

QUEENSLAND

RSL NEWS

A JOB FOR LIFE

EMPLOYMENT
PROGRAM
EMPOWERS
VETERANS

HONOURING OUR 2020 SCHOLARS

MORE THAN 70 SCHOLARSHIPS
WERE AWARDED THIS YEAR

BURNOUTS IN THE BIG RED CAR

DID YOU KNOW THE
BLUE WIGGLE ONCE
WORE KHAKI?

4 REASONS
TO USE AN
ADVOCATE
FREE HELP WITH
NAVIGATING THE DVA
CLAIMS PROCESS



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Queensland

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Shop 1, 1945 Logan Road
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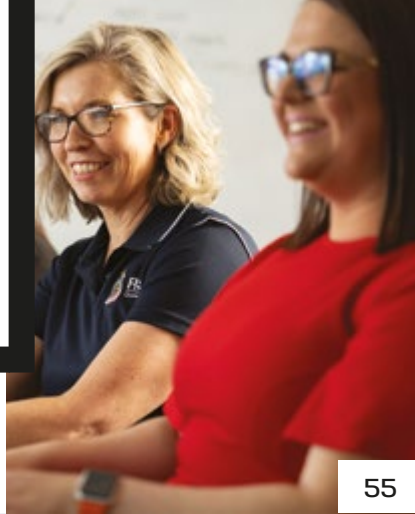
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55



18



14

FEATURES

14 Employment Program Empowers Army Veteran
Army veteran Tristan King has found a job for life, thanks to support from RSL Queensland.

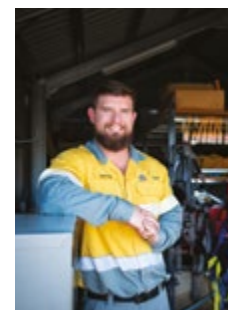
18 Honouring our 2020 Scholars
This year, RSL Queensland provided scholarships to more than 70 ex-Defence members, Defence partners and children of ex-Defence members.

22 Remembering to Remember
On Remembrance Day 2020, RSL Queensland asked all Australians to *Remember to Remember*.

76 Four Reasons to use an Advocate
RSL Queensland's free advocacy service can help you navigate the DVA claims process and ensure you get the best possible outcome.

REGULAR

- 04 President's Message
- 05 CEO's Message
- 10 News Bulletin
- 45 Mates4Mates
- 76 RSL Mateship
- 82 RSL Community
- 90 Last Post



Front Cover

Army veteran Tristan King has secured himself an apprenticeship with Energy Queensland, thanks to support from the RSL Queensland Employment Program.

HARD TIMES MAKES US STRONGER

It's impossible to talk about 2020 without resorting to words like 'unprecedented', 'uncertain' or 'difficult'. There's no doubt that this year will go down in history. We've seen communities in lockdown, borders closed, events cancelled, society in turmoil.

But in times of uncertainty, Australians have always been able to draw on our ANZAC spirit to get us through. The qualities evoked by the ANZAC spirit – ingenuity, humour, endurance, courage and mateship – have been more important than ever this year.

The global pandemic has made it necessary for the RSL to draw on that ANZAC spirit and think differently about how we commemorate our many important anniversaries over the past eight months, and it is likely that it will continue to do so into the future.

But I am encouraged by the Australian public's determination to honour our veterans, despite the restrictions necessary to minimise the spread of COVID-19.

RECOGNISING OUR HEROES

On ANZAC Day, we saw street after street, town after town, Light up the Dawn in remembrance of those who had served. I don't think any of us anticipated the outpouring of emotion that was expressed by the Australian community.

After attending a small service at the Shrine of Remembrance, I went home to stand on my own driveway with my family and experience the magnificence of Light Up the Dawn.

On VP Day, we saw hundreds

"THE QUALITIES EVOKED BY THE ANZAC SPIRIT – INGENUITY, HUMOUR, ENDURANCE, COURAGE AND MATESHIP – HAVE BEEN MORE IMPORTANT THAN EVER THIS YEAR."

of people share their memories and family stories of living in Queensland during World War II. The ranks of our WWII veterans grow thinner each year, and it was important that we honoured their sacrifice on the 75th anniversary of Victory in the Pacific Day.

HISTORIC LIVE STREAM OF REMEMBRANCE DAY

On Remembrance Day, we saw Australians pause and remember all those who have served this country to ensure the freedoms and privileges we enjoy today.

The effort by everyone involved in the event showed that through adversity we can still achieve respect and admiration. To aid in social distancing and allow people to remain safely in their homes, we live streamed the service for the first time in RSL Queensland's history.

Our marketing and technology teams worked together to bring the event to thousands of people online. We are adapting and improvising to suit an

environment that is constantly changing.

The feedback I heard from individuals, ex-service organisations and the Governor of Queensland His Excellency the Honourable Paul de Jersey AC was very complimentary. We are continuing to demonstrate our influence, and that we are the leading voice representing the interests of the Defence community and the ESO community.

It is in these moments that we define who we are as an organisation and who we exist to serve.

ONE OF OUR BEST AGMS

Following our Annual General Meeting on 24 November, numerous delegates told me it was "one of the best AGMs" RSL Queensland has ever hosted. The logistics of putting on the AGM were certainly more difficult than holding a face-to-face event at a single venue, but we knew it had to be done to keep our members as safe as possible.

And it was done seamlessly, with fantastic collaboration between various teams in our organisation once again. It was important that our members still had an opportunity to see and hear presentations from our executives and guest speakers, ask questions, vote on the motions, and connect with some of their mates.

CONTINUE KEEPING EACH OTHER SAFE

Thank you to everyone who has followed the COVIDSafe guidelines this year. Gratefully, Queensland is in a very healthy situation compared to many areas of the world, and it's important that we all do our part to keep it that way.

As State President, I am tasked with the role of caretaker of this great organisation. To say I have nothing but praise for what we do or how we do it is an understatement.

It has been a difficult year, but I am proud to say that RSL Queensland, our Sub Branches and our Districts have survived and, in many cases, thrived. Thank you to everyone who has contributed to our continued success – our commitment to support the Defence community will only grow stronger in 2021.



Tony Ferris
State President
RSL Queensland

A CHALLENGING BUT INCREDIBLE YEAR

As we come to the end of 2020, I'd like to congratulate and thank our members, Sub Branches, and Districts for rallying through a global pandemic. Despite the many challenges associated with the virus, including those experienced by our organisation, we were able to continue providing impactful services to veterans, demonstrating tenacity and resilience – traits that are at the heart of what RSL Queensland represents.

AGM DEMONSTRATED OUR AGILITY

On 24 November, I had the pleasure of participating in our first ever technology-enabled Annual General Meeting. The logistics of putting together an event in six different locations linked via audio-visual meeting tools were significant.

I must say, it went off without a hitch in a way that demonstrated agility, innovation, and professionalism. I am very proud of our team, who worked tirelessly for many months to deliver an event many organisations aspire to. Delegates told us they were thrilled with the result.

The meeting allowed me to share an update on our 2025 Strategy and I trust this provided greater clarity of RSL Queensland's goals over the next four years. I also took the opportunity to announce some exciting new initiatives aimed at improving support for Sub Branches – you can watch videos of all the AGM presentations at rslqld.org/Whats-On/2020-State-AGM

I thoroughly enjoyed meeting and talking with some of our passionate and dedicated

“THE LOGISTICS OF PUTTING TOGETHER AN EVENT IN SIX DIFFERENT LOCATIONS LINKED VIA AUDIO-VISUAL MEETING TOOLS WERE SIGNIFICANT. I MUST SAY, IT WENT OFF WITHOUT A HITCH IN A WAY THAT DEMONSTRATED AGILITY, INNOVATION, AND PROFESSIONALISM. I AM VERY PROUD OF OUR TEAM, WHO WORKED TIRELESSLY FOR MANY MONTHS TO DELIVER AN EVENT MANY ORGANISATIONS ASPIRE TO.”

members. One thing is certain; we have proven what is possible if we work together to embrace new ideas.

HIGHLIGHTS OF 2020

While 2020 was a difficult year, there were also many highlights. One of these was undoubtedly Light up the Dawn – both the way RSL Queensland brought the community's idea to life and the way thousands of Australians came together to support it.

The campaign itself was recognised at the Australian Marketing Institute Awards for Excellence, winning two state awards. This achievement is a great credit to our Marketing team and all our members and Sub Branches, who got behind the idea with gusto and made it something special. We share the honour with all of you.

One of the other standouts for 2020 was the establishment of our new Membership & Network team, headed up by Lisa McIlroy. While this team is still incomplete (although we are nearly there!), I'm already hearing extremely positive feedback about the impact they

are having, and the connections being made with Districts and Sub Branches.

Our organisation has never had a resource of this kind before, and the priority is a deeper understanding of how we can better support Sub Branches and provide tangible and tactical solutions to some of your challenges.

TWO KEY ELEMENTS OF OUR 2025 STRATEGY

Our 2025 Strategy is progressing well, with two key pieces of work currently underway.

The first is our discovery sessions, which involves our Membership & Network team clocking up hundreds of kilometres as they travel around the state to hear about members' needs. The team has already visited 114 Sub Branches, and aims to visit a total of 120 Sub Branches by the end of the year.

Sitting alongside that is the member research study being undertaken by our partner, Kantar. This independent process is designed to capture your views on what makes RSL membership valuable.

These two pieces of work will converge to inform what we're calling the Membership Value Proposition. In a nutshell, this will be a suite of tools and resources to help Sub Branches address the ongoing challenge of a declining membership. I look forward to sharing more detail about this initiative next year.

PRIORITIES FOR 2021

Looking forward to 2021, we have three key areas of focus:

- Develop a Veteran Services Strategy that encompasses RSL Queensland and our subsidiary Mates4Mates, ensuring services provided to members are high quality, impactful and research based.
- Finalise the Member Value Proposition, with its launch in the first quarter of next year.
- Tackle issues around our brand and make it clear to the veteran community and general Australian population what RSL Queensland is, what we are not, and how we support veterans and their families.

As we head into Christmas, I hope everyone continues to be vigilant around COVID-19, and that you have plans to enjoy the festive season safely with family and friends.



Melanie Wilson
Chief Executive Officer
RSL Queensland

SUPPORTING VETERANS DURING A DIFFICULT YEAR

Thanks to COVID-19, many organisations were forced to adjust the way they did business in 2020. RSL Queensland was no exception.

Our Defence community has been particularly vulnerable during this crisis, and it was essential they could access effective and supportive models of care. By changing our service delivery model, we have been able to successfully adapt and continue providing high quality support to those in need.

TECHNICAL ADAPTATIONS

In recent years, we've established technological platforms that allow us to work remotely with clients. This proved crucial when lockdown hit back in March – particularly for those we were helping via our Advocacy, Wellbeing, Employment and Homelessness Programs.

Not only has this been beneficial for our existing clients, it's opened us up to a host of new clients who we have not worked with previously. In a way, forcing us to find a new way of working has been a blessing.

We also noticed that many of our Sub Branches with vulnerable or older veterans adjusted how they helped during this time – shopping for them or dropping off more support packages. Thank you for adapting to this new environment.

Despite a tumultuous year, RSL Queensland has achieved some amazing milestones in 2020.

MORE VETERANS ARE SEEKING OUR SERVICES

We have seen a significant increase in requests for support coming to our client contact centre, with over 13,500 enquiries this year. We are on track for over 5,000 claims being submitted to DVA for veterans by our Compensation Advocates. The combination of face-to-face regional support, complemented by our remote teams, is making our services more appealing to those in need.

RSL EMPLOYMENT PROGRAM EXPANDS

The RSL Employment Program has grown significantly and is now being delivered in South Australia and Victoria. We're also in discussion with the remaining states to get the program implemented nationally. We're working towards a consistent support model for those transitioning out of Defence or seeking employment later in life.

We noticed a fluctuation in support requests this year, with a dip during the most intense COVID-19 period. We're now seeing a resurgence – likely because initiatives such as Job Keeper and Job Seeker are changing, and people are becoming more at risk as the pandemic drags on. As a result, we had 97 expressions of interest in our Employment Program during October alone, with 147 securing jobs this year.

70 SCHOLARSHIPS AWARDED

RSL Queensland was thrilled to

award over 70 scholarships to veterans, Defence partners and children of veterans in 2020. We made a strategic decision to increase the number of scholarships this year, allowing us to support more education and training opportunities for people who need our help.

HOMELESSNESS HELPS 137 VETERANS

This year, our Homelessness Program helped 137 veterans and their families into long-term, sustainable housing. This initiative provides not only housing, but also the surrounding support services that improve the quality of life for our Defence community through our Wellbeing Advocates.

WHAT WILL 2021 BRING?

As our organisation continues to evolve in 2021, we will expand our services and partner programs across Queensland. Many of our programs will be delivered both remotely and physically, allowing more veterans and their families to engage with us and receive appropriate services depending on their individual needs.

We will also support our sister organisation, Mates4Mates, which was named the lead agency for the Veteran Wellbeing Centre in Darwin. In partnership with other ex-service organisations (ESOs) already established in the city, we're looking forward to providing a wide range of services for the Darwin veteran community.

RSL Queensland is also in the process of developing a veteran hub in Brisbane and I will provide further details on that next year.

Work continues on our Veteran Services Strategy, which will outline how we deliver services in conjunction with Mates4Mates. The plan will detail how our two organisations refer clients to each other and ensure that any veteran who approaches us gets the same level of support. It will also include a framework for working more closely with other ESOs and identify where we will expand the development of services.

During these trying times, I want to thank all our members and Sub Branches for doing their part to support our Defence community. Thanks to your local community engagement, the experience for our veterans and their families is a positive one.

As we move through 2021, we should collectively be focussed on working together to bring the best outcomes for those we support. Have a happy festive season and all the best for the New Year.



Robert Skoda
General Manager Veteran Services
RSL Queensland

Shoulder to shoulder with our Defence family, in Jul–Sept 2020.



58 individuals and families
helped into safe,
permanent housing



162 nights
spent in RSL short-term
accommodation



\$141K
provided in
crisis funding



3,365
calls handled



37 jobs found
for veterans and their partners



1,503 DVA
claims handled

Between July and September 2020, RSL Queensland provided a broad range of programs and services to support current and former ADF members and their families.

Find out how we can help you.

134 RSL | rslqld.org



RSL
Queensland

MEMBERSHIP & NETWORK ACHIEVEMENTS

It's officially been six months since the Membership and Network team was established in July 2020. During that time, we've been working hard to establish our team structure and bring some key deliverables from the 2025 Strategy into fruition.

This work has involved three key projects – our Member Value Proposition, Network Discovery, and Tactical Opportunities initiative.

MEMBER VALUE PROPOSITION

Defining our Member Value Proposition (MVP) will help address our declining membership by outlining the many reasons to join RSL and why to stay.

Phase one involved 78 in-depth interviews with both members and non-member veterans to form our basic findings. We are currently in the second phase of the project, where we test these findings with over 1,200 people to ensure we have representative views across all ages, stages, service histories, and genders.

Positively, our preliminary findings show that the RSL is very well regarded for our commemoration work, viewed as having real legitimacy, and can speak in this sector with authority. The challenging

findings, however, show that we are also perceived as irrelevant for a lot of veterans and their families, transactional, and out of touch.

We can shift these perceptions by showing inclusiveness for all members of all ages and stages – and we will share our MVP with Sub Branches when it is finalised in 2021.

DISCOVERING WHAT OUR SUB BRANCHES NEED

Our second key project is the Sub Branch Discovery project, which will ensure our programs and support systems solve the real and everyday problems experienced by Sub Branches. We have been clocking up the kilometres in an effort to meet with every single Sub Branch by the end of March next year.

To date, we have visited 114 Sub Branches, and had conversations with over 500 individual Board members and volunteers across every District. We've been listening intently during these sessions, and there are some clear, common themes emerging across all Sub Branches:

- governance challenges
- succession planning
- marketing support
- IT support
- advocacy training (ATDP).

TACTICAL OPPORTUNITIES

While many of these challenges can't be fixed overnight, we have been working to deliver some programs before the end of 2020:

- **Internet Adoption Program** – financial and technical support to access high-speed internet connections. Interested Sub Branches can contact their District Secretary for further details.
- **Managed IT Services** – we know it can be difficult to purchase and maintain the IT equipment you need to deliver valuable services in your local communities. We're currently trialling an equipment package in 10 Sub Branches (one in each District) and once we're sure the equipment is fit for purpose, we will begin rolling these packages out to our whole Sub Branch network. We will send out more information next year.
- **Charitable Objects Fund (COF)** – simplifying the process for applying for money under the COF, which provides funding to Sub Branches to deliver welfare support.
- **Hospital Care Packs** – you told us that these packs are desperately needed to support Sub Branch volunteers, and in November we sent out 100

packs to each District to trial some new items. We'll seek feedback, before making them available year-round from 2021.

- **SKIP Enhancements** – this includes speeding up our response times, providing notifications when new content is added, reviewing existing content and launching new content in 2021.

Every Sub Branch is being sent an information pack that explains these initiatives in greater detail and how you can access them.

Thank you to everyone who has welcomed me and my team into their Sub Branches to help us understand the challenges facing our network. It has been an absolute privilege to meet with you and I know that together we will realise our purpose – a bright future and enduring legacy for all veterans and their families.



Lisa McIlroy
General Manager
Membership & Network
RSL Queensland

MAILBOX

NOTE FROM THE EDITOR:
We love to facilitate connections between veterans and were delighted to put Terry in contact with Adam. You can also read an update on Adam's story on page 73 of this edition, where a Sub Branch helped Adam honour the passing of his beloved furry friend.

ANOTHER HISTORIC WWII SITE

Thank you for the great VP Day 75th commemorative edition of *RSL News*, which was so interesting and informative. When I read the article 'A road trip through wartime Queensland' it dawned on me that a wonderful historical site was not included in Brisbane.

I refer to Victoria Barracks on Petrie Terrace, which during WWII was the headquarters of the Lines of Communication for allied headquarters when it moved to Brisbane in 1942. Buildings used during this period still remain, as do other historic buildings dating from 1864.

Victoria Barracks is arguably the best collection of historic buildings in one location in Brisbane and remains a working barracks to this day. However, unlike other working barracks, civilians can visit the site for an extensive tour conducted by the Army Museum South Queensland staff and volunteers. Anyone interested in touring the site should visit their website at armymuseumssouthqueensland.com.au for further information.

David Niven CSC

INTERESTING ARTICLE ABOUT FORMER RAAF DOG HANDLER

I read with interest in *Queensland RSL News* Ed 3 2020, the article about former Royal Australian Air Force dog handler Adam Mitchell, who is pursuing a career in psychology, thanks to an RSL Queensland Scholarship. Wow!

I am an old timer (Vietnam veteran) who was OIC of the then RAAF Police Dog Training School in Toowoomba.

I am also currently undergoing training with an assistance dog by an ex-RAAF military working dog handler and would like to connect with Adam to help him (if possible) on his way, with his new career.

Keep up the good work. *Queensland RSL News* is a most interesting and readable magazine that I look forward to each print.

Terry Shanahan

DOG TAG OWNER FOUND IN 30 MINUTES

I wish to share a happy story with you. I was volunteering at my local op shop in July when someone made a donation. One of my colleagues came to the rear sorting area where I work and, knowing that I'm a retired Army nurse, let me know that among the donations was a set of dog tags. The person who dropped off the donation left before I could thank them, so I took it upon myself to deliver them to Hervey Bay RSL Sub Branch.

The tags were advertised on social media, and it was less than 30 minutes later that a positive identification was made, and the veteran was reunited with his dog tags, after they were stolen during a break and enter 20 years before. In this new lifestyle we are living in, it's nice to share a feel-good story.

Colleen Crabb

Hervey Bay RSL Sub Branch

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 or *Queensland RSL News*, PO Box 629, Spring Hill QLD 4004. 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

John Strachan OAM



New RSL
Queensland
State Deputy
President
Wendy Taylor.



