

# QUEENSLAND RSL NEWS

**RSL  
BE:WELL**  
HELPING VETERANS BOOST  
THEIR WELLBEING, THEIR WAY

## NATIONAL DAY FOR WAR ANIMALS

RECOGNISING AUSTRALIA'S  
COURAGEOUS CREATURES

## 2024 PREMIER'S ANZAC PRIZE

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OPPORTUNITY TO EXPLORE  
THE ANZAC LEGACY

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HOME-COOKED  
MEALS FOR ALL

# NURSE STATUE UNVEILED IN BLACKALL

A NEW TRIBUTE TO AUSTRALIAN  
WOMEN IN SERVICE



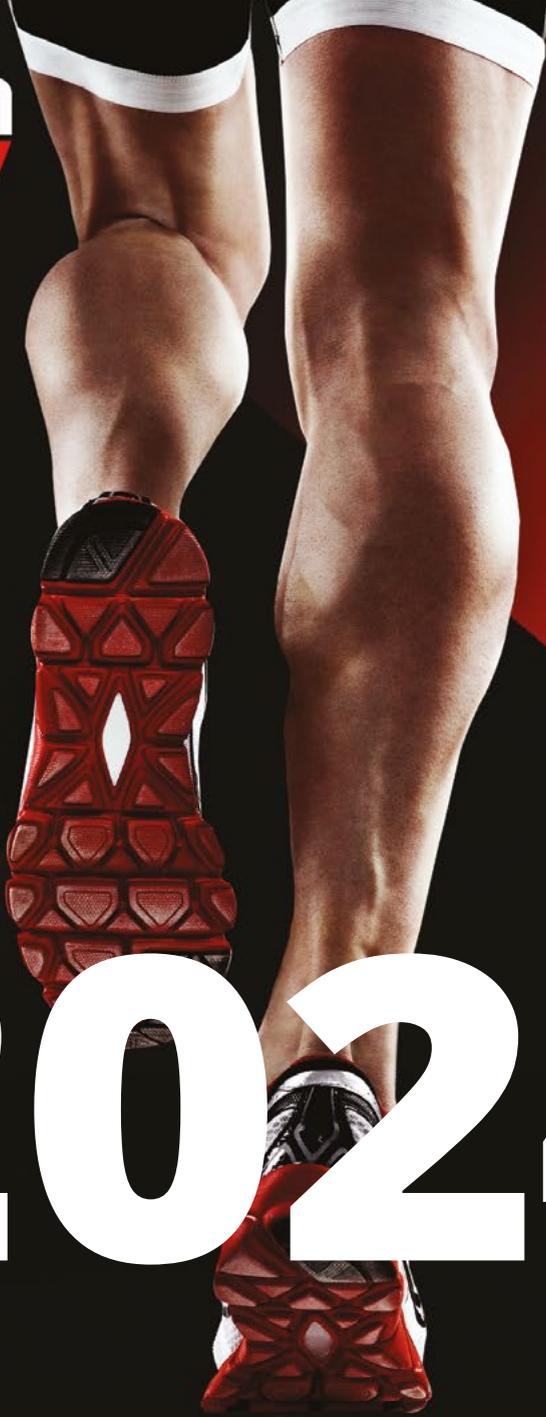
**RSL**  
Queensland

2024 // EDITION 01

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



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# 2024

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**Submissions:** Editorial and photographic contributions are welcome. Please contact the Editor for guidelines. Preference will be given to electronic submissions that adhere to word limits and are accompanied by high resolution photos. Originals of all material should be retained by contributors and only copies sent to *Queensland RSL News*.

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**Please note:** This publication may contain images of deceased Aboriginal and Torres Strait Islander peoples.



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### Front Cover

The unveiling of the statue of WWI nurse Sister Greta Norman Towner in Blackall.

# Looking ahead at 2024

**AS** 2024 progresses, I'd like to reflect on some of our collective achievements from last year and what's ahead for this year.

Last year, I said that 2023 was our chance to put our narrative of 'care, commemoration and camaraderie' into action. I'm proud of the effort that has been made to do this.

Of course, the longstanding tradition of our volunteers providing compensation and wellbeing advocacy continued to underpin what we do to provide care. It is important that I recognise that those involved in that advocacy work have been dealing with an increase in demand from veterans at a time when they are already challenged. Please look after yourselves; we need you. It is hard to provide care for others if we haven't taken care of ourselves.

We formally opened our first RSL Queensland Veteran & Family Wellbeing Centre in Cairns last August – with the Far Northern District, RSL Queensland and Mates4Mates co-located – to provide a one-stop-shop for health and wellbeing support for veterans, Defence members and their families. Can I also draw attention and recognition to the work that has been underway for many years at the South Eastern District Wellbeing Centre at Greenslopes. The quiet efforts of the team there started well before wellbeing centres became popular.

Last year, Queenslanders saw and felt our focus on commemoration, with services

“I'm proud of the efforts each Sub Branch makes to ensure local veterans and their families remain connected to the League.”

hosted across the state to remember and honour our current and ex-serving Defence members and their families. We specifically focused on ensuring the next generation learned of the importance of the 'ANZAC spirit' via initiatives such as Postcards of Honour and Draw to Remember.

Our third focus area – camaraderie – saw support provided to a growing number of veterans and their families around the state. I want to acknowledge the work of Brisbane North District in mentoring a number of current serving Defence members.

And I'm proud of the efforts each Sub Branch makes to ensure local veterans and their families remain connected to the League. The variety of connection activities on offer for members to participate in and lean on for support is commendable and I hope to see this expand in 2024.

My sense is that the idea we are in the business of 'care, commemoration and camaraderie' is starting to get traction to shape the external understanding of what we do. It will take some years yet,

but if it's what first comes to mind when people think of the RSL then that will be a good outcome for us.

In 2024, there are two particularly significant occasions on our commemorations calendar that we will be marking: the 80th anniversary of the D-Day Landings on 6 June and the 25th anniversary of the deployment of INTERFET to East Timor on 20 September. More information will be available closer to the dates.

This year, the Royal Commission into Defence and Veteran Suicide will release its final report. The report will be one step in a longer process to ensure the needs of veterans, and their families, are better addressed to reduce the troubling level of suicides in our community. We will continue to follow the process closely and provide updates when and as we can.

Turning to governance. We start the year by welcoming a new Chair to the District Council of State Presidents, Garry Player. I'd like to extend my thanks to the outgoing Chair, Les Nash, for the selfless dedication and

straightforward common-sense approach he has brought to RSL Queensland over many decades. Thank you, Les, and good luck Garry.

There will be a State election in October this year. We need to have a position to take to the government and opposition in the lead up to the election. Our policy team has looked at the support for veterans available in Queensland alongside what is done in other States.

Although we compare well to other States, many veterans don't know what support is available and access can be a challenge. We believe this is where we should ask the government/opposition to focus, and this idea will be discussed over the coming months, mainly through District meetings/AGM, so that we arrive at something that is useful.

Finally, our overarching goal for 2024 remains unchanged; continue advocating for our veterans in their communities and provide practical support to them and their families across Queensland.

Thank you for your continued support as we enter our 108th year.



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

A GLEAMING TRIBUTE HONOURS  
OUR ANZAC HEROES

# LEST WE FORGET

MEN'S RING



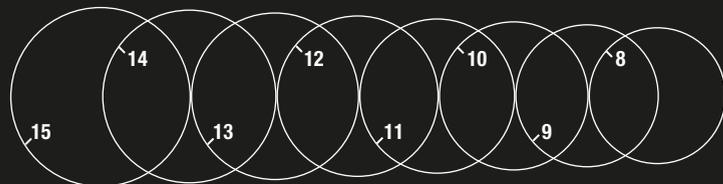
- Sides feature finely sculpted soldiers symbolising the Anzac spirit

*We will remember them*

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# Making the RSL a part of *all veterans' lives*

**HAPPY** new year to all our members and welcome to 2024.

I hope everyone found some time to connect with family and friends and enjoy some rest and reflection over the Christmas break.

Personally, I thought about the many contributions we've all made to making Australia a peaceful place where we can exist with freedom. As we look to the future and what lies ahead, we will continue to work together towards this ideal.

What is evident as we move forward, however, is that doing what we *think* is right won't be enough. We must do what we *know* is right.

## **RIISING TO THE NEEDS OF VETERANS**

With the Royal Commission into Defence and Veteran Suicide due to hand down its report this year, there will be renewed interest in what RSL Queensland is doing, and likely future oversight and governance of the sector more broadly. Increased scrutiny can often inspire concerns; however, we should view this as an opportunity to help lead the change.

The work being done across the League in Queensland is already moving us collectively to be in a better place to provide support with improved governance. We are well positioned to continue rising to the needs of veterans and their families.

In recent years, we invested in individual measures for those seeking assistance,

“*The work being done across the League in Queensland is already moving us collectively to be in a better place to provide support with improved governance. We are well positioned to continue rising to the needs of veterans and their families.*”

and increased our upstream engagement with Defence. This upstream engagement and support is designed to assist veterans while they are in service, and in many cases prior to crisis events.

It allows us to provide better outcomes from our services directly and connect veterans with their local Sub Branches for support and camaraderie. RSL Queensland now has staff on base working with all three major combat brigades for this purpose.

## **MANAGING OUR RESOURCES OVER THE LONG TERM**

I am pleased to advise members that we are currently evolving RSL Queensland (State Branch) to improve our operating model. This body of work – called the Capital Management Framework – will ensure our organisation continues to be focused on

service delivery well into the future.

This longer-term view will guarantee that the investments we are making in support of veterans and their families are sustainable through economic cycles so that we can commit to lasting impact and partnerships. Our commercial capabilities will have longer-term targets to support sustainable services, underpinned by the right models and measures.

Our commitment to care, commemoration and camaraderie – as set by the Board in the 2030 Strategy – is central to our reason for being and, appropriately, central to our thinking. Being able to deliver on this purpose with clarity of revenue generation and measurable, impactful outcomes will allow us to improve the longer-term transparency of our operations.

## **SUSTAINING OUR SERVICE DELIVERY**

To support the League into the future, we must ensure the organisation can sustain the delivery of veteran services. Investment in our systems and capability to continue raising funds via the Art Union, seeking diversification of our revenue streams and working to deliver greater impact at locations across Queensland as part of a collaborative League effort continues.

This collaborative effort – combined with the appropriate standards and governance around our offerings and enabled by our own funding – will assist RSL Queensland to develop best practice as we move forward. Our 2030 'Strategy on a Page' gives some insights into the outcomes we are pursuing and our investment in resources to deliver these outcomes sustainably. Visit the strategy section of our website for more information.

I look forward to continuing the journey in support of you, our members, and the wider veteran community as we continue to make the RSL a part of all veterans' lives.



**Robert Skoda**  
**Chief Executive Officer**  
**RSL Queensland**

# New purpose. New mindset. New mates.

*Looking for a physical, mental or social wellbeing boost?*

RSL Queensland offers a wide range of programs for veterans and their families, and Defence members. Better yet, most of them are free.

## Legacy Brisbane



### Brisbane / Central Queensland

Legacy Brisbane's family camps and day events are a chance for families to join fun activities, build lasting memories, and connect with others through peer support and shared experiences.

[enquiries@legacy.com.au](mailto:enquiries@legacy.com.au)  
[legacy.com.au/clubs/qld/brisbane](http://legacy.com.au/clubs/qld/brisbane)

## Happy Paws Happy Hearts

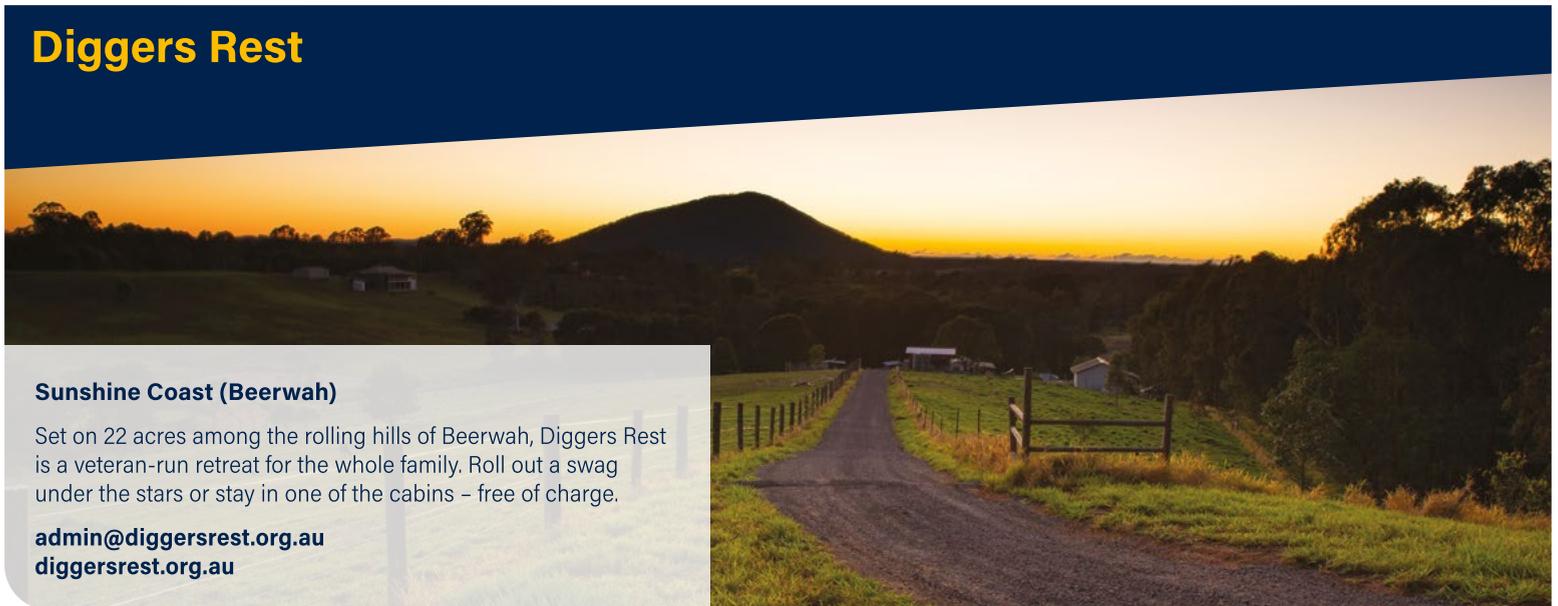


### Brisbane / various Queensland locations

Happy Paws Happy Hearts teams your family up with RSPCA Queensland rescue animals, teaching you animal handling and behaviour skills while building connections within the family unit.

[hello@hphhfoundation.org](mailto:hello@hphhfoundation.org)  
[hphhfoundation.org](http://hphhfoundation.org)

## Diggers Rest



### Sunshine Coast (Beerwah)

Set on 22 acres among the rolling hills of Beerwah, Diggers Rest is a veteran-run retreat for the whole family. Roll out a swag under the stars or stay in one of the cabins – free of charge.

[admin@diggersrest.org.au](mailto:admin@diggersrest.org.au)  
[diggersrest.org.au](http://diggersrest.org.au)

For more information, including locations and dates, please contact each program directly.

**EXPLORE ALL PROGRAMS**

[rslqld.org/find-help](http://rslqld.org/find-help)



**RSL**  
Queensland

# Our services' impact in 2023

RSL Queensland is here to help you and your family every step of the way by providing care, commemoration and camaraderie.



“

The staff are extremely knowledgeable, very friendly and understanding. I feel like they get it and get me and treat me like a human. — *Veteran*

”

“

Their support has been extremely appreciated in the hardest time of my life, something I will remember for the rest of my life. — *Veteran partner*

”

“

I felt relief that someone was looking out for me and using their wealth of knowledge and experience to make my journey easier. — *Veteran*

”

In 2023, RSL Queensland provided care and support to **20% more** veterans and their families than the previous year. This support was delivered through a range of impactful services and programs to help in real and meaningful ways.



## **8,411** veterans supported

by our services to improve their health and wellbeing



## **285** jobs secured

in meaningful employment for veterans and their partners



## **9,636** enquiries handled

referring veterans and their families to services that suit their needs



## **6,712** claims and appeals

submitted with the Department of Veterans' Affairs (DVA)



## **69** scholarships awarded

to veterans, partners and their dependants to increase their employability



## **202** veterans and families housed

in safe, permanent accommodation they can call home



## **1,011** nights in short-term accommodation

for veterans and their families travelling from regional areas for medical treatment



**RSL**  
Queensland

# MAIL BOX

## CORRECTION

On page 22 of *Queensland RSL News* Ed 4 2023 we included a photo of Amiens State School that was incorrectly captioned as Applethorpe State School. We apologise for this error.

## LEARNING MORE ABOUT MY FATHER'S WARTIME EXPERIENCES

I'm writing about the book *Where the Flaming Hell Are We?* that was in the Giveaways section of *Queensland RSL News* Ed 4 2023. It's the story of young Australians and New Zealanders fighting the Nazis in Greece and Crete.

This book is of particular interest to me, as my father was with 6 Div, 2/3rd Regiment and only occasionally told me about his experiences and scrapes in Greece and Crete. He kept a small diary of that year. He left Greece on the Ajax and then from Crete on the Hotspur. On his walk across Crete to meet the boats for evacuation he found a rifle, which he hid in a cave 'just in case' and a unique fishing knife in a scabbard, which he passed on to me.

His mate took a different route, got caught by the Germans and ended up a prisoner of war for the remainder of the war.

They wrote to each other via Red Cross, and I still have some of their (barely readable) letters (pictured). His mate escaped several times over the years, only to be caught, one time close to freedom as the Switzerland border was heavily patrolled. As a result, he experienced several Stalags and was one of thousands in The March of 1945.

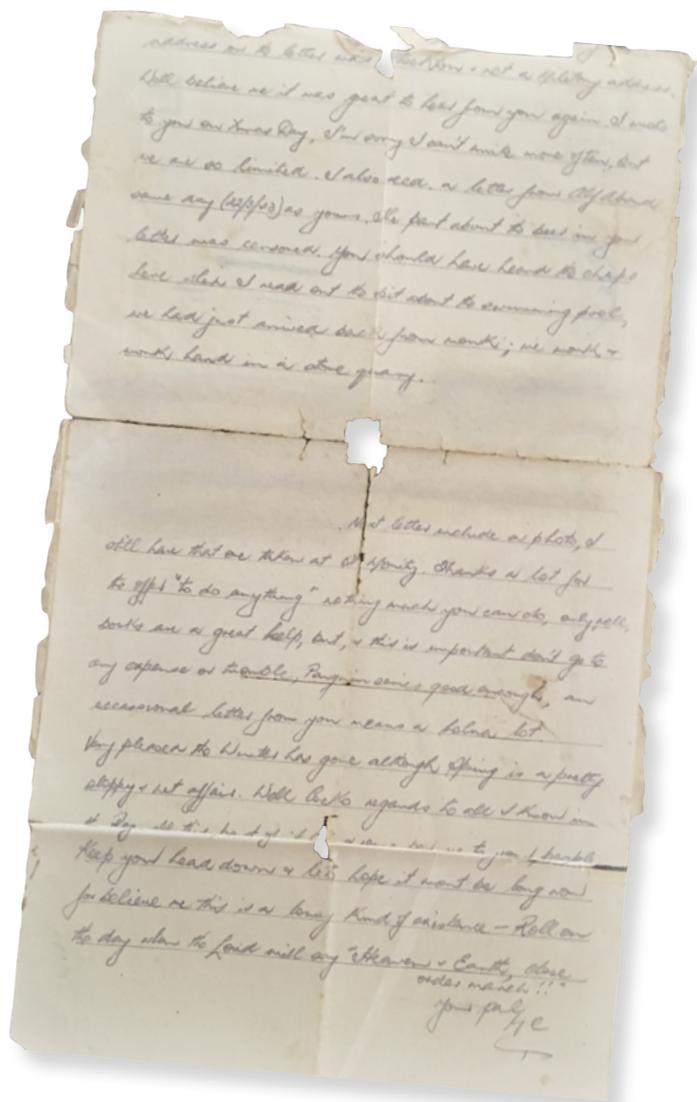
**Laurie Cochrane**  
Southside

## PAYING IT FORWARD

Just before Christmas, I received a packet from RSL Queensland, and now send my thanks. I was delighted to discover that I was the winner of one of the books offered in the magazine as a gift to readers. The timing, and the book prize itself – *The First Ashore: Stories of our First Anzacs* by Peter Burgess – was particularly appropriate! I am glad to add it to my own extensive library of military books. Alongside Russell Paten (ex 49th Battalion), I am currently researching and writing about the lives – and deaths on the Western Front – of two young soldiers of the 49th Battalion AIF. One (Russell's great-uncle) was from Brisbane; the other (his wife's great-uncle) hailed from Ilfracombe, Central Queensland.

