

QUEENSLAND RSL NEWS

ANZAC Day Your Way

*The ANZAC
spirit lives
on in us all*

Ride for Legacy

A unique
two-week
ride through
Queensland

Commemorating the Spirit of Survival

Remembering the Bangka
Island Massacre 80 years on

TEAMING UP FOR FLOOD RELIEF

PINE RIVERS ANSWERS
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2022 // EDITION 02

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

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Front Cover

Afghanistan veteran and Paralympian Curtis McGrath OAM PLY sat down with Dr Stan Mellick OAM, a veteran of World War Two, to discuss what the ANZAC spirit means to them, and how they planned to commemorate ANZAC Day.

RETHINKING ANZAC DAY – A NEW SENSE OF IMPORTANCE FOR 2022

AS the sun rose on 25 April 1915, Australian and New Zealand soldiers surged towards the shores of Gallipoli and into history. Every year since, Australians have gathered on ANZAC Day to remember their legacy and that of all who have followed in their footsteps.

ANZAC Day is a marker of a time when so many sacrificed so much. A time when everyone gave *something* and when some gave *everything*. But it has also become a nostalgic celebration of wartime heroes and memories.

However, despite the allure of nostalgia and stories of war time heroism, it is critical that we recognise that the ANZAC story is one that is grounded in mateship and service to others. The contribution, the sacrifice and the values that define the ANZAC spirit live on in the minds, bodies, and memories of all of those who have served our great country.

We will never forget our beloved and original ANZACs, but we must also recognise and commemorate the contributions that so many others have made, and continue to make, in the service of our nation.

One thing that connects all ANZACs together, regardless of which service, conflict, or

“On ANZAC Day, when we gathered at memorials in towns and cities around the country, or joined our neighbours to Light Up the Dawn, we did so knowing that we, the people of Australia and how we live our lives, are the real memorials to our fallen.”

historical moment they were part of, is that each and every one of them made a commitment to put their mates and their country above themselves. They did this without knowing exactly what would be required, and it is a commitment that veterans around the country continue to honour – standing by their mates in the good and the bad times.

As was the case when troops stormed the shores of Gallipoli, to this day, everyone who serves knows,

understands, and values that we are all in it together. Our differences don't matter. We win together. We lose together. We celebrate together. We remember and grieve together. A commitment to each other that never weakens or lapses.

The ANZAC spirit connects all Australians by the example they set. And it invites us to commit to making the best of the opportunity that their sacrifice has given us. It is in this commitment that all Australians can find the true importance of ANZAC Day –

a reminder of the legacy we each carry to commemorate these sacrifices and reflect on how we can positively contribute to something bigger than ourselves.

As we continue to navigate a pandemic that has created so many social fractures and watch the unfolding of conflicts and world events that take so much from so many, we can find inspiration and draw strength from the example of our veterans, their mateship, courage, endurance, and humour, as we confront the challenges of today.

So, on ANZAC Day, when we gathered at memorials in towns and cities around the country, or joined our neighbours to Light Up the Dawn, we did so knowing that we, the people of Australia and how we live our lives, are the real memorials to our fallen.

Lest we forget.



**Major General
Stephen Day DSC, AM
State President
RSL Queensland**

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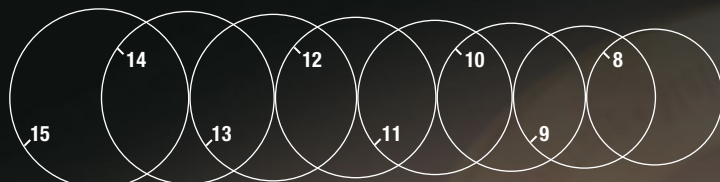


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GOODWILL AND OPTIMISM LEAD THE WAY FOR OUR FUTURE

IT has been a momentous second quarter for 2022, and from the positive conversations I've been having, I'm looking forward to continuing the good traction we've achieved so far.

REFLECTING ON ANZAC DAY

ANZAC Day is already a special day in our calendar, and this year our Sub Branches made it even more so, as many of us gathered to commemorate ANZAC Day in person for the first time in a few years. RSL Queensland's *Commorate Your Way* campaign also encouraged all Australians to commemorate the day in a way that was meaningful to them.

I must thank you all for standing up, getting up early, and doing all the preparations required to make ANZAC Day services possible across the state – particularly given this year's weather. Despite the rain, Queenslanders showed up in huge numbers to recognise our Defence community.

Attending the AFL ANZAC Appeal game between the Gold Coast SUNS and Sydney Swans was an uplifting experience. Surrounded by the electric atmosphere of the crowd, I felt the ANZAC spirit alive and well in that stadium. It continued as I attended

the ANZAC Day service at Kawana Waters and spent the day talking with veterans and members of the public at a residential community.

BUILDING ON VETERAN WELLNESS

In March I was able to turn the sod for the new Veteran and Family Wellbeing Centre in Stafford, Brisbane.

This is a huge milestone for RSL Queensland, our members, and the larger veteran community. There have been so many people who have played a role in driving this project to this point.

The investment and collaboration that will come from being able to provide support, rehabilitation, social connection, and wellbeing services under one roof is a powerful step forward, showing how we're working to meet the needs of our ever-changing community and simplifying the process to access these services.

Our collaboration model between RSL Queensland, Mates4Mates and other like-

"The investment and collaboration that will come from being able to provide support, rehabilitation, social connection, and wellbeing services under one roof is a powerful step forward."

minded organisations will evolve as the hub opens, setting a new standard for the support that veterans and their families need. This is only the beginning and I'm looking forward to sharing updates as the construction continues.

DISTRICT AGMS SET US ON UNITED PATH

Over the past couple of months, our 10 Districts held their AGMs. I was able to attend several of them, which gave me a great chance to see that there is a true camaraderie amongst the community. It also showed that we're in the best place to come together and work collaboratively on our shared vision, objects, and purpose.

The outcomes from each of these AGMs are invaluable as they guide the priorities of each District President for their year ahead. And with this direction, our State Branch can better gauge the support it provides to each District.

With genuine and constructive commentary from members, we've been able to have robust and insightful

discussions on key issues relevant to each local area. I'm also looking forward to gathering in person at our State Congress in June this year.

SUB BRANCH SUPPORT

At the upcoming State Congress, we will be announcing our new Sub Branch Support Grants Trial – 2022 Building Repair and Renovations Grant program. These grants have been designed to help Sub Branches update or upgrade their facilities.

This is one of the ways we're working closer with Sub Branches this year, and helping empower our members, volunteers and staff to drive RSL Queensland forward.

Until next issue, I wish you all well and I look forward to catching up with as many of you as I can as I travel around Queensland, spending time in your communities.



Robert Skoda
Chief Executive Officer
RSL Queensland

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



119

individuals and families helped into safe, permanent housing



180

nights spent in RSL short-term accommodation



\$430k

provided in emergency funding



7,807

calls handled



71

jobs found for veterans and their partners



1,329

claims submitted

Between January–March 2022, RSL Queensland provided a broad range of programs and services to support veterans and their families.

FIND OUT MORE

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MAILBOX

THE TIME TO REMEMBER

I wrote this article for my grandchildren, who wanted to learn about the ANZACs for a school project.

ANZAC Day is an important day to remember. It's traditionally a day of remembrance and of honouring the brave in a commemorative way.

It's a solemn occasion, observed in cities and towns throughout, distant places in our magnificent, precious land, when people in communities pay respect with tributes so that all can understand why, and when, Australian and New Zealand military forces served as one during a world conflict.

The term ANZAC is derived from the Australian and New Zealand Army Corp. The troops from both combined at Gallipoli in 1915 during a brutal campaign that occurred in the First World War.

Young folk left their homes and loved ones, countless volunteers answering to the call to the battle for our liberty, so it's a debt we owe them all. They enlisted and served as soldiers, sailors, and airmen too. Courageously enduring many dangerous situations, just as caring fearless nurses always do.

They were engaged in many battles and made a gallant stand on the beaches, surviving in the trenches and on the arid desert sand. They nobly fought for freedom throughout the stressful wartime years, sharing in many victories, there never were more dedicated volunteers.

They had so much valour. With a determination to never yield. Regretfully, there were so many casualties – at sea, in the air and upon the battlefield. Sadly, many names are now inscribed on cenotaphs and countless memorial walls. So, let's join and pay respectful homage and proudly salute them all.

Lest we forget.

Dave Cheatley
Mooloolaba

POEMS OF REMEBRANCE

Every ANZAC Day, Macleay Island RSL Sub Branch sponsors three prizes for state school students in Years 1-6. The competition allows students to express what ANZAC Day means to them. The headmistress judges the submissions and determines the winner of each year level group.

This is a poem by Daisy Gemzik, a student at Macleay Island State School.

Peter Laverty

WE REMEMBER YOU

We begged you to stay,
But you went anyway.
Poppy's bloomed in the field of despair,
But only when you weren't there.
All the poppy's turn dark red,
To represent the blood you shed.
As the song 'Our Fallen Ones' says, here we stand,
Remembering your loss.
Freedom came at much too great a cost.
Side by side we stand with pride,
your daughters and your sons.
The trumpet plays to awaken you,
I promise I will never forsake you.
We all stand here, marching all day
Remembering you with this ANZAC Parade.

Tell us what you really think!

Like something you saw or read in an edition of **Queensland RSL News**? Did something spark a memory, make you think, or get under your skin? Then we would love to hear your thoughts. Send us your musings to editor@rslqld.org. Please keep submissions to less than 250 words. Photos are also encouraged, however, original material should be retained by contributors and only copies sent to **Queensland RSL News**.

Queensland RSL News reserves the right to determine which submissions will be published. Submissions may be edited and should include full contact details for that reason.

NEWS

'MORE THAN YOU KNOW' CAMPAIGN RETURNS TO MARKET



YOU might have already seen it out there, but RSL Queensland's 'More Than You Know' campaign, which first launched in October last year, is 'back in market.'

That means you'll see the More Than You Know campaign on billboards, social media, on YouTube, and on TV, including programs like The Voice, Australian Ninja

Warrior, and 9News.

The campaign is designed to increase awareness of the great work RSL Queensland does to support veterans, and addresses some of the misconceptions the community has of RSL Queensland.

It also highlights some of the fantastic

services we provide to veterans, and asks the community to reconsider what they know about RSL Queensland.

The campaign will be visible throughout June, and then again in September. If you haven't already seen it, you can watch it on our YouTube channel or at rslqld.org/news/latest-news/more-than-you-know.



PLANNING AHEAD

PLANNING for the end of our life is something we will all have to face at some stage and making decisions can be a positive experience. It's a good opportunity to reflect on what's important to you, and to make arrangements that suit you. By documenting and communicating your intentions, you can reduce uncertainty or potential dispute with how your affairs are managed by ensuring you have valid documents and instructions in place, and nominating responsible people, like an executor and children's guardian, or organisations to carry out those instructions.

The Department of Veterans' Affairs has produced a guide to help members of the Defence community get their personal affairs in order. Losing a family member is extremely distressing, and proper planning can make it easier for your loved ones at a difficult time.

You can find a copy of the document at dva.gov.au/documents-and-publications/planning-ahead-kit or your local Sub Branch can help you obtain a hard copy booklet.

NATIONAL VOLUNTEER WEEK

Celebrating those who help us achieve more

WHILE we're thankful every day for the role volunteers play in our communities, from 16-22 May we shone an extra bright light on their dedication and commitment as part of National Volunteer Week (NVW).

An annual initiative of Volunteering Queensland, this year's theme 'Better Together' reminds us all that together we can achieve more. Volunteers are the heart and soul of RSL Queensland, and without them we simply could not function. And so, we say thank you to the thousands of people – both RSL Queensland members, non-members and partners – who support veterans and their families in your communities.

This week gave us the perfect reason to highlight volunteer stories and celebrate all that they do. And we did this knowing there's more we need to do to support our Sub Branch volunteers. So, while we celebrated during National Volunteer Week, it didn't stop there. We'll keep aiming to help in practical ways, every day.

RSL Queensland State President Major General Stephen Day DSC AM and a selection of RSL Queensland staff came together to say thank you to the volunteers who give so much to support veterans and their families in their local communities. You can watch the video and read about our amazing volunteers at rslqld.org/whats-on/national-volunteer-week or in a future editions of *Queensland RSL News*.



Mt Molloy RSL Sub Branch Secretary Sue Tremellen volunteered her time to sell breakfast tickets on ANZAC Day in Mt Molloy.

KEEP YOUR MEMBERSHIP DETAILS UP TO DATE

If you need to update your email address or contact details, please call the Memberships Team on 133 995 or email memberships@rslqld.org.



CONSTRUCTION STARTS ON NEW VETERAN AND FAMILY WELLBEING CENTRE



ON 16 March, RSL Queensland, Mates4Mates and developer Rogerscorp officially commenced construction of the new Veteran and Family Wellbeing Centre at Stafford in Brisbane's North.

The first sod was turned on site as part of an official ceremony, paving the way for the new centre, which will play a significant role in providing support services to the veteran community. The ceremony was attended by representatives of the Federal and State Governments, Brisbane City Council, RSL Queensland, Mates4Mates and Legacy.

The new centre will be located at 274 Stafford Road, with works due to be completed late in 2022.

RSL Queensland and Mates4Mates will occupy the 1,500 square metre top floor of the two-storey building, which will become a hub for the veteran community, providing critical support, rehabilitation and camaraderie to current and former ADF members and their families.

The first of its kind in South-East Queensland, the centre is designed to bring together a variety of services under one roof, helping to make it easier for veterans and their families to find the support they need.

RSL Queensland CEO Robert Skoda says the new centre will provide accessible, in-person counselling, physical rehabilitation, employment support and mentorship support to

current and former Defence personnel and their families.

"We are committed to providing critical services to this high-density community of veterans and their families by providing practical support, assistance and social connection to the families of veterans impacted by Defence service," Rob says.

"More veterans live in Queensland than any other state and RSL Queensland proudly delivers more veteran wellbeing services in Queensland than any other Australian ex-services organisation. This model is a perfect example of how we are working to evolve veteran support services to ensure they are meeting the needs of our ever-changing community."

CONGRATULATIONS TO QUEEN ELIZABETH II ON HER PLATINUM JUBILEE

IN February this year, Queen Elizabeth II became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom and the Commonwealth.

Official celebrations of this milestone started in June, 69 years to the day since her coronation on 2 June 1953 (her coronation was held more than a year after Queen Elizabeth II ascended to the throne in order to allow appropriate time to pass after the death of her father, King George VI).

Queen Elizabeth II has served the Commonwealth and Australia faithfully for seven decades. The Queen has visited Australia 16 times since 1954, with eight visits to Queensland throughout her reign.

RSL Queensland warmly congratulates Her Majesty on this momentous occasion.

THE QUEEN'S CONNECTION TO RSL

Since her ascension, Queen Elizabeth II has been known as the Patron of RSL, a symbolic title that signifies RSL's allegiance to Queen and Commonwealth. You can see this allegiance displayed on the RSL Queensland logo; the top of the RSL badge features an image of The Crown, which sits just above the national flowers of Australia, Wales, England, Scotland, and Ireland – the wattle, the leek, the rose, the thistle, and the shamrock.

To celebrate the Platinum Jubilee, RSL Sub Branches throughout Australia will



light up in royal purple, host morning teas, conduct tree plantings, and more. The Platinum Jubilee was officially celebrated across Australia between 2-5 June, although events and activities can be held at any time throughout the year.

Chat to your Sub Branch about activities happening between now and October.



Commemorating **ANZAC DAY** **YOUR WAY**



The ANZAC spirit lives on in us all, and on 25 April we invited all Australians to honour our Defence community and commemorate in a way that was meaningful to them. We encouraged everyone to attend their local RSL service, light up the dawn at home, participate online, or take the opportunity to connect with their local community.

As part of our Light Up the Dawn campaign, we shared stories of inspirational Australians who embodied the characteristics of the ANZAC spirit. When you read their stories of courage, ingenuity, mateship, humour, and endurance on the following pages, take a moment to consider how these values have been passed down from old to young, for generations, and how we embrace them every day, particularly in times of crisis and hardship.

Their legacy is why we light up the dawn, standing shoulder to shoulder with friends and family to honour those men and women who sacrificed for our nation.

This year, we were fortunate to be able to gather with our mates in person. Thanks to the tireless efforts of Sub Branch volunteers – who planned community events for months – we could pay our respects at dawn beside cenotaphs and memorials around Queensland, share memories over gunfire breakfasts, or attend marches with friends and family.

More than 480 ANZAC Day services were held by RSL Queensland Sub Branches, and you can see photos from these events on the following pages. No two services were the same, but something common to all of them was the importance of coming together as a community.



Terry Crossman with his son
Koa at the Currumbin service.



ANZAC biscuits

INGREDIENTS

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup desiccated coconut
- 1 cup brown sugar
- 125g butter
- 1 tbsp golden syrup
- 1 tbsp hot water
- 1 tsp bicarb soda

METHOD

1. Preheat the oven to 175 degrees Celsius.
2. Combine the flour, oats, coconut, and sugar in a large bowl.
3. In a saucepan, melt the butter and then add the golden syrup. Bring it to the boil before removing it from the stove.
4. Mix the hot water and bicarb soda and add it to the butter and syrup – it should froth up. Pour this into the dry ingredients and stir together. If the mixture is a little dry, add some water.
5. Taking spoonfuls of the mixture, roll them into balls and put them on a greased baking tray, about 5cm apart. Use a fork to flatten them and then put them in the oven for 15 minutes or until they're golden brown.
6. Let them cool on the baking tray for about a minute, and then move them to a wire rack to cool properly.

A RECIPE BEST MADE WITH A DASH OF HUMOUR

Cooking – or in this instance baking – up a delicious storm with friends or family, can create powerful bonds, make you feel good about yourself, and boost your self-esteem. And with plenty of laughs along the way, it can also help give light to our hardest moments.