WELCOME TO OUR NEW DEPUTY PRESIDENT

At the 2020 AGM, delegates of RSL Queensland elected Wendy Taylor as the new State Deputy President. This is a historic occasion for our organisation, as Wendy represents the first female member of the Board Executive.

Thank you also to John Strachan OAM, who worked tirelessly in the role from 2011-2020.

Wendy previously held the role of South Eastern District President and has a Bachelor of Nursing, Graduate Certificate of Health Resource Management and Certificate in Governance for Not-for-Profits.

Wendy trained as a Registered Nurse, working in several clinical nursing roles before joining the Royal Australian Army Nursing Corps as a Nursing Officer. She served nine years in the Army Reserve and then 16 years in the regular Army, including senior nursing and command roles in both the Gulf War and East Timor.

She also chairs the Brisbane ANZAC Day Parade Committee and has volunteered in many executive roles within her Sub Branch, District and RSL Queensland since 2005. Congratulations and welcome to your new role Wendy!

As we farewell John, we must acknowledge the many years he dedicated to our RSL – he joined in 1984, and has served in District and Board executive roles since 2004.

During his three terms, John has been a member of multiple RSL committees – the Lotteries Committee (including as Chairman since December 2019), the Remuneration Committee (Chairman from 2012-2019) and as a member of the Audit and Compliance Committee.

He has been a member of Stephens RSL Sub Branch since 1984 and was awarded Life Membership in 2009 and a Meritorious Service Medal in 2014. John also served on the ANZAC Day Committee and was awarded the Order of Australia in 1989.

The entire veteran community should be grateful for his significant contributions.

183

SUB BRANCHES PARTICIPATE IN AGM

Representatives from 183 Sub Branches participated in our historic hybrid Annual General Meeting on November 24. This number was similar to last year, which is an excellent result considering the logistical complications caused by COVID-19.

To control delegate exposure to potential health risks, we held the meeting across six different locations around Queensland, all linked by audio-visual meeting tools.

Voting technology was provided in each location to enable real-time voting on essential business motions. Delegates in each location were given an opportunity to speak for and against motions, facilitated in the same way as a traditional face-to-face meeting.

During the meeting, Chief Executive Officer Melanie Wilson and General Manager Membership & Network Lisa McIlroy spoke about the 2025 Strategy and the new support being rolled out to Sub Branches.

We also heard a video message from Minister for Veterans' Affairs and Defence Personnel Hon Darren Chester MP and guest speakers were Repatriation Commissioner Don Spinks AM and Shadow Minister for Veterans' Affairs and Defence Personnel Hon Shayne Neumann MP.

You can see more photos from the event on our Facebook page @RSLQueensland and videos of the presentations can be found on our AGM webpage at rslqld.org/Whats-On/2020-State-AGM.



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RENEW YOUR RSL MEMBERSHIP AND GIVE BACK

John Edwards (70) has been a member of Marian RSL Sub Branch since 1996. He has also been on the Pioneer-Fitzroy-Highlands District executive for more than 18 years, including five years as a membership officer and more than six as a welfare officer.

"The most rewarding thing about being a member of the RSL is the mateship and being able to help the community and other veterans. It gives you a sense of purpose when you come out of service," John said.

"When I go to a veteran's house, put on a jug of water and have a cup of tea with them, and then, as I leave, they smile and say 'Thanks mate for coming', it makes me realise what you've done for them."

John believes it is important for existing members to renew their membership and for younger veterans to join the RSL ranks.

"I just hope that sometime down the line there is someone there to help me," he says.

Being a member of RSL Queensland allows you to be part of a network of volunteers who not only share the bond of service but are also committed to giving back to their Defence family. From 1 December, members are encouraged to contact your local Sub Branch and renew your annual membership.



THANK YOU FOR HELPING US LIGHT UP THE DAWN

We're thrilled to announce that RSL Queensland's Light Up the Dawn campaign won two state awards at the Australian Marketing Institute Awards for Excellence in October.

The AMI recognised how RSL Queensland threw its support behind the community's idea to commemorate ANZAC Day in driveways and balconies, encouraging widespread participation.

We couldn't have done it without the support of our members and Sub Branches, who got the word out in their local communities. For us though, the true reward was seeing so many Australians in their driveways last ANZAC Day, honouring our veterans. So, we share this award with all of you who stood with us last ANZAC Day to Light Up the Dawn. Thank you!



STATEMENT REGARDING IGADF AFGHANISTAN INQUIRY REPORT

The impact of the Inspector-General of the Australian Defence Force's (IGADF) Afghanistan Inquiry report has been felt across Australia's Defence and veteran communities.

RSL Queensland stands shoulder to shoulder with Queensland's Defence family to ensure a bright future and enduring legacy for all veterans and their families and will continue to support all Defence personnel during this time.

While the IGADF report detailed serious allegations, RSL Queensland State President Tony Ferris denounced the damaging speculation that has pre-empted the legal process.

"As Australians, we owe our Defence personnel the right to due legal process, including the presumption of innocence that lies at the heart of our legal system," Mr Ferris said.

"If illegal or unethical activities are found to have occurred, then those individuals responsible must be held accountable.

"But we are very concerned about the effect ongoing speculation may have on the mental health of all veterans, not just those who are the subject of these allegations."

He said public and media speculation about the alleged criminal behaviour of a small number of Special Air Service Regiment soldiers in Afghanistan – before the claims are investigated by the Australian Federal Police – was detrimental to the vast number of professional and dedicated current and former service men and women.

Mr Ferris warned such speculation would unjustly taint the reputations of the majority of Australia's Defence personnel, who served and continue to serve their country with integrity and distinction.

"Australia's Defence family is driven by a deep sense of purpose, they serve with pride and regularly put their lives on the line in service to our nation," he said.

"Many suffer traumatic experiences while serving and every day, RSL Queensland is called on to support veterans who are dealing with the aftermath of their operational service.

"The overwhelming majority of our veterans deserve our respect, not the added burden of unfounded 'guilt by association'."

All veterans who need support are encouraged to contact RSL Queensland's Veteran Services team on 134 RSL or vs@rslqld.org, or to contact their local RSL Sub Branch.

If veterans are in need of urgent help, RSL Queensland encourages them to reach out to Open Arms on 1800 011 046. Their counsellors are available 24 hours a day, seven days a week.



NORM - BOMBER COMMAND



*"What a great read, I absolutely loved it!
Great book, well done."*

"Wow, what a fabulous story."

"I couldn't put it down. It was like you were there with him."

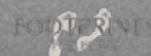
"This is another true Australian story that would make a fabulous television series."

"Thoroughly enjoyed 'Norm - Bomber Command'. Technically, the content was excellent and accurate."

"Loved the book, couldn't put it down. 5/5"

To purchase a prompt copy of the book contact the author:
jamescrouchauthor@gmail.com

RSL members receive a \$5 discount.
\$20 including postage.





employment
program

EMPOWERS ARMY VETERAN

Army veteran Tristan King has found a job for life, thanks to support from the RSL Queensland Employment program.

📷 Matilda Dray



TRISTAN spent seven years in the Army at 8th/9th Battalion in Brisbane and was deployed to Iraq and Papua New Guinea. He has now secured himself an apprenticeship with Energy Queensland and is happily settled into a new life in Toowoomba.

“When I left Defence, I knew I wanted to do a trade. I felt very overwhelmed trying to get out and get a job in the civilian sector,” says Tristan.

He learned about the Energy Queensland apprenticeship through a friend and sought assistance through the RSL Queensland Employment Program.

“The program was really helpful as they looked over my CV and told me what to sort of study for. They asked if we were all over trigonometry, and if they weren’t, they were happy to get a tutor in to get us up to speed on that,” says Tristan.



“A lot of the guys are ex-service as well, so they understand what you’re going through. They’ve been there themselves, so they know how to help you out. They’ll bend over backwards for you. The assistance they provided really just helped me feel like I was on a level playing field with everyone else.”

RSL Queensland understands that the right role can give veterans purpose and direction. It’s about establishing a meaningful career, not just finding a job.

“The RSL Employment Program’s a massive help for anyone leaving



Defence. I probably wouldn't be here without it. It's helped me achieve a secure job that I enjoy," says Tristan.

Being a veteran-friendly employer, Tristan believes Energy Queensland understands that veterans have a wealth of life experience and skills that can benefit their business. And the Queensland Government-owned corporation has proved the perfect fit for this former infantry man.

"I guess it's similar to the Army in a way, where you work with the same guys day in, day out, knowing that someone's always going to be looking out for me, and just a comfortable, familiar feeling," describes Tristan.

He feels content with his new career path and plans to stay with Energy Queensland for the rest of his working life.

"I've got a good job that I love. I love coming to work every day, so that's just helped me have a better life." ←




LEARN MORE ABOUT THE RSL QUEENSLAND EMPLOYMENT PROGRAM

IF YOU, OR SOMEONE YOU KNOW,
HAS MADE THE DIFFICULT
DECISION TO LEAVE DEFENCE,
WE CAN SUPPORT YOUR
TRANSITION INTO CIVILIAN
EMPLOYMENT WITH OUR
SPECIALLY TAILORED PROGRAM
FOR EX-DEFENCE MEMBERS
OR THEIR PARTNERS. VISIT
[RSLEMPLOYMENT.COM.AU](https://rslemployment.com.au)



Ex-Defence Scholarship recipient
Daniel Hema served 14 years in
the Army and is now studying
a Bachelor of Education at
Australian Catholic University.





OUR 2020 SCHOLARS

HONORING

In 2020, RSL Queensland awarded scholarships to more than 70 ex-Defence members, Defence partners and children of ex-Defence members.

 Matilda Dray

ON 18 September, we hosted a ceremony in partnership with the Australian Veterans' Children Assistance Trust (AVCAT) to honour our incredible recipients. Our Scholarship Program aims to empower our Defence community by supporting them through tertiary study or vocational training.

One of our Veteran Dependent Scholarship recipients is Griffith University student Grace Scholl. Both her parents served in the Army, and Grace is studying a Bachelor of Psychology (Honours) with the aim of using her qualifications to help veterans and their families.

"I can remember, as young as the age of three, deciding that I would become a doctor so I could help people like my parents, who sacrificed everything to uphold the values they stand for," said Grace.

“I would really love to do my Honours project on the children of veterans, but my goal is that I just want to work in the community.”

Providing an overview of the Scholarship Program, General Manager Veteran Services Rob Skoda said a strategic decision in 2020 resulted in a significant increase in the number of scholarships provided.

“We are proud to support our scholars and enhance Defence families’ access to education, opportunity and, ultimately, employment. Our scholars are studying in a range of fields including community services, creative industries, education, healthcare, law and science.”

RSL Queensland President Tony Ferris said the ceremony represented an opportunity to celebrate the achievements of recipients and their deep commitment to learning and education.

“Scholars, you have made the decision to open the door to opportunity. We’re here to support you on your journey,” said Tony.

Ex-Defence Scholarship recipient Tyran Jarman is studying a Bachelor of Stage and Screen at Australian Performing Arts Academy. Tyran served in the Army for 20 years from 1998 to 2018.

“The RSL Scholarship is so much more than just a financial backing. Their whole goal is just to see me succeed. Which is fantastic,” said Tyran.

RSL Queensland CEO Melanie Wilson also thanked the partners, parents, families and peers who support the scholars with their academic pursuits.

“Living the Defence lifestyle can present families with unique opportunities and challenges and RSL Queensland stands shoulder to shoulder with you and your families,” said Melanie.

“We aim to support you, not only through our Scholarship Program, but the wide range of services we offer to veterans and their families.”

**“LIVING THE
DEFENCE
LIFESTYLE CAN
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VETERANS AND
THEIR FAMILIES.”**



APPLY FOR A SCHOLARSHIP

FOR MORE INFORMATION ABOUT OUR PROGRAM

VISIT **[RSLQLD.ORG/SCHOLARSHIPS](https://rslqld.org/scholarships)**



CLOCKWISE FROM TOP LEFT:
 Defence Partner Scholarship recipient Anna Douglas with her husband Wayne and their daughter Heidi. Anna studied a Bachelor of Training and Development at the University of New England; Gavin Rowe watches his daughter Bethany receive her scholarship award; Recipients of our 2020 RSL Queensland Scholarships accept their awards; Ex-Defence Scholarship recipient Daniel Hema and Hannah Corlett; One of our Veteran Dependent Scholarship recipients is Grace Scholl, whose parents Christine Warne and John Scholl both served in the Army.







REMEMBER to remember

The 11th hour of the 11th day of the 11th month marks the moment the guns fell silent on the Western Front after the bloodshed of WWI. Over the past century, this moment has been adopted across the globe as a time to remember those who served and sacrificed in all wars and conflicts.

On Remembrance Day 2020, RSL Queensland asked all Australians to Remember to Remember – to commit to pausing for just one minute to remember those who gave their lives in service to their country, those who returned home injured or ill, and those who bravely serve our country today.

RSL Queensland organised an official Remembrance Day ceremony from the Shrine of Remembrance in Brisbane's ANZAC Square on 11 November. We also broadcast a live stream of the event on our Facebook page to enable the community to commemorate from the comfort and safety of their homes.

A video and audio recording of a short commemorative service were also available to download prior to the day.

As the global pandemic has severely impacted our Sub Branches' ability to raise the funds they need to be able to support veterans in their local communities, we strongly encouraged the community to donate to the Poppy Appeal.

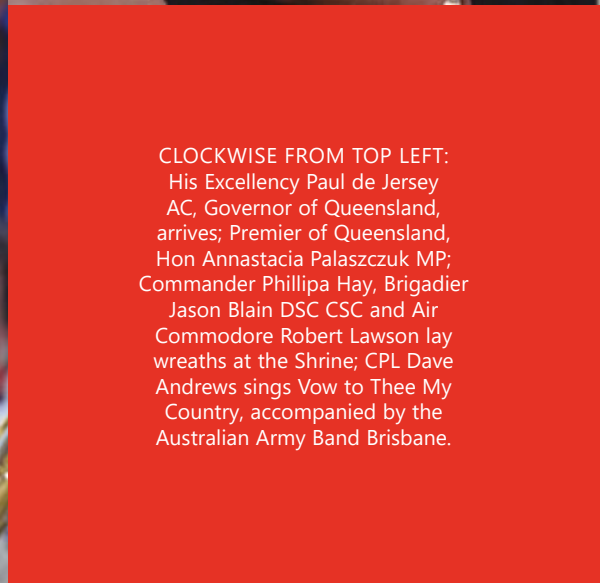
Donors were given the option to dedicate a virtual poppy to a family member or friend – planting a Garden of Remembrance that will help us provide support and assistance to veterans across Australia.

While the pandemic continued to impact many traditional commemorations, there were a small number of RSL Sub Branches around the state that also held COVID-Safe events.



CLOCKWISE FROM ABOVE: Knitted and crocheted poppies adorn the fence at the Shrine of Remembrance, ANZAC Square, Brisbane; A veteran bows his head in a moment of reflection; Veterans gather at the Grand Central Hotel across from ANZAC Square.





CLOCKWISE FROM TOP LEFT:
His Excellency Paul de Jersey
AC, Governor of Queensland,
arrives; Premier of Queensland,
Hon Annastacia Palaszczuk MP;
Commander Phillipa Hay, Brigadier
Jason Blain DSC CSC and Air
Commodore Robert Lawson lay
wreaths at the Shrine; CPL Dave
Andrews sings Vow to Thee My
Country, accompanied by the
Australian Army Band Brisbane.





CLOCKWISE FROM ABOVE: Regimental Sergeant Major, Warrant Officer Class One Matthew Bold OAM; The green beret was the official headdress of the British Commandos of WWII; A tribute to a fallen soldier; Remembrance Day is a time to pause and reflect; Veterans Greg Ivey and Donald Graham pay their respects.





THE ODE OF REMEMBRANCE

 Anita Jaensch

IF YOU'VE EVER attended an ANZAC Day or Remembrance Day service, you will have heard the stirring words of The Ode.

*They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted;
They fell with their faces to the foe.*

*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

The *Ode of Remembrance* – often referred to simply as The Ode – is actually only the third and fourth stanzas of Laurence Binyon's poem, *For the Fallen*.

He wrote it less than two months after the outbreak of WWI, in response to the heavy casualties suffered by the British Expeditionary Force on the Western Front. Appearing in *The Times* on 21 September 1918, the sentiments it expressed were in stark contrast to the tone of news reports and other poems at the time.

The Ode has been read at commemorative services in Australia since 1921, expressing the nation's collective feelings of respect and loss for the service people who gave their lives during WWI, and in all conflicts since.





BEAUDESERT

Beaudesert RSL Sub Branch members (left to right) Noel, David and Helen were among those at a small Remembrance Day Ceremony. The Sub Branch recently installed a Remembrance Seat in its Memorial Garden on the corner of William and Anna Streets.

BEERWAH

RSL Sub Branch members including President John Nisbett and Secretary Libby Brown participated in a Remembrance Day service at Beerwah State High School. Principal Lyn McDonald was emcee for the ceremony, which was also attended by Deputy Mayor Division 1 Cr Rick Baberowski and Member for Caloundra Jason Hunt.



BRAY PARK-STRATHPINE

Naval Association of Australia Sandgate Sub Section President Darby Ashton paid his respects at the Bray Park-Strathpine service.





BULIMBA DISTRICT

Bulimba District RSL Sub Branch members gathered at the Oxford Street Memorial to pay their respects. They were joined by several elected representatives, who lay wreaths, observed a minute's silence, and responded to The Ode. Pictured (left to right) are Bulimba Cr Kara Cook, State Member for Bulimba Di Farmer MP, Sarah Anderson (representing Member for Griffith Terri Butler MP), Bulimba District President Brian Daley OAM, Bulimba District Secretary Trevor Wheate and Past President Brian Laing. Photo courtesy of Di Farmer's office.



CALLIOPE

There were 60 people at Calliope Remembrance Day service, conducted by President Robyn Marshall.

CENTENARY SUBURBS

Centenary Suburbs RSL Sub Branch member Keith Buck (97), who served as a commando during WWII in New Guinea and Japan with the occupation forces, proudly displays his medals in readiness for Remembrance Day. Keith was one of four WWII commandos recently presented with a 75th Anniversary Medallion by the Federal Government, as well as a Commando Medallion presented by the Commander of the 1st Division. He discharged from the Army in 1947 and spent another 20 years in the Citizens Air Force and Citizens Military Force, before retiring in 1963.





MILES

Pictured at Miles RSL Sub Branch's small Remembrance Day service were (left to right) Western Downs Regional Council Mayor Paul McVeigh, WWII veteran Eric Geldard, Miles RSL Sub Branch Treasurer Adrian Daveson and President John Green.



CITY-NEW FARM

City-New Farm RSL Sub Branch members and friends (left to right) Trish Ferguson, Gordon Rothe, Sandra Walsh and Diane Gage took part in the 2020 Poppy Appeal at Merthyr Village on 10 November.

GRACEMERE AND DISTRICT

Members of 1st CQ Light Horse Regiment in formation surrounding members of 31/42RQR Rockhampton, who were the Catafalque party during the Gracemere and District RSL Sub Branch Remembrance Day Service. They are standing behind 10-year-old Westwood State School student Jack Sheridan, who won the competition to name the Sub Branch's Gallipoli Pine Tree. He called it Galakubra – a combination of the words Gallipoli and Akubra. Students from five local primary schools submitted entries into the competition.





KEDRON-WAVELL

Wreaths laid in honour of the fallen at the Kedron-Wavell RSL Sub Branch RSL Remembrance Day service.



MURGON

Bevan Costello delivered the Welcome to Country at Murgon's Remembrance Day service.

NUNDAH NORTHGATE

An RAAF member was the guest speaker at Nundah Northgate Sub Branch's Remembrance Day service. They spoke about current ADF operations, while also noting that what hasn't changed over the last century is the importance and value of mateship and mutual support.





SALISBURY

Salisbury RSL Sub Branch member Ralph Crompton holds a wreath during the Remembrance Day service.



QUEENSLAND LIVING HISTORY

The Queensland Living History Federation WWI re-enactment group held an early Remembrance Day service at Nundah Memorial Park on Sunday 8 November.