After *Two Names on the Menin Gate* is published later this year, we would be happy to offer copies to *Queensland RSL News* as gifts for lucky readers.

**Diane Melloy**  
Woombye



# NEWS

## 100 YEARS OF QUEENSLAND RSL NEWS



**THIS** year, *Queensland RSL News* will begin preparations for a momentous occasion – in 2025 the magazine will celebrate its 100th birthday. The first official edition (Vol. 1 – No. 1) was published nearly a century ago on 15 April 1925 under the name *The Queensland Digger*. We believe that a special edition of the magazine may have been published in October 1924 but so far cannot locate it. If you somehow have a copy, please let us know!

In 1962 the journal changed its title to *Vigilance* and then later to its current name of *Queensland RSL News*. According to the State Library of Queensland, *Vigilance* was published from 1962-67 and *Queensland RSL News* was published from 1989 onwards.

We know *Queensland RSL News* is much beloved by our members and we want you to feel part of this milestone. We will officially begin celebrations in Ed 1 2025, but in the lead up to this edition we would love to hear from readers. ←

*Do you have any special memories of the magazine over the years? Did you read any articles that were inspiring or even life-changing? Has it helped you reconnect with long-lost friends? Please email [editor@rslqld.org](mailto:editor@rslqld.org) and let us know if you have any stories to share or ideas to help us celebrate this centenary.*

### MEMBERS RECOGNISED IN 2024 AUSTRALIA DAY HONOURS

**CONGRATULATIONS** to all RSL Queensland members who were recognised in the 2024 Australia Day Honours. It is an outstanding achievement to be recognised for your service to the community, Australian veterans and their families.

#### MEDAL OF THE ORDER OF AUSTRALIA (OAM) IN THE GENERAL DIVISION

- Dr Ian Bruce Cameron RFD, Elanora
- Mr David John Chalk, Gordonvale
- Councillor Janet Louise Clifford, Whitsundays
- Mr Alexander Garlin, Coorparoo
- Mr Jeffrey Grant Maurice, Jacobs Well
- Professor Michael David Reilly, Townsville
- Mr Alan John Sparks AM (Mil) BEM, Albany Creek

#### CONSPICUOUS SERVICE CROSS (CSC)

- Chief Petty Officer Gillian Bryant

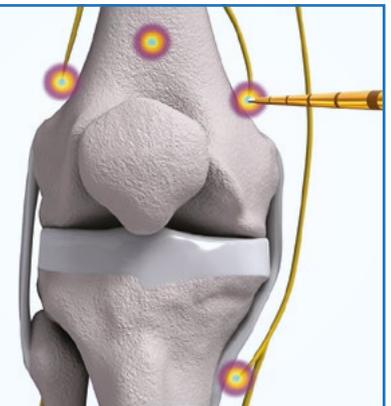
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**Sunshine Coast University Private Hospital, Birtinya QLD.**



SCAN TO READ MORE NEWS



## SUNSHINE COAST WELCOMES NEW RSL QUEENSLAND VETERAN & FAMILY WELLBEING CENTRE

**LOCATED** in Maroochydore, the RSL Queensland Veteran & Family Wellbeing Centre provides a range of health and wellbeing services to support current and ex-serving Defence members

and their families. From DVA claims assistance to emergency financial support and social connection activities, the Centre brings together services from RSL Queensland, Mates4Mates

and the RSL Queensland Sunshine Coast and Regional District in one convenient location.

RSL Queensland and Mates4Mates welcomed \$1.8 million in funding from the

Department of Veterans' Affairs One-Off Program to support the opening of the Centre.

**For more information, visit [vfwc.org.au](http://vfwc.org.au)**

## QUEENSLAND ESO FORUM

**ON** 3 November 2023, RSL Queensland and Legacy Brisbane hosted the second Queensland Ex-Service Organisation (ESO) Forum for 2023. The Forum welcomed more than 80 attendees from 40 organisations across the sector who came together for a day of collaboration and connection.

Setting sights on the year

ahead, the Forum provided the opportunity for ESOs to share their vision and key learnings and consider collaboration on future initiatives to better support veterans and their families. Participants had the opportunity to ask questions of each of the presenters, and there was a particular focus on health initiatives and transition support services for the veteran



and Defence community.

Throughout the day, there was a sense of shared purpose and mutual support

in the room, with ESOs keen to continue working together to advocate for the needs of veterans and their families.



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## End of WWI Centenary Commemoration

2018 marked the centenary of the conclusion of the First World War, the “war to end all wars.” There are generations alive who have no direct knowledge of this conflict or of the sacrifice made by all who fought for their country. Our debt to them is immeasurable making it more important than ever that we remember their courage with a lasting commemoration. To ensure their sacrifice is not forgotten, a very special crown coin has been released: The “Centenary of the End of World War Golden Crown.”

Fully layered with pure 24-carat gold, this collector’s edition coin will shine as an enduring symbol of the immense pride we feel for those who served our country and endured great hardship. The design honours the fallen with a moving, raised-relief portrait of a digger remembering his

mate, set against a backdrop of the rising sun. In the foreground, a field of poppies, the symbol of remembrance, are created in hand-applied red enamel, providing a vibrant contrast to the pure, 24-carat gold.

It creates a touching counterpoint to the hallowed words “Lest We Forget” from Laurence Binyon’s poem *For the Fallen* which forms the *Ode of Remembrance*. Poppies, crafted in vibrant enamel, have been inspired by John McCrae’s moving poem *In Flanders Fields*, symbolising our eternal respect and remembrance of our fallen heroes.

Struck to a high specification and layered in pure 24-carat gold, only 19,999 numbered issues will ever be minted. It is available now for only \$39.99 – a saving of \$50.00 – plus \$9.99 postage and handling. Due to the extreme limitation, only the earliest

responders will successfully secure this proof coin honouring our World War I heroes. A Certificate of Authenticity detailing important provenant information pertaining to the coin will be issued with the coin. Peak collector interest is all but assured for this commemoration to those who served and with it the potential of a swift, early sell out of the “Centenary of the End of World War Golden Crown.”

The earliest applications will receive the lowest edition numbers. For this reason applications will be processed on a strictly first-come, first-served basis and are limited to *one per Australian household*. Order the “Centenary of the End of World War Golden Crown” now for just \$39.99 (plus \$9.99 postage and handling). By

ordering now, you will have priority access to further coins in “The First World War Centenary Crown Collection” through our [Risk-Free Subscription Plan](#). It’s easy and convenient. The second and subsequent coins in the collection will be sent to you automatically at regular intervals for just \$89.99 (plus P&H) per coin. You get to see each coin before you pay for it. Our [Risk-Free Subscription Plan](#) means you don’t have to worry about missing out on each new coin as they’re released. Even better, you’re never under any obligation to keep any coin you don’t love. Collect as many as you like and if you’re not entirely happy you can cancel your collection at any time by calling 02 9841 3311 (Mon – Fri, 8:00am – 5:00pm).



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# NURSE STATUE UNVEILED

## *in Blackall*

*A life-size monument of WWI nurse Sister Greta Norman Towner stands as a proud reminder of the significant contribution Australian women in service have made to the nation.*

*Olivia Lawrence*

**O**n Friday 10 November, a memorial statue of World War I nurse Sister Greta Norman Towner was officially unveiled by the Blackall RSL Sub Branch at Blackall's Memorial Park.

The "Walking with Greta" bronze statue has been designed to recognise the significant contribution Australian women made to the war effort.

Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland, unveiled the life-size monument of the esteemed local veteran ahead of Remembrance Day.

Commissioned by Blackall RSL Sub Branch and supported by the Blackall-Tambo Regional Council, the statue is the second in the country dedicated to honouring military nurses and the broader contributions of women in the military.

Crafted by Queensland sculptor Cam Crossley, the statue pays tribute to Sister Greta Norman Towner, a WWI nurse from Blackall who served in the Gallipoli campaign, as well as in tours across France and England. The monument stands in the park across from her brother's statue, Lieutenant Edgar Thomas Towner





**ABOVE:** Blackall RSL Sub Branch President Terri-Ann Eden-Jones.

**LEFT:** The statue was crafted by Queensland sculptor Cam Crossley and pays tribute to Sister Greta Norman Towner, a WWI nurse from Blackall.

VC MC, who also served in WWI on the Western Front.

Blackall RSL Sub Branch President Terri-Ann Eden-Jones emphasised the importance of erecting monuments that honour local community members who served – particularly women who played an instrumental role in service.

“We believe it is vital that Greta and Edgar have a permanent reference in Blackall to honour their remarkable contributions to the nation,” Ms Eden-Jones said.

“It is important that we work

towards the right balance of representation for those who served and fought for Australia.”

The Towner siblings, born and raised in Blackall, served in the Australian Army from 1915, both returning to their hometown physically unharmed in 1919.

Efforts to implement a permanent memorial for Greta and Edgar have been ongoing for several years with the help of community groups and residents. In 2009, a full-scale statue of Lieutenant Edgar Thomas VC MC, titled “Towners Call”, was unveiled





to highlight his service on the Western Front.

"Thanks to the joint efforts of the Blackall-Tambo Regional Council, the local school and members of the Blackall RSL Sub Branch, we have been able to highlight the significance of Greta's service, as well as her relevance to other rural women who served," Ms Eden-Jones said.

"Now we have the unique story of two siblings who served in World War I and their statues are together in one location." ←

**ABOVE CENTRE:**

The unveiling was well attended by the Defence community and local residents.

**ABOVE:** Blackall RSL Sub Branch commissioned the sculpture, supported by the Blackall-Tambo Regional Council.

**OPPOSITE PAGE:** Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland, attending the unveiling of the statue.



SCAN TO WATCH VIDEO

# STUDENTS TO GAIN INSIGHT INTO THE ANZAC LEGACY



**ABOVE:** Students wear white gloves to examine priceless artefacts at the State Library of Queensland.

**OPPOSITE PAGE:** Students Grace Roberts, left, and Bryna van Stom examine one of the artefacts.

*Eight Queensland students and two teacher chaperones are gearing up for a once-in-a-lifetime opportunity to explore the ANZAC story and legacy as part of the 2024 Premier's Anzac Prize.*

**PRIZE** recipients will participate in research, fundraising, community engagement and a tour of Europe, sightseeing and visiting key historical sites including World War I battlefields. The 2024 Premier's Anzac Prize is sponsored by RSL Queensland

in partnership with the State Library of Queensland.

In January, students slipped on protective white gloves to examine priceless military artefacts as part of the 'White Gloves Experience' at the State Library of Queensland. The event

offered an opportunity to meet other participants, the Minister for Education Hon Di Farmer MP, Assistant Minister for Veterans' Affairs Jimmy Sullivan MP and RSL Queensland State President Major General Stephen Day DSC AM.

"It's important that we pass on to young Australians the story of how veterans contributed to making Australia what it is today," MAJGEN Day says.

The tour will take place from 13 to 29 April 2024.



Grace Roberts

Br



**FROM TOP TO BOTTOM:** The eight students selected to participate in the 2024 Anzac Premier's Prize are, from left, Grace Roberts, Bryna van Stom, Elann Malot, Bronte Fleming, Jacqueline Loh, Eloise Brown, Sophie Robertson and Katie Somerville; Students examined priceless military artefacts; The event offered an opportunity for students to meet other participants, RSL Queensland State President Major General Stephen Day DSC AM, back left, and the Minister for Education Hon Di Farmer MP, centre.

*“It’s important that we pass on to young Australians the story of how veterans contributed to making Australia what it is today.”*





## Help support Mates4Mates

The prize recipients are raising funds to support Mates4Mates. To make a donation, visit the group's fundraising page, select an amount and click the blue 'Donate' button.



**CLOCKWISE FROM TOP LEFT:**  
State Library of Queensland staff showing students the rare artefacts;  
Students wear white gloves to protect the precious artefacts;  
Students, from left, Sophie Robertson, Bronte Fleming and Grace Roberts; military artefacts.





# ‘IT’S ABOUT SHOWING THAT WE CARE’

**JUST** before Christmas, more than 550 deserving veterans and their families received a Christmas hamper, packed by staff at RSL Queensland. The hampers were distributed to veterans experiencing homelessness, those facing financial hardship, older veterans and war widows battling poor health, and those without family nearby.

“This year marks the fourth year we’ve come together to pack hampers for veterans and their families, and each year we

continue to see the real impact of this project – helping veterans feel connected and supported at a time that can be difficult for some,” RSL Queensland CEO Robert Skoda explains.

“It’s about showing that we care. That we’re here for veterans doing it tough and recognise those who continuously dedicate their time to the veteran community.”

As the photos show, recipients were overjoyed to receive their hampers. “←



**(01)** Tom Sheedy was ‘blown away’ to receive a hamper and said an emotional ‘thank you’ to everyone involved. **(02)** Chris Bumstead giving a hamper to veteran Ray Raines. **(03)** Veteran John Sanderson opening his gift and reading the card. John was thrilled to receive the hamper and grateful that the RSL was thinking of him. **(04)** Chris Bumstead is pictured giving a hamper to veteran Dennis Collyer (seated). **(05)** Carol Orr from Redcliffe RSL Sub Branch was delighted with her hamper.



04



05



YouTube



SCAN TO WATCH VIDEO

# WARWICK CELEBRATES CENOTAPH CENTENARY

*The Warwick community recently commemorated the 100th anniversary of its local cenotaph.*

*Olivia Lawrence*



**O**n Tuesday 5 December, Warwick RSL Sub Branch marked a significant milestone, hosting a commemorative ceremony for the centenary of the Warwick Cenotaph.

Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland, was in attendance, unveiling a centenary plaque, signifying a pivotal moment for the memorial.

Attendees also heard poignant words from RSL Queensland State President Major General Stephen Day DSC AM about the

importance of war memorials within the community.

Warwick RSL Sub Branch member John Skinner said the memorial represented one of the many landmarks established across Australia post-World War I that pay tribute to the courage and sacrifice of the thousands of Australians who served.

"The memorial is very unique. The Cenotaph honours 122 locals who fell during WWI in lead lettering on the front, and the Memorial Gates list 501 locals who served and returned," Mr Skinner said.



"The names of 137 local WWII people killed are listed on the northeast side alongside two from the Korean War and three from the Vietnam War.

"This is a once in a lifetime anniversary, celebrating rich history and the memorial's significance in the community and the country."

The Warwick RSL Sub Branch has been operating since 4 August 1917 and has utilised the memorial space for decades to hold services for the community, encouraging commemoration and remembrance.

"Our recent commemoration on Remembrance Day brought 3,000 people to this memorial, which we are so proud of," Mr Skinner said.

Over the years, the memorial has seen the addition of monuments around the Cenotaph to honour later wars and peacekeeping

operations that Australia has been a part of.

In the past eight years, Mr Skinner said the Warwick RSL Sub Branch has worked closely with the Southern Downs Regional Council and Southern Downs Ex-Service Association to maintain and add to the 100-year-old memorial precinct.

"One monument in particular is the dais, which shows a timeline of wars and conflicts Australia has been a part of throughout history. This spans from the Boer War all the way to the nation's involvement during the Afghanistan War," Mr Skinner said.

"The dais also includes a blank space for more additions to be

made as we move into the future."

Looking ahead, Mr Skinner said the Sub Branch and local council will continue to focus on upkeep and maintenance to preserve and evolve the memorial.

"It's a special anniversary for veterans and the wider community and we only hope the memorial continues to be a landmark in Warwick for generations to come."

The Warwick Memorial was designed by Roy and Hugh Campbell of Warwick and built by Frank Williams & Co Ipswich in 1923 using 220 tons of Helidon sandstone and can be viewed in the southeastern corner of Leslie Park. ←

**ABOVE:** Veterans lay wreaths at the commemorative ceremony.

**CENTRE:** Veterans and members of the local Warwick community help mark the historic milestone.

**OPPOSITE PAGE:** Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland, was in attendance, unveiling a centenary plaque, signifying a pivotal moment for the memorial.

# BUILDING COMMUNITY CONNECTION

*From memorial projects to school visits, Runaway Bay RSL Sub Branch shares how community connection is the key to their success.*

 **Courtney Adams**

## **FROM VIETNAM TO THE GOLD COAST**

Vietnam veterans Graham Gordon and Bruce Main are Gold Coast locals and members of Runaway Bay RSL Sub Branch. Bruce served in the Royal Australian Air Force (RAAF) No. 2 Squadron and is now the Sub Branch President. Graham served in the Army in 6RAR and is now the Sub Branch Secretary.

"Runaway Bay is a very nice suburb in a quiet area of the Gold Coast. We have a great community of 138 members, with weekly gatherings on Saturdays for our meat tray raffles, where a lot of vets meet up and have a great time," Graham says.

"We're mainly involved in welfare duties to make sure our members are cared for, looked after, being entertained and having outings," Bruce adds.

Community spirit has been ingrained in Runaway Bay RSL Sub Branch since its establishment in 2002.

"Our Sub Branch has the privilege of using the Seagulls Football Club building for our meetings and functions," Bruce says.

"We didn't have a home to go to and the Club offered us their facilities. It has been a fantastic arrangement and a remarkable relationship. It's a wonderful community built on mateship," Graham explains.

## **MAKING REMEMBRANCE ACCESSIBLE**

Runaway Bay RSL Sub Branch was recently involved in the reopening of the Canungra Vietnam War Memorial, helping to facilitate its relocation from inside the Kokoda Barracks to just outside the Barracks' entry for the whole

community to access and visit.

The project came about when fellow RSL member Doug Henderson OAM formed a working committee in his capacity as founder of the Kokoda Youth Foundation, bringing the Sub Branch, the Land Warfare Centre and the local community together in collaboration.

"There are Vietnam monuments all around the country and indeed on the Gold Coast, but the one here in Canungra is most significant because all of us who went to Vietnam trained here in the Jungle Training Centre," Graham explains.

"It is a godsend to have our friends, families and our future generations come and see such a wonderful monument now."

The finished memorial includes a life-size bronze statue of an Australian Vietnam War soldier and



Jake O'Donnell lays a wreath at the reopening of the Canungra Vietnam War Memorial.



**ABOVE:**  
The memorial was unveiled by LTCOL Wendy Say and Doug Henderson.

**CENTRE:**  
Runaway Bay RSL Sub Branch President Bruce Main says the Sub Branch is heavily involved in welfare duties to make sure members are cared for, looked after and entertained.

**RIGHT:**  
Runaway RSL Sub Branch Secretary Graham Gordon speaking during the event.

informational boards that detail the history of the Vietnam War.

“It has been a pleasure and a privilege to work on this wonderful monument. We were thrilled to be part of a project that not only honours an existing memorial, but also creates a new accessible space for education and remembrance,” Graham says.

### **PASSING ON THE ANZAC LEGACY**

In addition to honouring memorial sites, Runaway Bay RSL Sub Branch has been boosting the visibility of military service commemorations within its community.

“At Runaway Bay, we get 2,500 to 3,000 people attending our ANZAC Day Dawn Service, which is excellent. But the memories are



For more information about Runaway RSL Sub Branch, visit [rslqld.org/about-us/runaway-bay-sub-branch-inc](http://rslqld.org/about-us/runaway-bay-sub-branch-inc)





unfortunately dwindling, so we do all that we can to promote ANZAC Day and Remembrance Day," Bruce says.

"It is important that our grandkids and future generations are aware of what happened in the past and how they've got the freedoms that they enjoy today," Graham adds.

A key part of the Sub Branch's community engagement activities involves educating young people about the importance of remembrance, which has proved hugely successful.

"By visiting schools, we are educating the young on the past, because what happens in the past governs the future," Bruce says.

"We recognise the importance of having today's youth involved, so we invite school students to

be involved in our ANZAC Day and Remembrance Day services," Graham says.

Sub Branch members visit each school, engaging them through programs such as RSL Queensland's Postcards of Honour and Draw to Remember initiatives. The response has been overwhelmingly positive, motivating the Sub Branch's members to continue their hard work.

"Connecting the young students to us older folks is something we hope to be able to do in future with more involvement," Bruce says.

"The whole community gets behind us. They are aware of who we are, what we've done and what we're doing, which is most important," Graham says. ←



YouTube



SCAN TO WATCH VIDEO

**TOP LEFT:** The Runaway Bay RSL Sub Branch, Kokoda Youth Foundation and the Land Warfare Centre actively work together to engage with local community groups of all ages.

**ABOVE:** Scottish piper Barry Cathcart salutes.



**TRANSITIONING  
TO SUCCESS**



## *How the RSL Employment Program helped Kristian Laing find employment success after the military.*

**A**ir Force veteran Kristian Laing has traded planes for trains in his career, securing meaningful employment with Queensland Rail, thanks to the support of the RSL Employment Program.

Kristian left the Air Force in 2017, first working in Canberra and Sydney before happily settling in Townsville, where he now works full-time for Queensland Rail as a Train Station Supervisor.

Reflecting on his transition from service in 2017, Kristian recalls how daunting it was to embark on the journey into civilian life.

