from visitors' shoulders.

With almost zero light pollution in the Outback, you can lean back on your fireside seat and look upwards. Before you know it, you'll realise that you've been looking at the stars for a few minutes. Watching a meteorite burn its way into our atmosphere, the cloudy brightness of the Milky Way or a satellite orbit its way around planet Earth, most problems seem to shrink away.

Talking around the fire pit with mates who experienced similar traumatic events can generate a humble, honest conversation.

VOLUNTEERS CONTRIBUTE

Volunteer manager Alan "Sparrow" Christie says he had no idea what was coming before he left for Vietnam.

"My grandfather was in WWI and my dad was in WWII. This was my generation's war and there was no way I was going to miss it," says Sparrow, smiling as he lights up a cigarette.

Sparrow was part of 3 Field Troop, the first engineering unit in the war. Often called Sappers, Alan was one of the men nicknamed by the media as 'tunnel rats'. Much of his wartime was spent underground chasing and looking for Vietcong in the dark, tight tunnels with a torch, a bayonet and bucketloads of courage.

Alan loves Alaric Outback Retreat and spends more time volunteering there as manager than anyone else. He built and maintains the vegetable garden, which provides lettuces, kale, tomatoes, beans and cucumber.

A LIFE-SAVING RETREAT

Over its 14 years of operation, thousands of service people have benefitted from visiting the retreat.

Ted was back home on the Sunshine Coast at the Vietnam veterans drop-in centre at Maroochydore three months after Alaric had opened and a veteran came in and asked to see him.

He walked up to Ted and said, "Thank you, Alaric saved my life," turned around and walked out.

"How many lives has Alaric saved or helped?" asks Ted. "I don't know, but I met one." ←

"ALARIC'S REMOTENESS IS A MAJOR PART OF THE RETREAT'S ATTRACTION AND CONTRIBUTES TO THE HEALING PROCESSES OF BOTH MIND AND BODY, AND WHEN LIKE-MINDED GUYS GATHER, DRINK A FEW ALES AND TALK, YOU CAN SEE THE WEIGHT LIFT FROM VISITORS' SHOULDERS."



FIND OUT MORE ABOUT ALARIC OUTBACK RETREAT

Website: alaricoutbackretreat.org

Facebook: @alaricoutbackretreat

Instagram: alaric_outback_retreat

Phone: 07 4530 1001

Email: alaricoutbackretreat@gmail.com

Address: 2665 Cannaway Downs Rd, Quilpie Qld 4480

Cost: Meals and accommodation are included for a modest donation.

LIEUTENANT COLONEL

HENRY



MURRAY

**ONE OF AUSTRALIA'S MOST
DECORATED SOLDIERS**

Named "Australia's most significant fighting officer" by historian Charles Bean, Lieutenant Colonel Henry Murray had an illustrious military career that earned him a Victoria Cross during WWI, before he retired into a life of relative obscurity on a farm in Queensland.



THIS story of a Victorian Cross recipient must first be told as a tale of two men who operated a Maxim gun at Gallipoli with such distinction that they were both awarded the Distinguished Conduct Medal for service. Henry Murray, commonly known as ‘Harry’, and Percy Black fought on while wounded, operating a machine-gun that became so bullet-ridden it had to be replaced.

Historian Charles Bean wrote of them as “men of no ordinary determination”. Each would be commissioned before leaving Gallipoli and proceed to higher rank and reputation.

Although normally quiet and self-effacing, Harry was later given the name of “Mad Harry” for his insistence on leading his men from the front. At a location near Gueudecourt on the Western Front, his outstanding bravery and leadership over many hours would bring him the nation’s supreme award – the Victoria Cross.

By the end of the war he would be Australia’s most highly decorated soldier, with the rank of Lieutenant Colonel.

ABOVE:
Henry (Harry) Murray and Percy Black (pictured) were described by their drill instructor as the best machine gunners he had ever seen. (AWM: J00385)

RIGHT:
Studio portrait of Second Lieutenant Henry William (Harry) Murray DCM, 13th Battalion. Murray was later awarded the VC, DSO and Bar, and Croix de Guerre, ending the war as a Lieutenant Colonel. (AWM: P01465.002)

EXPERT MACHINE GUNNERS

Harry and Black enlisted in Western Australia in October 1914. They both came from timber-getting and mining backgrounds. They could strip a Maxim gun in 12.5 seconds (the textbook allowed 45) and their West Australian drill instructor believed they were the best machine gunners he had ever seen.

Black was the gun’s number one and Murray was number two. Harry had an exceptional ability to read topography, which enabled their gun to be placed to maximum advantage.

In Egypt, following the Gallipoli withdrawal, Black would remain with the 16th Battalion AIF while Murray was assigned to the 13th. Both units were part of Monash’s 4th Brigade.

Moving to the Western Front as company commanders, the two men never failed an assignment. In some cases, withdrawals were necessary because of failures in the supply of reinforcements.

THE MEN’S STORIES DIVERGE

At this point we shall focus on the career of Harry Murray, who, at the



pinnacle of his career, was awarded the Empire's greatest award for bravery. Sadly, his friend Black died on the wire at a major assault on the Hindenburg Line at Bullecourt in April 1917.

Harry's Western Front story begins at the Somme. On 29 August 1916, as commander of "A" Company, he captured his objective at nearby Mouquet Farm under heavy fire. He did so with less than 100 men, and held it against four counter attacks, before having to withdraw.

He fought on wounded and – in acknowledgement of his sterling leadership – earned the award of Distinguished Service Order. He was then evacuated to England, but returned to France on 19 October 1916, where he continued with patrols and trench raids.

In January 1917, he was mentioned in despatches and by the middle of that month his battalion was located at Gueudecourt.

NIGHT OF DESTINY

On 4-5 February, in a landscape of frozen snow, his company was instructed to take opposing enemy positions at a location known as Stormy Trench. This would be his night of destiny.

After stiff resistance, his company found itself in a German trench where they established a blockade, and successfully resisted three counter attacks.

With some artillery support and a brilliant bombing attack by Murray

with 20 men, the German trench was finally secured.

When the operation concluded at 3am, Murray had demonstrated outstanding bravery and leadership. He had provided encouragement and consolation to his men and had personally retrieved wounded from no man's land. Of the 140 men who began the attack, only 48 survived.

VICTORIA CROSS AWARDED

On March 1917, the War Office announced:

"His Majesty the King has been graciously pleased to approve the award of the Victoria Cross to the undermentioned Officer and Non-Commissioned Officer: Capt. Henry William Murray, DSO, Aus. infy."

In April 1917, Murray's 13th Battalion attacked the Hindenburg Line at Bullecourt (where Percy Black was to lose his life), and his company seized a section of German trench that could not be held because of lack of support.

Notwithstanding, Murray was later informed by General Birdwood that had the overall assault been successful, he would have received a Bar to his Victoria Cross. In lieu of this he was awarded a Bar to his Distinguished Service Order.

Captain Murray was elevated to the rank of Major on 12 July and the 13th Battalion saw actions at Messines, Ploegsteert Wood, Menin Road, Polygon Wood, Broodseinde, Poelcapelle and Passchendaele. Murray



TOP LEFT: Lieutenant General Sir John Monash presenting decorations to members of the 4th Australian Infantry Brigade, after their success in the battle of Hamel. (AWM: E02758)

ABOVE: Captain Murray, left, with his nephew Keith Murray Adams RN and uncle Captain William Thomas Littler. (AWM: P01465.003)

was 'mentioned in despatches' for his actions at Passchendaele and shortly after he became second-in-command of his battalion.

With elevation to the rank of Lieutenant Colonel on 15 March 1918, Murray assumed command of the 4th Machine Gun Battalion, which he directed with considerable skill in attacks at Hamel and Amiens. After a stint as a liaison officer with the 27th Division of the United States 11 Corps, he was recommended for that nation's Distinguished Service Medal.

This was Murray's last action of the war. After the conflict, he was awarded the French Croix de Guerre, he was made a Companion of the Order of St Michael and St George for his command of the 4th Machine Gun Battalion, and received a further 'mention in despatches', an award that



RIGHT:
A trench block showing Mills Grenades and rifles (left), German stick hand grenades in bags and empty mess tins (right) following the battle at Stormy Trench. (AWM: A00799)

BELOW:
German prisoners captured by the 13th Battalion at Stormy Trench being searched by an Australian Intelligence Officer. (AWM: E00179)

was given to him four times during his military career.

A HERO'S WELCOME BACK HOME

Murray's war was now at an end – but not his reputation for bravery and as an incomparable leader of men. He arrived in Fremantle in December 1919 with Generals Birdwood and Monash, to a tumultuous welcome, where he was carried shoulder high to the location of a formal reception.

He retired into a life of comparative obscurity. He married, divorced, remarried and purchased a grazing property in Queensland in 1928.

While he didn't attend ANZAC Day marches, he did write a series of articles about his wartime experiences for *Reveille*, the journal of the Returned Sailor's Soldier's Airmen's Imperial League of Australia (RSSAILA).

On one occasion he re-visited

London for the Centenary of the Victoria Cross. On that trip, he also travelled around Europe, but never revisited the WWI battlefields where Charles Bean had named him as "Australia's most significant fighting officer".

When WWII broke out, he was given command of a CMF battalion, but was replaced by General Blamey when the unit transferred to AIF status. Not deterred, he formed a VDC group of experienced local bushmen in Queensland, retaining his rank of Lieutenant Colonel.

As in WWI, he commanded the affection and respect of all who served

with him. His unit was popularly known as 'Murray's Cowboys' and would have been an exceptional guerrilla force had it ever gone into action.

AN UNLIKELY END

In 1966, when his car rolled off the road on a trip to the Gold Coast, the shock to his heart was believed to have caused his death. The old soldier who faced mortality so many times with grenade and revolver in hand in WWI, had succumbed to a comparatively minor car accident.

Such is Murray's fame that history has not forgotten him. On 24 February 2006, 40 years after his death, Governor-General Michael Jeffery unveiled a statue to the memory of Lieutenant Colonel Henry Murray VC, at Evandale, Tasmania – the hero's birthplace.

The combined medals of Australia's most decorated soldier, by arrangement with his family, are displayed at the Australian War Memorial. ←



A person wearing a light blue long-sleeved shirt and a light-colored bucket hat is seen from the back, holding a fishing rod. They are standing on a wooden pier or walkway that extends into a body of water. The background is slightly blurred, showing the railing of the pier and the water. The overall tone is calm and contemplative.

FINDING VETERANS A PLACE TO CALL HOME

A partnership between two iconic charities is helping homeless veterans get back on their feet.

 Anita Jaensch

ONE of the most fundamental needs we have is for a roof over our heads. Sadly, some veterans are lacking just that.

But rather than simply focussing on housing, RSL Queensland has partnered with The Salvation Army to provide comprehensive case management, which aims to overcome the root causes that have led to veterans becoming homeless.

Since launching in late 2017, the partnership has helped 172 veterans find secure, stable accommodation. Veteran Services Manager Graeme Alley says the partnership allows RSL Queensland to provide the best possible support to veterans in need.

“Sometimes the best way to help is to work with an organisation that already has the necessary expertise and processes. In this case, The Salvation Army has extensive experience in helping the homeless,” Graeme says.

“Then RSL Queensland can contribute its experience and expertise to tailor solutions to each veteran’s unique circumstances.”

The program isn’t restricted to veterans living rough on the streets, but also aims to help veterans who don’t have access to stable, secure accommodation or who are moving between short-term lodging options.



“They may be couch surfing, living in their car, staying with family, or living in a squat or illegal campsite,” Graeme says.

SAM’S STORY

RSL Queensland’s homelessness program helped Army veteran Sam* get off the streets and kick his alcohol addiction.

“I used alcohol to dull my feelings, so it wasn’t until it started to mess with my career that I noticed it was a problem and it just took a hold of me and I couldn’t let it go,” Sam says.

Shortly after leaving the Army, Sam became homeless. He was living on the streets in Toowoomba when the local RSL Sub Branch got him into the homelessness program.

“I can’t thank RSL Queensland enough for believing in me and giving me an opportunity to do this for myself. I want to give other people a bit of hope that there is help out there

ABOVE:

The program aims to help veterans who don’t have access to stable, secure accommodation, which can include living in their car, couch surfing, staying with family or living in a squat or illegal campsite.

RIGHT:

Fishing encourages Sam to get out into nature and fosters the same qualities of patience and acceptance required during his recovery.

and they don’t have to go through this alone,” Sam explains.

“I’ve been sober now for one year, two months. I couldn’t be happier. I’m starting to achieve things that I’d given up on. I want to stay fit and healthy, and I just enjoy getting out there in nature.”

Fishing – which also requires patience and acceptance – has played a big role in his recovery.

“I love fishing because it is a challenge. You can’t just rely on throwing a hook, line and sinker in the water. It’s like my recovery. I’m faced with a lot of challenges every day, and it doesn’t matter what I do, as long as I throw that line in the water every day,” Sam says.

WHAT HAPPENS WHEN A VETERAN REACHES OUT?

“Our first priority is to get them out of the situation they’re in,” Graeme says.

“RSL Queensland initially

“IT’S NOT JUST ABOUT FINDING THEM SOMEWHERE TO LIVE — IT’S ABOUT HELPING THEM CREATE THE STABILITY IN THEIR LIVES THAT WILL ENABLE THEM TO THRIVE.”

provides three nights of emergency accommodation before transitioning them into longer term self-contained accommodation for four to six weeks.

“During that time, we work with the veteran to identify the sort of support they might need, while The Salvation Army supports them in finding permanent accommodation, which may include anything from dealing with the Department of Housing to accompanying them to open houses.

“Once they’re successfully settled, RSL Queensland steps back in to provide wraparound services that will set them on the right path to take back control of their lives.”

Graeme says there is often a combination of factors that leads to veterans becoming homeless.

“They may be suffering mental or physical health issues, relationship breakdown or substance abuse. It’s here that RSL Queensland can really add an extra level of support.

“We can help them lodge a DVA claim, expedite referrals to psychologists or addiction specialists, help with retraining or upskilling, or assist with finding meaningful employment.

“It’s not just about finding them somewhere to live – it’s about helping them create the stability in their lives that will enable them to thrive.”

**Name changed to maintain confidentiality ←*

“THEY MAY BE SUFFERING MENTAL OR PHYSICAL HEALTH ISSUES, RELATIONSHIP BREAKDOWN OR SUBSTANCE ABUSE. IT’S HERE THAT RSL QUEENSLAND CAN REALLY ADD AN EXTRA LEVEL OF SUPPORT.”

KNOW SOMEONE LIVING ROUGH?

Safe, permanent housing is one of our most basic needs. Whether couch surfing, living in a car or living rough, we can help veterans find a place to call home. Learn more: P: 134 RSL / E: vs@rslqld.org / W: rslqld.org/homelessness

HOW FRIENDS CAN HELP YOU TRANSITION

Have you ever considered how important your friends and family are in helping you live a fulfilled and happy life?

 Matilda Dray

Various studies have indicated that social connection can strengthen your immune system, improve your mental health and maybe even help you live longer. And it's especially important for those transitioning from Defence to civilian life.

Gallipoli Medical Research Foundation (GMRF) Associate Director of Mental Health Research and leader of the Veteran Reintegration Study, Dr Madeline Romaniuk, says Defence members often feel a profound sense of loss when they leave service, but this may be mitigated by making connections to the civilian community.

"Our research demonstrated that those who were involved with civilian community groups or stayed close with their civilian friends while in Defence, found the transition out a lot easier as they weren't losing their entire community following separation – they had always maintained connections, and a life outside of the military," Dr Romaniuk says.

MAKING NEW FRIENDS AND RECONNECTING WITH OLD ONES

If you're in the process of leaving Defence, consider reaching out to old friends on social media, joining a local civilian sporting group like a footy club or cycling group, or perhaps going along to your local parkrun.

"For those less able to be physically active, there are special interest groups throughout Australia like gardening clubs, art, singing or film and TV groups or even Men's Shed groups for metalwork, woodwork or DIY projects," Dr Romaniuk says.

"The evidence is clear that social support and connection protects against mental health and reintegration difficulties."

There are also plenty of events for veterans and their families on our What's On pages (rslqld.org/whats-on), including sporting activities, adventure challenges, coffee catch-ups, family fun days and reunions.

SOCIAL NETWORKS INSPIRE GROWTH

Veteran Daniel Smith says developing and maintaining social networks aids personal growth and development.

"It's definitely a difficult thing to re-enter [the civilian world] and find friends outside of the military, because you know the people that you serve with so well," Daniel says.

"But I think it's really important that we meet new people and grow in friendships and join groups and organisations that have a community to bring together."