ROMA

Members of the Light Horse Brigade are pictured next to Roma RSL Sub Branch's new outdoor memorial gazebo, which was officially opened on Remembrance Day.





TOWNSVILLE RSL WOMEN'S AUXILIARY

War widow Margaret Standfast dedicated almost 350 hours to crocheting 2,060 poppies for a display in a Townsville shopping centre in honour of Remembrance Day. Margaret, a member of Townsville RSL Women's Auxiliary, worked on the project for 5.5 hours every day for nine weeks! Her poppies were added to a long red dress made by a local dressmaker, creating a spectacular train, while the rest of her flowers were included on displays provided by other organisations and local schools.



TOOWONG

Descendants of two Victoria Cross recipients, Neville Howes VC (Boer War), left, and Charles Heaphy VC (NZ land war), were invited to Toowong RSL Sub Branch's Remembrance Day service.



WIRUNYA BLUE AGED CARE HOME

Staff at Blue Care Carbrook Wirunya Aged Care Facility made a mammoth effort to create a beautiful display to help residents honour Remembrance Day.

TWEED HEADS AND COOLANGATTA

The Tweed Heads and Coolangatta RSL Sub Branch committee honours the fallen on Remembrance Day.



WARRINA INNISFAIL

Warrina Innisfail observed Remembrance Day with a service for residents of the aged care home. The service was presided over by resident Allan Scott, who was president of Innisfail RSL Sub Branch for seven years. CEO Peter Roberts gave the opening address and Allan read The Ode.





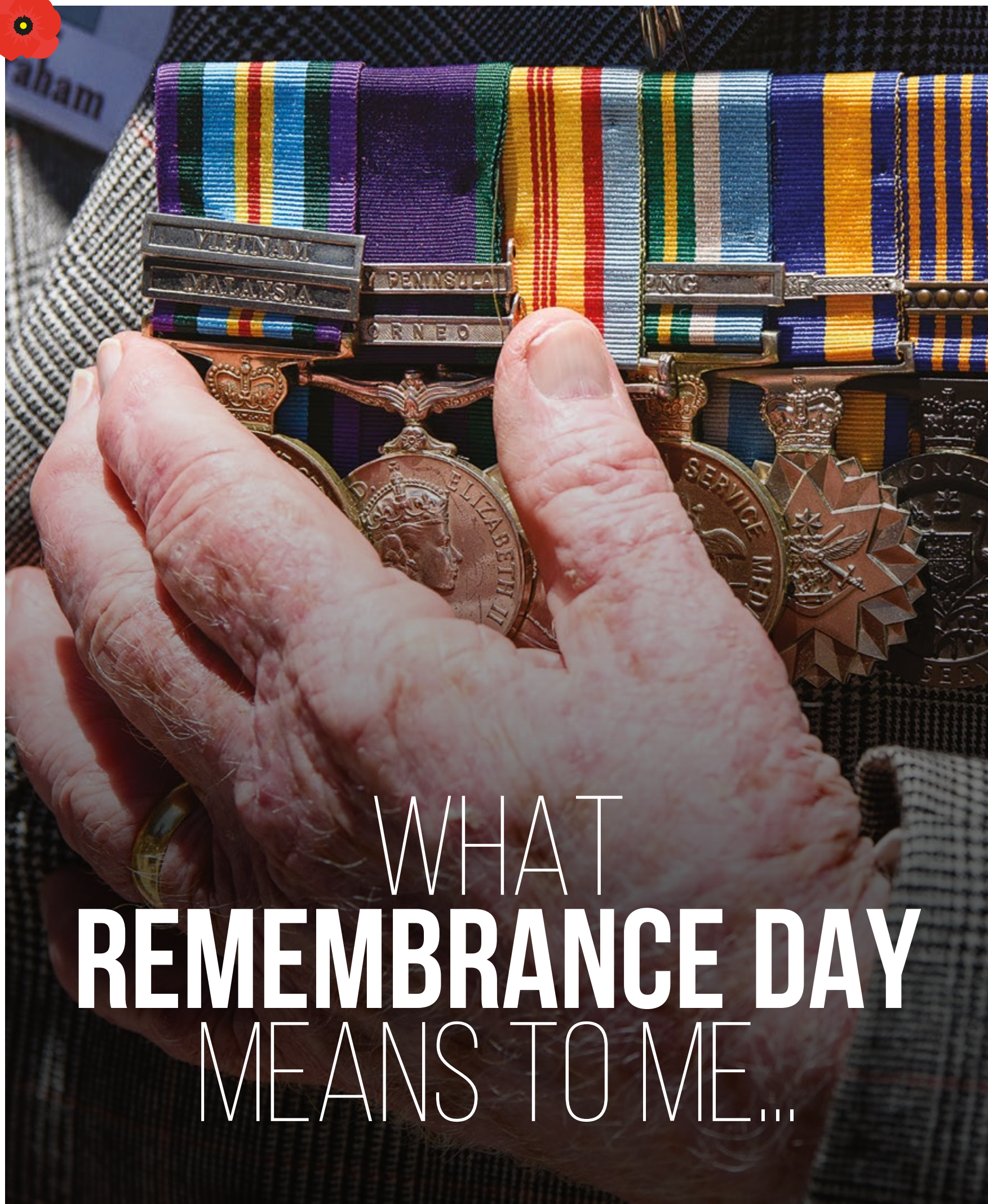
LEYBURN

Leyburn RSL Sub Branch President Gary Sprott was emcee for the community's Remembrance Day service. Leyburn is a small country town with a population of 476 people, 40km south west of Toowoomba and with an interesting history. Following the Battle of the Coral Sea, the Australian Government built an airfield in 1943 for use by the USAAF's Heavy Bomber aircraft in the event of a Japanese landing near Brisbane. The airfield was home to No. 200 RAAF Special Duties Flight and paratroopers from Z Special Unit with missions operating in Borneo and Timor. Gary has lived in Leyburn for 25 years, and in that time, he and the members have collected an invaluable array of memorabilia, documents and artifacts that capture and preserve the unique military history of the town. After WWII, Leyburn hosted the 1949 Australian Grand Prix, with 40,000 spectators watching competitors race around the 7km airfield circuit. Today the airfield is partially visible and is mostly farm land, however a stretch of the main runway forms the driveway of local farmer Carolyn Keans (also pictured), who also volunteers her time at both the Sub Branch and the local Rural Fire Service.

STANTHORPE

Stanthorpe RSL Sub Branch Secretary Paul Petter, Member for Southern Downs James Lister MP and Stanthorpe RSL Sub Branch Deputy President Norman Steele at Stanthorpe's Remembrance Day service.





WHAT
REMEMBRANCE DAY
MEANS TO ME...



Veterans share their thoughts on the significance of Remembrance Day.

Anita Jaensch

On two occasions each year – ANZAC Day and Remembrance Day – Australians come together to honour all those who have served our country – those who returned safely, those who came home wounded in body or soul, and those who made the ultimate sacrifice.

But while ANZAC Day is observed only in Australia and New Zealand, Remembrance Day is observed across the Commonwealth, as well as in France, Belgium and Poland. Marking the moment that the Armistice came into force after the bloodshed of WWI, the 11th hour of the 11th day of the 11th month unites former allies across the globe in a moment of silent reflection.

For veterans, Remembrance Day is a time to honour those who served before them and with them, as well as those who are still serving. We spoke to some of our members about what Remembrance Day means to them.



“Remembrance Day means something different to me than everyone else. Being a veteran, you remember every day.

“Remembrance Day is [about] looking back at the sacrifices that people have made in order for us to be where we are today. It’s about recognising those past sacrifices but recognising also the current and future sacrifices made not just by the veteran alone, but also by the family and friends that support them.”

Duane Johnston joined the Australian Army in 1990 and was medically discharged in 2000, after having been deployed in Somalia. He is Deputy President of Deception Bay RSL Sub Branch and Vice President of The Garrison, and a Veteran Community Peer advisor and Queensland Ambassador for Open Arms.



“When you go to work every day, you get caught up in your job. Remembrance Day gives you the opportunity to really reflect on why you’re a part of the military, what you’re serving to do, and all those people who are still serving.

“Remembrance Day is the day when we commemorate the end of a war, but these days we are continuously serving overseas. So, it gives you the opportunity to stop and pause and reflect that there are people still serving this country overseas, and be thankful that they’re there to give your children a safe home.”

Squadron Leader Ajitha Naidu Sugnanam has served in the RAAF for 11 years and has been deployed to Afghanistan and the Middle East. She is currently posted to RAAF Base Amberley.



“Even though we still have to remember what happened with our men and women who served, it’s equally important to remember that we have the freedom to live our lives because of their sacrifices.”

Elaine Gallagher served in the Army for 13 years before being medically discharged. Believing that community involvement can positively impact our mental health, she now runs Wellness Ignitor, which aims to foster social connection through coffee.



“It’s a day where we stop, reflect and give thanks to those who went before us and in some cases, paid the price for our freedom and the privileges we enjoy today. It’s very special to me, having worked with veterans as a Welfare Officer.

“It’s one minute, for one day in the year. Surely we can give one minute for those men and women.”

Kathy Pearce served three years in the Women’s Royal Australian Army Corps, before being discharged to be married. She volunteers as a Welfare Officer at Sunnybank RSL Sub Branch.



"On Remembrance Day, we commemorate all the deployments Australia has had since the middle of the 19th century to today, and I think it's just as important as what ANZAC Day is. The difference with Remembrance Day is that it's commemorated worldwide – all the allied forces commemorate that day – in comparison to ANZAC Day, where only Australia and New Zealand commemorate that.

"Unfortunately, you don't get the number of people that come to Remembrance Day commemorations and that's a pity. So we need to jog people's memories and let them know Remembrance Day is just as important. It's not just the end of the Great War, but all conflicts."

Harry Claassen served as an engineer with the Army's minefield squadron during the Vietnam War. He is Vice President of Sunnybank RSL Sub Branch.



"Remembrance Day is a very emotional time for me. It's a time to reflect on my time in the Army, the great people I've worked with and the mates I lost in Vietnam. It's also an opportunity to reflect on my family, particularly my grandfather's commitment in World War I and my father's in World War II.

"This is an occasion on which – globally – we reflect on the efforts of those who survived and those who didn't survive war. And that still goes on today. All these young kids who go away – I admire them, and I thank them."

Hugh Polson served in the Army for 25 years and was deployed to Vietnam as a young Artillery Officer. He worked as a veteran's advocate with RSL Queensland before retiring, and has been President of the Sunnybank RSL Sub Branch for the past six years.



"For me personally, it's remembering both my great grandfather and my grandfather, who served in World War II. My great grandfather was a prisoner of war on the Burma Railway and is still buried over there, and my grandfather served in the Pacific fighting against the Japanese in the Second World War. It's about being able to really reflect and remember them for what they did.

"The little bit of time it takes out of your day to just stop, pause and remember means the world to everybody [who's served]. It shows that you are thinking about the sacrifice they made and it's a level of respect you can offer to those people who went before you."

Jarrett Bird served with the Australian Army for seven years, during which time he served in Afghanistan and Papua New Guinea. He now works with RSL Queensland.



"Remembrance Day is an emotional time for many veterans, [their] family and their friends, as they reflect on loved ones lost and continue to support those who returned bearing scars, physically and mentally, for their lifetime.

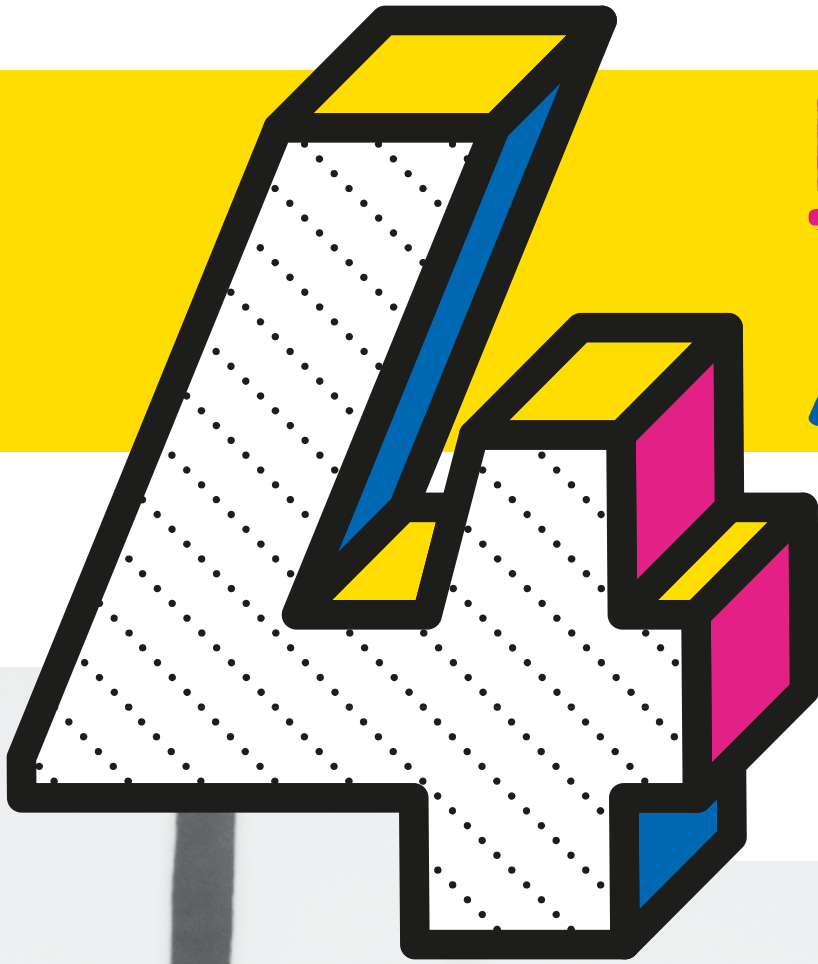
"I am passionate about engaging and involving the wider community in promoting the commitment of service men and women, to educate and remember the legacy and sacrifices of service personnel in conflicts and peacekeeping missions which have allowed us to enjoy the freedom of our beautiful country."

Natalie Elliott served in the RAAF for 10 years before medically separating. She is a community volunteer, taking therapy dogs to aged care facilities for pats and conversations with elderly veterans and their wives. She is also secretary of the Burpengary War Memorial Committee.

REASONS TO USE AN ADVOCATE

RSL Queensland's free advocacy service can help you navigate the DVA claims process and ensure you get the best possible outcome.

 Anita Jaensch





Making a DVA claim for a condition or injury received during service can be confusing and time-consuming, but the advice and support of a qualified advocate can take the guesswork out of it.

RSL Queensland Head of Veteran Services Graeme Alley says there are four main benefits of working with an advocate.



A GUIDING HAND

"RSL's team of advocates liaises with the DVA daily on behalf of their clients," Graeme says.

"They'll ensure you've got all the documentation and evidence you need to prove your claim, and support you through the process. Claims can take some time to be assessed and approved, but our advocates will keep you informed at every stage."

Graeme says having the support of an advocate can be particularly helpful for veterans who are suffering from PTSD or mental health issues.

"Our advocates will take the time needed to ensure veterans fully understand what is happening and why, or to reassure them if their claim is delayed."



SPECIALIST KNOWLEDGE

RSL Queensland advocates are all knowledgeable about the Acts governing veteran compensation and the claims process. But they can also draw on a bank of knowledge and expertise from their colleagues across the organisation, some of whom have decades of experience in compensation and advocacy.

Graeme – a veteran himself – points out that many RSL advocates are also ex-Defence members. "That means they share with their clients a unique understanding of what it means to have served and to have transitioned back into civilian life," he says.

"This gives them the ability to empathise with their clients in a very different way."



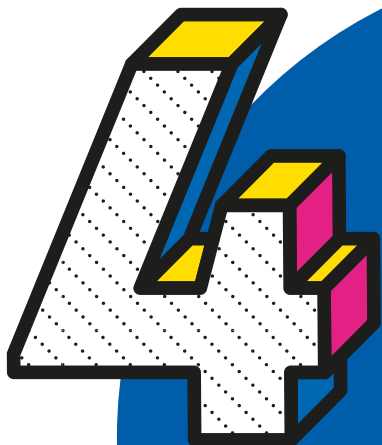
A HOLISTIC APPROACH

While RSL advocates work to ensure veterans receive any compensation they're entitled to, they are also able to link them with other programs and services that will result in a better overall outcome.

"Above all, we're focussed on wellness," Graeme says. "We want to improve our clients' quality of life and that's often best achieved through a combination of factors - compensation certainly, but also things like rehabilitation services, social connection and support in finding civilian employment."

RSL advocates understand the full range of services and programs available to veterans - both from DVA and from ex-service organisations like RSL Queensland and Mates4Mates. They work with veterans to develop a wellness plan that incorporates all the elements that will result in the best possible outcome.

"Sometimes if veterans are too focussed on compensation above all else, they may begin defining themselves according to their level of disability. We want them to focus on being well again," Graeme says.



ADVOCATES ARE ON YOUR SIDE

"Ultimately, our advocates are only there to help veterans. Our advocacy services are provided completely free of charge, and you don't have to be an RSL member to get assistance," Graeme says.

He encourages veterans to have a chat with RSL Queensland's Veteran Services team to see what their options are.

"Take the time to find out how we can help," Graeme says.

"Having an advocate by your side can make the claims process simpler and less stressful."

RSL Queensland's advocates can work with you face-to-face, via telephone or online, including lodging your claim online.



**FIND OUT MORE OR CONTACT
OUR VETERAN SERVICES TEAM
AT [RSLQLD.ORG/ADVOCACY](https://rslqld.org/advocacy)**

MATES 4 MATES

THE QUARTERLY MAGAZINE
FOR OUR DEFENCE COMMUNITY

**National Appeal
Day raises over
\$100,000 for
veterans and
their families.**

+ **A SNAPSHOT
OF 2020**
FROM COMMENCING
IN DARWIN TO ART
CLASSES IN TOWNSVILLE

+ **NEW WAYS TO
CONNECT AT
CHRISTMAS**
WHEN FAMILY
IS NOT AROUND

**Two mates,
two dogs
and a cuppa.**

HOW MATESHIP
HELPS WITH RECOVERY

A message from our CEO Troy Watson.

Closed centres due to COVID-19, isolation of veterans and increased demand – we have navigated the many challenges that 2020 has thrown at us this year to ensure veterans and their families were supported.

Our daily commitment is to ensure that we are reaching more veterans and their families in times of need, whatever those needs may be. As a result, this year we have launched new wellness programs, introduced targeted recovery plans for those seeking support, commenced select programs in the Northern Territory, and expanded our online services, among other things. In addition we continued to align our services with RSL Queensland, to ensure a boarder service offering to veterans and their families.

We know that our services make a difference in the lives of so many, and you will see on the back page of this edition, some of the comments that we have received from Mates which reinforces the critical work that we do in the Defence community.

This year, we also launched our second National Appeal Day in November, raising funds



for another 50 new programs in 2021 that will directly address the everyday challenges that veterans and their families face, from addiction to persistent pain. These challenges are real and debilitating, but many can be overcome or managed with the right support. You can read more about our appeal on page five.

Our supporters – corporate partners, donors, fundraisers, and the general public – are an important part of our work and I would like to take this opportunity to personally thank them for their support this year.

We are working hard to ensure that no mate is left behind, and our community is making this easier.

Lastly, thank you to RSL Queensland for their ongoing support.

I am looking forward to 2021 and continuing the work of Mates4Mates in the Defence community.

Wishing you a great Christmas and a safe New Year.

Troy



Where to find support.

Mates4Mates Family Recovery Centres will be closed from Friday, 25 December to Sunday, 3 January. Our doors will be back open on Monday, 4 January 2021.

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

Open Arms

1800 011 046
openarms.gov.au

Lifeline (24 hours)

13 11 14
lifeline.org.au

Suicide Call Back Service (24 hours)

1300 659 467
suicidecallbackservice.org.au

Make the call that makes the difference.

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

 mates4mates.org

 **1300 4 MATES**

Follow
us today.