"A lot of people are very scared to leave the military, and when I left, I did feel a bit overwhelmed. I tried a few programs to help with my transition, which were great, but RSL Queensland was that helping hand I really needed," he says.

### **A FAMILIAR FACE**

Kristian engaged with RSL Queensland for guidance and support at various points in his transition to civilian life to ultimately help him find the perfect job.

"During my transition out of the Air Force, I sought the support of RSL Queensland to help get moving into civilian life. When you leave the military, the ADF provides support through short programs for the first few weeks, but it doesn't stack up to the longer-term support that RSL Queensland has provided.

"I was initially working with Murray's Coaches across Canberra and Sydney, before I decided to make the move to Townsville. During the move I did feel a little lost, and that's when I re-engaged with RSL Queensland after seeing a TV ad featuring a former Army colleague.

"It was good to know that I had a support team, and I didn't feel that I was alone."

RSL Queensland understands that finding meaningful employment involves more than just securing a job. It's about finding a role that fits a veteran's stage of life and their ambitions, and that gives them a sense of purpose every day when they go to work.

"I knew I was driven and motivated. Whilst I'd enjoyed the jobs I was in, they weren't what I wanted for myself long-term and that's where RSL Queensland came into play," Kristian says.

Working with employers nationwide, the RSL Employment Program has helped secure more than 1,100 jobs in meaningful employment for veterans and veteran/Defence partners.

The program helps participants gain critical skills to enhance their employability, including providing tips and training to support with resume development and interviews.

For Kristian, the program's assistance proved life-changing.

"The program team really helped give me some direction for my career, revamping my resume and

**ABOVE:** After discharging from Defence, Kristian Laing worked with Murray's Coaches across Canberra and Sydney.

**OPENER:** Kristian Laing and his colleagues at Queensland Rail.



**ABOVE:** Kristian Laing traded planes for trains, leaving the Air Force in 2017 and eventually securing work with Queensland Rail, thanks to the support of the RSL Employment program.

helping me with some of those technical skills for interviews. Queensland Rail has a certain method of interviewing and the team knew this, so with their help I was able to land my current role."

**FINDING A SUPPORTIVE EMPLOYER**

Kristian believes Queensland Rail truly understood the wealth of life experience and skills that veterans and their partners bring to a business.

"I am very fortunate to have this role and it's a job that allows me to do what I enjoy, interacting with people from different walks of life, while still providing the structure and support that is so familiar," Kristian says.

"Sam, the Senior Employment Consultant who helped me, was always very engaging and checked in to see how things were going

*"Any time that I encounter someone who's facing the same challenges I did, I make it a point to recommend the RSL Queensland Employment Program and to share my story. It helped put me on a path that I really love and made the ongoing transition out of the military all that much easier."*

both prior to me getting this role and after.

"Coming from military and having that structure and support again, she was like my fairy godmother; she was incredible."

For his fellow veterans and their partners thinking of accessing the RSL Employment Program, Kristian has one message.

"Any time that I encounter someone who's facing the same challenges I did, I make it a point to recommend the RSL Queensland Employment Program and to share my story. It helped put me on a path that I really love and made the ongoing transition out of the military all that much easier." ←

If you, or someone you know, has made the decision to leave Defence, we can support your transition into civilian employment. Explore our free programs for ex-service people, veteran/Defence partners, and potential employers at [rslqld.org/employment](https://rslqld.org/employment)

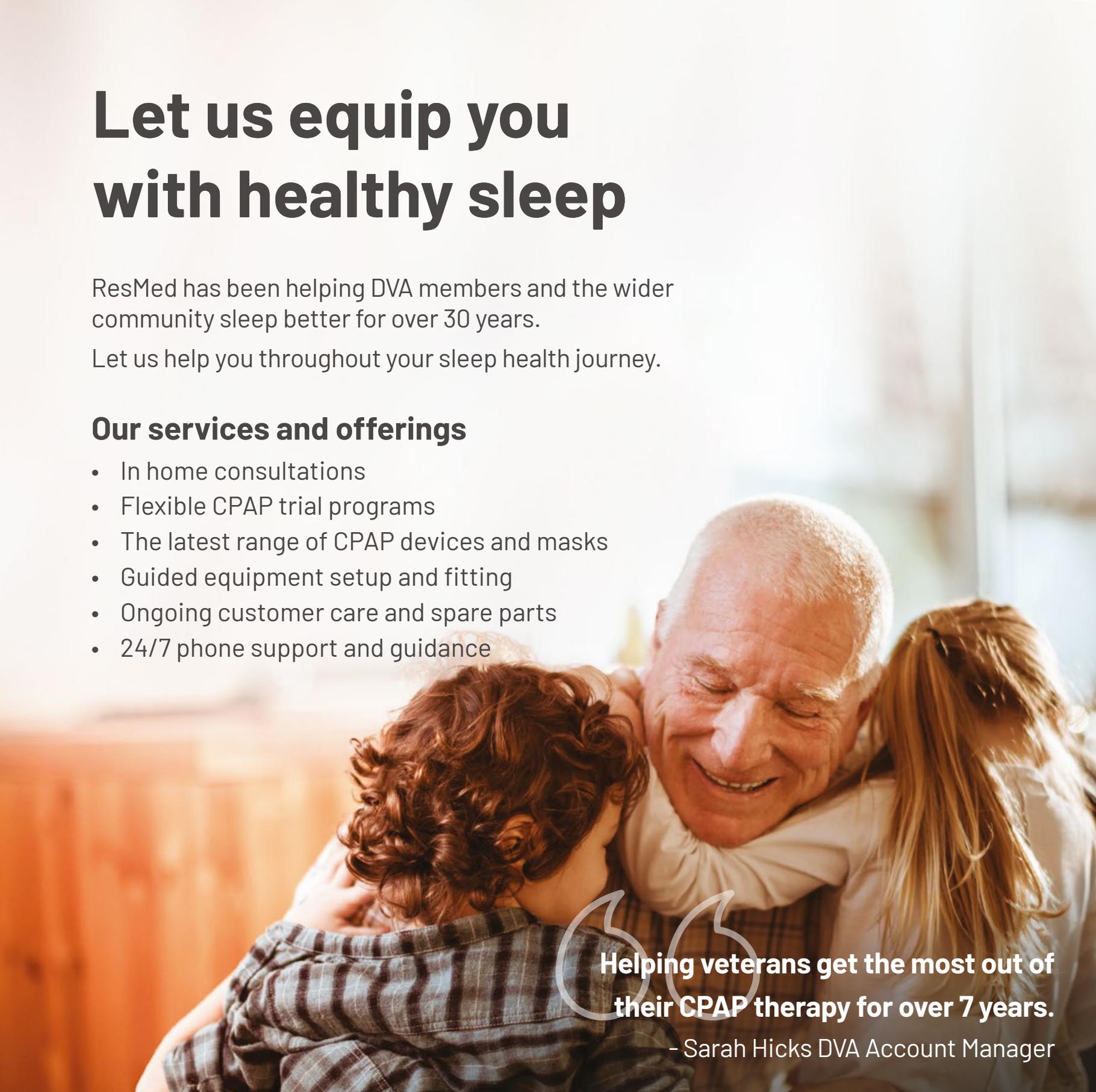
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# RECOGNISING AUSTRALIA'S COURAGEOUS CREATURES

*The Australian War Animal Memorial Organisation is a key advocate for National Day for War Animals (24 February).*

*✍ Courtney Adams*



### **A LIFE OF ANIMAL ALLYSHIP**

Redlands RSL Sub Branch member and 2017 RSL ANZAC of the Year Nigel Allsopp has dedicated his 40-year career to the training, handling and welfare of animals.

"I started my career in the New Zealand Air Force as a dog handler and served for 15 years before working at Auckland Zoo as an elephant and sea lion trainer," Nigel says.

"I was then offered a job as the supervisor of Currumbin Wildlife Sanctuary on the Gold Coast. Since moving back to Australia, I've also worked as an animal trainer at Sea World and Dubbo Zoo."

Having missed his time in uniform, Nigel decided to pivot

his career back to the military by joining the Royal Australian Air Force (RAAF) Reserves in 2000. A few years later, he joined the Queensland Police Service (QPS), where he remains employed today.

"I have spent 20 years all up [at QPS], including 15 years in the Queensland Police dog section," Nigel says.

"I am currently a trainer at the Oxley Police Academy, but I spent my operational duties as a dog handler, primarily with explosive detection dogs. I am also a qualified mounted police officer and have taken equitation training in the USA."

In addition to his impressive career, Nigel's passion for animals drove him to establish the non-

profit Australian War Animal Memorial Organisation (AWAMO) in 2003. He has also authored 14 books and has lectured as a subject matter expert at military academies in the UK and USA.

### **HELPING CREATURES GREAT AND SMALL**

Throughout its history, AWAMO has been at the forefront of honouring millions of animals who have loyally served and given their lives alongside human comrades.

"AWAMO is the first organisation to recognise Australian military animals with a memorial. There were a couple of memorials honouring individual dogs but none honouring all species involved in war until we started because, quite





*“Nine million animals died in WWI alone, so it is important to realise that animals have served our nation. Australia itself would not be the country it is today without animals.”*

Redlands RSL Sub Branch member and 2017 RSL ANZAC of the Year Nigel Allsopp has dedicated his 40-year career to the training, handling and welfare of animals.



rightly, people wanted to honour human beings,” Nigel explains. “But nine million animals died in WWI alone, so it is important to realise that animals have served our nation. Australia itself would not be the country it is today without animals.”

In addition to establishing more than 50 animal memorials around Australia and overseas (including the first war animal memorial in Pozieres, France, on the Western Front), AWAMO has provided financial aid to retired veteran dogs, funded animal-based

post-traumatic stress disorder (PTSD) programs for veterans and established the purple poppy animal remembrance appeal.

Nigel’s work as President has seen him twice on the front line in Ukraine on animal rescue missions, and to the United Nations in Switzerland to lobby for the recognition of animals in the Geneva Convention. AWAMO’s work is not limited to Defence initiatives, though.

“We’re trying to educate the next generation,” Nigel says. “I have given my books on war animals

to various schools, libraries and universities in Australia and New Zealand. We are now producing all my books in braille and audio, which I have donated for free."

The organisation has also produced 'scented gardens' for two Australian special schools, so that visually impaired children can

experience the joy of plants and animals.

"With the aid of school and horticultural staff, we've planted scented flowers around full-scale fibreglass resin animals. Each animal has a different scent and tactile element," Nigel explains.

"It's a multi-pronged response;

**BELOW:** Nigel started his career as a dog handler in the New Zealand Air Force.

the children learn about the animal, find it, smell it and touch it, which gives them some independence within their schoolgrounds. Every now and then we also take in real animals, which the kids can pet as well."

### HOW YOU CAN COMMEMORATE MILITARY SERVICE ANIMALS

Based on their work to date, it's clear that AWAMO's volunteers work tirelessly to raise awareness and appreciation for the countless horses, mules, camels, donkeys, cats, dogs and pigeons who have served their country. However, Nigel believes that there is always more work to be done.

"The reactions to our work are all positive, but I never fail to go to an ANZAC Day service or discussion group where somebody says they didn't know that animals served in the military," Nigel says.

To help raise awareness for military service animals, AWAMO launched the purple poppy in 2009 as a symbol of the sacrifice paid by our four-legged and feathered diggers. Purple poppies are often worn in remembrance on 24 February for National Day for War Animals.

"While it's not an official day, we want to promote 24 February more. Britain, New Zealand, France, Canada, Ukraine and the USA have taken it on, so it's slowly getting recognised around the world," Nigel says.

To support National Day for War Animals, consider buying and wearing a purple poppy. All proceeds go towards continuing AWAMO's work. ←



Visit [awamo.org.au](http://awamo.org.au) or contact your local RSL Sub Branch to buy a purple poppy.

RSL

# Be:Well

VETERAN WELLBEING **ONLINE**

# HELPING VETERANS BOOST THEIR WELLBEING, THEIR WAY

*Combining the latest veteran-centric health and wellbeing research into free, self-directed online learning courses, RSL Be:Well offers veterans a clear, simple way to better their health and wellbeing.*

**TAKING** the first steps to improving your health and wellbeing can be tricky.

That's why RSL Queensland has created RSL Be:Well – a free, health and wellbeing-focused online learning program designed specifically for veterans.

RSL Be:Well is backed by the latest in veteran health information conducted by RSL Queensland's research partner Gallipoli Medical Research Foundation (GMRF). The program provides simple, evidence-informed learning resources to help you tackle common challenges that veterans

face and feel better physically, mentally, emotionally and socially.

"Our ongoing investment in veteran health research is fundamental to understanding, and effectively addressing, the needs of our veteran community," RSL Queensland Deputy CEO - Veteran Services Troy Watson says.

"RSL Be:Well is an innovative digital service offering that complements our other services, allowing veterans – wherever they might be – to easily access reliable, relevant information on targeted health concerns.

"It's a simple and interactive way to understand some of

the common challenges many veterans face, and take proactive steps to manage those challenges.

"It's important to note that RSL Be:Well isn't a substitute for seeking help, but if you're a veteran wanting to better your health and wellbeing, RSL Be:Well gives you the tools to get started."

## **WELLBEING, YOUR WAY**

RSL Be:Well currently features four veteran-centric topics:

- **Be:Food Positive** – Find out how food impacts your mind and body, good nutritional 'rules' to follow, and how to make small changes for positive results.



*“RSL Be:Well translates years of veteran-specific research into simple yet easy-to-follow tips that veterans can easily adopt and benefit from.”*

- **Be:Self Controlled** – Understand recurring negative emotions and useful strategies to help you manage them.
- **Be:Set for Work** – Learn effective ways to find meaningful civilian employment, including identifying your values and translating your Defence skills.
- **Be:Sleep Savvy** – Understand the causes and symptoms of common sleep problems in veterans, and helpful treatment options.

Each 20-minute module is self-directed – letting you decide what to learn and set your own pace – and filled with interactive tools, practical tips and recommended resources. Additional topics will be available regularly.

An online, ‘self-serve’ addition to RSL Queensland’s range of veteran services, RSL Be:Well is an

ideal starting point for any veteran keen to achieve a healthier body, mindset and social life.

“The research behind RSL Be:Well has clearly highlighted the key health and wellbeing challenges affecting veterans today, and the most effective ways

of addressing those challenges,” GMRF Chief Executive Officer Miriam Kent says.

“RSL Be:Well translates years of veteran-specific research into simple yet easy-to-follow tips that veterans can easily adopt and benefit from.” ←



RSL Be:Well is free and available anywhere, any time. Learn more at [rslqld.org/online-learning](https://rslqld.org/online-learning)



# LICENCE TO THRIVE

*Brisbane veterans are buckling up to make a difference in young peoples' lives as volunteer mentors for the Salvation Army's Drive for Life program.*

*✍ Courtney Adams*



*“Getting your driver’s licence is such a big milestone. Watching young people learn, build up their confidence and then achieve that licence is such a big step for them, and to be involved in that journey is really rewarding.”*

I signed up to the regular Army in 1990 and served for 15 years. I enjoyed my time in the Defence Force and had several overseas deployments towards the end of my career,” he says.

Steve left the Army in 2005 and later pursued careers in teaching and hydrogeology across Africa, Asia and Australia. However, about five years ago, he reached a low point in his mental and physical health that drove him to seek help.

“Things weren’t very good at that time, so I saw Open Arms and was referred to a supportive network of specialists who helped me work on a lot of issues. An important part of this journey has been changing from a military mindset to develop my own identity,” Steve says.

Now five years into his recovery, Steve gains satisfaction from giving back to others, both by studying psychology at university

#### **HEALING THROUGH HELPING**

Gaythorne RSL Sub Branch member Steve Jones was born into a family with a proud history of service. He knew early in life that

he was going to follow their path into the Defence Force.

“I went through cadets in high school, and joined the Army Reserves before I finished year 12.



**ABOVE:**  
Gaythorne RSL Sub Branch member Steve Jones volunteers as a mentor with the Salvation Army's Drive For Life program.

**RIGHT:**  
Steve Jones, right, during service in the Australian Army.

and proactively volunteering in his community. Most recently, he joined the Salvation Army's Drive for Life program as a mentor.

"About six months ago I was looking for additional volunteer work and saw that the Salvation Army was advertising [for Drive for Life], which interested me because the Salvos consistently supported us in the field with the Sallyman truck," Steve recalls.

"I thought, 'Here's an opportunity where I can give back to them!'"

#### THE POWER OF MENTORSHIP

Wayne Norford has worked for the Salvation Army's Youth Outreach Service (YOS) for more than 12 years. Together with Justin Maher, Wayne coordinates the Brisbane chapter of YOS's Drive for Life

program. The program aims to help disadvantaged youth attain their provisional driver's licence (or 'P-plates'), while boosting their confidence and independence in the process.

"I get excited about seeing young people succeed, and I haven't seen a program that has been more effective and beneficial than this driver mentor program," Wayne says.

"Getting your driver's licence is such a big milestone. Watching young people learn, build up their confidence and then achieve that licence is such a big step for them, and to be involved in that journey is really rewarding."

The program is structured so that young people first take lessons with a professional driving instructor, before being paired with a volunteer mentor who helps them log practice hours before they take their driving test. Wayne coordinates more than 20 mentors (including Steve) but says that they could always do with more as the program expands.

"This program is reliant on good mentors. We're not looking for experts; the most important thing that we're looking for is people who can keep our young people safe and encourage them with a good attitude," he says.

"The mentors on our team are brilliant, salt-of-the-earth people and we are so grateful for all they do. Having them on the team and as friends is a blessing."

#### HOW VETERANS CAN HELP

The Drive for Life program has recently received increased volunteer interest from veterans like Steve.

"A lot of people who've served in the Defence Force have been challenged in very difficult and extreme environments, and therefore are able to empathise with these youth who are looking to achieve something in their life," Steve says.

Ultimately, the mentor's role in the Drive for Life program draws on teamwork, camaraderie and leadership skills, which are familiar to many veterans.

"The ability to connect with the youth in this program is instrumental. We not only work on driving skills, but also developing their sense of self. Mentors look beyond their learner's current circumstances to see potential for growth," Steve says.

"Being involved is hugely rewarding, especially when young people attain their licence, which opens greater opportunities in life for them."

Wayne agrees, saying "Most of us forget what we were doing when we turned 17, but most of us can remember what it was like when we got our driver's licence. To see a young person take ownership of that and to be able to open a door for them to get to that point is very satisfying." ←←



Interested in becoming a mentor in Brisbane or Bundaberg?  
Visit [salvationarmy.org.au/driveforlife](https://salvationarmy.org.au/driveforlife) to get started.



# MATES 4 MATES

THE QUARTERLY MAGAZINE  
FOR OUR DEFENCE COMMUNITY

## Veteran support within the community.

DEDICATED PROGRAMS THAT NOT ONLY  
TEACH NEW SKILLS BUT BUILD CONNECTIONS.

+ **PARTNERING WITH SHAPE AUSTRALIA.**  
FORGING PARTNERSHIPS TO SUPPORT VETERANS  
AND THEIR FAMILIES WITHIN THE COMMUNITY.

## Increased support on the Sunshine Coast.

THE RSL QUEENSLAND VETERAN & FAMILY WELLBEING  
CENTRE HAS NOW OPENED IN MAROOCHYDORE.



## A message from Emma.

**It's been wonderful to welcome in the new year as the Mates4Mates team and I prepare for a busy and productive 2024. We are currently reviewing our impact from 2023 and we look forward to sharing that with you in the coming months.**

**A**n important piece of work that Mates4Mates undertook last year was to gather an evidence-informed understanding of the social needs of women veterans and veterans' family members. Through survey data, two reports have been developed, providing a unique insight into their wellbeing needs which will support the improvement of our service offerings.

Another exciting development within Mates4Mates has been the expansion of our services on the Sunshine Coast, an area with one of the highest populations of Queensland veterans. You can find Mates4Mates co-located within the brand-new RSL Queensland Veteran & Family Wellbeing Centre in Maroochydore.