FOR veteran and Paralympian Curtis McGrath – who has experienced his own dark moments, and found his way through – spending time in the kitchen with his trusty sous chefs CeCe and Penny baking the iconic ANZAC biscuit was a great way to get into the ANZAC spirit and find their own ways to commemorate the day.

MAKE IT WITH LAUGHTER

Curtis believes humour is one of the best characteristics of the ANZAC spirit because it allows people to come together and connect.

“There’s some key tenants to the ANZAC spirit,” he says. “But I think all of it comes down to working together and having a laugh.

“Having humour brings people together and gets you through the

tough times. It’s really special that Australians and New Zealanders have a good sense of humour to get them through.

“When I have a hard time, I try to chill out by going and playing with my dog, swimming, going to the gym or kayaking. Being able to have a laugh with my friends helps get me through as well.”

READY TO BAKE YOUR OWN?

Made during the war to raise funds, these chewy or crunchy – depending on your preference – biscuits were also often sent in care packages to the troops overseas. Without eggs, they kept well, making them ideal for the long voyage by sea.

As a truly easy biscuit to cook, why not give a batch a go for yourself? Follow our easy recipe below. ←





Humour





Endurance



THE ENDURING POWER OF COMMUNITY

Since opening their coffee shop in 2007, local business owners Katie Daley and Mark Gloftis have weathered more than their fair share of challenges.

FROM natural disasters to global pandemics, they've navigated the ebbs and flows with grace. And they credit their local community with helping them get back on their feet and power through the toughest times.

Katie and Mark started Black Sheep Coffee at the Rocklea Market with a single coffee cart. Serving more than the humble cup of coffee, they soon fostered a loyal following that meant they could expand operations, opening a larger cafe in Woolloongabba.

Katie, who grew up in the Northern Rivers, NSW, says community has always been an integral part of her life.

"I've been able to see how the power of community can improve your quality of life. So, I really wanted to make an inclusive space where everyone felt welcome. A place where people could come in, share ideas, have a laugh or a cry, and get to know each other," she says.

"We've been able to watch children who come into the cafe grow up, see people create relationships and even check in on regulars when we haven't seen them in a while. It's a nice thing and it's something that is so important in everyone's lives to have."

COMMUNITY TO CARRY YOU THROUGH THE CHALLENGES

In 2011, their Rocklea Market hub was affected by the floods in Brisbane.

"The water came up very quickly," Katie

recalls. "We didn't manage to get much out before the roads were closed. We lost a lot and I'll never forget the feeling of sheer devastation seeing all the loss and destruction."

But through one of the hardest points in their lives, they also found room to grow – thanks to their community who helped carry them through.

"It was a special moment in our business and a pivotal point for us. We were able to regroup, and with the support of the local community at that time, clean up the mess and rebuild. It was reaffirming for us how important it is to lean on each other in times of need."

COVID has dealt them, and many other business owners, further challenges to overcome.

"It really has been a game of endurance," Katie says. "Pivoting on a weekly basis, adapting to what is our new norm."

"I'd be lying if I said that we didn't have some sort of resilience fatigue, but again the support of our community has been a source of strength. Likewise, we became the place where people could come and for some, were their only point of contact every day. That was special."

"So, while a very hard thing to navigate, there's been some silver linings."

Following the most recent severe weather event in Brisbane, Katie and Mark are once again enduring forces of nature and tapping into the power of their community.

"Small businesses are an integral part of the community, and it is so important to get out there and support any small business you can right now. I appreciate all the support we've been given by customers and fellow business owners."

HONOURING THE ANZAC SPIRIT

Despite the challenges thrown their way, Katie and Mark have consistently led by example, living by the ANZAC spirit of endurance.

The ANZAC spirit and reverence for 25 April is something that has long been held in Katie's family.

"My grandfather, Patrick Douglas Daley, served as a Rat of Tobruk. He was there for the entire siege," she shares.

"He retrained in jungle warfare after he came back to Australia and went on to serve in Papua New Guinea."

While Katie says he didn't talk too much about the war, he would often share anecdotes about the humour shared amongst his mates.

"I think his stories and examples of mateship are something I carry with me in how I operate my own businesses. The mateship, humour and the importance of having each other's back."

"My grandfather was an incredibly generous man and one thing he instilled in us is that you never look down on a man with a shovel. I think having that heart and compassion is an important thing for us all to carry with us every day."

"ANZAC Day is a really special day in our family. We come together to honour the troops and soldiers, the past serving, but it's also a really special day where we share stories about my grandfather."

This year, Katie, Mark and her two children lit up the dawn at home, lighting a candle for a minute's silence at 6 am.

"ANZAC Day is relevant and important to all Australians, particularly as we face these difficult times. It's a moment to recognise the importance of community, coming together and having each other's back." ✦



AN INGENIOUS RIFF ON AN ANZAC DAY ICON

On 25 April 2020, Jimboomba residents woke to the not-so-subtle riffs of an electric guitar playing The Last Post.

THE mystery of who was playing the unique rendition of the iconic tune was soon solved when local teenager Harrison Sutcliffe went viral for his ingenious act.

Harrison, now 17 years old, taught himself to play *The Last Post* to honour his great-great-grandfather and commemorate ANZAC Day, despite the pandemic.

"I'd gone to an ANZAC Day Dawn Service with my mum for as long as I could remember. We'd never missed one, so naturally it was disappointing in 2020 when we weren't able to attend any services," he says.

"It made it more important to me that I was able to somehow commemorate the day.

"My great-great-grandfather Jack was the trumpeter for his infantry and fought in Gallipoli. He was my age when he went to war, having lied saying he was 19."

A FITTING COMMEMORATION

When the pandemic saw people encouraged to commemorate ANZAC Day from their driveway or balconies, Harrison heard a radio segment inviting brass instrument players to learn and play *The Last Post* at the end of their driveway on the day.

It sparked another idea in the then 15-year-old Harrison's mind.

"I play the electric guitar and I thought, 'Why can't guitarists do that?'" he says.

"So, I got my guitar and started teaching myself how to play *The Last Post*.

"I researched covers that had already been played on the electric guitar, including one by Mark Knopfler of Dire Straits. I listened

to *The Last Post* a few times and it took me about 15 minutes to get a full piece going. From there it was a bit of practice to get it just right."

THE SPOTLIGHT SHINES ON INGENUITY

While he only intended for family and friends to see a video he had uploaded of himself playing the piece in his driveway, it was also uploaded to a local Jimboomba community page.

"They had already been asking what the sound was via the local community Facebook page and me uploading the video confirmed it. It gained a lot of attention quite quickly – it even made it onto the evening news!"

Harrison's performance went 'viral,' and he says some people have told him it brought them to tears.

"It is quite amazing to think that something I played brought someone so much emotion. It is an emotional piece anyway and I was happy to hear they'd felt it was done with respect.

"The ANZAC spirit means to rise above and overcome any situation that you are in. Not being able to attend the Dawn Service as I usually would, it was wonderful to tap into my ingenuity to play and share this meaningful piece of music."

This year, Harrison will play *The Last Post* for his community again on ANZAC Day.

"I never thought I'd play it again, but I think people want it to become a bit of a tradition here, echoing through Jimboomba at six o'clock in the morning." ←





Ingenuity





Courage



Kate Christensen



LEADING WITH COURAGE

When the gravity of the COVID-19 pandemic emerged, essential healthcare workers like Kate Christensen took courageous steps onto the front line to help protect the community and save as many lives as possible.

A REGISTERED Nurse and ADF veteran now working in the emergency department of the Gold Coast Hospital, Kate felt an overwhelming sense of duty to help her fellow Australians.

Making the difficult decision to leave their two young children in the care of her parents, Kate and her husband (a GP and former Army medical officer) worked full-time in Brisbane as part of the medical response to the pandemic. It was four months before the couple moved home with their children again.

"I returned from maternity leave early due to the situation that was emerging. I felt a duty to return to work and use the skills I had learned during my time in nursing and with the Army to give back to the community."

Kate worked in the emergency department as they prepared for the patient numbers to increase as COVID-19 landed in Australia.

"It was important that I be able to help those who would need it the most. My team and I rehearsed, studied, and spent many hours upskilling. We changed our models of care almost daily as we navigated the imminent arrival of COVID-19. We equipped ourselves to treat the sickest of the sick.

"Together as mates and colleagues we showed up every day. We came together to serve our community and look after our mates, families and neighbours."

BUILDING TO THIS MOMENT

Kate served as a nursing officer with the Australian Army for eight years.

"My first posting was to the 8 Close Health Company in Robertson Barracks, Darwin, providing tactical health support for units, combat first aid training, and garrison health

support for all Army personnel," she explains.

"We supported soldiers preparing for deployment overseas, and I worked in the local emergency department and critical care to keep my nursing skills current."

Kate believes the skills she lived and breathed in the Army were a daily exercise in developing resilience and courage.

"We learned to be quite resilient, and how to be robust in adapting to change and the unknown. We learned to have the courage to remain mentally and physically tough and how to work together on a common goal. Every day was an example of learning to adapt to a changing state of play."

COURAGE AS AN ANZAC SPIRIT

"Courage, for me, is having the resilience to show up, and keep coming back every day in spite of adversity and fear of the unknown. We've operated for a long time not knowing what might change with the pandemic rules and standards of care – often on a daily basis."

For Kate, ANZAC Day is a moment of quiet reflection and a chance to show her children the importance of the day.

"We attend a Dawn Service with our children every year before coming home to make our own version of a gunfire breakfast," she shares.

"The day is also an opportunity for me to check in on work colleagues, former and current serving friends, too.

"We are all in some way influenced by the ANZAC spirit. When we show up to help during natural disasters, volunteer our time or use our finances to support our neighbours and mates, we are showing the ANZAC spirit." ←



MATESHIP IN ACTION

Mateship is at the heart of the Aussie way of life, with many of our local communities coming together in good and bad times, adapting to challenges that come our way, and giving everyone a 'fair go'.

LEWIS Lee OAM, Chairman of the Australians of Chinese Heritage War Memorial Committee, has found mateship in his community at Sunnybank RSL Sub Branch.

Lewis says the ANZAC spirit characteristic of mateship is visible every day in his community.

"The ANZAC spirit to me means mateship. It is helping each other, your mates, and seeing others help one another," he says.

"It's very present in our community – we are very inclusive. We work well with everyone and embrace the different cultures in our diverse community. We share our experiences and learn from each other and our cultures."

IN THEIR MEMORY

Lewis and the wider community are working to honour Chinese ANZACs – who were not technically allowed to serve during WWI – and are continuing to build community ties, just as the ANZACs did all those years ago.

They have created a war memorial monument and established six bursaries to local high schools.

"I think this memorial is important in its ability to honour past and present Australians of Chinese heritage in the Australian Defence Forces. To honour the Chinese ANZACs," Lewis explains.

"The war memorial monument was created and constructed in 2011 and our second task was to create a bursary in the name of those

Chinese-Australians in the ADF. Every year we want to fundraise the bursary in our six local Sunnybank schools."

These schools include Sunnybank State High School, Runcorn State High School, MacGregor State High School, St. Thomas More College, Calamvale Community College and Stretton State College.

"The first Chinese people came to Australia about 200 years ago, and this is just one way we can remember the Chinese-Australian history, not only those in the Defence Forces, but the wider community. To share the knowledge that we have, and the bursary is a way to tell the story, sharing with the younger generation as well.

The bursaries at each school are named after six of the Chinese ANZACS including Billy Sing, Caleb Shang, Jack Wong Sue, Harry Moo and Arthur Moo.

THE IMPORTANCE OF THE DAY FOR EVERYONE

Lewis believes ANZAC Day is important for everyone.

"ANZAC Day is to commemorate and remember those sacrifices and the defence of our country. It is why we have peace today.

"This year I attended the Dawn Service at Sunnybank RSL Sub Branch, representing Australians of Chinese Heritage and laying a wreath. I'm very proud to be able to do that." ←





Mateship





▲ Local photographer Vino Maramanathan captured this stunning photo of the ANZAC Day parade in Brisbane City.



▲ Nearly 500 people attended Ashgrove-Bardon's Dawn Service, before 5,000 people, including local schools and organisations, commemorated the day at the morning services including Major General (Ret) Adam Findlay AO with Lieutenant Colonel (Ret) Kevin Humphreys (pictured, L-R).

▼ Candles light the message of 'Lest We Forget' at the Beaudesert RSL Sub Branch Dawn Service.



▲ Charters Towers RSL Sub Branch welcomed special guests Charters Towers Mayor Frank Beveridge and Warrant Officer John Menhenick (pictured) to their ANZAC Day service.

▼ Young Australians in Agnes Waters get involved at the main community ANZAC Day service. It was their biggest service and parade to date.



▲ A wet and rainy ANZAC Day didn't stop members of the 144 ACU Atherton (pictured) and locals attending services to commemorate the day.

► Marchers at Banyo ANZAC Day were led by the Brisbane Pipe Band, including Banyo RSL Life Member Ron Virgen OAM and Banyo RSL Sub Branch Vice President (pictured).



▲ John Pascoe, George Bedford and Bruce Robinson (pictured, L-R) attend the Bayside South RSL Sub Branch ANZAC Day Dawn Service.

▲ Jim Gaston and Horace Paul (L-R) pictured in a photo taken by Horace's grandson, Taylor Paul, at the Bowen RSL Sub Branch ANZAC Day service.



▲ Centenary Suburbs RSL Sub Branch Dawn Service was well attended by the local community as shown in this photo captured by Cr Sarah Hutton.



▲ The small community of Dulacca (west of Miles) held its annual ANZAC Day service at the Cenotaph. Members of the Miles RSL Sub Branch attended alongside local residents and students of Dulacca State School and nearby Drillham State School.

► Despite the rain, many visited the Beerwah cenotaph (pictured) for this year's ANZAC Day Dawn Services.



◀ After a two-year break due to COVID, Bowls Queensland and the ADF were able to host their ANZAC Day Test at Club Manly. Players pictured also joined a service prior to the game.

▼ More than 3,000 people attending Bribie Island's Dawn and morning services, which also featured a special project by the Bribie Island Men's Shed, Ghost Soldiers. The soldiers, pictured, were sculpted from chicken wire and represent those who made the ultimate sacrifice in service.



▲ Beenleigh RSL Sub Branch President David Draper, Sub Branch member Lt. Kristy Miles and her son, and Senior Vice President Alan Hendy (pictured, L-R) stand on the stage for the Sub Branch's morning services.

► Burleigh Heads RSL Sub Branch was overwhelmed with the community support for ANZAC Day services despite the wet weather this year.



▲ Members of Macleay Island RSL Sub Branch, including Secretary Janette Straney, Vice President Len Waldorff, President Peter Laverty, John Mangakahia, Sean McCandless and Glenn Maher attended the unveiling of an ANZAC Day plaque at Macleay Island State School during their ANZAC service on Friday 22 April.



▲ Many locals gathered to commemorate ANZAC Day at Dawn Services in Bundaberg.



▲ Veteran Brad Johnson and his family members Jacque, Oliver, Charlie and baby Evelyn at Currumbin RSL on ANZAC Day.



▲ SES volunteers Elle Hall and Kender Woodford commemorated ANZAC Day with the Currumbin RSL Sub Branch.



▲ Coochiemudlo Island RSL Sub Branch showed that rain was not going to stop its commemoration service. It was estimated that 250-300 people attended services across the day.



▲ Cooroy Pomona RSL Sub Branch estimate 2022 was its “best” ANZAC Day yet, with an estimated 2,800 people attending the Dawn Service. Pictured is the ANZAC March through the main street later in the morning.



▲ Layken and Willow Burnie were up early to attend the Currumbin Dawn Service. Layken wore his great-grandfather Ross Stevenson’s Vietnam service medals.



◀ RSL Kedron Wavell Sub Branch Member Ed Miskiewicz was unable to attend services this year while he recovered from heart surgery, so he and his wife joined neighbours for the Light Up the Dawn Service and shared a quiet coffee after.



▲ Hand-made poppies from across Australia adorned the cenotaph and surrounds in Crows Nest for ANZAC Day. The poppies are part of a special project designed to re-engage the community with ANZAC Day and for the poppies to become a permanent monument for years to come.

► Bribie Island resident Derek Patey decorated his home in honour of ANZAC Day. His ‘Ghost Soldiers’ could also be seen at the Bribie Island Sub Branch services.





▲ An estimated 2,500 veterans, school and community groups attended the parade and service at Forest Lake this year, with the local community not letting the rain dampen their spirit. Pictured is 98-year-old WWII veteran George Churchward with special guests at the Sub Branch's morning service.



▲ To commemorate his own way, 94-year-old Chief Petty Officer John Gubbins enjoyed a beer and a game of Two-up with his peers.



▲ ANZAC Day morning in Lowood.

▼ The Maleny community gathered at the Maleny RSL Cenotaph, where the TS Centaur Catafalque party were a key part of this year's ANZAC Day service.



▲ Hervey Bay Sub Branch President Brian Tidyman welcomed thousands of people to both the Dawn and Main services, many who had come from afar, to be with family and friends this ANZAC Day for the first time since 2019. Pictured is the 9RAR as catafalque party at the Light Horse War Memorial in Freedom Park during the ANZAC Dawn Service.

▼ Malanda RSL Sub Branch came together with the local community to commemorate ANZAC Day.



The
ANZAC
Spirit

▲ Gladstone RSL Sub Branch veterans group stood ready to march at the Dawn Service, led by Sub Branch President Maj Ed Dahlheimer.

► Mitchell RSL Sub Branch President Darryl Betzien captured photos from their ANZAC Day service dedicated to First Nation soldiers, including this picture of local Aboriginal soldiers who enlisted.



▲ A total of 33 wreaths were laid during Holland Park - Mount Gravatt RSL Sub Branch services, including those laid by Sub Branch Vice President Michael Weibler with member Tony Summers. Photograph by Joshua Prieto.



▲ Richard Howard, left, and Bruce Gilbert from the 11th Light Horse Darling Downs Troop participated in all three ANZAC Day services in Goondiwindi. This included the march, the skill at arms, and tent pegging at the military museum day.