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 Communications & Media Manager via marketing@mates4mates.org or call 1300 462 837. Written and edited by Laura McKoy. Design by Sven Kolesarić.

Two mates, two dogs and a cuppa.



Steve (R) and Ted (L) with their service dogs at Mates4Mates in Townsville.

Mateship is at the heart of what we do at Mates4Mates. It's a place for veterans to find a group of people they can call 'mates', and a place where they can feel understood and welcomed. That's exactly what Steve Moore and Ted Tiessem found.

It's Tuesday morning at the Mates4Mates Family Recovery Centre in Townsville and mates, Steve and Ted, have just opened up the Mates café at the Centre.

Their service dogs, Axel and Scout, are keeping each other company.

As they prepare and serve coffee, snacks and meals, they regularly stop to have a chat and a laugh with any veterans who drop by.

Steve and Ted both served in the Australian Army but ended up being medically discharged. While they knew of each other in the Army, it wasn't until they met again at Mates4Mates that a strong bond formed.

After both Steve and Ted got an assistance dog to help them manage PTSD symptoms, they bonded over training their service

dogs and experiences in the Army, and they have been great mates ever since.

Three years on, they both volunteer in the

Mates4Mates café to not only support their own recovery but be a listening ear and helping hand to other veterans impacted by service.

"By helping other people, you help yourself. Making a coffee for someone who is having a bad day and having a chat, you can see their spirits lift, and it lifts you up too," Ted said.

Steve agreed. "You get satisfaction making something that someone enjoys."

Both Steve and Ted said Mates4Mates has been an important part of their recovery, providing support, social connection and purpose.

"At Mates4Mates, they don't judge you. You feel welcome every time you are there. You can just go for a chat and relax, or take part in the activities," Ted said.

As the pair finish serving their final coffees and snacks for the morning, they know that their contribution, makes a difference to the mates and families.

When asked why others should also support Mates4Mates, Steve

said; "You might save a life. If someone is looking for a reason not to be here, Mates4Mates shows them that life is worth it."

Each year, Mates4Mates supports thousands of veterans across Australia, like Ted and Steve. To access support, or to find out more about ways you can show your support, visit mates4mates.org.

**"At Mates4Mates,
they don't judge you.**

**You feel welcome
every time you
are there"**

— Ted



2020 SNAPSHOT

From making our services available online to helping veterans overcome trauma through art, Mates4Mates has delivered an extensive range of programs and services throughout Australia during 2020. [Here is a snapshot:](#)

MARCH

Announced new NT centre



We were announced by DVA as the lead organisation to deliver the Veteran and Family Wellbeing

Centre in the Northern Territory. The centre will be the first of its kind, and provide vital rehabilitation and support services to local veterans and families. While some services will commence in late 2020, the doors will officially open in 2022.

AUGUST

Pedalled for health

To help Mates get back outdoors and active after COVID-19 restrictions lifted in Queensland, we took a large group over to Stradbroke Island near Brisbane for a 60km cycling challenge. Cycling is an important part of our social and wellbeing activities, as it helps veterans both physically and mentally in a safe environment. Shared experiences also bring our Mates together, building bonds and providing a support network they can rely on in times of need. The day was a 2020 highlight for many.

APRIL

Launched online services

We transitioned our services online for nearly three months to align with COVID-19 restrictions. While we could not support Mates face-to-face, we were able to provide support in a new way. Throughout this time, we provided telehealth appointments, online social activities and programs like yoga and art therapy. As a result of the demand, we have retained many online services.



OCTOBER

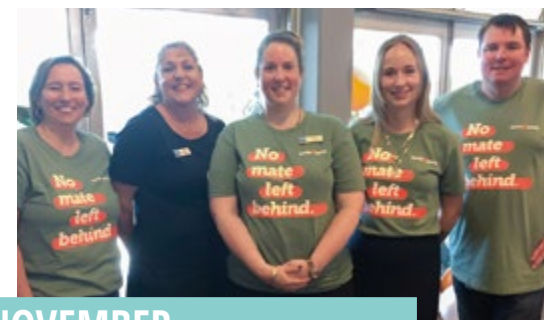
Helped Mates heal through art

Nineteen veterans and family members came together to participate in a Mates4Mates therapeutic art program in Townsville. Mates took part in weekly sessions, run by psychologists, covering topics from finding their identity to dealing with difficult emotions. The topics were then reflected in the artworks.

JULY

Developed one-day wellness programs

We were awarded a Supporting our Veterans – COVID-19 grant from the Tasmanian Government to deliver four one-day wellness programs. Facilitated by our psychologists and exercise physiologists, each program will include therapeutic group sessions covering topics from pain management to mood management, and relationship support. The first program was held in Hobart, with other programs to be held in Burnie, Coles Bay and Devonport in 2021.



NOVEMBER

Held National Appeal Day

We held our second annual National Appeal Day, raising over \$100,000 for veterans and their families. This will fund 50 new Skills for Recovery programs targeting the everyday needs of veterans, from mental health issues to addiction, persistent pain and more. Read about this on page five.



No mate left behind.

Mates4Mates National Appeal Day 2020 raised over \$100,000 for veterans and their families.

With generous support from our corporate partners and the community, we can deliver over 50 new programs in 2021, targeting the everyday challenges that veterans can face, from depression to addiction and persistent pain.

These programs will provide veterans and their families with the tools and knowledge to manage service-related injuries, including how to manage pain, ways to improve mental health symptoms, personal relationships and communication.

Thank you to everyone who supported our National Appeal Day – it's because of you, that we can reach more veterans and their families.

By guaranteeing that we can support over 500 veterans through these new programs, we are one step closer to our goal of leaving no mate behind.



Images: Community supporters across Australia, showing their support for National Appeal Day.

MATES4MATES

NATIONAL
**APPEAL
DAY.**

• 5 NOVEMBER •

National Appeal Day was generously supported by matching partners Adagold Aviation, Australian Military Bank, RSL Pioneer-Fitzroy-Highlands District, the Broomhead Family Foundation, the Johnson Family, and Derick George Haddrill Estate, and media partners 97.3FM and Gipps Outdoor.

DVA grant supports younger veterans.

Mates4Mates is the recipient of the Department of Veterans' Affairs (DVA) Supporting Younger Veterans grant which provides funding for innovative and sustainable programs to support younger veterans.

Next year, Mates4Mates will hold a range of three-day intensive workshops, targeting the needs of younger veterans who are at risk of long-term impacts from service.

Each program will be run by a Mates4Mates psychologist and exercise physiologist and will cover topics that address specific injuries and issues faced by many younger veterans. Topics include persistent pain management, managing mood, addiction issues, building effective relationships, dealing with grief and loss, and managing trauma.

Programs will be held in various locations around Queensland, Tasmania, and the Northern Territory, and accommodation, food and resources will be provided for the three days and two nights (travel costs are not included).

Programs are open to veterans and current serving members*.

Visit mates4mates.org to see scheduled programs and to register your interest.

*Eligible for DVA support only

Freshen up your Christmas menu.



As we settle in for Christmas lunch or catch up with the family, remember energy intake needs to equal energy out or it will add up and can affect how we feel about ourselves.

Instead of over-indulging during the holiday period, take time to plan your Christmas and New Year menus using a variety of fresh summer fruits and vegetables to stay healthy. There are so many healthy recipes and inspirations out there if you get stuck for ideas.

Be sure to plan some fun activities with loved ones such as beach or backyard

cricket, take a swim at the beach or a nice nature walk to balance out any extra energy that you do consume.

Here's our pick for a healthy meal from the **Australian Healthy Food Guide** to dish up over the holiday period.

• Smoky beef and veggie fajitas with guacamole

 Australian Healthy Food Guide

Serves: 4

Cooking time: 20 mins prep,
20 mins cooking

Ingredients:

1 large red onion
1 cup fresh coriander sprigs
1 ripe avocado, stone removed, roughly chopped
1 small tomato, finely chopped
2 x 200g beef fillet steaks, fat trimmed
1/4 teaspoon cumin
1/4 teaspoon ground coriander
1/4 teaspoon paprika
1/4 teaspoon dried oregano
4 large, flat mushrooms, thinly sliced
2 medium capsicums (1 red and 1 yellow), thickly sliced
8 mini gluten-free corn tortillas
lime wedges, to serve

Instructions:

1. Finely chop a quarter of the onion and half of the coriander. Mix in a bowl with the avocado and chopped tomato. Set aside.
2. Meanwhile, spray beef with olive oil. Combine the cumin, coriander, paprika and oregano in a small bowl, and sprinkle evenly over both sides of beef.
3. Heat a barbecue hotplate to medium-high. Cut remaining onion into thin wedges. Grill the onion, mushrooms and capsicums for 7–8 minutes, or until charred and tender. Transfer to a medium bowl and cover to keep warm.
4. Grill beef for 3–4 minutes each side, or until cooked to your liking. Transfer to a small plate. Cover with foil for 5 minutes to rest before slicing thinly.
5. Meanwhile, heat tortillas on a hot pan until warmed through. Serve tortillas topped with the capsicum mixture, beef, guacamole, remaining coriander sprigs and lime.

New ways to connect at Christmas.

✍ Georgia Ash, Mates4Mates National Clinical Manager

The Christmas season means different things to people depending on their social, family, economic, religious and health circumstances. Whilst it is often depicted in the media as a joyous, exciting, and rewarding time, the reality is that not everyone experiences the season like this. This year our circumstances may also be radically altered because of COVID-19 restrictions, changing the way we can connect with others.

Depending on where you live, you may not be able to see those you traditionally spend this time of year with. If you have relatives or friends overseas, it is highly probable that you won't be seeing them face to face. If this is the case, it is understandable to feel disappointment, however it is important to think about other ways of appreciating and catching up with your loved ones.

For most of us, COVID-19 has resulted in an increased use of virtual communication and we are fortunate to live in an age where this exists. Appreciating the connectivity that is possible instead of dwelling on what isn't possible, is a much healthier and helpful way of viewing our circumstances.

ADF families may find that they have now gone for prolonged periods of time without physically seeing each other. This can be

especially tough on children, so it is important

to talk to them about the reasons why the separation is necessary and assure them that they will be able to have virtual contact with others on Christmas Day.

Lastly, take advantage of what you can do. Go for a walk in nature if possible, head to the beach or mountains, and enjoy the freedoms that living in Australia provides. Use the time to relax and not stress about the small issues in life. Whilst you can't change what isn't under your control, you can choose to appreciate what you have and make the best of your circumstances.

The good news is that we can all take steps to maintain and strengthen our ties to family and friends, expand our social circles and become more involved in the community around us. Here are some tips to help:

- ✦ Reach out to your existing network. Spend time catching up over coffee, walking around a marketplace or watching a movie.
- ✦ Make time each day to call a friend or visit someone.

- ✦ Start conversations with neighbours or organise a Christmas street get together.
 - ✦ Use social media to stay in touch with long-distance friends or write a letter.
 - ✦ Ask people to join you for physical activities, go for a long walk, join a group fitness class, or try a new sport.
 - ✦ Learn a new skill or focus on what you are interested in. The holiday period can be a great time to revisit an old hobby you've set aside and connect with others who share your interests.
 - ✦ Volunteer to deepen your sense of purpose and help others.
- If you're struggling with loneliness, make a pledge to connect this holiday season. Strengthen those all-important bonds — because when we connect, we thrive.

For 24-hour crisis support over the Christmas break, reach out to Open Arms on 1800 011 046 or Lifeline on 13 11 14.

“Appreciating the connectivity that is possible instead of dwelling on what isn't possible, is a much healthier and helpful way of viewing our circumstances.”

Georgia Ash,
Mates4Mates
National Clinical Manager

MATES4MATES

Here for those
impacted by service.

Mates4Mates got me through a really tough period in my life where I honestly did not think I could.

Mates4Mates is probably the main reason why I am still walking around today.

Katherine

I feel more confident that I can handle all that life is throwing at me. Mates4Mates is there for me.

Rob

Without Mates4Mates I would probably be alone and in a dark place.

Gregory

Thank you

Because of the generous community support we have received in 2020, we have been able to change more lives.

Here's how we helped some of our Mates.

"I no longer feel as though I have to tough it out by myself. I am so very grateful to have found Mates4Mates."

Tim

Without Mates4Mates I would still be in the dark not knowing what to do.

Christian

Mates4Mates became my place to go when I needed to be around others because I was too afraid to be alone. They gave me a sense of community when my previous one completely shut me out.

Lisa

Mates4Mates gives you a sense of belonging.

Tony

*All names have been changed to protect the identity of our Mates.

A photograph of two men in a modern office environment. The man on the left, wearing a red and black checkered shirt, is leaning over a laptop. The man on the right, wearing a dark blue RSL Queensland polo shirt, is smiling and looking at the laptop. The background features a geometric ceiling and warm lighting. A large, semi-transparent maroon circle with a dashed white border is centered over the image, containing the main title.

BUILDING BRIGHT FUTURES FOR VETERANS AND STAFF

‘We’re not who you think we are’. That’s the message behind RSL Queensland’s new employer brand campaign, Building Bright Futures.

✍ Matilda Dray

LAUNCHED in September, the campaign touches on all the elements that make RSL Queensland such a great place to work – our purpose, our values, our culture, our cutting-edge technology, and our social impact. It is designed to dispel misconceptions about our organisation and demonstrate our commitment to building a brighter future for veterans in surprising and innovative ways.

Our strong employee engagement score reflects the satisfaction staff gain from using their skills to support the Defence community.



“A general misconception would be that we’re an RSL club,” says Chief Information and Strategy Officer Simon Button.

“That’s not what we are. We’re an organisation that is here to support the veteran community, and we invest in the best practice technology to deliver great outcomes.”

To achieve the objectives of our 2025 Strategy, RSL Queensland is bolstering its workforce with key roles across the organisation. And because we want to attract the highest calibre candidates, we want to showcase our organisation as a leading employer in Australia.

“The RSL has made a big impact on a lot of veterans’ lives, and that makes me feel really proud,” says Compensation Advocate Sharon James.

“If you want a job that’s meaningful and has a purpose and you want to make a positive impact, you’ll definitely get that with RSL.”

The campaign includes various videos that provide a glimpse into some of the teams we are recruiting for, including Veteran Services, Membership & Network, Marketing and Technology.

Veteran Services Marketing Manager Jessica Stone feels lucky to have experienced working in RSL Queensland relatively early in her career.

“It’s really opened my eyes to how the right role can make you feel good



about the work that you do for 38 hours of the week. I don’t think that I could go back to an organisation whose core mission isn’t to positively impact people’s lives,” says Jessica.

RSL Queensland invests strongly in technology, which empowers its employees – providing them with great tools to use and a flexible work environment.

“When something unexpected, a big risk like COVID happened, some organisations struggled, but we had the infrastructure ready, all the tools and software required for working remotely, and it was a very easy transition,” says Business Improvement Specialist Sam Alavi.

“What are you waiting for?” says General Manager Membership & Network Lisa McIlroy.

“Open your eyes and see RSL Queensland for the endless possibilities that it provides. If you can find your connection to purpose here, I think you’ll be delighted. If you’re looking for an environment that embraces collaboration, respect, kindness, and actually truly lives its values, then RSL Queensland is the place you want to come.”

You can view our videos on YouTube, and if you or anyone you know would like to grow their career at RSL Queensland, visit rslqld.org/about-us/careers. ↩



The Wiggles (2020)
Emma Watkins,
Simon Pryce,
Lachlan Gillespie
and Anthony Field.



unknowns

IN THE BIG RED CAR

Anyone who has kids or grandkids knows Anthony, the blue Wiggle. But did you know he once wore khaki?

 Tom Wilson



Anthony with his parents at his March Out from Kapooka.

IT'S 1982, and Anthony Field is lying in bed, not sleeping. He's staring through the open door into the dark hallway. He has no idea what time it is, as he doesn't have a watch. He's not allowed to have a watch.

He can hazard a guess, though. He's started waking up at the same time every morning, a few minutes before they call "hallway". He's not alone. He can hear people quietly shuffling in the other rooms. Almost everyone in the platoon is already awake, looking out into the hallway from their rooms, waiting.

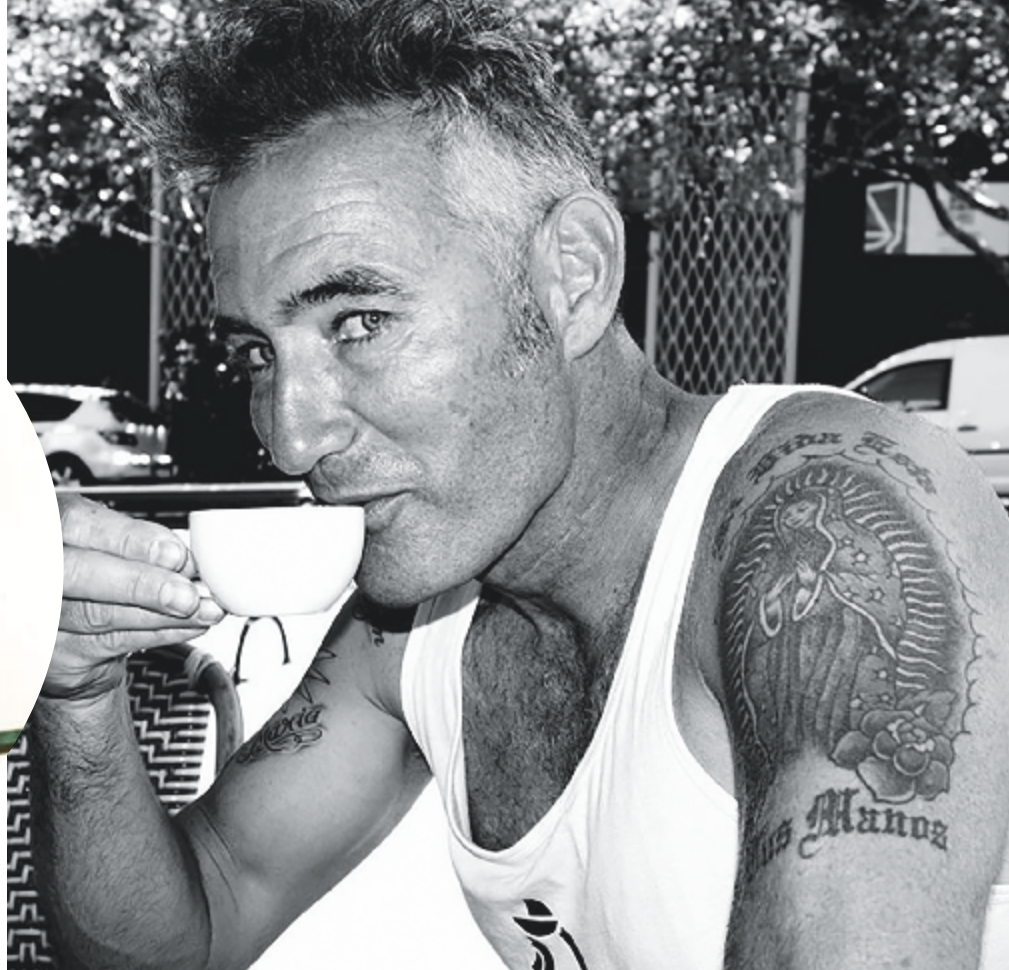
Bink-bink-bink. Fluorescent lights blink on in the hallway, garishly bright. A man's voice booms – "Hallway 26!"

"Hallway 26!" Anthony yells in response, in almost perfect unison with dozens of other male voices. He leaps up out of bed, jamming his feet into a pair of waiting thongs, and violently wrenching the white bedsheets off the mattress. He throws one over his left shoulder, and one over his right, and sprints out the door, hooking to one side and standing with his back to the crème-coloured wall.

His roommates do the same. Up and down the hallway, bleary-eyed recruits erupt from their rooms and line up along the walls in the same fashion, sheets dangling like capes. They stand with heels together and eyes forward, trying not to antagonise the severe-looking corporal in green fatigues standing in their peripheral vision at the end of the hall.

Anthony is 18, and a recruit at Kapooka, basic training for the Australian Army. It's an intense, alien world, full of seemingly absurd rules, ferocious discipline, and a lot of yelling – but it beats the hell out of boarding school in Sydney.