### Make the call that makes the difference.

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

[mates4mates.org](https://mates4mates.org)

[1300 4 MATES](tel:13004MATES)



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

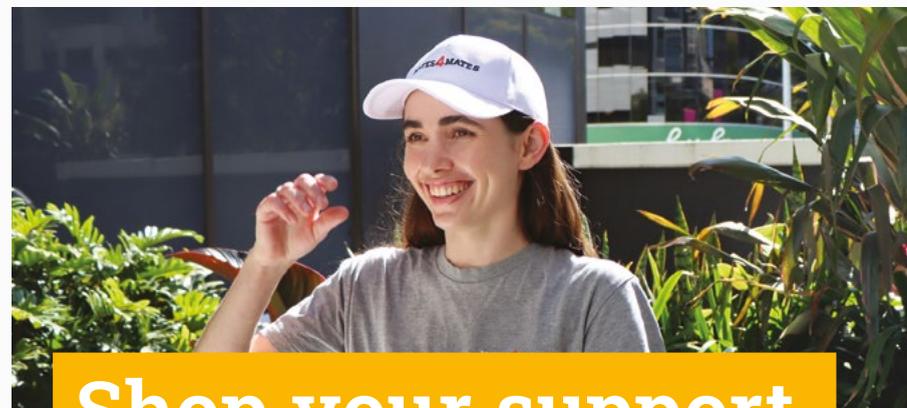
As Mates4Mates continues to expand its service offerings to the veteran community, March marks one year since we opened our Ipswich centre. Over the last 12 months, the Ipswich team have provided an increased number of social connections to the community as well as clinical services provided by our in-centre psychologist, counsellor and exercise physiologist. It's been a pleasure to see the Ipswich community grow and access these support services available to them.

Finally, as we approach ANZAC Day, we are all provided with the opportunity to remember the legacy of the Australian and New Zealander soldiers who faced their first major battle of World War I, and all those who have followed in their footsteps. However, we know that days like ANZAC Day can be difficult for some within the veteran community. For those needing support, please reach out to the Mates4Mates team on **1300 4 MATES (62 837)**. For 24-hour crisis support and on public holidays, please contact Open Arms on **1800 011 046**.

As you read through this edition of the Mates4Mates magazine, these stories highlight our recent milestones and programs, all with the aim of supporting those impacted by service. In 2024, the team and I look forward to creating more opportunities to connect with and support veterans and their families across our locations.

*Emma*

**Mates4Mates Chief Executive Officer**



## Shop your support.

**Every purchase supports veterans and their families.**

[mates4matesshop.org](https://mates4matesshop.org)

# Increased veteran support on the Sunshine Coast.

**Mates4Mates now has a dedicated space to support veterans and family members on the Sunshine Coast, with the RSL Queensland Veteran & Family Wellbeing Centre opening in Maroochydore.**

For the last five years, Mates4Mates has been providing outreach social connection services to the Sunshine Coast region, with staff travelling to and from our Brisbane centre. Census data also tells us that the Sunshine Coast has one of the highest populations of veterans within Queensland.

This year, Mates4Mates South East Queensland Regional Manager, Laura Duckworth welcomed the opportunity to expand service offerings to veterans and family members on the Sunshine Coast.

“Maroochydore is the heart of the Sunshine Coast and it’s important to the Mates4Mates team that we

are providing as much support as possible to veterans and family members with a permanent space in the region,” Laura said.

The RSL Queensland Veteran & Family Wellbeing Centre offers a space for regular social connection activities, consultation rooms for mental health services by Mates4Mates, a rehabilitation gym, and a veteran’s lounge and kitchen. RSL Queensland’s advocacy and emergency financial support services are also available within the centre.

“This location will provide veterans and their families access to a broad range of support, from mental health to physical rehabilitation services, social connection activities and skill-based group programs,” Laura added.

**“We look forward to continuing to build more connections within the community – our doors are open, and the team would love to welcome you in.”**

**— Laura Duckworth,  
Mates4Mates South East Queensland  
Regional Manager**

You can find the Mates4Mates team within the RSL Queensland Veteran & Family Wellbeing Centre on the Sunshine Coast, located at **Level 2, 21 Carnaby Street, Maroochydore QLD 4558**. The centre is open from 8:30am to 4:30pm, Monday to Friday. Contact the team on **[sunshinecoast@mates4mates.org](mailto:sunshinecoast@mates4mates.org)** or call **1300 4 MATES (62 837)**.



# Veteran support within the community.

**Committed to supporting veterans as they find their place in the civilian community, Mates4Mates has connected veterans with local clubs around the country through the Community Connections Program.**

Veterans are encouraged to build connections within their local community while also learning a new skill and hobby. The aim of the program is to help veterans reduce any feelings of isolation and increase their wellbeing and coping skills.

The Community Connections Program was run in Brisbane, Ipswich, Townsville, Cairns, Darwin, Hobart and Launceston and provided an opportunity for veterans to find a sense of belonging outside their regular activities.

In South East Queensland, Brisbane veterans joined members of the Brisbane Table Tennis Centre in Windsor for an introduction to the fun and fully accessible sport. Receiving in-depth coaching lessons from experienced players, participants spent six weeks learning the game and practising with other veterans and civilians before engaging in a number of matches to show off their new skills.

Further west in Ipswich, a small group of veterans headed to Oxley Golf Club for a six-week beginner program where they learned different aspects of the game from professional coaching staff. The end of the program saw everyone come together for a round of golf, taking to the green with new friends and uplifted confidence in their new abilities.

Mates4Mates counsellor, Stacey Gillam highlighted that the chance to learn a new skill while also socialising outside the veteran community was well received by the Ipswich veterans who participated.

“The program not only provided expert-taught golfing skills but also fostered a sense of community and connection among participants,” Stacey said.

“The veterans - the Mates - teamed up with others in the community to play a six-hole Ambrose which resulted in fun and friendly competition.”



The Community Connections Program is funded by the Department of Veterans' Affairs as part of the Veteran and Wellbeing Grant Program. To find out more, visit [mates4mates.org](https://mates4mates.org).



# Forging partnerships to support the veteran community.

**SHAPE Australia has chosen Mates4Mates as their charity of choice partner for their business unit, SHAPE Defence.**

**S**HAPE is a trusted national delivery partner for Defence, delivering capital works projects for the Australian Department of Defence and Defence Prime Contractors.

SHAPE will seek to raise funds for Mates4Mates through several corporate initiatives across the country, contributing to the vital support services that Mates4Mates provides to veterans and their families.

SHAPE Group Manager – Defence and Federal Government, Mitch Flynn shared that SHAPE is thrilled to forge a meaningful partnership with Mates4Mates.

“SHAPE and Mates4Mates embrace the shared commitment to supporting veterans and their families impacted by service, fostering resilience, and building a future where every Mate can thrive,” Mitch said.

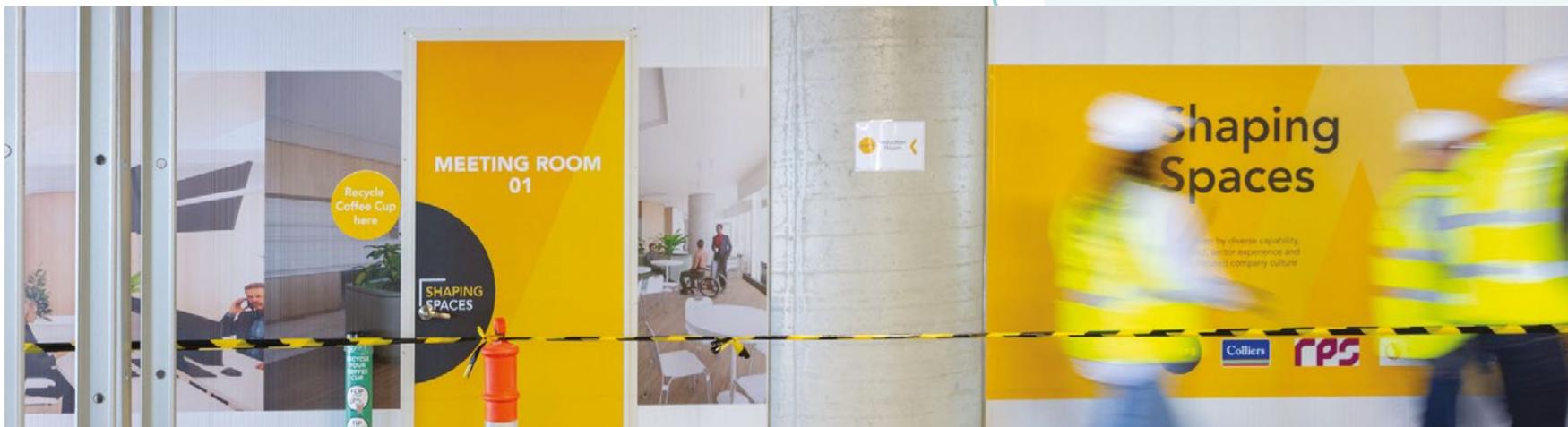
“As a trusted national delivery partner for Defence, we are honoured to be able to make a positive impact in the community we serve by supporting Mates4Mates, ensuring their rehabilitation, mental health, and community-building services continue to provide much-needed support for veterans who have served our country.”

Mates4Mates Chief Executive Officer, Emma Whitehead also welcomed the new partnership.

“It’s through the support of corporate partners such as SHAPE that allows us to meet the ever-increasing need for more services within the veteran community,” Emma said.

“Their support is critical to the work of Mates4Mates, and I look forward to seeing this connection help support veterans and their families impacted by service.”

For more information about SHAPE Defence, visit [shape.com.au/defence](https://shape.com.au/defence)





# Mentally preparing for commemoration days.

*✍ Written by Tamsin Wallace, Mates4Mates Psychologist*

**Commemoration days are an important time to reflect on the sacrifice and service of ex-serving and current military personnel, but they can also be a difficult time for veterans and family members.**

**M**emorial events can bring up traumatic memories, renewing feelings of anxiety, sadness and grief for members of the Defence community. They can serve as a reminder of the people they have lost, injuries they may have sustained during service or feeling as if they are undeserving of these commemorative accolades.

Mental health professionals often see an exacerbation of PTSD symptoms, anxiety and depression in the lead up and on the day of these events. Veterans may also develop feelings of guilt and surround themselves with negative self-talk, which can see an increase in isolation, anger outbursts and increased hypervigilance.



## Meet a Mate.

**Paddy has been accessing the support of Mates4Mates for a few years now, joining in on activities not long after Mates4Mates arrived in the Northern Territory in late 2020.**

### **What's your favourite social connection activity?**

"I enjoy going to the breakfasts and lunches (because who doesn't?) but my wife and I also take our grandchildren along to a lot of the centre's activities. Heading to this space where there are so many like-minded people is great,

and that includes the liaison officers who run the events. They're very nice people with similar experiences to the Mates, so we connect so well."

### **Why do you enjoy being a Mate?**

"I enjoy coming to Mates4Mates because I've been able to reconnect with other ex-service people that have similar experiences, and we can sit down and talk. It's surprising the number of people that you run into, but it's really special because we're all part of the same family because when it comes down to it, Defence is a family."



**Some simple ways  
to look after yourself  
during commemoration  
days include:**

- **Be kind to yourself:** there is no correct way to commemorate, so if you don't feel up to attending a service then that is okay. Remember, as real as thoughts and memories can feel, that is all they are. They do not serve as facts.
- **Stay connected to others:** this may be face-to-face, or over text message, an email or with a phone call. Spend time with the people who bring you a sense of calm and you feel you can talk to openly and comfortably.
- **Limit news and social media exposure:** news coverage of the events on TV and social media has the potential to be triggering. If you need to, try reducing your screen time during these periods to benefit your mental health and wellbeing.
- **Engage in positive, meaningful activities:** even if you don't feel like it, getting sunlight and spending quality time with family or in nature can help shift our mood in a positive way.

If someone close to you needs support, it can help to have patience and validate that these times can be difficult. Recognise that while you may be proud of a veteran close to you, they may struggle to feel the same way. Have an open discussion about what support they need from you and how you want to manage the day as a family. This may also be applicable to family members of current-serving military personnel.

Mates4Mates has skilled counsellors, social workers and psychologists available to support veterans and family members with mental health concerns. Mates4Mates also offers social connection activities all over Australia to help both veterans and their families feel connected to others in the Defence community who may share similar experiences.

If you're a veteran or family member and want to find out more about how Mates4Mates can support you, reach out to us on **1300 4 MATES (62 837)** for a confidential chat.

Mates4Mates is here to support veterans and family members in the lead-up to commemoration days, however, our centres are closed on public holidays. For support outside our business hours, or for 24-hour crisis support, please contact **Open Arms (1800 011 046)** or **Lifeline (13 11 14)**.

# MATES4MATES

Here for those  
impacted by service.



## Join Mates4Mates

Find a way forward from  
service-related injuries.

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

- ✓ Mental health and wellbeing services
- ✓ Physical rehabilitation and wellbeing services
- ✓ Social connection activities
- ✓ Skills-based recovery programs



**Join Mates4Mates**

Register today





# THE PEOPLE'S KITCHEN

*Each week, Maleny RSL Sub Branch hosts The People's Kitchen – a pop-up kitchen serving free, home-cooked meals for anyone who's hungry.*

*Belinda Crossman*



# The People's Kitchen



**WHERE:** Maleny RSL Sub Branch, 1 Bunya Street, Maleny, Qld

**WHEN:** 4:30-6:30pm every Wednesday (may be closed occasionally for Sub Branch functions)

**COST:** Free. Open to all ages. Pets are welcome on the veranda.



**PREVIOUS PAGE:** The People's Kitchen was founded by retired engineer Brian Nixon, Maggie Beal and Rayna Bond, who met at the Maleny Neighbourhood Centre.

**ABOVE:** Every Wednesday at the Maleny RSL Sub Branch, a free, nourishing meal is available for anyone who wants one.

**EVERY** Wednesday at Maleny RSL Sub Branch, a free, nourishing meal awaits anybody who wants one.

Each meal is cooked with love by a trio of volunteers – creators of a pop-up kitchen that locals have dubbed 'The People's Kitchen.'

One of the trio – retired engineer Brian Nixon – is eager to feed those doing it toughest, but stresses that everyone is welcome.

"We're not targeting homeless; we're not targeting unemployed; we're targeting everybody," Brian says.

"Just anyone who wants to come and have a meal. If Mum or Dad doesn't feel like cooking for the night, they can bring the kids along and have something to eat."

### THREE COOKS, ONE DREAM

Brian founded The People's Kitchen with Maggie Beal and Rayna Bond, whom he met at the Maleny Neighbourhood Centre, where the three volunteered as cooks.

"The three of us get on really well. We've cooked together for a few years," Brian says.

"After moving on from the Neighbourhood Centre, we were having a coffee and thought, we miss each other. We love cooking and we thought there was a need in the community, so we thought we'd start a soup kitchen."

They had the skills and the

enthusiasm – but they needed somewhere to operate.

After many fruitless enquiries, Brian approached long-time Maleny RSL Sub Branch member Chris Brooker, who looks after the Sub Branch hall and bar.

"Brian enquired if the hall would be available as they had trouble with other venues," Chris says. "We jumped at the chance to be involved, and I'm happy to see us supporting a necessary community service."

Sub Branch President Paul Gilmour-Walsh says The People's Kitchen was a natural addition to the Sub Branch, which regularly hosts fundraising events and other initiatives to support worthy causes.

"Our little RSL likes to work with the community," he says. "We're more than happy to have [The People's Kitchen] on our veranda, overlooking our cenotaph."

"The venue is excellent," Brian says. "Chris has been absolutely fantastic to us – just

his encouragement and setting up what we could do, what nights we could do it. He and Paul pop over every week to see how it's going. They couldn't be more helpful."

### COOKING FOR THE COMMUNITY

With free use of the Sub Branch veranda, hall and kitchen, The People's Kitchen hosted its first soup night in September and has welcomed appreciative diners almost every week since.

"It's grown quite considerably," Brian says. "To start with, we were only getting six to eight people. We get 20 to 30 people a week now, and we've graduated from soup and are now doing meals and desserts."

"We have some people who come in every week, and that's encouraging. Everyone is lovely and really appreciative of the support."

### SPECIAL OF THE WEEK

Most of The People's Kitchen's ingredients are donated by local



*“With music playing and a mix of regulars, newcomers, kids and pets, each evening at The People’s Kitchen brings a fun, friendly atmosphere with a warm sense of community.”*

shops and growers, making menu planning a bit of a creative adventure. But there’s always a soup, a vegetarian dish, and home-cooked favourites ranging from lasagne to curry, shepherd’s pie, and pasta and rice dishes.

“Woolworths and IGA have been extremely generous,” Brian says. “A lot of locals have market gardens, so people will drop in a couple of pumpkins or something. So really, we don’t know what we’re cooking until we get the food, and we may have to add to that if we don’t have enough. It’s quite adventurous in that way.

“We got a frozen turkey and ham from Woolworths before Christmas, so we did a bit of a Christmas theme on Wednesday 20 December with carols and so on.”

Brian says any food that’s donated gets used, and other supermarket donations – like cereal, baby wipes, soft drinks, or kitty litter – are offered free along with the meals.

While Brian and his team don’t seek donations of money, they gratefully accept those offered.

“A gentleman came in the other day and I asked, ‘What can we help you with?’ And he said, ‘I’m not here for a meal. Do you take donations?’ And he was extremely generous with a donation. I actually got quite emotional about it because we don’t expect anything.”

#### **FOR THE LOVE OF FOOD AND CHARITY**

With music playing and a mix of regulars, newcomers, kids and pets, each evening at The People’s Kitchen brings a fun, friendly atmosphere with a warm sense of community.

“Chris normally arrives in the afternoon and puts the table and chairs out for us,” Brian says. “We set the food up at about four o’clock.

“But by about five o’clock, all the tables are pulled together. We had a group come in the other day and somebody knew someone else. Before we knew it, we had 12 people sitting around one table.”

“It just sort of hit home that they might be doing it a bit tough, but



the meal also provided a very good social outing for them,” Paul adds. “It’s rewarding to see people satisfied – smiling faces.”

So far, Brian’s team hasn’t needed the community’s many offers of help, but Brian expects that will change as their turnout grows. He’d also love to see other communities start something similar.

“It’d be really nice to think that this would take off and somebody else could do it and help people out.

“Someone said, ‘You must be proud of what you’re doing.’ I don’t even know what that means. We do it because we enjoy it, and it’s helping people. We just love cooking, we love food, and we enjoy the company and camaraderie of people coming for a meal every week.” ←

**ABOVE:** There’s always a soup, a vegetarian dish, and homecooked favourites ranging from lasagne to curry, shepherd’s pie, and pasta and rice dishes.



For enquiries/donations please contact Brian Nixon via [thebriannixon@hotmail.com](mailto:thebriannixon@hotmail.com) or 0412 033 304. More information: [rslqld.org/about-us/maleny-sub-branch-inc](http://rslqld.org/about-us/maleny-sub-branch-inc)



ESK RS



# FINDING NEW WAYS TO HONOUR THE PAST



Esk RSL Sub Branch members, back row from left, Peter Symons, Don Goulden, Charlie Elwell, Robin Rye and Roy Smith, front row from left, Iris Millard, Leonie Elwell, Frank Millard and Gaylene Smith.

*Members of Esk RSL Sub Branch are sharing the stories of military history to connect with locals and visitors to their small country town.*

*Kylie Hatfield*

**ACCORDING** to Rob Rye, the township of Esk is like any typical country town. Rob describes Esk – which has a population of just 1,600 people – as being a fairly quiet place on the highway, where the locals are great, and travellers stop by on their way through.

As president of Esk RSL Sub Branch, Rob leads a group of around 70 members who are embracing opportunities to share the stories of the past to connect with locals and visitors alike.

## **FROM KITCHEN TO COMMEMORATION**

When the COVID pandemic forced the Sub Branch's kitchen and dining room to stop operating, they transformed the space into a museum to put their large collection of memorabilia on display. Now, Rob and museum coordinator Roy – both Army veterans – take tours to share the stories behind the items.

"We had the local Scouts come through one night. Roy and myself took half each and went around and explained everything to them and answered questions. They were totally rapt about the whole situation and being able to see and understand things," Rob says.



**TOP:** Esk RSL Sub Branch members, from left, Roy Smith, Robin Rye and Don Goulden.

**INSET:** Esk RSL Sub Branch has around 70 members who enjoy connecting with locals and visitors and sharing stories of the past.

"We've also had the local school – grades two and three – come through. We explained the Australian flag... Well, most of them explained the flag to us!"

"And we told them about the 'kangaroo' feathers in the slouch hat; they were all querying 'Kangaroos don't have feathers,'" Rob recalls.

As the museum's curator, Roy fondly describes a series of model

airplanes that were donated to the museum as being among his favourite items.

"We've got about 150 model airplanes that an elderly gentleman built," Roy says. "They are planes depicting what we used in the First and Second World Wars."

**GALLANTRY FOR ALL TO SEE**

It's not just the items inside the Sub Branch that are helping to

share Australia's military history. When Sub Branch patron Charlie Elwell recognised an opportunity on a blank wall of a neighbouring building, the Sub Branch commissioned a mural to depict a moment of gallantry during the Battle of Beersheba in WWI.

"The mural depicts the charge of the 4th and 12th Light Horse Brigade. They jumped the trenches and some of them went through past the trenches to the tents. Then there was hand-to-hand combat to take the trenches, which was successfully done," Roy says.

With both permission and a donation from the business that owned the building, the Sub Branch was able to continue sharing this story, this time to everyone who passes by.