CHECK OUT YOUR LOCAL SUB BRANCH

An RSL Queensland survey of our Defence family also showed that our members feel more strongly connected to their local community. Our Sub Branches offer a range of social activities and opportunities for you to give back to the Defence family – so why not consider joining your local Sub Branch (rslqld.org/Get-Involved/Become-A-Member) and making some new mates? ←





PUTTING MENTAL HEALTH FIRST

If a family member, friend or colleague was struggling with their mental health, would you know what to do?

 Anita Jaensch

A new initiative by RSL Queensland has seen employees learn how to recognise and support people suffering mental health issues.

“Mental health has always been one of our highest priorities,” says RSL Queensland CEO Melanie Wilson. “But now we are expanding our focus to how we can support and improve

the mental health of our staff, as well as the Defence family.”

Although not mandatory, approximately 85 per cent of RSL Queensland staff took the opportunity to participate in Mental Health First Aid training sessions at the end of 2019. This included not only Veteran Service team members – who regularly

“FIVE YEARS AGO, WE COULDN'T HAVE DONE THIS. BUT IT'S INCREASINGLY UNDERSTOOD THAT THERE ARE SIGNIFICANT ADVANTAGES IN ENSURING THAT WORKPLACES ARE SAFE, BOTH PHYSICALLY AND PSYCHOLOGICALLY. AND THERE'S NO DOUBT THAT THIS HAS REAL BENEFITS TO THE ORGANISATION, AS WELL AS INDIVIDUALS AND SOCIETY AS A WHOLE.”

4 REASONS TO CONSIDER UNDERTAKING MENTAL HEALTH FIRST AID TRAINING:

liaise with clients who may be experiencing mental health problems – but also staff from all areas of the organisation.

Melanie says Mental Health First Aid training gives people a greater understanding of mental health issues and equips them with basic strategies for helping their friends or colleagues.

“The training helps people recognise when a friend or colleague might be experiencing a mental health issue such as depression or anxiety and gives them the confidence to reach out to that person with compassion and understanding,” Melanie says.

“It also contributes greatly to a supportive work culture where mental illness isn't stigmatised.”

With one in five Australians experiencing mental illness in any year, Mental Health First Aid training is increasingly taking its place alongside traditional first aid training in workplaces. Just as there are qualified First Aid Officers on staff, RSL Queensland will eventually have a number of dedicated Mental Health First Aid Officers.

“Five years ago, we couldn't have done this. But it's increasingly understood that there are significant advantages in ensuring that workplaces are safe, both physically and psychologically.

“And there's no doubt that this has real benefits to the organisation, as well as individuals and society as a whole. Our staff are our biggest asset – taking care of their mental health helps us attract and retain talented professionals, increases productivity and helps reduce absenteeism.” ←

1. Better understand how mental illness affects people's lives
2. Reduce stigma associated with mental illness
3. Feel more confident to reach out to others
4. Recognise early signs of mental ill-health

A FAMILY RESURRECTED

Andy Cullen's battle with PTSD put enormous pressure on his young family. But having benefited from participating in the REBOOT Recovery program in the US, he and wife Zoe are now on a mission to bring it to veterans and their partners in Australia.

 Anita Jaensch

Watching Andy and Zoe Cullen interact with each other and their children, you can't help but notice how close they are. So, it's a surprise to hear them talk about how disconnected Andy was from his family after his second deployment.

"I thought that him going away for a year was the hardest thing I had to do. But when Andy came back after that second deployment, he changed into a completely different person. It was like somebody had flicked a switch. He had gone from being a wonderful father, very compassionate, very sensitive to his kids, sensitive to me, to just no care factor at all when he came back," Zoe says.

Andy explains that his deployment had lived up to every expectation he'd ever had, but also challenged him both emotionally and spiritually.

"I started to have some issues. Over there I was confronted with a lot of death and murder and a value of life that differed to my understanding of the world. And that challenged me. It challenged my spirit, it challenged my understanding of the world that we lived in and it started to impact on me internally, a lot more than I really expected it would," he says.

With a father whose Army career spanned 50 years, Andy thought he knew what to expect from a life in service. He joined the Army straight out of school, serving six years in the

Royal Australian Infantry and 11 as an Officer in the Royal Australian Engineers, where he specialised in Explosive Ordnance Disposal. During that time, he was deployed to Afghanistan twice.

COMING HOME

"I was so looking forward to just coming home, seeing the kids, seeing Zoe. I had just that sort of romantic idea of coming home to my family and everything's going to be great. And it was. It was like that for a few days at least," Andy says.

"But then I'd just find my mind wandering back to Afghanistan. I felt like I was letting my mates down that were still there. The war was still





going on, but I was at home or walking around a supermarket and it didn't feel right. I felt like a square peg in a round hole."

Andy first became aware that he was suffering some of the symptoms of PTSD after his first deployment, but pushed back his concerns for fear he'd be seen as weak. When he was given the opportunity to go back to Afghanistan, he jumped at it. And while he was over there, the symptoms eased.

"It wasn't until I got back from that second deployment that I really started to understand that these symptoms weren't going away," Andy explains. "In fact, they were getting worse. I'd started to get stress rashes on my body, and I was extremely agitated all the time. Loud noises would freak me out. I was jumpy, I was on edge, I was tired because I never really slept. I isolated myself from my family and my friends. I wouldn't tell anyone what was going on, I didn't want to talk to anyone about it.

"I think the scariest thing for me, was I had a complete loss of empathy for the world. It was like I just became

so internally focused on my own trauma that I didn't give a crap about anything else."

"When they come back from war you're told, 'Oh look, it's going to take about three months before things go back to normal,'" Zoe says. "So, you're sort of used to walking on eggshells for a little bit. But about six months in, I realised that we were still walking on eggshells."

JOURNEY TO RECOVERY

The couple began searching for answers, visiting doctors, psychiatrists and psychologists, and attending various group therapies.

"Some of the stuff helped in certain ways, but it didn't in others. And I was just left with this great void in my heart and in my mind that was saying I was broken, and I didn't know how to put it back together," Andy says.

Having written a book together about their experiences, Andy and Zoe were on a book tour in the United States when they first heard of the REBOOT Recovery program.

"It wasn't a program where you come in and just talk about your feelings like

I'd been exposed to in Australia. This was a course that was designed to give people real tools and equip them for dealing with the symptoms that were going on in their life as a result of PTSD."

Andy says the course echoed many of their experiences and the healing mechanisms that he and Zoe had stumbled across in their own five-year journey.

"We just knew we needed to share this. We needed to take this to Australia."

REBOOT Recovery is a four-day course that provides practical, long-term solutions for dealing with the internal values conflict that can be caused by traumatic experiences.

"We don't just look at the symptoms

like anger or isolation or alcoholism and drug abuse," explains Andy. "We go a little deeper. We look at the root cause of why that's happening in their lives and that's often triggered by trauma. So, we look at things like forgiveness of self and others, guilt, shame, suicidal ideation. We start to take a deeper look at some of the impacts and emotional experiences they're having or the personal responses they're having to the trauma that they've faced. And we give them real tools to deal with issues when they occur."

HEALING TOGETHER

The Cullens encourage veterans and their partners to do the REBOOT Recovery course together.

"I HAD JUST THAT SORT OF ROMANTIC IDEA OF COMING HOME TO MY FAMILY AND EVERYTHING'S GOING TO BE GREAT. AND IT WAS. IT WAS LIKE THAT FOR A FEW DAYS AT LEAST."





“COMMUNICATION BREAKDOWN IS ONE OF THE FIRST THINGS TO OCCUR IN A RELATIONSHIP WITH SOMEBODY WITH PTSD. WHEN ANDY AND I HAD THE OPPORTUNITY TO DO THE REBOOT COURSE TOGETHER, I FOUND IT INCREDIBLY ENLIGHTENING FOR ME AS A PARTNER. IT WAS A WONDERFUL WAY TO GAIN AN INSIGHT INTO WHAT ANDY WAS GOING THROUGH WITHOUT HIM BEING THE ONE TO TELL ME.”

It gave us the skills to recognise when the other person was struggling and to ask the right questions.”

Andy realises how lucky he is to have regained his connection to Zoe and their four children.

“I’m so thankful now I’ve recovered that and I’m in a loving relationship. I love my kids, and I’ve got a beautiful relationship with my wife.” ←



REGISTER FOR REBOOT RECOVERY

Thanks to support from RSL Queensland, PTSD Resurrected is able to provide the REBOOT Recovery course to veterans and their partners at no cost.

To find out more or register for the next REBOOT Recovery course, visit rslqld.org/Find-Help/PTSD-Resurrected

“WE JUST KNEW WE NEEDED TO SHARE THIS. WE NEEDED TO TAKE THIS TO AUSTRALIA.”

“REBOOT focusses on the understanding that PTSD doesn’t impact an individual. It impacts everyone around that individual, including the kids, the spouse, the friends and family,” Andy explains. Zoe agrees.

“You’re not meant to go through the recovery process alone. You need a partner, you need a team, whether it’s your support person or your friends. It’s very important to communicate what your needs are so that people around you know how they can support you.

“Communication breakdown is one of the first things to occur in a relationship with somebody with PTSD. When Andy and I had the opportunity to do the REBOOT course together, I found it incredibly enlightening for me as a partner. It was a wonderful way to gain an insight into what Andy was going through without him being the one to tell me,” she says.

“After we did the REBOOT course, our relationship improved for the better. For the first time, I got a bit of hope that we could actually navigate through this difficult journey together.

MATES **4** MATES

Magazine

Our impact

**Reflecting
on Anzac Day**

**Building
resilience**

*Rehabilitating
mind and
body in 2020*

Issue 1. 2020



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

As we launched into 2020, like many, our thoughts were with those impacted by the devastating bushfires across Australia. While rain has come for many, our thoughts remain with those who have lost family members, their homes and their livelihoods as they face a long and difficult road ahead.

When tragedies happen, whether it's a natural disaster, the loss of a friend or family member or a serious health issue, the effects of trauma can be different for everyone.

We're fortunate to have a dedicated team of staff and psychologists on hand to help veterans and their families through difficult times.

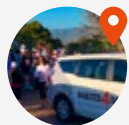
If you need support this year, I encourage you to reach out. By utilising services that are available to you through Mates4Mates, or other organisations like RSL Queensland or Open Arms, you don't have to go through challenges alone.

Our staff provide more than 25,000 face-to-face contacts to veterans and families each year. In 2019 alone, we provided nearly 4,500 psychology appointments to individuals impacted by trauma, mental health issues and more.

You can read more about our impact on page 4 and hear from one of our psychology team members about building resilience on page 7.

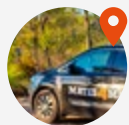
Troy

Get in touch



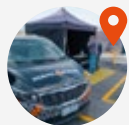
Central and North Queensland

(07) 4771 9600
townsville@mates4mates.org



South East Queensland

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



Tasmania

(03) 6242 8940
tasmania@mates4mates.org

mates4mates.org



Giving back to Kangaroo Island locals

Our Townsville Mates recently banded together to sew camo-pouches for our furry friends affected by the bushfires on Kangaroo Island. The pouches were then donated to Kangaroo Island Wildlife Park for young kangaroos and wallabies in need.

In addition, our Tasmania Liaison Officer Matthew Jenkins spent time at Kangaroo Island as part of a team of Army reservists, working to support emergency services and volunteer organisations there.

In times of need, our Mates and staff go above and beyond to help others.



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



Outdoor adventures healing mind and body

Rehabilitation Adventure Programs are helping veterans take their recovery to the next level.

From the outside looking in, Mates4Mates Rehabilitation Adventure Programs (RAP) may look like any other physical challenge. But there's much more to it than meets the eye.

The popular programs have a clear focus on improving unwanted or unhelpful behavioural patterns, often brought on by mental health issues like post-traumatic stress disorder (PTSD), anxiety or depression.

Behavioural patterns may include difficulties in processing or managing emotions, having panic attacks, struggling to trust or connect with others, among other things.

In addition to completing a five or six-day physical activity, participants also undergo a two-month follow up program with a Mates4Mates psychologist to

ensure improvements continue well after the program ends.

Whether participants cycle the Munda Biddi Trail, horse trek through the Snowy Mountains, traverse the terrain in Tasmania, or go camping, improved wellbeing remains the focus.

Participants complete psychological screening measures before and after the program; screening for PTSD, depression, anxiety, stress, emotional regulation and overall quality of life. Results are fed back to the participant and provide a useful indicator on how much progress has been made throughout the program.

After the activity, each participant will also complete an additional four sessions with a Mates4Mates psychologist. Everything they learn both on, and off, the program is also recorded

in a workbook. To date, the results have been promising.

Last November, Mates took part in a six-day Snowy Mountain Horse Trek. Results of the screening measures showed that the majority of participants reported a significant reduction in PTSD symptoms and an improvement in quality of life within just two weeks of the event.

Mates4Mates Psychology Services Manager Georgia Ash said participants learn about managing distress and grounding strategies, skills and emotional awareness, and learn to share openly in a group setting, all of which is recorded in their workbooks.

"The workbooks play a vital role in helping individuals keep a record of their experiences and coping strategies so they can refer back to them in times of distress," Georgia said.

"The improvements in quality of life and reduction of mental health symptoms that many people experience highlight just how important programs like these are.

"If we can give someone hope for their recovery, and provide programs that also complement our other services, we're making a difference." ■

Eligibility:

If you are a current or ex-serving ADF member and have experienced a physical or psychological injury, register with Mates4Mates to apply for a RAP via **1300 4 MATES** or **mates4mates.org**.

Why apply?

- We provide some programs over weekends to accommodate more people
- No matter where you live in Australia, you can apply if you meet the eligibility criteria
- You'll get access to tailored training programs and individual support.

“ ”

“The RAP provided a physical challenge; a mental challenge in getting out of the comfort zone of day-to-day existence; a psychological challenge to be part of a team of like-minded individuals working towards a common goal and a door opening exercise that educated us in looking after oneself in the physical and mental world that is our life.

“I highly recommend the trips and I'm thankful to Mates4Mates for giving me the opportunity to attend, to learn and to be further educated.”

— Paul Kaye

Our Impact

Through physical rehabilitation and psychology services, social connection activities and wellbeing programs, Mates4Mates provides a way forward for veterans and their families experiencing service-related injuries.

Since opening in 2013, 4,652 Mates and family members have accessed support services and programs through

Mates4Mates. In 2019, over 1,000 new Mates and their families were inducted and continue to access life-changing services ■

Last year, Mates4Mates provided:



25,777 connections between staff and Mates



4,471 psychology appointments



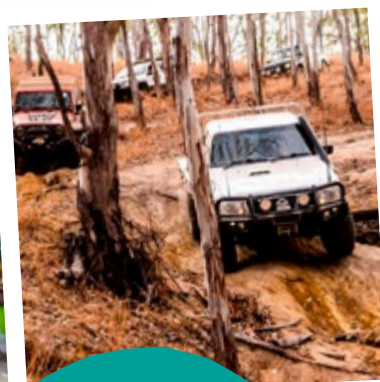
8,422 social connections



1,171 regional outreach connections



11,518 physical rehabilitation and wellbeing connections



Community Fundraising in Action

Changing gears for our cause.

The Queensland 4x4 Club Incorporated recently hosted their 4WD Qld Annual Country Meeting weekend at the Blackbutt Showgrounds – revving up support for charities close to their hearts. The club raised funds to donate to a number of charities, including nearly \$7,000 for Mates4Mates. With some of

their club members being current and ex-serving, the team wanted to give back to those impacted by service-related injuries. “It’s important for us as a club to be able to give back to the community and we’re proud that we could donate to Mates4Mates to help with their important services.” ■

NAB wheelchair basketball.

Last month, Mates4Mates and NAB came together for a morning of Wheelchair Basketball to give NAB employees in Brisbane an insight into some of the challenges faced by Mates, and rehabilitation programs available to them.

NAB is a long-time supporter of Mates4Mates and is also dedicated to supporting the wider Defence community. A great day all round! ■





Fundraising force a way to give back.

Each year as April approaches, our staff are often asked how locals can show their support to veterans. If you want to give back, why not become a member of our fundraising force and help Mates4Mates actively change the lives of those impacted by service? We believe that by working together, our impact can be greater.

Here's three ways to give back:

Bake for Mates: Everyone loves a sweet treat! Whether you keep it traditional with ANZAC biscuits or make some Mates4Mates themed cupcakes, host a small bake sale at work or school and collect a donation per item.



Bond over breakfast:

Getting together with friends or family for a breakfast or brunch and

asking everyone who attends to donate is an easy and delicious way to show your support.



Challenge yourself:

Set yourself a personal challenge; run, walk, cycle or maybe give

something up. Ask friends and family to sponsor you via your Mates4Mates online fundraising page.

