

QUEENSLAND RSL NEWS

100
YEARS
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NAVIGATE
CLAIMS AND
APPEALS

VICTORY IN THE PACIFIC 80TH ANNIVERSARY

REMEMBERING ALL WHO
BRAVELY SERVED IN WWII
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RSL
Queensland

2025 // EDITION 03

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

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



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10 MOMENTS TO ILLUSTRATE 100 YEARS

In the first of this two-part series, we shine a light on some of the key stories documented by RSL Queensland's member magazine since 1925.

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ADVOCATING FOR VETERANS, ONE CLAIM AT A TIME

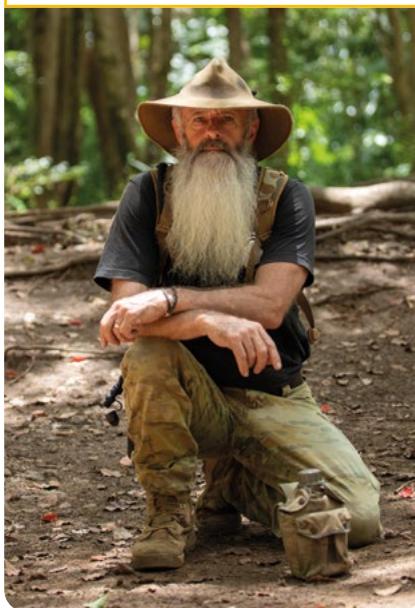
RSL Queensland's free DVA Advocacy program supports veterans with their compensation claims and appeals.



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SAS TO SURVIVALIST - FINDING SOLACE IN NATURE

Former SAS soldier Rick Petersen shares his military experience and passion for teaching bushcraft and survival skills.



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ARMY VETERAN FINDS HIS SPARK WITH ENERGY QUEENSLAND

After leaving Defence, Brady Knox-Horton quickly found his spark with Energy Queensland and the RSL Employment Program.



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BUILDING A LEGACY OF SUPPORT IN EDMONTON

Edmonton RSL Sub Branch's newly elected President is on a mission to create a support hub for all veterans in southern Cairns.

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SAILOR, PROTECTOR, MENTOR

One of the first Torres Strait Islanders to join the Navy, RAN Indigenous Elder Uncle Phillip Bowie now mentors the next generation of Indigenous recruits.

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FROM BATTLES TO SALUTATIONS

Army veteran Greg Gilbert DSM reflects on his service during the Vietnam War.

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PREMIER'S ANZAC PRIZE

From precious WWI artefacts to Western Front battlefields, the Premier's Anzac Prize is an experience like no other.



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BATTLES IN BALIKPAPAN

Ninety-nine-year-old Army veteran Leslie Sinclair reflects on his time in WWII.



Compensation Advocates Ashleigh Marshall from RSL Queensland, right, and Mark Gallagher from Manly-Lota RSL Sub Branch.

Adjusting the course of the veteran narrative

DURING August, we acknowledged two important commemorative days – the **80th anniversary of Victory in the Pacific** and **Vietnam Veterans' Day**.

On 15 August 1945, Japan surrendered, and World War II officially ended. This sparked relief and celebration at home and around the world.

This year marks 80 years since that momentous day. We paid tribute to the nearly one million Australians who served, many in the Pacific, and to the more than 39,000 who never made it home. We honour their service, the lives lost and the freedom they secured.

On 18 August, the anniversary of the Battle of Long Tan, communities across Queensland marked Vietnam Veterans' Day.

More than 60,000 Australians served in Vietnam, with 523 lives lost and many more wounded. This day honours their courage and acknowledges the contributions Vietnam veterans continue to make in the veteran and wider community.

You can read more about two of the exceptional veterans who served in these conflicts on pages 59 and 83 of this edition.

REDEFINING THE VETERAN STORY

At our 2024 State Congress, I posed the challenge of defining who we are as veterans and how we want to be known. The public conversation about veterans

honours our service but also defines us by our struggles.

At this year's State Congress in June, I revisited this topic. Over the past year, many of you shared your views, and your message was clear: you want a narrative rooted in truth.

The truth is that most veterans enjoyed and benefited from their service. Veterans are skilled, competent and capable citizens who want to keep contributing – to workplaces, communities and the nation.

At the same time, some of our mates have been deeply impacted by service. We have a special obligation to support them, and to ask the same from all levels of government.

With this in mind, I will be working to promote an accurate veteran story across Australia. Part of this may include a veteran's creed – a statement of values and belonging that clearly articulates who we are, what we stand for and why it matters. I look forward to sharing more as this develops.

CHANGES TO BOARD OF DIRECTORS

Following the State Congress, I'd like to officially welcome Arran Hassell CSC, who has been appointed State Vice President, and congratulate Christopher Hamilton on his re-appointment as Director.

Arran brings more than 30 years' service in the Army,

including operational service in East Timor and Afghanistan. He is an accomplished leader and executive, currently serving as Commander of 8th Brigade, Chairman and part-owner of intelligence professional services company Protegas Australia, and Patron of Young Diggers.

I also wish to recognise Bill Whitburn OAM, who stepped down this year after his time as State Vice President. Bill previously served as President at both his District and Sub Branch and has been a tireless advocate for the League in Townsville and throughout Queensland. We are grateful for his dedication and service, and wish him all the very best for the future.

Thank you to all the delegates from across Queensland who came together to make State Congress such a constructive and positive event.

Stephen Day



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

Evolving veteran services models of care

FOR more than a decade, Mates4Mates has been delivering services to support veterans and their families impacted by service. During this time, this clinically led model of care has continued to evolve to deliver quality services for those navigating physical and psychological challenges.

Concurrently, RSL Queensland has been building our veteran services capabilities under a human and social security framework. In summary, both organisations are delivering increasingly mature and comprehensive services for veterans and their families.

Together, we can be more aligned, consistent and effective. This is what is required in the complex veteran support ecosystem, as highlighted by the recent Royal Commission.

Mates4Mates has formally become a business unit within RSL Queensland. While maintaining two exceptional brands, we can work together to evolve our complementary capabilities.

This change will allow for improved governance and aligned development of our services, easing accessibility and navigability of support for those we are charged to serve. I look forward to our great teams unlocking these opportunities.

ACCREDITATION FOR OUR RSL EMPLOYMENT AND DVA ADVOCACY SERVICES

As part of our evolution to ensure we are providing quality services to veterans and their families, two

of our services have recently been accredited against the QIC Health and Community Services Standards.

I am pleased to say that our DVA Advocacy and RSL Employment Program, the first two services to be assessed, have been accredited. This means our systems and processes meet these external standards.

We might question why this is important. The answer is simple: it's about responsibility. As we continue to lead service delivery, it is important for us, our veteran and family clients, and those who engage with us to know that we have the governance in place to offer safe and reliable services.

Whether free or fee-based, the services provided to veterans are not immune to the evolving expectations of those who deliver care. This accreditation also allows us to demonstrate that we are a trusted partner in the veteran support ecosystem, which is essential for collaborative care.

WHAT'S BEHIND THE DREAM HOME ART UNION

You may have seen that we recently evolved our value proposition for the Dream Home Art Union. Our offering now gives VIP members the opportunity to win a greater number of prizes, including daily draws, while also increasing the value of the prize homes offered by the Art Union. You will see some amazing properties now and into the future.

No venture the size and scale of the Art Union can stand still. It's important that we continue

to evolve our offering, systems and business to set ourselves up for the future. Pleasingly, we can say that for 2024, 92% of the funds made available from our commercial operations were used for our charitable purpose. This demonstrates to our customers and our community that we are committed to delivering on our promises to supporting veterans and families.

IMPORTANT DIALOGUE AT OUR STATE CONGRESS

Finally, we hosted the 2025 State Congress in June. I would like to thank you all for your attendance and engaging in important dialogue.

As CEO of RSL Queensland, I note we only play a part in the League's efforts in Queensland. State Congress in 2025 reminded me of why I am proud to play a small role in this iconic institution. Thank you for making the League a more progressive and welcoming organisation.

Robert Skoda



RSL Queensland Chief Executive Officer Robert Skoda

Putting our best foot forward

WE recently held another successful State Congress, where I reinforced how and why we do what we do: staying true to our Objects and continuing to make a positive difference in the lives of veterans.

I reminded all attendees of our responsibility to:

Be a good human, treat each other with dignity and respect, listen without judgement, resolve matters at the lowest level, and ask how your actions and decisions at any level will positively impact veterans and their families.

I'm pleased to report that across the League, we continue to deliver on our promise to support veterans and their families to live with dignity and respect.

FOUR KEY FOCUS AREAS

I reaffirmed that my four key areas of focus are: **Individual responsibility** for everyone, **appropriate governance** at all levels, **one team approach** at all levels and **veteran and their family focus** for everyone.

VALUING MEMBERS AND VOLUNTEERS

Our League is a federated, member-based organisation operating under a common framework of Constitutions, By-Laws and regulations. We must continue to respect and value the outstanding contribution of our members and volunteers.

Members are fundamental to our success. Their voices, ideas and mateship keep us moving forward. We must encourage,

develop and sustain a positive environment for them to contribute and give their precious time and energy.

While we focus on members, this sentiment extends to their families, other veterans and the many non-League volunteers whose dedication enables Sub Branches to deliver our purpose. It's important to acknowledge their efforts and show that we value their contribution.

Members should be reminded of their obligations and encouraged to attend meetings, vote with their conscience, improve how we do things, help grow capacity and sustain the League.

An engaged, active and informed membership will keep committees honest and motivated, and identify opportunities for the next generation.

DRIVING GOOD GOVERNANCE AND IMPROVEMENT

I also challenged Sub Branches and Districts to reflect on how things have always been done.

One of my responsibilities is to identify improvements between State and Sub Branches to avoid unnecessary governance overheads.

During my visits, many of you shared your thoughts on governance and processes. We'll review key transactions to see if they can be simplified.

Please take the time to consider what you need to do, rather than what you've always done. Look for opportunities to reduce process and increase the level of care,

commemoration and camaraderie you offer.

As was the case for our forebears, while membership, culture, governance and change remain challenges, they are also our opportunities.

A SHARED FUTURE

Our future is a shared endeavour. I reiterate the four key principles: individual responsibility, appropriate governance, one team approach, and remaining focused on veterans and their families. Since taking on the role of State Secretary, I believe trust has continued to grow thanks to open conversation, listening to your concerns and adjusting our processes.

If we keep working together, addressing issues respectfully and reviewing our approach, we will continue to be a stronger organisation. I encourage you to keep up the great work you do every day across the state as we put our best foot forward together.

Iain Carty



Iain Carty csm
RSL Queensland State Secretary

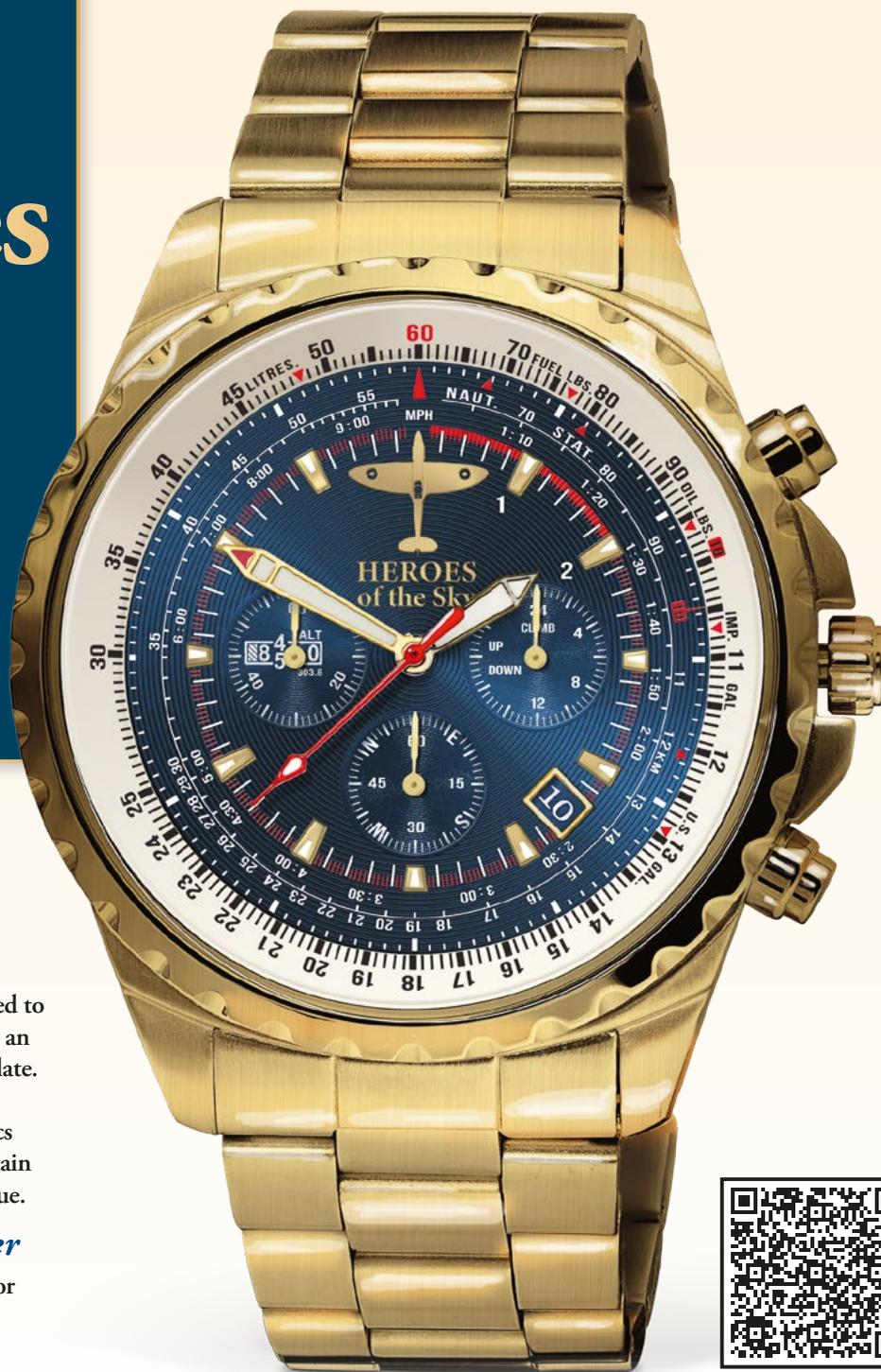
A Time For Heroes



QUALITY ENGRAVINGS



AIRCRAFT SCHEMATICS ON THE BACK



HEROES OF THE SKY GOLD WATCH

The legend of the aircraft and heroics of Allied pilots during the duel for dominance over the skies of Great Britain are symbols of how a dogged fighting spirit can overcome any enemy - no matter what the odds. Now this singular act of courage is commemorated in the 'Heroes of the Skies Men's Gold Chronograph' - only from The Bradford Exchange. Handcrafted using ion gold-plated stainless-steel and designed to emulate dials of a WWII aircraft instrumentation, it features an inky blue face with the shape of a Spitfire accented in gold-plate. Showcasing two precision chronograph dials with stop-start timing and date function. On the back is engraved schematics of both the Hurricane and Spitfire above a map of Great Britain and sits sequential edition number, making each watch unique.

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THE QUEENSLAND DIGGER REPRINT WAS GREAT

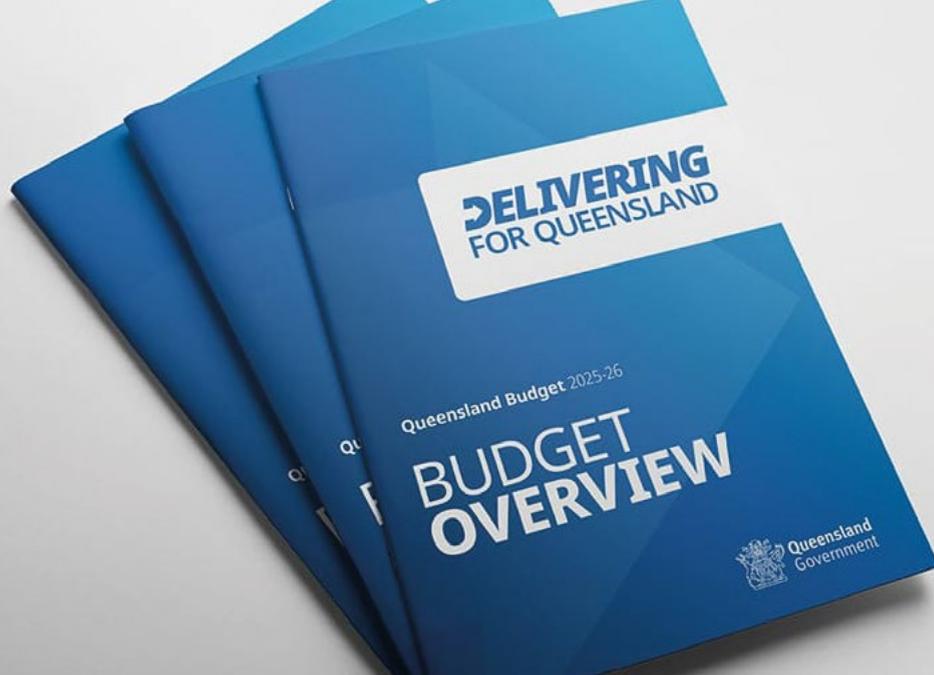
THANK you for producing *Queensland RSL News*, it is always enjoyable reading. The first edition for 2025 with the attached reprint of *The Queensland Digger* of April 1925 was particularly great.

Peter Leddy
Kedron-Wavell
RSL Sub Branch

AN ENJOYABLE READ

QUEENSLAND RSL News is very impressive. I enjoy receiving and reading it. My mother is still receiving her copy and, as she now has very little vision, I read it to her. She was very excited to have her story included in the ANZAC issue. Thank you, it made her day.

Ann Bramwell
Defence Service Nurses
RSL Sub Branch



NEW QUEENSLAND VETERANS' STRATEGY ANNOUNCED IN STATE BUDGET

RSL QUEENSLAND welcomed the 2025-26 Queensland State Budget handed down in June and the \$26.4 million in funding that has been committed to supporting Queensland veterans and their families.

Key measures in the budget for veterans and their families include \$9 million for legal, employment, homelessness and education support, plus the development of a Queensland Veterans' Strategy. Additional funding will back commemorative events, a new Premier's Veterans' Fund, and upgrades to Brisbane's Anzac Square and Memorial Galleries.

In the lead up to the announcement, RSL Queensland called for five specific budget measures to support veterans and their families.

"It's heartening to see several measures we called on the government to include as part of this year's state budget," RSL Queensland State President Major General Stephen Day DSC AM said.

"The commitment of these measures provides a clear signal that the government recognises the vital role veterans play in the state's economy and are taking steps to support their health and wellbeing." ←

Read more at rslqld.org/latest-news

COLLABORATION AND COMMUNICATION KEY FOR A CONNECTED ESO SECTOR

EX-SERVICE organisations (ESOs) from across Queensland came together for the bi-annual RSL Queensland and Legacy Brisbane ESO Forum in Brisbane on 13 June. More than 100 attendees from 51 organisations across the ESO sector took the opportunity to collaborate and share insights around the support provided to veterans and their families.

Throughout the day, presentations and updates placed a key emphasis on veterans' health and wellbeing and the priority functions and scope of the Peak Body for the ESO sector.

The intent of the ESO Forums is to connect government and community and service organisations together to discuss opportunities and share learnings to improve support for the veteran community more broadly. Notable insights from the Forum included:

Janelle Poole APM MP, Assistant Minister for Community Safety, Defence Industry, Veterans and North Queensland reiterated that the relationship between the state government and the ESO community is important to ensuring the needs of veterans and their families are heard.

"We're committed to open and honest communication to



PICTURED: From left, Katie Maloney, General Manager Partnerships and Engagement, RSL Queensland; Brendan Cox, CEO, Legacy Brisbane; Margaret Jenyns, Head of Veteran Services Support, RSL Queensland; Teena Blewitt PSM, DVA Deputy Secretary, Taskforce on Wellbeing Agency and Peak Body, Department of Veterans' Affairs; Janelle Poole APM MP, Assistant Minister for Community Safety, Defence Industry, Veterans and North Queensland, Queensland State Government; Troy Watson, Deputy CEO - Veteran Services, RSL Queensland and Kahlil Fegan DSC AM, Australia's Repatriation Commissioner.

ensure the veteran community is supported."

Teena Blewitt PSM Deputy Secretary, Taskforce on Wellbeing Agency and Peak Body, DVA shared an update on the consultation process being led by the DVA Taskforce regarding both the ESO Peak Body and the proposed Wellbeing Agency following the recommendations in the Royal Commission into

Defence and Veteran Suicide.

RSL Queensland General Manager - Partnerships and Engagement Katie Maloney said the ESO Forum once again provided an opportunity for the sector to come together, align efforts and work collectively to support veterans and their families.

"We have seen tremendous growth in our ESO Forums since we began delivering them in 2016. What we're

seeing each time we come together is that not only are we aligned with one core purpose - to support veterans and their families - but more often than not we're seeing partnerships formed between organisations to provide holistic support to the veteran community," Ms Maloney said.

The next RSL Queensland and Legacy Brisbane ESO Forum is set to be held in November 2025. ←

NEWS

STATE CONGRESS BRINGS MEMBERS TOGETHER

DELEGATES from across Queensland came together in June for the 2025 State Congress and Annual General Meeting (AGM). The event provided members with the opportunity to actively participate in Business Sessions, contribute to the AGM and hear valuable insights from a range of speakers.

This year's sessions explored the evolution of RSL Queensland Veteran Services, the support available to the League via Sub Branch Support Grants, and updates from District Presidents on their regional activities. Five motions were submitted by Sub Branches, with four passed by delegates.

RSL Queensland will update members on the progress of these motions as they are considered.

Delegates also heard from Alison Frame, Secretary of the Department of Veterans' Affairs, who said DVA is increasing its support for ex-service organisations (ESOs) and accredited advocates, while discouraging commercial providers that may not act in veterans' best interests.

"We will continue to promote that you don't have to pay large sums of your payouts to a commercial provider," she said. "There are options where you can get quality advice and support without those charges."

Dr Christian Rowan MP, Assistant Minister to the Premier and Leader of the House, addressed how the Queensland Government is supporting veterans, while Matt Anderson PSM, Director of the Australian War Memorial, delivered an insightful update on the Memorial's development project during the Gala Dinner.

As part of the AGM proceedings, Arran Hassell CSC was appointed State Vice President, and Christopher Hamilton was re-appointed as Director. Arran brings more than 30 years' experience in the Army, with deployments across Australia, East Timor, Afghanistan and the United

States. He currently serves as Commander of the 8th Brigade, is Chairman and part-owner of intelligence professional services firm Protegas Australia, and is Patron of Young Diggers.

RSL Queensland also acknowledged the service of Bill Whitburn OAM, who stepped down after his tenure as State Vice President. A former President of both his District and Sub Branch, Bill has long been a strong advocate for the League in Townsville and across Queensland. He was formally thanked for his dedication and service.

Next year's State Congress will be held on Saturday 20 June 2026. ←



The Governor of Queensland, Her Excellency the Honourable Dr Jeannette Young AC PSM speaking at the Opening Ceremony.



01

01: Outgoing State Vice President Bill Whitburn OAM, left, shakes hands with Arran Hassell CSC, newly appointed State Vice President, at the AGM.



02

02: Matt Anderson PSM, Director of the Australian War Memorial, was guest speaker at the Gala Dinner.

03: Walkerston-Pleystowe RSL Sub Branch Treasurer Gail Clark with Barbara Farren-Price from St Helens RSL Sub Branch.

04: Townsville RSL Sub Branch delegates from left, Vice President Adam West DSM, Board member Scott Klima, and President Colin Mosch.

05: District Secretary Sharyn Fairlie and Bundaberg RSL Sub Branch President Luke Harding.

06: Robert Thatcher from Orchid Beach/Fraser Island RSL Sub Branch and Grant Hartigan from Darra RSL Sub Branch.

07: Kawana Waters RSL Sub Branch Wellbeing Advocate and mentor Gary Penney, second from the left, was presented with the RSL ANZAC of the Year Award. He accepted the award alongside his wife Libby (second from right), and is pictured with Kawana Waters RSL Sub Branch member Jeff Pidgeon and Sunshine Coast and Regional District President Grendell 'Skip' Antony, right. Former President of Springwood Tri Services RSL Sub Branch, David Simmons, also received the RSL ANZAC of the Year Award, however, was not able to attend the event to accept his award.



03



07



04



06



05

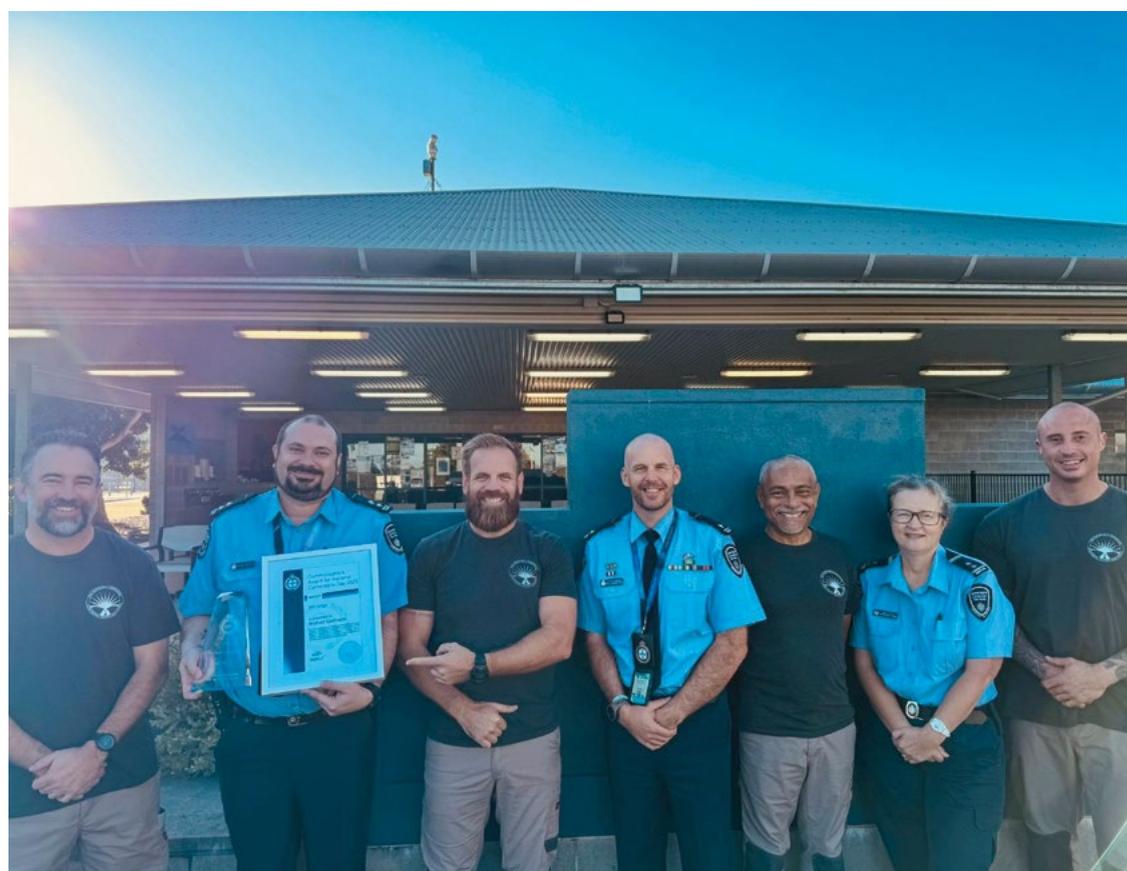
QUEENSLAND FIRST PROVIDES SUPPORT TO INCARCERATED VETERANS ACROSS THE STATE

FOLLOWING a successful pilot program in 2023 and 2024, RSL Queensland and The Eighth Mile Consulting have announced the expansion of the Incarcerated Veterans Program to an additional four Queensland Corrective Services' facilities across the state.