If you told Recruit Field that 28 years later he would be a household name and be made a Member of the Order of Australia for his services to children, he probably would have told you that you were dreaming.



“LONG BEFORE THE BIG RED CAR, ANTHONY WAS TRAINED TO DRIVE M113 ARMoured PERSONNEL CARRIERS – BOXY, TRACKED VEHICLES ARMED WITH .50-CALIBER HEAVY MACHINE GUNS – AND WAS ALSO EMPLOYED AS A CEREMONIAL BAGPIPER IN THE PIPES & DRUMS SECTION.”

Remembering basic training while at his home in Gladesville, NSW, Anthony laughs.

“There wasn’t any political correctness going on in those days. I’ve heard it’s different now. It was pretty rough back then, but I guess it had to be. No complaints, but it was pretty wild!

“When we were going through, we had a lot of veterans from Vietnam, who had never had any psychological help. There were a lot of men who were suffering a bit. Some of them had some issues that needed dealing with, and there was the occasional butt-stroking going on with the corporals!”

‘Butt-stroking’ is a rather placid way of describing getting whacked with the stock of a 7.62mm semi-automatic rifle, a form of instilling discipline that is thankfully in the past.

“The whole time I was in the Army, I had nothing but respect for the NCOs [Non-Commissioned Officers], the soldiers I was with,” Anthony says.

“I had come from boarding school, which was really rough... I just liked, when I was in the Army, that people were upfront. I really enjoyed my time in the Army. It was so good.”

After basic training, next stop was the School of Infantry in Singleton, NSW, where he learned how to be a

grunt, training in the use of machine guns, rocket launchers and grenades.

“I remember the lines [dormitories] there. This sounds a bit crude... there were no toilets in the actual lines, where we were, so guys would just open up the back door... The sergeant saw that all this grass wasn’t growing out the back of our lines. He put two and two together, and we got in a bit of trouble for it all!”

After qualifying as an infantry soldier, he was posted to 5/7 RAR at Holsworthy Barracks, Sydney. Long before the Big Red Car, Anthony was trained to drive M113 Armoured Personnel Carriers – boxy, tracked vehicles armed with .50-caliber heavy machine guns – and was also employed as a ceremonial bagpiper in the Pipes & Drums section.

He wound up deploying to a divided Germany in the height of the Cold War, an experience he remembers fondly.

“I loved it mate. The [Berlin] Wall had not come down yet, and what we went over for was, there were, I think, four or six unmarked graves, but they discovered that they were Australian soldiers, and we went over,”

Anthony says.

“We did an exercise with the NATO forces, and we commemorated the

graves of these unknown Aussies. It was very moving to be over there. The exercise we were in was absolutely insane, because at the time the Cold War was on, so it was really serious.

“The equipment they had, compared to what we had in Australia, was mind-blowing. They were on the Leopard III or IV, [and] we were driving these old Centurion tanks. It was just crazy, seeing the technology that the world had.”

It’s strange to think that one of Australia’s most beloved children’s entertainers was once a heavily-armed soldier – what drew him to the infantry?

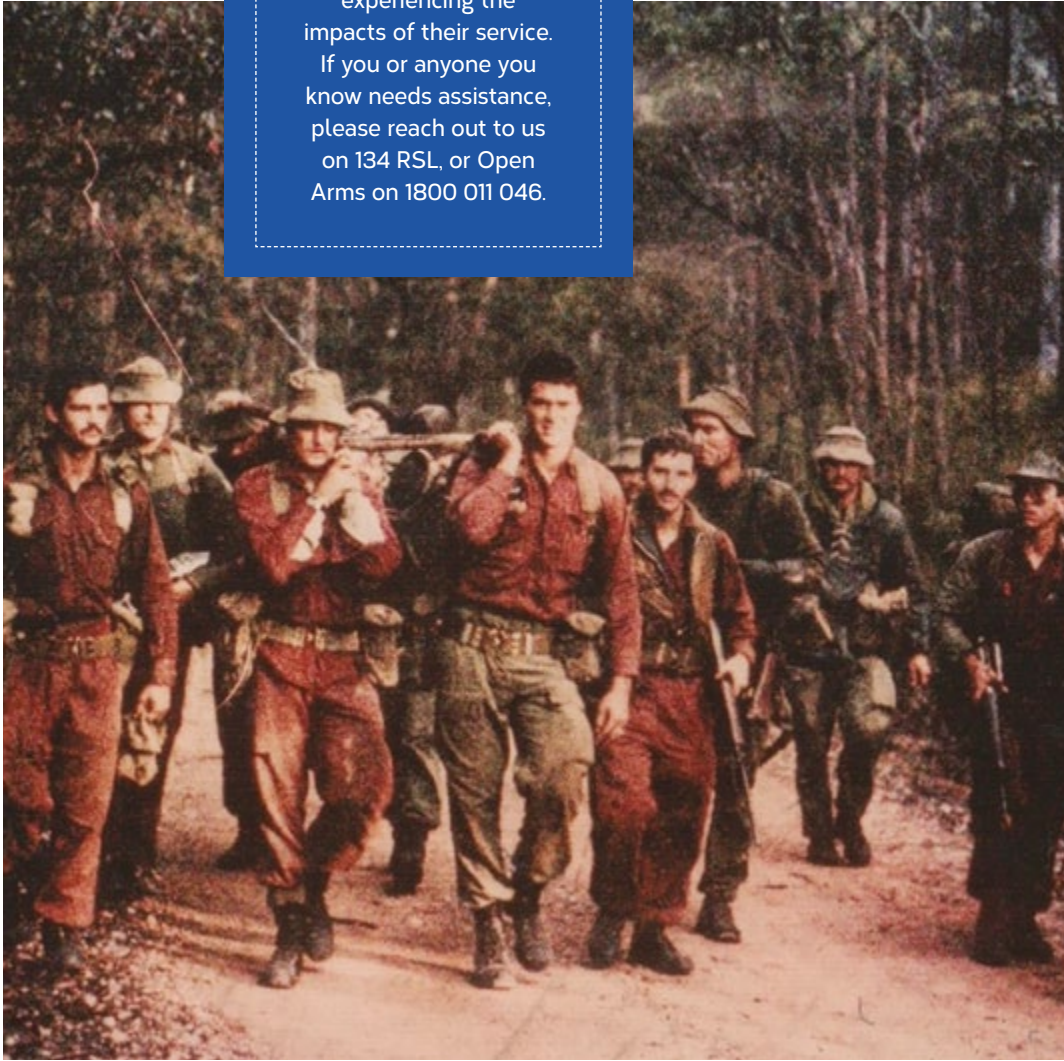
“I basically couldn’t get in as anything else,” he laughs. “I was really happy to be a rifleman.”

His service is something he’s proud of and he takes part in ANZAC Day every year.

Earlier this year, the original Wiggles played some licensed shows for their grown-up fans, with proceeds going towards recovering from the shocking bushfire season.

All appeared to be going well, until Greg Page, the honey-voiced yellow Wiggle, suddenly face-planted

RSL Queensland and Mates4Mates stand ready to support all veterans who are experiencing the impacts of their service. If you or anyone you know needs assistance, please reach out to us on 134 RSL, or Open Arms on 1800 011 046.



and went into cardiac arrest. Some quick-thinking bystanders saved his life. What did this experience teach Anthony about life, and the people around him?

"I've got post-traumatic stress – not from the Army, I got it from boarding school – and I really got triggered when I saw Greg... he basically died in front of us. They brought him back, thank god," Anthony says.

"Jeff had actually had a heart attack a couple of years before as well... I don't know what to say about it, mate. I couldn't believe it happened to Greg. He is the youngest of us – I've known him since he was a kid. He was like a baby brother to me... It was just dreadful. I didn't take it too well... It just teaches us that it can happen to any of us. Just a horrible thing to experience."

Anthony's struggles with mental health issues are well documented since he first went public about his

battles with depression in 2007.

The year 2020 has been shocking for many, and The Wiggles were not immune. With 80 per cent of their business coming from touring, with multiple performances a day, how has he been holding up?

"I had a shocker about two months ago. It's a long story, but I got bit by bush lice in the Army, and I got taken to hospital, and 35 years later I got meningitis, and I got diagnosed overseas with Lyme disease... I have what's called a Bartonella, which is cat scratch [disease], and that gave me meningitis, and recently I thought I had dementia," Anthony says.

He has been on Sertraline, an antidepressant commercially known as Zoloft, for many years.

"I started forgetting sentences, I forgot where I was going. I was in a really bad way. This was about three months ago. I went to the doc, and he got me an MRI, and I found out

that I had encephalitis – my brain was swollen – and also had asphyxia; oxygen wasn't going to the brain. I was in a really bad way," Anthony says.

"So he took me off the antidepressants and did all this therapy, which has actually helped me."

It feels like a rough year to be taken off antidepressants.

"For the past eight weeks or so, I've been off antidepressants, and I have been crying... 20 times a day. I'm just starting to get better. It just showed me that, mate, sometimes it's out of your control. Someone would tell me something and I would start bawling my eyes out.

"I think I'm going to be better in the long run. The swelling is coming down. I've got to get another MRI done. My headaches aren't happening as bad. I'm not crying as much – I'm crying about once or twice a day, instead of 20 times."

Aside from his wife and kids, who are some of the people he leans on for support?

"The most solid friendships I've ever had have been my Army mates. They all stayed on way longer than me. A fella up in Brisbane, Kenny Holmes, he writes to me every day, and he says, 'Private Field, how are you?'

"He writes every day to me, and some days I can't write because I'm in a bad way, but at the moment I'm doing really well... Even if you can't handle speaking to someone who is obviously depressed, just write – 'How are you doing mate? Are you okay?' It does help, you know?"

I have been a parent for six years, and The Wiggles have been a big part of my home, as I'm sure they have been for a lot of you. Don't worry, I asked Anthony – can you do a burnout in the Big Red Car?

"We did a movie a few years ago, and it was a Volkswagen that they converted, and Greg did one of those handbrake turns, whatever you call it. I think that's a burnout, isn't it?" Anthony laughs.

"Yeah, we've done a burnout, and there's some footage of it. Somewhere, someone's got it."

A version of this article originally appeared on sensemusicmedia.com and has been republished with permission. ←

ABOVE:
Anthony, fourth
from the right,
doing a stores
carry out field.

OPPOSITE
(INSET): Anthony
doing an
obstacle course
at Kapooka.





FINDING A WAY TO TRIUMPH OVER TRAUMA

 Anita Jaensch

There's no single 'best way' to tackle the challenges of post-traumatic stress disorder (PTSD), no magic remedy that will work for every sufferer.

Each individual needs to find the strategies and tools that will work best for them. But the process of finding that personal strategy can take its toll.

This is the challenge that inspired the establishment of 4 Aussie Heroes and its holistic 12-day Triumph over Trauma program, which RSL Queensland proudly supports.

Vietnam veteran and business leader Gerry Garard wanted to give something back to society when he retired. Having read about the challenges faced by veterans returning from Afghanistan and Iraq, he decided to look into options for managing PTSD and mental health issues.

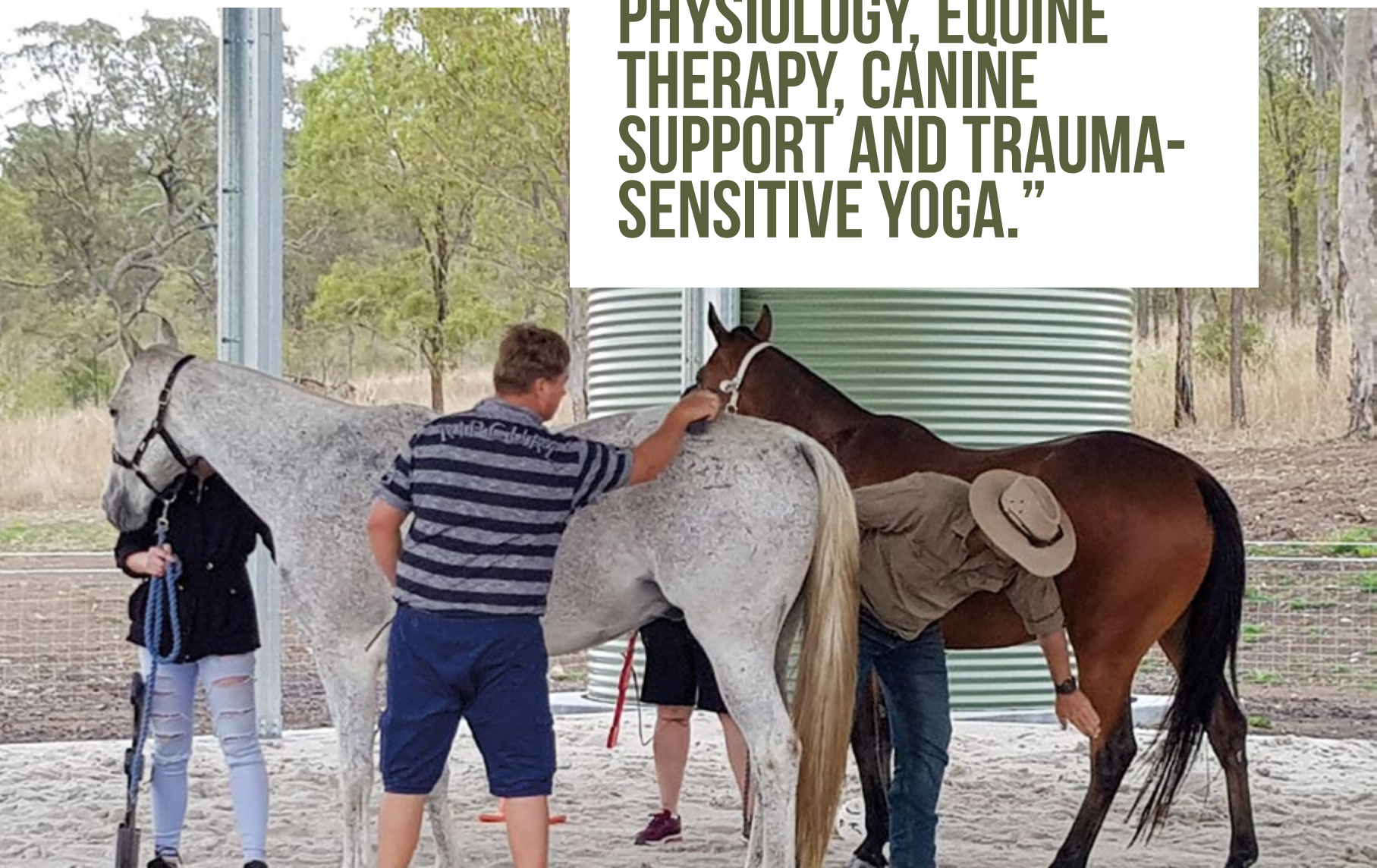
A HOLISTIC APPROACH

After extensive research in both Australia and the United States, he realised most programs concentrated on specific approaches. But there was no holistic program that offered a range of educational and therapeutic strategies.

“I wanted equine-assisted therapy, I wanted canine support, exercise physiology, nutrition and healthy eating – all of those things that were then considered slightly aside from therapeutic interventions,” Gerry says.

“I also believed there’d been an underestimation of the rural environment. I believed the demographic we’re looking at would be better served if the program were delivered in a relaxed and calming rural environment.”

“AS WELL AS EDUCATION SESSIONS ON COGNITIVE BEHAVIOURAL THERAPY, RESILIENCE, POST TRAUMATIC GROWTH, MINDFULNESS AND SELF-CARE, PARTICIPANTS HAVE THE OPPORTUNITY TO SAMPLE ADJUNCT THERAPIES SUCH AS NUTRITION, EXERCISE PHYSIOLOGY, EQUINE THERAPY, CANINE SUPPORT AND TRAUMA-SENSITIVE YOGA.”





LEFT:
The 12-day Triumph over Trauma program incorporates adjunct therapies such as exercise physiology.

BELOW:
The holistic program also offers a range of educational and therapeutic strategies.

ASSEMBLING A CRACK TEAM

With a broad outline of the program he had in mind, Gerry put his corporate skills to good use, mobilising a team of professionals to bring his ideas to life.

"I got together a team of volunteers who were mostly mental health professionals – a psychologist, a psychiatrist, a psychotherapist, an exercise physiologist, a counsellor and an educator from QUT on mental health. We met nearly every three weeks, and everyone gave their views," Gerry says.

"After 18 months, they came up with a 12-day live-in program. It had about 110 sessions in it, about 40-45 per cent were psychological interventions and the others were what they referred to as adjunct sessions.

"We named it Triumph over Trauma."

A WIDE RANGE OF STRATEGIES AND TOOLS

As well as education sessions on cognitive behavioural therapy, resilience, post traumatic growth, mindfulness and self-care, participants have the opportunity to sample adjunct therapies such as nutrition, exercise physiology, equine therapy, canine support and trauma-sensitive yoga.

Participants also have four one-on-one sessions to help them set goals and develop personal plans to follow.

"The middle weekend is a support persons' weekend, and most of the sessions on that middle weekend are to do with relationships and empathy and understanding," Gerry explains.

BUILDING A COMMUNITY

Gerry says he's been pleased to witness the bonds that have developed between previous participants of the course.

"After the end of the first program, unbeknown to the Foundation and myself, the participants formed their own closed Facebook page, and they started a group that has continued on to this day," he says.

"They talk to each other nearly every day or two. Their partners meet with the kids for coffee in places like Brisbane where they're close."

ABOUT THE PROGRAM

Triumph over Trauma is free of charge and limited to 10 participants per course. Veterans who would like to participate in the course must undergo an intake assessment and have medical clearance from their GP. ←



**THE NEXT
COURSE
BEGINS ON
01MAR21**

Find out more or
register your interest at
info@4aussieheroes.com.au



NEW

RSL EDUCATION WEBSITE GOES LIVE

The newly designed RSL Education website went live on 1 October, with a host of new features and refreshed content that is more accessible and easier to find.

THE site provides quality education resources for students and teachers, helping younger generations understand the achievements, sacrifices and challenges of our nation's veterans.

Since going live, users are up by 88 per cent, page views are up by a massive 222 per cent and the average session duration (the time a user spends on a webpage) is up by 34 per cent.

New features on the website include:

- A media library to share veterans' stories
- Teaching resources, including detailed teacher's notes, student handouts and more – all aligned to the Australian Curriculum from Foundation to Year 12



CLOCKWISE FROM TOP LEFT:

A soldier carries a wounded Medical Officer in Ypres, 1917 (AWM: E05260); An animated girl dressed in a nurse's uniform from World War I is featured in the Poppies and Armistice resource suitable for primary school students; Australian and New Zealand Troops in Long Tan, Vietnam feature in a resource for senior students; The Human Performance Centre at Lavarack Barracks in Townsville.

- Ideas for school excursions to places that highlight Australia's military history

- Hosted competitions.

The new site took around 12 months to create, including gathering ideas, seeking feedback from teachers, design and development. It was finished in time for Remembrance Day, with the most popular page teaching students about Australia's commemorative days and providing a handout to make The Ode of Remembrance relevant to the younger generation.

Other popular pages have information about taking part in Remembrance Day and ANZAC Day, health and wellbeing, poppies and the armistice, and planning a commemorative event. [←](#)





Dr Agnes Bennett became the first female commissioned officer in the British Army, treating numerous men wounded at Gallipoli. (Photo: The Agnes Bennett Collection, Alexander Turnbull Library)

Dr Agnes Bennett

In the early 1900s, Sydney-born surgeon Dr Agnes Bennett paved the way for women in the medical profession. When WWI broke out, she tried to join the Army as a surgeon but was turned away. Undeterred, she pushed past gender prejudices to eventually become the first female commissioned officer in the British Army, treating numerous men who had been wounded at Gallipoli.

 John RE Brown

AS a child, Agnes Bennett wanted to become a doctor, but the medical ethos in Australia at the time prohibited women from entering medical colleges. It was believed that allowing women into the halls of learning would distort their natural inclinations towards homemaking and motherhood.