Register your event:

Set up a fundraising page and become part of our community at mates4mates.org. Whatever you choose to do; we are here to help every step of the way. ■

Reflecting on Anzac Day

In the lead up to ANZAC Day, Mates4Mates South East Queensland Manager Marc Diplock, who is ex-serving, shares what ANZAC Day means to him...

When I'm asked about what ANZAC Day means to me, there's no quick answer. It drums up so many emotions – pride, strength, regret, sorrow, nerves and a strange calmness which is hard to describe.

My first memories of ANZAC Day are marching along the Strand in Townsville beside my mother with the Women's Royal Aust Army Corps as she had served with ordinance. I would stare and scan the defence personnel on parade, dressed in their polly's, looking for my father as he stood in formation with his unit. I remember being so proud of my parents for serving and I still am to this day.

Moving forward to 2008, I got to experience my first ANZAC Day whilst in uniform. At that stage I was in Wagga Wagga as a recruit and the memories are of fear and nervousness; "What if I square gate", "Can I forget how to march suddenly?". It was well into the afternoon that I had time to reflect on what this day means to me and my family, and my defence family.

Now, 12 years on, those reflections remain. For me, the day evokes:

- **A sense of pride** – to those who have served before and those who are still serving.
- **A sense of sorrow** – to those who have fought and given the ultimate sacrifice along with the friends and mates we still lose today.
- **A sense of reflection and calmness** – for being part of the defence community.

ANZAC Day may mean something different to everyone, regardless of whether they have served or not. But each year on April 25, I encourage you to remember those who came before you, be thankful for those who stood beside you, and be proud of those that are yet to come.

It's ok if you can't attend a ceremony or if it's an emotional day. Take time to reflect on your own, be open in conversations with your family, and contact those mates you haven't spoken to in a while. ■

Get your Brisbane Roar tickets for April 25.

On April 25, the Brisbane Roar Football Club will once again host their ANZAC Day match at Suncorp Stadium in support of Mates4Mates. Families are invited to come down from 12pm where a range of fun activities will be available before you head into the stadium for a special ceremony and the game. The Brisbane Roar is offering free tickets to Queensland current and ex-serving ADF members. **Register at r29tix.brfc.com.au and enter the password Mates4Mates to redeem.**

You can also get 15% off tickets for family members if purchased at the same time. Every family ticket sold also supports Mates4Mates.

For enquiries, email memberships@brisbaneroar.com.au or 1300 395 020.



A note from a Mate

After losing a close friend and fellow serviceman to suicide, Mates4Mates community ambassador, Mate and veteran, Kevin Humphreys, has shared an important message.



Written by
Kevin Humphreys

On 19 December 2019, Australia lost one of its favourite veterans. Steven Jeffrey Fazel (Faz) died by suicide following years of combined mental illness and alcohol addiction.

As I sat at his funeral with over a thousand others, I sat silent in the realisation of just how many lives he had touched and how much love was in the room for him. I also couldn't help but reflect on my own history and that it could have been my face up on the screen a little over a decade earlier as I battled my own mental illness and alcohol abuse. At the wake following, conversations revealed others had similar reflections during the funeral which I found both uncomfortable and confronting.

I wrote some words to farewell Faz and posted them

on Facebook. I didn't post it for likes or comments. I posted it because I wanted the world to know what sort of bloke Faz was – to me at least. I wanted to offer him my honour and dignity. Well the response was overwhelming from others with a similar experience of him. I know the statistics, nonetheless it made me wonder how many other people are contemplating ending their lives as I had. Equally, it made me question how many people are wondering if anyone actually cares about them or remembers the contribution that they made? Indeed, one of the comments on the post was 'it'd be nice if someone wrote something half as nice about me when I go'.

I'm sure you could think of a person you know and insert their name into the tribute I wrote. Wouldn't you prefer to tell them

When The Black Dog Comes A Calling

A poem by Kerry Fazel In honour of Steve (Faz) Fazel

Wandering through life there can be many highs and lows.
We often find that speed humps will be with us where we go.
But many times the bumpy roads will eventually even out.
That is, unless, you live your life with endless fear and doubt.

Some people handle pressure by just talking to a friend.
It helps them to relieve the pain, get on with life again.
But when despair takes a hold of you, and it seems your world is falling.
It's at that time, in your life, when the Black Dog comes a calling.

The Black Dog is a mongrel breed that sinks his teeth in hard.
He'll take you on a horror run, and leave no calling card.
You often think he's come to stay, impossible to shake.
And he's always nipping at your mind if you're asleep or you're awake.

To break his stubborn hold on you takes a lot of courage and strength.
It takes the support of those you love, both family and your friends.
There's times you feel that nothing works, that nothing can be done.
But look for help from those who know, you're not the only one.

Some people seem to go through life with very little stress.
Others fight a constant battle, their life can be a mess.
The only thing that I can say, to keep your world from falling.
Is go and seek professional help before the Black Dog comes a Calling ■

in person, rather than after they're gone?

So, my purpose here is to remind you that you are noticed, you are known, you are not forgotten. There are friends or family out there that can and will help you, that will write good things about you. The travesty is that these words are normally not said until after the person is gone. We need to bring those kind words forward, to today, to let people know (regardless whether they are struggling now or not), that they are valued, that the world is a better place with them here.

At the funeral one of Steve's brothers, Kerry, recited a poem he wrote in honour of Steve. It hits the mark. Kerry's poem is included above, and the tribute is on my website, kevinhumphreys.com.au, as inspiration for you to find



courage and compassion for a conversation. This might be with someone you love and respect, someone you haven't spoken with in a while, or a brutally honest yet equally compassionate conversation with yourself. Don't wait till tomorrow ■

If you need to talk with someone, reach out to Open Arms or Lifeline for 24-hour crisis support.



Building and maintaining resilience.

As veterans, family members and the wider community, we will all experience or be directly impacted by challenging life events.

Whether it's a natural disaster such as the recent bushfires, or knowing someone who has suicided, in moments such as these we should consider how we can take care of ourselves, our

families and our communities both during and after an event. While many people will recover, if your feelings about the challenging event don't subside with time, then it's important to reach out for help.

Access support

Connect into your social support networks or existing community groups and organisations. Many local communities have support groups or initiatives in place to assist.

Keep a routine

Try to maintain a normal daily routine or return to your routine as soon as possible, including

eating, sleeping and attending your regular appointments.

Take time for yourself

Make time for the things you enjoy, such as exercise, socialising or relaxation activities. It's also important to try to avoid the overuse of alcohol or other drugs as a means of coping. We are generally pretty resilient, but it can sometimes take a while to bounce back so allow yourself time to adjust.

Open up

Don't 'bottle up' your feelings. Share your experience with people you trust when you're ready. If you don't want to talk

right now, that's alright as well. Give it a little time, then open up slowly.

Avoid big decisions

Don't make any major decisions or big life changes immediately. Keep reminding yourself that things will get better, and you do have the ability to cope.

Always remember there is no right or wrong way to feel when experiencing a challenging life event. Everyone will have a difference experience when going through trauma and that's okay. The important thing is knowing where to find help ■



Written by
Sophie Tscheppera
Mates4Mates, Counsellor



SUPPORTING VETERANS AND THEIR FAMILIES

At Open Arms your wellbeing is our business.

We offer free:

confidential counselling for individuals, couples and families
group programs
transition workshops
peer networks
suicide prevention training
information, education, self-help resources, and more...

OPEN ARMS
Veterans & Families Counselling

1800 011 046
OpenArms.gov.au





Limited stock remaining

Every purchase supports Mates
and their families.

mates4matesshop.org



1300 4 MATES

The background of the entire page is a vibrant red field of poppies. Each poppy has a dark center with yellow stamens and a greenish-yellow pistil. The petals are a deep red with some darker shading to give them a three-dimensional appearance. A white rectangular box is centered on the page, containing the main title and body text.

STUDENTS PREPARE FOR **PREMIER'S ANZAC PRIZE**

The 2020 Premier's Anzac Prize, presented in partnership with RSL Queensland, provides a life-changing opportunity for eight high school students to experience the ANZAC tradition first-hand and how the legacy relates to modern Australian life.

 Matilda Dray

IT'S important for young people to recognise how the ANZACs contributed to making Australia what it is today. That is why RSL Queensland is partnering with the Department of Education to sponsor the Premier's Anzac Prize for the next three years.

Preparations are underway for this year's trip, which will see RSL member Paul accompany eight students visiting the battlefields of Europe to experience the ANZAC tradition. Organisers met with students for several days of briefings and research in mid-January, ahead of the tour later this year.

As part of the trip, students are required to choose military personnel, research their history and present their stories to the group. Students can choose a family member, someone of their own age or a person of significance in their local community.

UNCOVERING HER FAMILY'S HISTORY

One of the students participating in the 2020 Premier's Anzac Prize is 16-year-old Molly Jeffery from Pimlico State High School in Townsville. Molly has not been to Europe before and feels privileged to be chosen for such an amazing opportunity.

With her father having served in the Army for more than a decade and her great grandfather serving in WWII, Molly wanted to learn more about her family's history and honour their sacrifice.

"I learned a lot of amazing things about my great grandfather that weren't known to my family. And it's amazing that I get to pass that on to my relatives," says Molly.

She learned that he was a prisoner of war in Changi in Singapore and that when he returned to Australia, he worked as a drover throughout Queensland. She also discovered fascinating details, such as that he lost his service medals during a cyclone and had a horse tattoo in the middle of his chest.

"I think it's really important that our generation understands the sacrifice they had to make. The ANZAC legend is such an important part of our country's history and a massive part of the Australian culture," Molly adds.

As part of their video application to be selected for the trip, students were asked to describe how the ANZAC spirit could be seen today.

Molly spoke about the 2019 Townsville floods, saying the disaster galvanised the community and that the spirit of mateship was clearly visible in the way everyone banded together to help each other.

ARMY CADET EXCITED FOR TRIP OF A LIFETIME

Fifteen-year-old Jackson Hay from Fraser Coast Anglican College is also among the eight students chosen for the prize. Jackson is an Army cadet who has been part of an ANZAC Day catafalque party for the past few years.

"I think it will be a very powerful experience – to commemorate and reflect upon those soldiers who gave



The eight students participating in the Premier's Anzac Prize trip to Europe are (back, from left) Xeniya Girs'ka, Benjamin Ivers, Jackson Hay, Natalia Loukas, (front, from left) Claire Wingfield, Khyja Miller, Louis Prager and Molly Jeffery.

← ANZAC PRIZE

“I THINK IT’S REALLY IMPORTANT THAT OUR GENERATION UNDERSTANDS THE SACRIFICE THEY HAD TO MAKE. THE ANZAC LEGEND IS SUCH AN IMPORTANT PART OF OUR COUNTRY’S HISTORY AND A MASSIVE PART OF THE AUSTRALIAN CULTURE.”

up everything so we can have what we have today,” says Jackson.

“They must have had so much courage to give up the people they love to go over there and fight and die so we can stay happy and healthy.”

Jackson’s father served in the Army for five years and he wants to follow in his footsteps and become a combat engineer.

During the trip, he is also looking forward to gaining insight from Paul, RSL Queensland’s representative.

“He seems very knowledgeable and I think he will be able to provide good insight into how his wartime experiences compare to those we are going to see,” explains Jackson. ←



BRISBANE NORTH DISTRICT BRANCH UNVEILS

NEW HQ

In a win for the veteran community living north of Brisbane, Brisbane North District Branch officially opened the doors of its sparkling new headquarters at Strathpine on 15 January.

 Tim Schaefer

THE new headquarters, located at 327 Gympie Rd, feature offices, interview rooms, a large boardroom, workstations, reception area, hotdesking facilities for visitors and a fully equipped kitchen.

It is open to the public and offers members of the Defence family assistance to access a range of services, including mental health support, health and clinical care, RSL legal aid, transition support, home and transport assistance, and more.

To celebrate opening day, Brisbane North District put on a sausage sizzle, drinks and more scones than you could shake a stick at.

Plenty of people visited throughout the day, including RSL Queensland State President Tony Ferris, Chief Executive Officer Melanie Wilson, Chief Financial Officer Greg Pratt and Veteran Services General Manager Robert Skoda. They were joined by many representatives from the RSL Queensland team as well as Sub Branch volunteers, local politicians and members of the community.

Well done to everyone involved in bringing the new headquarters to life. We know it will make a big difference in the lives of our veteran community. ↩



TOP RIGHT: Kedron-Wavell Sub Branch President Ken Roma cooked up a feast at the barbecue. **RIGHT:** Pictured at the opening of the new headquarters were (left to right) RSL Queensland CEO Melanie Wilson, Brisbane North District Council of Auxiliaries President Glenis Rogers, Brisbane North District Secretary Robyn Engel, RSL Queensland State President Tony Ferris, Brisbane North District President Merv Brown OAM, Brisbane North District Vice President Matt Hanrahan, VSO Wellbeing Officer Kathleen Beer, Brisbane North District Deputy President Gary Lancaster and Brisbane North District Treasurer Don Parnell. **BOTTOM RIGHT:** RSL Queensland CEO Melanie Wilson talks with Brisbane North District President Merv Brown OAM.





JUST THE TICKET FOR VETERAN WELFARE

YOU may have seen ads for the beautiful homes that can be won by buying tickets in the RSL Art Union. But – beyond dreaming of what you might do if you won that stunning beachside apartment – have you ever considered what your ticket purchase is funding?

“The concept of a ‘social enterprise’ – a commercial operation that funds a charitable purpose – has become very popular in recent years with the advent of companies like Thank You and Orange Sky,” says RSL Queensland CEO Melanie Wilson.

“But we were a social enterprise long before there was even a term for it – since 1956, in fact.

“The Art Union is an integral part of RSL Queensland. About 95 per cent of our funds are generated directly through the lottery

program, which enables the vital welfare and wellbeing programs that RSL Queensland provides.

“The remainder of our funds come from investments and a small number of government grants.”

A JACKPOT FOR TICKET BUYERS AND VETERANS ALIKE

The RSL Art Union is Australia’s largest and most successful prize home lottery. Each year, the Art Union runs 10 multimillion dollar draws featuring gorgeous beach houses, urban apartments, house and gold bullion packages, and even a modern apartment block, complete with luxury penthouse.

“There’s always a little thrill when we speak to the winner and let them know their life has been changed. But it’s a greater thrill to know

that we are changing the lives of veterans with every ticket sold,” says Melanie.

FUNDING A BETTER FUTURE FOR VETERANS IN QUEENSLAND

The funds raised through the Art Union enable RSL Queensland to deliver a comprehensive range of services to help veterans and their families, including scholarships, employment assistance, homelessness support and a number of complementary therapies.

“RSL Queensland delivers practical assistance and support for a range of issues through our many programs, but where we can really make a difference is through our case management approach. When we are approached by a veteran, we work with them to identify which of our services will best

Despite what many people think, RSL Queensland gets no money from poker machines or liquor sales. So how does it fund the many services it provides to veterans?

 Anita Jaensch



improve their quality of life,” says Melanie.

“So, while they may contact us for help with a DVA claim, we might be able to help them with other areas of their life – providing a scholarship for their partner to upskill or helping them find suitable employment, for example.

“We’ve invested heavily in programs to strengthen the mental and physical resilience of our serving troops through a partnership with 3 Brigade in Townsville.”

...AND NATIONALLY

Although all of RSL Queensland’s programs are available in Queensland, Melanie says the organisation is also increasingly contributing to initiatives with national scope.

“We provide \$5 million annually to our sister organisation Mates4Mates, which provides support and rehabilitation services

to veterans with physical or psychological injuries due to their service, and operates in several states,” says Melanie.

“We’ve also provided some financial assistance to interstate RSLs, allowing them to improve their infrastructure among other things.

“And a very exciting development for us this year is the national rollout of our employment program. Developed and piloted here in Queensland, the program has been further recognised by the Federal Government, with \$6 million in additional funding to roll it out to veterans nationally.”

SUPPORTED BY ROBUST RESEARCH

“The program is underpinned by the initial findings of research into veteran transition

and re-integration that is currently being undertaken by our research partner, Gallipoli Medical Research Foundation. When completed, we expect this study to provide tangible outcomes for the entire sector.”

She says this is the second major research initiative that RSL Queensland has partnered with GMRF to deliver. The first, the PTSD Initiative, provided groundbreaking results linking PTSD to several physical co-morbidities and resulted in the development of an online training module for GPs. So far, more than 800 allied health professionals have undertaken this training.