The accredited desistance program, which is a national first, commenced in Queensland and has supported more than 90 veterans over the past two years. It aims to help veterans transition successfully back into society by reconnecting them with the values instilled in them while serving in Defence, and providing the necessary support post-release.

Centred around the core principles of accountability and proactive planning, the Incarcerated Veterans Program is a five-day, peer-led support program that helps promote positive behavioural change while incarcerated. Using common values as a means of building connection, the program aims to lead individuals towards a more productive trajectory.

RSL Queensland Deputy CEO – Veteran Services Troy Watson says the ongoing partnership formed part of the organisation's broader strategy and is an important focus area to ensure all cohorts of



PICTURED: RSL Queensland is partnering with The Eighth Mile Consulting to offer the Incarcerated Veterans Program to veterans across the state.

veterans are supported to positively contribute within their community.

"The pilot program was a crucial step in identifying an initiative that aims to reduce recidivism amongst incarcerated veterans, and ultimately, remind them of the values that were once instilled in them during Defence," Troy says.

The Eighth Mile Consulting

CEO David Neal says the pilot program tested the effectiveness of increasing individual self-awareness and accountability, ultimately aiding individuals with self-identifying indicators to prevent poor behaviour before it occurs.

"Recent studies demonstrate there are critical factors linked to

reoffending behaviour, and this program explores the key considerations and influences at play," David says.

The program, which is the first of its kind in Queensland, highlights a pathway for incarcerated veterans to reconsider their identity and realign their behaviour as they prepare to transition back into the community. ←

RSL QUEENSLAND PARTNERS WITH THE ROYAL EDINBURGH MILITARY TATTOO

RSL QUEENSLAND is proud to be part of the iconic Royal Edinburgh Military Tattoo to Queensland in 2026 for the first time ever.

What started as a celebration of British and Scottish military and culture in 1949 has now become a world-renowned spectacular that brings together more than 1,000 performers showcasing military precision, pageantry and live music.

The 75th Anniversary Show, *The Heroes Who Made Us*, will celebrate the individuals who have supported the show



for generations while also honouring the unsung local heroes who help others, lead community groups and give their time for the benefit of others.

RSL Queensland State President Major General Stephen Day DSC AM said the show's theme of honouring volunteers who build our communities resonated particularly well with RSL Queensland and our 34,000

members across the state.

"This is an outstanding event and will be a landmark occasion for the veteran community here in Queensland – not just because of its military ties but also because of the focus on those individuals that support our communities," MAJGEN Day said.

"To partner with the Tattoo is an incredible opportunity for RSL Queensland to

showcase our legacy on the world stage.

"RSL Queensland is rich in stories of those who have turned to volunteering as a way to give back – and I'm looking forward to seeing this significant production celebrate the efforts of volunteers."

The Royal Edinburgh Military Tattoo will march into Brisbane from 12-15 February 2026 at Suncorp Stadium. ←



Serving Australia in Disaster Preparedness, Relief and Recovery

Disaster Relief Australia is a veteran-led not for profit helping communities prepare for and recover from disaster. Join us to connect with like-minded people who are united in their purpose to serve.

[Apply to volunteer](#)



Disaster Relief Australia

disasterreliefaus.org

NEWS

THE KING'S BIRTHDAY 2025 HONOURS LIST

CONGRATULATIONS to those recognised in The King's Birthday 2025 Honours List for their exceptional service to the community.

The list recognised 830 Australians for their outstanding work, dedication and commitment to serving their local community. This included awards in the Order of Australia (General and Military Divisions), meritorious awards and recognition for distinguished and conspicuous service.

This year, 114 Queenslanders were recognised for their significant contribution to their communities across the state, including seven Queenslanders who were awarded the Medal of the Order of Australia (OAM) in the General Division for service to veterans and their families.

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

- **Mr Donald William Davey, Kingaroy Qld** – for service to veterans and their families.
- **Mr David Draper, Eagleby Qld** – for service to veterans.
- **The late Mr Neville Stanley Galbraith, Deception Bay Qld** – for service to lawn bowls, and to veterans.
- **Major David Bernard Melandri (Retd), Highfields Qld** – for service to veterans and their families, and to the community of Toowoomba.
- **The late Mr Ian William Rieck** – for service to veterans and their families.
- **Mr William Joseph Ross, Carrara Qld** – for service to veterans and their families, and to the community.
- **The late Mrs Jocelyn Anne Templeton, Banyo Qld** – for service to veterans and their families, and to the community. ←

To view the full list of honours, visit [gg.gov.au/kings-birthday-2025-honours-list](https://www.gg.gov.au/kings-birthday-2025-honours-list)

LIFE MEMBER AWARDS

CONGRATULATIONS to the following Life Member award recipients, who were recognised for their ongoing service and dedication to the RSL. We appreciate their tireless efforts and the support they provide to veterans and their families.

- **Robert Cody**
Mudjimba RSL Sub Branch
- **John Craufurd**
Mudgeeraba-Robina RSL Sub Branch
- **Shirley Culey**
Gin Gin RSL Sub Branch
- **Hans Kaiser**
Mudgeeraba-Robina RSL Sub Branch
- **Linda Lahey**
Bray Park-Strathpine RSL Sub Branch
- **Steven Reynolds CSM RAN**
Kingaroy/Memerambi RSL Sub Branch
- **Tony Schaper**
Mudgeeraba-Robina RSL Sub Branch
- **Carol Steley**
Bribie Island RSL Sub Branch
- **Robert Walford AM AFC**
Mudjimba RSL Sub Branch
- **Jonathan Welch**
Maroochydore RSL Sub Branch ←



FREEDOM

FROM TYRANNY, TREACHERY AND TORTURE



80TH ANNIVERSARY OF THE
VICTORY IN THE PACIFIC
 Quarter Crown Silver Commemorative Coin
 ONLY \$99.00 FOR A LIMITED TIME ONLY.

World War II in the Pacific ended on September 2, 1945 aboard the battleship USS Missouri, where General Douglas MacArthur accepted the surrender from the Japanese delegation. Freedom was finally secured – ending six years of conflict, where 27,073 members of the Australian military were either killed, died of their wounds or while prisoners of war. As seen on TV, The Bradford Mint is proud to offer all collectors this exclusive '80th Anniversary of Victory in the Pacific Quarter Crown Silver Commemorative Coin' issued by authority of Ascension Island and approved by Buckingham Palace. Inspired by the Commonwealth medal awarded to all Australians who served in the Pacific and struck to the highest numismatic quality possible – with a strictly worldwide mintage of 1,945 to match the year the war ended – this commemorative coin bears a richly detailed etching of the roaring Lion of the Allies standing victoriously atop the defeated two-headed dragon of the enemy. Call 02 9841 3324 now to secure this celebration of Victory in the Pacific at the special price of just \$99.00, plus FREE postage. As we enjoy the freedoms Victory in the Pacific won during its 80th anniversary, we remember all those who fought in the harshest of environments against an enemy that would rather die than surrender.

Call one of our Senior Executives today on 02 9841 3324 to secure your limited-edition commemoration of this victory over a fanatical enemy, for just

\$99.00



SPECIFICATIONS

YEAR OF ISSUE	2025
ALLOY	.999 Silver
DIAMETER	22mm
WEIGHT	1/4 oz
MINTAGE LIMIT	1,945 worldwide
ISSUING AUTHORITY	Government of Ascension Island, approved by Buckingham Palace
QUALITY	Proof - the highest quality possible
REVERSE	Bearing a richly detailed etching of the roaring Lion of the Allies standing victoriously atop the defeated dragon of the enemy.
OBVERSE	Portrait of His Majesty King Charles III

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The history of the RSL badge

PART 1 Getting started (1916-1919)

From the moment the Returned Sailors' and Soldiers' Imperial League (RSSILA, today known as the RSL) was conceived in 1916, a lapel badge was included as part of the benefits of membership. In this, the first of an ongoing series, the story behind the League's first membership badge is revealed.

 Dr Susan E. M. Kellett

THE IMPORTANCE OF A BADGE

When delegates met in Melbourne in June 1916, the combined membership of the RSAs was around 10,000 men. At this time, the Government's Returned from Active Service badge had not yet been issued and RSA members awaiting discharge in NSW and Queensland had taken

to affixing their RSA badge to their uniform to show "... that the wearer is not a shirker but has done his bit [in the war]."

Thus, a badge not only indicated membership to the RSSILA, it also served the equally important role of signifying a man's status as being a returned soldier.

BADGE SELECTED IN BRISBANE

The RSSILA's first Federal Congress (the Annual General Meeting of members) was hosted by the Queensland Branch in September 1916. The event was held at the United Services Institution of Queensland (George Street) and Brisbane's original City Hall (then



ABOVE: Alfred P. K. Morris served as Acting General Secretary from April 1919 to February 1920. Morris served as a medic with the 1st Light Horse Field Ambulance in Gallipoli. (*The Australasian*, 20 September 1919, p66).

LEFT: The United Services' Institution of Queensland, on George Street in Brisbane, where delegates chose the design for the RSSILA badge during the League's first Federal Congress in 1916 (SLQ).



MAKING A BADGE

In the early decades of the 20th century, badge making was a labour-intensive process that could involve up to 60 manual processes.

First, an engraver incised the RSSILA design into steel using small chisels and graving tools. Comparison of early RSSILA badges reveals subtle variations in technique between the individual engravers employed by the different companies contracted to produce the insignia.

Next, engineers used the engraving to create a steel die. A force of one ton stamped the RSSILA logo from the die onto brass blanks, which were then perforated and trimmed into the familiar shield shape.

Lapel lugs (or a brooch pin for nurses) were attached to the back. Finely-ground red, white and blue enamels were hand-applied to the face of the badge and then fused using a hand-held gas torch. Final stages of production included polishing, glazing, plating and numbering the back of the badge.

MANAGING DEMAND

The General Secretary was responsible for arranging the manufacture and issue of badges to State Secretaries, who then distributed them to Sub Branches. As Federal Office was in Melbourne,

Evans contracted the local company of Stokes & Sons to supply 500 insignia per week at a cost of one shilling and threepence per badge.

After receipt of the badges, State Branches sent payment back to Federal Office and the General Secretary settled the account with Stokes.

In January 1917, members began receiving their badges and were surprised by its size. At 30mm x 40mm, the RSSILA insignia was larger than the *Returned from Active Service* badges that the Government had started issuing in October 1916.

However, by July 1917, badge supply had begun to falter. Stokes was supplying only 250 badges per week and Federal Office threatened to take its order elsewhere.

Matters improved marginally but, by March 1918, shortages were again an issue. As men were now returning home in greater numbers, Federal executive ordered that additional companies be contracted to produce the badge.

FINANCIAL CLIPS

By early 1918, League membership numbered more than 13,300 and the challenge of managing annual subscriptions emerged. NSW Branch suggested a visual aid to confirm the financial status of a member: a small, coloured clip stamped with the year of membership.

Once a returned man (or nurse)

located in Queen Street). Item seven on the agenda addressed the selection of the League's badge.

Four weeks prior to Congress, the RSSILA's Provisional General (National) Secretary, Erle Evans, invited artists and badge makers to submit designs for the insignia. The winning entry would be awarded five guineas. Evans subsequently received more than 300 entries. Twelve of these were selected and presented to congress delegates for consideration.

A striking shield-shaped design by Melbourne engraver, Walter Oliver, emerged as the winner but only after one aesthetic change: his initial entry included two flags which were removed to simplify the design. With its insignia settled upon, the RSSILA copyrighted the design in October 1916.

A: Walter Oliver's amended badge design (National Archives of Australia, 1916).
B: Employees of Stokes and Sons hand-stamping badges and buttons at the company's Melbourne premises during World War I (*The Australasian*, 18 September 1915, 25).





A

paid their membership, they were issued with a clip corresponding to that year and it was applied to the crown of the badge with small tabs. The following year the clip (which was also known as a 'crown') was removed with a new one affixed.

Members were empowered to remind comrades to renew their subscription if they noticed an expired crown being worn. This system was introduced in January 1919 and worked so well that it became an integral part of the badge and managing membership for the next 90 years.

A BADGE CRISIS

With the end of the war and the subsequent demobilisation of troops, men joined the RSSILA in droves. Membership surged from 28,689 members in late 1918 to around 100,000 the following year. This rapid growth resulted in many challenges for the League, with one of the most immediate being the

chronic shortage of badges.

In April 1919, Alfred Morris was appointed Acting General Secretary. He inherited the headache of a deficit of insignia. Manufacturers could not meet demand, and production was being hampered by the combined effects of the influenza pandemic, a maritime strike, ongoing enamel shortages and competing Government orders.

At a Sub Branch level, members waited impatiently for insignia to arrive and regularly communicated their frustration to the respective State Secretary, especially when their ability to recruit new members was affected.

In July 1919, the President of Brisbane District (renamed South Eastern District in 1927) wrote in desperation to the Federal President: "It is surprising," he explained, "but men will not pay their subscriptions unless we can give them badges."

Morris worked assiduously to communicate the reasons for the

shortage to State Secretaries, along with the measures Federal Office was taking to resolve the issue. However, despite four companies being contracted to produce an additional 50,000 insignia, production continued to limp along.

Morris was receiving barely 1,000 badges each week and these needed to be divided among six State Branches that were all desperate for the insignia. Member frustration continued to simmer.

Finally, in August 1919, supply issues began to resolve. However, just as the insignia began arriving in large quantities, Morris was alarmed to learn that one State Branch had gone rogue by independently ordering 20,000 badges from a local jeweller.

With thousands of badges now becoming available, Federal Office simply did not need 20,000 additional insignia. Nor did it have the £1,250 required to pay for them.

**References available upon request*

A: Original Stokes and Sons RSSILA badges compared with a later and smaller version of the insignia. The badge in the centre has a financial clip for 1921 attached to its crown.

Part two of the history of the RSL badge continues in the next edition of Queensland RSL News.



Cover art of The Queensland Digger

PART 2

Exploring early covers of The Queensland Digger and what two of the most frequently published images reveal about the post-war lives of returned men.

 Dr Susan E. M. Kellett

FROM the mid-1930s to the early 1940s, the covers of *The Queensland Digger* featured original art by Australia's leading illustrators and cartoonists. Occasionally, a work from World War I (WWI) that held emotional significance to the returned community was also used.

In this, the second of a two-part series examining the early covers of *The Queensland Digger*, two of the most frequently published images – and what they reveal about the post-war lives of returned men – are explored.

Part 1 of this series appeared in *Queensland RSL News* Edition 2, 2025.

THE MEMORY OF LOST MATES: WILL DYSON'S ENDURING TRIBUTE

At Messines in August 1917, artist Will Dyson (1880-1938) picked up a stick of charcoal and began sketching a soldier whom he had noticed quietly and carefully carving a rising sun onto the battlefield cross of his dead mate. In 1938, *The Queensland Digger* selected Dyson's poignant image – *The Mate (In Memory of W*

Machine Gun Company Messines Ridge) – for the cover of its Christmas issue.

Its sombre themes of sacrifice and loss appear at odds with the religious symbolism of birth and joy generally associated with Christmas. However, the selection of Dyson's image spoke to deeper emotions that continued to connect many returned men to the mates that they lost two decades earlier.

THE SOLDIER'S ARTIST

Thirty-six-year-old Will Dyson was Australia's first official war artist. Intent on capturing the essence of the Australian soldier, he shunned the meagre comforts of headquarters to live with the troops at the front.

Dyson also shunned heroic expressions of art, preferring instead to record the humanity of the diggers' lives: men returning exhausted from battle; the tedium of trench life; the desolate and dismal conditions in which they lived; the loss of comrades.

In 1918, Dyson's observations of

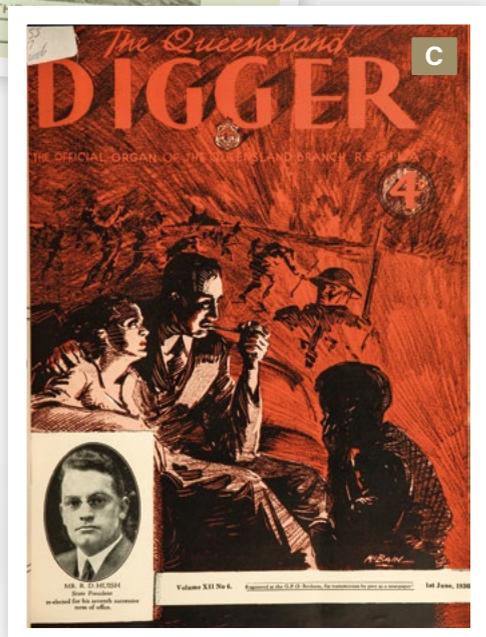
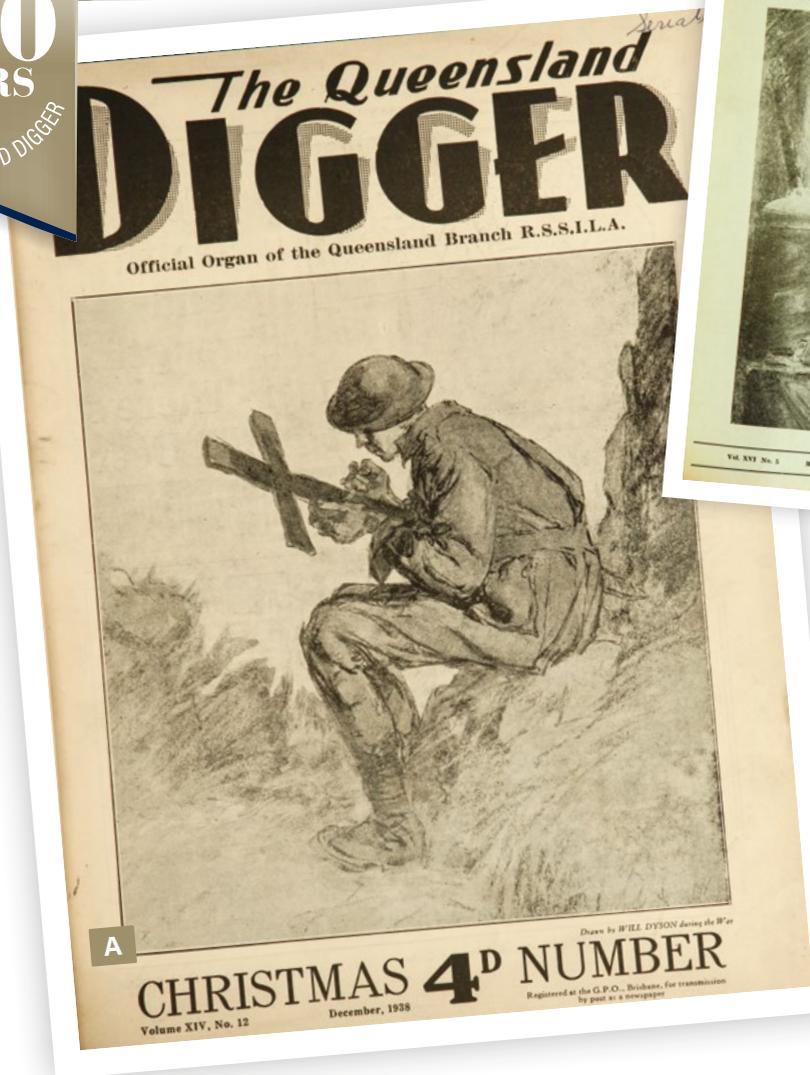
The Mate anticipated the importance that memory would play in the lives of returned men after the war:

"Remember our friendships at 20! At that age a friendship is a thing intense and unquestioning – it is blasphemy to think of it as anything less than eternal... Normally those friendships wither painlessly in their season, but this generation... will live with the memory of heroic friendships cut off at the height of their boyish splendour and which can never suffer the slow deterioration of disillusionment."

After the war, Dyson returned briefly to Australia, where he contributed to the establishment of the Australian War Memorial. In January 1938, at the age of 57, he died peacefully in an armchair at his London studio.

Dyson's death was reported widely in newspapers across Australia. Former war correspondent and friend Charles Bean wrote that to "the survivors of the AIF, he will always be remembered as the most intimate portrayer of the Australian soldier". The Returned Sailors and

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THE QUEENSLAND DIGGER



Soldiers Imperial League of Australia (RSSILA) – the forerunner to what we know today as the RSL – called upon the Government to exhibit Dyson’s war art in each state of the Commonwealth as a tribute to the artist. This request was politely declined.

The Queensland Digger’s 1938 Christmas cover may well have been a belated tribute to Dyson. However, its use for the front of four successive December issues speaks eloquently of the memory of lost mates and their enduring importance to returned men at a time traditionally associated with the comforts of family and friends.

THE FAMILY: IAN MCBAIN AND THE POST-WAR HOME

Of the artists who featured on the covers of *The Queensland Digger*, works by Ian McBain (1905-1995) appeared most frequently. The young illustrator appears to have come to the attention of State Branch after he designed the January 1935 cover of *The Whiz-Bang*, the monthly periodical of the now defunct Brisbane RSL Sub Branch.

McBain initially designed the cover of *The Queensland Digger’s* 1936 ANZAC issue, before being commissioned to create another three works. Two of these were used for more than half the covers

published from 1936 to 1942 and both featured the drama of the deep red palette frequently favoured by editorial staff.

McBain’s second cover debuted in June 1936. It captured the essence of comfortable domesticity that rewarded many men in the decade after the war.

A QUIET DOMESTIC SCENE WITH A DARKER UNDERTONE

In the lower half of McBain’s image, a returned man is depicted smoking his pipe while his wife rests her head upon his shoulder. To the right, their young son sits with his elbows upon his knees and chin resting in his

A: December 1938 cover of *The Queensland Digger* featuring Will Dyson’s *The Mate* (In memory of W – Machine Gun Company Messines Ridge), 1917. This image was used for the covers of six issues, including four successive Christmas covers. State Library of Queensland (SLQ).
B: A second of Dyson’s wartime images – *The Cook* (1917) – was used for the May 1940 cover. In 1918, the artist humorously observed that “I sometimes think it is the... ferocious despair induced of the cooks that made some of our battalions so awe-inspiring in battle” (SLQ).
C: Ian McBain’s June 1938 cover featured a father reliving his wartime experiences to his family. It also featured State President Raymond Huish, who had been elected for seven successive State Presidencies. Huish would continue to be re-elected President until his retirement in 1967 (SLQ).



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hands. Shadowy figures of soldiers in the background suggest that the father is recounting his experiences of war. However, not all is as it seems.

McBain was nine years old when war was declared in 1914. His was a generation affected by the familial and societal impact of the physically and mentally injured fathers who returned home after the war. Shell shock – the euphemism for what we now recognise as post-traumatic stress disorder (PTSD) – haunted many men.

Considerable stigma was associated with the condition and, regardless of the magnitude or impact of injuries a man sustained, families who welcomed a soldier home were perceived as the lucky ones; they had no right to complain when so many had lost husbands, fathers and sons in the conflict. It is little wonder that so many children would look back in years to come

and recall that their fathers “never spoke about the war”

THE SILENCE OF FATHERS, THE QUESTIONS OF SONS

Within this context, re-examining McBain’s cover reveals a different story. Rather than sharing his memories of the war, the father appears to be reliving it: soldiers rush into battle with bayonets affixed while, in the distance, the horizon erupts under shellfire and two diggers reel and stagger with the impact of an enemy bullet. A man, with his rifle shouldered, glances back at a little boy struggling to make sense of his mother’s concern and his father’s silence.

McBain’s subject matter evidently resonated with returned men as the image was used for another five covers during 1936. Perhaps it offered a small measure of comfort by acknowledging the suffering

of those with shell shock and normalising it within the League’s community. It also foreshadowed McBain’s own enlistment in the Army during World War II.

The RSSILA continued to use McBain’s family image until mid-1942, after which *The Queensland Digger* adopted photographs for its cover. 🗞️



C



A: Lieutenant Will Dyson, sketching near Ville-sur Ancre, in France in 1918. Dyson was wounded twice while sketching but returned to the front to continue his work. Photographer unknown, AWM EO2437.
 B: Ian McBain’s first cover for the League appears to have been the January 1935 cover for *The Whiz-Bang*, the monthly journal of the now defunct Brisbane RSL Sub Branch. RSL South Eastern District collection.
 C: Will Dyson, Australia’s first official war artist. Photographer unknown, c.1917, Alchetron.

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THE QUEENSLAND DIGGER



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10 moments to illustrate 100 years

PART 1

In the first of this two-part series, we shine a light on some of the key stories documented by RSL Queensland's member magazine since 1925.

✍ Courtney Adams

OVER the past century, RSL Queensland is proud to have documented the people, programs and events that have affected the lives of veterans and their families through our member magazine. Even as the magazine has evolved from *The Queensland Digger* to *Vigilance* and now to *Queensland RSL News*, its purpose has remained steadfast: to provide the veteran community with stories and information to keep

them engaged, connected and feeling valued.

The numbers speak for themselves. Over the course of 100 years, RSL Queensland's member magazine has published thousands of veteran stories, community updates, support program editorials and Sub Branch profiles.

Today, the magazine is distributed to more than 30,000 people in its hard copy form, and thousands more

digitally. The magazine has also been recognised as an important part of Queensland's memory, with the State Library of Queensland digitising most of the collection for public access.