▲ The rain stopped briefly, allowing members of Manly Lota RSL Sub Branch community to commemorate at the morning service.

▼ Three generations of the Krogh family – Alan (22 years in RAAF), Neville (nine years in RAAF) and Aaron (currently serving on HMAS Brisbane) – gathered at Gemlife Maroochy Quays Dawn Service.



▲ A father and son mark ANZAC Day on Oxford Street, Paddington, with their community.



▲ Mt Molloy Sub Branch Main Service was attended by many, including Mt Molloy RSL Sub Branch President Kerrie Pashen, CPO Frank Ritchie HMAS Cairns and Mt Molloy Sub Branch veteran Tyson Pringle.



▲ Members of the 141 Army Cadet Unit form the Catafalque Party at the Dawn Service in Miles.



▲ 88-year-old veteran Trevor Robinson marched down Oxford Street, Paddington (Brisbane) at 6am while his neighbours stood on their driveways with candles.



▲ Barry Vains OAM and his brother Allan Vains at their grandfather's grave in Mt Molloy. Barry is a member of Emu Park RSL Sub Branch, the Chair of RSL Queensland's Audit and Risk Committee, and the former District President for Pioneer Fitzroy Highlands.

▼ Xayvan Diamond and John Humphreys at the Mt Molloy ANZAC Day service.





▲ Edith Nolan holds a candle at the community Light Up the Dawn service in Paddington.



▲ Wreaths laid by the Pine Rivers community during this year's ANZAC Day memorial services to honour all service men and women.

▼ Locals gathered to commemorate ANZAC Day in Mossman, despite the wet weather.



▼ North Gold Coast RSL Sub Branch member Pat Slee was one of the Sub Branch's members who played a part in attending 27 schools this year to deliver a talk about ANZAC Day and its traditions. Pat is pictured delivering the ANZAC service at Ormeau State School of Friday 22 April.



▲ Mudgeeraba Robina RSL Sub Branch welcomed a large crowd for its Dawn Service, despite the bad weather. After the service, the Sub Branch hosted a gunfire breakfast which saw patrons line the street waiting to enjoy a bite to eat.

► Oakey locals, veterans and RSL Sub Branch members commemorated ANZAC Day at the local Dawn Service.



▲ The Redlands ANZAC Day March carried on despite the rain, with locals lining the streets to honour men and women who have served.



▲ More than 500 people attended the Dawn and main services at the Meandarra / Glenmorgan RSL commemorations, with some travelling from as far as Mackay for the service. Retired Lieutenant Colonel Andrew Garrad was guest speaker on the day and officially opened a portrait exhibition at the local museum. The exhibition is dedicated to all service people who received a white cross at the Meandarra Cemetery.

▼ Despite very windy and wet conditions, veterans marching at Runaway Bay were given a rousing welcome at the ANZAC Place Cenotaph by a near record number of members of the public braving the conditions.





▲ Southport RSL Sub Branch had a unique approach to the traditional ANZAC Day service, telling the story of the first ANZAC Battalion since WWI, 2 RAR/NZ/ANZAC on its first tour of duty in 1967-1968. To acknowledge the involvement of both Australian and New Zealand soldiers, the march was led by Captain Matthew Wylie, Royal New Zealand Infantry Regiment, and Captain Callum Waite, Officer Commanding, B Company, 25/49 Battalion, Royal Queensland Regiment. The flag bearers were Jon Felton, ex Royal New Zealand Air Force, and Rodney Tagg, ex Royal Australian Navy. To further illustrate this theme, Southport broadcast a talk by New Zealand Lt Colonel Tony Howell MC, who was a platoon commander in the first Victor company attached to 2 RAR. They also showed two videos made by each of the High Commissioners to Australia and New Zealand.

▼ World War II veteran Joffre Bell, who just turned 102, took a helicopter to the Old Southportians Association ANZAC Day event. It was fitting, given Joffre was a fighter pilot during the war. He currently lives in Clifton, but is a past student at The Southport School (TSS). The helicopter circled several times and sounded its horn above Greenmount State School's ANZAC Day ceremony, where Joffre was a guest several times. It then flew to Spicers Peak for morning tea, before going to the Gold Coast. After landing at TSS, Joffre was taken into a darkened building where organisers sat him on a chair - then the lights came on and he was surrounded by hundreds of people. On stage he was interviewed by the headmaster and then invited to lunch. Photo courtesy of The Clifton Courier.



▲ Like many services across QLD, Esk had some of its largest turn outs for services after COVID-19 restrictions. Pictured is Piper Joe McGhee, 2/14 Light Horse Regiment lead the local ANZAC Day March.



▲ Ipswich Naval Association cadets commemorate ANZAC Day at the Association's annual ANZAC Day service.



▲ 105-year-old WWII veteran William Wallace Mervin Bruce (known as Mr Bruce) with Marian RSL Sub Branch Deputy President John Edwards at the Nebo ANZAC Day service.



▲ Toowoomba ANZAC Day service.



▲ Toowoomba RSL Sub Branch Vice President Ben Quirke with his son Riley.



▲ Veterans march in the Toowoomba ANZAC Day Dawn Service.



▲ Orchid Beach Sub Branch on K'gari (Fraser Island) drew a large number of attendees, including ex-service personnel and veterans and, as the picture shows, their Dawn Service offers a picturesque sunrise to start the day.

▼ Returned service personnel following the Dawn Service with Ann Leahy MP L-R: Kevin Swan, Andria Swan, Harvey Fewings, Rod Cassidy, Ann Leahy, Cec West, Chris Wall, Terry Salmon, Barry Dau, John Chapman. Ann delivered the address at the Dawn Service.



▼ Bundaberg Regional Council CEO Steve Johnston, Sub Branch President Lex McKay and guest speaker MLA State Member for Burnett Stephen Bennett are pictured after a damp Dawn Service at Woodgate Beach. Photo courtesy of Traci Osborn.



► HAM radio broadcast enthusiast Eldon Bryant joined other hobbyists 'on air' on ANZAC morning to commemorate in their own way. Eldon has been doing a HAM radio broadcast on ANZAC Day for nine years.



▲ North Brisbane's Veterans Rugby League Club played in an ANZAC Round on 23 April and took home their first win. Before the match, a short service hosted by the Veterans' President Hunter Austine was held including reciting of The Ode, playing The Last Post and a minute's silence.

▼ Surfers Paradise RSL Sub Branch President Len Guest, centre, visited Broadbeach State School for its ANZAC Day service and his pictured with, left to right, students Mia Lyon and Carter Young, school teacher, students Lachlan Stevenson and Rosie Piano, and Gold Coast City Councillor Pauline Young.



▲ A small reunion of veterans from 6RAR who participated in missions between 1980-1990 in the areas of Malaysia, Timor, Afghanistan and Iraq.

► Sunnybank RSL Sub Branch Board member Russ Daly introduces his grandson to the ANZAC spirit.



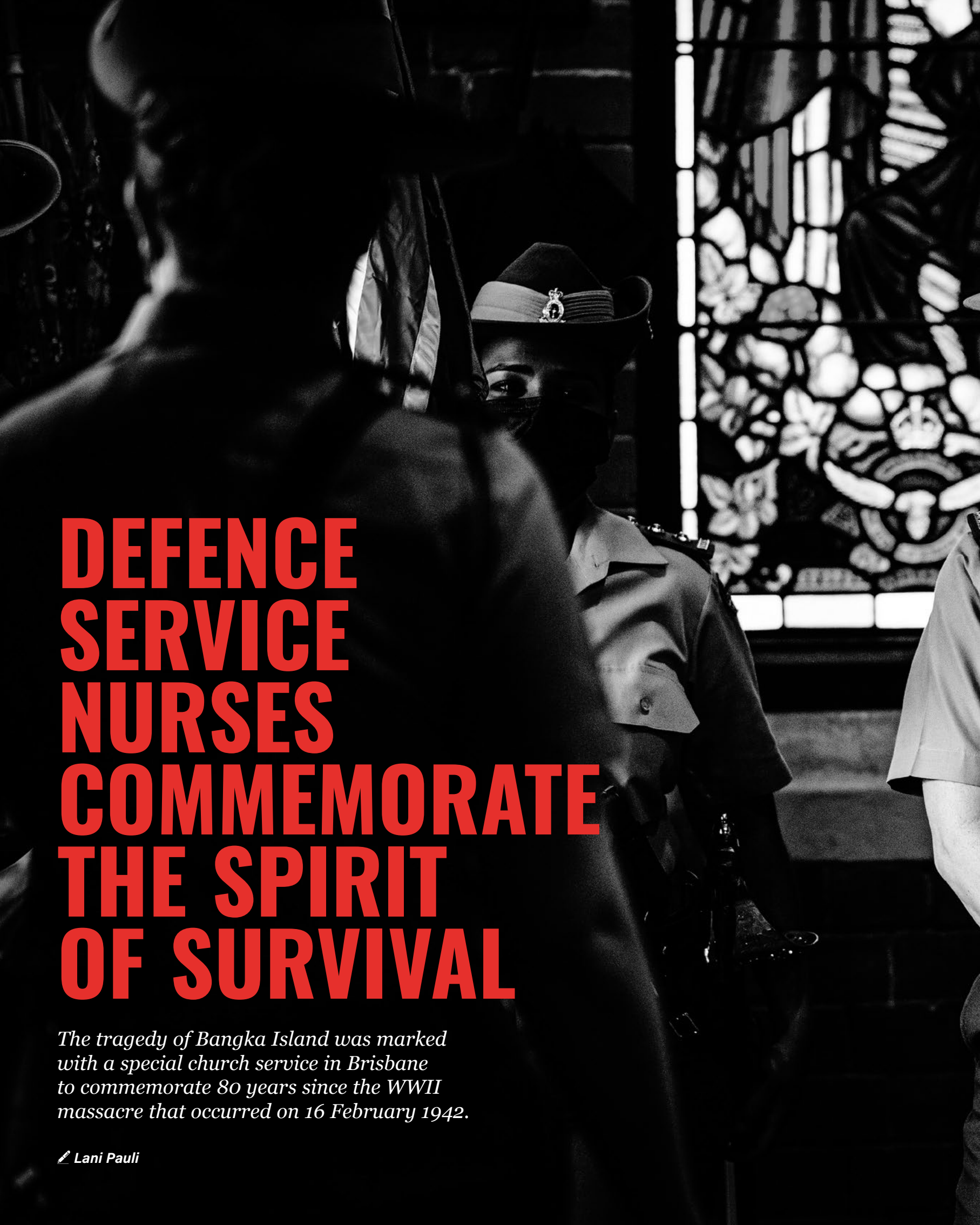
▲ Tewantin Noosa Parade Commander Paul Jenkinson saluting during the minute's silence after Kris Kurth recited The Ode. Photo courtesy of Justine Bath.



▲ Toowoong RSL Sub Branch member Dr Lily Zhu captured this photo of FLGOFF Inderbir Singh (RAAF Base Amberley) and Sub Branch President Peter Pow with Julian Simmonds. FLGOFF Singh is from 35 SQN at RAAF Base Amberley and is the Avionics Maintenance Officer supporting the C-27J Fleet



▼ Pictured L-R: Dave Gilbert, Alan Lehman, and Gary Gilbert (who drove up from Nowra the day before) line up for the gunfire breakfast at Twin Towers shortly after the Dawn Service. The three men all served in the Navy together.



DEFENCE SERVICE NURSES COMMEMORATE THE SPIRIT OF SURVIVAL

The tragedy of Bangka Island was marked with a special church service in Brisbane to commemorate 80 years since the WWII massacre that occurred on 16 February 1942.



ON

“The event allowed us to show respect and honour these phenomenal women who showed up and continued to do their jobs, to care for the injured and ill, in what were terrible, terrible times.”

RIGHT:
RSL Queensland
State Deputy
President Wendy
Taylor paying her
respects at the
service.

12 February 2022, the Defence Service Nurses RSL Sub Branch hosted a church service commemoration for the 80th anniversary of the Bangka Island Massacre.

The service, attended by current and ex-serving personnel, marked a World War II tragedy that saw 21 nurses and many more soldiers killed on Radji Beach, Bangka Island (near Sumatra), after the SS *Vyner Brooke* was bombed and sunk.

Defence Service Nurses RSL Sub Branch Secretary Robyn Green says the anniversary carries a message relevant to us all.

“Theirs is a story of immense resilience. Of surviving despite everything that’s happened to you because you have to – right or wrong,” she says.

“One of the members who was marched out into the water survived. Had she not survived, the world would not have known of the atrocity that happened on that island.

“I think it is a huge message to all of us. That we can survive these things. Their story and the history surrounding it gives us a lot to consider and the importance of the communities we create and foster.”

After the *Vyner Brooke* sank, around 100 survivors gathered on Radji Beach, where they were surrendered to authorities and killed by Japanese forces. Twenty-two Australian Army nurses were marched into the sea and machine-gunned by Imperial Japanese soldiers, and 60 Australian and British soldiers and crew members were also killed.

The nurse Robyn speaks of was Viviane Bullwinkle, who was the only surviving nurse from the massacre. Although she had been shot in her side, Viviane lay motionless in the water until the sound of troops disappeared.

“They had bombed a hospital ship, killed all the surviving male patients, and then killed the nurses. But Viviane managed to lay in the water for six hours and survive before spending several days in the bush nursing a wounded British

soldier she had found barely alive,” Robyn explains.

Viviane and the soldier would eventually surrender to Japanese forces, and while he died not long after reaching the prisoner of war camp, Viviane spent three years as a POW.

She survived the war and eventually gave evidence of the tragedy that occurred on Radji Beach at the International Military Tribunal for the Far East.

Robyn says the service held in





Brisbane in February is important for the families of the victims to honour their memory.

"The event allowed us to show respect and honour these phenomenal women who showed up and continued to do their jobs, to care for the injured and ill, in what were terrible, terrible times."

More than 140 people attended the service.

"We were very grateful to also have two direct descendants of Matron Paschke, lost at sea after the bombing of the SS *Vyner Brooke*," Robyn says.

"Reverend Patrick King from St Augustine's Anglican Church at Hamilton led a team of Military Padres for the service and Ex-Army Chaplin Christine Digby, Army Chaplin Andrew Osborne, and

ANTI-CLOCKWISE FROM TOP

RIGHT: WO1 Craig Murray RSM 2HB & LTCOL Anna Reinhardt CO 2HB; President DSN's Ann Martin and Chaplin Christine Digby; Pixie Annat DSN and Andrea Cush DSN; Dr Ann Bramwell DSN gave the Welcome to Country; Family of drowned Matron Paschke, Cousin Robin Krieg, Cecelia Krieg, Cousin David Trail, Lyn Trail and Diane Rudd.



new to Queensland RAAF Chaplin Timothy Mannix all jumped at the opportunity to participate in this very important commemoration service.

"I also want to thank the many others, including the 1st Regiment Royal Army Artillery for allowing their band members and singers to participate in this service – making it truly special – and 2HB for assisting with the organisation and coordination of military personnel during a time of high workload for our Defence Forces health units.

"What an honour it was to witness the continued dedication and respect that is there for not only our fallen community, but those who suffered at the hands of war." ←

ABOVE:
Defence
Service Nurses
Secretary
Robyn Green
and President
Ann Martin
with RSL
Queensland
State Deputy
President
Wendy Taylor
DSN.

RIGHT:
Air Force Wing
Commander
Robyn Tatnell.



Learn more about the Defence Service Nurses RSL Sub Branch at rslsouthqueensland.org/branches/dsn/



MATES 4 MATES

THE QUARTERLY MAGAZINE
FOR OUR DEFENCE COMMUNITY

Connecting with the community.

OUR COMMUNITY CONNECTIONS PROGRAM HELPS
VETERANS FIND THEIR PLACE IN THE CIVILIAN WORLD.

+ TRANSITIONING OUT OF THE DEFENCE FORCE.

WHILE THERE MAY BE UNIQUE
CHALLENGES WHEN A VETERAN
TRANSITIONS, YOU ARE NOT ALONE.

Reaching veterans in regional Australia.

EVERYONE CAN BENEFIT FROM SUPPORT,
NO MATTER WHERE THEY LIVE.

+ THE POWER OF MATESHIP. COMMUNITY FUNDRAISING IN ACTION THROUGHOUT 2022.

A message from Emma Whitehead.

What a pleasure it has been to see the spirit of mateship and community shine throughout the first half of 2022.

As the incoming General Manager of Mates4Mates, I am delighted to be part of an organisation that is providing support services proven to make a difference to current and ex-serving Defence Force members and their families experiencing service-related physical injuries, mental health issues and isolation.

With the South East Queensland and Northern New South Wales floods impacting our Brisbane Family Recovery Centre and community, the first half of 2022 has been challenging. However, we have already seen over 2,000 connections made both online and face-to-face with veterans and families located across Australia. This includes the successful outcomes of our pilot Community Connections Program, providing veterans with the opportunity for various physical, mental, and social health benefits, which we explore further on page 5.

With over 28 years' experience working in health, community services, and research sectors, I am looking forward to expanding opportunities for veterans and their families through the growth of our services. We delve into our outreach locations on page 3 to



highlight the great work that the team is already achieving in some of the regional parts of Australia. We also provide an update on the Veteran and Family Wellbeing Centres in the Northern Territory on page 6 which we are excited to be moving forward with.

As we grow our presence both in our centres and online, it's the supporters of Mates4Mates that play a key role in this success. Their generosity is actively changing lives by allowing myself and the team to continue providing many pathways to recovery for those who have served our country and their families. On page 4, we highlight some of our recent community fundraisers, as well as celebrate the upcoming Brisbane Airshow, which Mates4Mates is honoured to be the Charity of Choice.

We hope you can take the time to read our latest Mates4Mates magazine and enjoy the stories from within the Defence community that we are proud to support.

Emma

General Manager of Mates4Mates



Make the call that makes the difference.