“We are only able to do this longitudinal research thanks to the success of the RSL Art Union, and it gives us the confidence of knowing our programs are targeting the areas of greatest need.” ←

ANGUS HOUSE PROVIDES A PLACE OF RESPITE

Medical treatment is a stressful and expensive process. To help relieve this burden, RSL Queensland offers short-term accommodation in Brisbane for regional veterans and their families. Rooms in Angus House are only \$20 per person per night and include dinner – a staggering 90 per cent cheaper than other surrounding options.

✍ Matilda Dray





Army veteran Jan Beurskens and his wife Gea are two members of the Defence community currently taking advantage of this convenient and relaxing accommodation option.

Sixty-eight-year-old Jan served in the Army medical corps for 20 years between 1970 and 1990. His last 10 years involved field work and included a three-month deployment with A Company 6RAR to Rifle Company Butterworth in Malaysia.

“My military service was one of my life’s highlights. It rates second to my marriage to Gea,” says Jan.

INJURED WHILE TREATING A PATIENT

During his deployment in Malaysia, Jan developed post-traumatic stress disorder (PTSD). It was further aggravated by a percussion blow he suffered to the back of his head from an artillery gun when he was treating a patient several years later.

Gea spent much of their marriage helping Jan deal with the repercussions of his PTSD. He suffered two breakdowns in 1988 and 1996 and took antidepressants for 17 years.

“It takes away part of your life. Periodically I will just burst into tears and there is absolutely no reason for it,” he says.

At one point the couple got divorced, but the bond between them was too strong and eventually they reunited and remarried in 2014. Not long after this, neuroendocrine tumours were discovered in Jan’s liver.

Jan is currently being treated for cancer, which involves a monthly injection administered at Greenslopes Hospital that must continue for the rest of his life.

GEA HAS A BRAIN ANEURYSM

In July 2019, Gea suffered a brain aneurysm and was admitted to the Princess Alexandra Hospital in Brisbane. The specialist said her chances of survival were as low as 25 per cent, but with several operations she pulled through.

The hospital was a 90-kilometre drive from where the couple live in Adare, just outside Gatton. In the first two weeks, Jan clocked up more than 2,000 kilometres driving back and forth to visit his wife.

He sometimes stayed with friends, but the trip was causing him massive fatigue and taking its toll on his PTSD.

ANGUS HOUSE TO THE RESCUE

At this point, Jan was given a recommendation for Angus House by members of Sunnybank RSL Sub Branch.

“Staying at Angus House provided me with an opportunity to stay close to the PA Hospital, to be on call and visit my wife and provide support to her and the medical staff,” says Jan.

Gea does not recall the first four weeks and, upon waking, was relieved to learn that her husband was staying nearby.

“I would have stressed out terribly if Jan was travelling back and forth. Knowing that he was staying at Angus House gave me great peace of mind,” says Gea.

Gea is still recovering and receives regular treatment, including speech therapy and physical rehabilitation. She can’t drive, so the couple often stays at Angus House if they have appointments on consecutive days or if Jan has an adverse reaction to his cancer treatment.



ABOVE:
Jan and Gea Beurskens, left, relax in the Angus House garden with Michelle, who looks after the short-term accommodation option for veterans.

RIGHT:
Michelle is one of two staff members who look after Angus House, with residents praising the calm and welcoming atmosphere she helps create in the house.



you don't want to, you don't have to," says Jan.

Although it can sometimes take a few days, residents generally open up during the course of their stay – emerging from their rooms to talk and laugh with other guests.

"Meeting other veterans with similar health issues has been great. I found their presence could defuse issues inside my head and thus reduce the additional trauma that is usually part of a veteran's luggage," explains Jan.

STAFF PROVIDE A WARM WELCOME

Angus House is staffed by Michelle and Paula, who manage the bookings, clean, do laundry, cook meals, carry out repairs and tend the gardens. Residents have nothing but positive things to say about them, the quality of the meals and cleanliness of the house.

Gea says Michelle and Paula are calm and pleasant and nothing is too much effort for them.

"They have been the backbone of Angus House and are on the front line, supporting the veteran community," adds Jan.

Paula cooks nourishing, comforting meals and can cater to various dietary requirements. She also knows which of her regulars are particularly fond of her baking treats.

"The evening meal proved a real bonus. I was able to eat at any hour,



MORE THAN JUST A PLACE TO STAY

Located in Toowong, Angus House has 11 bedrooms, four shared bathrooms, three TV rooms, a communal dining room, kitchen, laundry and a garden for guests to relax in. It is close to Toowong Private Hospital and the Wesley Hospital and staff sometimes offer transport to nearby hospitals. EFTPOS facilities have recently been installed, further adding to the convenience.

But Angus House provides more than just a roof over people's heads, it offers a relaxing safe haven, where veterans can support each other.

"I think that is one of the special features about this place. It's like a respite. If you want to talk, you talk, if



“MEETING OTHER VETERANS WITH SIMILAR HEALTH ISSUES HAS BEEN GREAT. I FOUND THEIR PRESENCE COULD DEFUSE ISSUES INSIDE MY HEAD AND THUS REDUCE THE ADDITIONAL TRAUMA THAT IS USUALLY PART OF A VETERAN’S LUGGAGE.”

and this provided me the space to spend time at the hospital and attend to my own medical appointments,” says Jan.

STANDING SHOULDER TO SHOULDER WITH VETERANS

RSL Queensland is guided by eight Objects, the first of which is to provide

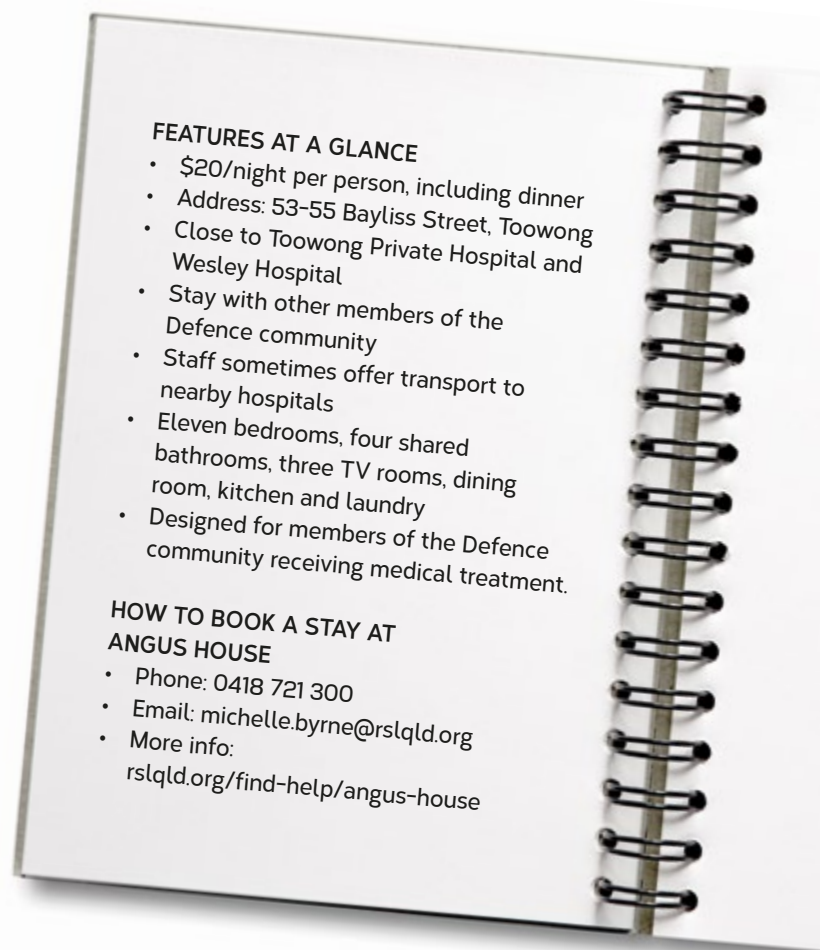
for current or ex-serving members of the Defence community who are sick, helpless, wounded, aged, vulnerable, destitute and needy.

Angus House is a great example of how the organisation can fulfil this objective and help ease the load for veterans in need. According to Jan, members of the Defence community

rely on this support.

“To me, the RSL is an extension of military service,” says Jan.

“Older veterans staying at Angus House feel a sense of security, support and respect. Veterans find it very difficult to trust people, and the RSL makes them feel like they haven’t been totally abandoned.” ←



VETERANS' STORIES

GOONDIWINDI
RSL SUB BRANCH

 Karen Woods

Goondiwindi RSL Sub Branch patron Karen Woods has spent the past 18 months compiling the stories of Goondiwindi members in a heartfelt booklet to be shared among family and friends.

IN 2018, I was made patron of Goondiwindi RSL Sub Branch – a great honour. I believed the role should encompass the objectives and principles of RSL Queensland as well as provide support to our members.

Being mindful of the ongoing challenges our servicemen and women face, and having huge respect for Goondiwindi members, I wanted to persuade each of them to tell their story and compile them into a booklet.

This would enable them to share what life was like before, during and after service. The aim was for members to read each other's stories and be encouraged to talk to each other in a way that offered some unofficial 'counselling'.

They were assured that the booklet would not be published as a whole, but that it would likely be shown to family and friends, which is their prerogative.

The booklet took 18 months to

compile and contains 22 wonderful stories. Now the project is complete, to say I'm happy is an understatement!

The booklet is a great read and I feel privileged to have been given each story – all so different and yet extremely interesting, with bits of humour scattered throughout. At the start of every story is a photo of each member in uniform with accompanying service badge. Every member was given a booklet to keep.

My appreciation goes to Tracey Jensen and her team from My Design Copy Shop, who helped with layout and printing and demonstrated immeasurable patience during the process.

Sincere acknowledgement must also go to photographer Wayne Pratt, who took photos of members and their medals. Wayne's continued support has contributed enormously towards the success of the booklet. ✦



SHANNON BILLSBOROUGH

- Born 16 December 1976 in Brisbane, QLD
- Shannon was born in Brisbane and raised in Caloundra.
- She joined the Army when she finished Year 12.

DATE OF ENLISTMENT

- 1 October 1996

RECRUIT TRAINING

- Kapooka, NSW for 12 weeks.
- Core Training: Royal Australian Core of Transport as an Operational Mover at Puckapunyal Victoria for 12 weeks.
- Unit – JMCO Darwin

DEPLOYMENTS

- East Timor – 2000, 2001, 2004
- Banda Acha – 2005
- Solomon Islands – 2006
- Iraq – 2006, 2007
- Transferred to RAAF in 2008, Shannon was medically discharged from the Defence Force on 15 December 2010, after serving for 15 years.

Shannon was awarded a military pension because of the injuries she sustained while serving.

Shannon is now a busy mother. In her spare time, she loves to go to the gym and enjoys walking, swimming and yoga.

Shannon shared a little of her training days, which she liked.

Firstly, her recruit training at Kapooka was uneventful, because she said, "I kept out of trouble!"

However, Shannon went on to say "When I was at Puckapunyal, six of us decided to break the rules and had a beer each in the lines. Then we went off to Seymour without permission for the evening. Another person at the pub 'dobbled' us in. So next day back at camp, we had to explain! Got two charges for drinking in lines and AWL. So, we had ROPs (Restrictions of Privileges) for seven days and had to stay in gaol at the same time."

Shannon added, "They say that to be a real 'soldier' you have to have been in trouble at some time!"

"THE BOOKLET IS A GREAT READ AND I FEEL PRIVILEGED TO HAVE BEEN GIVEN EACH STORY – ALL SO DIFFERENT AND YET **EXTREMELY INTERESTING, WITH BITS OF HUMOUR SCATTERED THROUGHOUT.**"



Karen Woods holding the booklet she compiled for members of Goondiwindi RSL Sub Branch.

ESO CORNER

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

ONCE NAVY, ALWAYS NAVY: ASSOCIATION CELEBRATES 100 YEARS

“It was an accepted condition of a sailor’s duty that there is never a moment at sea which is completely free of danger.” – Anon

This year, the Naval Association of Australia (NAA) celebrates 100 years of service.

The Association was established following WWI, during a period when Australia was faced with the task of reintegrating an unprecedented number of Defence personnel back into civilian life. A total of 400,000 enlisted in WWI and those who survived returned home with more struggles to contend with.

The NAA began one evening in the vicinity of Young and Jacksons Hotel in Melbourne. An ex-naval man, out for a stroll with his wife, saw a former shipmate on point duty as a policeman. From this chance meeting, they decided to get together again with as many old shipmates as possible.

This led to a “Smoko” in May 1920 in the old Manchester Unity Hall in Swanston Street. About 100 ex-naval men attended and agreed to form the Ex-Navalmen’s Association, which was inaugurated in November 1920.

In 1960, the name was changed to the Naval Association of Australia to better reflect its aims and a membership that included both current and ex-serving naval personnel.

While the actual date is unknown, the formation of the Association in Queensland can be traced via early committee photos as far back as the late 1920s. The State Council was founded on 15 January 1954, when two sub sections, Sandgate (Northside Wavell) and Brisbane, were formed from the Queensland Section.

The first State Conference was held at the main Drill Hall at the Naval Depot in Alice Street on Saturday 26 November 1955.

This year, State Section President Ray Sandford and his team have planned several events over the weekend of 22-23 May to celebrate the Association’s milestone. These include a ceremony of sunset, dinner dance and the annual AGM at Kedron Wavell Services Club.

The Association is made up of Sub





Sections, which are normally formed geographically under a State Section. These combine to form a non-profit National Council.

Currently, the Queensland Section is made up of 20 geographical Sub Sections, a Navy Women Sub Section and an internet Sub Section. Like the RSL, the Association has an award system including Certificate of Merit, Life Membership, Meritorious Service Medal, Long Service Certificate and honorary awards.

Recently, Ross Wiseman of eFLEET Sub Section was awarded Life Membership for exceptional service over more than 15 years.

The Association has lobbied the Federal Government to have service within both the Royal Australian Navy and Merchant Navy recognised by the variation to federal legislation.

The work by former Naval Association National Presidents Commodore Nobby Clark and Admiral Mike Hudson is significant. Former National President Les Dwyer is widely recognised by the submarine service for his advocacy and tenacious lobbying for the advancement and recognition of Special Operations (Black Ops) service.

The Naval Association currently has a robust relationship with the RSL, Department of Veteran Affairs and

ESOs across Australia.

They are also a founding member of the Alliance of Defence Service Organisations (ADSO). ADSO engages directly with the government and political parties and lobbies on various issues. Young veterans, reservists and serving sailors will find an ESO/advocacy fit for purpose when the need arises. The Association is ready to welcome members on board.

Being a member sustains the legacy of past service and sacrifice. The Association pursues four pillars that underpin their mission:

- **Care (welfare):** diverse and crucial support of Navy and ex-Navy men and women. The State Section Hospital visitation officer John King is also on the board of the Beenleigh RSL Club.
- **Commemoration:** maintaining the legacy of past service and sacrifice.
- **Navy Cadets:** assisting youths to become better citizens through support to the ANC.
- **Camaraderie:** meet and socialise with like-minded Navy and ex-Navy men and women.

The Naval Association is the only national organisation with the sole purpose of looking after the interests of serving Navy and ex-Navy men and women. Its motto is "Once Navy, always Navy". ←

INTERESTED IN JOINING THE NAVAL ASSOCIATION?

Membership is open to:

- Current or ex-serving naval personnel from the Commonwealth or Australia's allies and their declared partners.
- Current or ex-serving Australian Army and Air Force personnel who have been posted to HMA ships and establishments.