With so much time passed and history documented, it's difficult to narrow down the magazine's legacy into a few highlights. However, in this two-part article, we look back on 10 significant moments documented

A: Over its 100-year history, the magazine was called *The Queensland Digger*, *Vigilance* and now *Queensland RSL News*.
B: A story from the May 1939 edition about placing wreaths at the Eternal Flame at Anzac Square in Brisbane.
C: *Queensland RSL News* Ed 1 2018 included a multi-page feature on the final stage of restoration of Anzac Square.

throughout the publication's history to illustrate the impact and reach of the magazine over the decades.

These moments reflect our community's triumphs and challenges, their camaraderie and resilience, and anniversaries in both their firsts and hundredths.

MOMENT 1: THE EVOLUTION OF ANZAC SQUARE (1930-2019)

The significance of memorial sites has long been a feature of the RSL Queensland member magazine. In particular, Anzac Square and the Shrine of Remembrance have been extensively documented with stories including the site's opening, refurbishment and expansion over the decades.

Anzac Square was officially opened on Armistice Day (now Remembrance Day) in November

1930 as a memorial to the service and sacrifice of Queenslanders in World War I (WWI). The minutes published in the July 1930 edition of *The Queensland Digger* reveal the RSL's conversation around its impending opening, including the organisation of the Armistice Day ceremony at the site, who would be responsible for the arrangements, and sites and specifications for memorial boards at the site.

When the first ANZAC Day was held at the site the next year, *The Queensland Digger* reported the following in an article titled 'Anzac Day in Brisbane: A Memorable Record':

"At 11 o'clock, the main church services were held and without exception, all churches were packed to the doors and overflowing. Betokening increased enthusiasm, a larger roll up of men occurred in the afternoon than on any occasion previously. Anzac Square itself was packed."

(May 1931 edition of *The Queensland Digger*, page 5)

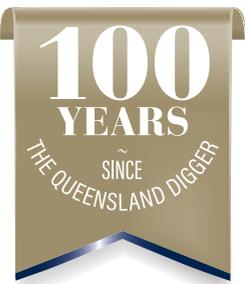
Since 1930, there have been several additions and restorations made to Anzac Square, including the

installation of new statues and memorials.

In the 1990s alone, there were several announcements including the planting of a bottle tree in the Square (September 1990 edition), new memorials for those who died in WWII and the South West Pacific Campaign (August 1992 edition), the unveiling of the plaque honouring the 2/2 Tank Attack Regiment Royal Australian Artillery 7th Division AIF (November 1992 edition), the Torres Force Memorial Plaque ceremony (November 1993 edition), the Hall of Memories' commemoration of merchant seamen killed during WWI and WWII (May 1994 edition), the 106 Aust CCS AIF plaque (February 1997 edition), the HMAS *Adelaide* plaque (November 1997 edition), the installation of the site's 'Touch Tell' system (February 1998 edition), and the unveiling of the 31/51 AUST INF BN (AIF) memorial plaque (November 1998 edition).

More recently, in 2013, the Anzac Square restoration project commenced, with a majority of the works completed between ANZAC Day and Remembrance Day 2018. *Queensland RSL News* published rendered images of the planned works and quotes from then





(H.F.E., August 1925 edition of The Queensland Digger, page 5)

As history shows, H. F. E.'s ominous prediction eventuated in September 1939, when Germany invaded Poland and WWII commenced. In the years following until 1945, *The Queensland Digger* published many stories and opinion pieces about the war. Early articles contained messages of conviction, such as the introduction to the January 1940 edition titled 'We Must Fight for Right against Wrong'.

"In the year that has just passed, unmorality [sic] triumphed over morality, lies over truth, dishonesty over honesty, cruelty over kindness, dishonour over honour, and the jungle law over justice... we, of the democracies, should (if we value our heritage of rights and liberty) take stringent measures to crush this evil thing in its incipency." (January 1940 edition of The Queensland Digger, page 1)

As the war progressed, *The Queensland Digger* published pieces that offered insight into the historical and current events, issues and politics influencing the trajectory of WWII in real time. For example, the article pictured left discusses the lead-up to WWII since 1914, as well as the Allies' war effort.

The bombing of Darwin in February 1942 later escalated anxiety in Queensland about possible future threats from the Japanese, as per the following quote.

"Who would have thought, way back in September 1940, when the unconquerable spirit of the English people defeated the German air blitz in England, that 18 months later, Australia would be facing the prospect of a similar ordeal from the Japanese? It is an unpleasant

Queensland Premier Anastacia Palaszczuk.

"As we enter the last year of the 2014-2018 ANZAC Centenary, it is fitting that we undertake the final phase of the restoration and enhancement of our pre-eminent memorial to our servicemen and women. We want our state's living memorial, Anzac Square, with the Shrine of Remembrance at its heart, to stand proud for another 100 years." (The Hon. Anastacia Palaszczuk MP, Edition 1, 2018 of *Queensland RSL News*, page 18)

Just one year later in Edition 4, 2019, the magazine published news of the refurbished Anzac Square Memorial Galleries opening. The article featured interviews with staff from the State Library of Queensland as well as descriptions of each section of the Galleries, including the exhibits, technologies and structural elements of the refurbishment.

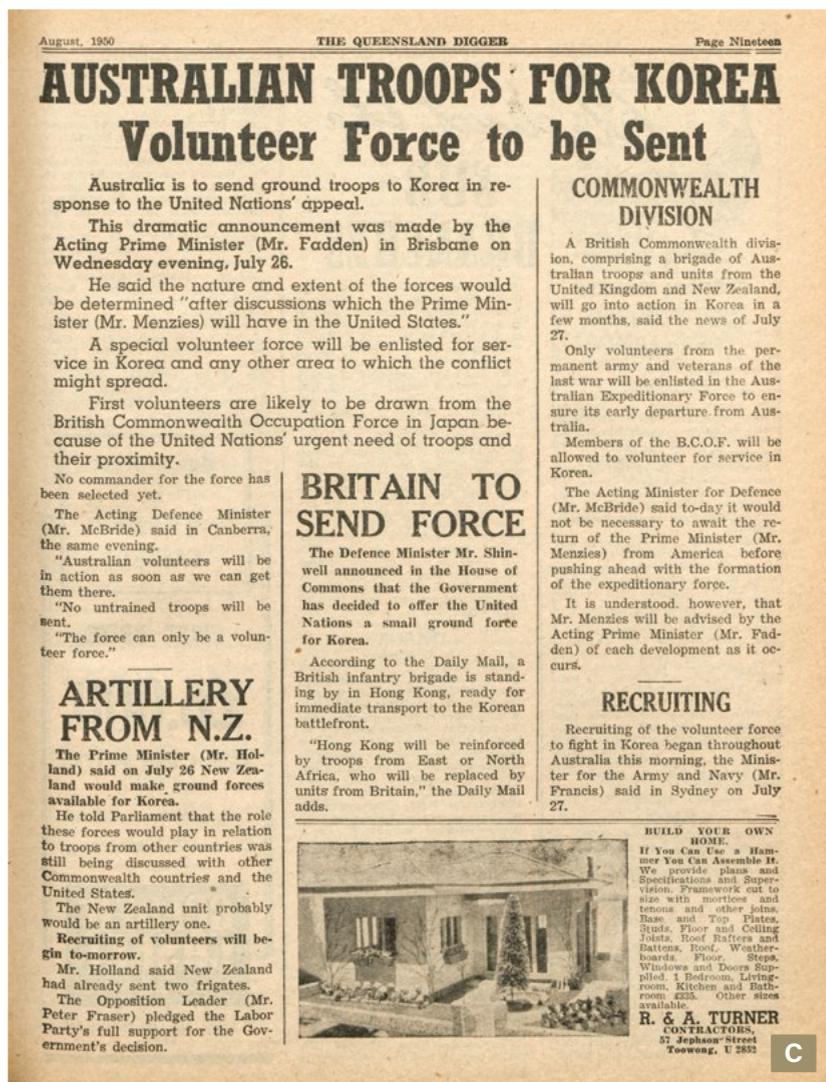
MOMENT 2: THE START AND END OF WORLD WAR II (1939-1945)

The Queensland Digger was first officially published in April 1925, not even seven years after the end of WWI. Yet, despite launching during a period of relative peace in the world, the fifth edition released in August 1925 issued a stern warning in an article titled 'The World Unrest and the Next War'.

"The general unrest amongst many countries, the stupendous war debts yet unpaid, the continued occupation of German territory, the Moroccan [sic] trouble, the "war games" of the great American fleet in the Pacific, the upheaval in China, the Russian menace - all are leading to the greatest and most terrible of all conflicts, a world war, where "nation shall rise up against nation" the result of which would almost beggar description."

A: The cover of the December 1945 edition of *The Queensland Digger*, which proclaimed 'They'll be home for Xmas.'
 B: An article explaining the events that led to WWII in the January 1940 edition of *The Queensland Digger*.
 C: An article in the Edition 8, 1950 of *The Queensland Digger* about the ground troops to be sent to serve in Korea.





"For the first time in six years we can wish members of our League a peaceful Christmas!"
(December 1945 edition of The Queensland Digger, page 1)

MOMENT 3: THE KOREAN WAR (1950-1953)

Australian involvement in the Korean War started in June 1950, shortly after North Korea invaded South Korea. The first mention of the conflict was published in the 1950 Edition 8 of *The Queensland Digger*. An article titled 'Australian Troops For Korea: Volunteer Force to be Sent' states the unfolding situation clearly.

"Australia is to send ground troops to Korea in response to the United Nations' appeal. This dramatic announcement was made by the Acting Prime Minister (Mr. Fadden) in Brisbane on Wednesday evening, July 26... First volunteers are likely to be drawn from the British Commonwealth Occupation Force in Japan."
(Edition 8, 1950 of The Queensland Digger, page 19)

The RSL took a strong supportive stance on the war, expressing its appreciation to the serving troops and keeping the war alive in the public's conscience through *The Queensland Digger*. One article introducing the November 1950 edition of the magazine stated that the RSL had proposed to the Prime Minister that all nations within the UN contribute to the cost of pursuing the Korean War, as only less than a dozen of the 53 member nations had sent fighting forces to the region.

"[T]he proposal... would assure that in the event of other encroachments by the Communists - and others seem imminent - the brunt of pursuing a war for the future security of Democracy, would not be left to a few nations."
(Edition 11, 1950 of The Queensland Digger, page 1)

Throughout the war, *The*

prospect that even the most complacent Australians have come to expect. We must be prepared for bombing in Queensland, and we must gird up our loins to meet it."
(April 1942 edition of The Queensland Digger, page 1)

During the war years, the magazine often carried the heartbreaking duty of publishing the names and photographs of those who had lost their lives or been taken prisoner. In August 1942, under the heading 'Salute the Brave!', a page framed by 30 young faces served as a sobering reminder of the human cost of war.

"One of the saddest sights we who stay at home see these days is the little photographs of young men in uniform under the simple words, "Honour Roll!" And these Australian lads went out hopefully and eagerly to learn to

fly and handle aeroplanes, to sail and fight ships, and to master complicated instruments of war. Whatever they did, they went in the joyous spirit of Youth like knights in search of the grail or some high adventure."
(August 1942 edition of The Queensland Digger, page 11)

Perhaps the most triumphant coverage of the WWII period was reported in the December 1945 edition, with the leading title 'They'll be Home for Xmas' on the cover, and stories such as 'Toowoomba Welcome Home', 'Perth Welcome' and 'Welcome Home Plans for Inglewood Soldiers' contained within. The edition urged readers to strengthen the League during the post-war period, while also honouring the fallen in both World Wars on Remembrance Day, then known as Armistice Day.



Queensland Digger published articles about the troops and events of the conflict. Casualties, awards and updates were regularly reported and well wishes for the troops were shared.

For example, one article in the July 1953 edition stated that the men received less kudos for their enlistment to Korea compared to WWII, "and the League should show it appreciated their splendid service to the country"; thus recording its appreciation of the serving Forces and ensuring provisions were made for appropriate homecomings. In the next edition, the signing of the Korean truce was reported.

While the Armistice was signed in 1953, Australian troops remained in Korea on peacekeeping duties until 1957. Several mentions of Korea are made in editions leading up to this point. However, commentary

about the fight against communism continued well into the 1960s and 1970s.

MOMENT 4: ESTABLISHING THE DREAM HOME ART UNION (1955)

Art unions have played a role in RSL Queensland's story since its earliest days. The first ever mention of an art union in *The Queensland Digger* can be found in its first edition, covering the draw and certification of the Anzac Art Union at the Anzac Memorial Club in Brisbane on 24 April 1925. Prizes in the draw included a gold watch, diamond ring, a Buick and a Ford.

Decades later, RSL Queensland established its own art union, known as the Dream Home Art Union, to provide a continual source of fundraising for the organisation. *The Queensland Digger* reported on the Art Union's origins and evolution from launching and starting ticket sales in September 1955, to moving into its Queen Street offices in the Brisbane CBD in November 1955, to its first ever draw in June 1956.

At the time, money was being raised to contribute to a war veteran's home at Caboolture. However, while 80,000 tickets were available for purchase,

sales did not go as anticipated.

"Sub-Branches throughout the State disposed of 16,100. This combined Sub-Branch effort was a most useful and acceptable contribution, but it is obvious that even the maximum total sales from Sub-Branches will not be equal to the requirements of the situation." (June 1956 edition of *The Queensland Digger*, page 29)

Following a disappointing outcome from this first Art Union, the set-up was reorganised to hold 'universal appeal.' Under the editorial heading 'You can aid veterans,' the introduction announced details of the second Dream Home Art Union.

"Decision to hold the State-wide Art Union was made by your representatives at Annual State Congress... By helping the Art Union - with your concerted effort it could be a sell-out in less than two months - you are giving valuable support to our very own War Veterans' Home." (Edition 10, 1956 of *The Queensland Digger*, page 1)

Many years later, RSL Queensland would rename the initiative to 'RSL Art Union,' before rebranding it again in 2024 to reconnect with its roots. The rebrand was announced in Edition 4, 2024 of Queensland RSL News. From its humble beginnings in 1955, the growth of the Dream Home Art Union was evident in this article.

"Since our inception, we've grown to offer Australia's most



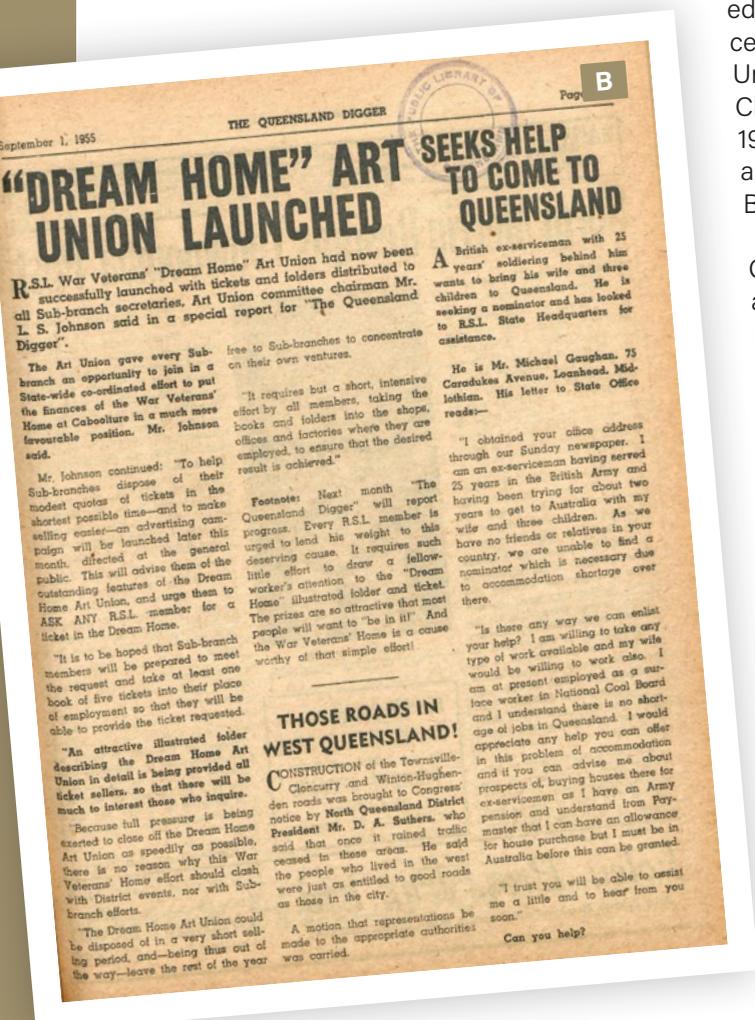
Returning to our beginnings in support of veterans and their families

RSL Queensland is proud to announce that the RSL Art Union is embracing a name that reflects our rich history and enduring mission: Dream Home Art Union, proudly RSL Queensland.

THIS is more than just a return to our beginnings—it's a commitment to the values that have guided us since 1956. At the heart of the Dream Home Art Union is our commitment to supporting veterans and their families. RSL Queensland CEO Rob Slack says, "Every ticket sold offers more than a chance to win a dream home; it directly funds programs that provide advocacy, employment

and wellbeing services for veterans and their families. These initiatives help veterans transition to civilian life, ensuring they receive the care, respect and opportunities they deserve. A LEGACY OF CHANGING LIVES Since our inception, we've grown to offer Australia's most substantial prize home line-up. In 2024 alone, more than \$50 million in prizes was awarded, with even

more on the horizon for 2025. However, the Art Union's true impact goes beyond the prizes—these lotteries have supported veterans and their families for nearly seven decades. "Year after year, our Art Union continues to deliver incredible prizes to the community and changes lives in doing so," Rob says. Our story began in the spirit of mateship, born from the need to support veterans facing immense





WORLD WAR III IS BEING FOUGHT NOW

"WE are not preparing for World War III, we are actually engaged in it. The third world war is being conducted by the Communists with insidious and skilful technique."

The R.S.L. National President (Mr. A. J. Lee) said this at the Annual State Congress held in Maryborough.

Mr. Lee said that unless Australians awakened to the fact that the conflict had been joined and the National Executive in connection with the campaign against Communism.

from the Government, he said. "We realise it is the Government's responsibility to enlighten people to the danger of Communism," he said.

"We have to fight. It is not worthy of representing the strong who can carry out this fight and if we run from criticism we are amid loud applause."

FRIGHTENING RATE

THE Minister for Repatriation (Mr. R. W. Swartz) commended the R.S.L. for its acceptance of the responsibility of directing attention to the menace of international Communism.

"Until such time as the Commonwealth Government faces up to its responsibility the League will do the job for them to force the Government's hand, or demonstrate to the Government the necessity for Australian people to be shaken from their apathy."

The threat in this part of the world had proceeded at a rate that was frightening, he said.

Another country has been virtually swallowed up. "Laos is over two-thirds under the heel of Communist Pathet Lao forces."

They must never forget that they could no longer live in isolation.

"Pressure is right on the border of Thailand. Laos goes down into the heart of Thailand and gives a common border to South Vietnam."

Over 50 per cent. of the total trade union strength was actively behind the R.S.L. in its campaign.

Australia was an integrated part of the Asian sphere, yet it was still racially and basically a European nation maintaining close association with the British Commonwealth on the one hand and with her great and friendly allies on the other.

"North Vietnam has already gone and we are pleased to know that the United States has at last taken a firm stand, but it's a stand to deal with the active operations of over 250,000 North Vietnamese and Chinese troops on the borders of South Vietnam itself," he said.

They also had the support of various chambers of commerce and chambers of manufactures.

It was an indication of responsibility on the part of the R.S.L. that it should try to awaken the countries of the world to the internal and external threat of Communism.

Mr. Swartz said that all these things were linked with the campaign of the R.S.L. towards the great steamroller which had been rolling in Europe and across other parts of the world.

The greatest support came from various national groups comprising men and women the majority of whom came from behind the Iron Curtain.

"The Western world is not an aggressor, it is only International Communism that is the aggressor today and will be the aggressor tomorrow," he said.

"It is the responsibility of the R.S.L. as well as other organisations to draw attention to these developments, and we are proud that the National President and the National Executive has seen fit to embark on this campaign," Mr. Swartz said.

They knew what was happening in their own country. They knew the danger of a small minority of Communists taking over a country.

"There is active aggression in this part of the world."

Mr. Swartz said that the R.S.L. should try to awaken the countries of the world to the internal and external threat of Communism.

"We are not preparing for World War III, we are actually engaged in it. The third world war is being conducted by Communists with insidious and skilful technique." (A. J. Lee, July 1962 edition of Vigilance, page 4)

In this edition, the threat was identified as the Pathet Lao forces in Laos, and the North Vietnamese and Chinese troops on the border of South Vietnam. Pressure was building in these regions and

edition of Vigilance, page 1)

Not long afterwards, the gravity of the situation in Vietnam began to become clearer. The release of the first casualty brought the masses of lives lost into focus; the June/July 1965 edition of Vigilance described the situation as 'grievous.' However, Australia's involvement in the war was nevertheless defended, citing "abrogation by the Reds of the Geneva agreement."

"From the outset far more has been involved than the defence of South Vietnam - no less than the testing of the free world's will to resist communist aggression, just as it was resisted in West Berlin and Korea and Cuba." (June/July 1965 edition of Vigilance, page 1)

Later in 1965, the magazine began publishing more on the Vietnam War. The August 1965 edition promoted the eligibility of volunteer Citizen Military Forces to serve in Vietnam.

The next edition then provided an optimistic update on the conflict, describing the massive ground support from the American military contributing to a new-found "morale and fighting spirit" within the South Vietnamese forces. There was also praise for the Australian forces involved, with US media describing the Australians as an "elite battalion".

Publication of Vigilance concluded in July 1967. Unfortunately, Queensland RSL News did not begin publishing until December 1989, hence the end of the Vietnam War was not documented by RSL Queensland's member magazine.

The remaining five moments in this series will be published in the following edition of Queensland RSL News.

substantial prize home line-up. In 2024 alone, more than \$50 million in prizes was awarded, with even more on the horizon for 2025. However, the Art Union's true impact goes beyond the prizes - these lotteries have supported veterans and their families for nearly seven decades."

(Edition 4, 2024 of Queensland RSL News, page 27)

MOMENT 5: THE RISE OF COMMUNISM AND THE VIETNAM WAR (1962)

Australia joined the Vietnam War effort in July 1962, right around the same time that The Queensland Digger rebranded into a new magazine called Vigilance. The introduction to its first edition states that at that point in time, there was never a greater need for vigilance against the threat of communism.

on the Thai border as well.

In the years following, there is surprisingly little mention of the specific conflict in Vietnam, although Vigilance regularly publishes pieces about the fight against communism more generally. This is until the August/September 1964 edition opens with a bleak view of the situation written in an article titled 'Brave Words.'

"[T]he Asian situation has deteriorated alarmingly. South Vietnam could fall to the communists from its internal dissention, and Sukarno has increased pressure on Malaysia to the point of open war... Meanwhile, Australia's defence forces are losing more men than are being recruited, and the authorities continue to reject 75 per cent of those who volunteer." (August/September 1964

- A: Announcement of the Dream Home Art Union rebrand in Edition 4, 2024 of Queensland RSL News.
- B: An article about the Dream Home Art Union from the September 1955 edition of The Queensland Digger.
- C: An article from the first edition of Vigilance in July 1962, likening the Communist threat to World War III.

Advocating for veterans, one claim at a time

RSL Queensland's free DVA Advocacy service supports veterans with their compensation claims and appeals.

✍ Courtney Adams

“RSL Queensland is a no-cost provider, which means its DVA Advocacy support is free to access. An added benefit of going through this service is the ability to connect with a broader range of support services should additional or urgent help be needed.”

ADVOCACY has been a cornerstone of RSL Queensland's mission since its formation in 1916. While the Repatriation Commission (now the Department of Veterans' Affairs or DVA) didn't exist at the time, RSL Queensland's origins are steeped in social justice, as returned soldiers sought to build their own support systems post-World War I.

Much has changed since 1916, but the RSL has remained the voice of veterans in Queensland. In taking this role and responsibility seriously, RSL Queensland has maintained a strong track record in DVA claims and appeals, which continues to this day.

Understanding the available advocacy options is key to helping veterans make informed decisions for themselves and their families,

based on individual circumstances and needs.

ACCESSING ADVOCACY SUPPORT: THINGS TO CONSIDER

Transitioning from service to civilian life can often be a daunting process, especially for those unsure how to navigate the DVA claims and appeals process. To support veterans through this transition, RSL Queensland offers a range of services to assist veterans with their physical, mental, financial and social wellbeing.

One area of these many services is the DVA Advocacy program – an accredited, nationally recognised service offered free of charge to help veterans and their families navigate the DVA

claims and appeals process. RSL Queensland's DVA Advocacy service is accredited by the Quality Improvement Council (QIC).

RSL Queensland is a no-cost provider, which means its DVA Advocacy support is free to access. An added benefit of going through this service is the ability to connect with a broader range of support services should additional or urgent help be needed.

According to RSL Queensland Deputy CEO – Veteran Services Troy Watson, it's important to consider the broader advocacy landscape when deciding which services veterans may engage in.

“If you decide to embark on your own advocacy services outside of RSL Queensland, you will likely find that the veteran advocacy sector is broad and there are both



fee-for-service and free providers available in this space," Troy says.

"We encourage you to understand your need for advocacy services, any payment requirements for the service and the formal training and experience of your advocate, before commencing the process."

HOW RSL QUEENSLAND ADVOCATES CAN HELP

RSL Queensland acknowledges the dedication of its team of highly trained, hard-working advocates who support the veteran community with compassion and professionalism every day.

Advocates include both employees of RSL Queensland and District Offices, as well as volunteers within individual Sub Branches. Many advocates are veterans themselves, bringing valuable lived experience to their roles.

All advocates are formally

trained under the Advocacy Training and Development Program (ATDP), meaning they are nationally recognised and qualified to assist veterans in accessing compensation and wellbeing services.

"The mission of our advocates is to make your DVA claim a simpler and less stressful process than going it alone," Troy explains.

Advocates provide support at every stage, from helping with claim and appeal submissions (including documentation requirements), liaising with the DVA on your behalf, and providing updates on your claim or appeal's progress.

Advocates can also refer you to additional free RSL Queensland services where needed, such as the RSL Employment Program and online programs like RSL Be:Well. Advocacy support is available through in-person meetings, phone calls or virtual

appointments, depending on an individual's preference.

CONTINUOUS IMPROVEMENT OF RSL ADVOCACY

RSL Queensland is committed to continuous improvement and is actively working to enhance and streamline its programs to provide the greatest benefit possible to veterans. In keeping this commitment, the organisation has identified three goals over the next five years to strengthen advocacy.