Through persistence, she obtained a scholarship in science at Sydney University and graduated with a BSc in 1894. Despite a distinguished university career, women scientists were not sought after, and she became a governess instead.

But in 1895, with some help from the family bank manager, she travelled to Scotland. She was accepted into a medical college of the University of Edinburgh that Dr Else Inglis created to offer medical training to women. Dr Bennett graduated in 1899.

Dr Inglis took a liking to the young Australian woman, but it wasn't until several years later that the two doctors' paths would cross again.

Back in Australia and New Zealand, Dr Bennet ran into some difficult years with her profession. Finally, she had some success in 1905, when she took over the practice of a female doctor in Wellington, New Zealand.

In 1910, she became Chief Medical Officer of St Helens Maternity Hospital and was Honorary Physician at the Children's Ward of Wellington Hospital. The following year she completed her medical degree in Edinburgh and then returned to Australia to resume her career.

When WWI broke out in 1914, her two brothers enlisted in the Australian force that landed at Gallipoli. She tried to join the Army as a surgeon in 1915, only to be told to "go home and start knitting".

Back in Edinburgh, Dr Inglis was delighted to enlist Dr Bennett as a surgeon in the Scottish Women's Hospitals. The unique organisation provided predominantly female medical staff for field hospitals in war-torn Europe. One of the selected countries was Serbia, which would be Dr Bennett's destination.

But when she arrived at Alexandria en route to Edinburgh, Dr Bennet saw men on stretchers being carried from a ship onto the wharf. Realising they were probably casualties from Gallipoli and thinking of her brothers, she disembarked and hurriedly examined the men.

She was relieved to find that her brothers weren't among the wounded, but she could see the men were in extreme pain and smelled the unmistakable aroma of gangrene in the air.

Speaking to the officer in charge, she learned there was an acute shortage of surgeons. Dr Bennet's offer to help was accepted with immediate relief and she was quickly established in the military hospital in Cairo. She wore the insignia of a Captain – the first such instance in British military medical history.

With work completed at Cairo when the Gallipoli campaign finished in December, she sailed to England. She met up with her

old mentor Dr Inglis and committed herself to work with the Scottish Women's Hospitals as surgeon-in-charge of a forward medical unit in Serbia.

She and her group reached Salonika in August 1916 and moved forward to Ostrovo Lake, where their unit was set up in September in malaria-infested country. Unfortunately, it was also infested with Bulgarian commando-type units.

They were notorious for murdering male prisoners and treating women as 'spoils of war'. The situation was so bad that doctors and nurses were issued with revolvers – probably resulting in acutely startled patients in the operating tent at the sight of holstered Webleys hanging from the tent poles!

It was in Ostrovo that her career intersected with that of the outstanding physician, Dr Lillian Cooper. Dr Bennett treated hundreds of wounded patients in Ostrovo in late 1916, but contracted malaria in winter 1917 and had to retire from her work in Serbia.

It seems that Dr Bennett spent the latter part of her life moving between Australia and England. She became the first president of the Wellington branch of the International Federation of University Women in 1928, representing Australia at its world conference at Cracow, Poland in 1936.

On one of her return trips to Australia, she became the medical officer for the Flying Doctor Service at Burketown, North Queensland. In 1939, she moved back to Wellington to assist in the formation of the Women's War Services Auxiliary.

Between 1940 and 1942 she worked in English hospitals, before returning to New Zealand to lecture on venereal disease and birth control to the Women's Services.

Romance only touched Dr Bennett once, in her young days, when she became deeply attached to a young man who would probably have become a life partner. Sadly, he drowned in Sydney Harbour and she remained single for the remainder of her life.

Her services as a medical practitioner in Wellington earned her an Order of the British Empire in 1948. Dr Bennett's distinguished life of service to humanity and the advancement of women's causes ended on 27 November 1960. ☞



Dr Angela Maguire

WHEN ONE PERSON JOINS, THE WHOLE FAMILY SERVES

Launched in 2019, GMRF's Families with a Veteran project has provided the research to develop a model of care that will ensure veteran families get the help they need, when they need it, to stop them from 'falling through the gaps' in the service system.

Veterans face health and wellbeing challenges that can extend to their family members, social groups, and occupational networks. Here in Australia, there are many services available to support veteran families.

However, with so many options available, gaining access to the right mix of services at the right time can be a frustrating and difficult process. Families who don't get the support they need, when they need it, can experience hardships that affect future generations.

Since launching the PTSD Initiative in partnership with RSL Queensland in 2013, the Gallipoli Medical Research Foundation (GMRF) has been dedicated to investigating the health and wellbeing needs of veterans. Over the past three years, their research focus has expanded to include veteran families.

In 2019, GMRF launched the Families with a Veteran project. Commissioned by RSL Queensland

and Legacy Brisbane, the study was delivered in partnership with Mates4Mates and Open Arms, and was overseen by a Steering Committee specialising in veteran health and wellbeing.

GMRF approached the study with three key understandings from those involved in the project:

- There are many public, private, and not-for-profit agencies that offer support to Australian veteran families.
- Veteran families sometimes face challenges when trying to access services that address the full range of their health and wellbeing needs.
- An evidence-based, practical solution was needed to better integrate care across the many services offered by Defence, Department of Veterans' Affairs (DVA), ex-service organisations (ESOs), and mainstream (civilian) organisations.

Clinical Psychologist and Principal Research Fellow Dr Angela Maguire is leading the Families with a Veteran

project. She has seen firsthand the challenges some families face when trying to gain access to holistic, family-centred care. Her research emphasises the unique nature of military service and the lived experience of veteran families.

"The Australian health and social care system can be challenging to navigate if you're a civilian," Dr Maguire says.

"Then you add the Defence, DVA, and ESO systems of care. Some families can get overwhelmed by the care coordination challenges.

"There are experiences related to military service – like combat-related trauma – that place stressors on these families that are quite different to those experienced by civilian populations. When you think of the breadth and depth of need that some of these families are dealing with, it is little wonder that problems can get worse over time without the right supports."

The Families with a Veteran project was a collaborative initiative designed



Find out more or support GMRF's work at gallipoliresearch.com.au

to address identified gaps in system integration and care coordination for veteran families with needs that span health, social, and economic concerns.

"It was clear throughout the project that the research was sorely needed," Dr Maguire says.

"Families were keen to share their experiences. Agencies are looking for solutions. Everyone has contributed to provide the evidence we need to better support veteran families."

The project was a year-long undertaking aimed at developing recommendations for a model of care to guide service delivery for veteran families with complex, multi-agency needs. There was a particular emphasis on:

- understanding the health and wellbeing needs of veteran families
- identifying service access barriers and facilitators

- detecting unmet needs and gaps in service provision
- developing practical solutions for improving service delivery.

"Basically, what is needed is a 'no wrong door' approach to integrated care. Ideally, families would be able to make one phone call and trigger a process that would put all the right supports in place," Dr Maguire says.

Right now, several key agencies, including RSL Queensland, Legacy Brisbane and Mates4Mates, are planning a staged implementation of the proposed model of care. These agencies are committed to ensuring veteran families get the help they need, when they need it, to stop them from 'falling through the gaps' in the service system.

RSL Queensland General Manager Veteran Services Rob Skoda has been a passionate supporter of this research

since day one of the project and participated as a member of the project steering committee.

"Being a former Defence member has given me a unique insight into many of the issues that veterans need to overcome, and how they can impact the whole family," Rob says.

"We know without holistic support that incorporates partners and families, it will be difficult for veterans to thrive in life after service. We are proud to partner with GMRF in this research because we know it can translate into real improvement to long-term outcomes and quality of life for veterans and their families."

The project demonstrates the value of working with families to deliver real-world solutions. GMRF looks forward to 2021, as we continue to partner with RSL Queensland to expand our Military Families research. ←

A LOYAL COMPANION

THAT WILL NEVER BE FUR-GOTTEN


When RAAF veteran Adam Mitchell's dog, Fod, passed away earlier this year, he wanted to do something special to mark her military service.

 Anita Jaensch

SO he approached his local Sub Branch about the possibility of installing a memorial plaque, recognising not only Fod's service, but the service of all military working dogs. Glasshouse Country RSL Sub Branch President Brian Machin was happy to agree, recognising the importance of creating a Sub Branch that is equally representative of *all* its members.

"For our younger members in particular, it's extremely important that they know they have somewhere they can come and know they are always supported," Brian said.

On Friday 30 October, friends, family members and other guests gathered to unveil Fod's memorial plaque, built by Adam himself. In a timber frame, it features a beautiful painting of Fod, her Canine Service Medal, a folded Australian flag, and her lead.

Adam's mother and his friend, fellow RAAF dog handler Tegan Bowden, shared their memories of Adam and Fod's special bond, and President of Toowong RSL Sub Branch (and fellow 'doggie') George Hulse provided some background to the role of military working dogs and the Canine Service Medal. 

ABOVE:
Fod's memorial plaque, built by Adam himself. In a timber frame, it features a beautiful painting of Fod, her Canine Service Medal, a folded Australian flag, and her lead.

RIGHT:
Adam, centre, with fellow RAAF dog handler Tegan Bowden and Toowong RSL Sub Branch President George Hulse.





VETERAN WRITES BOOK TO HELP WOMEN GET FIT

The combination of a near death experience, post-traumatic stress disorder and weight gain – which led to the development of a heart condition – prompted veteran Anna Maria Lang to publish *Battles Babes Fitness*. Anna believes women need more inspiration in their daily lives and wrote a book filled with daily battle plans to help women win the war on weight, body image and fitness.

"Of course, not everyone suffers if they gain weight, but I know that it is important to look after yourself, because your health, wellbeing and longevity of life depends on the choices you make and the actions you take," Anna says.

"So many veterans who suffer also face weight challenges from medication, inhibited thinking, drinking alcohol, poor food choices, lethargy, resistance to exercise, and other habits that lead to health concerns. Know that you can gain a greater quality of life for looking after yourself and eating well, exercising and maintaining a weight range that is conducive to health." Learn more at battlebabesfitness.com



DINING COLLABORATION BETWEEN OLD AND YOUNG

More than 70 veterans of all ages gathered for the inaugural Veterans Dining In Night in Gladstone. The evening was a collaboration between Young Veterans Central Queensland and Gladstone RSL Sub Branch.

GREENBANK FUNDS MEN'S HEALTH TRIP

For several years, Greenbank RSL Sub Branch has funded an annual camping trip for veterans as part of Men's Health Week. After each trip, participants' wives notice an improvement in the mental health of their partners. This year, the group visited Miara on a week-long fishing trip. During their visit, another camper in the park unfortunately suffered a heart attack. The Sub Branch had organised a first aid course earlier in the year and several members drew on their knowledge and rushed to help the man. They performed CPR for 45 minutes, but sadly, when a paramedic arrived, they were told the man could not be revived. Despite this incident, the veterans returned from the trip with healthier minds and are looking forward to the 2021 trip.





CENTURY FOR CLAUDE RYAN

Beenleigh and District Sub Branch members surprised WWII veteran Claude 'Barney' Ryan for his 100th birthday on 4 September. Having been isolating at home since late March, Claude was thrilled to reach this momentous occasion and celebrate with an outing to Beenleigh RSL & Golf Club. He was joined by all generations of his family and several friends. Club President David Draper, left, and Wellbeing Coordinator Darryl Devantier, right, presented Claude with his WWII Commemorative Medallion. Claude still knows how to party, enjoying a few cheeky beers, his favourite fish and chips, and a big slice of birthday cake.



DON DAVEY GIVEN ANZAC OF THE YEAR AWARD

RSL Queensland State President Tony Ferris, left, presented Kingaroy-Memrambi RSL Sub Branch President Don Davey with his ANZAC of the Year Award. The award was announced in April, but the presentation was delayed due to COVID-19. Don was finally presented with the award in front of representatives from Wide Bay & Burnett District on 21 November.



AUTOBIOGRAPHY 23 YEARS IN THE MAKING

It may have taken veteran George Knox 23 years, but he finally finished his autobiography, *Family First*, which documents the brutality and despair of his childhood through to his wonderful life with his wife of 50-plus years and their children, and his time serving in the RAAF and working overseas. Back in 1997, author Bryce Courtney suggested that George write his story, but it took him a few years to fully apply himself to the task. Turn to page 84 for a chance to win a copy of the book or email ado@blokesworld.com (\$29.99 for RSL members).

LAIDLEY TURNING TRASH INTO TREASURE

Sub Branches certainly find unique ways to raise funds to support the Defence community. Members of Laidley RSL Sub Branch are turning trash into treasure, thanks to a grant from the Queensland Government. The Sub Branch received \$10,000 for a custom-built Containers for Change trailer, which recycles bottles and cans. The group will take the trailer to markets, sporting events and festivals to collect containers. Pictured (left to right) are Silvia Arce-Moreno from Ecobox Solutions, Laidley Sub Branch Vice President Allan 'Doc' Foster, Treasurer Neil Cook, Lockyer Valley Regional Council Mayor Tanya Milligan, President Tom Barton, State Member for Lockyer Jim McDonald MP, and Lockyer Valley Regional Council Deputy Mayor Jason Cook.



WWII VETERAN HONOURED AT VP75 DINNER

After successfully applying for RSL Queensland commemorative funding, Gracemere and District RSL Sub Branch organised a dinner to mark the 75th anniversary of VP Day. Nearly 150 people attended the dinner at Rockhampton Leagues Club on 29 August to enjoy a nostalgic evening, with photos and film clips from the past. The highlight was the presentation of a Commemorative Medallion to WWII veteran Harold Morgan by Barry O'Rourke MP in recognition of his service. Images were projected of other WWII veterans Ken Rowlands, Graham Heath and Norm Peacock, who were not able to attend the dinner. (Photo: Pani Tuhoro-Cornelius)

HERVEY BAY HOLDS SUICIDE AWARENESS WORKSHOP

Throughout 2020, Hervey Bay RSL Sub Branch has maintained its commitment to training its wellbeing officers in mental health. In September, volunteer counsellor Harry Ghitgos organised a Suicide Awareness Workshop presented by Lifeline. The two-and-a-half hour workshop helped participants understand the mindset of those experiencing suicidal thoughts and build confidence in dealing with the issue. The morning was a great success, with all WHO volunteers and administration staff attending. Pictured (left to right) are Harry Ghitgos, Hervey Bay RSL Sub Branch President Brian Tidyman, and Lifeline trainers Marion Sneddon and Pat Corsen.





HISTORIC PHOTOS DONATED TO REDLANDS

Redlands RSL Vice President and museum curator Les Warner is pictured in front of a collection of historical WWI photos donated to the RSL museum/library. The photos were originally used in the book *Remembering Them*, which honoured Redlands servicemen and women.

"This collection will be on permanent display and we're honoured to be able to have them as part of the museum's range of memorabilia and artifacts," Les said. The 14 photos are on display in the meeting room of the Veterans' Centre on the corner of Passage and Middle Streets, Cleveland. The library/museum is staffed by volunteers on weekdays between 9am – 2pm.

SALUTING A 'GREAT AUSTRALIAN'

Tweed Heads and Coolangatta RSL Sub Branch saluted one of its active members, John Norris Parker OAM, a "great Australian" who died recently. John graduated as a RAAF fighter aircraft pilot in 1951 with the rank of Sergeant. He posted to No. 77 Squadron in 1952 and flew his Meteor aircraft in Korea on 170 combat missions. A total of 41 pilots, including four mates who trained with John, were killed in action because of intense ground fire during rocket and strafing attacks. John was awarded the Distinguished Flying Medal (DFM) and the US Air Medal (AAM). John received the DFM from Her Majesty, Queen Elizabeth II in Brisbane in 1954.

John retired from the RAAF in 1970 and held positions in the Department of Civil Aviation, Brisbane Legacy, the Australian War Memorial, RSL South Eastern District and RSL Gold Coast District, and Air Crew Association – Gold Coast Branch. John was also a keen participant of the Twin Towns Services Mens' Bowls Club and the Queensland RSL Bowls Association.



MURGON'S ONLY REMAINING WWII VETERAN

Murgon's only remaining WWII veteran, Mick Purser, at a service to mark the 75th anniversary of Victory in the Pacific. He is pictured with (left to right) Member for Nanango Deb Frecklington, Murgon RSL Sub Branch Vice President Eric Law AM and President John Drew.

MEMBERS GATHER FOR CHRISTMAS LUNCH

Ralph and Meryl Crompton are pictured at an early Salisbury RSL Sub Branch Christmas lunch at Salisbury Community Sports Club.



SUNNYBANK HOSTS 2020 A YEAR TO REMEMBER EVENT

Sunnybank RSL Sub Branch hosted 2020 – A Year to Remember on 24 October to celebrate its 75th anniversary, which could not be celebrated earlier in the year due to COVID-19. The event also honoured veterans from three conflicts from the past 75 years – World War II, the Korean War the Battle for Australia, and the Vietnam War.

ABOVE: Air Vice-Marshall Hugh Bartholomeusz OAM, left, and Sunnybank RSL Sub Branch Vice President Harry Claassen.

ABOVE RIGHT: WWI veteran and member of Toowong RSL Sub Branch member John Briggs being assisted to lay a floral tribute by student leaders from the Islamic College of Brisbane.

RIGHT: Drum Major of the Band of the 1st Regiment, Royal Australian Artillery, WO1 John Franklin, left, with Sunnybank RSL Sub Branch President Hugh Polson and RSL Queensland President Tony Ferris.



STANTHORPE HONOURS VIETNAM VETERANS

Stanthorpe RSL Sub Branch commemorated Vietnam Veterans Day on 18 August 2020. Due to COVID-19, the service was held at 11:30am in a different format to previous years. The service was not advertised and, as expected, numbers were down. It was held at the Wall of Remembrance in Weeroona Park, Stanthorpe, and began with the raising of flags, reciting of The Ode and wreath laying by VVAA Stanthorpe President Graham Slater and Stanthorpe RSL Sub Branch President Martin Corbett.



TEWANTIN NOOSA MEMORIAL

The Centenary Mural was painted by Christine de Stoop to acknowledge and commemorate Tewantin-Noosa RSL Sub Branch's 100-year anniversary on 20 August 2020. Christine is a Sydney-based artist, and the project took about six weeks to complete. You can see more of her work at destoopart.com.au. Past President Mick Reid commissioned the artwork and if you look closely at the sailor picture, you will notice she based his face off Mick, who is ex-Navy. The mural was officially unveiled by Federal Member for Wide Bay Llew O'Brien MP on 20 August.



ACCOMPLISHED STEPHENS SUB BRANCH MEMBER TURNS 100

Stephens RSL Sub Branch member Dr John O'Hagan AM CQA recently celebrated his 100th birthday. John was called up for Army service in 1941, just before the Pearl Harbour attack. After training at Chermerside, he was posted to U Company 15th Infantry Battalion AMF, which was deployed to Caloundra to protect Brisbane.

During his Defence career, John was posted to Townsville and also undertook secret radar training in Sydney, after which he returned to Brisbane to train others. He was later posted to Darwin to join 55th Composite Anti-aircraft Regiment. More bombs were dropped on Darwin than on Pearl Harbour, but John was lucky as the Japanese were in retreat and their aircraft were only on reconnaissance at that time. Radar units were the most vulnerable on gun sites, with no sandbags or metal cladding allowed.

Upon discharge, John completed his BSc Honours, then MSc (Biochemistry) and PhD (Biochemistry). These studies prepared him for 35 years of work in medical science and innovation. John has always been active in the community – founding the Queensland Academy of Arts and Sciences and promoting the building of the Sir Thomas Brisbane Planetarium. He is also very interested in Aboriginal rights, welfare and education.





MERVYN HONOURED WITH WWII MEDALLION

Currumbin RSL Sub Branch member Mervyn Reginald Reece was presented with a Commemorative Medallion in recognition for his service in WWII. Merv joined the RAAF in 1942, just after his 18th birthday, and qualified as an airframe mechanic. He was later posted to the UK and 461 Sqn, which flew the Sunderlands. The aircraft in which he was crewing participated in the capture of a German submarine and escorted it back to a port in the UK. As the war was ending, he was transferred to Germany to work on the Spitfires with 453 Sqn, before returning to Australia in 1946.