Contact us:

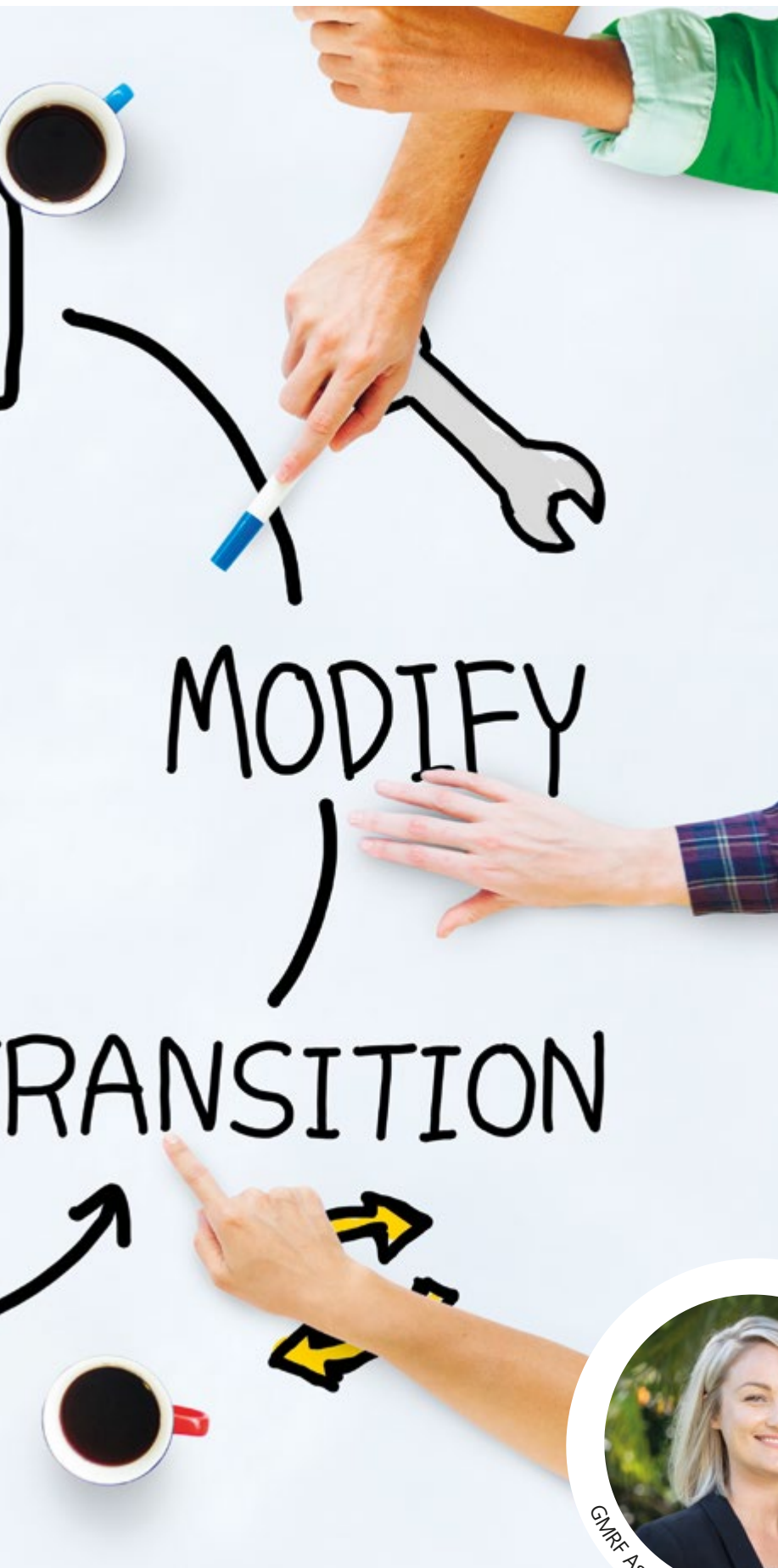
Facebook: @navalassociationaustraliaqld

Web: navalassoc.org.au

Email: naaqld@bigpond.com or

general.enquiry@navalassoc.org.au





The Gallipoli Medical Research Foundation, in partnership with RSL Queensland, is aiming to take a 'prevention is better than cure' approach to transition from the military.

The Military Reintegration Study, launched in April 2019, is aiming to identify and target the core of reintegration difficulties for our veterans. The goal is to provide a practical solution: an innovative tool to assist in the earlier detection of difficulties and the development of targeted interventions for clinicians.

The study is an extension of the five-year Veteran Reintegration Study conducted in partnership with RSL Queensland. It aims to improve the transition experience for Australian Defence Force (ADF) personnel by developing a method to determine 'readiness' for civilian life prior to discharge.

While not everyone will have a challenging reintegration experience, the stats indicate it is a common occurrence. GMRF's reintegration research has found that 78 per cent of veterans struggle with the transition process from military service to civilian life. The issues can present in many ways: difficulty finding work, the breakdown of family and other relationships, and mental health issues such as depression and anxiety.



“THROUGH THEIR SUPPORT OF THIS RESEARCH, DEFENCE IS DEMONSTRATING THAT THEY UNDERSTAND THE IMPORTANCE OF THIS ISSUE AND ARE PROACTIVELY INVESTED IN SOLUTIONS. IT’S OUR HOPE THESE TOOLS WILL BE USED BY HEALTHCARE PROVIDERS, CASE MANAGERS AND TRANSITION COACHES AS ROUTINE PRACTICE TO ENABLE TIMELY DETECTION AND ASSESSMENT OF REINTEGRATION DIFFICULTIES. THE FINDINGS MAY ALSO LEAD TO NEW TARGETED INTERVENTIONS FOR CLINICIANS.”

Some veterans struggle with a sense of loss after they leave the military. A systematic literature review, published by GMRF Associate Director of Mental Health Research Dr Madeline Romaniuk in 2019, identified three key pillars of loss experienced by veterans:

- **Loss of culture and community:** Military members were described as ‘family’ in terms of support, closeness and shared experiences. This loss of community was further perpetuated by difficulties forming and maintaining relationships with civilians following discharge.
- **Loss of identity:** As a consequence of forming an identity shaped by military culture and dependent on their military role, the process of discharge subsequently triggered an experience of identity loss that evoked significant distress for many veterans.
- **Loss of purpose:** Serving in the military can provide a powerful sense of purpose and accomplishment. Upon reintegration into civilian society, participants frequently reported losing purpose and meaning. After discharge, many felt that they were no longer contributing to something as important as the collective effort of military service.

“It translates to losing your friends, support network, and where you feel you ‘belong’, not knowing who you are anymore, and not having a reason to get up in the morning,” Dr Romaniuk says.

While further support is needed to help veterans manage these issues post separation, the aim of the Military Reintegration Study is to take this one step further and develop tools aimed at identifying potential issues before they arise.

Dr Madeline Romaniuk and her team have had a busy 12 months, analysing over 725 survey responses from veterans and using the information to develop a series of questionnaires for current serving personnel who are in the process of discharging from the regular ADF.

“IT TRANSLATES TO LOSING YOUR FRIENDS, SUPPORT NETWORK, AND WHERE YOU FEEL YOU ‘BELONG’, NOT KNOWING WHO YOU ARE ANYMORE, AND NOT HAVING A REASON TO GET UP IN THE MORNING.”

“This phase of research is focused on the development of two psychometric assessment tools – the first of their kind available globally,” Dr Romaniuk says.

Highlighting the potential benefit of the tools, the Military Reintegration Study has gained organisational support and Command approval from the Australian Defence Force as well as Department of Defence – Joint Health Command.

“Through their support of this research, Defence is demonstrating that they understand the importance of this issue and are proactively invested in solutions,” Dr Romaniuk says. “It’s our hope these tools will be used by healthcare providers, case managers and transition coaches as routine practice to enable

timely detection and assessment of reintegration difficulties. The findings may also lead to new targeted interventions for clinicians.”

Major General Natasha Fox, Head of People Capability for the Australian Defence Force, supports the research project and is encouraging participation from ADF members who have made the decision to transition from the military.

“Many years ago, transition was considered an administrative process. That couldn’t be further from the truth now,” MAJGEN Fox said.

“As we have learnt more about people’s needs, we have changed our employment model. The continual learning and reinvestment from your experience will help Defence to keep improving,” she said. “←

How to get involved:

We need your help to get the word out about the Military Reintegration Study. To ensure these tools work, we need a significant number of current service personnel who are in the process of transitioning to complete a series of surveys.

We are asking for members who are transitioning out to complete three online surveys, two before discharge and one three months following separation. Permission has been granted to complete the surveys while on duty.

The total involvement time is around 70 minutes, but the outcomes could make a difference for generations of ADF personnel to come.

Find out more about the Military Reintegration Study at bit.ly/GMRF-MRS or text MRS to 0447 100 275

MATESHIP

SERVICE FOR TONY TONKIN

Goondiwindi RSL Sub Branch members formed a guard of honour to pay tribute to Tony Tonkin at his funeral on 17 December. Tony passed away on 7 December 2019. During his ceremonial service, members formed up on either side of his grave and placed a poppy on his casket. Sub Branch President Tony Stepney delivered a eulogy, detailing Tony's National Service, which began in 1954. This was followed by the Ode and The Last Post, with one minute's silence. The Australian Flag, which had been positioned on Tony's casket, was presented to his wife, Jill. Tony was proud of his National Service and marched every ANZAC Day at North Star in NSW, before retiring in Goondiwindi. He returned to North Star annually to attend the ANZAC Day service. Tony was well known by Goondiwindi RSL Sub Branch members.



RESTORED CANNON DEDICATED TO VETERANS

Goondiwindi RSL Sub Branch members Terry Farrell, Greg Rixon, Russell Billsborough, Clinton Billsborough, Harrison Billsborough and Mandy Dog prepare for the installation of a WWI German Cannon 77 mm Leichte Feldkanone. The war trophy was recently restored by Sub Branch members. It was positioned in front of the War Display building, part of the Customs House Museum. During the dedication, Sub Branch President Tony Stepney and Reverend Paul Andrianotos spoke of the cannon's history. It was dedicated to the men and women who served in WWI and the citizens of the Goondiwindi District who supported the war effort.



ROBERT HONOURED FOR 50 YEARS OF SERVICE

Beachmere RSL Sub Branch member Robert O'Connor has been recognised for his 50 years of service to the RSL. During those years, Bob volunteered for numerous activities and served as President, Vice President, District representative, Welfare Officer and a committee/Board member. This certificate complements his existing Meritorious Service Medal.



NEW YEARS IN CAIRNS

Cairns RSL Sub Branch members celebrated New Year's Eve watching fireworks explode over the cenotaph.

GET INVOLVED IN GATTON'S GET FIT AND COFFEE MORNINGS

In 2019, Gatton RSL Sub Branch welcomed its new secretary Karen Harwood. The year ended with a lunch for over 50 members, their partners and guests. The year 2020 kicked off with the Sub Branch's weekly get fit program and Wednesday coffee mornings.



30 YEAR CERTIFICATE FOR GORDON

Emu Park RSL Sub Branch President Darryl Dwyer, left, presents a 30 Year Membership Certificate to Gordon Bowser, a veteran of WWII and Korea.



HERVEY BAY THANKS VOLUNTEERS

Every January, Hervey Bay RSL Sub Branch hosts a lunch to thank the volunteers who assist the Sub Branch throughout the year. Secretary Kevin Collins hosted the event for 54 people at The Deck at Hervey Bay RSL & Services Memorial Club. Wide Bay Bundaberg District Advocate Michael "Tiny" Andersen is pictured with volunteer support officers Margaret Harris and Aileen Bennett.

STANTHORPE PRESENTS MEMBERSHIP CERTIFICATES

Kevin Ross was presented with his 50 Year Membership certificate by Stanthorpe RSL Sub Branch President Martin Corbett at the end of year barbecue on 8 December. During the event, Martin also presented Cecil Mitchell with his 30 Year Membership Certificate.



MURGON CELEBRATES 100 YEARS

Murgon RSL Sub Branch celebrated its centenary with a commemorative dinner on 17 August 2019. The cake was cut by the Sub Branch's oldest member, WWII veteran Alfred Purser, left, the youngest member Jason Heath, right, and President Trevor Williamson OAM. Photo courtesy of South Burnett Online.





VETERANS URGED TO WRITE THEIR MEMOIRS

WWII veteran Phil Wilkins, right, is helping fellow Kawana Waters RSL Sub Branch members such as Keith Buchan, left, record their history by writing down their memoirs. The project began more than two years ago when Phil began organising a monthly morning tea for WWII veterans. The group gathers in Kawana Waters Surf Club to eat scones, drink coffee and talk. They call themselves the 'Mouldy Oldies' and are financed by their local Sub Branch.

Phil sits down with veterans and asks questions about their life. He uses a voice recorder, types up the conversation, edits it into a story, includes photos and produces it into a hard copy document. Phil is passionate about both his Mouldy Oldies group and producing memoirs. He urges other Sub Branches to consider undertaking similar projects. Within the next eight years, Phil says most of the WWII veterans will have passed on, so time is running out.

"Write down your memoirs," says Phil. "I know from experience that the people left behind – such as your grandchildren or great grandchildren – would enjoy reading them. And it isn't necessarily just your wartime experiences, but also your life as a whole, that is important." If you would like advice on how to get started on this project, Phil would love to hear from you via phillipcarterwilkins@gmail.com or phone 0417 958 257.



RON PAGE HITS A CENTURY

Goodna RSL Sub Branch Membership Officer Judith Van De Pol presented Ron Page with his 100th birthday certificate on behalf of Moreton District on 10 November.



AUXILIARIES FUNDRAISE FOR YOUNG VETERANS

State Council of Auxiliaries presented a cheque to Young Veterans, using proceeds from the 2019 State Congress raffle. State President Rebecca McEwan, State Secretary Maureen Sargent OAM and Vice President Judy Kranen OAM are pictured with Young Veterans President David Wyatt.



GAYNDAH'S COMMEMORATIVE BOOK

Last year, Gayndah RSL Sub Branch published an 83-page book detailing how the Centenary of Armistice was commemorated in their community. In the lead up to Remembrance Day, the Sub Branch ran a competition for artists and writers themed "When the Guns Fell Silent". There were more than 100 entries and in the book's introduction, President Boyd Baker explained, "The art that was produced during this competition was of a very high standard and captured the imagination of all who saw it. Many of the artists researched their family's war history and used this for their art work." The book was the brainchild of member Russ Taylor, who wanted a way to preserve the artwork. It was made possible thanks to a grant from the Regional Arts Development Fund. The cover artwork on the book is "It's Over" by Diane Wilkinson. You can purchase a copy of the book for \$27 (including postage). Contact Russ via 0437 611 306 or russelltaylor@bigpond.com. He is pictured with Amanda Wenck from Truth Designs, who designed the book.



DUAL CERTIFICATES FOR EILEEN

In an unusual achievement, 89-year-old Eileen Smith was presented with two 30 Year Membership Certificates – for Service and Auxiliary membership – at the Murgon RSL Sub Branch community Christmas lunch on 5 December. Prior to moving to Queensland, Eileen was a member of Shepparton RSL Sub Branch in 1986 (and still has her membership card), where she became the first female committee member in 1992. Eileen is a fiercely proud member of Murgon RSL Sub Branch and continues to attend meetings, despite moving to the local nursing home. Photo Courtesy of South Burnett Online.



RON AWARDED LIFE MEMBERSHIP

Woodford RSL Sub Branch member Ron Nipperess, centre, was presented with a Life Membership Certificate by SCRD President Ian Hall, right, and Sub Branch President Graham Bleakley at the Sub Branch Christmas party. A certificate of Long Service was also presented to Claude Bleakley for her 70 years of continuous service.

C OMMUNITY



CARTOONIST DRAWS INSPIRATION FROM DEFENCE

After retiring from the RAAF, Jack Edmunds (above) enrolled in the NT University and graduated with an Associate Diploma of Fine Arts. Now 83 years old, Jack is a member of the Australian Cartoonists Association and draws inspiration from his Defence career. The cartoon 'Soldier' (left) depicts the need for a soldier to be prepared for all eventualities, both on and off duty. Jack was born in Wales and moved to Australia on his own in 1954 aged just 17. He was originally a member of the 2/14 Queensland Mounted Infantry before joining the RAAF as a member of the Special Duties Branch. He served as adjutant of 2 Squadron in Phan Rang Vietnam 70/71 and retired as a Wing Commander with RAAF Darwin.



VETERANS RUGBY LEAGUE TEAM READY TO COMPETE

Brisbane Veterans Rugby League Football Club is gearing up for the 2020 season. The club has been formed to support current and ex-serving veterans, as well as their families and carers, in transitioning from the military. Pine Rivers RSL Sub Branch is supporting the establishment of the club by providing experience in administration, access to office space, assistance with grant writing applications and connection with Sub Branch Advocates.



BURLEIGH HEADS BRINGS CHRISTMAS CHEER

For the past two years, Burleigh Heads RSL Sub Branch Board members have delivered Christmas cakes and mince pies to widows of deceased members and members aged over 80. The gifts were well received and provided an opportunity for face-to-face contact with those unable to gather during the year. It also reminded the Defence community that they are still part of the RSL family and the RSL is available to help if needed. One veteran was particularly thrilled as it had been more than 20 years since he had been to the RSL hall. He said it was a “wonderful ice-breaker” and he looks forward to returning to the Sub Branch to meet up with old friends.



SOUTHPORT VETERAN HONOURED IN PHILIPPINES

Southport RSL Sub Branch member David Mattiske and his colleagues who served on HMAS *Shropshire* during the Philippines conflicts of WWII have been immortalised on a new memorial. For five of the past six years, David has visited the Philippines during the October commemorations in both Leyte and Surigao. His efforts in improving Australian/Filipino military history relations are outstanding, and even more impressive considering his age. Surigao residents built an impressive new memorial and museum to remember the great sea battle of 25 October 1944. The site is at a point north of the city known as Punta Bilar, which overlooks the strait where the historic battle took place. The new memorial site was dedicated on 24 October 2019, the day preceding the main commemoration marking 75 years since the conflict. The memorial includes a large plaque bearing an inscription of a quote from David from one of his speeches made on a 2018 visit.