"First, we plan to deepen our collaborations with other RSL State Branches to uplift our national advocacy capabilities for veterans and their families," Troy says.

"Second, we intend to act on the outcomes of legislation and evolve our compensation advocacy capabilities.

"And third, we want to make it easier for veterans to reach our advocates, whether that's in person, over the phone or online." ←

ABOVE: Some of the Compensation Advocates helping veterans with their DVA claims, from left, Michael Muir and Mark Gallagher (Manly-Lota RSL Sub Branch), Ash Marshall (RSL Queensland) and Kendall Morrison (Manly-Lota RSL Sub Branch). Mark is currently training fellow Sub Branch veterans Michael and Kendall.



Get free help with your DVA claims: If you need help with the DVA claims process, visit rslqld.org/advocacy, call 134 RSL (134 775), or visit your local RSL Sub Branch.

4

REASONS TO USE AN RSL QUEENSLAND COMPENSATION ADVOCATE

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

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

There are four main benefits of working with an advocate.

Need help with your DVA claims or appeals?
Learn more or contact our DVA Advocacy team via rslqld.org/advocacy



1



A GUIDING HAND

RSL's team of Compensation Advocates liaises with DVA daily on behalf of clients. They will ensure all the documentation and evidence needed to demonstrate a claim is in place and provide support through the entire process. Claims can take time to be assessed and processed by DVA, but advocates will keep clients informed at every stage.

Advocates also take the time needed to ensure veterans fully understand what is happening and why, and provide reassurance if their claim is delayed.

2

SPECIALIST KNOWLEDGE

RSL Queensland Compensation Advocates are all qualified, having trained in the Legislative Acts governing veteran compensation and the claims process. They can also draw on a bank of knowledge and expertise from colleagues across the organisation, some of whom have decades of experience in compensation and advocacy.

Many advocates are ex-Defence members or part of the veteran community. This shared experience provides a unique understanding of what it means to have served and to have transitioned into civilian life, enabling them to empathise with clients in a meaningful way.

3

A HOLISTIC APPROACH

While RSL Queensland's Compensation Advocates work to ensure veterans receive any compensation they may be entitled to, they can also connect veterans with other support programs and services.

The focus is on overall wellbeing. Improving quality of life is often best achieved through a combination of factors – compensation certainly, but also rehabilitation services, social connection and support in finding civilian employment.

RSL Queensland advocates understand the full

range of services and programs available to veterans – both from DVA and Mates4Mates. They work with veterans to develop a wellness plan that incorporates all the elements needed for the best possible outcome.

Sometimes, if veterans are too focused on compensation above all else, they may begin defining themselves according to their level of disability. Advocates encourage veterans to focus on being well again.

4

DVA ADVOCATES ARE ON YOUR SIDE

Ultimately, Advocates are there solely to help veterans. Advocacy services are provided completely free of charge, and veterans do not need to be RSL members to access assistance.

Veterans are encouraged to have a chat with RSL Queensland's Veteran Services team to explore their options. Having an Advocate by your side can make the claims process simpler and less stressful.

RSL Queensland Advocates can work with veterans face-to-face, via telephone or online, including lodging claims online.



From service to support

Navigating the DVA claims process inspired veteran Ash Marshall to start a new career. Now a Compensation Advocate with RSL Queensland, she helps other veterans and their families with their DVA claims.

 **Courtney Adams**

RIGHT: Compensation Advocate and veteran Ash Marshall was inspired to pursue a career with RSL Queensland after her own experiences navigating the DVA claims process for her father, who served in the Air Force and Army most of his life.

ASHLEIGH (Ash) Marshall started her advocacy career in the same way that many veterans do – by serving in the Australian Defence Force.

“I served for 15 years in the Royal Australian Navy – seven years as a full-time combat systems operator and eight years as a part-time reservist,” Ash says.

“I also have family connections to Defence. My dad was in both the Air Force and Army and served pretty much his whole life, joining as an apprentice at age 15 before retiring in his 50s. My husband is also recently retired from the Army.”

Ash discharged from the Navy in 2016, finished Reserves work in 2024 and now works as a Level 1 Compensation Advocate at RSL Queensland. The role involves meeting with clients, compiling their claims and submitting them to the Department of Veterans’ Affairs (DVA).

She was drawn to advocacy after the poignant experience of personally navigating the DVA claim process for both herself and her father.

“When I started looking at my own DVA claims, I questioned my dad on his claims through the DVA as he was medically discharged as well. I was surprised to hear him say that he wasn’t entitled to anything, so he never bothered,” Ash recalls.

“It didn’t sit right with me, so I started investigating and teaching myself how to do all the claims. I started doing it all for him and while he was reluctant to begin, he’s come around to it and trusted me enough to start submitting them.

“Once I started doing his, I realised there are probably so many more veterans out there who are overwhelmed and don’t understand the process of how to get their claims in. It made me

sad, so I thought I’d see if there were any advocate positions out there. It lined up perfectly that RSL Queensland was hiring.”

BETTERING PEOPLE’S LIVES

Advocacy represents a new chapter in Ash’s career. Since joining RSL Queensland in March 2025, she has already started working with clients and is loving the change.

“On a personal level, this job is not just about putting in the claims,” Ash explains.

“It’s knowing how the claim impacts the veteran’s life as a whole, gives them recognition for their service and has flow-on effects for their whole family, bettering their lives too.”

Two of Ash’s recent clients have benefited substantially from her help.

“One of the most recent clients I helped contacted us for a simple



Compensation Advocates Ash Marshall from RSL Queensland, left, and Mark Gallagher from Manly-Lota RSL Sub Branch.



Compensation Advocate Ash Marshall meets with veteran clients, before compiling their claim and submitting it to DVA.



“The biggest misconception that veterans have is that DVA is working against them. However, DVA is incredibly helpful and wants the best result for veterans, but they’re held accountable by legislation.”

ABOVE:
RSL Queensland
Compensation
Advocates
Carey James
and Ash
Marshall support
veterans with
their DVA claims
every step of
the way and
can also provide
links to other
support avenues
if needed, such
as wellbeing or
employment.

claim. He wanted help for hearing loss, tinnitus and a sore neck. He didn’t want compensation, just cover for those conditions,” Ash says.

“After a quick conversation going over his service history, he told me he had served in the Vietnam War in active duty. Under the legislation, because he has qualifying service, he’s automatically entitled to a Gold Card to have everything covered. He was grateful and surprised by the outcome.

“Another client only wanted help with claims he’d already submitted to the DVA but wasn’t sure of the process leading to their outcome. After talking to him, I realised that he was under financial hardship,

which kicked off the process of applying for incapacity payments on his behalf.

“He was homeless until just a few weeks ago. We’ve applied for incapacity payments, and once they’re approved, he’ll start receiving a full fortnightly payment. Knowing his claims are finally moving forward, and that his compensation could come through much sooner, has already turned his life around.”

CONNECTING WITH AN ADVOCATE

Having been both a claimant and an advocate herself, Ash shares some insights for veterans who might feel daunted by starting the

DVA claims or appeals process.

“When veterans are faced with submitting DVA claims, they are usually in a very vulnerable position and may not be able to navigate the process. It can be overwhelming and complicated,” she explains.

“The biggest misconception that veterans have is that DVA is working against them. However, DVA is incredibly helpful and wants the best result for veterans, but they’re held accountable by legislation.

“That’s where it’s good for us to step in, because we understand the legislation and framework, and can put their service and conditions into that framework using the language that DVA needs to have their claim accepted.”

Ash also emphasises other benefits of using an RSL Queensland Advocate.

“If we notice that our clients need something else, RSL Queensland has so many support avenues we can put them through, like wellbeing, employment, homelessness and emergency relief programs,” Ash says.

“I don’t think there’s any organisation quite like RSL Queensland. It’s a one-stop shop; if you come here, you can get all the help that you need. The main goal is to help veterans – nothing else.” ←

For more info on RSL Queensland’s free DVA Advocacy program, visit rslqld.org/find-help/advocacy



Stepping up as a voice for veterans

After 45 years in the Army, Manly-Lota RSL Sub Branch member Mark Gallagher is volunteering his time to help fellow veterans, one DVA claim at a time.

Courtney Adams

GETTING INTO ADVOCACY

Mark Gallagher joined the Regular Army in 1973 and served for 45 years in both the infantry and the Reserves. Following his retirement in 2018, the experience of navigating the Department of Veterans' Affairs (DVA) claims process inspired him to give back to his community.

"Like a lot of people in the Defence Force, I suffered some of the usual injuries. I initially advocated for myself but then got to a stage where I needed professional help," Mark explains.

"In my civilian life I worked in law enforcement and started getting a deeper understanding of the law. I knew if I was struggling, there would be other veterans out there that were finding it more difficult than me."

Mark sought help from his local

Manly-Lota RSL Sub Branch and was assisted by seasoned DVA Compensation Advocate Peter Beauchamp OAM. This experience helped him realise that he too wanted to give back to the veteran community as an advocate.

"My RSL membership is about respecting our forebears who served in the Australian Defence Force (ADF), and that legacy of mateship," Mark says.

"I'm happy to give back for those veterans who may not be able to advocate for themselves."

PASSING THE BATON

Under the mentorship of Peter Beauchamp, who helped with Mark's own DVA claims, Mark eventually worked his way up to becoming a Level 3 Compensation Advocate, performing his role on a volunteer basis at both Manly-Lota



RSL Sub Branch and Legacy.

As a Level 3 Advocate, Mark represents veterans up to and including the DVA's Veterans Review Board, which requires in-depth understanding of legislation and a high level of interpersonal and administrative

ABOVE:

Manly-Lota RSL Sub Branch Compensation Advocate Mark Gallagher is happy to volunteer his time to give back to veterans who may not be able to advocate for themselves.



ABOVE:
Manly-Lota RSL
Sub Branch
Compensation
Advocate Mark
Gallagher with
his two trainee
advocates
Kendall
Morrison and
Michael Muir.

skill. While this work keeps him very busy, Mark understands the importance of passing on the assistance he received as a fledgling advocate.

"In our program, it's essential to have succession. I'm creating a legacy that can pick up the work that I picked up from Peter when he went into semi-retirement," Mark explains.

Mark currently has two trainee advocates under his wing – fellow veterans Michael Muir and Kendall Morrison.

"Training someone to be an advocate is an experiential journey. I sit down with the trainee

advocates, help them complete the online Advocacy Training and Development Program (ATDP) sponsored by the DVA, and impart practical skills that they need to develop in their advocacy journey," Mark shares.

"Once I get my trainee advocates up to a certain level of independence, I can then focus on more complicated cases, as DVA claims these days are more complex and multifaceted."

GETTING RESULTS

Mark's role as a volunteer advocate involves assisting veterans and their dependants through the

DVA claims or appeals process. This journey begins from their first interaction, when Mark invites his clients to share their stories with him.

"During my time in Defence, my parent service was Army, but I spent four years with the Air Force, and I lived in a Navy wardroom for a year, so I have a broad understanding of the Defence Force, which helps because we get clients from all three services," Mark says.

"While a service background isn't essential to be an advocate, it does give you empathy and understanding of the challenges that come with service life."

Once Mark gets to know and understand his client, he then guides them through their claim or appeal process.

"My priority is to get DVA to accept liability for a veteran's

Need help with your DVA claims or appeals?
Learn more about RSL Queensland's DVA Advocacy
program at rslqld.org/find-help/advocacy



medical treatment. The journey starts with an application for compensation. We need to establish a link between an injury or disease and the veteran's service. Once the claim is lodged, we act as an interface between the veteran and DVA," Mark explains.

"Any other compensation that comes after this is a bonus. This could consist of a fortnightly disability compensation payment, a lump sum payment for a whole person impairment, or a combination.

"There's enormous positive psychological value to a successful claim, whether that be a compensation claim, a retrospective medical discharge claim, or a Veteran's Review Board claim. There is a sense of moral victory and vindication that someone has listened to them, and the pain and suffering has been acknowledged and recognised as part of their service."

Mark's advice to veterans is simple.

"Lodge a claim! If it's successful, then you are going to get treatment for that claimed condition. If it's not, and there's grounds to appeal, that can be followed through," he says.

"If you've got a genuine case, we'll argue that case to the best of our ability. The sooner you get in, the better off you are."

Mark says advocacy at Manly-Lota RSL Sub Branch is only possible through the encouragement and support of its members. ←



4 THINGS TO THINK ABOUT BEFORE MAKING A DVA CLAIM

1

GET HELP FROM A QUALIFIED ADVOCATE

An advocate can assess your claim, help identify and gather evidence, and guide you through the process. RSL Queensland offers this support free of charge.

2

GET A PROPER DIAGNOSIS

You'll need a diagnosis from a medical professional – a psychiatrist for mental health or a GP/specialist for physical issues.

3

PROVE THE LINK TO SERVICE

Your condition must be linked to your military service, even if it developed after discharge.

4

GATHER YOUR DOCUMENTS

Have everything ready to support your claim. These may include service medical records, treatment records from your doctor, specialist reports, radiology reports, incident reports, witness statements and service records.



 YouTube



 SCAN TO WATCH VIDEO

SAS to survivalist

Rick Petersen finds solace in nature

Former SAS soldier Rick Petersen shares his military experience and passion for teaching bushcraft and survival skills.

 **Jasmine Halley**

NATURE is where Army veteran and bushcraft and survival expert Rick Petersen has always felt most at home.

"The natural environment is my place of calm – my recalibration point," the *Alone Australia* contestant and RSL Queensland member says. "It can calm my mind and slow my thoughts down; it balances me out."

This call to nature bubbled into fruition when Rick was just a child. Growing up in the foster system, Rick would often escape into the wilderness when he needed space.

"I had a pretty disrupted childhood and left school early at the age of 14," he says. "I then went to work at a native plant nursery.

"Just that process of getting my hands in the soil, putting seeds in and watching them grow..." he smiles, "...even going back to them now, 50 years later, and seeing some grow into massive eucalyptus trees is something special. It's like being able to see the synergy between you and nature growing together."

LIFE IN THE ARMY

A few years later, when work began to slow down at the nursery, Rick was inspired by a soldier who gave a presentation on life in the Army at his local Commonwealth Employment Services.

"He said a few things that resonated with me about having a life of purpose," Rick says.

"And I think my disrupted childhood probably drove me to want to be around good quality men, and that idea of being able to join the military seemed like something that would be beneficial for me.

"After his presentation, he wandered over and asked if joining the Army was something I was interested in. I remember saying that I didn't think I had the grades, to which he replied, 'Well you won't know until you actually apply; you might just have what we're looking for.'"

To Rick's surprise, his application was successful, and he joined the Army in 1982. A few years later, he was selected to serve with the

elite Australian Special Air Service (SAS) Regiment in 1986.

"I think there was an element of determination in me to prove people wrong when I joined the Army," Rick says. "But when I heard about the SAS Regiment, I thought this could be a real turning point where I get to prove to myself and others that I can take on something tougher than what I had been doing."

Rick spent much of his time in Air Operations, honing his skills in military demolitions, communications, climbing and other specialist skills. During this time, he also discovered his passion for survival skills. Towards the end of his career, Rick played a significant role in the training of SAS operators before discharging in 1994.

LIFE AFTER THE SAS

Almost immediately after, he proposed to his wife before they decided to move back to the Northern Territory, where she grew up. Rick says this move greatly

service to survivalist

BELOW: Rick Peterson is a former SAS soldier turned bushcraft and survival expert. In 2023, he was selected to appear on season two of the SBS television series *Alone Australia*, filmed in New Zealand.

helped during his transition from the Defence Force.

"Our decision was to start a life up in the Northern Territory. That worked out perfectly because part of my plan to reintegrate into the civilian world was very much about being able to get back into nature," he says.

"I found it incredibly grounding; it worked out well for me."

Most of his time in the Northern Territory was spent in the bush leading tours and expeditions for tourists through Kakadu and Arnhem Land. It was also during this time that he developed a

deeper interest in Indigenous culture and ethnobotany – the study of native plants and their traditional uses.

Three years later, Rick found himself drawn to re-enlist in the military, this time in the Reserves.

"I served an additional eight years with two of Australia's Regional Force Surveillance Units (RSFUs): NORFORCE and the Pilbara Regiment," he says.

"I got to work with a lot of Indigenous men that came from all the different areas of country up there. It was a real privilege to be in and amongst their culture



"While I teach the functional, fundamental skills of bushcraft and survival, my programs are really about opening up that opportunity for people to connect with each other and take on new challenges."



and understand their culture on a deeper level.”

After serving in the military and gaining knowledge of bush, country and survival skills, Rick says passing his skills onto his children and others became a natural process.

“I already spent a fair bit of time out bush with my two young boys, unknowingly sharing the skills I had learnt. For example, if we ever went camping, I would always be rubbing sticks together instead of pulling out the gas lighter to light the fire,” he says.

“Then some of their friends would come over for sleepovers and I’d take everyone out on bushwalks, pointing out snakes and bits and pieces – just enjoying our time exploring together.

“Then those kids would tell their parents, who would come up to me later and say they were interested in learning some things from me, too.

“It seemed like an organic process where I got to be out in nature and share the respect I have for it, but at the same time pass on valuable skills and allow that bonding process between parents and children to come about – giving them that platform and location to talk about the things that matter.”

WALKING THE TALK ON ALONE AUSTRALIA

In 2023, Rick was selected to be on season two of SBS’s survivalist television series *Alone Australia*, where 10 contestants were challenged to survive in the New Zealand wilderness for their

chance to win \$250,000.

To win the prize money, the contestants are dropped off in separate areas with 10 items of their choice and must deal with the forces of nature, hunger and loneliness to be the last one standing.

“A friend of mine recommended I apply, and I thought it would be a great opportunity to walk the talk if I was selected,” he says.

“I was extremely thankful that this opportunity presented itself. And I would’ve been forever regretful had I not thrown my hat in the ring.

“Out of 9,500 applications, I managed to be one of the 10 that were selected. It was a real privilege to be chosen.”

TEACHING THE NEXT GENERATION

Rick continues to share his passion for the natural world by hosting a variety of workshops and events for adults and families that specialise in bushcraft, survival and self-defence in the South East Queensland region.

“While I teach the functional, fundamental skills of bushcraft and survival, my programs are really about opening up that opportunity for people to connect with each other and take on new challenges,” he explains.

“I feel like I’m now at a point in my life where I’m stepping into this eldership role – sharing the experiences and skills I’ve picked up over my life and throughout my time in the military, in the hopes to inspire and encourage others to push themselves that bit harder.” ←



For more stories like these, visit rslqld.org/news

ARMY VETERAN FINDS HIS SPARK WITH ENERGY QUEENSLAND

Seeking employment and purpose after leaving Defence, Brady Knox-Horton quickly found his spark with Energy Queensland and the RSL Employment Program.

✍️ Jasmine Halley

SINCE 2019, RSL Queensland has secured more than 50 highly desirable apprenticeship positions for veterans with its employment partner, Energy Queensland.

The 50th veteran, Brady Knox-Horton, shared with us his experience of the RSL Employment Program and what it means to have secured an apprenticeship with Energy Queensland.

LOOKING FOR A PURPOSE

After transitioning out of the Australian Army, Brady felt a bit lost.

"I joined straight after I left school in 2015 and immediately did a vehicle mechanic apprenticeship," he says.

"I left the Defence Force in late 2021 and decided to do some other studies towards a Bachelor of Education, but quickly realised teaching wasn't for me.

"So, I felt pretty lost at the start. I didn't quite know what to do; I felt like I didn't have much of a purpose, which was hard."

It wasn't until Brady stumbled across advertisements about the RSL Employment Program that things began to look up.

"I remember seeing these Facebook or Google ads from the RSL Employment Program about a veteran like me who did an apprenticeship with Energy Queensland. I never met him, but I felt like I knew him," he says.

"I wanted to know what it was all about, so I reached out."

Brady says the RSL Employment Program team got back to him instantly and informed him of the apprenticeship and dates for the next intake. But the support didn't stop there.

"I thought they were just going to tell me about the intake dates, but my employment consultant also provided me with extra support throughout the whole application process," he says.

"I had no idea what I needed to study or what the questions were going to be like in the aptitude maths tests, so my employment consultant provided me with lots of practice questions and topics,



Brady





*“The partnership represents our genuine commitment to supporting those who have served our country by creating **real career pathways for veterans** in the electrical trade.”*

which really helped me out. I would have been lost without that support.

“I also didn’t have a resume, so they helped build one with me, too.”

READY FOR A NEW BEGINNING

Equipped with a detailed resume and thorough understanding of the application process, Brady felt ready and excited to apply for Energy Queensland’s apprenticeship in June 2024.

“I’d heard about Energy Queensland being a great place for a long-term career. Just coming from Defence and being used to the support and structure of a big institution, I figured Energy Queensland would be a good fit,” he says.

“And once you complete your apprenticeship, there’s so many pathways you can take. Having that

sort of flexible career progression was important to me.”

In October that year, Brady received the news he got the job.

As he looks back now, Brady credits the RSL Employment Program with setting him up for success and encourages other veterans to reach out.

“I think anyone who is ex-Defence and looking for another career or apprenticeship should go through the RSL Employment Program, especially if they’re a bit older,” he says.

“For a mature-age apprentice like me, that support you’re provided with throughout the application process is so important. You even have the opportunity to speak directly with the recruiters with other veterans. It felt almost personalised in a way.”

Energy Queensland Apprentice

Program Development Coordinator Dan McGaw says the partnership with RSL Queensland signifies the organisation’s commitment to honour veterans’ service and acknowledge their skills.

“The partnership represents our genuine commitment to supporting those who have served our country by creating real career pathways for veterans in the electrical trade,” Dan says.

“Veterans bring with them a unique set of skills, such as discipline, problem-solving, teamwork and resilience – all of which align with our apprentice program.

“It is more than just employment. It’s about honouring service with opportunity and helping veterans transition successfully into civilian life with purpose and support from the leading apprenticeship program in Australia.” ←



Learn more: Available nationally, and delivered by RSL Queensland, the free RSL Employment Program helps veterans and the partners of veterans and current serving Defence members find meaningful employment. For more information, visit rslqld.org/find-help/employment

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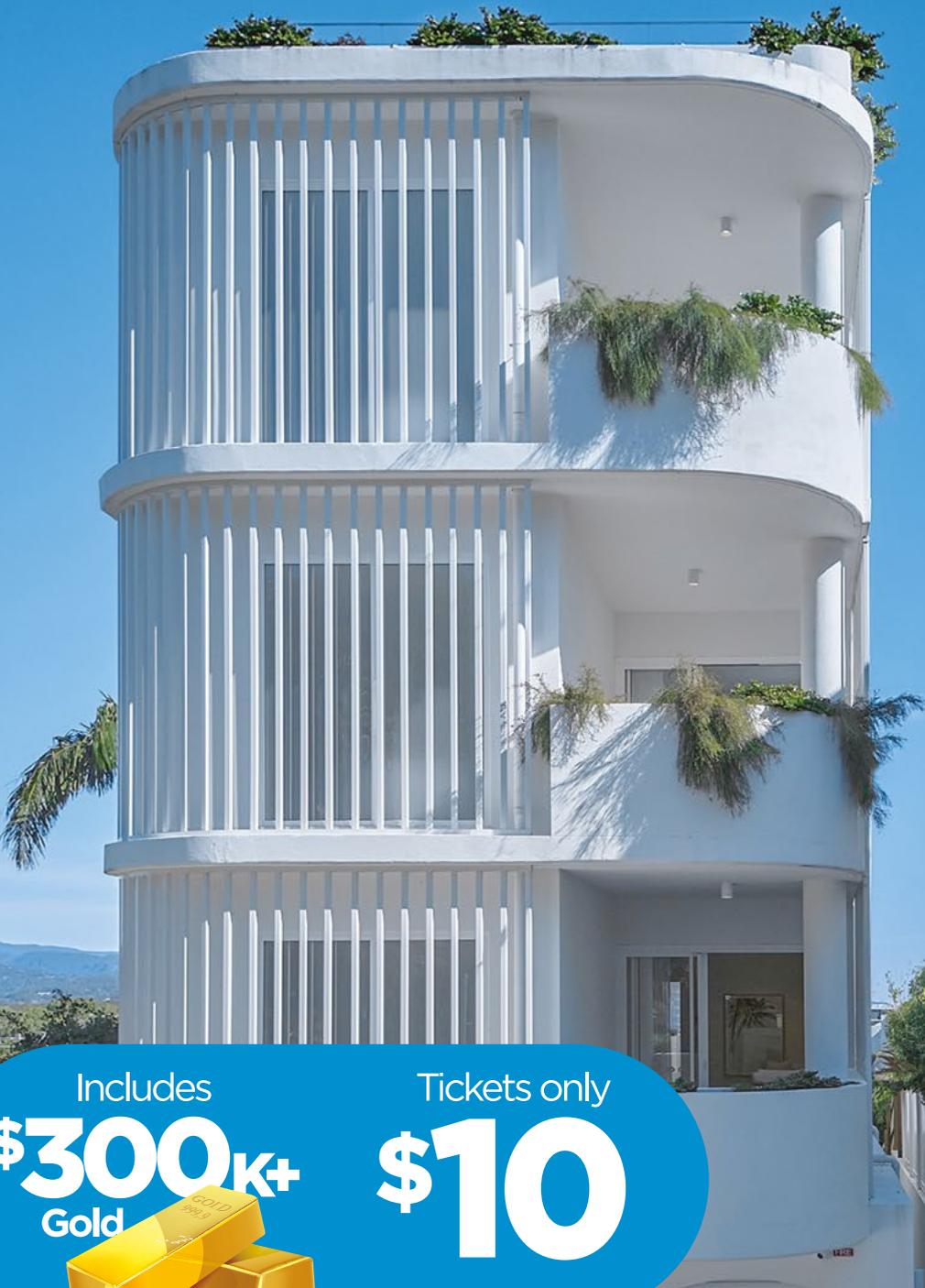


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REAL PEOPLE REALLY DO WIN

A QUEENSLAND woman has shared the emotional moment she learnt she had won Dream Home Art Union Draw 426, a spectacular \$4 million Hinterland Hideaway prize, after ignoring her husband's long-standing advice to stop entering the prize home lottery.

Julie was in complete disbelief when she found out she'd won a \$3 million fully furnished luxury home, plus \$800,000 in gold bullion. At first, she thought it was a scam. But her lucky day had finally arrived.

For over 24 years, Julie has been purchasing a \$30 ticket book in the Dream Home Art Union as a dedicated VIP Club member. Despite some gentle protests over the years from her husband Bob, who questioned the spend, Julie stuck with it.

"I have bought a \$30 book every month and we've been doing it for 24 years," she said.

"There have been many times Bob

said, 'Cancel it, we could use that money for something else.' I don't drink, I don't smoke, this is my little thing I like to do."