KAWANA WATERS PAST PRESIDENT AWARDED OAM

Immediate past President of Kawana Waters RSL Sub Branch Kevin "Woody" Hurman OAM is pictured at Government House in Brisbane after receiving his Medal of the Order of Australia in September 2020. Kevin was presented with the award for his service to veterans and their families, in roles including Kawana Waters Sub Branch President (18 years), Sunshine Coast and Regional District Deputy President and State Councillor Representative, Sunshine Coast Legacy member, and contributions to several community organisations.



COINCIDENTAL MEDAL DISCOVERY IN MAREE

Woodgate RSL Sub Branch member, Mick Small, recently discovered the medals of his grandfather, Gordon Archer Shaw, who served in the Light Horse during WWI. Gordon was born at the remote cattle station of Diamantina Lakes in 1893. He was 22 when he enlisted in 1915 at Keswick Barracks in Adelaide, having made the journey down the Birdsville Track with a mob of cattle for the South Australian markets. The Birdsville Track is now a 4WD adventure, but in the early part of last century it was a stock route. Gordon served in Egypt, Palestine (Israel), Jordan and Syria during WWI and as a sergeant trainer during WWII. When he returned to Australia in 1919, he had to travel by train from Adelaide to Maree, South Australia, then by horse or camel along the Birdsville Track to Queensland. Gordon must have camped or spent time at the Marree Racecourse before heading along the Birdsville Track, because his British War Medal, awarded for his service in the 3rd Light Horse, was found 100 years later on 26 September 2020 by Jack King, who was metal detecting at Maree Racecourse. His grandson believes Gordon must have had a hand in his medal being discovered as he had passed away 47 years earlier, on 26 September 1973.



SPRIGHTLY 96-YEAR-OLD VETERAN INVITED TO GOVERNMENT HOUSE

In October, the Governor of Queensland, His Excellency the Honourable Paul de Jersey AC and his wife welcomed Forest Lake Sub Branch member and WWII veteran George Churchward to Government House for a reception to celebrate the birthday of Queen Elizabeth. The vice-regal couple met George at the commemorative service for the 75th anniversary of Victory in the Pacific at Brisbane's ANZAC Square on 15 August. The sprightly 96-year-old, who served in New Guinea, continues to actively support veterans and returned soldiers.



GOONDIWINDI MEMBERS HELP COMMUNITY GROUPS

Goondiwindi RSL Sub Branch has recently assisted two groups within the community – Goondiwindi and District Community Gardens and Goondiwindi and District Garden Club. Members have been responsible for a designated pathway at the Community Gardens, which will eventually be a memorial walk, with trees planted by members of the community in remembrance of service men and women. The path is wide enough for wheelchairs and will be long enough to circle the perimeter of the community garden. A second project involved several RSL members planting numerous trees and shrubs to help the Goondiwindi Garden Club beautify the showground caravan park.

ONE OF THE LAST BATTLE OF MILNE BAY VETERANS DIES

One of the few remaining veterans of the Battle of Milne Bay – Leonard (Len) Francis Acworth – died on 12 October 2020 aged almost 99. Len had been a member of Warwick RSL Sub Branch for almost 30 years. He was a loveable character, renowned for being cheeky, and active and alert until a few months before his passing. He enlisted at Chermside in 1940, aged 18. As an infantry rifleman, he was in the first boat to arrive at Milne Bay, Papua New Guinea, in July 1942.

The battle was the first time Japanese forces had been defeated on land at a time and place of their choosing.

"It was an amazing victory for Australia, and they [the Japanese] found out they were not invincible," Len said.

Six months after the battle, Len returned to Australia with a terrible case of malaria. He recalled being treated with an experimental arsenic and iron mixture at Greenslopes Hospital in Brisbane.

Len went back to New Guinea and then Torokina on Bougainville Island. Not long after being sent home on leave in 1945, he discharged from the Army.

Len was fishing in the Brisbane River one afternoon when he heard the ship sirens going off to signal the end of the war. He partied hard in celebration that night. Len became a floor sander and tile layer who started his own business in Toowoomba, before moving to Warwick in 1951.



AGNES WATER/1770 MARKS VIETNAM VETERANS' DAY

Agnes Water/1770 RSL Sub Branch held a service to commemorate Vietnam Veterans' Day. Laying wreaths on behalf of the three services were (left to right) David Weeden (Navy), Dennis Window (Air Force) and Leonard Mannion (Army).



STATE MEMBER JOINS GATTON SUB BRANCH MORNING TEA

State Member for Lockyer Jim McDonald MP, left, dropped in to Gatton RSL Sub Branch's weekly morning tea on 14 October. He is pictured with Leslie Terrance Petersen, Jack Boyd, John Thomas Marlow Carstens, Thomas Dwyer, Eric George Nitz, and John Joseph Reuter. The group discussed the upcoming state election, and veterans voiced their opinions about issues affecting the local community. Sub Branch members meet every Wednesday between 9:30am – 12pm for an informal chat.

MEMORIAL TO NORTH QUEENSLAND NASHOS

A memorial honouring the 19 National Servicemen from north Queensland who died between 1951 and 1972 was unveiled at the Coral Sea Battle Memorial Park at Cardwell. The ceremony on 25 October was organised by the National Servicemen's Association.



BONDING OVER A BBQ

Stanthorpe RSL Sub Branch invited local Defence Force border personnel to join members for a barbecue lunch at their drop-in centre on 25 September. OC LT Alex Bevan and members from Killarney, Liston and Wallangarra border patrol stations enjoyed the gathering. Border personnel are members of the Defence detachment from 1 Field Regiment in Enoggera.

MODERN HISTORY STUDENTS LEARN FROM VIETNAM VETERANS

Hervey Bay RSL Sub Branch President Brian Tidyman hosted Hervey Bay State High School's Year 12 modern history class for an informal chat about the Vietnam War. Brian was joined by other Vietnam veterans Ros Richards, Bradley Gray, and 'Dutchy' Lensing. School Head of Humanities Tinka Welton said the students had an amazing opportunity to interview veterans about their experiences during and after the war.

"They were captivated by the interesting stories the RSL members shared and the rare opportunity to hear directly from people who lived through such historical events. The students all learned a lot and really appreciated the experience. Many thanks to the RSL and to the Vietnam veterans who shared their stories with us," said Tinka.

The students are pictured at the Cenotaph in Freedom Park.



PATCHWORK QUILTS DONATED

"Wow!" was the response from Hervey Bay RSL Sub Branch member and Fairhaven Nursing Home resident Dallas Redshaw when he received a handmade quilt from Hervey Bay Quilters. The quilting group regularly donates handmade quilts, with the assistance of Hervey Bay Sub Branch.



VETERAN DROP-IN CENTRE FOR MURGON

Murgon RSL Sub Branch President John Drew and Member for Wide Bay Llew O'Brien MP turned the first sod for the new Veteran Welfare Drop-In Centre in Murgon. The centre has been a long-time dream of the Murgon Sub Branch, with then-President Trevor Williamson OAM approaching Llew O'Brien for help to raise the \$450,000 necessary. The centre will provide a place for the RSL to provide welfare and advocacy services for veterans and their families, as well as providing conference facilities, a kitchen and barbecue area, plus memorabilia and historical displays. (Photo: Laura Blackmore, *Burnett Today*).



WIN

FAMILY FIRST

This is a true story told by a man who believes he is a survivor, and not a victim, despite what he has endured and lost.

The brutality, despair, loneliness, loss of family and childhood have been off-set by the life he later experienced and pursued with his wife of 50-plus years and his children. The author, his siblings, and especially his mother, were subjected to the brutality of a man ill-suited to the responsibilities and role of a husband and father of six.

The family unit finally disintegrated. The father had gone too far, and the children were taken away, with the older three children placed in orphanages and the younger three either adopted or fostered out to families. Women were very much on their own and had to endure. It would be 40 years before the author and his siblings were finally reunited.

George J Knox spent his formative years in orphanages run by the Christian Brothers. He went on to serve in the Royal Australian Air Force, lived in Canada, and joined the Office of the Air Attaché in Washington DC. He worked with the Department of Foreign Affairs as a career overseas officer, serving in Moscow, Santiago de Chile and Chicago, and Moscow as personal assistant to the Secretary of DFAT, Director of DFAT Office in Sydney, and as Senior Foreign Affairs Representative to South Australia.

After retiring from DFAT, he continued his eclectic career path – working as a restaurateur, in the film industry, for the Federal Court in Brisbane, and for the Department of Prime Minister and Cabinet and DFAT.

Family First by George J Knox is published by Fort Knox Productions (RRP: \$29.99 for RSL members). Email ado@blokesworld.com



FOR YOUR CHANCE TO WIN one of four copies of *Family First*, email your name, address and contact number to editor@rslqld.org (with the subject 'Family First') or post to 'Family First', PO Box 629, Spring Hill Qld 4004. Competition closes 19 October 2020.



NORM – BOMBER COMMAND

The touching, true story of the first Australian RAAF airman to fly a Lancaster Bomber in WWII.

As a 15-year-old boy growing up in Sydney, Francis Norman 'Norm' Crouch knew he wanted to be a pilot after he saw his first airplane – a low-flying Tiger Moth Biplane. He was so transfixed he crashed his bike into a nearby thicket. It was a fascination that led him to become a trainee pilot in the RAAF, where he became notorious for his low-flying antics.

Part of an early group of Australian airmen who went to Canada with the Empire Air Training Scheme, Norm survived the perilous Atlantic crossing to Scotland. He was then sent to Coningsby, England in 1941 to join Squadron 97 – one of the many RAF squadrons in the legendary 'Bomber Command' – where he became the first Australian to fly a Lancaster bomber in air raids over Germany.

When the family home burned down in 1957, Norm lost all his war records including his personal logbook. He wrote his memoir to ensure his story would not be lost. His son, James Crouch, used his father's handwritten notes and other sources to produce this book.

Norm – Bomber Command by James Crouch is published by Footprints Publishing (RRP: \$20 for RSL members, including postage). Email jamescrouchauthor@gmail.com

FOR YOUR CHANCE TO WIN one of four copies of *Norm – Bomber Command*, email your name, address and contact number to editor@rslqld.org (with the subject 'Norm – Bomber Command') or post to 'Norm – Bomber Command', PO Box 629, Spring Hill Qld 4004. Competition closes 19 October 2020.



THE KOREAN KID

In 1950, with the shadow of WWII still heavy across the world, a vicious civil conflict erupted on the Korean peninsula and sucked 24 nations, including Australia, into a new round of fighting. The world's two atomic superpowers – the United States and the Soviet Union – menaced each other across an arbitrary border as Korea became the proving ground for a new Cold War.

The odds faced by Australia's young pilots were one in three that they would not come back. Most had no combat experience. Their planes were obsolete. Their orders were to dive upon a well-armed enemy with their bellies exposed, where one bullet to a fuel-tank meant an inescapable fireball.

The Korean Kid is the story of Jim Kichenside and the Australian pilots who took to the skies in the 'forgotten war' on the Korean peninsula.

Published by Big Sky Publishing (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Korean Kid*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Korean Kid') or post to 'The Korean Kid', PO Box 629, Spring Hill Qld 4004. Competition closes 19 October 2020.



QUEENSLAND RSL NEWS WINNERS

Edition 3, 2020

ATOMIC SALVATION

E Lloyd, Wavell Heights

B Willoughby, Crows Nest

P Butler, Ingham

A Haydock, Kurrimine Beach

BATTLE BABES FITNESS

V Howlett, Petrie

K Crowhurst, Stafford

Heights

L Dodd, Carseldine

J Thompson, Shailer Park

THE COMMANDO WAY

S Moss, Granville

A McCallum, Maleny

S Wilding, Rochedale

M Harvey, Bundaberg East

THE LAST NAVIGATOR

K Schneekloth, Townsville

P Fletcher, Warana

N Judge, Deception Bay

P Doolan, Woorim

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



YOU SHOULDN'T HAVE JOINED...

General Sir Peter Cosgrove AK AC (Mil) CVO MC (Retd) is one of Australia's most significant public figures. As a soldier he saw action in Vietnam, winning the Military Cross, and rose to the very top of his profession, becoming Chief of the Defence Force. Soon after his retirement from the Army, he was invited to take charge of the huge relief and rebuilding operation in Queensland after the devastation of Cyclone Larry.

In 2014, Cosgrove became Australia's Governor-General. As Governor-General, he travelled far and wide, supporting Australians in times of crisis, sadness, joy or celebration, representing us on the world stage with humour, intelligence and a force of personal magnetism felt by everyone.

When he retired in July 2019, it was as one of the most beloved and respected governors-general in Australia's history. Cosgrove embodies the traits we truly value: warmth, humanity, toughness and loyalty. His humour and empathy shone through the pomp and ceremony, and his time as Governor-General will be remembered as much for his laughter as for the usual dignities of the office.

You Shouldn't Have Joined... by Sir Peter Cosgrove is published by Allen & Unwin (RRP: \$49.99).

FOR YOUR CHANCE TO WIN one of four copies of *You Shouldn't Have Joined...*, email your name, address and contact number to editor@rslqld.org (with the subject 'You Shouldn't Have Joined...') or post to 'You Shouldn't Have Joined...', PO Box 629, Spring Hill Qld 4004. Competition closes 19 October 2020.



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ACT Permit No. R20/00166, VIC Permit No. 10358/20, NSW Authority No. GOCAU/2332, SA Permit No. M13933. Close date: 8pm (AEST) 20/01/21. DrawDate: Drawn 10am (AEST) 27/01/21 at ANZAC House, 283 St Pauls available for AU382 is 3,850,000 which may include a maximum of 954,800 bonus tickets. Entrants must be 18 years or over. Winners notified by registered mail. Results published in The Courier Mail and The Australian on Draw 383. Some items shown in pictures are for display purposes only. Vehicle is a brand new Porsche Macan worth \$104,500 RRP in Blue, delivered ex-Gold Coast, registered in QLD, comprehensive motor vehicle insurance and must be booked directly with our selected supplier, subject to their terms and conditions. Information correct at time of printing. For up to date details and full terms and conditions please refer to www.rslartunion.com.au





“I WON? OH WOW!”



THE RSL Art Union team was full of anticipation as they came together to contact the winner of Draw 380. Our lucky winner Zara* received a phone call from RSL Queensland's Head of Lotteries Commercial Operations, Deborah Pescott, to inform her

that she is now the owner of an instant property portfolio worth \$2.7 million.

“I won? Oh wow! I didn't even know it was being drawn today,” she said.

Zara from Hawks Nest, NSW, recently became a VIP member

to provide ongoing support to Australian veterans and their families.

Zara is now the owner of our Multi-State Trifecta, with an apartment in each Sydney, Melbourne and Brisbane valued at \$2.7 million!

As a \$100 book buyer, Zara will also receive an extra \$100,000 in gold! Congratulations to Zara and a big thank you to all our supporters.

**Name changed for privacy reasons.*

TOURS TO RECOMMENCE IN 2021

The Army Museum South Queensland is located at Victoria Barracks on Petrie Terrace in Brisbane. The historic precinct near Caxton Street provides a unique glimpse of Australia's military history from the colonial era, through two World Wars, to the present-day role of the Australian Defence Force.

The popular tours of the Barracks will recommence in March 2021. A new exhibition of interest to all ages will be 'Sport in the Army' and will include specific artefacts relating to the Army's involvement in a variety of sports. The first Rugby League Cup played by interstate teams in Bougainville in 1945 gave its name to the State of Origin.

All visits to Victoria Barracks must be by prior arrangement. Bookings are essential for individuals and groups and COVID-19 restrictions will apply.

For more information, visit armymuseumsouthqueensland.com.au, email info@armymuseumsouthqueensland.com.au or phone 0429 954 663.

SEEKING ADRIAN PARRY

Former Lieutenant Adrian Parry was OIC, Gun Mentor Team, KMTC, Afghanistan in August 2012, and is the last known next of kin of Trevor James Attwood, a former Defence and Employment Platoon, Headquarters Company, 1st Australian Task Force soldier. A National 50-year Commemoration of Operation Overlord and the Battle of Long Khanh is scheduled at the National Vietnam Memorial, Canberra on 7 June 2021. Some of the remaining June 1971 members of Defence & Employment Platoon, Headquarters Company, 1st Australian Task Force [D&E PL, HQ Coy, 1ATF], are involved in this event, as are the next of kin of those D&E Platoon soldiers who died during this operation. Would Adrian Parry, or anyone knowing his whereabouts, ask him to urgently contact Eddie Tricker via etricker@ozemail.com.au or 0422 924 498.

REUNIONS

HQ1ATF ASSOCIATION REUNION

A HQ1ATF Association Reunion will be held in Canberra from 18-22 November 2021 in memory of the group's D&E losses at Long Khanh on 12 June 1971. The reunion will be held at Capital Country Holiday Park at 47 Bidges Road, Sutton NSW 2620. Phone 02 6230 3433, email bookings@capitalcountryholidaypark.com.au or visit www.capitalcountryholidaypark.com.au



NEED HELP?