"It looks really great, and you can see it from the roadway as you drive past," Roy says.

**FROM COMMEMORATION TO CAMARADERIE AND CARE**

For Rob, Roy and their fellow members, honouring the past and those who have served helps bind the Sub Branch and the community together.

The Sub Branch's ANZAC Day, Remembrance Day and Vietnam Veterans' Day services are well attended by locals and tourists, and the Sub Branch supports other organisations like Scouts and Girl Guides.

And with great support from local businesses, the Sub Branch can look after veterans and their families too.

"We provide camaraderie; we get them coming in once a month to a barbecue, so everybody gets out of their house and tries to enjoy themselves. We also connect people to the District for their claims and welfare," Rob says.

"And for Easter and Christmas, we put together fruit hampers from the local fruit shop that supports us tremendously as well, and we go around and deliver them to the widows; they quite enjoy that.

"We try and look after as many people as we can and help out as much as we can." ←



**LEFT:** Christiana Ravanelli speaks with 103-year-old Beryl Butler.

**BELOW:** Esk RSL Sub Branch members enjoy lunch together.



YouTube



SCAN TO WATCH VIDEO

**FAR LEFT:** Esk RSL Sub Branch members, from left, Charlie Elwell, Gordon Batzloft and Roy Smith.

# Ipswich War Museum

## A CAPTIVATING TRIBUTE TO LOCALS WHO SHAPED HISTORY

*Ipswich RSL Sub Branch has been working to preserve war history.*

*Olivia Lawrence*

*“The museum transports the spectator back in time, offering a captivating tribute to those who have shaped modern history.”*

**THE** Ipswich War Museum resides within the walls of Soldiers’ Memorial Hall, a meaningful repository of history and architectural landmark of profound significance to the local community since the opening of its doors in 1921.

Housing a museum collection, which was formalised in 2016, Ipswich RSL Sub Branch has been working tirelessly to gather war memorabilia and unearth the stories of some of the bravest residents who have called Ipswich home.

Showcasing 1,834 historical pieces, the walls of the 102-year-old heritage-listed building are lined with artifacts, exhibits, photographs, and documents that capture the essence of monumental moments in human conflict.

Moreton District President and former Ipswich RSL Sub Branch President Paul Rogers says the museum transports the spectator back in time, offering a captivating tribute to those who have shaped modern history.

“All items in the museum hold great significance; the hall not only keeps the memories alive of individuals who sacrificed for our freedoms, but also allows the public to learn and enjoy Australia’s

war history,” Paul says.

As Sub Branch President, Paul has become immersed in the museum over the years, dedicating himself to the growth and evolution of the collection.

“This collection is truly unique due to the fact that 80% of the artifacts are from Ipswich and surrounding local areas,” he says.

“We have memorabilia spanning from the Boer War through to Timor Leste, and our displays pay tribute to a range of conflicts that involved Australian Defence Force personnel in our region.

“We’ve just had a World War I medal set donated, which will go on display soon – it includes the Military Cross, the Queen’s Coronation medal and an original citation from the King.”

Other noteworthy items include a ‘Dead Man Penny’ collection with medal sets that belong to the fallen Digger, as well as an original ‘Light Horse’ sculpture and paintings. A memorial stained-glass window is one hallmark of the museum, which was brought about by the Ipswich Train Tea Society, an impressive group of ladies formed in the 1900s to enable those at home to contribute to the war effort.

The Sub Branch is also proud of their Honour Boards, some of which were hand-crafted by

volunteers and members who have played an instrumental role in formalising the museum.

“One of the honour boards we put together contains the names of 644 WWI Ipswich veterans who were not listed on our original honour boards, as well as six nurses and 54 individuals who were killed in action,” Paul explains.

“This undertaking has been a personal journey for me too, as my Great Uncle was killed in France during WWI and he was not listed anywhere. I’m proud to say he is now listed along with 643 other names that will continue to be remembered for generations to come.”

Another board mentions Sister Constance Mabel Keys, one of the most highly decorated nurses of WWI and one of the first nurses to enlist in 1914.

“We are very passionate about our local war history and hope people feel a sense of pride in what our people had to endure, not only on the frontline but on home soil,” he adds.

The museum is open to the public on the last Sunday of the month from 9am-3pm, excluding December and January. By arrangement, the museum is open to bus tours, school groups and scouts. ←



Immediate past RSL Queensland State Council Chair Les Nash, left, and Ipswich RSL Sub Branch Secretary Debbie Wadwell.





# FOREST LAKE PUTS DOWN ITS ROOTS

 Courtney Adams |  Belinda Crossman



*Three years of hard work from the Forest Lake & Districts RSL Sub Branch community have resulted in a purpose-built clubhouse that members are proud to call home.*

**PASSION AND PURPOSE**

The Sub Branch boasts a tight-knit community of 127 League members and 61 social members, including two active foundation members. Most recently, the

Sub Branch completed the refurbishment of its first clubhouse.

Two of the Sub Branch's dedicated committee members – District Delegate Dan Baldwin and

Secretary Sharron Ford – shared the story of this ambitious project.

Dan joined the Royal Australian Air Force (RAAF) as an airman in 1969 and served for 22 years. In 1975 he was accepted to undergo a three-year tertiary degree and received his commission in 1977.

Since finishing his military career, Dan has thrown himself into various volunteer roles serving the Forest Lake community. He has been a member of his local RSL Sub Branch for seven years.

"I was not initially interested in joining the RSL, but one of my dear friends Mr George Churchward (a WWII veteran and RSL member who recently turned 100 years old) convinced me by sending a recruiter over to my house," Dan chuckles.

"However, I love being here and am proud of the initiatives we have implemented over the past few years, such as our assistance dog training program. Everyone here has a different skill set, so we work together as a team and learn a lot from each other."

**OPPOSITE PAGE AND ABOVE:** Forest Lake Sub Branch sits within the Wacol Military Museum precinct, which also includes the New Guinea Volunteer Rifles & Papua New Guinea Volunteer Rifles Ex-members Association Inc Military Museum.

**LEFT:** Forest Lake RSL Sub Branch members transformed what was a derelict WWII building into their new clubhouse.





**ABOVE:** The clubhouse offers a welcoming atmosphere for members and their families.

**RIGHT:** The Wacol Military Museum precinct also includes Wacol Soldiers Chapel, which holds commemorative services.

Sharron became involved in the Forest Lake RSL Sub Branch in 2017, after her husband Steve (a RAAF veteran) was first elected to the committee. She initially supported him as Assistant Secretary, before stepping up into her current role when Steve became President.

“Working with the RSL allows us the opportunity to give back to the men and women who have served, while providing a safe environment to our members,” Sharron says.

“I have formed many lifelong friendships in our Sub Branch and throughout the RSL District. The RSL motto of ‘care, commemoration

and camaraderie’ is one that we hold high in our hearts.”

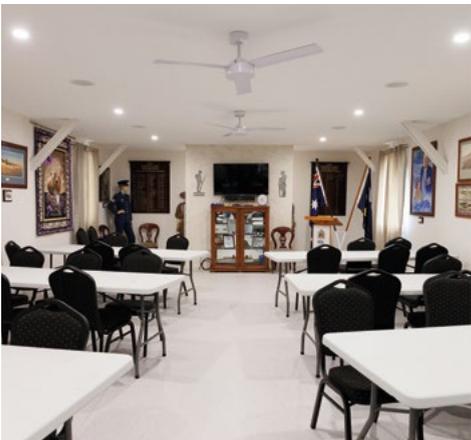
### **HOME, SWEET HOME**

Forest Lake & Districts RSL Sub Branch members recently celebrated the 25th anniversary of the Sub Branch’s first meeting, which was held in September 1998. However, despite enjoying substantial growth in that time, the Sub Branch did not have a place to call home for more than 20 years.

“Before we had this clubhouse, meetings would usually be held at someone’s house, a golf club or somewhere else,” Sharron explains.

Stemming from a momentous act of generosity from the local Nashos, the Sub Branch was gifted a derelict WWII building in the Wacol Heritage Precinct in 2019. Previously part of the Wacol Army Barracks, the Precinct is also home to a chapel and hall, which are managed by the Nashos, as





**ABOVE:** District Delegate Dan Baldwin and Secretary Sharron Ford.

**LEFT:** Forest Lake Sub Branch hosts regular meetings and social gatherings for members and their families.



well as a military museum run by the Papua New Guinea Volunteer Rifles and Ex-members Association Inc. In providing a home for the Sub Branch, a new space for veterans was born.

"For many years we searched for a place to call home. About three years ago, we started the rebuild and our members spent many hours demolishing the buildings' contents to turn it into our clubhouse," Dan says.

"However, COVID-19 quickly stopped our progress, so we couldn't start work again until April 2021, and we've only been able to complete the final touches like pathways this year," Sharron adds.

Although it took longer than planned, the finished space is a testament to the dedication and hard work of the Sub Branch community. Every part of the clubhouse has been thoughtfully designed for veterans and their

families, from the handmade commemorative quilts and artworks decorating the walls, to the barbecue lawn and communal hall, where regular social gatherings are hosted.

"Our new building is getting plenty of use and the events we have been able to start this year

have been a great success," Dan says.

"2023 has been our year to give back to our members. We now have regular coffee mornings, barbecue lunches and meetings here. Members bring their families, and the kids play games outside. It's great to see." ←

**ABOVE:** Inside the neighbouring New Guinea Volunteer Rifles & Papua New Guinea Volunteer Rifles Ex-members Association Inc Military Museum.



To learn more about Forest Lake RSL Sub Branch or to arrange a visit, see [rslqld.org/about-us/forest-lake-sub-branch](http://rslqld.org/about-us/forest-lake-sub-branch)

# SCOUTS

*Army veterans Tim Gibbings and Chris Hawkes have enjoyed years of adventurous and fulfilling experiences as volunteers for Scouts Queensland.*

 **Courtney Adams**

*“There is a real relationship between your service and Scouts. I thought I had forgotten the skills I learnt in the Army, but as soon as I got my hands back on a bit of rope and a compass, it all came back to me quickly.”*

## **JOINING THE PATROL**

Tim Gibbings first volunteered for Scouts in 1990 while he was training at the Royal Military College of Science in England.

“Like a lot of parents, I got involved in Scouting through supporting my kids,” Tim says.

“I was posted to a British military establishment and was living in a married quarter with my wife and two children. My son was interested in Scouts, and they had a group on base, so I took him along and started volunteering as a parent helper.

“When we came back to Australia, my son wanted to remain in Scouts, so I became a parent helper for the Balaklava Scout Group near Port Wakefield before signing up as a Cub Scout Leader.

“I was a Cub Scout Leader for nearly 10 years, a District Leader for Cub Scouts for six years, a Branch Commissioner for almost seven years, and now I am the Region Commissioner of the Northern Moreton Bay Region and

I have 13 Scout groups in my region.”

Like Tim, Chris Hawkes signed up in 2020 to support his son.

“Scouts encourage parents to be involved as leaders, supporters or helpers,” Chris explains.

“I took up the opportunity to make sure that my son could maintain his time at Scouts while also doing something active in my local community. I’ve been volunteering for a few years now, and I really enjoy imparting a lot of practical knowledge to the kids.”

## **SCOUTING AND SERVICE**

Scouts has a proud history spanning almost 120 years. Since 1907, the movement has grown to 174 national Scout organisations worldwide. Australia’s membership alone consists of more than 70,000 Scouts (both boys and girls) and volunteers – many of whom come from Defence backgrounds.

“Scouts was started by [Lord] Robert Baden-Powell, who was a

British Army officer during the Boer War,” Tim explains.

“He started writing about his military experiences in news articles and found that boys were rapt with forming games to practise fieldcraft skills, which prompted Baden-Powell to start the Scout movement.

“Hence, there’s a lot in Scouting that feels familiar to people who work in the military. The structure, the uniform and the values come from a military background and align so well with each other.”

Chris also believes that Scouting provides a fantastic volunteer opportunity for fellow veterans, due to the many practical skills that can be transferred from military training.

“In Scouting there is a lot of building, knot-tying, camping and navigation – skills that you may take for granted, but the kids really see value in,” he says.

“There is a real relationship between your service and Scouts. I thought I had forgotten the skills I

# HONOUR



## *About Tim*

Tim Gibbings is a born-and-bred Queenslander from Dalby on the Darling Downs. He joined the Army Cadets as a schoolboy before enlisting in the Army Reserves at 18 years old. Six months later he joined the Regular Army through Officer Cadet School at Portsea, serving full-time for 30 years before transferring to the Active Reserves, where he remained for a further 10 years before transitioning into the Standby Reserves in 2019. He hung up his boots in late 2022 and is now a life member of Gaythorne RSL Sub Branch, as well as Region Commissioner of Scouts Queensland's Northern Moreton Bay Region.



## About Chris

learnt in the Army, but as soon as I got my hands back on a bit of rope and a compass, it all came back to me quickly."

### COMMUNITY AND IDENTITY

There are many benefits to volunteering with Scouts. For example, Chris enjoys using his role as a Scout Leader as an opportunity to mentor the boys and girls in his group.

"We use a 'youth leading, adult supporting' model. You provide ideas and advice, and the Scouts get to plan, do and review their own activities," Chris says.

"The model is quite democratic in that each child gets a turn at participating, assisting or leading. I am there to make sure they have fun, that they are safe, and that they are getting opportunities to learn and make mistakes."

Tim says that being involved in Scouting has given him another

Chris Hawkes served for 20 years in the Army's Engineering Corps in both soldier and officer roles, mostly in the Special Operations Engineer Regiment. After finishing up his military career in Canberra in 2016, Chris moved into the private sector, eventually moving with his family to Deagon in north Brisbane. He joined Sandgate RSL Sub Branch in 2020 to connect with other veterans and is now on their committee, serving as Vice President. Chris is also a volunteer Scout Leader for Sandgate Scout Group and takes pride in organising the group's participation in Sandgate's local ANZAC Day march, as well as their annual visit to the Sub Branch's museum.

identity and purpose outside of the Army.

"After my kids grew up, I stuck it out with Scouting. When I got out of the Army, I knew I was not going to another career or job, but I had respect in another community, which helped me a lot,"

Tim explains.

"Some of the kids who were in my Cub Scouts group have grown up. I have been to their 21st birthdays, their weddings and their children's christenings. I still run into parents in the local community and most of them don't know that my name is Tim. Rather, they know me by my Scout name, 'Kaa', because that's what their kids called me.

"There is something for everybody in Scouts because we want community, camaraderie, initiative and a variety of skills. For veterans getting out of the Defence Force, consider giving it a try." ←



To learn more, visit [scoutsqld.com.au](https://scoutsqld.com.au)



# CAMARADERIE AND CARE: THE QUEENSLANDERS WHO MADE THE RSSILA

## Part 1

*This article is the first of a two-part series examining the four Queensland delegates who voted to create the Returned Sailors and Soldiers Imperial League of Australia (RSSILA) – the forerunner to what we know today as the RSL – in June 1916.*

*Dr Susan E. M. Kellett*

**W**hen wounded and sick members of the Australian Imperial Force (AIF) began returning to Australia in early 1915, they banded together to form clubs and associations. For many returned men, a shared experience of war created lasting bonds that transcended the religious and class divides of the time.

PICTURED: Herbert Maddock circa 1908





**ABOVE:** Delegates at the June 1916 meeting in Melbourne. Representing Queensland were Sidney Cripps: rear row second from left (standing); Herbert Maddock: right of rear row (standing); William Burns: left of front row (seated); John Collins: Right of front row (seated). Image courtesy of RSL Australia.

**INSET:** Sergeant John Collins.

The Returned Soldiers' Association (RSA) was just one of hundreds of groups formed. Victoria was the first state to establish an RSA in September 1915, followed by New South Wales and South Australia. Queensland formed its RSA in February 1916.

Each RSA operated independently. As men continued to return from the front, membership grew, and it was not long before the political advantages of federating into a national organisation became apparent.

In June 1916, delegates from the state branches of Queensland, Victoria, NSW and South Australia met in Melbourne. Tasmania could not afford to attend, and Western Australia was yet to appreciate the



benefits of federating. From this gathering, the RSSILA was born.

**JOHN COLLINS**

Sergeant John Collins was the youngest of the four Queensland delegates. Born in 1890 in the Victorian river port of Echuca,

Collins learned of vacancies for telegraphists in Queensland while working as an assistant at the local post office. After passing the necessary exams, he transferred to Brisbane in 1912.

When war was declared two years later, the 24-year-old enlisted and, by Christmas 1914, had embarked with the 15th Battalion. Collins landed at Gallipoli on the afternoon of 25 April 1915. While scaling the steep terrain, he was felled by a gunshot to the knee.

The young infantryman was evacuated to Alexandria where his convalescence was complicated by fainting episodes. Declared medically unfit, Collins returned to Brisbane where he was discharged.

Collins became a driving force in the newly formed RSA. He was

elected as Secretary and continued in this role after the RSSILA was established. Collins proved to be a capable administrator and quickly raised £4,000 for the fledging League.

In early 1917, he resigned from the RSSILA to pursue a senior role within an insurance company. By September 1918, Collins was back in uniform, only to be discharged two months later when the Armistice was declared.

Not to be deterred, he re-enlisted a third time and served in London as part of the AIF's demobilisation efforts, until illness led to his discharge in early 1920.

After returning to Australia, Collins settled in Sydney and served on the committee of Bondi RSL sub-Branch, before being elected sub-Branch President. Collins was recognised for his work for the veteran community with an OBE in the 1954 Queen's New Year's Honours. He died at Randwick Hospital in 1959, aged 68.

### HERBERT MADDOCK

At 46, Captain Herbert Maddock was the oldest of the Queensland delegates. Maddock was a professional public servant who, in 1883 joined the Queensland Treasury Department at the age of 14.

Twelve months later, Maddock enlisted in the state's colonial forces as a bugler with the Darling Downs Regiment. In 1884 he transferred to the Volunteer Queensland Rifles and, three years later, was commissioned into the Moreton Regiment.

Maddock was working in the Harbour and Rivers Department when Australia went to war in 1914. He enlisted in the AIF in May 1915 and one month later embarked as Commander of the Sixth Reinforcements, 9th Battalion.

Maddock's war was, like Collins', a short one. After arriving in Egypt,



he was incapacitated by insomnia and declared medically unfit.

Maddock returned to Brisbane where, in November 1915, he was discharged and resumed his public service career.

After meeting Collins, Maddock joined the RSA and became an active member of Brisbane's returned community.

He served on the RSSILA's state board until 1919 when Districts and Sub Branches were established in Queensland.

Maddock became a member – and eventually President – of the influential Brisbane RSL Sub Branch.

After retiring from the Taxation Department, Maddock kept busy working with the veterans of the Morton Regiment and arranging social events. He died in 1944, aged 78.

**Read part two of this article in the next edition of Queensland RSL News.** ←

**ABOVE:** Queensland delegates at the June 1916 meeting in Melbourne were, from left, William Burns, Sidney Cripps, Herbert Maddock (seated) and John Collins. (Image: Herald)



**About the author:** Dr Susan E. M. Kellett is a historian whose research interests include Australia's commemorative history and the early years of the RSL in Queensland. She is also the Senior Manager: Wellbeing Services at RSL Queensland.

# HALF A CENTURY IN THE NAVY

*Chief Petty Officer Don Currell OAM (Retd), past President of Submarines Association Australia (SAA) Qld, reflects on his 51-year career in the Navy.*

*By Chief Petty Officer Don Currell OAM (Retd)*

**I JOINED** the Royal Australian Navy (RAN) in 1972 – before colour television, credit cards and mobile phones.

I left home at 16, travelling by train from Brisbane to Western Australia to join HMAS *Leeuwin* (Walton 40th Division). I spent 12 months training before joining the fleet.