Julie never truly believed she would win; for her, it was more about giving back to a cause she cared about.

"You dream but you never think it is going to happen. I think you'd drive yourself mad if you thought every month, 'I'm going to win.'"

So, when she received a phone call last Wednesday telling her she'd won a multimillion-dollar prize package including a designer home, over \$215,000 worth of furniture and electrical appliances, and \$800,000 in gold bullion she was certain it was a scam.

"Oh mate! I wouldn't believe it. I thought he was scamming me, and I honestly didn't believe it, and I still can't believe I've won," she laughed.

As for Bob? He's had to eat his words about the "wasted" prize

home lottery money.

Now 63, Julie says their new fortune is still sinking in.

"Bob and I are very simple people, and we live a pretty simple life. This is life changing."

Throughout their life together, money was always tight. They budgeted for purchases, saved for holidays and never considered themselves well-off. But now, they'll never have to worry about money again.

Despite the windfall, the couple has no plans to move into the prize home. Instead, they'll sell the property, pay off their mortgage and use the proceeds to comfortably enjoy the rest of their lives.

Julie, a dog groomer, says she's ready to hang up the scissors for good, and Bob will step away from his job as a truck driver. Their original plan had been to rely on superannuation and the pension to retire but now they can do it in style. ←



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MATES 4 MATES

THE QUARTERLY MAGAZINE



**How our services
can support you.**

HELPING VETERANS AND FAMILIES TO RECONNECT AND RECOVER.

**Supporting mental health
through social connection.**

RECOGNISING WHEN YOU'RE STRUGGLING AND WAYS TO FIND SUPPORT.

Support for veterans and families.

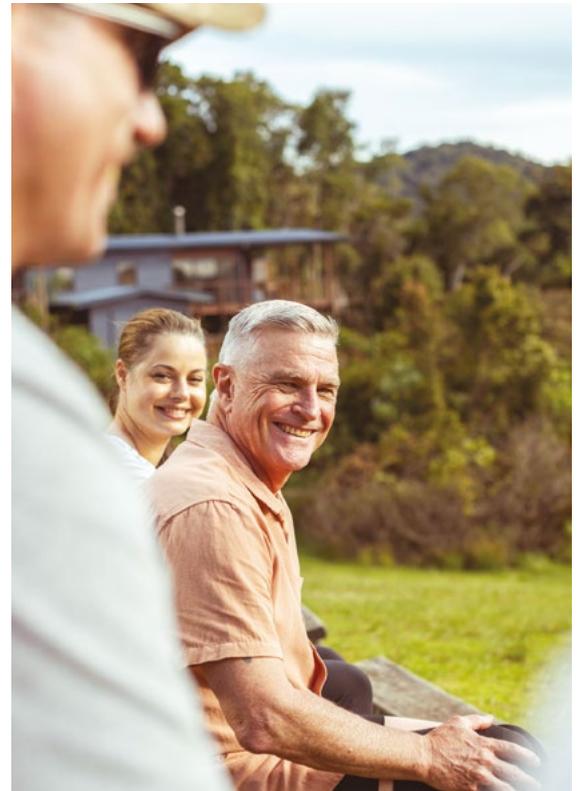
Whether it's finding mateship with like-minded people, learning a new skill, getting back into exercise, or focusing on mental health, Mates4Mates is here to connect veterans and families with services to help them move forward.

Throughout the year, a range of Skills for Recovery Programs have been facilitated in Queensland, Tasmania and the Northern Territory, as well as online. These group-based clinical programs have provided veterans and families with a safe environment to learn strategies to help improve their health and wellbeing. For more information on Skills for Recovery Programs running between now and the end of the year, get in touch with us via programs@mates4mates.org.

If you're visiting one of our Queensland centres, our experienced exercise physiologists and physiotherapists are available to support you with your health and movement goals. Services are designed to help you recover from physical injuries and improve your wellbeing, and there's a range of group exercise classes available.

Plus, our mental health clinicians are available, both in centre and online via telehealth, to help you manage your mental health and wellbeing and improve your quality of life.

We look forward to welcoming you to a centre, an activity or a program soon. To find out more, visit mates4mates.org.



Meet a Mate.



Deirdre is a Mate living on the Sunshine Coast who has been regularly accessing Mates4Mates services for two years.

What's your favourite social connection activity?

"I think they're all lovely, but I especially enjoy anything that involves exercise and getting outdoors, or activities based around being crafty."

Why do you enjoy being a Mate?

"For me, it's the camaraderie. You know when you go into a Mates4Mates space that you can talk to anyone. It's safe to just enjoy the company of like-minded people."

What impact has Mates4Mates had on you?

"Being around other service people helps you to feel that you do belong. Getting involved in Mates4Mates has been wonderful and by being in the community, I hope I can help other people who are looking for their place too."



Supporting mental health through social connection.

✍ Written by Ann-Marie Trinh, Mates4Mates Psychologist.

Transitioning from the Defence Force to civilian life can have a significant impact on a veteran's mental health and wellbeing. Ensuring that veterans receive comprehensive support during this transition period is critical to maintaining balanced mental health.

Leaving the structured, purpose-driven environment of military service can often result in a loss of identity, routine and social connection, leading to feelings of isolation, anxiety and depression.

The stigma around seeking help and a limited awareness of available support services can create further barriers, working against veterans trying to transition to civilian life.

Some signs that a veteran may be struggling with the transition to civilian life can include changes in mood, behaviour or daily functioning. This might look like:

- Withdrawing from family, friends or social plans.
- Losing interest in things they once enjoyed.
- Difficulty sleeping.
- Frequent irritability, angry outbursts or persistent sadness.
- Struggling to find or maintain employment.
- Trouble concentrating.
- Expressing feelings of hopelessness, worthlessness or being a burden.
- Substance misuse.
- In more severe cases, they may talk about death, express suicidal thoughts, or show signs of preparing for suicide (e.g., giving away possessions or saying goodbye).

When transitioning from the Defence Force to civilian life, it is important to take immediate and compassionate steps to ensure that you are helping to balance your health and wellbeing.

A great place to start is by seeking help and talking to someone you trust such as a family member, friend or former colleague.

Social connection can play a vital role in supporting a veteran who is struggling with the transition into civilian life. Maintaining social connection can help to counteract feelings of isolation, loss of identity, and disconnection that often accompany this major life change.

These connections create an opportunity to share experience, reduce stigma around seeking help and remind veterans that they are not alone.

It is also critical to have professional health support when going through a major change. Take time to contact a mental health professional or your GP to discuss your needs and support services that could be useful.

Through Mates4Mates clinical services, veterans and family members can access a team of psychologists, social workers, counsellors, exercise physiologists and physiotherapists to support their mental and physical health and wellbeing.

Mates4Mates also offers a range of social connection activities, bringing together local Defence communities and providing you with the opportunity to try something new in a safe and supportive environment.

For more information about Mates4Mates services and how we can help to support you, reach out to us on **1300 4 MATES (62 837) for a confidential chat.**



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

mates4mates.org

1300 4 MATES



BUILDING

A LEGACY OF SUPPORT IN EDMONTON

Edmonton RSL Sub Branch's newly elected President is on a mission to create a support hub for all veterans in southern Cairns.

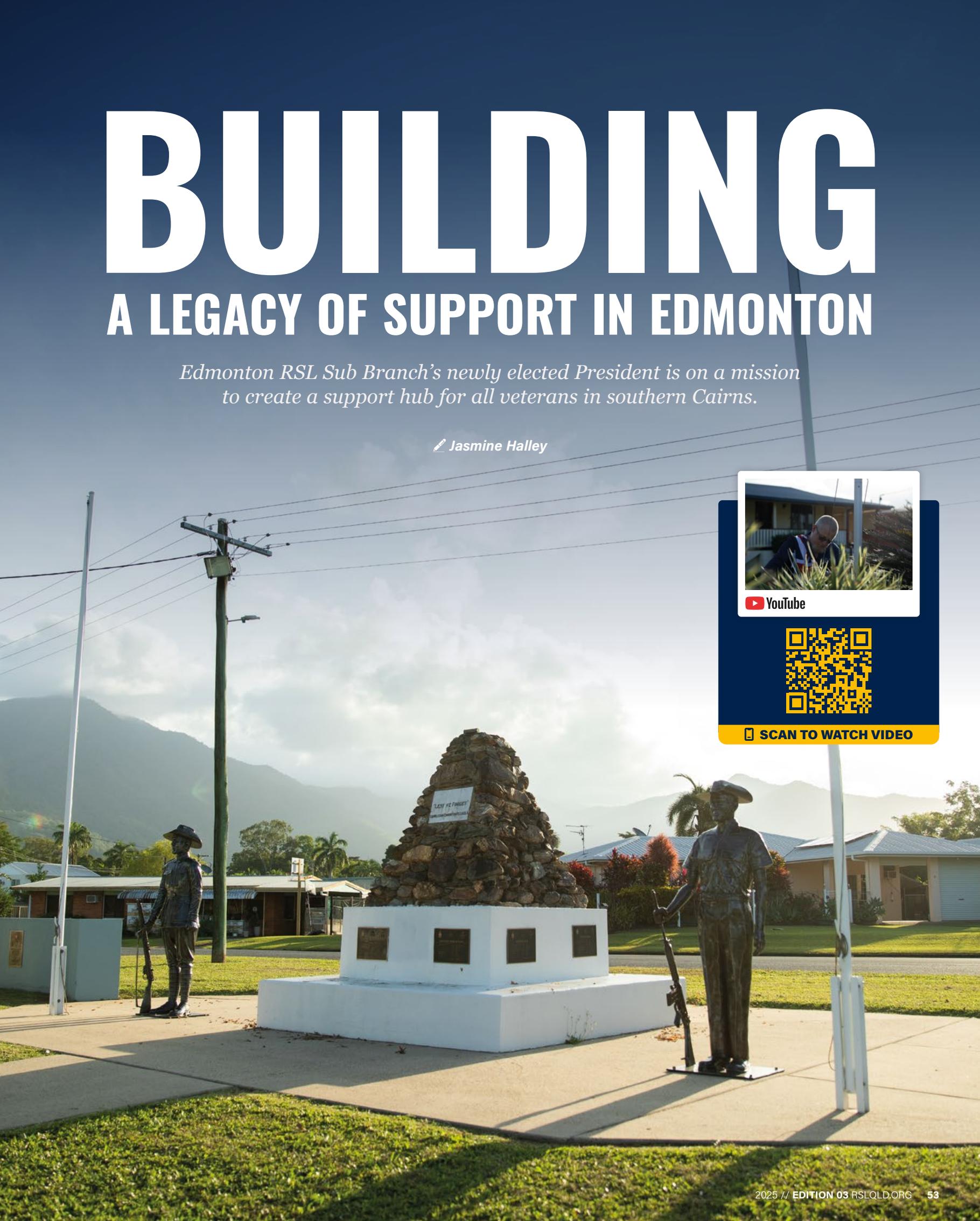
Jasmine Halley



YouTube



SCAN TO WATCH VIDEO



PREVIOUS PAGE:

The Edmonton Cenotaph, which features a flat top pyramid of local rocks and a marble plaque (predating the present structure) inscribed with the words 'Lest we forget, Hambleton Edmonton RSSAILA', mounted on the rock face.

BELOW:

At 36, Edmonton RSL Sub Branch President Gordon Burgess, left, is one of the youngest ever presidents in the Sub Branch's history. Together with Deputy President Jeff Langham, he's on a mission to create a support hub for all veterans in southern Cairns.



Twenty kilometres south of Cairns, in the suburb of Edmonton, local Navy veteran and Reservist Gordon Burgess has recently taken on the role of Edmonton RSL Sub Branch President.

At 36, he's one of the youngest ever Presidents in the Sub Branch's history.

"I was previously on the board of Cairns RSL Sub Branch for three years," Gordon says. "But being an Edmonton local, I decided when there was an opportunity to get involved with Edmonton RSL Sub Branch, I would dive in straight away. So, in March this year, I volunteered for the President's position.

"I'm very proud to be the President at such a young age. I feel like it's important for younger veterans to take on the risks and challenges that come with governing RSL Sub Branches. If we don't, the Sub Branches may not survive as long as they need to."

Gordon spent 18 years in

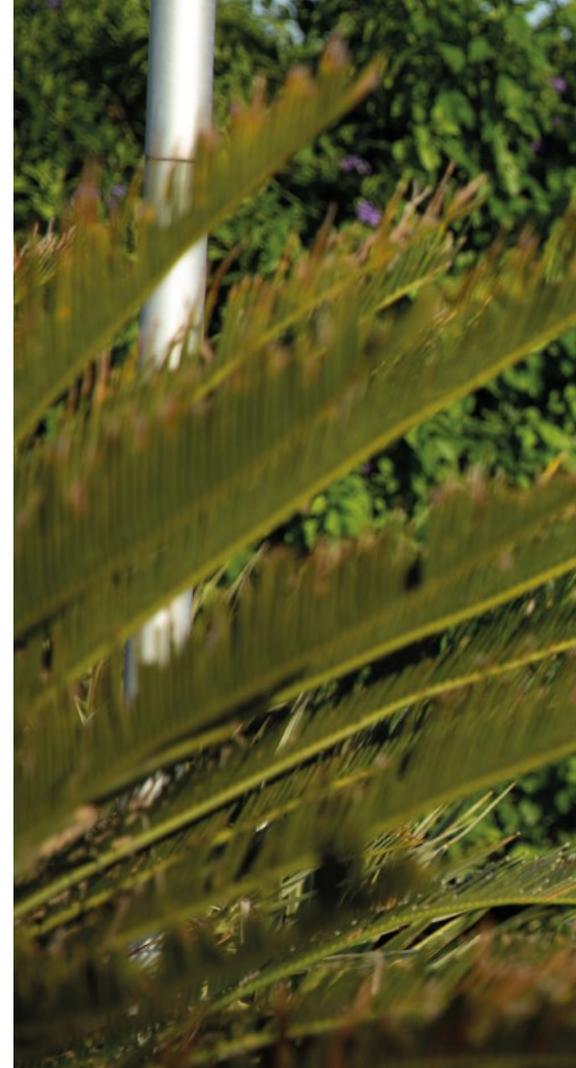
the Royal Australian Navy as a hydrographic officer and began to transition out around two years ago. He now serves part-time as a Reservist with the Navy Indigenous Development Program in Cairns.

As a veteran who is beginning his own transition out of the Defence Force, Gordon knows how important it is to find that sense of camaraderie after service.

"When you leave Defence, you don't realise how important camaraderie actually is because you are constantly surrounded by like-minded people that have gone through similar training," he explains.

"After Defence, it can sometimes be difficult for veterans to find that same sort of group.

"So, I'd like to build a membership here at the Sub Branch that has that same notion of support and teamwork that you get in Defence. I want the Sub Branch to be a support hub on the south side of Cairns, where veterans support veterans by bringing all their broad



backgrounds and skills to the Sub Branch."

BUILDING A SUB BRANCH FROM THE GROUND UP

For Gordon, it's important for the Sub Branch to feel like a team and that everyone's ideas and input are heard.

"We have a group chat where a member can say, for example, 'We're going fishing for the weekend and have three seats free for anyone' or 'I'm moving house next week and need some help,'" he explains.

"We just want to build a membership that allows veterans to feel like they can support each other – no matter what that might look like.

"Members are enjoying what we're offering so far. We've even got a couple of members who are keen to be involved and are constantly messaging me wanting to come down and do things around the Sub Branch house itself."

One of the first projects Gordon has led for the Sub Branch has





been to refurbish the property.

"We wanted to give the place a bit of a freshen up ahead of ANZAC Day this year, so we reached out to a local hardware group that generously donated all the internal and external paint," Gordon says.

While painting was first on the list of many renovation ideas, Gordon says it proved successful in providing a welcoming space for veterans and the community on ANZAC Day.

"We had about 60 people come through the door on ANZAC Day from Army, Navy and Air Force – in and out of uniform – and police too," he says.

"It was great. Everyone decided to spend most of the day just comfortably in the backyard sharing their experiences and how they can support each other. We grew by about 15 members on that day alone."

PASSING ON THE LEGACY

As there are a lot of younger veterans and their families living in the area, Gordon says it's important

for local veterans to reach out and get involved with the Sub Branch.

"A couple of younger veterans have reached out to me saying they want somewhere where they feel like they belong. Some of them are also eager to share their ideas of what activities we could do at the Sub Branch. So, I'm getting a lot of positive vibes that people want to be a part of this," he says.

"It's great that we're receiving this feedback because at the end of the day, young veterans need to understand that most organisations like the RSL evolve over time, and their involvement today will influence its evolution into the future."

Edmonton RSL Sub Branch Deputy President Jeff Langham echoes this idea and is equally excited to see the revitalisation of the Sub Branch.

"Seeing the amount of interest that's been generated by young veterans about the Sub Branch and what we're trying to do here, and the amount of interest they're giving to each other, is just great," Jeff says.

Gordon says his mission for the Sub Branch is to create a safe space for veterans and their families and become that soft point of entry for general support or advocacy.

"I want to create a place that all our members are proud of. That's my one mission; that's my one aim," he says.

"I want them to look forward to coming here and in 10, 15 years' time go, 'Remember that time that we were at the Sub Branch and you helped me out?'. If I hear stories like that, I'll know I've achieved my mission. ←

TOP:
Edmonton RSL
Sub Branch
President
Gordon Burgess.

INSET:
Edmonton
RSL Sub
Branch Deputy
President Jeff
Langham.

2025 INDIGENOUS VETERANS' CEREMONY



To coincide with National Reconciliation Week, RSL Queensland's annual Indigenous Veterans' Ceremony was held on 31 May in Cairns.

THE ceremony has been held every year since 2006 and is an opportunity to acknowledge all Aboriginal and Torres Strait Islander peoples who have served and sacrificed for Australia.

For the second year running, RSL Queensland hosted the ceremony in Cairns (Gimuy), providing regional Queenslanders an opportunity to participate in person.

It has often been overlooked that many Indigenous veterans were denied the same entitlements as other Australians who fought for their country, at the same time, in the same wars.

The annual ceremony is an important opportunity to remind us of this injustice. The event also aims to create a deeper understanding of our military history, and deeper recognition of all who served, by helping to tell this story.



PLEASE NOTE: THE FOLLOWING ARTICLE MAY CONTAIN IMAGES OF DECEASED ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES.

SAILOR, PROTECTOR, MENTOR

One of the first Torres Strait Islanders to join the Navy, RAN Indigenous Elder Uncle Phillip Bowie now mentors the next generation of Indigenous recruits.

✍ Belinda Crossman



BORN on Remembrance Day – 11 November 1949 – Uncle Phillip Bowie was seemingly destined for service.

In 1965, he became one of the first Torres Strait Islanders to join the Royal Australian Navy (RAN).

He also carried forth the legacy of his grandfather – who served in the Torres Strait Light Infantry Battalion during World War II – and his father and uncle, who supported the battalion by transporting water to Horn Island.

“At that time, most of our troops were fighting overseas against Germany, and there weren’t enough left to defend the northern part of Australia,” Uncle Phillip explains.

“We were at threat from the invading Japanese forces, so they had to recruit.”

Despite not being considered Australian citizens, and having every aspect of their lives controlled by ‘protection’ laws, almost every able-bodied male Torres Strait Islander of

age enlisted – proportionately more than any other Australian community, according to the Australian War Memorial.

“It was hard for some of our men at that time because we were still under the Aboriginal Protection Act,” Uncle Phillip says.

“But they wanted to protect our country. Just about every Torres Strait Island man joined the Army to protect the north.

“That’s where my passion is: serving country and protecting country.”

NINE YEARS IN THE NAVY

Uncle Phillip credits his mother with steering him towards a Naval career.

“My dad wanted me to work on the luggers and go crayfishing and that. But Mum didn’t want me to go down that path because we were privileged with education,” Uncle Phillip says.

Seeking better opportunities for her son, Uncle Phillip’s mother enrolled him in Thursday Island’s



TOP LEFT: RAN Indigenous Elder Uncle Phillip Bowie speaking at the Indigenous Veterans' Ceremony.

TOP RIGHT: The ceremony was held at the Cairns Cenotaph on the Esplanade in Cairns (Gimuy).

CENTRE: Defence personnel at the ceremony.

LEFT: Didgeridoo player Ashley Claudie.

FAR LEFT: Cairns and District Ex-Servicewomen's RSL Sub Branch members, from left, Jacqui Shaw, Roz Fenton, President Marjorie Earl and Deputy President Estelle Dan.

indigenous veterans' ceremony

“Our next leaders in some of the Aboriginal and Torres Strait Island communities are going to be ex-service people, and they’ve got all the qualities of leadership”.

BELOW:
Troops of the Torres Strait Light Infantry Battalion present arms during the Lowering of the Colours Ceremony on 29 October 1945, Thursday Island. (Photographer: LT N. B. Stuckey, AWM 119194).

(Waibene’s) only non-segregated school. While he was banned from speaking his language there, he was largely freed from the restrictions of the Protection Act.

At 16, he enlisted in the Navy and travelled to HMAS *Leeuwin*, Fremantle, to train as a junior recruit. Twelve months later, he was drafted to the aircraft carrier HMAS *Melbourne*, touring with the Far East Strategic Reserve during the Vietnam War.

Being far from home, in a vastly different culture, at a young age wasn’t easy.

“There was no family support or mobile phones in those days. You’d come home on leave, but every 12 months you’d be away again,” he says.

“But I don’t regret it because I made a lot of friends. Every couple of years we get together and have a reunion. That keeps me looking forward and planning ahead.”

Uncle Phillip went on to serve in the ships *Cerberus*, *Stalwart*, *Paluma* and *Barbette*, advancing from ordinary seaman to engineer, diesel engineer and firefighter.

He served for close to nine years, discharging in 1974 before joining Cairns’ civil aviation fire service.

“I watched the first jumbo jet land in Cairns and when I went out to the fire station, there were all Vietnam vets out there too, so it was like a big family again,” he recalls fondly.

“Since then, it’s all been up and not down.”

LEADING BY EXAMPLE

After the fire service, Uncle Phillip spent 24 years working for Queensland Health – first as a drug and alcohol counsellor, then at Cairns Base Hospital.

In 2022, he and fellow veteran sailor Aunty Frances Visini re-enlisted as the Navy’s first Indigenous Elders.

As well as mentoring and supporting new recruits – particularly with the Navy Indigenous Development Program (NIDP) – their roles help strengthen cultural knowledge and build links between Defence and Indigenous communities.

“I think my and Frances’ role is evolving; it can only get better,” Uncle Phillip says.

“Our role as Elders is to set a good example and lead by example. We’ve lived through all of that and come out the other side. They can ask us anything and we’ve got answers. Young people won’t listen to their parents, but to me – an Elder – they listen.”

He’s eager to emphasise the importance of education, and to make young Indigenous Australians aware of the many opportunities that the Defence Force can offer.

“Our next leaders in some of the Aboriginal and Torres Strait Island communities are going to be ex-service people, and they’ve got all the qualities of leadership. My vision is to support those and all young people.”

COMMEMORATION THROUGH STORYTELLING

Service continues to run in Uncle

Phillip’s family – a legacy that gives him pride.

“My brother, sister, nephews and cousins have all have joined the Defence Force themselves,” he says.

“It was like a tradition for us to not only represent our people, but to also protect family.

“I’m sort of proud that I set that example for them pre- and post-segregation.”

Commemorating Indigenous service is an important part of Uncle Phillip’s culture that he wants to see preserved for generations to come.

“They were our role models. We grew up respecting the elders, and we honoured that because of our culture,” he explains.

“It’s a top-down approach. We don’t have a written history; we practise talking to our young ones. It’s all handed down through storytelling.”

This December will mark 60 years since Uncle Phillip’s enlistment. In all that time, he has “never missed an ANZAC Day”, and he was honoured to once again take part in the annual Indigenous Veterans’ Ceremony – this year as keynote speaker.

“We live in a fast world, and people forget that we live in a safe place now and have access to opportunities because of the actions that our service people took before,” he says.

“I’ve travelled overseas; I’ve seen how people in other countries live, and I can’t stress enough that we are a very lucky country.” ←





YouTube



SCAN TO WATCH VIDEO

VIETNAM VETERANS' DAY

18 August

On 18 August – the anniversary of the Battle of Long Tan – communities throughout Queensland marked Vietnam Veterans' Day. More than 60,000 Australians served in the Vietnam War from 1962 to 1973, with some returning for humanitarian operations in 1975. Sadly, 523 lost their lives, some 3,000 were evacuated with wounds, injuries or illnesses, and – amidst strong anti-war sentiment – many did not receive the welcome home they deserved. Vietnam Veterans' Day was a chance for us all to honour Vietnam veterans' service and recognise the immense contribution that so many of them make to the veteran community.

From battles to salutations:

VIETNAM VETERAN REFLECTS ON HIS SERVICE

From the Battle of Núi Lẻ to learning Vietnamese, Army veteran Greg Gilbert DSM reflects on his service during the Vietnam War.

Jasmine Halley



**OPENING
IMAGE:**
Vietnam veteran and Clayfield-Toombul RSL Sub Branch member Greg Gilbert DSM.

RIGHT:
Greg looks at a photo of himself as a young soldier in the Australian Army.

**OPPOSITE
PAGE:**
Greg Gilbert served in the Vietnam War as a Lieutenant and later Captain Forward Observer.

IT took some 30 years for Vietnam veteran Greg Gilbert DSM to realise just how deeply some memories from the Vietnam War affected him.

"I remember the first time we were being shot at," the Clayfield-Toombul RSL Sub Branch member begins.

"Bullets were coming at us; you could hear when they were going over you. I remember lying behind a little tree – maybe 10-15cm in diameter, the best I could find – and thinking at the time that if one of those bullets came down lower and hit me, there was nothing I could do about it."

At the time, Greg pushed on. It wasn't until some decades later, while he was recounting the moment to a friend, that he began to tear

up just talking about it. Now, with hindsight, Greg realises how much of an impact his experiences during the war had on him.

"After all those years, those sorts of moments can affect you in ways you don't even suspect."

DURING THE VIETNAM WAR

Greg served in the Australian Army as a Lieutenant and later Captain Forward Observer attached to an infantry company in 4RAR (D Company), but when he first arrived

in Vietnam, he was sent out with a company in 2RAR to assist with their last operation in 1971.

"We had different sorts of deployment, usually by road or by helicopter," he says.

"You'd usually be out for eight weeks at a time and have about a week for a bit of a break. You'd get a stint of maybe three days' R&C leave at Vũng Tàu where you could have a swim at the beach or visit the local bars. But then you'd get sent out again."