CAROLS AT THE CENOTAPH

Agnes Water/1770 RSL Sub Branch joined forces with a local school and churches to host the inaugural Carols at the Cenotaph. Choirs comprised of local churches and students performed and the RSL provided lights for the Christmas tree at the cenotaph. Following the carols, the lights were switched on and Santa visited. Over 200 people attended the event.

VIGNACOURT RESIDENTS WALK FOR AUSTRALIA BUSHFIRE RELIEF

The small village of Vignacourt, France – well known for its Lost Diggers collection and close ties to Australia – were so deeply moved by the bushfire crisis that residents organised a fundraising walk in support of the country. They gathered on 18 January to raise money for koala rescue and Rural Fire Services.



NAVY ASSOCIATION MEMBERS AND CADETS

Ipswich and West Moreton Naval Association members Ken Hartwell and Joc Henderson are pictured with two young role models of the Australian Navy Cadets at the unit parade night in December 2019. Both are Cadet Petty Officers from TS Ipswich.



TIARO DIGS DEEP TO HELP FAMILIES AT CHRISTMAS

Several needy families had a more enjoyable Christmas break, courtesy of the generosity of Tiaro RSL Sub Branch members. For several months, members of the Sub Branch and the Citizens' Auxiliary donated food and other items. Shortly before the holidays, food hampers were packed and delivered to families by the Sub Branch team. Sub Branch Treasurer Colin Gulbrandson and his wife, Citizen's Auxiliary Secretary Linda, are pictured checking the contents of each hamper. It was the first year the small Sub Branch has organised these hampers.



DAY IN NATURE FOR VETERANS HEALTH WEEK

As part of Veterans' Health Week, Kawana Waters and Nambour RSL Sub Branch members enjoyed a day at Eco Everglades Safari at Lake Cootharaba near Noosa in November. Thirty-five members attended the trip, which included bus travel, a cruise on the water, morning tea at Harry's Hut and lunch at Habitat Eco Everglades Camp. Thanks go to the Sunshine Coast District RSL executive for funding the day, which resulted in a lot of happy members.

MEMORIAL WALK IN COMMUNITY GARDENS

Goondiwindi and District Community Gardens recently invited Goondiwindi RSL Sub Branch members to a barbecue and discussion about the Memorial Walk, which will be designed by RSL members as a community project within the precinct. Community Gardens President Hannah Warren outlined what the group would like to achieve. She explained that the walk would commemorate service people from the district, with trees eventually planted along the edge once the drought is over. Pictured cooking the barbecue were RSL members Greg Rixon, Wayne Pratt, Terry Farrell and Russell Billsborough.



LONG TAN YOUTH LEADERSHIP AWARDS

Isis RSL Sub Branch President Bill Luxton presented two Long Tan Youth Leadership and Teamwork Awards to Isis District State High School students John Bauer (Year 10) and Zakkitta Volker (Year 12). The awards recognise students who demonstrate leadership and teamwork within the school and broader community, and who display strong values, such as doing one's best, respect for others and mateship – values considered integral to both the ADF and Australian society.



ADAPTIVE SPORTS ACTIVITIES

The 7th Signal Regiment hosted the inaugural Veteran Adaptive Sports activities on 6 November 2019 as part of the Royal Australian Corps of Signals – Corps Week from 4-8 November. The event saw wounded, injured and ill veterans who have been involved in the training program for the Invictus Games participate in a series of adaptive sports alongside current serving personnel. Veterans John Burrett and Braedon Griffiths are pictured doing archery, with other sports including indoor rowing and sitting volleyball.

TEAM-BASED ACTIVITIES FOR HEALTH WEEK

In October 2019, a small group of veterans from Stanthorpe RSL Sub Branch participated in a series of team-based activities and discussions as part of Veterans' Health Week. The aim was to bring them together in an environment where they could relax, conduct problem-solving activities, team tasks and individual skill challenges. They could also enjoy each other's company, talk and listen to each other's experiences, ideas and thoughts. Attendees said the activity helped them reconnect with past skills in a familiar environment and talk to people with a similar background. Pictured at the event were Dane Wardrope, Glen Gibson, Wes Carver and Matt Quinn.



TRAMWAYS UNVEILS PLAQUE AT CITY HALL

Tramways RSL Sub Branch is a unique group of ex-service people established in 1920. In 1946, following WWII, the group had around 250 members. Members included office staff, depot masters, tram and bus drivers, conductors, mechanics, builders, electricians and cleaners. They lived all over Brisbane and did not have their own hall, instead meeting in the Council Social Club on the 21st floor of the building behind City Hall. When that closed, the group held meetings at the Irish Club in Elizabeth Street. They currently meet at Geebung RSL. Tramways Sub Branch recently donated and unveiled a plaque at City Hall in memory of the hundreds of WWI and II veterans who joined the RSL and worked for the Transport Department of the Brisbane City Council after discharging. Pictured at the unveiling were, left, RSL Queensland Deputy President John Strachan OAM, Tramways RSL Sub Branch Treasurer Col Dumke, Tramways President Kevin Hansen and South Eastern District Treasurer Judy Munday OAM.



VETERAN PRIEST PRESENTED WITH NEW MEDALS

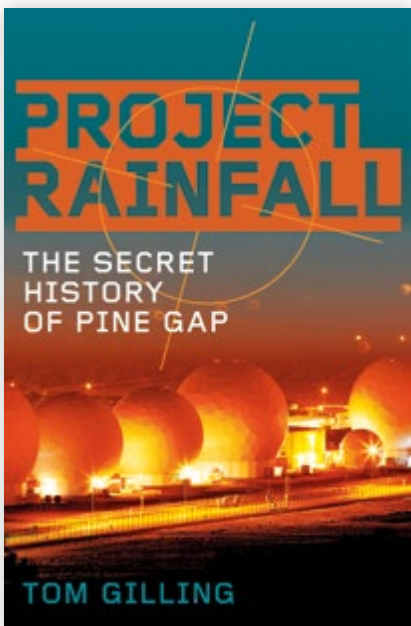
Air Force veteran and retired priest, Fr John O'Connor, was recognised for his military service with a recent ceremony to present him with medals to replace those lost during a cyclone in 2011. His long-term friend Fr Kerry Costigan contacted military authorities to get the medals replaced. Now living in Tully, Fr O'Connor joined the RAAF aged 18 in 1943. He was honourably discharged in 1945 at the end of WWII with the rank of Warrant Officer, the most senior non-commissioned rank in the Air Force. He served in 460 Lancaster Bomber Squadron based at Binbrook in England. Five medals were replaced including the 1939-45 Star, Air Crew Europe Star, Defence Medal, War Medal 1939-45 and the Australian Service Medal 1939-45. Photo courtesy of *The Catholic Leader*.

SCHOOL BURSARY PRESENTED FOR NINTH YEAR

Walkerston Pleystowe RSL Sub Branch members Dennis Dorrington, Noel Wales and Michael Tynan are pictured with winners of the 2019 Fred Taylor Memorial Bursary from Walkerston State School, St John's Catholic School and Homebush State School. For the past nine years, the Sub Branch has presented the annual bursary on Remembrance Day in honour of member Fred Taylor. As part of the award, Year 6 students research a fallen soldier from the Walkerston area. This year it was Walter Allan Baxter, who died in Belgium on 5 November 1917 aged 23.



WIN



PROJECT RAINFALL

Pine Gap is a top-secret American spy base on Australian soil, but how much do we really know about it?

At the height of the Cold War, the chief of one of Australia's spy agencies joined three CIA men at a remote site in Central Australia to toast the success of a top-secret project known in US intelligence circles as RAINFALL.

The CIA listening station at Pine Gap was officially called the Joint Defence Space Research Facility, but it had nothing to do with research and was joint in name only: Australians were hired as cooks and janitors, but the first spies were all American.

The job of the satellites controlled from Pine Gap was to eavesdrop on Soviet missile tests. While government ministers denied that Australia was a nuclear target, bureaucrats in Canberra secretly planned for Armageddon in the suburbs of Alice Springs. No longer just a listening station, Pine Gap has metamorphosed into a key weapon in the Pentagon's war on terror, with Australians in frontline roles.

Drawing on declassified documents in Australian and US archives, Tom Gilling's explosive new book tells for the first time the uncensored story of Australia's most secret place.

Project Rainfall by Tom Gilling is published by Allen & Unwin (RRP: \$32.99).

FOR YOUR CHANCE TO WIN one of four copies of *Project Rainfall*, email your name, address and contact number to editor@rslqld.org (with the subject 'Project Rainfall') or post to 'Project Rainfall', PO Box 629, Spring Hill Qld 4004. Competition closes 27 April 2020.



RAAF BLACK CATS

The secret and dangerous operations of Australia's Pacific War Catalina crews told for the first time.

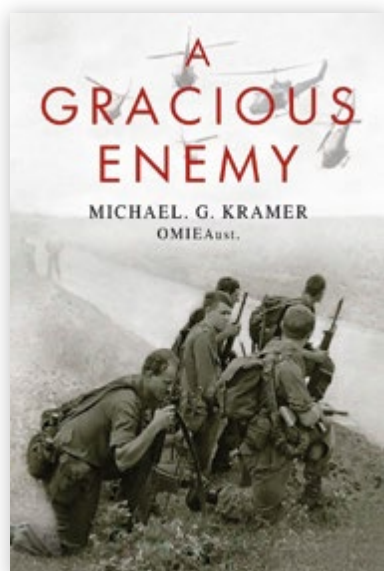
In March 1945, Reg Cleworth, a navigator on PBY Catalina seaplanes flying out of Darwin, went missing in action. No details were ever given about the incident that took his life, nor the reason his plane went down. For Reg's younger brother, Robert, the news came as a fulfilling prophecy. The last time they saw each other, Reg confided in Robert, "I don't think I'm coming back".

Forty years later, Robert decided to investigate what happened to his brother. What he uncovered was an extraordinary story of a covert Australian airborne mine-laying operation in cooperation with the US Seventh Fleet to disrupt the Japanese supply routes. One of the riskier and more dangerous RAAF undertakings of the Pacific War, secrecy restrictions were imposed on everyone involved. They were never formally lifted.

Had it not been for a chance meeting that allowed Robert access to previously unopened files in the US national archives, this remarkable story may never have been told. What he unearthed revealed the sacrifice and achievements of the RAAF Catalina crews and the vital role they played in MacArthur's strategic plan for the south-west Pacific.

RAAF Black Cats by Robert Cleworth and John Suter Linton is published by Allen & Unwin (RRP: \$32.99).

FOR YOUR CHANCE TO WIN one of four copies of *RAAF Black Cats*, email your name, address and contact number to editor@rslqld.org (with the subject 'RAAF Black Cats') or post to 'RAAF Black Cats', PO Box 629, Spring Hill Qld 4004. Competition closes 27 April 2020.



A GRACIOUS ENEMY

The full story of the three Indochina Wars, wars and all.

The first was the Indochinese people fighting against the French colonists and their suppliers and allies from the US.

The second was the people of Indochina (Cambodia, Laos and Vietnam) fighting against an allied coalition force made up of Australia, New Zealand, South Korea, Thailand, South Vietnam and the US.

The second Indochina War is usually referred to as the Vietnam War. This book examines the re-adjustment of Vietnamese society after the uprising of the Tay Son Brothers in 1770 and their stopping of the Trin and Nguyen families' oppression of the Vietnamese people.

A Gracious Enemy by Michael G Kramer is available via amazon.com.au (RRP: \$45.00).

FOR YOUR CHANCE TO WIN one of four copies of *A Gracious Enemy*, email your name, address and contact number to editor@rslqld.org (with the subject 'A Gracious Enemy') or post to 'A Gracious Enemy', PO Box 629, Spring Hill Qld 4004. Competition closes 27 April 2020.



QUEENSLAND RSL NEWS WINNERS

Edition 4, 2019

LARRIKINS IN KHAKI

P Jeffrey, Parkinson
J Neeve, Mackay
D Niven, Arana
G Laurence, Takura

PANZER COMMANDER HERMANN BALCK

D Williams, Wishart
A Harrison, Wyndhamvale
M Craig-McFeely,
Tamborine Mountain
R Newell, Manley West

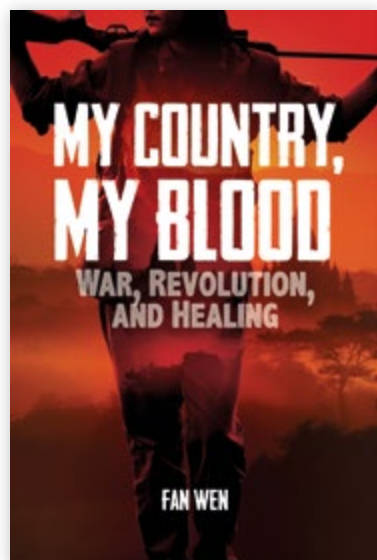
REMEMBER

G Crick, Parkinson
K Nicholson, Pomona
P Andrews, West Ipswich
B Northcott, Holleywell

RESURRECTED

P Scanlan, Wynnum West
K Moss, Ningi
A White, Burleigh Waters
D Clifford, Proserpine

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



MY COUNTRY, MY BLOOD

Who is Zhao Xun? For those around him, the answer to this question is unclear. In KMT-occupied Kunming, Yunnan Province, in southwestern China, a mist of uncertainty has already filled the air, and false names have become the norm. With the city's liberation at the hands of the Communist Army, this trend only intensifies.

My Country, My Blood traces the life story of a former KMT officer who spends his entire life living in Yunnan. It relays stories of opera troupes operating behind the frontlines, student groups resisting tyrannical governments, and the reshuffling of the social order that followed the Chinese Civil War. Grand in scope, *My Country, My Blood* pushes through the period of establishing a new government through to the time of healing marked by China's opening up to the world.

My Country, My Blood by Fan Wen is published by Big Sky Publishing (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *My Country, My Blood*, email your name, address and contact number to editor@rslqld.org (with the subject 'My Country, My Blood') or post to 'My Country, My Blood', PO Box 629, Spring Hill Qld 4004. Competition closes 27 April 2020.

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RSL Art Union No. 375 Draw closes 8pm AEST 13 May 2020 | Drawn 10am AEST 20 May 2020

RSL Art Union Draw No. 375 (also known as Draw 375L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006, (AEST) 20/05/20 at ANZAC House, 283 St Pauls Terrace Fortitude Valley QLD 4006. Promoter: John Strachan, Locked Bag 4032, Fortitude Valley QLD 4006. Proceeds are for the purpose of veteran welfare and support registered mail. Results published in The Courier Mail and The Australian on 22/05/20. Cheque, money order and credit card payments must be received by 13/05/20 to be entered into Draw 375. If an order is received after only. Any rental estimates provided are for informational purposes only. Selling costs and market variations apply when selling gold bullion. Travel is in the form of a voucher, is not redeemable for cash and must be booked



834 SQM



14



11



9



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Or, you might decide to rent it out to benefit from a combined rental estimate of **\$242,060 per year**, or perhaps sell it all for millions! With rates, water and body corporate paid for the first 12 months, you'll have plenty of time to decide.



MORE MILLIONS FOR MEMBERS

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under QLD licence No.29819, ACT Permit No. R20/00001.2, VIC Permit No. 10787/19, NSW Permit No. GOCAU/2255, SA Permit No. M13804. Close date: 8pm (AEST) 13/05/20. Draw Date: Public draw 10am in Australia. Prize value \$6,007,823. The total number of tickets available for AU375 is 2,797,000 which may include a maximum of 587,370 bonus tickets. Entrants must be 18 years or over. Winners notified by this date or if the draw is sold out, the order will be automatically entered into the next draw, Draw 376. Some items shown in pictures are for display purposes only. Floor plans are for illustration purposes directly with our selected supplier, subject to their terms and conditions. Information correct at time of printing. For up to date details and full terms and conditions please refer to www.rslartunion.com.au.





LOYAL TICKET BUYER STRIKES IT LUCKY WITH A \$2.3 MILLION FIRST PRIZE WIN



YOU could hear a penny drop in the RSL Art Union office as Prize and Property Specialist Debbie Norris made the call to our first winner of 2020.

Having acquired this beautiful beachfront apartment for this year's prize lineup, Debbie was the perfect person to deliver the life-changing news to our newest winner.

As the phone rang, Brandon

Quick* was inching closer and closer to finding out he had just won Draw 372, an absolute beachfront apartment plus \$350,000 in gold bullion.

When told the news, Mr Quick exclaimed, "Fair dinkum! Oh, wow!"