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

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[1300 4 MATES](tel:13004MATES)

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

Reaching veterans in regional Australia.

We know that everyone can benefit from support, no matter where they live. This is why we hold activities and programs in a number of regional, outreach areas across Australia.

Currently, there are regular social connection and wellbeing activities in Toowoomba, Ipswich, Sunshine Coast, Gold Coast, Mackay, Bundaberg, Cairns, and around Tasmania, including Burnie and Launceston, and programs in other areas across Australia.

With dedicated liaison officers operating out of Launceston, Cairns, and Ipswich, we delve a little deeper into how we are supporting veterans and their families impacted by service in these areas.

Expanding services in Launceston

This year we have grown our Tasmanian team to provide more outreach activities to the North and Northwest, with two liaison officers now supporting the veteran community in these locations.

What started with a simple coffee catch-up in Launceston has now grown to see veterans and families attending a monthly walk and brunch, yoga sessions, kayaking, rock climbing, and much more.

"Increasing Mates4Mates services in the North and Northwest of Tasmania has been instrumental in reaching the growing number of contemporary veterans that are returning home after service or making the move to a peaceful spot to live," explained Tasmania's Regional Manager, Cathy.

Opening the doors in Cairns

As the demand for Mates4Mates and its services has grown in Far North Queensland, we opened a dedicated Cairns office to provide support to the veteran community in this area, who now have a place to visit and connect.

"It is fantastic to see our Cairns community growing and enjoying the variety of social activities happening around the region from stand-up paddle boarding at Tinaroo to exploring Green Island to macrame and pottery classes or even just a coffee and a chat in the office," said Cairns Senior Liaison Officer, Sam.

For veterans and family members impacted by service who would like to drop into the Cairns office, it is located at The Pier Cairns, 1 Pier Point Road, Cairns City 4870.



"The building of regular social connection opportunities across Tasmania has also reinforced the value and focus of Mates4Mates to support all our veterans and families impacted by service regardless of their location."

— Sandie, Launceston Liaison Officer

Going from strength to strength in Ipswich

With a large volume of current and ex-serving Defence Force personnel and family located outside of Brisbane, Ipswich has been a popular area for engaging with Mates.

"Ipswich veterans are always keen for a good coffee catch-up and to take part in the range of activities we have on offer, especially at school holiday time. It has been great to see the Mates4Mates community in this area continue to grow," shared Ipswich Senior Liaison Officer, Rob.

The great news is there is something for everyone with Mini Mates Family Days, ten pin bowling, cemetery ghost tours, art museum exhibitions, and more.

For those who aren't located in our outreach areas or near a Mates4Mates Family Recovery Centre, we do offer regular online social connection activities to help veterans and family members experiencing social isolation.

Through a wide range of social connection activities, our liaison officers online and on the ground are here to support veterans and their families who have been impacted by service. To get in contact with your local Mates4Mates centre, contact **1300 4 MATES** or visit **mates4mates.org**.



The power of mateship.

So far in 2022, we have witnessed the power of mateship and pride shine through thanks to a variety of community fundraising activities.

Time and time again we see the community come together in support of Mates4Mates to help veterans and their families find a way forward from service-related injuries.

From football matches, Ironman challenges, pinup pageants, lawn bowls competitions, riding through French trails, jewellery making, gym workouts, and many more, we feel truly honoured.

We want to thank every single person who has fundraised, donated, and supported Mates4Mates so far this year. These funds will allow us to continue providing vital support to veterans and their families impacted by service. It all makes a difference.

Every day, people in and out of the Australian Defence Force may be impacted physically or psychologically and their lives and livelihoods changed forever. With Mates4Mates, you can help them recover, connect, and move forward. Visit **supportmates4mates.org** to find out more.

Support for veterans takes to the skies.



As we get closer to the Brisbane Airshow taking flight on 2-3 July, we are honoured to be the official Charity of Choice for this year's event.

Set in the picturesque Somerset, just outside of Brisbane, the Brisbane Airshow is sure to have something for everyone. The weekend event includes Airforce air displays with historical warbirds and World War II Fighters, jets, helicopter rides,

aerobatics, skydiving, hot rods and classic cars, live music, gourmet food, amusement park rides, and lots more.

Donations can be made to Mates4Mates with the purchase of a Brisbane Airshow ticket, ensuring we can continue to help veterans and their families who have been impacted by service.

This iconic event is dedicated to the men and women who have served in our armed forces and is not to be missed. Visit **brisbaneairshow.com.au** for more details.

Connecting with the community.

Mates4Mates delivers a wide range of social connection activities aimed at supporting veterans and their families to connect with other veterans to reduce isolation and improve relationships. The Community Connections Program builds on that further by helping veterans impacted by service find their place in the civilian world.

Earlier this year, Mates4Mates launched the pilot Community Connections Program in Townsville and Brisbane to help veterans connect with their local communities through shared interests and activities.

Over four weeks, the Community Connections Program worked in partnership with Townsville Target Archers in Townsville and Samford Archery Club in Brisbane to help veterans build local community networks through learning the skills of archery.

Senior Liaison Officer Janine, who facilitated the Brisbane program, explained how, “it’s not really about archery, it’s about building stronger civilian and social community connections.”

“Archery is only one community connections activity that veterans can engage in to build those relationships. Future programs may include environmental and humanitarian activities, volunteering for emergency response, and other community-based endeavours.”



“It’s not really about archery, it’s about making connections within the civilian community.”

— Janine, Senior Liaison Officer

Much more than learning bow and arrow skills, the program’s aim was to help veterans build a sense of community and increase social connections, providing them with various physical, mental, and social health benefits, including reducing the feeling of isolation, increasing wellbeing and coping skills, and decreasing levels of pain.

Having facilitated the Townsville program, Senior Liaison Officer Deirdre shared how the veterans who took part were able to truly build connections within the community.

“Over the four weeks, the Mates really got something out of the program, finding it encouraging, fun, and an overall positive experience,” she said.

“The best outcome is that a number of the Mates will continue on with Townsville Target Archers as they plan on becoming members and attending on a regular basis.”

James Cook University have also conducted a research and evaluation project on this pilot program to provide further support to the veteran community.

Mates4Mates is here to support veterans and their families on their pathway to recovery. However, it’s important for those veterans moving forward that there will be a day where they no longer need regular, Mates4Mates social connection services. This program is helping veterans to take that next step to connect with their local civilian communities.

Men's Health Week
13 – 19 June 2022

Supporting the wellbeing of men.

Each year during the month of June, Men's Health Week aims to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities.

Here are some simple ideas from the Mates4Mates team that may help to improve the mental, physical, and social health of the men in our lives. If you need further support, please call **1300 4 MATES** to book an appointment.

Tips for improving your health

Practice mindfulness. Daily mindfulness helps us become more aware of our thought patterns and emotions and how they impact on our responses to events or triggers. It also can help us to regulate our emotions more effectively.

Remember the body and mind are connected. Being active and keeping your body feeling good, whether that's through a walk, yoga, or other gentle exercise, will help stimulate your mind and can improve your mental health.

Some exercise is better than none. Start at a level that is manageable and slowly progress to the recommended guidelines. Setting goals, tracking progression, and rewarding the little wins can really help with motivation.

Invest in your interpersonal relationships. Engage with others by participating in a social activity that you feel comfortable handling. Whether that be an online activity or in-person, interacting with others can help boost your confidence to socialise.

There is no shame in seeking professional help. Whether it's from a Mates4Mates psychologist, exercise physiologist, counsellor, or social worker, they are here to help support your health and wellbeing.

Veterans and families impacted by service can access support, a tailored recovery plan, and a community standing with them.

Northern Territory Veteran and Family Wellbeing Centres.

Earlier this year, Mates4Mates were delighted to announce that we are moving forward with two sites for the Northern Territory Veteran and Family Wellbeing Centres – one in Stuart Park and one in Palmerston.

Whilst it took us time to find an ideal site in Stuart Park that would be suitable for renovations, we are excited to be moving forward with a new site secured at 39 Stuart Highway. These locations will provide a multitude of services from a range of providers with the shared aim of supporting the veteran community. We are confident that this two-site model will provide the best outcomes for veterans and their families in the Territory.

In Palmerston, the Interim Centre will continue to look after and support veterans and their families until a permanent site can be secured. The team have seen consistent increases in connections made with veterans and families since opening the centre in July 2021. This has been seen through our new, on-the-ground exercise physiology program, the appointment of a social worker, through delivering social connection activities and skills for recovery programs, as well as offering telehealth psychology and exercise physiology services.

We look forward to sharing more updates with the Northern Territory community as the Veteran and Family Wellbeing Centres progress.



Combatting the challenges of transitioning.

Transitioning from the Australian Defence Force (ADF) into civilian life is a significant decision for any service man or woman and may involve impacts not only on the individual but also their family. While there may be unique challenges in this process, there is support available and no veteran is alone.

There are several challenges ex-serving ADF personnel may experience when transitioning and it's important to understand that not every transition looks the same. The process can have impacts on various aspects of their life including changes in social and family situations, financial implications, and changes to the individual's sense of identity.

There are roughly 5,000 ADF personnel discharged each year (62% are voluntary while 38% are for other reasons including medical separation)¹.

Often those transitioning feel they do not have any control over their discharge process. If the discharge is for medical reasons this can lead to feelings of failure if, as a result of their injuries or illness, they are unable to meet the requirements of their job. Injuries can also impact the type of role they may be able to have in civilian life which can create additional feelings of loss and fear about their ability to support themselves or their family.

Discharge may have a significant impact on how a veteran sees themselves and this can create difficulties with their sense of self and identity. Even when the discharge is voluntary, the process can impact a veteran's view of how much control they have over the situation. Feelings of shame and low self-esteem may result and can be a common catalyst

to anxiety disorders and depression, as well as substance abuse and addictive behaviours as ways to cope with this.

To help those transitioning from the ADF to civilian life, or their families, Mates4Mates provides specialised support services for veterans. Useful support may be provided in the form of one-on-one therapy and/or participation in therapeutic groups, and focusing on creating social connection with others who may be going through similar experiences can also be supportive.

It may be important to first consult with a GP about specific treatment options and medication, where required.

RSL Queensland is also available to provide support to veterans for employment, DVA claims and advocacy, homelessness and crisis accommodation, and more.

Advice from a psychologist when transitioning:

- 1. Give yourself time.** Think back to the enlistment process and think about how long it took you to be fully qualified and comfortable in your role. It will likely take time to transition from military life to civilian life. You don't have to have it all figured out at once.
- 2. Remember thoughts and feelings are just that.** They are not facts, and they are neither good nor bad. They just are. We don't need to avoid feelings that are uncomfortable. It's okay to sit back and non-judgementally observe what it is going on for yourself.

- 3. Engage in meaningful activity.** Connect with others and do more of what feels good. Move your body; get out into nature. A simple way to engage in meaningful activity is to think about what is important to you and engage in activities that reflect this.
- 4. Talk to us about any challenges you may be experiencing.** Whether it's in-person or online, Mates4Mates psychologists, exercise physiologists, social workers, counsellors, and liaison officers are all able to support you through the challenges of transitioning. For more information or to book an appointment, call **1300 4 MATES**.

✍ Written by Tamsin Wallace, Mates4Mates Psychologist



¹Mental Health Changes Over Time: a Longitudinal Perspective: Mental Health and Wellbeing Transition Study. Canberra: Department of Defence and Department of Veterans' Affairs.

MATES4MATES

Here for those
impacted by service.



Join Mates4Mates

Find a way forward from
service-related injuries.

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

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



Join Mates4Mates

Register today



SAMFORD HONOURS THE LOYALTY OF MAN'S BEST FRIEND



The loyalty and dedication that creatures great and small have shown during war have been honoured with a memorial along Samford's Avenue of Honour.

 Lani Pauli



BELOW: L/CPL Kate Walters from 2/14 Light Horse Regiment, Queensland Mounted Infantry.

OPENED on 11 March, RSL Queensland Brisbane North District Deputy President Mark Orreal says the War Animal

Memorial complements the existing memorials along the avenue.

"We first considered creating a War Animal Memorial because in recent

times a lot of local veterans have worked with explosive detection dogs (EDDs). This addition also complements the 20 existing hoop pines, which represent each of the fallen from Samford as well as the essence of the Avenue of Honour," Mark says.

FIRST WAR ANIMAL DAY IN 2019

"The first War Animal Memorial Day, or Purple Poppy Day, was in 2019 and is commemorated on 24 February each year."

Purple Poppy Day

recognises the contributions of all animals who have given their lives and loyalty serving alongside humans during war and peacetime.

During World War One, large cavalry forces were used widely, including horse and camel-mounted troops in desert campaigns. Horses, donkeys, mules, and camels carried food, water, ammunition,

and medical supplies to men at the front, and dogs and pigeons also carried messages. Canaries were used to detect poisonous gas, and cats and dogs were trained to hunt rats in the trenches.

RSL Queensland State President Major General Stephen Day DSC, AM attended the event, together with representatives from Moreton Bay Regional Council.

"We dedicated it to the five war animals – the camel, the explosive detection dog, the pigeon, the horse and the donkey or mule," Mark says.

A SPECIAL BOND

Mark served 21 years in the military as an engineer and specialised as an explosive ordnance detection technician (EOD tech). He worked closely with EDDs in Pakistan.

"There is a particular bond between human and an animal, and when you are in an operational environment that bond becomes even closer," he says.

"The dogs we worked with, for



example, saved many lives.”

The memorial is marked with a plaque that is dedicated to the more than 16 million animals that have served in recent and past wars.

Mark says it was a truly special day.

“These animals are incredibly loyal and devoted. They’re as hardworking as our service men and women.”

Samford’s Avenue of Honour, a 700-metre walkway, was opened in 2015 with 20 advanced hoop pines planted to honour the 20 local servicemen who lost their lives in both World Wars and Korea. ←



**CLOCKWISE
FROM TOP LEFT:**
Pte Cook and
Brisbane North
District Deputy
President Mark
Orreal; Benny the
wonder horse
with Kath Evans;
Brisbane North
District President
Merv Brown OAM
with Cr Darren
Grimwade, Div
11, MBRC; State
Member for Pine
Rivers Nikki Boyd
MP, Brisbane North
District President
Merv Brown, and
Rev Matt Cave; Cr
Cath Tonks, Div 9,
MBRC and Darren
Grimwade; The
camel handlers at
the event included
Pte Cook, Pte
Ryan-Toomey and
Pte Rainbo. The
camels were Penny
and Vernon from 26
Transport Squadron
at Amberley RAAF
Base; Brett Hayes
representing The
Honourable Peter
Dutton, Minister
for Defence, chats
to a veteran at
the event.



SCOOTAVILLE CALLS FOR RIDERS

Ex-serving men and women with an adventurous spirit are being called on to be a part of a unique two-week ride through Queensland raising money for Legacy.



T

revor Benneworth, organiser and veteran, says the ride named 'Scootaville' (a combination of the

phrase Scooters to Townsville) will see veterans ride 50cc mopeds from Ipswich to the RAAF Base in Townsville over 16 days, leaving on 1 September.

"We've got a great itinerary planned, stopping in places like Kilcoy, Kingaroy, Barcaldine, Longreach, Winton etc. It's been a long time in planning, with three of our previous planned trips being postponed due to COVID," the former Air Force radio technician says.

"We're finally going to be able

to set off in September and we're hoping to have around 20 bikes, with 40 riders, taking it in turns.

"We've chosen scooters or mopeds because they are reliable and most of our members are able to ride them!"

This isn't Trev's first event, having participated in a similar ride, called Scootarbor, in 2014, where a



Find out more information about this year's Scootaville ride, including details on how to register your interest to be a part of the trip via rslqld.org/whats-on/scootaville



number of men and women rode 50cc Mopeds across the Nullarbor.

"The Scootabor event raised around \$80,000, which was donated to Beyond Blue, and I thought, 'Well, you know, we can do better than that,' so we're going to try and raise at least \$100,000."

The funds raised from this trip will be donated to Legacy.

"It is important to us that we're able to let veterans and the locals in each of the places we stop know what support is available to them or to veterans they may know," he says.

But it isn't only riders they need for the Scootaville adventure.

"We also need volunteers, including cooks, marshals, medics and drivers for escort vehicles, so

we want to hear from anyone who can help out – the more the merrier!"

And Trevor is already looking ahead to future rides.

"We're hoping to make this an annual Queensland event, focusing on and promoting the small outback towns through which we'll pass as they too can do with a 'leg up.' ←

ABOVE:
President of
the Radschool
Association
Ted McEvoy.





SUB BRANCH ACTS AS HQ FOR **FLOOD CLEAN-UP EFFORT**

*Pine Rivers RSL Sub Branch
has played a pivotal role in the
Moreton Bay region flood clean-up
efforts after answering the call of
Disaster Relief Australia (DRA).*

RIGHT: Nicholas and Luke from Disaster Relief Australia.

BELOW: Dave from Disaster Relief Australia shaking hands and thanking the community volunteers.



DRA, the veteran-formed and driven volunteer group, worked with Moreton Bay Regional Council to coordinate civilian volunteers to support the flood clean-up following the recent severe weather event in South East Queensland. When a large headquarters was needed for the Moreton Mud Army, Pine Rivers RSL Sub Branch President Margaret Lord says the William Abell Community Centre (WACC) was one of the first to be approached by DRA.



“They needed space for volunteers who were coming from all across Australia, car parking and plenty of room for briefings and debriefings,” she says. “We were only too happy to help and rescheduled our AGM to make sure the space was available.”

“We were proud to be able to coordinate everything as quickly as we did and see the outpouring of help in whatever way members were able – from cooking meals and even offering rooms for veterans experiencing hardship from the floods.”



LEFT: Chris from Disaster Relief Australia handing out snacks.



Pine Rivers RSL Sub Branch members (in green shirts) Auxiliary Vice President Wayne Lord, left, Sub Branch Secretary Mal Nearmy, centre, and Sub Branch President Margaret Lord, right. Disaster Relief Australia volunteers (in blue shirts) included Sophie, Jake, Dave, Bob, Pauline, Duckies, Michelle, and Chris.