During his breaks, Greg would spend time exploring the local towns and practising his Vietnamese with the locals.

"After a visit to the Pearson Centre, which was like an American post exchange store where you could get cheap Seiko watches or Pioneer hi-fi systems and things, I had this resolution that I wanted to come back from Vietnam with more than just a watch," he says.

"So, I actually set out to learn a bit of Vietnamese while I was there. Each day, I sat down with my notebook and our interpreter and asked him how to say particular phrases in Vietnamese.

"Learning the language was really good for me. I found that when you showed the Vietnamese you were trying to learn the language or speak to them, they were extremely friendly.

"During my R&C periods, I would try out my Vietnamese on unsuspecting locals and took myself out to explore and visit other parts of the area – not just Vũng Tàu. I just wanted to absorb a bit of the Vietnamese way of life while I was there."

By August, Greg was with 4RAR, which was patrolling in the north of Phước Tuy province. His company was stationed around a prominent hill, with Company headquarters situated on top and the platoons patrolling around the base. Then they were told to redeploy to the east.

"We usually moved every day, but we stayed on this hill for about three weeks because of good communications," Greg says. "But then we got word that we had to move about 10km east. We didn't know at the time, but it turned out a regiment of the North Vietnamese Army was making an incursion into the province, and we were sent to find them."

Greg was involved in the Battle of Núi Lẻ – the last major enemy engagement for Australian troops in Vietnam.

"My company had assaulted a bunker system, and we lost a lot of people. But when we tried to withdraw, we became surrounded; the battle that day became known as the Battle of Núi Lẻ," he says. "A week after that, we were airlifted out, back to Núi Đất."

A month later, Greg's company was the last to leave Núi Đất. From there, they were flown to Vũng Tàu where Greg stayed until he left Vietnam privately.

AFTER THE WAR

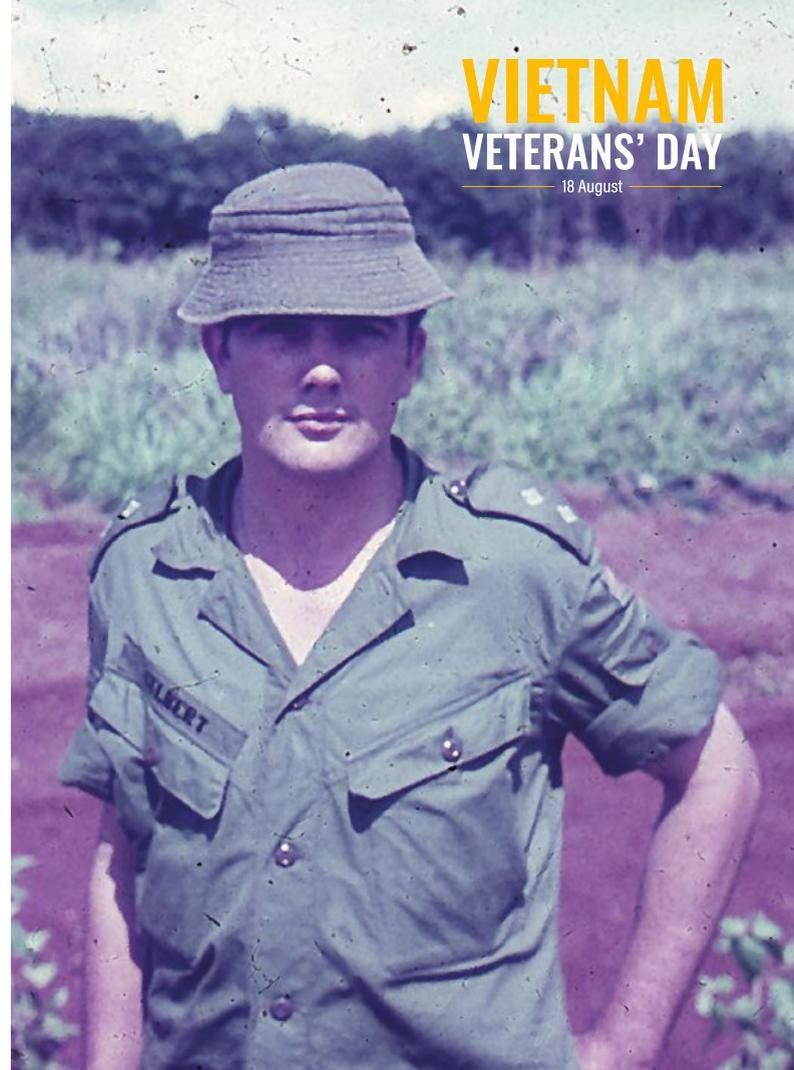
Instead of heading back to Australia immediately after the war, Greg received permission to go on leave for a few weeks and spent some time travelling around Europe. When he came back to Australia, Greg stayed in the Army, serving across Brisbane and Sydney before being posted to the Royal Military College of Science in England, where he completed a master's degree in science.

Following this, he spent a few years in London as the artillery representative in technical intelligence at the British Ministry of Defence. Greg then returned to Australia on promotion to Lieutenant Colonel and became the Deputy Director of Artillery. His final position in the military was Head of Army Technical Intelligence at the Joint Intelligence Organisation (JIO), which he held until discharging in 1986.

In 1997, Greg decided to go back to Vietnam and visit the hill where he spent some of his final weeks of the war.

"I engaged a driver in Vũng Tàu to take me into the northern province where I knew the hill would be," he says.

"I brought a compass and an old map I had from back in the day, so I knew the direction we needed to go. Once we got to a little track that intersected the main road, I asked the driver to head up the track. He looked quite mystified but followed through.



"Up we went along the bumpy, beaten track until I estimated we were directly north of the hill. I asked him to stop and wait there on this road – he now looked visibly confused – and I got out to follow my compass and map to where I thought the hill would be. Then I found it, albeit with grass and banana trees in place of jungle. It was fantastic to stand on it again, even though it was so different."

VIETNAM VETERANS' DAY

Reflecting on his service, Greg emphasises the importance of remembering the sacrifice of all Vietnam veterans on Vietnam Veterans' Day.

"It's important to have a concentrated day to commemorate the commitment and lives lost during the Vietnam War," he says.

"It's also a dedicated day where we can reflect on those bonds you formed with your mates during the war. That mateship and trust in another was most important. You never wore badges of rank or anything; you just locked in and helped each other no matter what." ←

"Bullets were coming at us; you could hear when they were going over you. I remember lying behind a little tree – maybe 10-15cm in diameter, the best I could find – and thinking at the time that if one of those bullets came down lower and hit me, there was nothing I could do about it."

Team Enchong: A FORCE FOR VETERANS' WELLBEING

With a passion for connecting with veterans and widows locally and around the world, John and Naomi Enchong have donated years of their time providing wellbeing support to veterans and their families.

Olivia Lawrence

“A large aspect of the volunteering we have done together has been face-to-face visits and chats with veterans, their families or widows,”

AFTER moving to Nambour in 2011, John joined Nambour RSL Sub Branch in 2013 and quickly volunteered himself and his wife Naomi as welfare officers when the Sub Branch was looking for assistance.

“We were doing work in the welfare space anyway, so I put my hand up for us to help, and I have to say, we make quite the team,” John says with a smile.

Some weeks are busier than others for the couple, with the pair clocking up several hours of volunteering most days, but Naomi says they both genuinely adore the individuals and families they work with.

“They all have an amazing story to tell and a life to live – doesn’t matter their age,” Naomi says.

“If we can provide any help,

whether that is just a smile, a kind word or a friendly face, we want to do that.

“A favourite saying of John’s is, ‘clients become friends and friends become family.’”

With John serving 20 years in the Army and Naomi supporting him during and after his military career, having previously worked in public service, the two complement each other in more ways than one when it comes to their volunteering.

“A large aspect of the volunteering we have done together has been face-to-face visits and chats with veterans, their families or widows,” John says.

“There have been many cases where we have assisted a veteran and their spouse. I am able to share my experience of service and Naomi can speak to her experience as a spouse of someone who has served.”

Naomi says sharing both perspectives has made her and John popular among veterans, and together, they have helped families create a plan of action to suit their situation at that time.

“We have supported Sub Branch members and the veteran community in Nambour and surrounding areas including Mapleton, Yandina and Maleny,” Naomi explains.

“We created a veteran database from scratch just from both word of mouth and online connections,

working with some of our clients for more than eight years.”

ENGAGING WITH VETERANS THROUGH VARIOUS AVENUES

John’s volunteering has evolved over the past 10 years to cater for his health and service-related hearing difficulties. While he originally visited veterans and widows at hospitals, mental health clinics or in their homes, John now communicates mostly through online platforms.

“I typically connect with veterans through my own personal social media account, and I also post positive or important updates on the Sub Branch’s social media channel,” John explains.

“For me, I had my own challenges both physically and mentally during and after my service, but I was lucky I got the right help at the right time, which included support from Naomi.

“We want to continue to pay it forward and share our experiences and knowledge with others.”

Naomi says John has created connections with veterans across the world due to his and his father’s service, as well as positively promoting the great work of the RSL.

“John has a lot of great perspectives and stories to share and with my background in public service, I am able to help him put those thoughts into writing,” Naomi says.



Nambour RSL Sub Branch members John and Naomi Enchong.



Naomi still regularly conducts in-person visits and phone calls with veterans and widows. Using the Sub Branch's vehicle, she also transports individuals who are unable to drive to appointments, shops, social outings and yearly ANZAC Day and Remembrance Day commemorations.

"Assisting veterans to understand in-home support services offered by the Department of Veterans' Affairs (DVA) is also an aspect of the volunteering I do," Naomi explains.

"I also help veterans or widows who need to move house or into aged care, which is often a quick or unexpected experience that can be emotional for them."

Together, both John and Naomi

sell badges ahead of ANZAC Day and Remembrance Day and are certified funeral officers, dealing with grief monthly. But while John and Naomi help individuals and families during difficult times, the couple agrees that giving back in the wellbeing and welfare space has been an extremely positive aspect of both of their lives.

"Getting involved with veterans' welfare and seeing individuals and families smile because of our actions is so rewarding. It fills your heart and means so much to us," John says.

"We understand that a lot of people don't have a lot of time compared to me and John, but we always say, "Pay it forward where you can' and you will see



SCAN TO WATCH VIDEO

the impact it has on a person's welfare," Naomi explains.

"Start small, even if that's just checking in on your mates. And then if you want to do something more, connect with your local RSL Sub Branch and they will support you along the way." ←

ABOVE: Nambour RSL Sub Branch members John and Naomi Enchong have donated years of their time providing wellbeing support to veterans and their families. They are pictured holding a photo from John's 20 years serving in the Army.

ICEBERGS, BATTLES AND ROYALTY: RECOLLECTIONS FROM A KOREAN WAR VETERAN

From shore bombardments in the Korean War to escorting the Queen, Navy veteran Victor Jones recalls some of his most memorable experiences in the military.

Jasmine Halley



KOREAN War veteran Victor Jones always knew he wanted to be in the Navy.

"I was always interested in joining the Navy," the now 94-year-old recalls. "In fact, when I was younger, I was in the Navy cadets and loved it so much I went into the Reserves when I could."

At 19, Victor was eager to join the Royal Australian Navy (RAN) but was completing an apprenticeship to become a French polisher at the time. Unfortunately for Victor, he needed both parents' written permission to join as he was still under the age of 21, and his father was adamant that completing his apprenticeship came first.

"My mother was happy to sign the papers, but my father wouldn't," he says.

"So, my mother thought to go to our doctor, without my father's knowledge, to see if there was anything he could do.

"Our doctor had a look and noticed that a doctor or solicitor could sign the papers. So, Doc signed them and said, 'Mr. Jones was not fit enough to sign the papers! Then I joined the Navy.'"

Victor joined the Navy in 1949 and was sent directly to HMAS *Cerberus*, the RAN's premier training base, to commence his training.

He would've done anything to stay in the Navy, even if that meant "tinkering" with some of his answers in a test that would've gotten him into the Air Force.

"I was very good at writing backwards," he recalls.

"An instructor told me I could get into an aircraft carrier because of how good I was, but I didn't want to do that. So, when I went to do the test, I purposely made so many mistakes it wasn't funny! Needless to say, I didn't get picked out for an aircraft carrier.

"My instructor said to me, 'Nerves got to you, didn't they?'; to

which I replied, 'Yeah, a bit!'

By 1951, Victor had finished his training and began his service with HMAS *Bataan* after putting his hand up to serve on any ship in the Southeast Asia region.

THE KOREAN WAR: CAUGHT IN ENEMY CROSSFIRE

On 8 January 1952, HMAS *Bataan* sailed for its second tour of duty in the Korean War. This time, it had Able Seaman Victor Jones aboard.

HMAS *Bataan* provided blockade enforcement, shore bombardment and escort duties predominantly around the west coast of North Korea and South Korea. Victor was a radar operator, so his primary duties were to do with communications.

He remembers the terrible winter weather conditions, but also the perseverance his crew exhibited.

"Winter was terrible, but everyone had to put up with it. There were even small icebergs on the water," he says.

"At nighttime on patrol, we had to go really slow as we'd constantly hit chunks of ice. You would feel it while you slept – feel a little bit of a shake. The echo was just as bad; it sucked."

Victor remembers most of his service during the war, but one memory that has stuck with him today was a near-miss when his ship was caught in enemy crossfire.

"We took some guerrillas ashore to a spot where they could lay mines and blow up some ammunition buildings," he says.

"On our way back out, there were splashes in the water around us, and the next thing I knew, we'd been hit.

"Thankfully, it did no major damage, but had it been a bit further forward, it would've hit four torpedos. Had it been four to six feet lower, it would've hit our steering mechanism. So, we were lucky to have got out."



ABOVE:
Victor enlisted in the Royal Australian Navy when he was 19 years old.

RIGHT:
Korean War veteran Victor Jones.

BELOW:
A photo of a Fairey Firefly aircraft landing on HMS *Ocean*.



RIGHT:
Victor's photo album showing images from the Korean War.

BELOW:
During the Korean War, Victor served as a radar operator on HMAS *Bataan*.



Another memory that hasn't left Victor was the harrowing night his ship was involved with some shore bombardment in South Korea's northwest.

"It was quite a big land battle, but we were offshore firing star shells every now and then so the North Koreans wouldn't know when they were coming," he says.

"We didn't see our damage until days later. I often dream about that terrible scene."

LIFE AFTER THE WAR

In 1954, Victor was one of two RAN representatives selected to be a personal escort to Queen Elizabeth II and Prince Philip when they visited Australia.

"I was standing next to one of the cars that just pulled up and opened the door for Prince Philip," he recalls.

"He said to me, 'Do you find this boring, sailor?'. I didn't answer so he asked me again, to which I replied, 'It's a little different, sir.' He said, 'I find it boring.' Those were his exact words to me!"

Soon after his duties with the Queen, Victor was medically discharged from the RAN.

"I missed the Navy. I don't know what it's like in the Army or Air Force, but Navy life, living on a ship, I enjoyed it. It taught me a lot about life.

"When I got out, I missed the routine that you get used to. I was disappointed that I was discharged. I could've had my own battleship if I'd lasted! But yeah, it was a bit hard to get back into civilian life.

"I didn't stay in contact with many of my shipmates – even my best man. I just focused on trying to be a civilian again. I even joined my local RSL Sub Branch soon after I discharged but didn't enjoy it at the time.

"It wasn't until some 15 years ago, when I had already moved here to Inala, that a friend of mine signed me up to Forest Lake and Districts RSL Sub Branch. I've been a member ever since. I enjoy it."

Victor says Korean Veterans' Day (27 July) provides an important opportunity to remember those who served and sacrificed.

"Let's not forget all," he says. "It's important to have a specific commemoration for the Korean War; there's not many of us left." ←

CELEBRATING AN INVICTUS CHAMPION

Invictus Games gold medallist Adam Jackson is pushing his limits and inspiring others through his achievements in adaptive sports.

✍ Courtney Adams

A SOARING CAREER

Caloundra RSL Sub Branch member Adam Jackson grew up in Toowoomba and joined the Australian Army in 2006. He picked up a trade as an avionics technician, initially working on Black Hawks before moving on to Chinook CH-47s.

"I spent five years with the Chinooks and had two tours to Afghanistan [working on them]," Adam says.

"It was a beautiful aircraft, and I totally enjoyed my time with them. I loved it and miss it every day."

Following his second deployment and the birth of his youngest daughter, Adam transitioned into a Defence recruitment role. In 2018 he separated from the regular Army and transferred to the Army Reserves. From there, he worked for the RAAF-owned Jindalee



ABOVE:
Adam Jackson
with his family
at the 2025
Invictus Games.

**OPENING
PAGE:**
Caloundra RSL
Sub Branch
member Adam
Jackson won
two gold medals
at the 2025
Invictus Games.
He competed in
indoor rowing,
Nordic skiing,
sitting volleyball
and swimming.

Operational Radar Network (JORN) before experiencing a life-altering medical emergency in March 2020.

"I was working fly-in-fly-out when I had my stroke. I was at home at the time. I was completely paralysed down my right-hand side. My wife called the ambulance and from there I spent two months in hospital, where I had to learn to eat, walk, talk, spell and write again," he recalls.

The stroke left Adam with deficiencies down the right side of his body, including a non-functional right hand, forcing him to medically retire from his Defence career and start a years-long rehabilitation journey.

THE ROAD TO RECOVERY

While in hospital, Adam started an intensive rehabilitation regimen requiring hours of daily physical therapy. Throughout this difficult period, he drew strength and

motivation from both the support of his family and a lifelong passion for sport.

"I've always been a fit, sporty person and when I had my stroke, I think that helped me recover quicker because it was easier for me to make the re-connection with my bigger muscles," Adam explains.

"If I stop for a week and don't do anything with my right side, my muscles start deteriorating, so I have to do physical activity to keep them strong, keep me alert and keep me walking. It's a necessity."

To keep up his strength and further aid his recovery, Adam immersed himself in multiple adaptive sports after leaving hospital. He's now an avid fan of indoor rowing, recumbent cycling, sitting volleyball, archery, Nordic skiing, CrossFit, HYROX and swimming.

"I don't fear much, and I push through because I've already

experienced the hardest time of my life, so I know what I can come back from. You just need to put in the effort," he says.

"For me, it's just about training, practice, getting experience and finding sports that you gel with and enjoy."

SHARING THE INVICTUS SPIRIT

Armed with a positive attitude and eager to test his limits, Adam quickly attained semi-elite status in several of his chosen sports. Years of hard work and determination eventually led him to represent Invictus Australia at the 2024 Warrior Games and 2025 Invictus Games.

"I was at that stage where I had spent nearly four years training for just myself and my family, so I wanted something to train for and see if I could get to that next level of sporting," Adam explains.

"Invictus Australia is there to



help current and former serving Defence members use sport as a rehabilitation tool and reintegrate back into their community. They're using sport to heal people, whoever needs it the most. To be part of something like that is special."

For the Invictus Games, Adam undertook extensive online and in-person training under a team of dedicated coaches, allied health professionals and support staff. He

flew to Vancouver, Canada with his wife and two daughters in February to compete in indoor rowing, Nordic skiing, sitting volleyball and swimming events.

"It was like going to a football match; you've got all these people cheering you on. It takes your breath away because everyone's there to support everyone," he reflects.

"While you're playing the sports you are competitors, and once the

game is done, you are friends."

While Adam won two gold medals and beat his own Australian record for indoor rowing at the Games, he says that these accolades come second place to the experience of competing and making his family proud.

"The beauty about the Warrior and Invictus Games is that it's not just about the competitors, but the family's journey as well. Everyone I saw compete gave it their all and more to represent their country and the teammates, friends and family who came on this massive journey with them," he says.

"It was surreal to see my family go all the way to watch me compete. It's humbling and I'm so grateful to have those experiences."

PUSHING EVEN FURTHER

After his success at the 2025 Invictus Games, Adam has no plans to slow down. In the months since returning to Australia, he has competed in the HYROX Brisbane race, placed 18th worldwide in the CrossFit Adaptive Open, and is now preparing for HYROX World Championships, followed by the 2025 Australian Masters in Canberra.

"I've trained six days a week, some days twice a day because I love it. It's hard sometimes, but it's the only way you're going to get better and exceed in these sports," he says.

For those looking to get started in their own sporting journey, Adam has some advice.

"I've had some pretty dark days, but you've got to keep going. You've got to keep moving. You've got to keep striving to be the best version of yourself for you and whoever's there for you." ←

"Invictus Australia is there to help current and former serving Defence members use sport as a rehabilitation tool and reintegrate back into their community. They're using sport to heal people, whoever needs it the most. To be part of something like that is special."

LEFT: Adam Jackson competing in Nordic skiing at the 2025 Invictus Games.



Keen to get active? RSL Rec Connect and RSL Peer-Led Programs offer a range of ways for veterans and their families to get active and social. Visit rslqld.org/find-help/rec-connect and rslqld.org/find-help/peer-led-programs

8

EXPERT TIPS TO IMPROVE YOUR NUTRITION AND FITNESS

 **Belinda Crossman**

Eating well and staying active are great for your physical and mental wellbeing. But finding a healthy, long-term balance can be tricky, especially once you leave Defence.

Fortunately, there are lots of simple, research-backed ways to improve your food and exercise habits and mindset. Here are some top tips from the free RSL Be:Well program and from veteran, personal trainer and Be:Well ambassador Aaron 'Paz' Parry.

1. FUEL YOUR BODY RIGHT

"We have to understand that food is the fuel for our body," Paz says. "So, if you want better performance, you need to fuel your body with better quality food."

According to Paz, that means "good quality whole foods" (i.e. natural, minimally processed foods like fruit, veggies, wholegrains, nuts, eggs and lean meat) and "plenty of all the different macro and micronutrients like carbohydrates, fats and proteins".

"It's about not being afraid of a food group. They all have their place within our body," he says.

"Carbohydrates help us with energy. Protein helps us with muscle development and repairing muscle if we're training in the gym. And fats have a big role in

helping with our hormone health."

Food does more than just nourish and energise you, however. You can actually boost your mood and reduce inflammation (which is linked to chronic pain – an ailment that's common among the veteran community) by limiting your intake of saturated fat, cholesterol, salt and added sugar. Reach instead for foods like fresh fruit and veggies, fish, wholegrains, olive oil, almonds and natural yoghurt.

For lots more tips and info, including meal ideas and a grocery list, check out RSL Be:Well's Be:Food Positive module.



2. THINK QUALITY, NOT JUST QUANTITY OF CALORIES

While calorie intake is an important factor in weight management, Paz stresses that “not all calories are equal”.

“I hear a lot of people say, ‘If it fits within my calories for the day, I can eat it.’ But it’s not just a number. A hundred calories of fruit is going to make you feel far better, for far longer, than 100 calories of lollies. It’s about finding foods that have more good stuff in them.”

If you find yourself over-eating – a common coping mechanism for stress, Paz says – it’s helpful to

understand what foods you struggle with and gradually eat less, rather than cutting them out completely.

“It’s not about creating a bad relationship with food, but instead creating a healthy mindset and understanding what foods are beneficial and not so beneficial for you.”

Before you make any major dietary changes, Paz advises that you speak to a clinical expert, especially if you have any underlying health issues.



3. DO EXERCISE YOU ENJOY (AND VALUE)

When you leave the routines and physical demands of Defence behind, your relationship with exercise may need adjusting. You might feel less motivated to exercise, or you might hold yourself to unhealthy rigid standards.

To keep your physical and mental health in check, it’s important to find an activity you enjoy.

“There’s nothing worse than trying to drag yourself through every single workout if you have no desire to do it,” Paz says.

“Find something you enjoy, whether it’s walking, running or lifting weights. It all works hand in hand.

“Working your cardiovascular system through aerobic or anaerobic exercise is great for your heart health.

“Lifting weights has so many benefits for muscle development, bone density and all of those things. It also greatly reduces your risk of injury, because it

also works the tendons and ligaments, getting you strong from top to toe.”

For most people, Paz recommends a combination of strength work (lifting weights) at least three times a week, some kind of cardiovascular exercise twice a week, and increasing your activity levels throughout the day.

“Then make sure you’re eating well, recovering well, sleeping well and all of it will go hand in hand.”

As RSL Be:Well’s Be:Exercise Inspired module explains, you’re more likely to commit to enjoyable activities that also align with your values in civilian life.

If you value camaraderie, for example, a social or group-based activity (like team sports, a dance class or a hike with friends) could be a great option.

Likewise, if serving or leading others is important to you, why not get involved in a charity event or mentor a youth sports team?



4. SET SMART, MEANINGFUL GOALS

To set yourself up for success, Be:Exercise Inspired recommends setting meaningful goals that are also SMART: specific, measurable, achievable, relevant and time-bound.

Making exercise meaningful will help keep you motivated, while the SMART framework provides clear, realistic steps to reach your objectives.

For example, if you value improving your and your family's health and connection, you might set the SMART goal of being active with your kids for at least

20 minutes three times a week for the next month.

"Having a clear understanding of your goal, and what you need to do to achieve it, is the best driver," Paz says.

"Motivation comes and goes. Discipline, and your why, are what keep you turning up even when motivation lacks.

"Remind yourself where you've been, where you want to get to and just keep following the plan."



5. OPTIMISE YOUR MINDSET

If I can't pass a fitness test, I'm lazy and unfit. I'm not seeing any changes, so why bother? If I can't exercise at the level I used to in Defence, there's no point in even trying.

When it comes to physical activity, all-or-nothing thinking like this is a common trap. It can lead to unrealistic and abandoned goals, inconsistent habits,

unnecessary injury and even exercise dependence.

An exercise physiologist or mental health professional can help you create a more balanced mindset – one that will benefit you both physically and mentally.

For more tips, check out Be:Exercise Inspired.



6. INJURED? FOLLOW EXPERT ADVICE – AND CELEBRATE THE WINS

If injury or illness has impacted your ability to exercise, you're far from alone. Paz has been in that boat too, and – while everyone's situation is different – his advice can apply to most people.

"First and foremost, seek advice from a medical professional," he says.

A physiotherapist or exercise physiologist can create a safe and personalised physical activity plan for you with realistic goals, and help adjust your expectations when it comes to injury or chronic conditions.

"Second, stick to their advice. It's easy to go to one or two appointments and then think, 'I don't want to go back there anymore. I feel like I know how to do this exercise and that will be enough.' They know more than you, so stick to the plan because the plan works.

"And third, go through the ebbs and flows of what recovering from an injury feels like. At the beginning, it can feel slow because it takes time for your body to heal.

"But once you start to heal and you're doing all the exercises properly, that's when your strength starts to come back. And that's when you can start to challenge yourself more and take the small wins as they come."

If you're struggling with your relationship with physical activity, a mental health professional (like a psychologist) may be able to help you through any mental health challenges you may be facing.