Debbie explained the prize included furniture, electrical and \$350,000 in gold. Because Mr Quick's lucky ticket had

been purchased as part of a \$30 book, he also won a bonus book buyer's prize of \$55,000 in gold!

Mr Quick shared his sentiments as to why he supports the RSL Art Union saying, "I always purchase the RSL [tickets] as I think they are just the best value for money, and it goes to a great cause!"

He couldn't wait to call his wife, who was out dancing at

the time. With this latest news, there will be plenty to dance about all year!

Congratulations to Mr Quick and his wife and thank you to all our supporters. With your help, we can continue to provide critical funding to our veteran community now and into the future.

**Name changed for privacy reasons.*

REDCOATS TO CAMOUFLAGE EXHIBITION

Uniforms and equipment of Army personnel in Queensland from 1824 to the present feature in the Redcoats to Camouflage Exhibition at Victoria Barracks, Brisbane. Home to the Army Museum South Queensland, the historic precinct provides a unique glimpse into Australia's military history from the colonial era, through two World Wars, to the current role of the ADF. Public tours of Victoria Barracks are on Wednesdays only. Bookings must be by prior arrangement. Visit www.armymuseumsouthqueensland.com.au, email info@armymuseumsouthqueensland.com.au or 0429 954 663.

BOOKS TO GIVE AWAY

Would you like 16 beautiful WWI and WWII books previously owned by the late Gus Fraser, a bomber pilot in WWII? You will need to collect them from Tarragindi. Some of the book titles are: *Images of War*, *D-Day*, *Battle of the Bulge*, *Battle of Britain*, *Victory in Europe*, *A History of Fighting Ships*, *World War II Aircraft*, *Reaching for the Skies*, *The Rise and Fall of Imperial Japan*, *Australian Air Force Since 1911*, *Australia and the Vietnam War*, *The Berlin Raids* and a *Pictorial History of WWI*. Contact Beryl for more information on 07 3392 7322.

BECOME COMPUTER SAVVY

Brisbane Seniors Online (BSOL) is a not-for-profit group that provides in-home technology tuition on a one-on-one basis for seniors and over 50s in the greater Brisbane area. Learn to surf the internet safely, keep in touch with family and friends around the world and recognise and avoid scams. A \$20 joining fee plus \$45/year gives learners approximately 12 one-hour home lessons and support for the membership year. Phone 07 3393 2225 or visit www.bsol.asn.au.

NEW ZEALAND SERVICE DETAILS

Those who wish to contact the New Zealand Defence Force to access service details of New Zealand veterans for eulogies at their funerals are advised to use the following process:

- Email from: an RSL-branded email address
- Email to: NZDFPAM@nzdf.mil.nz
- Subject: URGENT – funeral – name of veteran
- Body of email: full name of veteran, DOB, summary of service details, date and time of funeral
- Mandatory attachment: evidence of request from funeral director (request form or copy of email).

HELP WITH GAMBLING ISSUES

Did you know that free gambling counselling and community resources are available through Relationships Australia Queensland? This includes community education to groups, staff and individuals, with free ongoing counselling for clients, their families and anyone affected by someone else's gambling. The organisation also runs a SMART Recovery Group on Tuesday mornings and a 'Time to Succeed' recovery group on Wednesdays. All programs are self-referral or clinician referral and free of charge. For more information contact 1300 364 277 or visit www.raq.org.au.

EX-RAAF AMBERLEY REUNION

A reunion will be held for ex-RAAF Amberley 'equipos' and clerk suppliers from 6pm on 25 July at the Jets Club Hotel in Ipswich. For more information contact djjack058@bigpond.com or phone 0413 700 298 or Paul Noble on 07 5679 8744 or 0403 750 200. Organisers are hoping the following veterans will reach out to them and attend the reunion: John Koczorowski, Fabian Nardo, Wally Best, Bobby Otto, Rob Ricktas, Wayne Stoddart, Trevor Skinner, Barry Dionesis, Jim Etherson, Barby Munt and Alan Mader.

MEDALS FOUND – A COPELAND

Medals belonging to A Copeland NX 202822 have been found. It is believed A Copeland passed away in the early 2000s. His wife passed away a few years later. If you are a relative and would like to be reunited with his medals, please email editor@rslqld.org.



CALL FOR PARTICIPANTS

GMRF is offering veterans who experience nightmares and poor sleep the opportunity to participate in a trial offering group treatment. The treatment will be provided by psychologists and offer innovative coping and behaviour management techniques to improve sleep quality for veterans with PTSD. To have an obligation free chat about this opportunity and find out if you or a mate would be eligible, visit www.gallipoliresearch.com.au/project/veteran-sleep-therapy-study or contact the Veteran Mental Health Initiative Team on 07 3394 7657 or GMRF.VMHI@ramsayhealth.com.au.

MEDAL FOUND – J JONES

A medal has been found engraved with: 609 SPR J. JONES. 2 TUN COY A.I.F. Please contact Ruth if you have any information on ruthaybartlett@gmail.com.



DO YOU KNOW THIS MAN?

A former US soldier is searching for an Australian veteran he stayed with at Avoca Beach during the Vietnam War. John Dippel, from Connecticut, met the man on an Australian Air Force flight in August 1970 and stayed at his home outside Sydney for a few days. John, now 72, was drafted in the fall of 1968. He would like to reconnect with the Australian man, who at the time was on leave from the war visiting his wife. Read the full story on bit.ly/JohnDippel. If you know the man in this story, contact the *Express* on 4323 5000 or editor@expressadvocate.com.au.

SEEKING INFO ON SNOZ

Ron Lambert is seeking information about a man nicknamed Snoz. Ron's mother's family, the McCarthys, were boring for water in the area of Mt Vivian in 1952 and his uncle spoke of the Centre Fire Line team. Snoz was with Len Beadell's team constructing a telegraph line from Woomera to Mt Eba. He was possibly with the No. 1 Line Construction Project Squadron. If you have any information, contact Ron on 0422 584 412.

Last Name	First Name	Service Number	Sub Branch
Allen	Albury	435634 / OX17417	Toowoomba United Sub Branch Inc.
Anders	Phillip	221128	Redcliffe Sub Branch Inc.
Anderson	Andrew	NX152907	Tewantin/Noosa Sub Branch Inc.
Anderson	William	46350	Bundaberg Sub Branch Inc.
Annear	Carlyle	TX10407	Launceston Sub Branch
Ansell	Brian	2/706263	Maroochydore Sub Branch Inc.
Aplin	Miriam	99174	Banyo Sub Branch Inc.
Armstrong	David	R64271	Bundaberg Sub Branch Inc.
Atherton	Bruce	26950	Tweed Heads & Coolangatta Sub Branch Inc.
Atkinson	Graham	N79522	Ipswich Railway Sub Branch Inc.
Auer	Robert	157178	Malanda Sub Branch
Ayoub	Donald	219164	Bribie Island Sub Branch Inc.
Baird	Winifred	W/371146	Bribie Island Sub Branch Inc.
Baker	Sheila	101130	Mackay Sub Branch Inc.
Barnes	Graham	1732931	Kedron-Wavell Sub Branch Inc.
Battley	Les	1734535	Toogoom and District Sub Branch Inc.
Batts	George	405466	Capricornia & Rockhampton Region Sub Branch Inc
Bell	Kenneth	1731991	Caboolture-Morayfield & Dist Sub Branch Inc.
Bell	Vic	TX11928	Exeter Sub Branch
Bellette	Kevin	6823	Greenbank Sub Branch Inc.
Bennett	Walter	157954	Maryborough Sub Branch Inc.
Beswick	Noel	1/718711	Maroochydore Sub Branch Inc.
Bingham	Colin	11744	Burleigh Heads Sub Branch Inc.
Binns	John	R57163	Redcliffe Sub Branch Inc.
Black	Ronald	PK948602	Burleigh Heads Sub Branch Inc.
Black*	Donald	2/755246	Bribie Island Sub Branch Inc.
Blount	John	CJ/X733050	Kawana Waters Sub Branch Inc.
Booth	Bradley	4/712039	Cardwell Sub Branch
Booth	William	119905	Nambour Sub Branch Inc.
Bostock	William	1411034	Caloundra Sub Branch Inc.
Boswell	Kim	47624	Logan & District Sub Branch Inc
Boulter	Sydney	19573	Cooroy-Pomona Sub Branch Inc.
Bourke	Brian	1411114	Townsville Sub Branch Inc.
Bradley	David	OX58616	Cairns Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Bramer	Alan	1711587	Gayndah Sub Branch Inc.
Brandt	Allen	NX102340 (N154404)	Gaythorne Sub Branch Inc.
Brelsford	Peter	15090	Redcliffe Sub Branch Inc.
Brown	James	1731554	Nerang Sub Branch
Burchill	Ian	1733144	Kedron-Wavell Sub Branch Inc.
Burmaster	Wallace	NX131214 (N6358)	Redlands Sub Branch Inc.
Burr*	Anthony	1201717	Cooroy-Pomona Sub Branch Inc.
Buse	Russell	1722355	Kawana Waters Sub Branch Inc.
Bushnell*	Graham	OX60884 (Q270017)	Bribie Island Sub Branch Inc.
Butler	Noel	438380	Surfers Paradise Sub Branch Inc.
Carey	Robert	A61774	Kedron-Wavell Sub Branch Inc.
Challenor	Norton	-	Townsville Sub Branch Inc.
Chapman	Desmond	NX148811 (N299639)	Tweed Heads & Coolangatta Sub Branch Inc.
Clark	Mervyn	75218	Kedron-Wavell Sub Branch Inc.
Clarke	Thomas	3/743993	Yarraman Sub Branch Inc.
Clarke	Archibald	R58426	Maroochydore Sub Branch Inc.
Clasby	Kenneth	R54428	Ipswich Railway Sub Branch Inc.
Clinch	Colin	OX14805	Clayfield-Toombul Sub Branch
Comino	Theodore	124739	Townsville Sub Branch Inc.
Comino*	Charles	N440337	Hellenic Sub Branch
Comino*	Vasilios	Q132428	Hellenic Sub Branch
Cook	Maxwell	A115323	Hervey Bay Sub Branch Inc.
Cooke	Graham	Q272775	Kedron-Wavell Sub Branch Inc.
Cooney*	Ernest	2709211	Bribie Island Sub Branch Inc.
Cooper	Eric	22398719	Bribie Island Sub Branch Inc.
Copp	Rodney	3/123273	Hervey Bay Sub Branch Inc.
Coulthard*	Ronald	2/725359	Tweed Heads & Coolangatta Sub Branch Inc.
Cowell*	Michael	Number N/App	Greenbank Sub Branch Inc.
Cowie	Vivian	Q48567	Tweed Heads & Coolangatta Sub Branch Inc.
Craig	Cedric	1/702540	Emu Park Sub Branch Inc.
Crawford	Helen	F178178	Defence Service Nurses Sub Branch
Crittenden	Glenn	1101788	Burrum District Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Crofts	Albert	2785079	Tweed Heads & Coolangatta Sub Branch Inc.
Croll	Ruth	177549	Sandgate Sub Branch Inc.
Cross	James	QX55779 (Q151503, Q268908)	Bayside South Sub Branch Inc.
Cross	Ernest	A111738	Ipswich Sub Branch Inc.
Cust	Clive	A118147	Tamborine Mountain Sub Branch Inc.
Danalis*	James	125818	Gaythorne Sub Branch Inc.
Daniel	William	628571	Tweed Heads & Coolangatta Sub Branch Inc.
Davidson	Jack	120878	Tweed Heads & Coolangatta Sub Branch Inc.
Dawson	Elizabeth	NF437677	Bundaberg Sub Branch Inc.
Dellit	Alan	B5477	Banyo Sub Branch Inc.
Dennis	Alfred	NX129853 (N271162)	Hervey Bay Sub Branch Inc.
Diamond	William	1/702680	Gaythorne Sub Branch Inc.
Dick	Alan	151496	Centenary Suburbs Sub Branch Inc.
Didriksen	Robert	2/3446	Sandgate Sub Branch Inc.
Dihm	Harold	R26422	Southport Sub Branch Inc.
Downie	Helen	NF480775	Caloundra Sub Branch Inc.
Duff	Chris	23031042	Burrum District Sub Branch Inc.
Edmonds	Douglas	QX41591	Kuttatubul Sub Branch Inc.
Edwards	William	16314	Cooroy-Pomona Sub Branch Inc.
Edwards	Lancelot	02752	Surfers Paradise Sub Branch Inc.
Edwards*	Ronald	25100	RSL QLD State Branch
Egan	John	VX98216	Hervey Bay Sub Branch Inc.
Egerton	Cyril	B4490	Sherwood-Indooroopilly Sub Branch Inc.
Ehlerth	Harry	1/714173	Kedron-Wavell Sub Branch Inc.
Ellem	Noel	13206	Chinchilla Sub Branch Inc.
Ellis	Richard	22302998	Maryborough Sub Branch Inc.
Ellison	Thelma	W14709	Ipswich Sub Branch Inc.
Emery	Graham	A117802	Kedron-Wavell Sub Branch Inc.
Euhus*	Ronald	QX56808 (Q270125)	Yangan-Emu Vale Chapter of the Warwick Sub Branch
Evans	Earle	429453	Kedron-Wavell Sub Branch Inc.
Falconer	Herbert	23346041	Caboolture-Morayfield & Dist Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Fazel	Steven	8216398 / 1808385	Townsville Sub Branch Inc.
Ferguson*	Terence	B4635	Kedron-Wavell Sub Branch Inc.
Fitzgerald	Vivian	78039	Sandgate Sub Branch Inc.
Flynn	William	QX46031	Townsville Sub Branch Inc.
Fogarty	Thomas	16586	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Foster	Graham	A223021	Rollingstone Sub Branch Inc.
Francis	James	R50002	Hervey Bay Sub Branch Inc.
Francis	Eric	151806	Southport Sub Branch Inc.
Frangos	David	156702	Kedron-Wavell Sub Branch Inc.
Franklin	Desmond	A111012	National Servicemens Sub Branch Inc.
Franks*	Albert	13928	Sandgate Sub Branch Inc.
Frith	Peter	QX501547	Kedron-Wavell Sub Branch Inc.
Gaffney	Hugh	128487	Townsville Sub Branch Inc.
Gale	Ronald	3107311	Tweed Heads & Coolangatta Sub Branch Inc.
Gamble	Barry	36568	Mossman Sub Branch Inc.
Gausden*	John	A13845	Redlands Sub Branch Inc.
Gilchrist	James	1/713137	Kedron-Wavell Sub Branch Inc.
Godwin*	Gresham	-	Bayside South Sub Branch Inc.
Goodland	William	R63397	Hervey Bay Sub Branch Inc.
Grant	David	A322794	Ipswich Sub Branch Inc.
Gras	John	A216781	Maroochydore Sub Branch Inc.
Gravelle	Chelsea	8185350	Townsville Sub Branch Inc.
Gray	Kevin	4/1849	Greenbank Sub Branch Inc.
Gray	Herbert	VX143628	Southport Sub Branch Inc.
Green	John	1411090	Sherwood-Indooroopilly Sub Branch Inc.
Green	Thomas	1716959	Townsville Sub Branch Inc.
Greentree*	Francis	A21680	Hervey Bay Sub Branch Inc.
Grimley*	Donald	QX26891	RSL QLD State Branch
Groves	Neville	1/5284	Townsville Sub Branch Inc.
Groves	Neville	A11652	Townsville Sub Branch Inc.
Hafner	Olive	QF271428	Gayndah Sub Branch Inc.
Hale	Cyril	171219	Bribie Island Sub Branch Inc.
Hall	Lawrence	28945	Kenmore/Moggill Sub Branch
Hall	Stephen	R42681	Cairns Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Hall	Stephen	Royal NZ Navy	Cairns Sub Branch Inc.
Harding	Raymond	-	Launceston Sub Branch
Harper	Brian	29173	Greenbank Sub Branch Inc.
Harrison*	Michael	23230921	Hervey Bay Sub Branch Inc.
Hartnett	John	TX9238	Glenorchy Sub Branch
Hauschild	Henry	-	Kedron-Wavell Sub Branch Inc.
Hawksley	Robert	3101840	Southport Sub Branch Inc.
Hayes	Ronald	NX82184	Tweed Heads & Coolangatta Sub Branch Inc.
Hayson	Claude	NX151386	Mudgeeraba-Robina Sub Branch Inc.
Hayter	Colin	A115000	National Servicemens Sub Branch Inc.
Henry	Michael	A19324	Cairns Sub Branch Inc.
Hetherington	Raymond	23242865	Kedron-Wavell Sub Branch Inc.
Hewson*	Margueritte	92620	Wynnum Sub Branch Inc.
Hill	Violet	101517	Bundaberg Sub Branch Inc.
Hodgson	Horace	1711136	Currumbin/Palm Beach Sub Branch Inc.
Holland	Alfred	A42014	Maroochydore Sub Branch Inc.
Holmes	Keith	1/400476	Bribie Island Sub Branch Inc.
Holmes	Allen	F3758	Cairns Sub Branch Inc.
Holpen	Douglas	1717244	Wynnum Sub Branch Inc.
Howell	David	1705416	Wondai Sub Branch Inc.
Howland	Richard	167841	Maroochydore Sub Branch Inc.
Hulcombe	Ronald	1/709432	Caloundra Sub Branch Inc.
Hurley	Bryan	3/773232	Hervey Bay Sub Branch Inc.
Ince	Kenneth	51782	Southport Sub Branch Inc.
Irlam*	Leslie	1/700083	Redcliffe Sub Branch Inc.
Jackson	Arthur	8246/A15487	Stephens Sub Branch
James	Edward	Q267651	Kedron-Wavell Sub Branch Inc.
Jarvis	Keneth	29447	Southport Sub Branch Inc.
Kahl	Charles	16412	Caboolture-Morayfield & Dist Sub Branch Inc.
Kidger	Alan	-	Hervey Bay Sub Branch Inc.
King	Ronald	13945	Hervey Bay Sub Branch Inc.
Kingston*	Maurice	QX52649	Southport Sub Branch Inc.
Knight	Maurice	R63110	Wynnum Sub Branch Inc.
Kruger	Trevor	1/726222	Southport Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Ladelle	Marcus	196032	Southport Sub Branch Inc.
Laidler	Keith	VX87775	Tweed Heads & Coolangatta Sub Branch Inc.
Lambert*	John	171141	RSL QLD State Branch
Lancaster	Bryan	35897	Redlands Sub Branch Inc.
Lane	Robert	213459A	Redcliffe Sub Branch Inc.
Lange	James	A46060	Rainbow Beach Sub Branch
Langridge	Myris	Not issued with one	Redlands Sub Branch Inc.
Lee	Archibald	QX56250	Redlands Sub Branch Inc.
Leeson	Desmond	1731462	Warwick Sub Branch Inc.
Leifels	Adrian	A120301	Gemfields Sub Branch Inc.
Levick	Robert	A115148	Redlands Sub Branch Inc.
Lewandowski	Tadeusz	313	Redlands Sub Branch Inc.
Lewis	Jack	NX140616	Hervey Bay Sub Branch Inc.
Lonie	Rex	3/778718	Burleigh Heads Sub Branch Inc.
Louttit	Lindsay	VX149873	Southport Sub Branch Inc.
Luxton	Alyn	67746	Bundaberg Sub Branch Inc.
Macdonald	Murdoch	34035	Tweed Heads & Coolangatta Sub Branch Inc.
Mackie	Ronald	3787020	Ipswich Sub Branch Inc.
Madden	Peter	1731000	Blackbutt Sub Branch Inc.
Maguire	Louis	H2317	Glenorchy Sub Branch
Manning	John	27701	Bundaberg Sub Branch Inc.
March	David	221875	Redcliffe Sub Branch Inc.
Markcrow	Graham	1/714679	Ipswich Railway Sub Branch Inc.
Martin	Keith	O33134	Cairns Sub Branch Inc.
Martin	Harold	QX52445	Sandgate Sub Branch Inc.
Mathison	Ronald	1/723708	Townsville Sub Branch Inc.
Maule	Geoffrey	B3518	Deception Bay Sub Branch Inc.
McAllister	Raymond	A14225	Redlands Sub Branch Inc.
McCloy	Joseph	A1695	Tweed Heads & Coolangatta Sub Branch Inc.
McCullough	James	QX30654	Redcliffe Sub Branch Inc.
McFarlane	Jeffrey	B4986	Kawana Waters Sub Branch Inc.
McHaffie	Brian	22995670	Tweed Heads & Coolangatta Sub Branch Inc.
McIntosh	John	QX62599/ Q132251	Townsville Sub Branch Inc.
McLeod	Graham	0318417	Maroochydore Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
McMahon	Bernard	14129	Maroochydore Sub Branch Inc.
McPherson*	Malcolm	630150	RSL Tasmania Archived Members
Meehan	Terence	R95917	Hervey Bay Sub Branch Inc.
Milford	Clifford	QX31183	Roma Sub Branch Inc.
Mill*	Kevin	1/713156	Sandgate Sub Branch Inc.
Milne	Edward	A115437	Proserpine Sub Branch Inc.
Molloy*	Frank	133202	Mt Morgan Sub Branch - Closed
Monaghan	Hugh	510574	Kedron-Wavell Sub Branch Inc.
Moore	Peter	22774791	Hervey Bay Sub Branch Inc.
Moore	Ray	1731476	Redlands Sub Branch Inc.
Moore*	Robert	6709006	Glenorchy Sub Branch
Morgan	Ian	2791940	Airlie Beach-Whitsunday Sub Branch Inc.
Morris	Brian	PM6746	Tweed Heads & Coolangatta Sub Branch Inc.
Neale	William	C3502313	Redlands Sub Branch Inc.
Newman	Keith	TX9271 (T102140)	Logan Village Sub Branch
Newman	Bevan	6/9546	Wynyard Sub Branch
Neylan	John	1882978	Redcliffe Sub Branch Inc.
Nolan	Philip	1/714056	Proserpine Sub Branch Inc.
Norcott	Alan	1202362	Isis Sub Branch Inc.
O'Shannessy	Francis	A120621	Bray Park-Strathpine Sub Branch Inc.
Owens	Henry	23364909	Redlands Sub Branch Inc.
Paige	Sydney	1/21348	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Palmer	Donald	151032	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Patch	Noel	4269NS	Hervey Bay Sub Branch Inc.
Patterson*	Eddie	79744	Caboolture-Morayfield & Dist Sub Branch Inc.
Peacock	Alan	136718	Laidley Sub Branch Inc.
Peacock*	David	H2100	Hobart Sub Branch
Pearce	Roderick	1739492	Herbert River Sub Branch Inc.
Pember	Jack	QX31475	Deception Bay Sub Branch Inc.
Penglase	Chris	R94502	Yeppoon Sub Branch Inc.
Peters	John	A112186	Cairns Sub Branch Inc.
Peterson*	Jean	95688	Forest Lake Sub Branch
Phelps	Frederick	A19261	Ipswich Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Picot*	John	A214922	Bribie Island Sub Branch Inc.
Pilcher	Noel	QX61038	Bowen Sub Branch Inc.
Plant	Archibald	1711953	Pine Rivers District Sub Branch Inc.
Plant	Gregory	3104067	Magnetic Island Sub Branch Inc.
Playsted*	Peter	611615	Oakey Sub Branch Inc.
Playsted*	Peter	O325134	Oakey Sub Branch Inc.
Polain	John	433392	Maroochydore Sub Branch Inc.
Pollock	Charles	2/700973	Redlands Sub Branch Inc.
Prollocks	Alan	A118534	Redcliffe Sub Branch Inc.
Pullen*	Geoffrey	6/705129 & 615872	Lenah Valley Sub Branch
Rackley	Lionel	414828	Kedron-Wavell Sub Branch Inc.
Rayment	Ralph	79646	Gordonvale Sub Branch
Richardson	James	3/2866	Caloundra Sub Branch Inc.
Roberts	Albert	S10676	Nerang Sub Branch
Robinson	Ross	A110553	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Roche	James	33785	Townsville Sub Branch Inc.
Roebig	John	A113163	Kedron-Wavell Sub Branch Inc.
Ross*	Lionel	NX170178 (N296850)	Yeronga-Dutton Park Sub Branch Inc.
Sankey	Francis	A19310	Redlands Sub Branch Inc.
Saunders	Norman	VX132684	Redlands Sub Branch Inc.
Saward	James	R51422	Wynyard Sub Branch
Schmidt	Harold	QX138830	Biloela Sub Branch Inc.
Schut	Victor	R63799	Russell Island Sub Branch Inc.
Scott	Adrian	1/717717	Redlands Sub Branch Inc.
Scott*	Hubert	QX27259	Maryborough Sub Branch Inc.
Scott*	Hubert	QX43951 (Q106952)	Maryborough Sub Branch Inc.
Self	Derek	34539	Kedron-Wavell Sub Branch Inc.
Shannon	Kelvin	1713850	Townsville Sub Branch Inc.
Sharp*	Michael	264144	RSL QLD State Branch
Shelton	Robert	141297	Hervey Bay Sub Branch Inc.
Sherriff	Barry	6/704717	Claremont Sub Branch (TAS)
Shipp	Raymond	TX88723	Launceston Sub Branch
Shirley	Donald	TX14971	Hobart Sub Branch
Shoveller*	Norman	2149688	Beachmere Sub Branch Inc.
Shurety	Allan	4161948	Sandgate Sub Branch Inc.