Once the ball was in motion, the Sub Branch was transformed into a disaster relief hub, with a temporary shower block and beds that could be stacked each morning.

"A lot of our members were very supportive of it. Some couldn't get out and volunteer as part of clean-up efforts, but being on-site at our Sub Branch supporting the volunteers and Disaster Relief Australia was a way they could play

ABOVE RIGHT: Disaster Relief Australia volunteers David and Peta with a flood affected homeowner and her carer.

ABOVE LEFT: Community volunteer.

BELOW: NAB corporate volunteer.



a part in the community clean-up effort," Margaret explains.

"We were proud to be able to coordinate everything as quickly as we did and see the outpouring of help in whatever way members were able – from cooking meals and even offering rooms for veterans experiencing hardship from the floods."

Margaret says although it was a unique situation, the level of community support shown by members during the event was

something they're used to seeing regularly.

"This is something that our Sub Branch carries out regularly. Not just during a disaster. We always try and help where we can.

"And for anyone stopping in that wasn't aware of all the ways RSL Queensland can help them, it was a chance for us to share what we can do for them." ←



ABOVE: DRA community volunteer managers with their teams celebrating giving back to residents of the Moreton Bay region.

SPOTLIGHT

on our services



RSL QUEENSLAND – HELPING QUEENSLAND VETERANS IN EMERGENCY SITUATIONS GET BACK ON THEIR FEET

AS Queensland's largest ex-service organisation, we take our role supporting current and ex-serving men and women, and their families, seriously. For more than 100 years we've remained committed to offering support and services that enhance the quality of life for all.

Life always has its ups and downs. But you don't have to face them on your own. Whether it's employment, scholarships, activities to encourage social connection with fellow veterans, DVA claims or emergency financial support — RSL

Queensland has free programs and people at the ready to help you achieve your life goals.

EMERGENCY FINANCIAL AND HOMELESSNESS SUPPORT

When your finances won't stretch as far as you need them to, RSL Queensland may be able to help.

Whether you need to make ends meet for the groceries, the electricity bill or this month's rent, we can offer one-off emergency funds to help get you through the immediate situation.

And for the times when greater support is needed – for example, if you need emergency accommodation or assistance with medical expenses – RSL Queensland can work with you as part of a long-term plan to get you back on your feet.

RSL Queensland has partnerships with leading organisations such as The Salvation Army to help get veterans who are experiencing homelessness into safe, permanent housing and access additional holistic services. ←

“Whether you need to make ends meet for the groceries, the electricity bill or this month's rent, we can offer one-off emergency funds to help get you through the immediate situation.”



THE HELP YOU NEED: If you, or a veteran you know, needs help learn more at rslqld.org or call 134 RSL to talk to our experienced team.

DEFENCE KIDS BENEFIT FROM AUXILIARY DONATION



Kookaburra Kids, an organisation set up to support children living in a family affected by mental illness and with a dedicated program to support Australian Defence Force families, will have the ability to plan additional activity days thanks to a generous donation from the former RSL Queensland Council of Auxiliaries.

 *Lani Pauli*

MAUREEN

Sargent, President of the RSL Citizen Auxiliary Banyo, said the former RSL Queensland Council of Auxiliaries chose Kookaburra Kids as their beneficiary for the year in 2020, but when the pandemic hit they put their fundraising efforts on hold.

"We chose Kookaburra Kids for its relevance to the children of those experiencing PTSD and mental health problems. We always try to work with a charity that is of benefit to members of the RSL," she explains.

Through their raffle and fundraising efforts, they raised around \$1,000 and RSL Queensland matched their effort with an additional \$1,000 donation.

"It makes us feel good to support an organisation like this. We've supported many throughout the years, including Veterans Care and Young Veterans.

"The causes we support may not always be the highest profile, but they're full of people working hard and just needing a little help to carry on doing the amazing work they do."

DOING IT FOR THE KIDS

Colin Pickstone, National Engagement and Project Manager – Defence at Kookaburra Kids, says there are more than 220 kids in Defence families that they support consistently.

"Defence has an impact on the whole family, not just the veteran or the spouse. Our work is to try and increase the capability of these kids to reach their potential beyond that impact of their family mental illness."

"COVID placed a lot of stress on our community, and from this donation we are going to be able to support an activity day for around 30-35 young people between eight and 18 years old.

"It is a chance for them to

connect with other young people going through something similar and give them support for where they can go if they find themselves at crisis point."

Melissa Smith, Kookaburra Kids' Community Liaison Officer in South East Queensland, understands first-hand the benefit that day activities and camps can bring to a family. Her husband served for more than 14 years and was medically discharged in 2014.

"I became his carer when he was discharged, and I wish I'd had this support for my children when we were going through that time. It was quite overwhelming," she says.

"While Kookaburra Kids is about helping the children, it is also giving the parents time away. They can maybe go to the shops to do the groceries without being anxious about the kids running around. It makes it easier to attend appointments or maybe just catch up on some sleep and rest. Then they come back able to reconnect in a happier environment because everyone has had that break.

"At the same time the kids are meeting other kids like them, realising they aren't alone and,

alongside having fun, they're learning how to cope with what's happening in their families."

TWO ORGANISATIONS WITH A COMMON GOAL

Colin was in the RAAF for almost 10 years and was able to find his first civilian job after leaving Defence through RSL Queensland's Employment Program.

"It was amazing, and to get the role was a lot of pressure off me and my family. When you leave Defence, you're not really sure. You have a plan of how you think things are going to go."

He sees similarities between the goals of RSL Queensland and Kookaburra Kids.

"We're all trying to help the Defence community as a whole. We're all here for the same purpose," he says.

"We support the kids of veterans, trying to upskill them.

"Evidence we've gathered from James Cook University and WA University shows we're actually making a difference in increasing young people's health outcomes around their mental health literacy and reducing some of the stigma." ←



ABOVE: Pictured in front of the RSL Queensland offices (left to right) Banyo Citizens Auxiliary member Maureen Sargent OAM, Kookaburra Kids National Engagement and Project Manager for Defence Colin Pickstone, Kilcoy Women's Auxiliary member Rebecca McEwan, Nanango Citizens Auxiliary Mary Okely, Pine Rivers Citizens Auxiliary member Judy Kranen OAM, and Kookaburra Kids Community Liaison Officer in South East Queensland Melissa Smith.



To find out more information about Kookaburra Kids, visit kookaburrakids.org.au

FINDING FUNDS TO MAKE A DIFFERENCE

The creation of a new role within RSL Queensland's Membership and Network team means Sub Branches no longer have to face the daunting task of preparing grant applications alone.

 **Lani Pauli**

"My role includes everything from offering support with grant applications, helping put together wish lists for what they need and finding grants to support that goal, right up to writing the grant application on their behalf."

RSL Queensland Sub Branches know how big a role fundraising plays in supporting their veteran community. However, the goal a Sub Branch is working towards – whether it be a hall refurbishment or technology updates – can sometimes take a while to achieve if you just stick to traditional methods.

As part of RSL Queensland's mission to find even more ways to support Sub Branches, we created a new role within the Membership and Network team to give greater opportunities for Sub Branches to gain access to grants that have the potential to transform their ability to support veterans in their local community.

A GRANT EXPERT FOR RSL QUEENSLAND

Enter Deborah Scott-Ranson, who with some 30 years' experience in fundraising and grant writing, joined RSL Queensland in December 2020 to guide and support Sub Branches with grant applications.

"I've visited about 50 Sub Branches since joining RSL Queensland and while no two are the same, the passion each has is, and they're ready to work together," she says.

"My role includes everything from offering support with grant applications, helping put together wish lists for what they need and finding grants to support that goal, right up to writing the grant application on their behalf."

PERSEVERE THROUGH THE PROCESS

Deborah agreed that many people don't apply for grants because the process can be daunting.

"Some applications are relatively easy, but others can be 10 or more pages," Deborah says. "The key is to have your basic information like quotes and financials ready to go."

Deborah has already worked with Sub Branches to secure more than half a million dollars in grant assistance.

"It represents a genuine opportunity for each Sub Branch to enhance the services they can offer members and their ability to help their community."

MADE POSSIBLE WITH GRANTS

Sunnybank RSL Sub Branch has been able to increase its income by hiring out their hall, thanks to grants allowing them to bring it 'up to scratch'.

Sub Branch President Hugh Polson put together a grant application through the Gambling

Community Benefit Fund about five years ago.

"They granted us \$37,000 to convert the kitchen in the hall into a commercial kitchen," he says. "We can host everything from wedding receptions to birthday parties and family reunions."

"If you're going to rent out a facility like this it needs to be of a good standard. For example, we've put in a sound system and a 15-foot ceiling mounted screen and projector."

"We still had two major things to be done – the floor and new furniture," Hugh explains. "We decided we would apply for a grant to help with replacing the furniture in the hall."

"Deborah visited us and was able to help us prepare the grant application. The items we've applied for would otherwise be beyond our reach. To find over \$26,000 to furnish the hall would take us a very long time."

"We received word in December 2021 that we had been given the grant and we should have our new pieces delivered in the next few weeks."

CLEAR THE HURDLES, CROSS THE FINISH LINE

"The biggest issue we had was identifying what we needed



"Being supported with grant funding means we can better meet our objective to support the veteran community."

USE GRANTS TO YOUR ADVANTAGE

For Sub Branches seeking support with grant applications, Deborah says there's nothing to be scared about in applying.

"They can either email me or give me a call and we'll have a conversation about what it is they're wanting to do with the grant funding," she explains.

"And if they have a quote already or have started the process of getting quotes, even better!

"In addition, most grant applications need their certificate of incorporation, if they have one, and their financials, so having that prepared ready to go is a great help." ←

ABOVE:
Sunnybank Sub Branch President Hugh Polson has worked on several grant applications - which have helped the Sub Branch with upgrades to its kitchen, flooring and furniture.

ABOVE RIGHT:
RSL Queensland Fundraising Manager Network Deborah Scott-Ranson is available to help Sub Branches with grant applications.

and getting the quotes. We had applied for grants in the past and knew the process could be time consuming. If you have the support of a professional grant writer like Deborah, it can be done in a fraction of the time," Hugh said.

Deborah echoed Hugh's advice on getting quotes ready in advance.

"A lot of what the Sub Branches need funding for are building upgrades, replacing roofs, kitchen improvements and, because some of our Sub Branches are in rural areas, there may only be one builder

they can talk with," she says.

"I've had a lot of Sub Branches miss out on grant applications because they couldn't get a quote in time."

For Hugh and his members, the ability to use the support of grants to ensure they're running at a high standard is important.

"We've got a whole range of projects and we'd like to apply for grants to help us bring them to life. We'll be inviting Deborah to work with us on a strategy for how we can best apply for the right grants at the right times," he says.



READY TO TALK GRANTS?

Contact Deborah on deborah.scott-ranson@rslqld.org or 07 3518 1738 and read our handy guide to applying for a community grant at rslqld.org/news/latest-news/how-to-apply-for-a-community-grant



**FORGING
A NEW PATH
WITH A
HERITAGE
TRADE**

 *Lani Pauli*

RSL Queensland's popular Active Lifestyles program ended 2021 with heritage trade blacksmiths Rob Scully and Wayne Schmidt giving participants a taste of the historic vocation.

Learning the basics of operating a forge, using traditional tools and the anvil were all part of the class, which

taught participants how to create their own traditional French-style carving fork.

One of the 16 participants, ex-serviceman Troy Peall, says the highlight of the session was being able to talk with other veterans while learning a new skill.

"Events like this are a really healthy way for younger veterans to engage with the RSL," he says.

"Having learnt a trade myself before joining the military full time, I appreciate the skill that blacksmiths needed to have, to be able to turn a piece of metal into something useful. I enjoyed the challenge and was pretty happy with the final product."

SHOWING WHERE THE SUPPORT IS WHEN YOU NEED IT

Joining in 1992, as an infantry reservist rifleman in 9RQR, Troy transferred full time in 1999 to 3RAR as a paratrooper. In 2005, he transferred to the Engineer Corps as a Geospatial Technician and was discharged from the military in 2017.



LEFT: Instructor Rob using the anvil to start shaping a french-style carving fork.

"Events like this are a really healthy way for younger veterans to engage with the RSL. I want to thank RSL Queensland for the chance to try something new and be a part of adapting to the needs of the modern veteran."



LEFT: Current-serving member Gerard on his way to creating his own carving fork.

RIGHT:
Active Lifestyles events are made possible thanks to the support of local organisations. The blacksmithing day was supported by Queensland Museum.

BELOW:
Participants Trevor and Anthony working with traditional blacksmithing equipment to create a French-style carving fork under the expert guidance of Queensland Museum facilitator Wayne Schmidt.



available to both them and their family.

"I'm grateful to have events like this available to me, to help me get out of my comfort zone and meet new people."

"I want to thank RSL Queensland for the chance to try something new and be a part of adapting to the needs of the modern veteran."

KEEP ACTIVE IN 2022

The popularity of RSL Queensland's Active Lifestyles program has helped over 110 current and ex-serving men and women, their partners and their families connect with fellow members of the Defence community. From abseiling to kayaking and learning to cook up a storm – there are events for everyone.

We know leaving Defence can be isolating and making new friends who understand where you've come from can be hard. Having a strong community around you can help support you through the transition.

The RSL Queensland Active Lifestyles 2022 program is now in full swing, with activities including leatherwork, pottery, kayaking and more. ←

"I joined wanting to help those who couldn't help themselves and do my bit for Australia," he says. "Just like the hundreds of thousands of veterans before me."

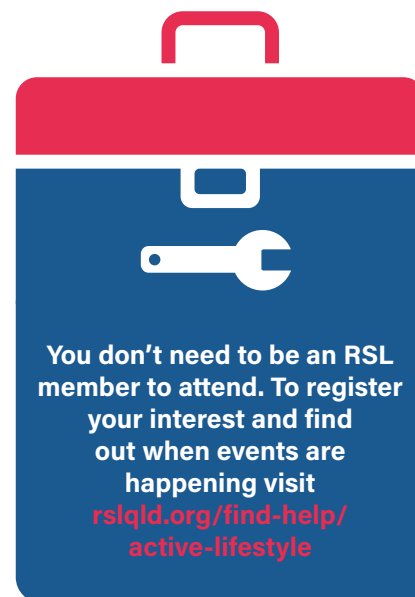
He notes deployments in East Timor, Solomon Islands and Afghanistan as career highlights, knowing that the teams he worked in, and alongside of, saved many lives.

But he acknowledges transitioning to civilian life, like many of his peers, wasn't easy.

"My transition out of the Defence Force was quite difficult," he shares. "I spent more than 20 years in the service and events like Active Lifestyles are really helping to teach veterans positive ways of managing stress and anxiety, while promoting healthy lifestyle choices."

For Troy, it's also a chance to give back to fellow veterans in a healthy environment.

"Meeting fellow veterans is important. My wife and I are both veterans and have done more than 30 years' combined service. We both enjoy being able to connect with other veterans and help them understand what support is





WWII MEDALS REUNITED WITH FAMILY AFTER 40 YEARS

Nearly 40 years after World War II veteran Private Charles (Charlie) Hick passed away, his medals finally found their way back to his family.

AFTER the war, Charlie returned to his hometown of Rockhampton. He married Mavis in 1947 and the couple had three children. When the marriage ended, his ex-wife and children relocated to Mount Isa, seemingly not to be heard from again.

Charlie passed away in a nursing home in Emerald in the early 1980s. His military medals were found by nursing home staff after he died, but there were no members of the family to claim them.

In early 2021, minister of the Emerald Uniting Church and nursing home chaplain, Reverend Jim Pearson (who is also a part-time military chaplain), was handed the medals to see if he could find a way to pass them on to members of the Hick family.

After exhausting his contacts and leads, Reverend Jim passed the medals over to Police Chaplain Glenn Louttit in Rockhampton, thinking that with police connections, tracking family members of Charlie Hick through the police network might be more productive.

Police Chaplain Louttit sought the help of District Crime Prevention Coordinator, Senior Sergeant Ashely Hull, who did some research that provided some helpful information. But members of the Hick family still could not be traced.

Police Chaplain Louttit tried one last option – the RSL. He

contacted Calliope RSL Sub Branch Secretary Darryl Saw, who also happens to be a retired police sergeant.

Coincidentally, Darryl knew members of a family with the surname Hick in Gladstone. He contacted Ken Hick, who advised that he had been contacted by other family members regarding the medals.

It turned out that the Hick family in Gladstone were related to Charlie Hick, and Ken agreed to take the medals and try to locate Charlie's family members to return them.

On 4 February 2022, nearly 40 years after Charlie passed away, Inspector Darren Somerville and Police Chaplain Louttit presented Ken with his great uncle's WWII medals of service.

Following this, Ken contacted his second cousin (Charlie's daughter), from Townsville, who was very happy to receive the medals. ←

INSET:
Inspector Darren Somerville and Police Chaplain Glenn Louttit returning WWII medals to the Hick family after 40 years.



GALLIPOLI
MEDICAL RESEARCH FOUNDATION

THE PEOPLE BEHIND THE RESEARCH

MEET THE EXPERTS EXPLORING
THE FUTURE FOR VETERANS
AND THEIR FAMILIES



In addition to providing immediate support to veterans, RSL Queensland is investing in purposeful research that will help many veterans and their families in the future.



RSL Queensland's partnership with Gallipoli Medical Research Foundation (GMRF) aims to build a strong understanding of the physical and psychological factors affecting the health and wellbeing of veterans and their families.

Developing and increasing our knowledge through research on the key factors affecting the veteran community provides the evidence and data to deliver valuable services and programs relevant to their needs in all aspects of health and wellbeing.

As one of the national leaders in veteran research, GMRF is dedicated to creating a brighter future for veterans and their loved ones. GMRF focuses on taking high-quality research and turning it into real-world solutions for veterans, such as educational programs, resources for health practitioners, and policy advice.