Be:Exercise Inspired has more tips and support resources, if you need them.



7. CHALLENGE YOURSELF

Once you've set some suitable goals, you'll need to challenge yourself (within reason) to see results.

"You need to train with the intent of putting yourself in a place of relative discomfort, because that's where growth happens – be it in the gym or in your personal life," Paz says.

"Whether it's lifting heavier, doing more repetitions,

running further or running faster, challenging yourself is how you make progress.

"And if you feel like your results are reaching a plateau, you may need to look at it from a broader perspective. You may need to improve your diet as well."



8. START THE JOURNEY

Paz's final tip is a simple one.

"Start the journey because the longer you put it off, the harder it gets. As you get older and life gets busier, it can be more challenging to want to do hard things," he says.

"Being the best version of you starts with you deciding to take that step in the right direction.

"Start now, because your future self will thank you for it."



DISCOVER MORE FREE TIPS

RSL
Be:Well

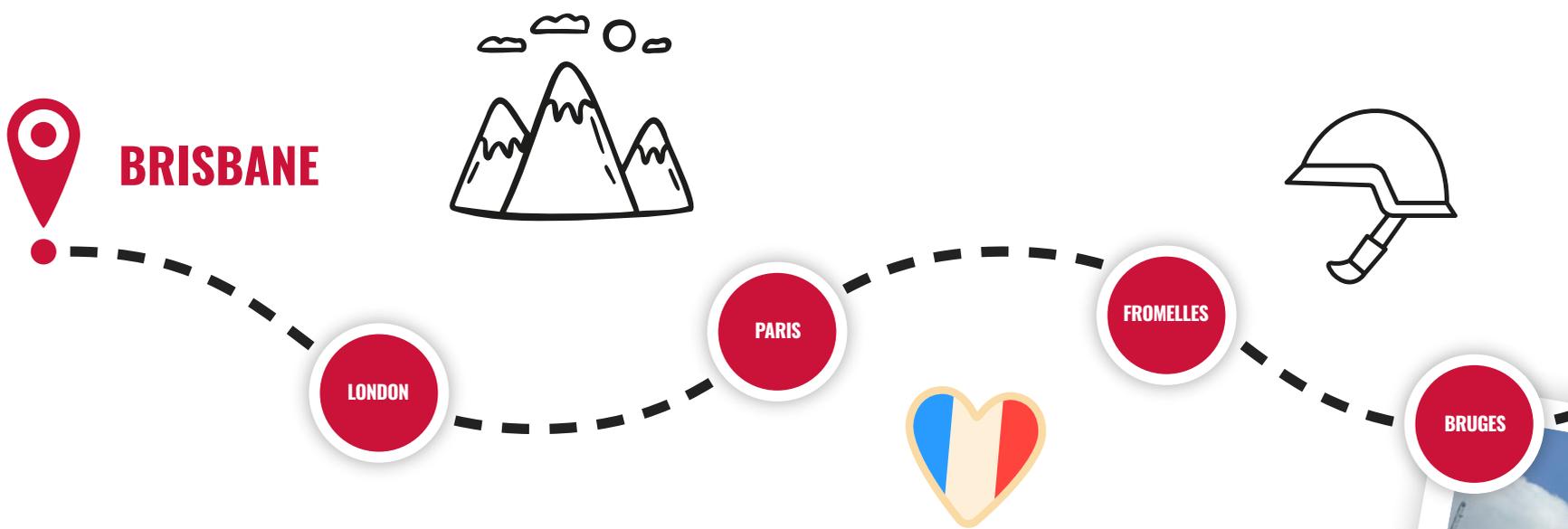
VETERAN WELLBEING ONLINE

Co-developed by Gallipoli Medical Research (GMR), RSL Be:Well offers a wealth of free health and wellbeing resources for veterans. Each module takes only 15-20 minutes to complete.

Check out Be:Exercise Inspired and Be:Food Positive for more fitness and nutrition tips.

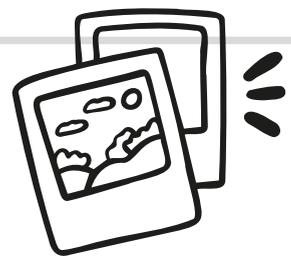
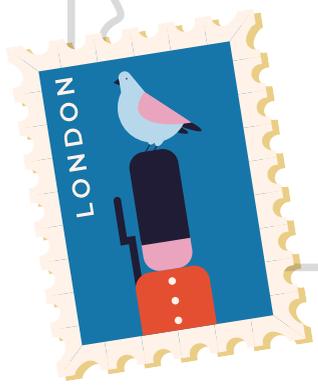
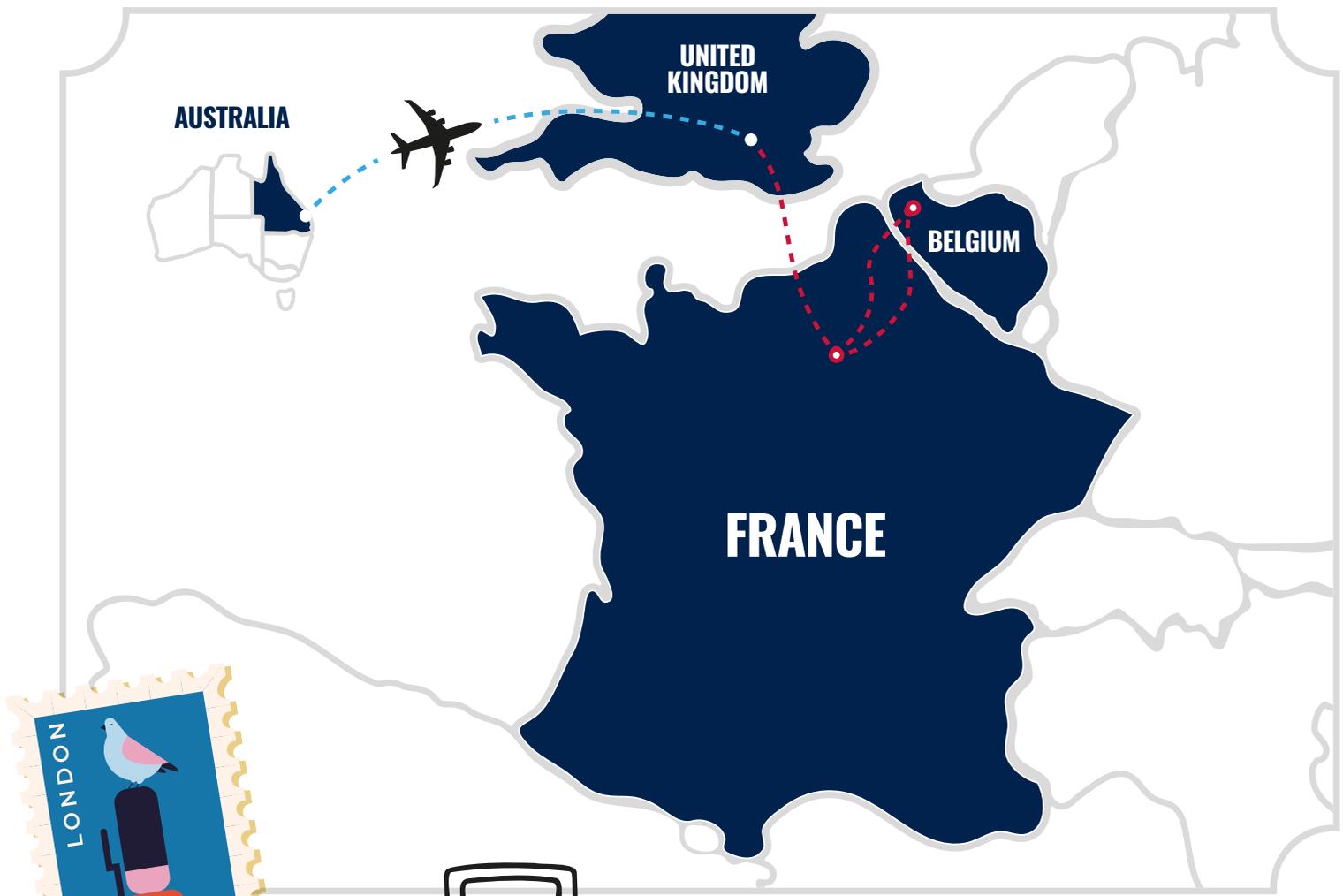
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WHERE WILL THE *Premier's* *Anzac Prize* TAKE YOU?



From precious WWI artefacts to Western Front battlefields, the Premier's Anzac Prize is an experience like no other.





THE
SOMME

NAOURS &
VIGNACOURT

ANZAC
DAY



FAR LEFT:
Students
in London,
England.

LEFT:
The tour
involves a
scenic cruise
on the Seine
River in Paris.



Prize highlights

- Two-week tour of Europe visiting sites significant to Australia's military history
- Admission to the ANZAC Day Dawn Service at the Australian National Memorial, Villers-Bretonneux
- Exclusive, three-day history workshop in Brisbane to aid your ANZAC research project
- Community engagement (fundraising and education projects)
- Overseas and domestic flights, accommodation, insurance, local travel, tour and entry fees, and most meals included

ABOVE: Buttes New British Cemetery, Polygon Wood.

ABOVE RIGHT: Students have the rare opportunity to get up close and personal with military artefacts at the State Library of Queensland as part of the Premier's Anzac Prize.

Open yearly to Queensland high school students and teachers, the Premier's

Anzac Prize is a once-in-a-lifetime chance to live and breathe the ANZAC legacy.

You'll get to retrace history on a guided tour of Europe, commemorate the ANZACs right where they fought, research and honour untold soldiers' stories, and raise funds for veterans and their families.

A Queensland Department of Education initiative, the prize is proudly sponsored by RSL Queensland.



Prize program



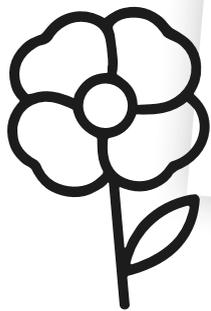
JANUARY

History workshop (Brisbane)

After meeting your fellow prize recipients, you'll delve deep into ANZAC history at Brisbane's Anzac

Square Memorial Galleries and State Library of Queensland.

The two-day Young Historian's Workshop will teach you expert strategies to research two Australian service people of your choice, whom you'll deliver eulogies for in Europe.



On day three, enjoy a behind-the-scenes tour of the library and an exclusive White Gloves Experience, examining precious WWI and WWII artefacts such as journals, letters and trench art.

"It was a wonderful experience to see different parts of history and books. I was surprised at how elegant the soldiers' uniforms were. Touching old items made me feel like I was stepping back into war times," said 2025 recipient Charlie.

JANUARY TO APRIL Community engagement

Back home, you'll take an active role in keeping the ANZAC spirit alive.

As well as presenting your research discoveries to local primary school students, you'll get to run fundraising activities for Mates4Mates, which supports veterans and families affected by service.

"An important part of our journey is giving back," said 2025 teacher chaperone Dane.

APRIL Farewell event (Brisbane)

On the eve of your tour, you'll attend a special farewell event with family members, the Premier of Queensland (or representative of) and other invited dignitaries.

APRIL Tour of Europe (UK, France, Belgium)

Days 1-4 **London**

Depart Brisbane for London. Explore iconic landmarks such as Buckingham Palace, Westminster Abbey, Big Ben, Tower Bridge, The National Gallery, St Paul's Cathedral and Covent Garden.

Led by a knowledgeable guide, you'll also retrace wartime history

at the Imperial War Museum, the Animals in War Memorial, Grosvenor Square, HMS *Belfast* and the 12th century St Mary's Church in Harefield, where many Australian soldiers lay at rest.

"It was so amazing to see the impact the ANZACs have had on such a small corner of the world," – said 2024 recipients Grace and Eloise.

Days 4-6 **Paris**

Hop on the Eurostar to Paris for two full days of sightseeing. First stop is the magnificent Palace of Versailles, where the Treaty of Versailles was signed to end WWI. Then, explore the wonders of Paris, from the Eiffel Tower to the Arc de Triomphe, Champs-Élysées, Notre-Dame, Louvre Museum, a cruise along the River Seine and delicious French cuisine.

"Paris is beautiful with all of its

ABOVE:
Students visit Westminster Abbey in London, England.

ABOVE LEFT:
Reconstructed trenches at the Memorial Museum Passchendaele.

ANZAC DAY



"Before we left, we knew about the First World War from history books, our grandparents, teachers and commemorations. These past two weeks have transformed something we knew into something we could feel."

history gloriously displayed along the riverbanks, giving us a feast for the eyes. We didn't know where to look first!" said 2024 recipients Elann and Bronte.

Days 6-8

Fromelles, Ypres, Hill 60

From Paris, the tour makes its way to the Western Front and Belgium, revealing a fascinating and moving glimpse at the Australian experience of WWI. Led by a historian guide, you'll explore battlefields, trenches, museums and beautifully restored medieval towns; commemorate fallen soldiers at cemeteries and memorials; and hear powerful stories of courage and sacrifice.

"Being there and seeing little bits of shrapnel and bullets in the fields, it really made me realise how recent this was and how relevant it still is," said 2023 recipient Sarah.

Day 9

Bruges and Langemark

Enjoy a scenic cruise and free time wandering through Bruges, the 'Venice of Belgium' – famous for its picturesque canals and medieval splendour. After lunch, you'll spend the afternoon visiting Langemark German War Cemetery and St Julien Canadian Memorial – two powerful testaments to the impact of war – before returning to Ypres.

Day 10

The Somme (Messines, Bullecourt, Pozieres and Amiens)

Retrace the ANZACs' footsteps across the former battle sites of Messines, Bullecourt, Pozières and Amiens. See where and how each battle unfolded, hear remarkable tales of victory and loss, and visit local cemeteries and memorials to pay your respects to fallen diggers.

"Walking on a WWI battlefield is a completely unique experience. When you close your eyes, you can see the soldiers right in front of

you," said 2024 recipients Katie and Sophie.

Day 11

Naours and Vignacourt

Venture into the extraordinary Caves of Naours – a vast, medieval-era network of underground tunnels and rooms bearing countless wall carvings by Australian and other Allied soldiers of WWI. Enjoy lunch nearby before visiting Vignacourt 14-18 Interpretive Centre, home to thousands of soldiers' and civilians' portraits photographed on the site during WWI and rediscovered in 1990.

Day 12

ANZAC Day (Villers-Bretonneux)

Set your alarm early for what will be an unforgettable ANZAC Day experience. Televised internationally, the Dawn Service at the Australian National Memorial is a very special opportunity to honour the ANZACs where they fought and lay a wreath on behalf of Queensland.

Afterwards, enjoy breakfast with locals in Le Hamel, a village recaptured by Australian-led forces. Then, visit the eye-opening Lochnagar Crater – created by giant mine explosives in 1916 – and the captivating exhibits and grounds of Thiepval British Memorial and Museum.

"The biggest highlight of our trip was the Dawn Service in Villers-Bretonneux. It was at once all too surreal and real. Seeing the Australian National Memorial all lit up in the dark was gobsmacking and so special," said 2024 teacher chaperone Michelle.

Day 13

The Somme (Villers-Bretonneux)

Today you'll explore the Somme battlefields, stopping en route at the original gravesite of Australia's unknown soldier. Witness the





enduring ANZAC legacy at the Victoria School and Franco-Australian Museum of Villers-Bretonneux, where the town's long bond with Australia remains on heartfelt display.

Back at the Australian National Memorial, immerse yourself in our soldiers' war experience at the incredible, state-of-the-art Sir John Monash Centre, and take in the breathtaking view of the surrounding battlefields from the memorial tower.

"It was really amazing to stand pretty much where my great-great-uncles stood, in the same mud," said 2023 recipient Tom.

Day 14

The Somme to Paris

Discover yet more fascinating sights and stories as you visit Mont-Saint-Quentin, Péronne, St Quentin Canal and Montbrehain, from a British shell lodged in an otherwise ordinary wall to remarkable displays at the Museum of the Great War.

"Before we left, we knew about the First World War from history books, our grandparents, teachers and commemorations.

These past two weeks have transformed something we knew into something we could feel," said 2025 teacher chaperone Morgan.

Day 15

Return flight to Brisbane

APRIL

Welcome home event (Brisbane)

After some well-earned rest, you'll be welcomed home by family and dignitaries at a special post-tour event. Here, you'll get to share your life-changing experiences – and farewell your newfound friends.

"We'll carry this experience forever. This trip was unforgettable in every sense," said 2025 recipient Saxon.

**Please note, the prize program and inclusions are subject to change.*

ELIGIBILITY

The Premier's Anzac Prize is open to Queensland high school students and primary or high school teachers (state and non-state). Students must be in Years 8 to 11 at the time of application. ←

ABOVE: Students stand in front of an emblem of the Australian Commonwealth Military Forces on the facade of the Cafe Taverne de Dreve in Polygon Wood, near Zonnebeke, Belgium.

LEFT: A student places an Australian flag at a grave in Buttes New British Cemetery, Polygon Wood.



Applications for the 2027 prize are expected to open in April 2026. For more information, visit rslqld.org/get-involved/premiers-anzac-prize
**Applications for the 2026 Premier's Anzac Prize are closed.*



SCAN FOR
MORE STORIES



VICTORY **80** IN THE PACIFIC

| Their courage, our peace. **15 August.** |

On 15 August 1945, Japan surrendered to the Allies, officially ending World War II (WWII). Victory in the Pacific, as it became known, sparked celebrations around the world, and this year we marked its 80th anniversary.

Almost one million – or one in seven – Australians served in the armed forces during WWII. Many were engaged in the Pacific War (1941-1945) between the Allies and Japan. Tragically, more than 39,000 Australians lost their lives, some 66,000 were wounded and 30,000 were taken prisoner while serving in WWII.

On the 80th anniversary of Victory in the Pacific, RSL Queensland paid tribute to all who bravely served to secure our peace.

Battles in Balikpapan: Townsville WWII veteran shares his story

Ninety-nine-year-old Army veteran Leslie Sinclair reflects on his time in WWII.

Jasmine Halley



YouTube



SCAN TO WATCH VIDEO

EAGER to join the Australian Defence Force, then-17-year-old Leslie Sinclair raced to the Army recruitment depot in Townsville after not hearing back from the Navy.

"The Army recruiter said, 'You're not 18 yet are you, mate?' and I said, 'Not quite.' He replied, 'Come back when you are,'" the now-99-year-old World War II veteran recalls.

"So, on 9 March 1943, my 18th birthday, I was on their doorstep."

After immediately quitting his wood manufacturing job at the time, Leslie was the first in his family to join the Defence Force.

"My two brothers were unable to join as Chuck was an asthmatic and Teddy was in a protected industry," he says. "But then there was me, and I just said to my boss, 'I'm going and that's that'"

Soon after, Leslie got the call to head to Brisbane and begin the recruitment process, which saw him train across multiple locations around Queensland and Sydney.

"I was then sent to the 2/33rd Battalion and finished up in A Company, 7 Platoon. I stayed there for the rest of the war," Leslie says.

In June 1945, he boarded a ship to Morotai, which then took him to Balikpapan, a port on the southern coast of Dutch Borneo. Balikpapan was the site of the last major Australian ground operation of WWII, which was aimed at securing oil processing and port facilities.

Leslie's battalion took part in subsequent operations that were concentrated around the Milford

LEFT: Soldiers and civilians ride on a car during victory celebrations in Queen's Square in Sydney. Image: State Library of Victoria.

ABOVE: World War II veteran Leslie Sinclair with a photo of himself from his time in service.

Highway, which ran roughly north out of the Balikpapan beachhead to the inland town of Samarinda.

The Australian advance out of the beachhead was considered and deliberate but saw some of the most difficult and costly fighting of the campaign.

In just three weeks, Leslie's brigade suffered close to 50% of its casualties.

"The thing that stuck with you most was when you were in action," Leslie says.

"I vividly remember when our Lance Corporal 2IC of the section was killed. I heard one shot,

thought to myself, 'Jeez, that was close,' then turned around and saw that Jack was down. We actually lost quite a few that day; that day was a bad one and stuck with me."

By late July 1945, Australia had advanced 11km from the landing beaches and halted along the line of Pope's Track that ran roughly east-west across the Milford Highway. Balikpapan was then considered secured, and Leslie's battalion was withdrawn to rest.

Less than a month later, on 15 August, the Japanese officially surrendered, signifying the end of WWII. Each year, we commemorate





“Oh, the mateship you had – you never forget them. *I would serve my country again if I had to.*”



ABOVE:
Leslie holds a photo of himself taken during his time in service.

TOP INSET:
North Queensland District President Garry Player, holding the Sinclair family crest, with Leslie Sinclair, holding a photo of his younger self from his service days.

LEFT:
Leslie during his time in the Army.

this day as Victory in the Pacific Day, and 2025 marked its 80th anniversary.

“I remember the night well,” Leslie says, recounting the moment he found out that the war was over.

“There was a concert party on the beach starring English singer Gracie Fields, but many of us had to stay behind in the pits, just in case, so I volunteered to stay back.

“Then, when the concert was over, I remember they were all coming up and yelling out, ‘The war’s over! The war’s over!’ and that was it.

“Once the word was out, they told us to not do anything silly and make no contact if possible. And then they brought us slowly back.”

Almost immediately, drafts of long-service personnel began returning to Australia, but Leslie and a few others had to stay back.

“We went out to a place called Kokopo Ramale Mission and stayed there for about three months,” Leslie explains.

“They had a Japanese POW camp there. They’d surrendered, but we were there to protect the people from the mission, including the nuns, in case there were any hostilities. We even experienced a few volcanic eruptions while we

were there. Every time the volcano went off, we used to do a patrol to make sure the beach road and inland road were all clear.”

Reflecting on his service, Leslie says he’d do it again in a heartbeat.

“Oh, the mateship you had – you never forget them. I would serve my country again if I had to,” he says.

“There’s now two of us left from the battalion, so I think it’s important for people to know our story.”

Leslie has been a proud member of Townsville RSL Sub Branch for nearly 35 years – a milestone that few in the Sub Branch have reached. North Queensland District President Garry Player says it’s a privilege to have someone from Leslie’s era in the District.

“To have someone of his knowledge and experience in my District is so important. We may be from a different era, but we still had the same experiences; we missed the Army or Defence Force when we left and we faced the same challenges when we came back to civilian life,” Garry says.

“And now we can talk about it and hopefully improve the experience for the next generation of veterans coming through.” ←

01

100 YEARS FOR WWII VETERAN

Caloundra RSL Sub Branch member Laurie Stevens (previously known as Lawence Siegle), centre, celebrated his 100th birthday at Caloundra RSL on 10 May. Laurie is a WWII veteran, having served in the Army from 1943 to 1946, with active service in New Guinea in 1944 as an original member of the Papua New Guinea Infantry Battalion. He is pictured with members of the Papua New Guinea Australian Defence Forces Association – Hon Sec Kev Horton, left, and President Greg Ivey – who delivered a talk about Laurie's service in New Guinea.

02

25 YEARS FOR BANYO RSL CITIZENS' AUXILIARY

Banyo RSL Citizens' Auxiliary recently celebrated its 25th anniversary by holding a lunch with several other auxiliaries at Geebung RSL. During the lunch, Secretary Richard Morse presented the Auxiliary with a quilted wall hanging. Pictured from left, four of the seven former Auxiliary Presidents, including Maureen Sargent OAM, Fay Coman, Sue Edwards and Elizabeth Nunn.

03

CELEBRATING WOMEN IN DEFENCE

On 9 March, Cairns RSL Sub Branch hosted an International Women's Day high tea to celebrate the contribution of women in Defence. The event was a great success, drawing 364 attendees, including current serving members, veterans and others with strong Defence connections. Representatives from HMAS Cairns, the 51st Battalion FNQR, the Cairns Defence Community Support Group and several other Defence-

affiliated organisations were present.

Guest speaker and RSL Queensland Board Director CMDR Fiona Southwood delivered an inspiring keynote reflecting on her Defence career. She spoke candidly about the challenges she has overcome, her leadership experiences and her ongoing commitment to service. Pictured from left, Able Seaman Marnie Jarvis MacDonald, Lieutenant Commander Michelle Price and Able Seaman Surakanya Pracha.

04

THREE GENERATIONS OF SERVICE IN CAIRNS

A proud milestone was reached at the Cairns RSL Sub Branch AGM on 18 May, with three generations of the Shingles family in attendance – a first for the Sub Branch. Jaxon Shingles, pictured right, a current serving Midshipman in the Royal Australian Navy, attended alongside his father Nathan Shingles, centre, a Navy veteran and Sub Branch President, and grandfather Graham Shingles, a Vietnam veteran. It was a powerful moment of service and legacy – a reminder of the strength of our veteran community and the families who continue to serve across generations.

05

POSTCARDS DELIVERED TO BEACHMERE VETERANS

With Beachmere's ANZAC Day march and service scaled back this year due to bad weather, Beachmere State School students presented postcards to veterans at Beachmere RSL Sub Branch's Annual General Meeting. This gesture was part of RSL Queensland's Postcards of Honour initiative.



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A BLACK CAT BECOMES A FAMILY'S LUCKY CHARM

Burleigh RSL Sub Branch Board Member Tod Sheaves, pictured, has preserved his family's lucky black cat figurine that has accompanied three generations of his family and more in previous wars and peacekeeping operations. The black cat was originally gifted to his grandfather Corporal Harry Sheaves by his wife as a good luck charm before he served in World War II. The cat came with Harry in the tank he served in throughout the war and brought him home safely. It was then passed down to Tod's father Private Stephen Sheaves who was required to deploy to Vietnam as a National Servicemen. After its trip to Vietnam, it was then

inherited by Tod and sailed with him during his 13 years in the Royal Australian Navy where he served in East Timor, Bougainville and border protection operations. The cat's duty to protect didn't stop there, with the cat passed onto one of Tod's best mates, Chris Cockerill, who was deployed to Afghanistan in 2011. Many of his team were so captivated by the story and legacy of the cat that Chris had a local stone worker produce perfect copies of the cat out of local Lapis stone. These copies were presented to his team and now proudly sit on desks and shelves of its lucky recipients around the world. The framed lucky memorabilia are also accompanied by the medal citations of Harry, Stephen, Tod and Chris.

01

WWII VETERAN CELEBRATES 105 YEARS

Clifton RSL Sub Branch member and WWII veteran Joffre Bells, centre, recently celebrated his 105th birthday. Joffre is pictured with fellow Sub Branch members from two different conflicts – Chris Burgess (Vietnam) and Rod Johnston (Afghanistan).