Are you looking for someone, something or seeking information? Are you in need of help from your local RSL community? Would you like to make contact with an RSL contributor? Email your request to editor@rslqld.org

Last Name	First Name	Service Number	Sub Branch
Acworth	Leonard	QX59210	Warwick Sub Branch Inc.
Adam*	Patricia	101512	Gaythorne Sub Branch Inc.
Anderson	Raymond	B100643	Tweed Heads & Coolangatta Sub Branch Inc.
Armstrong	John	6241	Bribie Island Sub Branch Inc.
Austin	Doreen	QF141758	Kedron-Wavell Sub Branch Inc.
Badziong	Manfred	1/4760	Stephens Sub Branch
Ballantyne	Colin	Q106115	Kenmore/Moggill Sub Branch Inc.
Barker	Colin	2781865	Redlands Sub Branch Inc.
Barnes	Vincent	QX25199	Toowoomba United Sub Branch Inc.
Batchelor	Peter	B3688 & R26670	Stephens Sub Branch
Bateman	Walter	049	Maroochydore Sub Branch Inc.
Beale	Donald	R93472	Agnes Water/1770 Sub Branch Inc.
Beckham	Maxwell	1/702965	Atherton Sub Branch Inc.
Beggs*	Ramon	2/705765	Currumbin/Palm Beach Sub Branch Inc.
Beitzel	Francis	R45953	Sunnybank Sub Branch Inc.
Bent	Albert	QX44048	Bundaberg Sub Branch Inc.
Bird	Ross	145403	Beenleigh & District Sub Branch Inc.
Birgan	Peter	136199	Kedron-Wavell Sub Branch Inc.
Bishop	Reginald	61241	Tweed Heads & Coolangatta Sub Branch Inc.
Blackwood*	Eric	441024	Townsville Sub Branch Inc.
Blanch	Graeme	A16240	Sandgate Sub Branch Inc.
Blank	Sydney	123505	Stanthorpe Sub Branch Inc.
Blatch	Alice	QF273714	Hervey Bay Sub Branch Inc.
Bobko	Roman	R93628	Currumbin/Palm Beach Sub Branch Inc.
Booth	Brian	38121	Lowood Sub Branch Inc.
Borg	Orlando	A116190	Coorparoo & Districts Sub Branch Inc.
Borghardt	Lorna	QFX51778	Isis Sub Branch Inc.
Brady	John	NX174182	Tweed Heads & Coolangatta Sub Branch Inc.
Bray	Kevin	3746593	Caloundra Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Bridger	Trevor	R93475	Currumbin/Palm Beach Sub Branch Inc.
Brindley	Gordon	QX45254 (Q126190)	Ipswich Sub Branch Inc.
Brown	Leslie	R44622	Ipswich Sub Branch Inc.
Brown	Noel	1733922	Greenbank Sub Branch Inc.
Browning*	Henry	19074734	Townsville Sub Branch Inc.
Buckley	Denis	41224	Pine Rivers District Sub Branch Inc.
Budge	Leslie	453168	Caloundra Sub Branch Inc.
Bugden	Brian	O56633	Maroochydore Sub Branch Inc.
Burdon	Robert	1736363	Mount Isa Sub Branch Inc.
Burrows	Leslie	28091	Kedron-Wavell Sub Branch Inc.
Burt	Ross	1739033	Caboolture-Morayfield & District Sub Branch Inc.
Burton	Merlyn	A16161	Hervey Bay Sub Branch Inc.
Butler	Neil	32874/664145	Caboolture-Morayfield & District Sub Branch Inc.
Callaghan	Maurice	641766	Maroochydore Sub Branch Inc.
Campbell	John	29326	Currumbin/Palm Beach Sub Branch Inc.
Cant	John	416056	Hervey Bay Sub Branch Inc.
Capper*	John	2294375	Redlands Sub Branch Inc.
Carroll	Thomas	8512375	Bundaberg Sub Branch Inc.
Carver	Roy	1505221	Currumbin/Palm Beach Sub Branch Inc.
Casey	Ian	146207	Greenbank Sub Branch Inc.
Cassidy*	Edward	3710195	Tweed Heads & Coolangatta Sub Branch Inc.
Cavanagh	Kenneth	223454	Toowoomba United Sub Branch Inc.
Chalker	Garry	A112981	Hervey Bay Sub Branch Inc.
Chambers	Keith	359547	Magnetic Island Sub Branch Inc.
Christie	James	1726172	Unattached List
Chryst	Frank	145610	Sandgate Sub Branch Inc.
Clapperton*	Barry	37991	Bundaberg Sub Branch Inc.
Clark	Charles	214344	Redcliffe Sub Branch Inc.
Clark	Adam	1/703492	Taroom Sub Branch Inc.
Clark	Paul	r54427	Tweed Heads & Coolangatta Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Clode	Alexander	NZ13654	Bribie Island Sub Branch Inc.
Colls	Evelyn	VF389735	Chinchilla Sub Branch Inc.
Colman	Stanley	78108	Gladstone Sub Branch Inc.
Connery	John	2790039	Townsville Sub Branch Inc.
Corbet	Albert	A13127	Bundaberg Sub Branch Inc.
Cowlard	Richard	CL/X725805	Bribie Island Sub Branch Inc.
Crick	Frederick	2/6676	Maroochydore Sub Branch Inc.
Cross	Kevin	123693	Maleny Sub Branch Inc.
Croxford*	John	37529	Townsville Sub Branch Inc.
Cruse	Terry	215093	Greenbank Sub Branch Inc.
Cudmore	June	90138	Burleigh Heads Sub Branch Inc.
Dallas	Joyce	93839	Yeronga-Dutton Park Sub Branch Inc.
Dalrymple	William	27959	Burrum District Sub Branch Inc.
Dalrymple	William	A117567	Burrum District Sub Branch Inc.
Daly	Edward	1200742	Kedron-Wavell Sub Branch Inc.
Dannatt*	Ronald	2394047	Townsville Sub Branch Inc.
Davies*	Allan	Q151243	Redlands Sub Branch Inc.
Davis	Robert	2411749	Harlaxton Sub Branch Inc.
De La Cruz	Phillip	1/724232	Cooloola Cove Sub Branch Inc.
Derrington	John	171563	Capricornia & Rockhampton Region Sub Branch Inc.
Drake	Dennis	A19266	Currumbin/Palm Beach Sub Branch Inc.
Dunlop	Euan	A123314	Nanango Sub Branch Inc.
Dwyer	Timothy	1707973	Kingaroy/Memerambi Sub Branch Inc.
Edwards	Kathleen	F2/14	Goodna Sub Branch Inc.
Edwards	Mavis	QF272846	Unattached List
Eggins*	Henry	A16081	Townsville Sub Branch Inc.
Elliott*	Margaret	w/256231	Toogoolawah Sub Branch Inc.
Evans	John	NX31338	Sherwood-Indooroopilly Sub Branch Inc.
Fendley	Keith	S6029	Tweed Heads & Coolangatta Sub Branch Inc.
Fitzgerald	Michael	16994	North Gold Coast Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Freeman*	Neville	QX48770	Townsville Sub Branch Inc.
Fulford	Colin	VX136605 (V59226)	Magnetic Island Sub Branch Inc.
Gardner	Thomas	341985	Caloundra Sub Branch Inc.
Garth	Edward	28555	Bundaberg Sub Branch Inc.
Gilchrist	Edward	QX23654	Currumbin/Palm Beach Sub Branch Inc.
Gillespie	Robert	1700883	Currumbin/Palm Beach Sub Branch Inc.
Gillett	Alan	1697205	Tweed Heads & Coolangatta Sub Branch Inc.
Gills*	Richard	QX45779	Greenbank Sub Branch Inc.
Goadby	Geoffrey	QX64078	Kenmore/Moggill Sub Branch Inc.
Goodwin*	John	NX86076	Surfers Paradise Sub Branch Inc.
Goss	John	NZ429994	Southport Sub Branch Inc.
Gow	Douglas	O324029	Tewantin/Noosa Sub Branch Inc.
Gracie	Arthur	4/708109	St George Sub Branch Inc.
Grant	Clive	NZ16205	Southport Sub Branch Inc.
Green	Leslie	2/4416	Mudgeeraba-Robina Sub Branch Inc.
Green*	John	012192	Beenleigh & District Sub Branch Inc.
Griffiths	Leonard	160350	Hervey Bay Sub Branch Inc.
Griffiths	Henry	2780530	Maroochydore Sub Branch Inc.
Grigg	Cynthia	NF455857	Kedron-Wavell Sub Branch Inc.
Grindrod*	Darryl	1734470	Greenbank Sub Branch Inc.
Guest	Ann	F2/576 NF409537	Redcliffe Sub Branch Inc.
Hall	Michael	21187518	Bribie Island Sub Branch Inc.
Hallifax	David	2794446	Tweed Heads & Coolangatta Sub Branch Inc.
Hammer	Carl	R96360	Finch Hatton Sub Branch Inc.
Hancock	John	VX85057	Maleny Sub Branch Inc.
Handsley	Neil	A112162	Redcliffe Sub Branch Inc.
Hanlon	William	76259	Gordonvale Sub Branch Inc.
Hanrahan*	Elizabeth	109080	Townsville Sub Branch Inc.
Hanson	Harold	Q8618	Gordonvale Sub Branch Inc.
Hanson*	Raymond	2/7978	Bundaberg Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Hansson	Alexander	14649	Caboolture-Morayfield & District Sub Branch Inc.
Harding	Anthony	22979904	Gympie Sub Branch Inc.
Harper	Frederick	R54251	Bribie Island Sub Branch Inc.
Harper	Colin	R63607	Currumbin/Palm Beach Sub Branch Inc.
Harris	Eileen	111063	Hervey Bay Sub Branch Inc.
Harris	Glen	R49596	Greenbank Sub Branch Inc.
Hart-Vass	Ingrid	Entertainer	Maroochydore Sub Branch Inc.
Hartwell	Kenneth	R45589	Ipswich Sub Branch Inc.
Harvey*	Kenneth	46332	Sandgate Sub Branch Inc.
Hegarty*	Edwin	75545	Townsville Sub Branch Inc.
Hills	Ronald	2472224	Beerwah and District Sub Branch
Hind	William	R65399	Tweed Heads & Coolangatta Sub Branch Inc.
Hobbs	Ronald	3793828	Hervey Bay Sub Branch Inc.
Hodge	Robert	123064	Kingaroy/Memerambi Sub Branch Inc.
Hogarth	Christopher	219387	Logan Village Sub Branch
Holmes*	Lorna	TF150073	Townsville Sub Branch Inc.
Holmes*	Max	H1158	Townsville Sub Branch Inc.
Holt	Joseph	14107180	Currumbin/Palm Beach Sub Branch Inc.
Honess	Douglas	2303579	Sarina Sub Branch Inc.
Hooper*	John	V0584330	Tweed Heads & Coolangatta Sub Branch Inc.
Howard	James	2783688	Stanthorpe Sub Branch Inc.
Howard	Jean	F1/204	Caloundra Sub Branch Inc.
Howe	Henry	2101649	Southport Sub Branch Inc.
Humble	Mervyn	3058	Sandgate Sub Branch Inc.
Hunt	Sheila	98569	Redcliffe Sub Branch Inc.
Hunter	David	-	Townsville Sub Branch Inc.
Hunter	Keith	2251622	Highfields Sub Branch Inc.
Hynes	Edmond	235048	Southport Sub Branch Inc.
Ibbs	William	1733608	Agnes Water/1770 Sub Branch Inc.
Jacobs	Cyril	6704567	Innisfail Sub Branch Inc.
Jenkins	Ian	80283	Bundaberg Sub Branch Inc.
Jensen	Eunice	QF272155	Nerang Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Jensen	Phillip	R51731	Pine Rivers District Sub Branch Inc.
Johnson	Dallas	N480908	Townsville Sub Branch Inc.
Johnston	Terrence	18344	Pine Rivers District Sub Branch Inc.
Johnston	Kevin	2/775698	Logan Village Sub Branch
Jones	Alan	R37157	Gaythorne Sub Branch Inc.
Jones	John	1900327/ 11966	Manly-Lota Sub Branch Inc.
Jones	Beryl	76448	Redcliffe Sub Branch Inc.
Kearney	Gerard	129428	Townsville Sub Branch Inc.
Kelaidis*	Manos	124486	Hellenic Sub Branch
Kempster	Desmond	QX53045	Kedron-Wavell Sub Branch Inc.
Kimber	Henry	23235779	Tweed Heads & Coolangatta Sub Branch Inc.
Kirk	George	QX47688 (Q137185)	Gayndah Sub Branch Inc.
Knapton*	Charles	368244	Wynnum Sub Branch Inc.
Knell	Keith	VX149669	Maroochydore Sub Branch Inc.
Korn	Ronald	1/720916	Chinchilla Sub Branch Inc.
Kwaterski	Clement	SX39840 (S57176)	Stanthorpe Sub Branch Inc.
Laing	Rudolph	O1620	Surfers Paradise Sub Branch Inc.
Linden	Vern	1/702409	Tewantin/Noosa Sub Branch Inc.
Lindridge	Malcolm	3799836	North Gold Coast Sub Branch Inc.
List	Ian	A118135	Bundaberg Sub Branch Inc.
Lloyd-Apjohn	Llewellyn	B5618	Sandgate Sub Branch Inc.
Logan	Michael	R52677	Hervey Bay Sub Branch Inc.
Lovelock	Frederick	2/719205	Cairns Sub Branch Inc.
Luther*	Vivian	151478	Salisbury Sub Branch Inc.
Lydamore*	Herbert	NX140699	Pine Rivers District Sub Branch Inc.
MacLachlan	Robert	22417225	Hervey Bay Sub Branch Inc.
MacMillan	Dugald	1/708535	Kedron-Wavell Sub Branch Inc.
Manning	Robert	216415	Goodna Sub Branch Inc.
Marsh	Stewart	1731151	St George Sub Branch Inc.
Marshall	Arthur	QX29895	Biggenden Sub Branch Inc.
Martin	Peter	314849	Hervey Bay Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Mason*	George	53552	Gaythorne Sub Branch Inc.
Mathie*	Victor	A38566	Townsville Sub Branch Inc.
Matthew	Adam	3144820	Tewantin/Noosa Sub Branch Inc.
Matthews	Richard	1609849	Gaythorne Sub Branch Inc.
McAlister	Maxwell	47822	Hervey Bay Sub Branch Inc.
McBaron	Peter	1732175	Pine Rivers District Sub Branch Inc.
McDonald*	Cedric	A23759	Tewantin/Noosa Sub Branch Inc.
McDuff	Barry	1734023	Bundaberg Sub Branch Inc.
McLeod	Donald	18531	Redcliffe Sub Branch Inc.
McNeill	John	18814	Farleigh & Northern Beaches Sub Branch
Moller*	Douglas	A14772	Townsville Sub Branch Inc.
Moriarty*	Ernest	1/719655	Townsville Sub Branch Inc.
Moroney	Timothy	217055	Goodna Sub Branch Inc.
Morrison*	Donald	1719058	Townsville Sub Branch Inc.
Morrow	Christopher	53936	Bribie Island Sub Branch Inc.
Murray	Ian	426285	Tewantin/Noosa Sub Branch Inc.
Musgrave	Malcolm	214359	Tin Can Bay Sub Branch Inc.
Nancarrow	Steven	NX169499 (N372269)	Bowen Sub Branch Inc.
Nielsen	Colin	14470	Bundaberg Sub Branch Inc.
Norman	Donald	3/719042	Hervey Bay Sub Branch Inc.
Oates	George	QX59063	Maroochydore Sub Branch Inc.
Odd	Keith	134349	Tweed Heads & Coolangatta Sub Branch Inc.
Okely	Darryl	2251458	Nanango Sub Branch Inc.
O'Neil	Brian	179278	Beenleigh & District Sub Branch Inc.
O'Neill	Clarence	821185	Caloundra Sub Branch Inc.
Palmer*	Noel	1715396	Townsville Sub Branch Inc.
Parker	John	O33838	Sherwood-Indooroopilly Sub Branch Inc.
Parker*	Arthur	1/704548	Wynnum Sub Branch Inc.
Patamisi	Rocco	Q273654	Bundaberg Sub Branch Inc.
Paterson	Stanley	R52903	Bundaberg Sub Branch Inc.
Pavey	Walter	1/728291	Hervey Bay Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Payne	Joan	176790	Tweed Heads & Coolangatta Sub Branch Inc.
Pearce	Anthony	T04260	Maroochydore Sub Branch Inc.
Pearson*	Eric	P/JX599528	Townsville Sub Branch Inc.
Petersen	Rita	102491	Southport Sub Branch Inc.
Phillips	Norman	QX23892	Gympie Sub Branch Inc.
Phillips*	Alan	37057	Townsville Sub Branch Inc.
Pigram	Edward	214960	Townsville Sub Branch Inc.
Pizzey	Ian	1731837	Currumbin/Palm Beach Sub Branch Inc.
Pollard*	Ronald	1/727515	Townsville Sub Branch Inc.
Powell	Francis	A12789	Maroochydore Sub Branch Inc.
Powell	Ramon	B6175	Bundaberg Sub Branch Inc.
Price	Graham	B/V235	Bribie Island Sub Branch Inc.
Prior	Ronald	2412555	Bribie Island Sub Branch Inc.
Raggatt	William	426494	Tamborine Mountain Sub Branch Inc.
Railton	Kenneth	E1919	Currumbin/Palm Beach Sub Branch Inc.
Rashleigh	Mervyn	A24698	Hervey Bay Sub Branch Inc.
Reeve	George	352713	Bribie Island Sub Branch Inc.
Reeves	Lance	D33422	Southport Sub Branch Inc.
Reiske	John	72240	Redcliffe Sub Branch Inc.
Renton	Barry	1/29092	Charters Towers Sub Branch Inc.
Rieken	Wills	R58805	Kedron-Wavell Sub Branch Inc.
Robinson	Leonard	392801	Farleigh & Northern Beaches Sub Branch
Roe	Noah	49051	Sandgate Sub Branch Inc.
Rogers	Raymond	15562	Greenbank Sub Branch Inc.
Romans	Derek	221997	Mackay Sub Branch Inc.
Roser*	Ivy	QF272529	Townsville Sub Branch Inc.
Salmon*	Lloyd	2185124	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Sanders	Christopher	217174	Bundaberg Sub Branch Inc.
Sandford-May	John	-	Southport Sub Branch Inc.
Sangster	John	1/718646	Kingaroy/Memerambi Sub Branch Inc.
Sargeant	John	1/8556	Greenbank Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Scales	Robert	R35692	Tweed Heads & Coolangatta Sub Branch Inc.
Scrimgeour	Andrew	1410459	Beenleigh & District Sub Branch Inc.
Seyde	Russell	R110278	Gaythorne Sub Branch Inc.
Sharman	William	QX54037 (Q122390)	Gaythorne Sub Branch Inc.
Shaw*	Ronald	NX115666	Redlands Sub Branch Inc.
Shearman	Donald	444572	Redcliffe Sub Branch Inc.
Sheehan	John	R59941	Forest Lake & Districts Sub Branch Inc.
Sherer	Raymond	2412244	Caboolture-Morayfield & District Sub Branch Inc.
Sherer*	William	VX148993	Pine Rivers District Sub Branch Inc.
Sherwell	Alan	50107	Mackay Sub Branch Inc.
Simonsen	Dallas	A112067	Sarina Sub Branch Inc.
Simpson	John	1200761	Bray Park-Strathpine Sub Branch Inc.
Smales	Max	QX27461 (Q54)	Burleigh Heads Sub Branch Inc.
Smith	Gweneth	MF454959	Kedron-Wavell Sub Branch Inc.
Smith	Phillip	121927	Kenmore/Moggill Sub Branch Inc.
Stack	Barry	1/726727	Ipswich Railway Sub Branch Inc.
Stanley	William	151652/ A16336	Manly-Lota Sub Branch Inc.
Stephens	Lindsay	VX150448	Redlands Sub Branch Inc.
Stewart	Theo	1140	Beenleigh & District Sub Branch Inc.
Stirling	Robert	179652	Stanthorpe Sub Branch Inc.
Strachan*	Ernest	67364	Bundaberg Sub Branch Inc.
Strong	Robert	18254	Caloundra Sub Branch Inc.
Summers	John	169415	Bribie Island Sub Branch Inc.
Sutton	William	-	Tweed Heads & Coolangatta Sub Branch Inc.
Taylor	Ian	171331	Redcliffe Sub Branch Inc.
Taylor	Gary	111512	Caloundra Sub Branch Inc.
Taylor	Raymond	R263452	Pine Rivers District Sub Branch Inc.
Testoni	Victor	Q132091	Herbert River Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Thomas	Kenneth	28079	Redcliffe Sub Branch Inc.
Thornton	Raymond	1704563	Caboolture-Morayfield & District Sub Branch Inc.
Tilse	Warren	1734058	Mareeba Sub Branch Inc.
Tindale	Edward	441064	The Gap Sub Branch Inc.
Tippett*	Brian	16289	Townsville Sub Branch Inc.
Tomlinson	Dennis	330969	Caloundra Sub Branch Inc.
Townsend	Lyle	221154	Gordonvale Sub Branch Inc.
Toy	Malcolm	3/779073	Hervey Bay Sub Branch Inc.
Tunstall	T	76147	Ipswich Sub Branch Inc.
Vardy	Geoffrey	A212756	Yeppoon Sub Branch Inc.
Vaughan	William	21021	Currumbin/Palm Beach Sub Branch Inc.
Veldhuis	Gerardus	38252	Farleigh & Northern Beaches Sub Branch
Verrall	Terrence	R41806	Edmonton Sub Branch Inc.
Vestris	Ronald	VX108635	Hervey Bay Sub Branch Inc.
Waterton	Wallace	437000	Caloundra Sub Branch Inc.
Waterton	Wallace	V260143	Caloundra Sub Branch Inc.
Weber	Richard	1735609	Yeppoon Sub Branch Inc.
Webster	Colin	NX171365 (N234447)	Tweed Heads & Coolangatta Sub Branch Inc.
Whitehouse*	Douglas	151531	Townsville Sub Branch Inc.
Whittaker*	William	4123537	Tweed Heads & Coolangatta Sub Branch Inc.
Wicks	Audrey	95826	Currumbin/Palm Beach Sub Branch Inc.
Wilkes	Roslyn	W17030	RSL Defence Servicewomen's Sub Branch
Williams	Ian	1731872	Caboolture-Morayfield & District Sub Branch Inc.
Willis	Alan	NX102726	Bayside South Sub Branch Inc.
Wittig	Patrick	35109	Southport Sub Branch Inc.
Woodford	John	A112568	Tweed Heads & Coolangatta Sub Branch Inc.
Worrall	Alison	90114	Southport Sub Branch Inc.
Wright	Bernard	H2341	Gordonvale Sub Branch Inc.
Wynn	Leslie	1734216	Kedron-Wavell Sub Branch Inc.
York	Les	170194	Samford Sub Branch Inc.

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