GMRF's veteran mental health research team is made up of multidisciplinary, highly experienced professionals, with diverse skills in areas like psychology, physiology, public health, and gastroenterology. From research assistants to principal research fellows, the variety of backgrounds and qualifications enables GMRF to collaborate internally, ensuring RSL Queensland programs are informed by the latest research evidence.

Meet some of the leading experts at GMRF, helping to create a brighter future for veterans. ←



Meet Dr Kerri-Ann Woodbury

Veteran, Nurse, Principal Research Fellow

Dr Kerri-Ann Woodbury has experienced reintegration after serving five years full time as an Army nurse, leaving Defence equipped with her nursing qualifications. Finding passion in research, Dr Woodbury went on to complete her PhD, as well as a Master of Applied Management (Health) specialising in Public Health and other graduate certificates to build her expertise.

She is a Fellow of the Higher Education Academy (FHEA) and is currently an Adjunct Senior Lecturer at the Queensland University of Technology, Faculty of Health, and an Affiliate Researcher at the Queensland Centre for Mental Health Research, in addition to leading the Transition and Reintegration Research team at GMRF.

Dr Woodbury's personal military experience – coupled with her qualifications, years of experience in research, and position as national advocate for improved veteran mental health support – helps create high-quality and reliable research. The work Dr Woodbury and her team are doing now aims to directly benefit veterans by improving reintegration to civilian life.

Additionally, the Veteran Mental Health Team continues to oversee a project studying the readiness of Defence members as they reintegrate to civilian life. This research will provide decision-makers with the information they require to understand the needs of veterans during reintegration. It will inform RSL Queensland to help create policies, deliver relevant programs, and give veterans the best chance at a successful life after service.

"With the invaluable support from RSL Queensland, we are able to make tangible change in this sector and improve people's lives in a measurable way."

– Dr Kerri-Ann Woodbury, GMRF Principal Research Fellow



Meet Professor Darrell Crawford

GMRF Director of Research, Associate Dean (Strategic Development), UQ Faculty of Medicine, Clinical Hepatologist/Gastroenterologist

Professor Darrell Crawford is one of Australia's leading gastroenterologists and Associate Dean of Strategic Development at The University of Queensland Faculty of Medicine. Distinguished and award-winning, Professor Crawford held the position of Director, Department of Gastroenterology and Hepatology at Princess Alexandra Hospital for 10 years. He has significantly contributed to research through improved understanding of liver disease, liver cancer, and the treatment of hepatitis C.

On top of treating patients at Greenslopes Private Hospital, mentoring PhD students, and conducting his own research, Professor Crawford is the Director of Research at GMRF. His advice and guidance are proving instrumental to research investigating gastrointestinal issues in veterans.

Professor Crawford is currently overseeing a research project to create awareness of gut issues for veterans with post-traumatic stress disorder (PTSD), following a GMRF research project in 2013 that found Vietnam veterans with PTSD had a higher rate of gastrointestinal issues than veterans without PTSD.

Along with psychological symptoms (such as poor sleep), PTSD can include physical symptoms like gut issues. GMRF's research shows that PTSD and the associated gut symptoms are an important driver of the high rate of colonoscopy in affected veterans.

Professor Crawford's research aims to educate both veterans and doctors about the association between gut issues and PTSD and encourage the use of current clinical guidelines to reduce unnecessary cost and health stress for veterans.

"Partnering with RSL has been critical in allowing us to conduct research into the conditions that affect veterans and their families."

- Professor Darrell Crawford, GMRF Director of Research



Meet Dr Angela Maguire

Clinical Psychologist,
Principal Research Fellow

Dr Angela Maguire is a Clinical Psychologist and Principal Research Fellow at GMRF. She has held research, teaching, clinical, and administrative roles across the university and public health sectors, and has provided consultancy services to the private and not-for-profit sectors. Her academic work has focused on human learning and memory, and her clinical work has focused on complex trauma.

Dr Maguire leads the GMRF Military Families research stream. Her research investigates the impact military service has on families (including inter-generational effects) and develops evidence to improve family health and wellbeing outcomes, and family quality of life. GMRF's family-centred approach shifts the focus from considering veterans and their family members in isolation to viewing them within their family systems: 'society's smallest unit'.

The GMRF Military Families stream has recently launched a five-year program of research investigating the impact of military service experiences on family system functioning. Led by Dr Maguire, and generously funded by RSL Queensland, the research focuses on service-related injury and illness and the effect of support services on family quality of life.

"We're so grateful to RSL Queensland for their investment in the GMRF Military Families stream. We expect the benefits of the research will flow to future generations of military families."

- Dr Angela Maguire, GMRF Principal Research Fellow

MATESHIP



GREENBANK MURAL FOR YOUNG VETERANS

Greenbank RSL Sub Branch President Eric Cavanagh OAM welcomed a new mural paying tribute to servicemen, women, and animals at Greenbank Services Club. The mural aimed to speak to the next generation of veterans and features RAAF members, dog handlers in action, Australia's WWII diggers and the HMAS Brisbane.



HAPPY BIRTHDAY, NANAGO

Nanango RSL Sub Branch turned 100 years old in 2020 and was recently sent a certificate from RSL National after COVID restrictions of the past few years. Trevor Williamson OAM presented the certificate to Nanango RSL Sub Branch President Charles Kemp (pictured) at their governance workshop.



**100th BIRTHDAY
HONOURS**

North Queensland District President Garry Player and Townsville RSL Sub Branch President Bill Whitburn OAM were honoured to finally be able to present Max Holmes (RAN), pictured with his wife Lorna, his 100th birthday certificate. Max and Lorna have most recently celebrated their 101st birthdays.



**CHARTERS TOWERS MEMBER
CELEBRATES 75 YEARS' MEMBERSHIP**

The last surviving member of the 26th Battalion and Charters Towers RSL Sub Branch member Norm Snell was recently presented with his certificate celebrating 75 years of continuous membership. Pictured with Norm is Alby Coffison presenting Norm his certificate.



BOWEN SECURES GRANT FOR SOLAR PANELS

Treasurer Rhonda Nilsson and Secretary Colin Stewart are all smiles after hearing the news that Bowen RSL Sub Branch was successful in its grant application to Abbot Point Operations Community Support Program, resulting in \$15,000 towards solar panels. A new roof was also installed in March, after a successful grant from Gambling Community Benefit Fund.



JAPANESE AMBASSADOR VISITS CAIRNS SUB BRANCH

The Ambassador of Japan to Australia His Excellency Shingo Yamagami (pictured) and his wife, together with the Consul-General of Japan Masuo Ono, and other dignitaries laid a wreath at the Cairns Cenotaph. The group also toured the Kokoda Hall Museum.



HERVEY BAY SUPPORTS POPPY PROJECT

The Hervey Bay RSL Sub Branch proudly sponsored the 'Lest We Forget - Poppy Project' held in the lead up to this year's ANZAC Day. The first poppy (pictured) of the 1,443 made is now displayed alongside the original poppy taken from the Tower of London Remembrance Day 2014 display in the foyer of Hervey Bay RSL and Services Memorial Club.



**LIFE SIZE BRONZE STATUE
SET TO BE UNVEILED IN
CALOUNDRA**

Sculptor Mark Snell (pictured) puts the finishing touches on life size bronze statues to be unveiled at Kings Beach, Caloundra. The statues – a soldier, nurse, and wounded soldier – represent the sacrifice willing to be made for our country. The project has been three years in the making and was made possible thanks to the Sub Branch's fundraising efforts and government grants.



**VOLUNTEER SERVICE
RECOGNISED**

Pioneer-Fitzroy-Highlands District Deputy President John Edwards awarded Sharon Heaslop an Australia Day Award for her volunteer service to the veteran community in the Pioneer Valley for the past 10 years. She has long volunteered at the Marian RSL Sub Branch ANZAC Day Dawn Service, starting her day at 4:30am and often finishing at 9:00pm.

**MEMBER HONoured FOR
COMMUNITY SUPPORT**

The annual William J Ross award was given to Paul 'Jenko' Jenkinson for his dedicated service to the Tewantin Noosa Sub Branch and veteran community. Jenko (pictured) was given the award at the Men's Shed where he volunteers. He has been an important member of the Sub Branch as Parade Commander, envisioning the 2015 Gallipoli landing re-enactment at Noosa Main Beach and was a Youth Development Officer for schools in the community.



THE FLYING PINEAPPLE TAKES OFF

Toowoomba RSL Sub Branch members, including Dan O'Mara, have put the pedal to the metal with a 1988 Ford Laser, affectionately dubbed 'The Flying Pineapple' in the Motor Events Budget Endurance Race Series. The little Laser, pictured heading off into the sunset in the last four hours of the race, was crewed by six veterans from Toowoomba, Ipswich and Redland Bay. The team placed third in their class and clocked up 283 laps over 12 hours.



UNIQUE BOOK ABOUT GALLIPOLI

Veteran Chris Shaw is raising money to help veterans through the sale of his new book *Echoes of Gallipoli*. According to Chris, the book starts where other books about Gallipoli finish. It tells the stories of mothers and fathers who stayed at home when their children went to war and were either killed or returned home wounded and broken. It describes the grief and devastation these families endured, and how they coped – or didn't. *Echoes of Gallipoli* is a numbered, limited-edition book (1,000 copies), wrapped in a leather-bound cover. A significant proportion of the money raised will go to helping veterans doing it tough. Learn more at chrisshawauthor.com. Chris is pictured with his book at the Australian Armour and Artillery Museum in Smithfield, Queensland.



WAR ANIMALS REMEMBERED

Members of the Stanthorpe RSL Sub Branch and Women's Auxiliary commemorated the National Day of War Animals on 24 February, including the installation of a memorial garden and plaque. Purple poppies also featured on the plaque to recognise the extraordinary loyalty and courage of all animals who serve alongside our military in times of war and peace.



A NIGHT OF JAZZ

Members of the Harlaxton RSL Sub Branch and Brass Band (pictured), with members of the Australian Army Band Brisbane after enjoying an evening of jazz at North Toowoomba Bowls Club. The Toowoomba Jazz Society also presented the Sub Branch with a cheque for \$500 to support their ongoing welfare work in the Toowoomba community.



SALISBURY SUB BRANCH VOLUNTEER HONOURED

Salisbury RSL Sub Branch President Tony Stevenson recently awarded Cheryl Bristow a plaque in recognition of her distinguished service to the Sub Branch. She has volunteered as treasurer and secretary during her time with the Sub Branch.



DECEPTION BAY SUPPORTS WALKING OFF THE WAR WITHIN

Deception Bay RSL Sub Branch members supported the Walking Off The War Within event on 21 May. The walk was held in memory of Nathan Shanahan, a returned soldier and firefighter, and other fallen service men and women who have died by suicide after battling mental health issues. The walk is for emergency service personnel, Defence Force personnel and members of the public to come together to share the burden and march as one.



MEMORABILIA DISPLAY WELCOMED AT PINE RIVERS

Paul Scarborough (pictured) with the replica trench wall section, rifle frame and periscope he and the Pine Rivers District Sub Branch memorabilia team have spent the last year researching and building. They were displayed in time for ANZAC Day, with visitors able to learn more about the role trenches played in Gallipoli.



NEW PINES PLANTED IN REMEMBRANCE

Three new pines have been planted in remembrance of those who died in conflict at Texas Cemetery. The trees were planted on ANZAC Day after the Dawn Service. Pictured at the planting is Goondiwindi Regional Council Councillor Lachlan Brennan, Mayor Lawrence Springborg, David Parker, representing the Texas Lone Pines Project, and Ray Williams, representing the Texas Chapter of the Stanthorpe Sub Branch.

CITIZEN OF THE YEAR

Rosewood RSL Sub Branch member and Treasurer Ian Luetchford was recently named the Rosewood Lions Citizen of the Year. Ian volunteers extensively in his local community, including with the Rosewood Sub Branch, Lions Club, Cabanda Aged Care and more. Ian is pictured being congratulated on his honour by Rosewood RSL Sub Branch President Bernie Mason.



TRIBUTE TO A MUCH-LOVED DIGGER

Mackay Vietnam War veteran Ray Higgins was honoured at the Mackay Bowling Club, where he is a regular, in February. Ray is sadly battling terminal cancer, and his fellow veterans organised a get-together to pay tribute to the much-loved digger. Ray served with 6RAR as a mortarman from 1969-70, operating in fire bases to support rifleman on patrol. Following his tour of Vietnam, Ray served in Singapore before returning to civilian life. The presentation centred on a story about 'chooks' and KFC, with Daily Mercury cartoonist Harry Bruce capturing the story and presenting it to Ray (pictured).



JACK MEMORIAL SERVICE

Serving RAN staff and Naval Association members, including Joan Gilbert (pictured) at the Queensland Jack Memorial Service in March. Joan holds the golden rivet trophy, which Ipswich currently hold. They'll play in the championships in September.



THE GREAT WHEELBARROW RACE

Veterans from the Navy, Army, Airforce, and a Wran Submariner, along with 21 other teams, recently completed The Great Wheelbarrow Race. The three-day 140-kilometre race began in Mareeba and finished in Chillagoe.

WIN



BLOOD, SWEAT AND STEEL

In 2012, Combat Engineer Curtis McGrath OAM was serving in the Australian Army in Afghanistan when, in the line of duty, he stepped on a land mine. Seriously injured but still conscious and aware he'd bleed out and die within minutes, Curtis, as the unit's chief first-aid officer, directed his comrades to apply tourniquets and administer an IV and morphine. Then, as he was stretchered to a helicopter, fearing he would never see his family again, he joked that he planned to become a Paralympian.

Just months later, Curtis was up and walking on prosthetic legs, motivated by the opportunity to march with his unit in their welcome-home ceremony. Kayaking gave him a new sense of purpose and, in 2013, he and his father, Paul, paddled more than 700 kilometres from Sydney to Brisbane to raise funds for Mates4Mates, which supports current and former Defence Force members. A year later, Curtis captained the Australian team at the inaugural Invictus Games in London, founded by Prince Harry for wounded, injured or ill veterans. Then, within four years of his injury, Curtis won gold at the Rio 2016 Paralympic Games.

Now a 10-time world champion gold medallist, Curtis recently stormed to victory at the Tokyo Paralympics to bring home two more Paralympic gold medals for Australia. Passionate about the power of sport to transform lives, he's ready at last to share his extraordinary story, and how he has approached every setback and challenge with courage, resilience, humour, and grit.

Blood, Sweat and Steel by Curtis McGrath OAM is published by Harper Collins (RRP: \$39.99).

FOR YOUR CHANCE TO WIN one of four copies of *Blood, Sweat and Steel*, email your name, address and contact number to editor@rslqld.org (with the subject 'Blood, Sweat and Steel') or post to 'Blood, Sweat and Steel', PO Box 629, Spring Hill Qld 4004. Competition closes on 1 August 2022.

HAVOC-06

Havoc-06 is the call sign of former Australian Combat Controller, Troy Knight. As a Royal Australian Air Force Airfield Defence Guard, Troy had not found the military adventure he sought; combat operations. His thirst for overseas deployment saw him privately contract his services in Iraq and Southeast Asia, but when he got whiff that the ADF was raising a new defence capability, he couldn't help but want to be part of it.

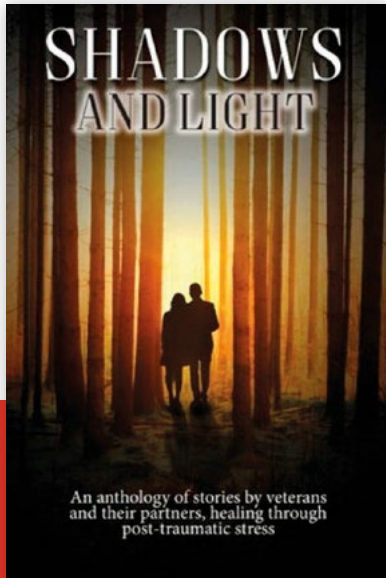
The new Defence capability, termed the 'Special Tactics Project,' would see Troy undertaking the gruelling Commando Selection course and passing, making him one of Australia's first Combat Controllers attached to the Australian Army 2nd Commando Regiment.

As a member of the Special Forces unit, Troy's lifelong dream of taking part in combat operations would come to fruition, but the reality of his dream would also play havoc on his life. *Havoc-06* is the untold story of the Australian Combat Controller, but it is also Troy's personal story and one that will resonate with so many.

Havoc-06 by Troy Knight is published by Big Sky Publishing (RRP: \$32.99).



FOR YOUR CHANCE TO WIN one of four copies of *Havoc-06*, email your name, address and contact number to editor@rslqld.org (with the subject 'Havoc-06') or post to 'Havoc-06', PO Box 629, Spring Hill Qld 4004. Competition closes on 1 August 2022.



FOR YOUR CHANCE TO WIN one of four copies of *Shadows and Light*, email your name, address and contact number to editor@rslqld.org (with the subject 'Shadows and Light') or post to 'Shadows and Light', PO Box 629, Spring Hill Qld 4004. Competition closes on 1 August 2022.

SHADOWS AND LIGHT

In 2005, eight veterans of war, along with their partners, embarked on a life-altering emotional journey. Participating in the Heidelberg Repatriation Hospital's Post Traumatic Stress Disorder (PTSD) Group Treatment Program, they boldly and bravely confronted years of trauma and emotional distress. Throughout their treatment they formed an unprecedented bond of friendship and solidarity, a bond that has held strong for 15 years.

In *Shadows and Light*, they gather to share their stories and pass on all they have learnt throughout their years of treatment. With refreshing clarity, insight and, at times, humour, *Shadows and Light* takes readers through the pivotal moments of the veterans' lives, offering guidance and reassurance along the way.