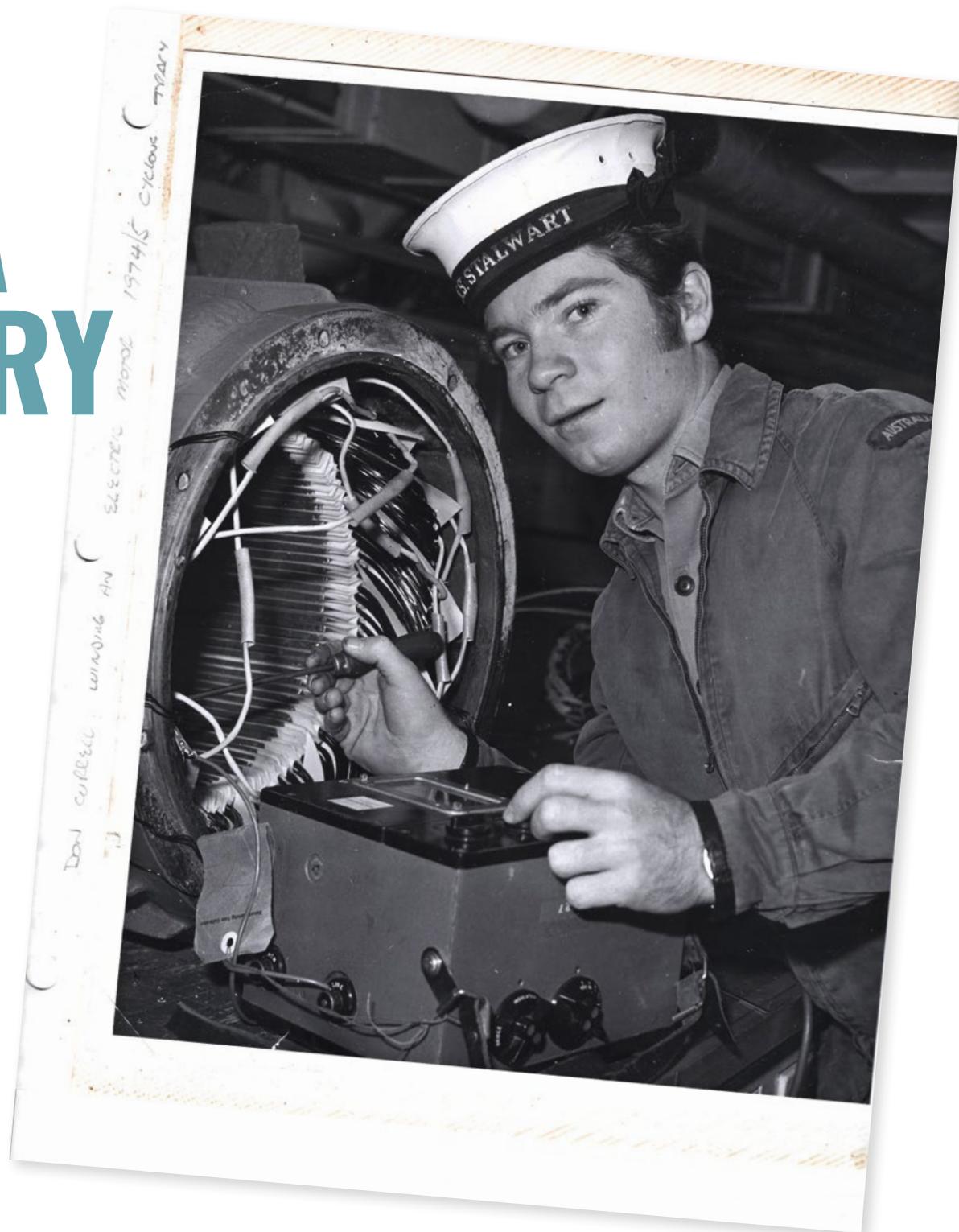
## **A CAREER AT SEA**

I wanted to be a Quarter Master Gunner, Fire Control or Tactical Operator, but the Navy said, “You will become an Electrical Mechanic” (EM). I was the last of the Ordinary Seaman category to go to sea on HMAS *Brisbane* (II), deploying for a six-month trip up top for RIMPAC '73. HMAS *Brisbane* (II) was at anchor in October 1973 for the opening of the

Sydney Opera House; I was then posted to HMAS *Cerberus* and HMAS *Nirimba* for further training.

Among my many career highlights was helping Darwin recover from Cyclone Tracy in 1974. Spending six weeks on board HMAS *Stalwart*, I rewound electrical motors and worked with civilian linespersons and electrical contractors to help restore power to the city. Seeing streetlights and the odd house light glowing was rewarding.

That same year, I cleaned up after the devastating floods in Brisbane – my hometown – and in

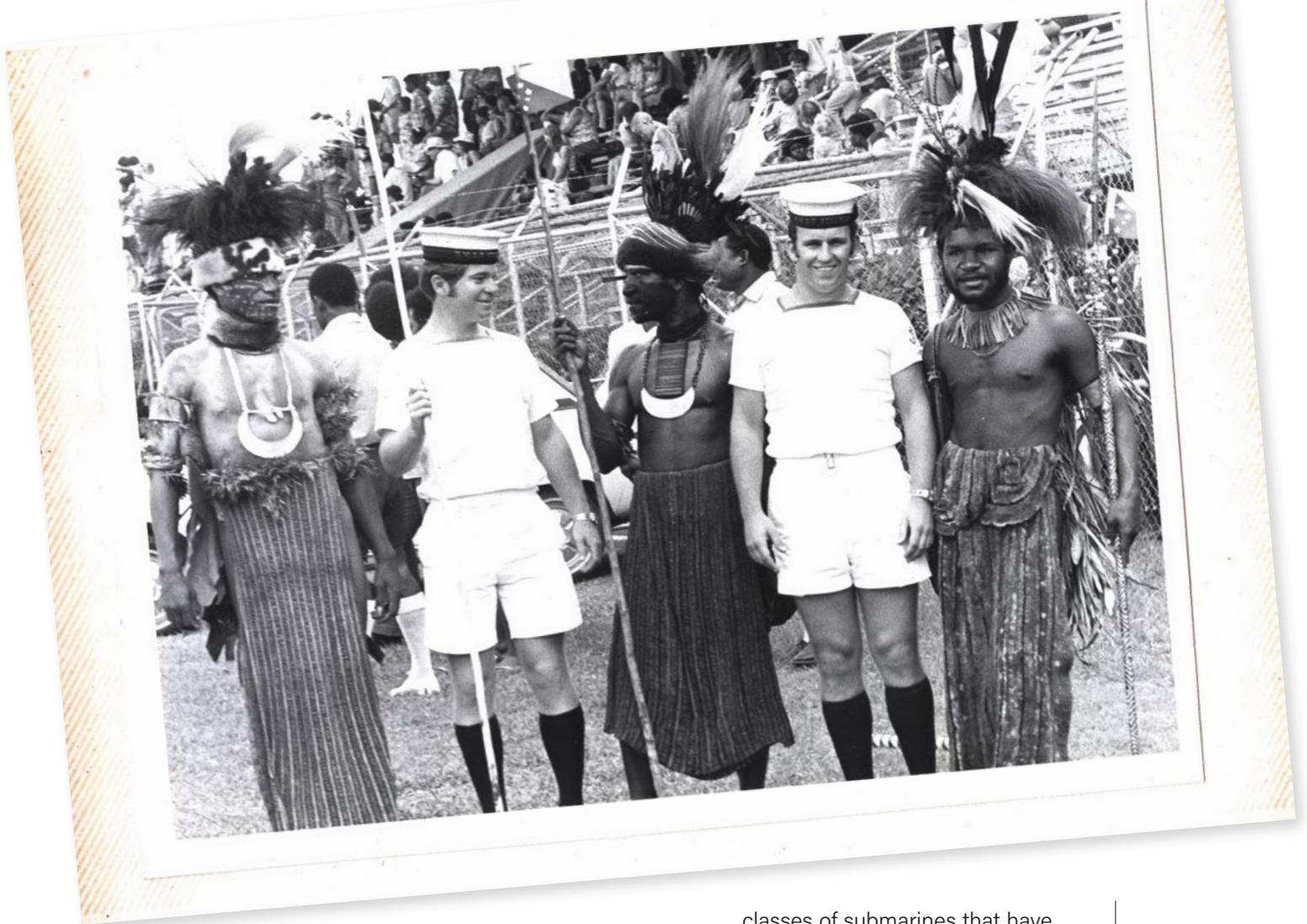


**ABOVE:** Chief Petty Officer Don Currell OAM (Retd) joined the Navy in 1972.

1975, I witnessed the independence of Papua New Guinea. For a young sailor, it was eye-opening to see the local tribes in war paint and feathers.

## **FROM SUBMARINES TO RECRUITMENT**

I volunteered for submarine service in 1975 and went to the UK for training. I served on submarines *Oxley* and *Ovens* before being posted to Scotland for two years, commissioning crew for NUSHIP HMAS *Orion* and attending the



**ABOVE:**  
As a young sailor, Don witnessed the independence of Papua New Guinea in 1975.

**BELOW:** Don was awarded the Order of Australia Medal (OAM) in 2014 for services to veterans.

spectacular Silver Jubilee Spithead Review. In the mid to late 1970s, many months were spent at sea on HMAS *Orion* performing undisclosed 'special operations' for the government. This was tough for our families at home.

Despite this, becoming a submariner was the best decision I ever made; the camaraderie within a close-knit Naval family is second to none.

I left submarines and was posted to HMAS *Kuttabul* (FIMA), rewinding electric motors. With help from Technical Training Unit 2 (TTU 2), the Motor Rewind Course was designed and later won the (civilian) Australian Industry Training Design (AITD) Merit Award for Best In-house Course, much to the RAN's surprise. The 75th Anniversary and the Bicentennial Naval Salute of the RAN in Sydney Harbour in 1988 was a spectacular event to witness.

I then served on HMAS *Jervis Bay* for three years, before

being posted to Defence Force Recruiting in Canberra in 1990 and transferring to the Navy Reserves in 1993.

I witnessed much change over my 33.5 years in Defence Force Recruiting. Dealing with young and more mature jobseekers has been a satisfying job. Giving an individual a second chance, and seeing them develop, is what makes a person. The ships, submarines, aircraft, and Army equipment may have changed, but the principles remain the same when explaining to potential recruits what life in the ADF is all about.

### HELPING MY FELLOW SUBMARINERS

Over the past decade, under the banner of Submarines Association Australia (SAA) Qld, I've been committed to creating a legacy for submariners, such as the Submariners' Walk Heritage Trail in Brisbane. The trail stretches some 150 metres along the Brisbane River and highlights the various

classes of submarines that have helped defend our nation since 1914.

Being awarded the Order of Australia Medal (OAM) in 2014 for services to veterans came as a complete shock. I get so much satisfaction from being able to help my fellow submariners.

I would certainly enlist in the Navy again, as serving this great country has made me realise just how lucky we are living here.

My wife Wendy has been part of my RAN journey for 47 years and her devotion to our family during my absence has been remarkable indeed. ←



A photograph of a man with a beard sleeping in a bed. He is wearing a light blue t-shirt and is lying on his side with his head on a pillow. His arms are crossed over his chest. The room is dimly lit, with a lamp on a bedside table to the left. The lamp has a white shade and a wooden base. On the table, there is a smartphone and a book. The overall mood is peaceful and quiet.

**STUDY HIGHLIGHTS  
EFFECTIVE TREATMENT**

**FOR SLEEP  
DISTURBANCES  
IN VETERANS**



*Research shows that as many as 89% of current and ex-serving Defence Force members report subjective sleep disturbances.*

**RECENT** research has reinforced the positive impact that cognitive behavioural sleep treatments can have on veterans with trauma-related sleep disturbances.

The study, carried out by Gallipoli Medical Research Foundation's (GMRF) research team, explored whether Cognitive Behavioural Therapy for Insomnia (CBT-I) and Imagery Rehearsal Therapy (IRT) could assist veterans who experience sleep disturbances, including nightmares. The treatments address thoughts, behaviours and nightmares that contribute to sleep disturbances.

"GMRF researchers appreciate how important sleep is to our health and wellbeing and wanted to contribute to better understanding these treatments for

veterans," says Dr Emina Prguda, research fellow at GMRF.

"CBT-I is a leading treatment for insomnia, but it doesn't specifically address nightmares, whereas IRT is a treatment option for nightmares. So, we also looked at CBT-I and IRT as a potential combined treatment option for veterans who experience nightmares as part of their sleep disturbance."

Findings from the study are serving as a reminder to veterans that effective treatments are available, while also highlighting that more research needs to be done in this area to optimise treatment options for veterans.

#### **WHY IS THIS RESEARCH IMPORTANT?**

Military service can involve unique experiences, such as deployment and exposure to traumatic events, which have the potential to leave veterans with sleep-related health concerns, such as insomnia. For example, military service and deployments can alter regular sleep schedules, which can be challenging to reset when they return from service to civilian life.

Post-traumatic stress disorder (PTSD) is also associated with sleep disturbances, including insomnia and nightmares, because it can involve recollections about the traumatic event.

"We know from existing GMRF research that many ex-serving Defence Force members report individual sleep disturbances. Our research was prompted by the identification that even veterans who undergo treatment for PTSD can still experience enduring sleep issues, so we were interested in looking at this more closely to help find solutions."

#### **ABOUT OUR RESEARCH**

This study compared the use of CBT-I for sleep disturbances with CBT-I combined with IRT for nightmares to evaluate whether the combined treatment led to greater reductions in trauma-related sleep disturbances in Australian veterans.

Thirty-one ex-serving Australian Defence Force personnel with a PTSD diagnosis participated in either group CBT-I treatment, or group CBT-I combined with IRT treatment.

#### **KEY RESEARCH FINDINGS**

Improvements were noted over time (from before the treatment to three-months post-treatment) in:

- sleep quality
- nightmare distress
- PTSD
- stress

While an improvement in the sleep quality of both groups of veterans was seen, there wasn't a significantly greater improvement in the veterans who underwent the combined treatment, as was expected. Additionally, all participating veterans reported that they would recommend the treatments to other veterans.

"Veterans who are experiencing sleep disturbances can consider CBT-I as a possible treatment option, in addition to considering IRT if nightmares form part of those sleep disturbances," says Dr Prguda.

"However, the specific findings highlight the need for further research in this area to explore how to optimise CBT-I and IRT for veterans who experience trauma-related sleep disturbances."

This study was funded by the Department of Veterans' Affairs. ←

*"Findings from the study are serving as a reminder to veterans that effective treatments are available, while also highlighting that more research needs to be done in this area to optimise treatment options for veterans."*

SCAN TO LEARN MORE



This research was funded by DVA. To learn more about the research conducted by GMRF or to support the work of the Foundation, visit [gallipoliresearch.com.au](http://gallipoliresearch.com.au).

# MATESHIP

## Laying a flag of remembrance in Ukraine

Nigel Allsopp was in Ukraine for a second time representing Australian Animal Aid (a sub-branch of the Australian War Animal Memorial Organisation), which has been supporting animals displaced by the war. During a visit to Kyiv, Nigel laid a flag in the Remembrance Garden written with the words "For the ANZACs" – a solemn reminder of the global impact of war.



## Banyo volunteers recognised

Banyo RSL Citizen Auxiliary President Maureen Sargent presents an RSL Queensland Christmas hamper to acknowledge Banyo RSL Sub Branch member John Balabouhin's incredible volunteer work. John, along with his wife Jan and daughter Leanne, sell badges every year for ANZAC Day at Club Southside in Upper Mount Gravatt. In 2023, the family sold nearly \$5,000 worth of merchandise.



## A new roof over Bowen

Bowen RSL Sub Branch extends its gratitude to several people and businesses for working on their building's roof – just in time for the wet season. The project was funded by Abbot Point Operations and Community Gambling Benefit Fund; works were completed by John's Plumbing, Green Energy and Snell's Electrical; and Sub Branch member Michael Deckert helped repair a section of the lower damaged roof.



### Crows Nest veterans are flying high

Crows Nest RSL Sub Branch members recently visited the Australian Army Flying Museum in Oakey. All members who attended have personal affiliation with aircraft from their service. To add a personal touch, museum curator Scott kindly shared his lived knowledge from an extensive career in Army aviation. The day was completed with a feast at Oakey RSL Club.

### A special delivery in Canberra

In September, Crows Nest RSL Sub Branch member Pete Polkinghorne delivered some artefacts to the Australian War Memorial (AWM)'s Acquisitions Team to consider for curatorial acceptance. Pete is pictured with AWM staff Erin and Madeline. The artefacts included a framed picture of the Australian War Memorial at Villiers Bretonneux, a photograph of the 2/9th Battalion AIF, and a drawing of a Japanese Shirabyoshi dancer on cloth.



### Congratulations to Greg Smith

Fairleigh/Northern Beaches RSL Sub Branch recently awarded Life Membership to member of 30 years, Greg Smith. Over the years, Greg has been recognised for his active involvement in the Sub Branch's area expansion, the Fairleigh Memorial project, and his tireless work in assisting and supporting elderly veterans in his community. Greg is pictured receiving his Life Membership from Deputy President of RSL Central Queensland District John Edwards.



#### Author Deborah Wheeler meets Goondiwindi RSL members

Goondiwindi RSL Sub Branch members recently met with historian and author Deborah Wheeler to assist with her military research. The purpose of the meeting was to show Deborah the headstones at Goondiwindi Cemetery which RSL members have constructed for veterans' gravesites. Deborah initially contacted the Goondiwindi RSL Sub Branch for background information about the graves, which prompted the visit. Pictured, from left, Terry Farrell, Bill Brasington, Deborah Wheeler, Russell Billsborough and Greg Rixon.

#### Christmas lunch at Hervey Bay

Back in November, Hervey Bay RSL Sub Branch's members and their carers were treated to a spectacular Christmas lunch. Over 100 guests enjoyed a festive feast and entertainment by Sandy State School's senior choir. Members mingled and received gifts donated by local businesses, organised via the Sub Branch's wellbeing team. The event was a heart-warming way to begin the festive season.



#### Bursary Award for school studies

Marian RSL Sub Branch announced the recipient of their 2023 Bursary Award, Tayla White. Tayla received a Certificate of Achievement and funds to assist with her future studies as she transitions to high school in 2024. Tayla dreams of one day becoming a mathematics and art teacher. Tayla is pictured with her family, Marian RSL Sub Branch Treasurer Peter Gibbon and President John Edwards.



**Marian members hit membership milestones**

Congratulations to Rob Murray and Sharon Price, for reaching 30 and 15 years of membership respectively at Marian RSL Sub Branch. Rob and Sharon recently received their membership milestone certificates from Sub Branch President John Edwards.



**Enjoying Veterans' Health Week**

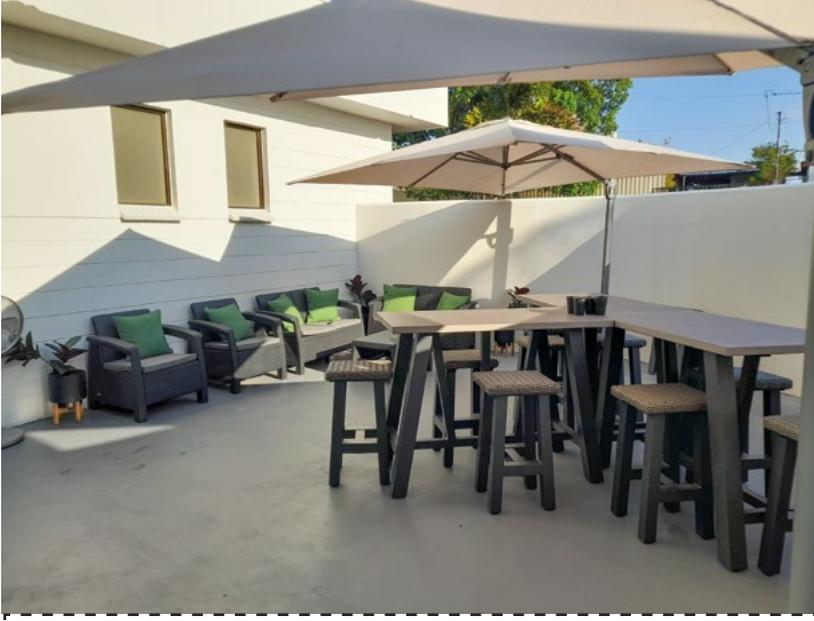
Sherwood-Indooroopilly RSL Sub Branch recently held a successful event day with their members for Veterans' Health Week. The focus for 2023 was mental wellness, with guests including Centenary Yoga, the St Joseph's Junior Choir, and Young Diggers, Living Mindfully, and Karen and Merlin the dog. Overall, the week was a hit with members, who enjoyed the opportunity to nurture their hearts, bodies and minds.



**Stanthorpe supports young sailor**

Stanthorpe RSL Sub Branch recently supported local resident Ashlin Searle to experience the first 2024 voyage with Young Endeavour, which departed on 3 January on its journey from Hobart to Geelong. Ashlin (third from the left) is making new friends and facing challenges, all while enjoying the adventures of sailing.





#### First event hosted in Mount Isa's new hub

Mount Isa RSL Sub Branch thanked Mount Isa Irish Club for its support setting up their new functional welfare hub for the region's veterans and their families. The Sub Branch was proud to hold the hub's first commemorative function for Remembrance Day 2023. The event was well received by veterans, their families, allied services, Mayor Danielle Slade and members of the public.

#### Honouring Able Seaman Thomas Welsby Clark

In 2021, the identity of the only man to escape from HMAS Sydney (II) was revealed as Able Seaman Thomas Welsby Clark. On 30 November, the Naval Association of Australia held a ceremony at Jack Tar Memorial to honour Thomas' memory, as well as the 644 other crew who died on board the ship. Madeline Byth, whose brother served on the HMAS Sydney, is pictured sitting with Lieutenant Mark Edwards at the ceremony.