LAST POST

Last Name	First Name	Service Number	Sub Branch
Simms	Lloyd	170512	Kedron-Wavell Sub Branch Inc.
Simpson	Barry	23464189	Gladstone Sub Branch Inc.
Skinner	Malcolm	435581	Surfers Paradise Sub Branch Inc.
Skipworth	Herbert	VX61716	Kedron-Wavell Sub Branch Inc.
Slatcher	James	18321	Beenleigh & District Sub Branch Inc.
Smith	Kerry	1202536	Bundaberg Sub Branch Inc.
Smith	Patricia	-	Maroochydore Sub Branch Inc.
Smith	Sheila	2803961	Hervey Bay Sub Branch Inc.
Smith	Keith	150062	Capricornia & Rockhampton Region Sub Branch Inc
Smith*	Fredrick	TX9139	Glenorchy Sub Branch
Solly	Paul	QX59476	Kedron-Wavell Sub Branch Inc.
Sorensen	Walter	OX59185	Tully Sub Branch
Spence	William	5411425	Maroochydore Sub Branch Inc.
Spencer	Norman	2742394	Maroochydore Sub Branch Inc.
Stenfors	John	3/742138	Nerang Sub Branch
Stewart	Ross	3/784116	Hervey Bay Sub Branch Inc.
Steyger	Bernard	1201710	Herbert River Sub Branch Inc.
Stouraitis	Jack	354214	Emu Park Sub Branch Inc.
Sutherland	Wallace	6851	Claremont Sub Branch (TAS)
Taggart*	Robert	OX43900	Coorparoo & Districts Sub Branch Inc.
Taylor	Arthur	1/704786	Gatton Sub Branch Inc.
Taylor	Raymond	111267	Redbank Plains Sub Branch
Taylor	Leslie	4113312	Kedron-Wavell Sub Branch Inc.
Taylor	Peter	529391	Bundaberg Sub Branch Inc.
Taylor*	Kenneth	171049	Gaythorne Sub Branch Inc.
Tessier	Stuart	169218	Bundaberg Sub Branch Inc.
Thompson	Gary	146280	Toowoomba United Sub Branch Inc.
Thompson	Henry	923991	Cooroy-Pomona Sub Branch Inc.
Thomson*	Lachlan	335079	Kenmore/Moggill Sub Branch
Timmerman	Anthony	610207	Devonport Sub Branch
Tredwen	Roy	1/725775	National Servicemens Sub Branch Inc.
Tunn	Vincent	426714	Redcliffe Sub Branch Inc.
Turner	Terrence	NX202849	Maroochydore Sub Branch Inc.
Tweedie	Kenneth	417136	Townsville Sub Branch Inc.

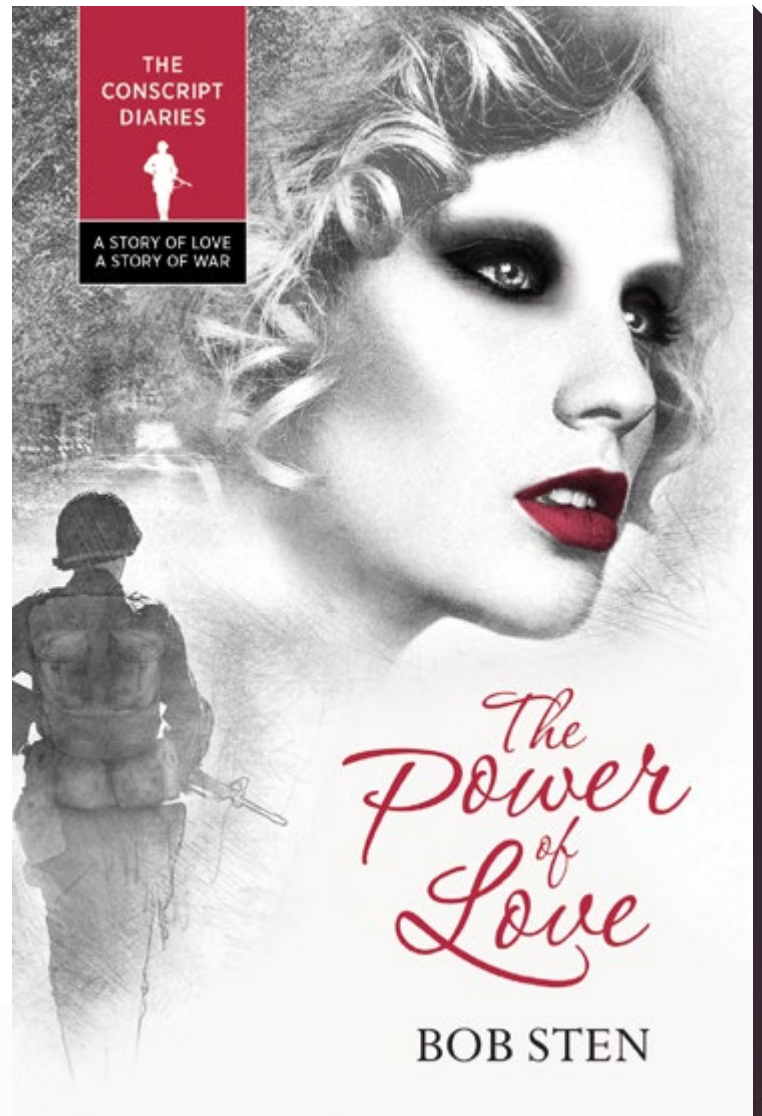
Last Name	First Name	Service Number	Sub Branch
Udell	Robert	OX43450 (Q123101)	Coorparoo & Districts Sub Branch Inc.
Usher	Maurice	172598	Burrum District Sub Branch Inc.
Walker	Jill	F11280	Hervey Bay Sub Branch Inc.
Walker	Terence	88958	Wynyard Sub Branch
Ward	Frederick	VX124303	Maroochydore Sub Branch Inc.
Wathen	Roger	23675258	Hervey Bay Sub Branch Inc.
Watson	Alastair	-	Springwood Tri-Service Sub Branch Inc.
Watson	Glen	1714361	Bundaberg Sub Branch Inc.
Watt	David	OX60468	Warwick Sub Branch Inc.
Weier	Edward	OX51591	Jandowae Sub Branch
Wendt	Darryl	1203319	Mt Perry Sub Branch Inc.
Wendt	Kevin	A19925	Isis Sub Branch Inc.
Whalley	Kym	F1800030	Sherwood-Indooroopilly Sub Branch Inc.
Whebell	Barry	A16995	Sherwood-Indooroopilly Sub Branch Inc.
Wheeler	Jennie	102752	Bundaberg Sub Branch Inc.
White	John	1/730302	Kedron-Wavell Sub Branch Inc.
Wicks*	Raymond	NS5626	Beenleigh & District Sub Branch Inc.
Wilkinson	Denis	2139525	Townsville Sub Branch Inc.
Williams	Maxwell	39479	Centenary Suburbs Sub Branch Inc.
Williams	Robert	2781997	Maroochydore Sub Branch Inc.
Williams	Brian	104665	Oakey Sub Branch Inc.
Wilson	Robert	93050	Greenbank Sub Branch Inc.
Wilson	Leslie	404309	Southport Sub Branch Inc.
Winkel	Daniel	16287	Kenmore/Moggill Sub Branch
Withers	Arthur	2/749853	Townsville Sub Branch Inc.
Wood	Stanley	POX124782	Cooroy-Pomona Sub Branch Inc.
Worrall	Graham	23471766	Logan & District Sub Branch Inc
Wright	Trevor	182054	Beachmere Sub Branch Inc
Wynn	May	W25919	Hervey Bay Sub Branch Inc.
Young	Maureen	W216759	Russell Island Sub Branch Inc.
Yuke	Leslie	R57715	Beaudesert Sub Branch Inc.
Zahnleiter	Ronald	440312	Caloundra Sub Branch Inc.
Zouppas	Peter	ASM	Hellenic Sub Branch

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