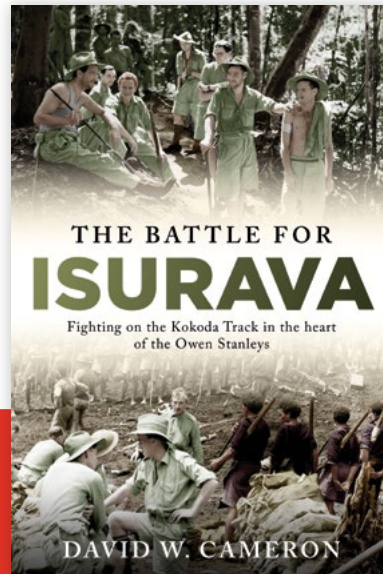
Shadows and Light, produced by John Marks, is published by Busybird Publishing (RRP: \$29.95).

THE BATTLE OF ISURAVA

Within 24 hours of the Japanese invasion of northern New Guinea at Gona in July 1942, the Australian militiamen of 'B' Company, 39th Battalion, spent four weeks fighting a delaying action against a crack Japanese force outnumbered by three to one. By mid-August, the rest of the battalion had arrived, and these men took up a position at Isurava, in the heart of the cloud-covered mountains and jungles of the Owen Stanley Range.

The battle for Isurava would be the defining battle of the Kokoda Campaign and has rightfully been described as Australia's Thermopylae. It was here that Australia's first Victoria Cross in the Pacific war was awarded, when the Japanese conducted several ferocious attacks against the Australian perimeter. Private Bruce Kingsbury led an Australian counterattack, rushing forward, sweeping the Japanese positions with his Bren gun, and saving the situation when all seemed lost — he was killed leading the charge. Another two men were also nominated for the VC during the fighting at Isurava.

The Battle of Isurava by David W. Cameron is published by Big Sky Publishing (RRP: \$32.99).



FOR YOUR CHANCE TO WIN one of four copies of *The Battle of Isurava*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Battle of Isurava') or post to 'The Battle of Isurava', PO Box 629, Spring Hill Qld 4004. Competition closes on 1 August 2022.

QUEENSLAND RSL NEWS WINNERS EDITION 1, 2022



1942: THE YEAR THE WAR CAME TO AUSTRALIA

M Shaw, Westlake
R Cross, Banksia Beach
G Woolnough, Lutwyche
J Welch, Camp Hill



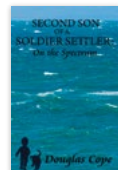
ECHOES OF GALLIPOLI

K Moss, Ningi



RED TAIL SKIES

P Rider, Buderim
A Titmarsh, Moorooka
W Doughty, Nambour
I Edie, Aitkenvale



SECOND SON OF A SOLDIER'S SETTLER

S Mulligan, Alexandra Hills
W Habel, Minden
A Mitchelson, Townsville
M Cunial, Andergrove

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

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R22/00033, VIC: 10100/22, NSW: GOCAU/2332, SA: M14197. Drawn ANZAC House. Prize value \$5,608,117. The total number of tickets available for AU397L is 6,366,000 which may include a maximum of 1,645,484 number of tickets available for AU398L is 4,513,000 which may include a maximum of 1,134,388 bonus tickets. Winners notified by registered mail. Results published at www.rslartunion.com.au/winners on the Drawn to be entered into Draw. If an order is received after this date or if the draw is sold out, the order will be automatically entered into the next draw. Some items shown in pictures are for display purposes only. Information correct at time of printing. Terms and conditions apply, refer to www.rslartunion.com.au. *Subject to state/Territory Licensing approval.





“I STILL CAN’T BELIEVE WHETHER THIS IS REAL OR NOT!”

THE anticipation was palpable at RSL Art Union as Head of Lotteries Operations, Deborah Pescott, called the lucky winner of our \$3.6 million Harbourside Gem or Gold.

Leonard* from Adelaide, SA, was 15 minutes away from walking into a job interview when he received a phone call that would change his life forever.

“You’re kidding? Okay,

that’s an interesting development to my day. I am 15 minutes away from walking into an interview and I am not sure if I’ll be able to focus now.”

As Leonard processed the news, Deborah proceeded to ask him what motivated him to purchase a ticket.

“I started purchasing tickets because my friend told me about RSL Queensland, and I thought it was a good cause

to support. I never thought that I would actually win.”

“I still can’t believe whether this is real or not!” he said in disbelief.

As the holder of the winning ticket, Leonard now has an incredible choice to make between a spectacular Sydney apartment or \$3.6 million in gold bullion.

And Leonard’s good fortune doesn’t stop there. Because he purchased a \$50

ticket book, he’ll also receive a bonus \$50,000 in gold!

Congratulations to Leonard and a big thank you to all of our supporters. Each ticket sold allows RSL Queensland to provide much-needed assistance to Queensland’s veterans and assists in funding programs for veterans throughout Australia

**Names changed for privacy reasons. ↵*

COMMUNITY CONNECT

REUNIONS

6 RAR ASSOCIATION REUNION

All eras of the battalion, family and friends are welcome. It will coincide with 6 RAR receiving new colours on Saturday 12 November 2022. 5.30pm Friday 11 November – Meet and greet functions at three South Bank locations, \$25pp. AM Saturday 12 November – 6 RAR Colours Parade, Gallipoli Barracks (free). 6pm Saturday 12 November – Gala Dinner, Brisbane Convention Centre, South Bank, \$135pp. 8.30am Sunday 13 November – Memorial service and spit roast barbecue lunch, \$30pp. All events are pre-pay/pre-register – no tickets at the venue. For registration contact Allan Whelan via 0427 632 402 or wheels6rarassn@gmail.com.

HQ1ATF ASSOCIATION REUNION

This reunion is held in memory of the D&E losses at Long Khanh on 12 June 1971. It will be held in Canberra from 18-21 November 2022 at the Capital Country Holiday Park, 47 Bidges Road, Sutton NSW 2620. Ph: 02 6230 3433, Email: bookings@capitalcountryholidaypark.com.au. Web: www.capitalcountryholidaypark.com.au.

42ND INFANTRY BATTALION ASSOCIATION MACKAY BRANCH

The 42nd Infantry Battalion Association Mackay Branch is holding a reunion on Saturday 6 August 2022 from 5:30 - 11pm. Cost is \$30 per person. Partners/carers welcome. It is invitation only for catering purposes. Great food, fun and company is assured. If you were in the 42nd Infantry Battalion or 9th Field Ambulance or 31st/42nd Battalion and would like to attend please email secretary Liz Ward via 42ndbattreunion@gmail.com for details as RSVP with payment is due 30 July 2022.

BATTLE OF MILNE BAY 80TH ANNIVERSARY COMMEMORATION SERVICE

All are invited to attend the service at 10am on Saturday 27 August 2022. The venue is the Milne Bay Memorial Library and Research Centre, Chermside Historical Precinct, 61 Kittyhawk Drive, Chermside, Brisbane. For further details, Ph: 07 3733 1471, Email: milnebaymlarc@gmail.com, Web: www.milnebaybattlecentre.org.

RAEME RESERVE/CMF REUNION 2022

The annual reunion is open to all serving and ex members of RAEME (Army Reserve/CMF or Regular Army) or associated corps who served with RAEME Res/CMF units, their families and other people who were associated with RAEME and who wish to renew past friendships. Ex-cadre staff members are most welcome. If you know anyone who is interested in attending, who may not be aware of the function, please pass on this information. Venue: Sherwood/ Indooroopilly RSLA Sub Branch, 2 Clewley Street Corinda, next to Corinda Railway Station. Time/Date: 11am – 4pm on 21 August 2022. Dress: casual. Cost: \$5/person. Catering: barbecue. RSVP by 14 August 2022. Please respond for catering purposes. Contact John Parfitt Ph: 3376 1778, 0478 897 943, Email: lparfitt@biqpond.net.au. To access the RSL, members need to be double vaccinated and be able to show written proof.

1 FIELD SQUADRON GROUP RAE

1 Field Squadron Group RAE Queensland Incorporated 2022 Reunion and Memorial Bridge Dedication will be held from 10-13 November 2022. Venue: Western Districts Rugby Football Club – 65 Sylvan Road, Toowong. This year will be a special event, with the dedication of a Memorial Bailey Bridge being built in ANZAC Park, Toowong. The bridge will be a memorial to all sappers who served in WWI. The memorial will be dedicated on Friday 11 November at 2pm, followed by a reception. Format for the reunion will be a meet and greet on Thursday 10 November, Remembrance Day service with Toowong RSL on Friday 11, followed by the bridge dedication. On Saturday 12 will be the AGM at 9.20am, with flag service at 2pm, followed by dinner at 6.30pm. Contact Tony Andrews via 0417 579 218 or antony.andrews@bigpond.com, or Jim Weston via 0419 260 463, james.weston5@icloud.com, or www.1fieldsappers.org.

LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Amphlett*	Nigel	5018965	Greenbank Sub Branch
Andersen	Arnold	QX27920	Southport Sub Branch
Anderson	Kevin	2337510	Moura Sub Branch
Anderton	Norman	NX57502	Surfers Paradise Sub Branch
Archinal	Eric	1735627	Mudjimba Sub Branch
Arro	Urmias	R59854	Kedron-Wavell Sub Branch
Asciak	Joseph	2180735	Southport Sub Branch
Backhouse	Alan	1/713365	Tin Can Bay Sub Branch
Badior	William	2783180	Meandarra/Glenmorgan Sub Branch
Baker	William	54056	ToowoombaSub Branch
Ball	James	R52947	Hervey Bay Sub Branch
Ballard*	J	QX6656	Geebung Zillmere Bald Hills Aspley Sub Branch
Barton	Vivian	QX61966	Townsville Sub Branch
Bates*	C	QX32319	Geebung Zillmere Bald Hills Aspley Sub Branch
Bath	Ronald	56333	Caloundra Sub Branch
Bath	Ronald	223610	Caloundra Sub Branch
Baulch	John	627318	Townsville Sub Branch
Beames	Cyril	QX59713	Coorparoo & Districts Sub Branch
Beard*	Arthur	45106	Ravenshoe Sub Branch
Beazley	William	032525	Tweed Heads & Coolangatta Sub Branch
Bebbington*	Eric	Q103375	Crows Nest Sub Branch
Benfer	John	A15061	Wynnum Sub Branch
Bennett	Raymond	772244	Beenleigh & District Sub Branch
Benson	Geoff	A111929	Caboolture-Morayfield & District Sub Branch
Best*	N	Q266639	Geebung Zillmere Bald Hills Aspley Sub Branch
Bishop*	Douglas	QX19225	Bribie Island Sub Branch
Blake	William	VX149653	Tweed Heads & Coolangatta Sub Branch
Blinco	Barry	1733554	Yarraman Sub Branch
Blocksidge (nee Matthours)	Christine	322340683	Redcliffe Sub Branch
Bosley	Janice	W15920	Currumbin/Palm Beach Sub Branch
Bourke*	Roy	NX122732	Geebung Zillmere Bald Hills Aspley Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Bowie*	Donald	2929309	Geebung Zillmere Bald Hills Aspley Sub Branch
Bowtell	Douglas	A111726	Caloundra Sub Branch
Bowyer	Eric	3127580	Emerald Sub Branch
Boxall	Peter	4/717200	Hervey Bay Sub Branch
Boyle	Paul	1/74562	Beenleigh & District Sub Branch
Bray	Albert	45608	Redlands Sub Branch
Bressow	Val	1/701009	Runaway Bay Sub Branch
Broadfoot	Bruce	1/719473	Maroochydore Sub Branch
Brown	Roy	2374403	Goodna Sub Branch
Brown	Keith	1737211	Charters Towers Sub Branch
Brunette*	Keith	26916	Currumbin/Palm Beach Sub Branch
Buckley*	Owen	33139	Geebung Zillmere Bald Hills Aspley Sub Branch
Bullock	Frederick	1/707821	Burleigh Heads Sub Branch
Burgdorf*	Gerhard	QX42185	Geebung Zillmere Bald Hills Aspley Sub Branch
Bush	Colin	2774370	Caloundra Sub Branch
Busst	David		Emerald Sub Branch
Butcher	June	436307/ W36307	Sherwood-Indooroopilly Sub Branch
Butler	Herbert	Q121237	Nundah-Northgate Sub Branch
Button*	P	P190418	Geebung Zillmere Bald Hills Aspley Sub Branch
Byrne*	R	QX60326	Geebung Zillmere Bald Hills Aspley Sub Branch
Calvert*	William	VX94451	Tweed Heads & Coolangatta Sub Branch
Carroll	Jack	171593	Kedron-Wavell Sub Branch
Carruthers*	Lionel	1/714032	Bowen Sub Branch
Carthew	Brian	A23195	Caloundra Sub Branch
Cash	Henry	A112361	Redlands Sub Branch
Cash	Neville	NX138480	Tweed Heads & Coolangatta Sub Branch
Cassell	Harold	50022/ 0314498	Coorparoo & Districts Sub Branch
Casson*	C	229943	Geebung Zillmere Bald Hills Aspley Sub Branch
Catton	John	32513	Gaythorne Sub Branch
Chippendale*	John	1204706	Sandgate Sub Branch
Chisnall	James	58756	Hervey Bay Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Clarke	Michael	2/777445	Hervey Bay Sub Branch
Clarke	David	A121261	Goodna Sub Branch
Cloake*	Ida	2064619	Geebung Zillmere Bald Hills Aspley Sub Branch
Cocks	Kerry	63101	Currumbin/Palm Beach Sub Branch
Colclough	Kevin	16781	Logan Village Sub Branch
Collins*	H	6/1183	Geebung Zillmere Bald Hills Aspley Sub Branch
Cooper	Darryl	1200481	Gympie Sub Branch
Costello	Wallace	716949	Cooroy-Pomona Sub Branch
Costello	Wallace	110854	Cooroy-Pomona Sub Branch
Craig	Peter	R40113	Redcliffe Sub Branch
Cruickshank	Norman	2731727	Ipswich Sub Branch
Cunnington	Raymond	13871	Tweed Heads & Coolangatta Sub Branch
Davison	Raymond	139343	Djuan & District Sub Branch
Devereaux*	M	V321220	Geebung Zillmere Bald Hills Aspley Sub Branch
Dick	William	133759	Sarina Sub Branch
Dickson	Thomas	15434	Redlands Sub Branch
Dickson	Thomas	A224198	Redlands Sub Branch
Dickson*	Robert	2140502	Currumbin/Palm Beach Sub Branch
Donnelly	Bernard	1/704413	Cairns Sub Branch
Doodney*	Eileen	130652	Greenbank Sub Branch
Downes	Robert	R50271	Mackay Sub Branch
Duncan*	R	QX51925	Geebung Zillmere Bald Hills Aspley Sub Branch
Dunleavy*	Kevin	QX59291	Geebung Zillmere Bald Hills Aspley Sub Branch
Durston	Alan	R64618	Nerang Sub Branch
Ebert	Raymond	1734383	Maryborough Sub Branch
Falzon	Colin	157135 / 3040427	Innisfail Sub Branch
Farnsworth	Edward	451965	Gaythorne Sub Branch
Faulkner	Leonard	1/703934	Kedron-Wavell Sub Branch
Fay	Victor	R44765	Hervey Bay Sub Branch
Ferguson	Alan	51379	Tweed Heads & Coolangatta Sub Branch
Fidler	Merle	109897	Holland Park Mt Gravatt Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Finlay*	Ralph	2787941	Geebung Zillmere Bald Hills Aspley Sub Branch
Fitzgerald*	William	2783630	Kedron-Wavell Sub Branch
Fitzsimon	Mike	148320	Mudjimba Sub Branch
Fleetwood	Charles	A112279	Nundah-Northgate Sub Branch
Florence	Roy	A113138	Townsville Sub Branch
Forman	Keith	A113426	Cairns Sub Branch
Foster	Frederick	3/10855	Hervey Bay Sub Branch
French	John	NX149140	Tweed Heads & Coolangatta Sub Branch
French*	Graham	R52758	Hervey Bay Sub Branch
Fry	John	3/4349	Mackay Sub Branch
Garlick	Alfred	QX33696	Townsville Sub Branch
Gazzard	Owen	1/711075	Geebung Zillmere Bald Hills Aspley Sub Branch
Georges	James	117538	RSL QLD State Branch
Gibbons	Patrick	61923	Cooktown Sub Branch
Gibbons	Marco	14109	The Gap Sub Branch
Gilbert	Eric	36393	ToowoombaSub Branch
Girle*	Albert	1734811	Gaythorne Sub Branch
Goodchild	Terence	1/400368	Sherwood-Indooroopilly Sub Branch
Gordon	Les	QX62109	Ashgrove District Sub Branch
Gordon*	H	429553	Geebung Zillmere Bald Hills Aspley Sub Branch
Gough	Peter	A181297	Gaythorne Sub Branch
Grech	Charles	A120486	Goodna Sub Branch
Green	Raymond	A55669	Ipswich Railway Sub Branch
Griffin*	James	1419	Geebung Zillmere Bald Hills Aspley Sub Branch
Griffith	John	2192461	Bowen Sub Branch
Guldbransen*	Lenard	QX29993	Geebung Zillmere Bald Hills Aspley Sub Branch
Gulyas*	Frank	1410793	Unattached List
Halligan	Anthony	23559988	Wallangarra Sub Branch
Hamilton*	Fredrick	DX676	Geebung Zillmere Bald Hills Aspley Sub Branch
Hardy	Daniel	296176	Townsville Sub Branch
Harrison	Brian	1/5580	Tewantin/Noosa Sub Branch
Harry	Robert	04239	Maroochydore Sub Branch

LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Hartley	Russell	A114341	Beaudesert Sub Branch
Harvey	Richard	1200997	Runaway Bay Sub Branch
Hawkes	Ralph	213893	Goodna Sub Branch
Hayes	Milton	A222676	North Gold Coast Sub Branch
Heferen (nee McKinnon)	Margaret	W217643	Townsville Sub Branch
Henderson*	J	QX3567	Geebung Zillmere Bald Hills Aspley Sub Branch
Hinton	Wilfred	A15773	Beenleigh & District Sub Branch
Holdom	Grahame	216120	Bribie Island Sub Branch
Holland	Cedric	O16523	Sherwood-Indooroopilly Sub Branch
Hollows	Ivan	830744	Redlands Sub Branch
Hopkins*	N	218402	Geebung Zillmere Bald Hills Aspley Sub Branch
Hoppe	Leonard	R56597	Redlands Sub Branch
Hopper	Eric	1/28265	Warwick Sub Branch
Horsey	John	440238	Toowong Sub Branch
Horton	Peter	R104666	Maroochydore Sub Branch
Howard	Peter	214080	Kingaroy/Memerambi Sub Branch
Howard	Neil	236102	Glasshouse Country Sub Branch
Howie	Frederick	A19358	Kalbar Sub Branch
Hughes	Walter	N266618	Bundaberg Sub Branch
Hunt	Brian	R553744	Tweed Heads & Coolangatta Sub Branch
Hunt	Aidan	441042	Coorparoo & Districts Sub Branch
Hunt*	H	Q149345	Geebung Zillmere Bald Hills Aspley Sub Branch
Hurst	Larry	26599	Beaudesert Sub Branch
Hurst	Larry	221122 NS27794	Beaudesert Sub Branch
Jape*	Peter	4721462	Lowood Sub Branch
Jeffery	Robert	4905012	Kenmore/Moggill Sub Branch
Jenkins	Allan	1/55778 / 174745	Gatton Sub Branch
Jensen	Kenneth	1736279	Redlands Sub Branch
Johnson	Robert	15232	Greenbank Sub Branch
Johnston	Brian	239898	Bribie Island Sub Branch
Jones	Bruce	2749332	Kedron-Wavell Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Judson	Lindsay	A28893	Beenleigh & District Sub Branch
Kehoe*	John	PO26559Y	Sherwood-Indooroopilly Sub Branch
Kent	Barry	1204093	Oakey Sub Branch
Kerntke	Peter	43946	Gaythorne Sub Branch
Kidd	Douglas	A19556	Hervey Bay Sub Branch
Kingston	Clyde	1/713505	Hervey Bay Sub Branch
Kingston	Raymond	1/711607	Murgon Sub Branch
Kirkham	Francis	V245753	Currumbin/Palm Beach Sub Branch
Kock*	Dieter	16387	Bowen Sub Branch
Lace	George	1/1810	Charters Towers Sub Branch
Lackey	David	R59595	Townsville Sub Branch
Lamond*	Ronald	R54134	Bowen Sub Branch
Law	Rodney	231652	Townsville Sub Branch
Leavey	Michael	1900456	Caloundra Sub Branch
Leddy	James	148170	Kedron-Wavell Sub Branch
Lee	Leslie	19179989	Nerang Sub Branch
Lees	Reg	23186016	Redlands Sub Branch
Lloyd	Harold	280162	Bundaberg Sub Branch
Loague	Terence	1/722460	Capricornia & Rockhampton Region Sub Branch
Maguire	Errol	159187	Tamborine Mountain Sub Branch
Maguire*	James	A112923	Nerang Sub Branch
Maloney	Francis	64333	Kenmore/Moggill Sub Branch
Mann	William	18608	Laidley Sub Branch
Martin	Raymond	A35164	Ipswich Sub Branch
Mathew	Geoffrey	61322	Gladstone Sub Branch
Matthews*	Henry	206117	Geebung Zillmere Bald Hills Aspley Sub Branch
McAdam	Donald	R107373	Cooktown Sub Branch
McAndrew	Edward	A117377	Ipswich Sub Branch
McAneny	Joan	Q142347	Coorparoo & Districts Sub Branch
McCartin*	Clyde	V310530	Bribie Island Sub Branch
McClelland	Lang	VX95788	Boyne-Tannum Sub Branch
McCray	John	A1664/ 171989	Caboolture-Morayfield & District Sub Branch
McDonald	Garry	R118744	Kilcoy Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
McDonald	Kevin	35888	Kenmore/Moggill Sub Branch
McGrath	James	176916	Greenbank Sub Branch
McHue	Robert	R55368	Redcliffe Sub Branch
McInnerney	Neil	1/707028	Meandarra/Glenmorgan Sub Branch
Mcintosh*	Joyce	2406	Geebung Zillmere Bald Hills Aspley Sub Branch
McIntyre	Gordon	NX94120	Glasshouse Country Sub Branch
Mciver*	Mary	504482	Geebung Zillmere Bald Hills Aspley Sub Branch
McMurtrie	Eric	1/718440	Warwick Sub Branch
Medlock	Russell	R104741	Bundaberg Sub Branch
Middleton*	Edward	23471	Geebung Zillmere Bald Hills Aspley Sub Branch
Millhouse	William	39970	Greenbank Sub Branch
Mitchell	Paul	2752364	Hervey Bay Sub Branch
Moore	Jack	1147158	Beenleigh & District Sub Branch
Moreton	Ronald	CK/X725	Tweed Heads & Coolangatta Sub Branch
Muller*	Gordon	QX43556	Geebung Zillmere Bald Hills Aspley Sub Branch
Munro	Ewen	5036410	Currumbin/Palm Beach Sub Branch
Murphy*	Peter	QX218	Geebung Zillmere Bald Hills Aspley Sub Branch
Noonan	Kevin	5436NS	Bribie Island Sub Branch
Noyes*	Sydney	Q45430	Geebung Zillmere Bald Hills Aspley Sub Branch
O'Brien	Cecil	NX171762	Bayside South Sub Branch
Ogg*	G	QX16048	Geebung Zillmere Bald Hills Aspley Sub Branch
O'Malley*	Bruce	NX154361	Geebung Zillmere Bald Hills Aspley Sub Branch
O'Ryan	Charles	418976	Surfers Paradise Sub Branch
Owen	Edgar	150417	Ipswich Railway Sub Branch
Palmer	Peter	171008	Gaythorne Sub Branch
Parker	Robert	QX55241	Beaudesert Sub Branch
Parkhill	Kevin	45627	Mossman Sub Branch
Parsey	Paul	6710095	Maroochydore Sub Branch
Pashley	Alan	164097	Bundaberg Sub Branch
Paton*	Thomas	FX109906	Gaythorne Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Pearce	Maxwell	16755	Tweed Heads & Coolangatta Sub Branch
Pearson*	Adrian	0111172	Edge Hill/Cairns West Sub Branch
Pignata*	Tony	72069	Beerwah and District Sub Branch
Plucknett*	Arnold	QX37207	Geebung Zillmere Bald Hills Aspley Sub Branch
Potts	Bruce	R62904	Cairns Sub Branch
Procopis* (nee Howard)	Marilyn	W114199 / 8060812	Bundaberg Sub Branch
Rains	Arthur	1/711048	Townsville Sub Branch
Ranson*	W	123981	Geebung Zillmere Bald Hills Aspley Sub Branch
Rawstron	Peter	2/10639	Wynnum Sub Branch
Read	Joycelene	WR588/ WR4001	Tweed Heads & Coolangatta Sub Branch
Reeves	Charles	QX24578	Geebung Zillmere Bald Hills Aspley Sub Branch
Reid	Clive	36864	Redlands Sub Branch
Rice	Colin	QX32060	Eidsvold Chapter of Wide Bay & Burnett District Branch
Richardson	Edward	A1615	Ipswich Sub Branch
Richardson*	Norman	NX20243	Lowood Sub Branch
Rick	Brian	1/55790	Townsville Sub Branch
Rischin	Lewis	S8099	Surfers Paradise Sub Branch
Robe*	Ian		Geebung Zillmere Bald Hills Aspley Sub Branch
Robertson	John	1200460	Townsville Sub Branch
Rose	Stephen	4/1831	Glasshouse Country Sub Branch
Rosentreter*	Alexander	QX27219	Geebung Zillmere Bald Hills Aspley Sub Branch
Rouse*	John	Q152534	Geebung Zillmere Bald Hills Aspley Sub Branch
Rowbotham*	H	QX35555	Geebung Zillmere Bald Hills Aspley Sub Branch
Rudd	John	QX79233/ B3423	Surfers Paradise Sub Branch
Rush	Barry	42738	Bowen Sub Branch
Russell	Jack	QX29302	Wynnum Sub Branch
Ryan	Robert	B8379NS	Logan Village Sub Branch
Saunders	Geoffrey	16718	Currumbin/Palm Beach Sub Branch

LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Savage	Roy	213865	Blackwater/Bluff Sub Branch
Savage*	Edward	QX36794	Geebung Zillmere Bald Hills Aspley Sub Branch
Schmidt*	Douglas	414845	Geebung Zillmere Bald Hills Aspley Sub Branch
Schuler*	S	QX59703	Geebung Zillmere Bald Hills Aspley Sub Branch
Seng	Harold	QX29889	Beachmere Sub Branch Inc
Shaw*	D	QX26567	Geebung Zillmere Bald Hills Aspley Sub Branch
Shelton	Harold	2/1106	Surfers Paradise Sub Branch
Sheriff	Brian	137735	Ipswich Sub Branch
Sherriff	J	A13102	Mackay Sub Branch
Shortridge*	Robert	8190335	Greenbank Sub Branch
Sigley	Gordon	1715293	Redlands Sub Branch
Smets	Emile	2/21217	RSL QLD State Branch
Smith	Barry	24018637	ToowoombaSub Branch
Smith	Kenneth	QX54345	Ipswich Railway Sub Branch
Smith*	Arthur	120993	Bribie Island Sub Branch
Somerset	Arthur	150078	Warwick Sub Branch
Sparks	Peter	A118381	Springwood Tri-Service Sub Branch
Spilsbury	Barry	1734349	Caboolture-Morayfield & District Sub Branch
Stack*	George	Q144596	Geebung Zillmere Bald Hills Aspley Sub Branch
Staff	Kenneth	R53227/ H53227	Tweed Heads & Coolangatta Sub Branch
Stanton	Stuart	704580	Redlands Sub Branch
Stapleton	Richard	1410889	Yeronga-Dutton Park Sub Branch
Stay	Graeme	172827	Kenmore/Moggill Sub Branch
Stennett	Gordon	3991NS	Gympie Sub Branch
Stewart	Donald	018632	Warwick Sub Branch
Stokes	Anthony	151804	Coorparoo & Districts Sub Branch
Strathdee*	Roy	CK/Y738187	Tweed Heads & Coolangatta Sub Branch
Sullivan	John	22478200	Coorparoo & Districts Sub Branch
Sutherland*	H	SX9011	Geebung Zillmere Bald Hills Aspley Sub Branch
Symons	Peter	2389625	Redcliffe Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Taylor	Allan	50858	Redlands Sub Branch
Taylor	Henry	A133994	Ipswich Sub Branch
Taylor*	Peter	4111904	Tweed Heads & Coolangatta Sub Branch
Thomas	James	R52242	Redcliffe Sub Branch
Thomas*	H	QX13957	Geebung Zillmere Bald Hills Aspley Sub Branch
Thomson	Douglas	R46506	Redlands Sub Branch
Thomson	George	QX41365	Geebung Zillmere Bald Hills Aspley Sub Branch
Townsend*	Margaretha	2031075	Crows Nest Sub Branch
Trackson*	Herbert	QX15173	Geebung Zillmere Bald Hills Aspley Sub Branch
Turner	Andrew	1202102	Tin Can Bay Sub Branch
Vizzard	Desmond	R66284	Cairns Sub Branch
Walker	Kenneth	NZ4211685	Runaway Bay Sub Branch
Walters	Ronald	C/ SSX908634	Caloundra Sub Branch
Ward	William	S/8944	Tewantin/Noosa Sub Branch
Webb	Jake	8511886	Townsville Sub Branch
Weeks	Bruce	E1423	Hervey Bay Sub Branch
Wham	Evan	860127	Toowong Sub Branch
Whitmore	Ruth	61520	Sherwood-Indooroopilly Sub Branch
Wigley	Rex	163362	Maroochydore Sub Branch
Williams*	Edward	42330	Geebung Zillmere Bald Hills Aspley Sub Branch
Williamson*	T	Q989	Geebung Zillmere Bald Hills Aspley Sub Branch
Wilson	Jack	QX7433	Meandarra/Glenmorgan Sub Branch
Wing*	R	R122729	Geebung Zillmere Bald Hills Aspley Sub Branch
Winter*	Eric	LX752962	Beenleigh & District Sub Branch
Winton*	Robert	R45520	Beerwah and District Sub Branch
Wisdom	Joseph	14826582	Hervey Bay Sub Branch
Woods	Arthur	A224286	Gaythorne Sub Branch
Wyatt	Rodney	1/725219	Kedron-Wavell Sub Branch
Wyatt	Frank	2108399	Currumbin/Palm Beach Sub Branch
Young	David	R56657	Bundaberg Sub Branch
Young*	R	QX33120	Bribie Island Sub Branch



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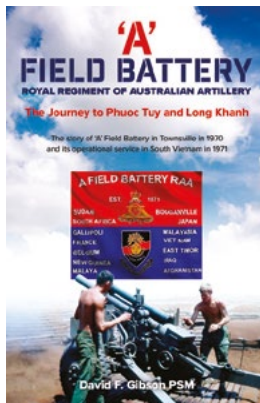
ISBN: 978-1-925707-73-1

Forsake the real life. Embrace the fantasy.

The Song of the Prophet has long foretold that an apocalypse of storms, pestilence and war would tear the land of Rhye asunder. The path to salvation is obscure — hope seems to lie in a mysterious saviour, somewhere beyond the Seventh Sea.

For friends Mustapha, Harold, Meadow and Dique, a moment of mischief leads to the greatest adventure of their lives. A simple heist turned sour hurls them into a monumental journey, culminating at the heart of Rhye's crisis.

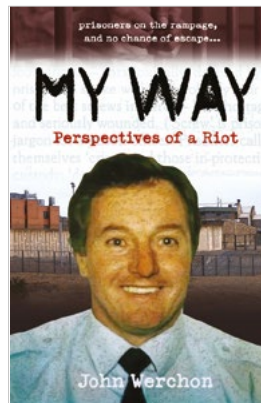
The King of Rhye is part fairy tale, part dark fantasy, part whimsy and all heart, as the glorious legacy of rock band Queen is realised in a full-blown literary adventure for the ages.



ISBN: 978-1-925707-80-9

In late 1969 the 12th Field Regiment was warned to prepare for active service in South Vietnam in 1971-72. 'A' Field Battery replaced 102 Field Battery in the regiment and moved to Townsville in late 1969.

The battery moved to South Vietnam in February 1971 and was to be the direct fire support battery for 3RAR who were also on their second tour of duty in Vietnam. David gives a very detailed view of how the battery performed in its shortened tour of South Vietnam from official records and from personal anecdotes. This book tells the story of what the battery did in South Vietnam, the highs and lows, and how those times banded a group of men together, men who are still good mates all these years later.



ISBN: 978-1-925707-77-9

The following book outlines, from lived experience, the true account of a riot situation in a prison facility. The opening pages describe 'business as usual' — the routines, procedures and protocols surrounding work in the prison arena — all from the perspective of a young Correctional Officer.

Fast track a significant period of time to a new and somewhat 'relaxed' correctional context, adopted in an effort to foster communication and openness. However, a sequence of events unfolds that has far-reaching implications for a once-'rigid' system and an unsuspecting officer; when opportunistically, prisoners undertake a riot, and he and other officers are taken hostage, the real repercussions unfolding across a lifetime ...



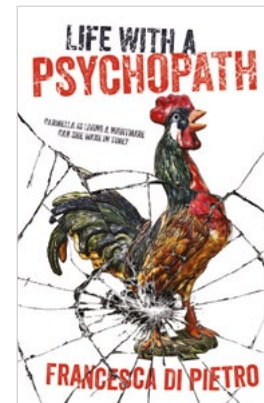
ISBN: 978-1-925707-79-3

The Severed Cord is a story about love, loss and redemption.

As the world turns to war in 1914, three brothers and an aboriginal stockman have a decision to make — join the conflict or remain within their rural idyll.

When the eldest enlists, the remaining brothers are bound to follow and Jimmy, the aboriginal stockman is coerced into joining them in Palestine, where they battle to survive, eventually returning to Australia, their lives forever changed.

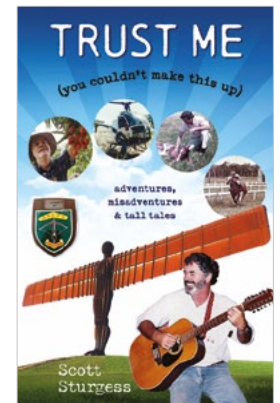
In Palestine, Jimmy assumes the role of protector and is forced to negotiate a world where prejudice is suspended only to be replaced by the horrors of war, a conflict that leads to the most profound betrayal and loss.



ISBN: 978-1-925707-71-7

Carmella is an intelligent and confident woman. She's overcome bullying and racism in her childhood and built a successful life for herself. When Carmella meets the charming Shaun, she thinks she's hit the jackpot. Recovering from a rocky first date, the relationship develops into a promising connection, but then degenerates, in stages, into an abusive disaster. The previously strong Carmella finds herself adhering to insane rules set by Shaun.

Just as Carmella thinks her life has hit rock bottom, she obtains the assistance of gifted psychologist who offers her a fresh perspective. Is this crucial support enough for Carmella to find the strength to leave Shaun or will she be stuck in this terrifying nightmare forever?



ISBN: 978-1-925707-67-0

The author's wide experience working in four Australian states, the United Kingdom, Vietnam and Central America has seen him encounter a variety of unusual events and accumulate a trove of funny stories, most of which are true. Or so he says.

Wistful tales, amusing anecdotes and sombre moments reminisced along the way. A nostalgic trip through an adventurous past.

— Vivian Waring, author of *When Tears Ran Dry*

Trust Me was a great read. The style was simple and readable. Well placed reminiscences of the wit of people the author has met and at times I found his naivety and self-deprecation very amusing.

— Graham Buchan, Vietnam Veteran..

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