#### Veteran visit to Bellevue Homestead

On 26 October, members of the Ipswich and West Moreton Naval Association of Australia sub section attended their DVA grant-approved Mental Health Week activity: a visit to the heritage-listed Bellevue Homestead. Pictured are members toasting the current King with port made from the on-site vineyard.

### Twenty years of advocating for veterans

Peter McNamara OAM LM recently retired after 20 years volunteering as an advocate for Sandgate RSL Sub Branch. During this time, the Sub Branch helped more than 1,000 veterans (and their families) get the care and recognition they deserve. Peter says there was a huge amount of fulfilment helping people and many cases he will remember forever.

"The army taught me to value your men foremost and look after them," Peter says. "Your life depends on how well they do their job. If you've served with them, how can you do better for them? So, the RSL was a natural fit, there was the epitome of looking after them again." Peter and his wife Wendy will retire to Perth for some much-deserved rest and relaxation.



### Sharing the Christmas spirit in Springwood

Springwood Tri Services RSL Sub Branch collaborated with the Logan East Community Neighbourhood Centre to pack and distribute more than 300 hampers for those in need over Christmas. Major supporters included Foodbank, Coles, Woolworths, IKEA, Springwood Motorama, Lions Club, Fishers of Men, local council and State government. Well done to all who volunteered.



### A glimpse from RSL's past

Wondai RSL Sub Branch member David Scrimgeour shared a little piece of history through the memory of his late grandfather, James Frederick Thomas Scrimgeour, who was in the 7th Reinforcements 47th Battalion from 1914. James' Returned Sailors and Soldiers Imperial League badge from 1919 is still in immaculate condition and was one of the few items he kept and passed down from his service.



# COMMUNITY



## Crows Nest State School awards night

Towards the end of the 2023 school year, Crows Nest State School packed out the local RSL Community Hall to celebrate its 35th annual awards evening. Students were recognised for a range of achievements, from academic and vocational to attitude and citizenship.

Crows Nest RSL Sub Branch was proud to be associated with the school's special night, and extends congratulations to all the 2023 award recipients. Pictured is Year 10 student Sienna Butler, who was announced Dux on the night, accepting her award from Crows Nest RSL Sub Branch President Greg Watt.



## PM thanks 11 Brigade after Christmas storms

On Christmas Day and Boxing Day 2023, severe storms tore through the Logan, Gold Coast and Scenic Rim areas. Following these events, Defence accepted a request for assistance from the Queensland Government (through the National Emergency Management Agency) with clearing access to essential infrastructure to ensure timely restoration of essential services. Personnel from Brisbane's 11th Brigade provided local assistance, in support of Queensland Police Service.

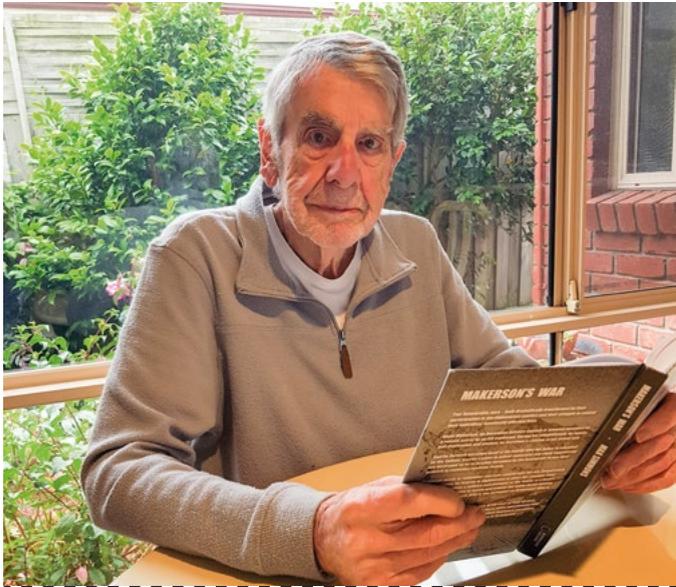
This picture was taken as troops from Brisbane's 11 Brigade were thanked by Prime Minister the Hon. Anthony Albanese MP, Queensland Premier Steven Miles, Gold Coast Mayor Tom Tate along with federal and state politicians for their assistance. (Photograph by LCDR Nicolas Hawkins)



## High school footballers commemorate in France

In November 2023, Aspley State High School's football team toured Europe. While travelling in France, they visited war memorial sites to reflect on the sacrifices of the Australians who served on the Western Front. During the experience, the team paid their respects to the fallen in Villers-Bretonneux and met with local students from the Victoria School.

Aspley State High School extends its appreciation to Geebung RSL Sub Branch, which enabled the visit by sponsoring a significant part of the tour leg and helping to arrange tour shirts.



**Makerson's War published**

Dr Max Simmons (pictured) has spent his working life as a senior health psychologist in both private practice and the Adelaide DVA's Counselling Service. In his line of work, he has seen many veterans lost and disillusioned by the systems that sent them to war. These stories inspired the writing of Max's new book, Makerson's War. It tells the fictionalised story of an Australian Infantry Captain who is severely disabled following a roadside bomb attack in Uruzgan Province. Suffering from depression and PTSD, a plan is hatched to return to Eastern Afghanistan to locate the Taliban bomb-making cell believed to be responsible. The book can be ordered online via [moonglowpublishing.com.au](http://moonglowpublishing.com.au).

**Memorial for HMQS/HMAS Gayundah unveiled**

On 18 November 2023, the Naval Association of Australia hosted a ceremony to mark the 82nd anniversary of the sinking of HMAS Sydney (II). Approximately 80 people attended, including City of Moreton Bay Councillor Karl Winchester.

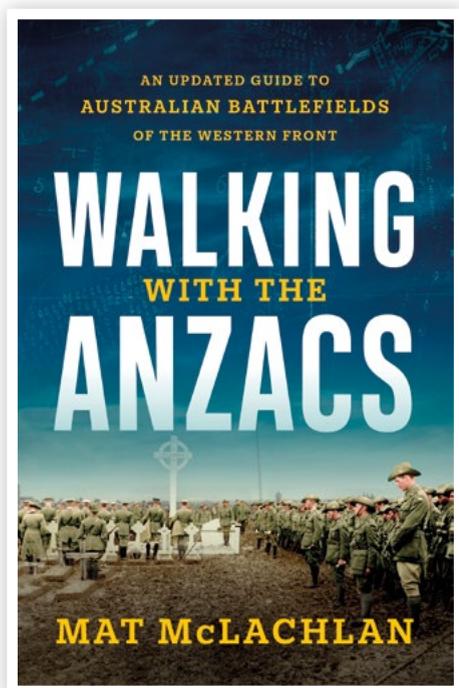
During the ceremony, which was held near Moreton Bay, a new memorial was unveiled to commemorate HMQS/HMAS Gayundah. The granite memorial depicts Gayundah's bow facing the ocean with three flagpoles and landscaping. Pictured are the Australian Naval Cadets attached to Training Ships Moreton Bay and Gayundah, standing next to the new memorial.



**HMAS Ipswich (I) presented to Ipswich CSI**

The Ipswich & West Moreton sub section of the Naval Association of Australia recently held a presentation to thank the staff and directors of Club Services Ipswich (CSI) for their ongoing support. Pictured are CSI representatives receiving a framing of HMAS Ipswich (I) from the Naval Association.

# WIN



## WALKING WITH THE ANZACS

From one of Australia's leading battlefield historians, Mat McLachlan, *Walking with the Anzacs* covers the 14 most important ANZAC battlefields, including Passchendaele, Pozieres and Bullecourt. With illustrated walking tours and comprehensive descriptions of battles, this is the definitive guide for anyone who wants to walk in the footsteps of the first ANZACs, see where they fought, and marvel at their spirit and bravery.

Each tour is designed around easily accessible walking routes and features a detailed description of the battle and moving quotes from the men who witnessed the battle first-hand. Areas of interest that you can expect to see on your walk including battlefield landmarks, memorials to the men who fought there, and the cemeteries where many of them still lie.

*Walking with the Anzacs* is fully revised and updated for 2023. It's the ultimate guide for anyone interested in learning about the history of our ANZACs and retracing their footsteps on the Western Front.

***Walking with the Anzacs* by Mat McLachlan is published by Hachette Australia (RRP: \$34.99).**

**FOR YOUR CHANCE TO WIN** one of four copies of *Walking with the Anzacs*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'Walking with the Anzacs') or post to 'Walking with the Anzacs', PO Box 629, Spring Hill Qld 4004. Competition closes 8 April 2024.

## PAINTING THE LIGHT

Nell Hope escapes the constraints of being the daughter of one of Australia's leading merino breeders to pursue her dream of becoming an artist in Paris. At the same time, Alec Murray turns his back on the legal career his father has mapped out for him to try his luck converting scrub country in Central Western New South Wales into viable farming land.

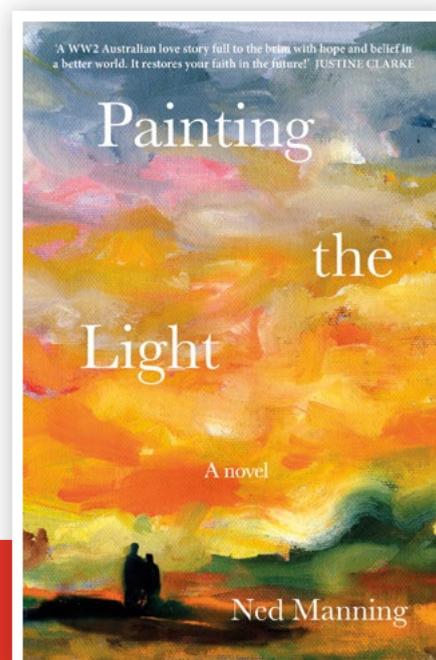
Hitler's march into Europe brings their dreams to a shuddering halt. Nell is forced home to work on the family property, while Alec enlists and joins the war effort on the other side of the world.

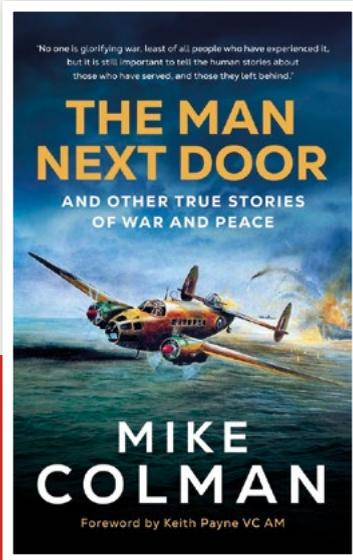
Over champagne in Sydney's glamorous new nightclub, Nell and Alec begin a whirlwind wartime romance. But their experiences of the war change them. Together, they're driven by a vision of a new, fairer Australia, even though they know they'll be ostracised by family and friends alike as they work to achieve it.

Based on real people and events in Australian history, *Painting the Light* is a story of love between two people and their love for their country.

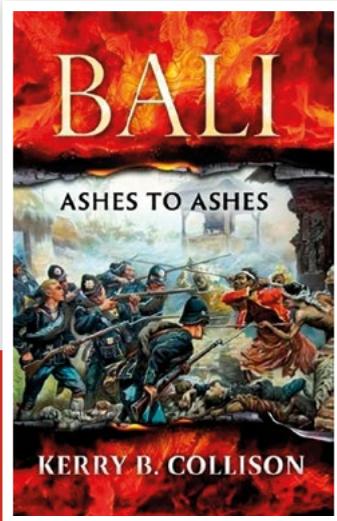
***Painting the Light* by Ned Manning is published by Broadcast Books (RRP: \$29.95).**

**FOR YOUR CHANCE TO WIN** one of four copies of *Painting the Light*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'Painting the Light') or post to 'Painting the Light', PO Box 629, Spring Hill Qld 4004. Competition closes 8 April 2024.





**FOR YOUR CHANCE TO WIN** one of four copies of *The Man Next Door*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'The Man Next Door') or post to 'The Man Next Door', PO Box 629, Spring Hill Qld 4004. Competition closes 8 April 2024.



**FOR YOUR CHANCE TO WIN** one of four copies of *Bali: Ashes to Ashes*, email your name, address and contact number to [editor@rslqld.org](mailto:editor@rslqld.org) (with the subject 'Bali: Ashes to Ashes') or post to 'Bali: Ashes to Ashes', PO Box 629, Spring Hill Qld 4004. Competition closes 8 April 2024.

### THE MAN NEXT DOOR

For several years, *The Courier-Mail* featured a special ANZAC Day story by their Walkley Award-winning journalist, Mike Colman. In *The Man Next Door*, Colman's superb writing about war – focusing on the men and women who saw the frontline and their loved ones back home – is brought together in one volume.

The book opens with a never-before-told story, shocking but inspiring, of Ray McMillan, an aircraftman on the Hudson bomber that sunk the Awazisan Maru – an episode captured in Frank Harding's painting that adorns the front cover.

Colman knew 'Mr McMillan' when he was growing up, but had no idea of his sacrifice until years later, when he read his next-door neighbour's war diary. In the chapters that follow, Colman captures Australia's wartime experience from Gallipoli to Vietnam in a way that has perhaps never been done before.

**The Man Next Door by Mike Colman is published by Stoke Hill Press (RRP: \$32.95).**

### BALI: ASHES TO ASHES

In 1904, the Sri Kumala, a Chinese schooner, became wrecked off Sanur in Bali. Claiming the vessel had been sacked by the Balinese, the Dutch attack, recorded in history as the brutal Puputan Wars, was to change Bali and its culture forever. Entire kingdoms perished as wave upon wave of the island's inhabitants committed suicide.

European artists become entrenched, integrating with the Balinese. Their stories of surviving the Dutch invasion, then the Japanese and the brutal 1965 slaughter of more than 80,000 Balinese, reveals an unspoken image of Bali, 'The Island of the Gods.'

**Bali: Ashes to Ashes by Kerry B Collison is published by Sid Harta Publishers (RRP: \$24.95).**

### QUEENSLAND RSL NEWS WINNERS EDITION 4, 2023



**IRENA'S GIFT**  
A Victor, Banyo  
T Cross, Forest Lake  
R Mitchell, Brookfield  
T Searle, Narangba



**PHOTOS IN THE ATTIC**  
A Boyle, Little Mountain  
W Bampton, Cawarral  
J Greenhalgh, Caloundra  
J Parfitt, Jindalee



**TIME PRESENT AND TIME PAST**  
D Carroll, Branyan  
J Douglas, Goodna  
M Smith, Clear Mountain  
C Burke, Gympie



**WHERE THE FLAMING HELL ARE WE?**  
I Mackay, Bargara  
B Willett, Bray Park  
G O'Keefe, Carseldine  
P Jeffrey, Parkinson

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

# LIVE THE LUXE LIFE IN ICONIC COOLANGATTA!



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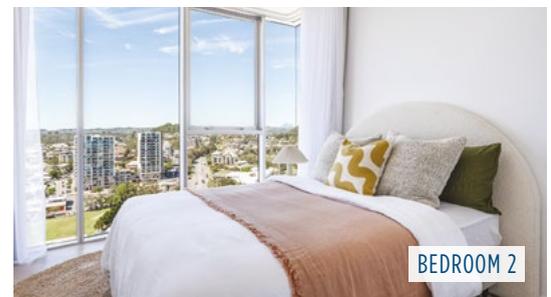
LIVING & KITCHEN



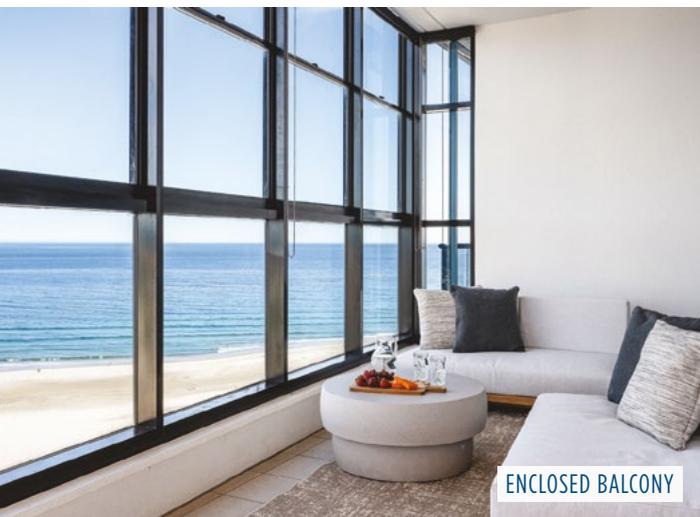
BEDROOM 3



KITCHEN



BEDROOM 2



ENCLOSED BALCONY



SHARED POOL

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Draw closes 8pm AEST 10 April 2024

Drawn 10am AEST 17 April 2024

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CAU/2332, NT: FNL1009, QLD: 29819, SA: M14503, VIC: 10433/23. Prize value: \$3,500,170. Draw AU414L has a total of 4,580,700 tickets available, including a maximum of 1,176,873 bonus tickets. Single tickets cost \$5. Drawn at ANZAC House. Illustration only. Gold bullion selling costs and market fluctuations apply. Rent and property values are based on third-party evaluations and subject to fluctuating market conditions. Market demand statements based on third-party data pertain Queensland's appointed sales agents may earn a commission. RSL Queensland's appointed traders may receive contributions for their services, estimated as a percentage of the total gross proceeds of the appeal: AIDA for Good Pty Ltd, ACN





# A \$12.6 MILLION GOLD COAST APARTMENT COMPLEX

**CONGRATULATIONS** to Chris\* from Sydney, who was over-the-moon when we told her she'd won RSL Art Union Draw 411: A \$12.6 million Gold Coast apartment complex.

Chris\* was understandably emotional when RSL Queensland Chief Executive Officer Robert Skoda gave her a call.

What does this mean for Chris\*?

A \$12.6 million win is life changing. Winning an entire beachfront apartment complex means she could give up work and simply live for a living.

Chris\* now owns four luxury apartments on the Gold Coast with breathtaking ocean views from all. She can move in and live the dream beach lifestyle, rent them all out and earn an estimated passive income of \$369,200 a year, or sell up and

become an instant multi-millionaire.

So now she has a \$12.6 million decision to make, but really there is no compromise, our biggest prize ever is one where she can have it all – live, rent and sell if she likes. It was the ultimate Christmas present for Chris\* and her family.

"This is amazing, I'm going to cry in front of everyone!

I'm shaking! Thank you very much, you've changed my life!" Chris said.

Congratulations, Chris\* – we wish you all the very best for the future!

Many thanks to everyone who supports RSL Art Union. Every ticket sold supports veterans and their families.

*\*Names changed for privacy reasons. ←*

# COMMUNITY CONNECT



## **BOOTSTRAPS HOSTING FUNDRAISING BALL**

Bootstraps, an ex-service organisation based in Gatton, will host its inaugural fundraising ball at the Ipswich Civic Centre on 13 April 2024. Bootstraps combines leatherwork training and classes, offering a therapeutic outlet for veterans, their families, and the broader community. Founder Sam Kavanagh was inspired by his father, a Vietnam veteran.

Themed 'Every Boot Tells a Story', the ball is a testament to the unique narratives crafted within Bootstraps. During the evening, the stories behind each boot will take centre stage, creating an atmosphere of shared history and camaraderie. There will be entertainment from 1 REGT rock band and a keynote speaker – poet and author Rupert McCall.

**For more information, please contact Sam via 0480 239 994, [admin@bootstraps.org.au](mailto:admin@bootstraps.org.au) or visit [bootstraps.org.au](http://bootstraps.org.au).**

# REUNIONS

## **ALL NAVY REUNION**

The third All Navy Reunion will be held on the weekend of 17-20 October 2024 at Maroochydore RSL Club. For more information visit [allnavyreunion.com](http://allnavyreunion.com), contact Bill Hayward via 0411 024 985 or [bloggshayward@yahoo.com](mailto:bloggshayward@yahoo.com) or Sue Meehan via 0438 911 950 or [sue.meehan@me.com](mailto:sue.meehan@me.com).

## **WAGGA WAGGA RAAF ALL APPRENTICES REUNION**

The 2024 Wagga Wagga All Apprentices Reunion will be held from 24-27 April 2024 at various locations around Wagga Wagga. All RAAF Trade and Radio Apprentices are invited. The multi-day event will encompass a meet and greet night, ANZAC Day march through Wagga Wagga, a celebration dinner at the Range Function Centre, and opportunities for other gatherings. For more information visit [raafapprentices.com.au](http://raafapprentices.com.au) or contact Dutchy Holland on 0499 229 911.

## **RANKIN OCT 66 REUNION (58TH ANNIVERSARY)**

The 58th reunion of the Rankin October 1966 intake at HMAS *Cerberus* will be held on 18-21 October 2024. Both veterans and their partners are invited to attend. It will be held at HMAS *Cerberus* and the Hastings/Frankston localities. Further details can be found via the Facebook group 'Rankin Oct 66 Reunion'. Contact coordinators Steve 'Yogi' Yovan via [sgyovan@gmail.com](mailto:sgyovan@gmail.com) or 0434 890 113 or Pat 'Ringo' Ringold via [patrick.ringold@bigpond.com](mailto:patrick.ringold@bigpond.com) or 0409 726 487.

## **AUSTRALIAN ARMY TRAINING TEAM - IRAQ**

A reunion will be held from 24-26 May 2024 for the Australian Army Training Team – Iraq (AATT-I). It will include a commemorative dinner on 25 May at the Kedron-Wavell Services Club and a memorial service the next morning. RSVP by 25 April. For more information, search the AATI Association on Facebook, @armytrainingteamaustralia on Instagram or contact Rocky McKelvie via 0419679378 or [secretaryaatti@optusnet.com.au](mailto:secretaryaatti@optusnet.com.au).

# LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Agate	Chris	T23932278	Caloundra Sub Branch Inc.
Albrecht	Theo	176365	Wynnum Sub Branch Inc.
Allatt*	Richard	22114628	Coorparoo & Districts Sub Branch Inc.
Allen*	John	4065331	Innisfail Sub Branch Inc.
Anderson	Donald	B6006	Redlands Sub Branch Inc.
Anspach	Dennis	48569	Tweed Heads & Coolangatta Sub Branch Inc.
Arnaud	Charly	579301160	Hervey Bay Sub Branch Inc.
Aylmer	Peter	R67076	Proserpine Sub Branch Inc.
Backman*	Adrian	3/719386	Bundaberg Sub Branch Inc.
Banks	James	438932	Tweed Heads & Coolangatta Sub Branch Inc.
Barker	Julie	F35193	Bribie Island Sub Branch Inc.
Barnes	Maxwell	TX16158	Redlands Sub Branch Inc.
Beale	Norman	L/ FX744724	Caloundra Sub Branch Inc.
Beale	Kellie	H36689	Maroochydore Sub Branch Inc.
Beasley*	Ian	2412219	Tin Can Bay Sub Branch Inc.
Beddoes	Kevin	A19015	Ipswich Railway Sub Branch Inc.
Belfield	Robert	1706671	Manly-Lota Sub Branch Inc.
Bell	James	25783	Sunnybank Sub Branch Inc.
Bell	James	Q129284	Sunnybank Sub Branch Inc.
Bellert	Ronald	A17183	Greenbank Sub Branch Inc.
Berry	George	A16830	Townsville Sub Branch Inc.
Berry	Brian	A53149	Tewantin/Noosa Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Blackburn	William	NX123331	Redlands Sub Branch Inc.
Blackwell	Ernest	QX5329	Wynnum Sub Branch Inc.
Bleakley*	Herbert	77697	Woodford Sub Branch Inc.
Bohan	Glen	R111493	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Bonnici	Lee	A414512	Redlands Sub Branch Inc.
Bovill	Vernon	1/710342	Kedron-Wavell Sub Branch Inc.
Boyce	Geoffrey	O119824	Hervey Bay Sub Branch Inc.
Boyd*	Jamie	227872	Emu Park Sub Branch Inc.
Boyle	Andrew	A229571	Caloundra Sub Branch Inc.
Bradford	Neil	134414	Unattached List
Bradshaw*	John	R59761	Bundaberg Sub Branch Inc.
Brown	Wayne	4718993	Caboolture-Morayfield & District Sub Branch Inc.
Bruce	William	QX57094 (Q144712)	Marian Sub Branch Inc.
Burgess*	David	110713	Gaythorne Sub Branch Inc.
Cameron	Ann	NF454060	Tweed Heads & Coolangatta Sub Branch Inc.
Cameron	Brian	900796	Beenleigh & District Sub Branch Inc.
Carstens*	Keith	R42527	Gympie Sub Branch Inc.
Cassells	Maxwell	NX93510	Gaythorne Sub Branch Inc.
Chalmers	Robert	138395	Caloundra Sub Branch Inc.
Christophers	Grant	232836	Townsville Sub Branch Inc.
Cijffers	Dick	T195764	Redlands Sub Branch Inc.
Clark	Michael	2/757405	Kawana Waters Sub Branch Inc.
Clifford	Patrick	A14229	Maroochydore Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Cole	Lawrence	2/734094	Tin Can Bay Sub Branch Inc.
Collavino	Mario	631743	Redlands Sub Branch Inc.
Condon*	Ronald	A15424	Bundaberg Sub Branch Inc.
Connop	Thomas	449647	Tewantin/Noosa Sub Branch Inc.
Cooper	Leslie	15406	Southport Sub Branch Inc.
Cummings	Norman	55764	Southport Sub Branch Inc.
Curtis	Patrick	B3725	Greenbank Sub Branch Inc.
Cush	Neil	1950014	Yeronga-Dutton Park Sub Branch Inc.
Da Silva*	Jose	R66034	Yeronga-Dutton Park Sub Branch Inc.
Dale	Keith	1/700106	Greenbank Sub Branch Inc.
Dale	Trevor	218525	Beenleigh & District Sub Branch Inc.
Damm	Harold	1/723647	Orchid Beach/Fraser Island Sub Branch Inc.
Dawson	Harold	15769	Tweed Heads & Coolangatta Sub Branch Inc.
Day	Leonard	A17285	Toowoomba Sub Branch Inc.
De Closey	Victor	2/4445	Tweed Heads & Coolangatta Sub Branch Inc.
De Launay*	Paul	2792848	Southport Sub Branch Inc.
Dean	Barry	1/728948	Mackay Sub Branch Inc.
Deller Smith	Colin	RM13B220	Isis Sub Branch Inc.
Dempsey	John	23698686	Bundaberg Sub Branch Inc.
Devereux*	Norman	38156	Redcliffe Sub Branch Inc.
Devine	Bernard	3/410158	Hervey Bay Sub Branch Inc.
Donato	Nunzio	A18685	Caloundra Sub Branch Inc.
Draffin	Alexander	418085	Maroochydore Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Dulhunty	Peter	R46885	Tweed Heads & Coolangatta Sub Branch Inc.
Duncanson	Leonard	3799045	Pine Rivers District Sub Branch Inc.
Dvoracsek	Joseph	213809	Coorparoo & Districts Sub Branch Inc.
Ellis	Robert	243207	Hervey Bay Sub Branch Inc.
English*	Edward	T/14173320	Bundaberg Sub Branch Inc.
Evans	Peter	R64619	Hervey Bay Sub Branch Inc.
Evans	Alwyne	579197	Bundaberg Sub Branch Inc.
Evans	Robert	B3893	Kedron-Wavell Sub Branch Inc.
Farquhar*	Mure	NX174646	Springsure Sub Branch
Ferguson	Douglas	1/700637	Townsville Sub Branch Inc.
Ferguson	Glenn	8596361	Tamborine Mountain Sub Branch Inc.
Ferris	Norman	4137905	Redcliffe Sub Branch Inc.
Fischer	William	R54352	Boyne-Tannum Sub Branch Inc.
Fitzgerald	Edward	2754058	Redcliffe Sub Branch Inc.
Fleming	Peter	214941	Currumbin/Palm Beach Sub Branch Inc.
Fotek	Jan	R95864	Greenbank Sub Branch Inc.
Freeman	Harry	014662	Kedron-Wavell Sub Branch Inc.
Fuller	Rodney	A1725	Ipswich Sub Branch Inc.
Fuller	Allan	23271121	Finch Hatton Sub Branch Inc.
Gardner	Graeme	136673	Kingaroy/Memerambi Sub Branch Inc.
Gold	Jeffery	SA00524	Toowoomba Sub Branch Inc.
Grabowski	Heinz	17668	Oakey Sub Branch Inc.
Grace	Leslie	710252	Kedron-Wavell Sub Branch Inc.
Grenfell	Elizabeth	8223580	Gaythorne Sub Branch Inc.

# LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Grezl	Richard	0114050	Currumbin/Palm Beach Sub Branch Inc.
Grezl	Richard	011405	Currumbin/Palm Beach Sub Branch Inc.
Hale	Peter	1/11814	Ipswich Railway Sub Branch Inc.
Hall	Alaric	O320877/ 0400314	Bray Park-Strathpine Sub Branch Inc.
Hallam	Peter	37193	Bray Park-Strathpine Sub Branch Inc.
Halliwell	Stanley	1/706544	St Helens Sub Branch Inc.
Hannaford	Kevin	3/740921	Maryborough Sub Branch Inc.
Hannah	Sydney	2237252	Kenmore/Moggill Sub Branch Inc.
Harper	Neville	5590	Wandoan Sub Branch
Harpham	Frank	NZ42577	Bundaberg Sub Branch Inc.
Harris	Ronald	425847	Yeronga-Dutton Park Sub Branch Inc.
Helmstedt	Darcy	1706447	Maryborough Sub Branch Inc.
Hentschel (nee Minns)	Pamela	W19748	Greenbank Sub Branch Inc.
Hickey	Bernard	1707735	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Hicks	Bryan	1757677	Gin Gin Sub Branch Inc.
Hill	Garran	2783716	Kingaroy/Memerambi Sub Branch Inc.
Hill	Alan	R37153	Currumbin/Palm Beach Sub Branch Inc.
Hindmarsh	Walter	QX50194	Ipswich Railway Sub Branch Inc.
Hoath	Leonard	A12445	Caboolture-Morayfield & District Sub Branch Inc.
Howard	John	A17332	Kawana Waters Sub Branch Inc.
Howley	William	QX41300 (Q302021)	Wynnum Sub Branch Inc.
Huntley	Frederick	A15112	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Inman	Kenneth	1/715161	Tewantin/Noosa Sub Branch Inc.
Ipson	Leonard	Q151528	Stephens Sub Branch
Ironside	Robert	1/720475	Banyo Sub Branch Inc.
Jessop	Alfred	A12052	Redlands Sub Branch Inc.
Johannesen	Gregory	1736963	Woodgate Beach Sub Branch Inc.
Johnson*	Peter	23505178	Centenary Suburbs Sub Branch Inc.
Jordan	Graham	314720	Townsville Sub Branch Inc.
Kane	Kenneth	A15946	Redlands Sub Branch Inc.
Keenan	Desmond	013537	Currumbin/Palm Beach Sub Branch Inc.
Kendall	Reginald	A19299	Ipswich Sub Branch Inc.
Kilpinen	Risto	1312681101	Currumbin/Palm Beach Sub Branch Inc.
King	Garry	2787445	Maroochydore Sub Branch Inc.
King*	Barry	A114363	Wondai Sub Branch Inc.
Knight	Francis	22160781	Maroochydore Sub Branch Inc.
Knight	Athol	A12952	Tin Can Bay Sub Branch Inc.
Lalor	Ronald	2784628	Runaway Bay Sub Branch Inc.
Landon	Brian	2/724281	Nerang Sub Branch Inc.
Lansdown	Anthony	R59310	Capricornia and Rockhampton Region Sub Branch Inc.
Latimer	Anthony	3778888	Tewantin/Noosa Sub Branch Inc.
Leckie	Harold	110854	Tweed Heads & Coolangatta Sub Branch Inc.
Leitch	Trevor	1411343	Kedron-Wavell Sub Branch Inc.
Lennox	Charles	53567	Bundaberg Sub Branch Inc.
Leonard	Len	41624	Gaythorne Sub Branch Inc.
Loadsman	Ken	1735047	Moranbah Sub Branch

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Lord	David	A55306	Maryborough Sub Branch Inc.
Macadam	Kathleen	102142	Redcliffe Sub Branch Inc.
Macgregor	Merle	W18926	Hervey Bay Sub Branch Inc.
Mackenzie	Leslie	2790255	Hervey Bay Sub Branch Inc.
Magill	Roy	1/708629	Townsville Sub Branch Inc.
Magill	Roy	A15536	Townsville Sub Branch Inc.
Makin	Andre	R66355	Bribie Island Sub Branch Inc.
Martin	Robin	2192240	Surfers Paradise Sub Branch Inc.
Masters	Ronald	2794830	Wondai Sub Branch Inc.
Maynard	John	173868	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
McAnulty	Leslie	2724649	Hervey Bay Sub Branch Inc.
McArthur	Graham	A12719	Sherwood-Indooroopilly Sub Branch Inc.
McCarthy	Randall	1735375	Nundah-Northgate Sub Branch Inc.
McGinty	William	R46781	Ipswich Sub Branch Inc.
McKechnie*	Norm	1372	Wynnum Sub Branch Inc.
McMaster*	Glenn	217086	Bundaberg Sub Branch Inc.
Meiklejohn	Alan	18681	Townsville Sub Branch Inc.
Mewes	Arthur	QX58741 (Q104623)	Coorparoo & Districts Sub Branch Inc.
Mikkelsen	William	1/1726	Bundaberg Sub Branch Inc.
Mills	Harold	Q156255	Southport Sub Branch Inc.
Montgomery	Richard	A314658	Bundaberg Sub Branch Inc.
Morris	John	A113273	Cairns Sub Branch Inc.
Morrow	Dorothy	QF143067	Pine Rivers District Sub Branch Inc.
Mudge	Mervyn	A124539/8560469	Gracemere & District Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Muir	Richard	258822	Townsville Sub Branch Inc.
Naylor	Terry	243212	Deception Bay Sub Branch Inc.
Noakes	David	-	Tweed Heads & Coolangatta Sub Branch Inc.
O'Doherty*	John	A120288	Ipswich Railway Sub Branch Inc.
Oldfield	Edward	1202660	Townsville Sub Branch Inc.
Olsen	Dennis	A18781	Caloundra Sub Branch Inc.
O'Neill	Barry	R109407	Gympie Sub Branch Inc.
Outridge	Richard	1205739	Kedron-Wavell Sub Branch Inc.
Parker	Rodney	6708968	Redcliffe Sub Branch Inc.
Parker	Gordon	R37487	Caboolture-Morayfield & District Sub Branch Inc.
Pascoe*	Geoffrey	2138915	Currumbin/Palm Beach Sub Branch Inc.
Patterson	Martin	N211417	Proserpine Sub Branch Inc.
Pearse	Edwin	NX503007	Kenmore/Moggill Sub Branch Inc.
Perry*	Graham	212533	Gaythorne Sub Branch Inc.
Pitman	Ronald	79546	Coorparoo & Districts Sub Branch Inc.
Porter	Brian	H54482	Wynnum Sub Branch Inc.
Potter*	Colin	36545	Pine Rivers District Sub Branch Inc.
Price	Raymond	A12159	Warwick Sub Branch Inc.
Prosser	Thomas	58575	Currumbin/Palm Beach Sub Branch Inc.
Radel*	Raymond	Q16144	Monto Sub Branch Inc.
Raeside	John	158136	Redcliffe Sub Branch Inc.
Reason	Brian	A110346	Bribie Island Sub Branch Inc.
Reason	Michael	1202921	Redlands Sub Branch Inc.
Richardson	Michael	1725445/171850	Wynnum Sub Branch Inc.

# LAST POST

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Roberts	Barry	18724	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Rodger	Michael	42683	Caboolture-Morayfield & District Sub Branch Inc.
Rollings	Ronald	RM13521	Hervey Bay Sub Branch Inc.
Rollings	Ronald	A121337	Hervey Bay Sub Branch Inc.
Rooker	Ronald	QX51997	Nerang Sub Branch Inc.
Rumble	James	133139	Redlands Sub Branch Inc.
Russell	Alan	A17018	Goodna Sub Branch Inc.
Sartin	Graham	23439918	Ipswich Sub Branch Inc.
Self	Byran	1/3314	Ipswich Sub Branch Inc.
Sellwood	Ronald	QX54307	Mudgeeraba-Robina Sub Branch Inc.
Sharp	Michael	P/ JX849067	Sandgate Sub Branch Inc.
Sherwin	John	2/165425	Cairns Sub Branch Inc.
Simpson	John	313814	Pine Rivers District Sub Branch Inc.
Skelton	James	A1442	Beenleigh & District Sub Branch Inc.
Skinner	Trevor	A18440	Toowoomba Sub Branch Inc.
Slaughter	Matthew	A219065	Bribie Island Sub Branch Inc.
Smillie	Lawrence	1734647	Nanango Sub Branch Inc.
Smith	Gregory	1410982	Kalbar Sub Branch
Smith	Colin	2/737416	Caloundra Sub Branch Inc.
Smith	Gordon	5021754	Goodna Sub Branch Inc.
Spry	Richard	P99397	Currumbin/Palm Beach Sub Branch Inc.
Stinson	William	14646	Toowoomba Sub Branch Inc.
Stoddart	Eric	QX45705	Nambour Sub Branch Inc.
Storrie	George	NX207786	Caloundra Sub Branch Inc.

LAST NAME	FIRST NAME	SERVICE NUMBER	SUB BRANCH
Testa	Raymond	16128553	Currumbin/Palm Beach Sub Branch Inc.
Treasure	Leonard	NX140452	Nerang Sub Branch Inc.
Turner	Trevor	A117792	Ipswich Railway Sub Branch Inc.
Tyson	Arthur	22285398	Maroochydore Sub Branch Inc.
Viles	Ronald	2/6641	Stephens Sub Branch
Vuichoud	Arnold	B4467	Bundaberg Sub Branch Inc.
Wade	Brian	38392	Beenleigh & District Sub Branch Inc.
Wallace	Thomas	R57999	Mackay Sub Branch Inc.
Wease	Grahame	11332	Tewantin/Noosa Sub Branch Inc.
Webb	Barry	2239942	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Weir	Grahame	1725253	Townsville Sub Branch Inc.
Welch	Mervyn	1/701001	Kedron-Wavell Sub Branch Inc.
Whirisky*	James	2/755841	Bundaberg Sub Branch Inc.
Williams	Ian	0220976	Maleny Sub Branch Inc.
Willis*	Alan	1/59608	Redlands Sub Branch Inc.
Willis*	Alan	167932	Redlands Sub Branch Inc.
Willson	Glenise	W18843	Hervey Bay Sub Branch Inc.
Wilson	James	23781438	Hervey Bay Sub Branch Inc.
Wood	George		Redcliffe Sub Branch Inc.
Wulff	Frank	R46301	Unattached List
Young	William	1/706475	Unattached List
Young	Jean		Kalbar Sub Branch
Young	Alan	175048	Southport Sub Branch Inc.
Younger	John	Q11308/ 1709414	Mareeba Sub Branch Inc.

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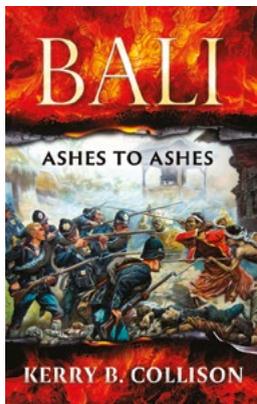
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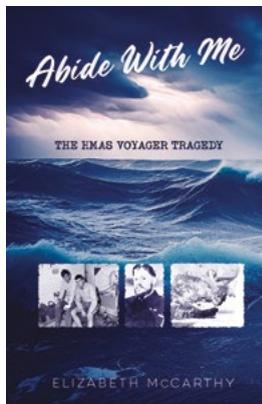
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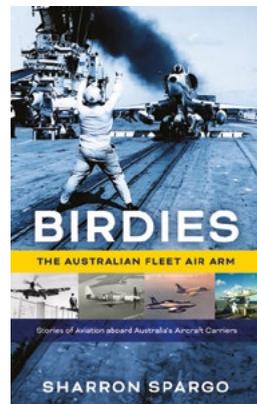
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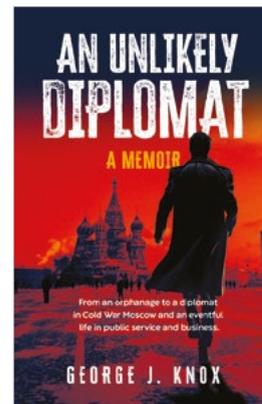
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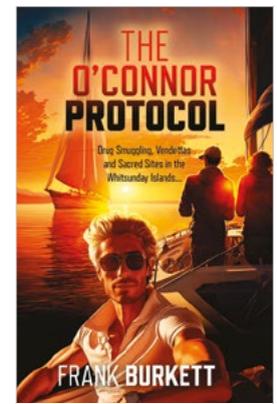


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The author spent his formative years in orphanages run by the Christian Brothers in Western Australia.



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The protocol saved Tom's ancestor. Will it now save him?

The year is 1990, and for twenty-something Tom O'Connor, life is good. Descended from a family of Queensland pioneers, he runs a newspaper at Airlie Beach. Success and women come his way easily. But that is soon to change. An 1860s incident, in which an Aboriginal woman was killed, has surfaced to haunt the O'Connor family. Tom's ancestor should have been investigated over her death but was saved by his magistrate brother. This dubious act invoked the O'Connor Protocol – a family tradition that obliges an O'Connor to protect his sibling.

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