02

GRACEMERE CELEBRATES RENOVATION MILESTONE

Members of Gracemere and District RSL Sub Branch welcomed Donna Kirkland, Assistant Minister for Mental Health, Drug and Alcohol Treatment, Families and Seniors, to officially open the Sub Branch's building renovation.

President Tony Harris shared the history behind the roller doors and the importance of the upgrade, paving the way for air conditioning and reducing train noise for veterans and their families.

03

BATTLE OF THE CORAL SEA ANNIVERSARY

It was a wonderful day for Eddie Albert senior's family at the Battle of the Coral Sea Park on 5 May. Together, Eddie's children and grandchildren have served more than 100 years in the military, with a great-grandchild soon to join the Navy.

A large crowd gathered to mark the 83rd anniversary of the Battle of the Coral Sea. The official address was delivered by Terry James, Member for Mulgrave, and Commander Andrew Thorpe, RAN, Commanding Officer of HMAS Cairns. Chaplain Elisabeth Bolton, RAN, served as master of ceremonies.

04

LIFE MEMBERS RECOGNISED

Central Queensland District Life Members were honoured at a special lunch in July. The event was an opportunity to thank members for their contribution and dedication to supporting the veteran community. RSL Queensland State Secretary Iain Carty CSM was among the special guests who attended.

05

NEW WELFARE AND MEN'S SHED UNITS UNDERWAY AT GREENBANK

Greenbank RSL Sub Branch is proud to announce progress on its new welfare and Men's Shed units. Foundations have been laid for the tilt panels, marking a major milestone in the development.

These purpose-built facilities will offer vital support for veterans and their families, with access to ATDP Qualified Advocates and Wellbeing Officers across the South Eastern District.

Fully funded by the Sub Branch after five years of dedicated planning and budgeting, the project reflects the steadfast commitment of Greenbank's members to care for the veteran community.

06

KENMORE MOGGILL RECEIVES MOGGILL COMMUNITY SHIELD

At the 2025 Brookfield Show, Kenmore Moggill RSL Sub Branch was honoured with the Moggill Community Shield. Established by Dr Christian Rowan MP in collaboration with the Brookfield Show Society, the Shield recognises an outstanding local organisation each year for its contribution to the community.



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08

LINCOLN CRASH AND HOSPITAL ANNIVERSARY HONOURED IN KILLARNEY

On 8 June, Killarney commemorated the 75th anniversary of Killarney Memorial Hospital and the 70th anniversary of the Lincoln Bomber A73-64 crash. Founded by veterans in 1950, the hospital has grown into K-Life, offering aged care and community services.

The Lincoln bomber, carrying six people on a mercy flight, crashed in 1955 on Mount Superbus. A new plaque at the Cenotaph now honours their sacrifice. More than 150 people attended the service, with tributes from RSL Queensland President Major General Stephen Day DSC AM and Squadron Leader Ben James.

Sub Branch President Rick Maher accepted the award from State Member for Moggill Dr Christian Rowan MP, acknowledging the Sub Branch's dedication and service to the local area.

07

BATTLE OF THE SOMME COMMEMORATED

The inaugural 109th Battle of the Somme Remembrance Service at Freedom Park in Hervey Bay honoured those who made the ultimate sacrifice on 1 July 1916, during the bloodiest battle in British military history.

Months of preparation went into recreating authentic uniforms, rifles, flags and other details. The 36th Ulster Division famously deployed to France wearing their training uniforms from Ireland, a powerful detail respectfully brought to life for this special commemorative event.

01

LEADERSHIP CHANGE AT MANLY-LOTA

After three consecutive terms, Michael Muir, right, has stepped down as President of Manly-Lota RSL Sub Branch. He's succeeded by former Artillery senior NCO Harry Pregnell, left, with both men having served the Bayside veteran community for over a decade.

Michael will continue supporting veterans by joining the highly regarded Advocates team at the Sub Branch. In recognition of his service, he was appointed Immediate Past President, an honorary advisory role. Photo by Harvey Shore.

02

PINE RIVERS TEAM GOES THE EXTRA MILE FOR VETERANS

The dedicated team at Pine Rivers RSL Sub Branch continues to show how collaboration makes a difference for veterans. Working closely with DVA staff, volunteer advocates help veterans navigate complex claims with care and understanding.

Recently, their combined efforts ensured a positive outcome for a local veteran facing a difficult situation, protecting important entitlements and reducing stress. It's another example of the Pine Rivers team going above and beyond to support those who've served.

03

SPECIAL RECEPTION FOR VP DAY

Sub Branch members and veterans were invited to attend a reception to commemorate the 80th Anniversary of the

End of World War II in the Pacific Region. Hosted by The Honourable David Crisafulli MP, Premier and Minister for Veterans on behalf of the Government of Queensland, the event was held in the Premiers' and Speakers' Halls, Parliamentary Annexe on 10 July.

04

HIGH-FLYING TRIBUTE

Southport Flying Club held its inaugural Recognising Veterans Day on 5 April to pay tribute to veterans from Runaway Bay RSL Sub Branch. Sub Branch members were welcomed to the airfield, where they received a custom-made glass case to showcase military memorabilia and enjoyed scenic joy flights over the Gold Coast. Among the dignitaries in attendance were Queensland Premier David Crisafulli and Federal Member for Fadden Cameron Caldwell. Organisers hope the event will become a cherished annual tradition.

05

VETERAN HUB OPENS ON RUSSELL ISLAND

Russell Island's Veteran Hub was officially opened on 31 May, with RSL Sub Branch President Gary Escott cutting the ribbon alongside Member for Redlands, Rebecca Young MP. Following the ceremony, veterans and their families toured the new facility. Pictured from left, Treasurer Geoff Bolster, Secretary Matthew Dowd, President Gary Escott and Member for Redlands Rebecca Young MP.





06
**NUNDAH NORTHGATE
 WELCOMES NEW
 GENERATION**

Brisbane North District Deputy President Margaret Lord was honoured to attend Nundah Northgate RSL Sub Branch's recent AGM. Sub Branch President Phillip Hickey (pictured back row second from the left), who is currently serving, and his executive team are encouraging younger veterans and serving members to get involved and support their ageing membership. Their goal is to sustain the Sub Branch's great work and secure a strong future for the RSL in the local community. The Sub Branch is also fortunate to have dedicated non-service community members and

strong support from local businesses and groups who assist with fundraising and commemorative events.

07
**KEITH SANDER
 CELEBRATES 100 YEARS**

On 22 April, Hervey Bay RSL Sub Branch member Keith Sander was honoured with a 100th birthday certificate presented by President Brian Tidyman. The presentation took place during a special luncheon at the Hervey Bay RSL and Services Memorial Club.

Representatives from RAAF Amberley also attended, gifting Keith a framed memory board commemorating his service with 33 Squadron during WWII.

01

MATES IN ARMS

Southport RSL Sub Branch member Tom Williams – a Vietnam veteran and retired US Marine – is writing the *Heart of a Marine* series, sharing service stories and lessons learned. Tom moved to Australia 25 years ago with his wife and son, experiencing his first ANZAC Day soon after. He described it as a powerful tribute of reverence, patriotism and camaraderie. Tom, left, is pictured with APMC Gen Christopher J. Mahoney.

Following the recent passing of his Vietnam platoon guide, Tom wrote a eulogy honouring him and all Marines of his company. He believes the eulogy also applies to Australian service personnel. In his opinion, the deprivation of amenities and wet misery were universally experienced. "In my mind's eye, I can still see them clearly in a drizzly world of wet misery. Day in and day out, they did their duty slogging through those mud-sucking rice paddies during the monsoon rains, eating in the rain, sleeping in the rain, patrolling in the rain, ambushing in the rain, and, unfortunately for some, bleeding and dying in the rain." Learn more at heartofamarineseries.com.

02

PRIMARY STUDENTS DRESS UP IN HONOUR

St Helens RSL Sub Branch visited Bloomsbury Primary School after ANZAC Day as part of RSL Queensland's Postcards of Honour initiative. Students dressed in honour of the occasion and proudly displayed their postcards.

03

WAR WIDOWS CONNECT OVER LUNCH

War Widows Queensland State President Judy Smith received a warm welcome

at the Warwick War Widows luncheon on 1 May at Club Warwick RSL. Twenty members from Allora, Stanthorpe and Warwick gathered for a day of connection and updates. Judy shared news about recent and upcoming initiatives and thanked members for their ANZAC Day participation. Wellbeing Program Manager Sue Hilditch also offered practical advice on accessing support. The Warwick group welcomes full and associate members, both men and women. To learn more, contact local coordinator Deborah Wheeler on 0414 852 492 or via email at deb@smdh.au.

04

STAFFORD MEN'S SHED PLAYS A WINNING MOVE

Stafford Men's Shed handcrafted a wooden chess table and donated it to RSL Queensland's Veteran & Family Wellbeing Centre (VFWC) in Brisbane. VFWC Senior Liaison Officer Rebecca Myers, centre, is pictured accepting the table from Trevor Wolfenden, left, and Peter Renwick. Stafford Men's Shed is currently welcoming new members. Learn more at staffordmensshed.org.au.

05

56TH NATIONAL RSL LAWN BOWLS CARNIVAL

From 29 April to 6 May, veterans across the country came together for the 56th National RSL Lawn Bowls Carnival. The 2025 event was hosted by Queensland at Tweed Heads, with the annual event seeing selected players from each state's RSL bowls club compete in the Jack Hamilton VC series, the Dr Sydney Kranz Memorial Trophy and the Sir Arthur Lee National Fours Competitions.

This year, Queensland took out a clean sweep and won the Jack Hamilton VC Series





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(pictured), Dr Sydney Kranz Memorial Trophy and the Sir Arthur Lee National Fours Championship Trophy.

Queensland RSL Lawn Bowls Honorary State Secretary and the National Council's Honorary Secretary Michael Liddelow said the event was a great opportunity for veterans to come together.

"The event is hosted in a different state each year on rotation which allows league members to catch-up and compete with other veterans from other teams across the country. It's a great way for veterans to stay active, feel mentally stimulated and connect with other like-minded veterans."

06
APPRECIATION FOR DEDICATED BADGE SELLERS

Sunnybank RSL Sub Branch held a lunch to thank 40 members who assisted with

badge selling efforts in the lead up to ANZAC Day.

07
THIRTY YEARS OF SERVICE AS TREASURER

Graeme Loughton AM DSM MSM has marked more than 30 years as Treasurer of Sherwood Indooroopilly RSL Sub Branch. After retiring from the Army in 1991, Graeme quickly stepped into the Treasurer role, guiding the Sub Branch through major changes.

Highlights include selling key properties to secure financial independence, growing the investment fund and leading commemorative projects honouring local veterans. Graeme also served nine years as an RSL Care Director. His dedication has shaped a strong, sustainable future for the Sub Branch and its members.

01

VIETNAM WAR EXPERIENCES INSPIRE SHORT NOVEL

Vietnam veteran Jack Twist used his experience of being conscripted into the Army in 1970 to write a short novel, *The Mutiny at Long Phuoc Hai*. Set during the final days of Australia's involvement in the Vietnam War, it follows five young men from different backgrounds who serve together in the same platoon.

Jack hopes the story sheds light on the pressures soldiers faced, even when the greatest threat was landmines, and to show how the war's unpopularity at home deepened those strains. Writing the book was also a therapeutic process that helped him make sense of those memories. Contact jacktwist3@gmail.com to order a copy or enter the competition on page 95.

02

AVIATORS LAID TO REST AFTER EIGHT DECADES

The remains of two aviators from 100 Squadron Beaufort A9-186 were laid to rest in a moving committal service on 19 May at Bomana War Cemetery in Port Moresby.

Warrant Officer Russell Grigg (navigator) and Warrant Officer Clement Wiggins (pilot), who lost their lives during a mission over Papua New Guinea in September 1943, joined more than 3,300 Australian and 40 New Guinean Defence personnel laid to rest in the Bomana War Cemetery.

Family representatives of the two aviators, along with Deputy Chief of Air Force Air

Vice-Marshal Harvey Reynolds AM and Australian and Papua New Guinean dignitaries, paid their last respects as the aviators were laid to rest. (Photo: Defence Images).

03

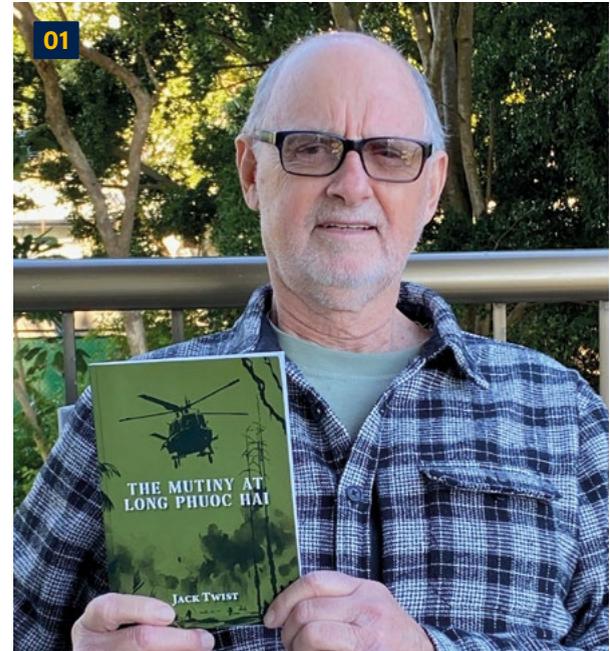
BOOK LAUNCHED BY RWANDA VETERAN

During the 30-year reunion of Rwanda veterans in Cairns during April, veteran and author Kevin O'Halloran launched his book *Pure Massacre* – a record of what happened during this peacekeeping mission. Kevin "Irish" O'Halloran, a Platoon Sergeant at the time, stresses the weaknesses of the UN charter and what happens when "good men do nothing". He pulls together the perspectives of the Australian personnel who served in Rwanda at this time. *Pure Massacre* gives a new and personal voice to the Kibeho Massacre.

04

LOCAL BUSINESSES SUPPORT MOSSMAN VETERANS

Mossman RSL Sub Branch is grateful for the ongoing support of local businesses like LiveLife Pharmacy, which provides annual funding to help the Sub Branch uphold the Objects of the League. Sub Branch members John Grime, Ron Savage and Wally Gray are pictured with LiveLife Pharmacy staff.



WIN

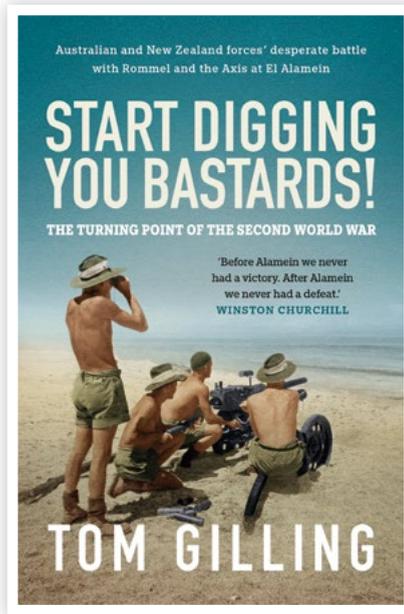
For your chance to win a copy of one of the books in this competition, please enter in one of the following ways:

- Email your name, address and contact number (using the book title as the subject line) to editor@rslqld.org

OR

- Post your name, address and contact number to [Book Title], PO Box 629, Spring Hill Qld 4004.

Competition closes
6 October 2025.



***Start Digging You Bastards!* by Tom Gilling is published by Allen & Unwin (RRP: \$34.99)**

July 1942: The North African campaign rages and the Allies have been forced to retreat from Gazala, chased through the sandy wastes by Field Marshal Rommel, 'the Desert Fox', and his Panzerarmee. The Axis target is Cairo – if they take it, they will control the Suez Canal and be within striking distance of the oil fields of the Middle East, tipping the balance of the war firmly in Hitler's favour.

In their way is the Eighth Army, spearheaded by the battle-hardened troops of the 9th Australian Division and the 2nd New Zealand Division. General Montgomery's stand will turn the tide of the war, but he depends on the tenacity of these soldiers to break the resistance of the formidable Afrika Korps.

Tom Gilling recounts in vivid detail the brutal hand-to-hand fighting, deadly artillery barrages and momentous tank battles that characterised the desert war, culminating in two immense clashes involving hundreds of thousands of troops around an isolated Egyptian railway halt at El Alamein. Rich in historical insight and heart-pounding action, this book brings to life the fateful conflict in the Egyptian desert, evoking the desperate, dust-choked struggle through the eyes of the troops, whose courage and endurance were tested to the very limit.



***Australia's Coastal War* by Tom Lewis is published by Big Sky Publishing (RRP: \$34.99)**

For the first time, acclaimed military historian Dr Tom Lewis OAM uncovers the full scale of World War II's forgotten battles along our coastline.

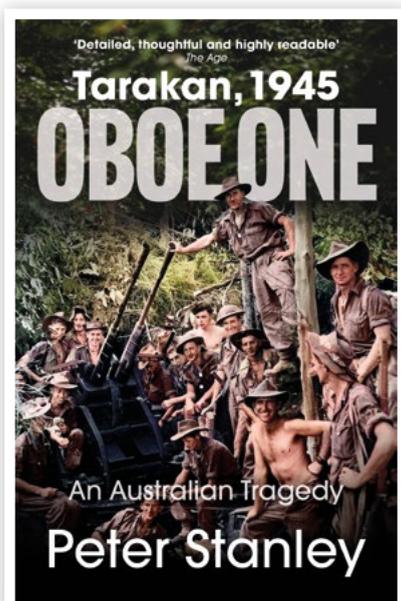
From German surface raiders laying deadly mines to Japanese submarines prowling offshore and enemy aircraft launching hundreds of attacks, the war on the coast stretched across thousands of kilometres – from Darwin to Hobart and Townsville to Melbourne.

This landmark book rewrites history, revealing a long and brutal struggle between German and Japanese forces and those of Australia, Britain and the United States. Scores of ships were sunk, thousands of lives lost – yet much of this story remains unknown.

Among the tragedies are gripping accounts of heroism and heartbreak: the sinking of the cruiser *Sydney* with 645 lives lost in a duel with the raider *Kormoran*; a deadly mine explosion on a quiet South Australian beach; and the haunting fate of a priest abducted and executed by an enemy floatplane crew.

There are also tales of misjudgement and misadventure – like flawed decisions made during the Sydney midget submarine raids, partly redeemed by the courage of small ship commanders.

Australia's Coastal War reveals it all – a sweeping and deeply human account of a war far closer to home than most Australians ever realised.

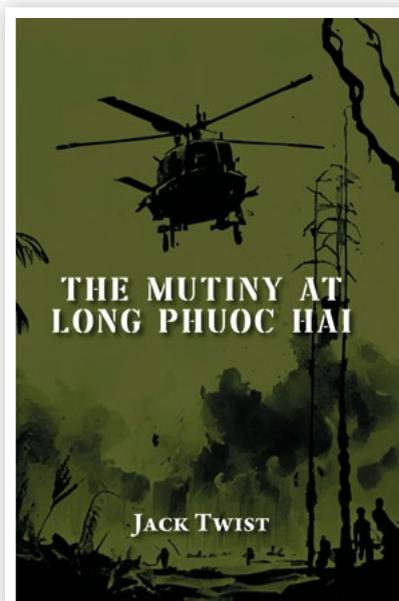


Oboe One by Peter Stanley is published by Big Sky Publishing (RRP: \$34.99)

In 1945, the small island of Tarakan off Borneo's coast became the unlikely stage for one of World War II's most gruelling campaigns. As part of General Douglas MacArthur's plan to liberate the Netherlands Indies, Australian soldiers launched Operation Oboe One, a mission to capture Tarakan's airstrip.

What was meant to last three weeks stretched into two months of bitter jungle warfare, claiming 240 Australian lives and 1,500 Japanese defenders. The airstrip's strategic goal faltered, but the courage and sacrifice of those who fought there remain untold.

Through vivid narratives and exhaustive research, *Oboe One* brings this obscure battle to life, uncovering the grit and camaraderie of the Second Australian Imperial Force. These citizen soldiers faced dense jungles, hidden mines and relentless enemy fire, embodying professionalism and resilience in the war's final days.



The Mutiny at Long Phuoc Hai by Jack Twist is published by InHouse Publishing (RRP: \$19.95)

"Aussies don't mutiny, Lieutenant. They bitch and moan and then do as they're told."

The Mutiny at Long Phuoc Hai is a novella telling the stories of five young Australians called up to serve in the Vietnam War. Their experiences come together when they're posted to serve in the same platoon in 1971. One of the young soldiers, selected for officer training, is assigned as platoon commander and the other four serve under him.

Tensions build between officer and men and on their last day of active service 'outside the wire', with the war by then unpopular at home and all but over for Australia, the men refuse to follow an order.

In 1970, author Jack Twist was conscripted into the Australian Army and served in the Vietnam War the following year. The ideas behind *The Mutiny at Long Phuoc Hai* come from that experience.

QUEENSLAND RSL NEWS
WINNERS
EDITION 2 2025



FLYING WITH FRED
D Kelly, Birkdale
M O'Donnell, Carindale



FORGED IN FIRE
B Offer, Ellesmere
P Schipanski, Pacific Pines
M Hogfalt, Sandgate
P Scanlan, Wynnum West



MY FLYING BOAT WAR
L Schwaiger, Cooloola Cove
R Warne, Coral Cove
G Alford, Gympie
C Lacey, Wondai



TRIGGER WARNING
R Peall, Bunya
M Harvey, Bundaberg East
W Stephen, Wondai
P Overell, Forest Lake

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

20^{YEARS}
IN 25

GALLIPOLI
MEDICAL RESEARCH

Celebrating 20 years of research in 2025

Launched in 2005, Gallipoli Medical Research (GMR) is celebrating 20 years of enhancing health, particularly for Australia's veteran community, through high quality medical research.

FOUNDED with the purpose of expanding Greenslopes Private Hospital's research facilities, GMR has grown into a world-class research institute that delivers innovative projects and clinical trials.

Greenslopes Private Hospital, home to GMR, first opened during World War II as a military hospital for wounded servicemen. In 1947, it became Queensland's main Repatriation Hospital, caring for thousands of returned veterans. Although it became a private hospital in 1995, it has maintained strong ties to veteran care, including through GMR's research.

In addition to its renowned veteran health research, GMR's research includes areas of significant clinical need, such as liver disease and liver cancer, and respiratory issues, with a focus on lung infections and chronic lung disease.

Given its location at one of Australia's largest leading private hospitals, GMR also has a Clinical Trials Unit focused on testing innovative treatments, with a particular focus on oncology and liver and lung diseases.

"GMR is a collaboration of scientific researchers all dedicated to finding

contemporary ways to improve community health outcomes," GMR CEO Miriam Kent says.

"From humble beginnings we have grown to become a modern research institute with a strong reputation for integrity and quality. We have pioneered leading biomedical research, clinical trials and world-first veteran health research and tools."

RSL QUEENSLAND PARTNERSHIP BRINGS VETERAN FOCUS

In 2012, GMR partnered with RSL Queensland to improve the lives of veterans and their families, enabling a world-first study into the whole-body impact of post-traumatic stress disorder.

"Since our partnership began, RSL Queensland has contributed more than \$20 million to fund veteran-centric research to understand critical Defence experiences and specific injuries prevalent in the Australian veteran community," RSL Queensland General Manager Partnerships and Engagement Katie Maloney says.

"This collaboration has delivered 42 research projects and published 40 studies – all aimed at improving the lives

of veterans and their families."

This research has produced groundbreaking military transition tools, including M-CARM (a Military-Civilian Adjustment and Reintegration Measure) and MT-Ready (Mental Readiness for Military Transition Scale), which provide insight into the psychological and cultural effects of transitioning from service to civilian life.

Importantly, these tools represent not only a global first in research, but have also led to the development of easy-to-use, self-reporting tools that help veterans understand the underlying cultural needs that support life beyond military service. This is a critical step that was missing from transition support resources to date.

This research partnership has also led to the development of the RSL Be:Well program in 2022 – an online program designed specifically to empower veterans to proactively manage their health and wellbeing.

"RSL Be:Well is informed by veteran health research commissioned by RSL and provides another critical avenue to ensure scientific findings reach the community RSL is here to serve," Katie says.

"The program provides evidence-informed support to help veterans improve their physical, mental and emotional wellbeing through accessible, reliable information and practical tools."

With GMR's international reputation as a leader in veteran mental health and transition research, its research partnership with RSL Queensland has delivered meaningful and tangible solutions. ←

Survey seeks voices of veteran carers and their families

Are you an adult who's recently cared for an ill or injured ADF family member? Or are you aged 12-18 and from a family with such a caregiver? Help shed light on the impact of informal care by completing a 10–30-minute survey before 30 September 2025.

Visit gallipoliresearch.com.au/informalcareproject

*Gift card available for eligible participants. Conditions apply.



Last Post

Queensland RSL News has published this list at the request of RSL members. Queensland RSL News takes no responsibility for inaccuracies outside the control of RSL Queensland. This list was correct as at 25 July 2025. Surnames flagged with an asterisk (*) have an unconfirmed date of their passing.

The list includes each member's surname, first name, service number and Sub Branch.



ACHILLES CHARLES A114057 Greenbank
ACKERMAN MAXWELL 2/410206 Glasshouse Country
ALSBURY JACK 117923 Maroochydore
ANDREWS HENRY S7961/34314 Redlands
ASHFIELD DAVID 314500 Mudgeeraba-Robina
BACKHAUS KEVIN QX61280 (Q268264) Southport
BAKER LESLIE 4273765 Kawana Waters
BARNES DENNIS M4059661 Glasshouse Country
BAXTER MAXWELL A14598 Caloundra
BEARD JOHN 1/711123 Texas Chapter of Stanthorpe
BENNETT ROBERT 14474 Ipswich
BENSLEY BRIAN A116777 Townsville
BENTLEY ROBERT R136157 Mount Isa
BENTLEY ANTHONY 3760328 Redcliffe
BERRY PETER A15413 Howard District
BESGROVE BRIAN 1/707027 Holland Park-Mt Gravatt
BISCHOF KENNETH A110900 Ipswich

BLACK MALCOLM 15505 Gaythorne
BOCOS ROBERT A19819 Nanango
BOESE SYDNEY 775278 Southport
BORE WALTER 22951943 Redcliffe
BORG LAURIE 116 Blackbutt
BOWLER GEORGE 1734981 Redlands
BOWSER GORDON 1347 (QX64180) Emu Park
BRADRIDGE JAMES 2189320 Townsville
BRAGA GWENDA F15023 Centenary Suburbs
BREUSCH LANCE R37913 Yeronga-Dutton Park
BRIERLEY ARNOLD 14069881 Maroochydore
BROOKS (NEE MCGOOGAN) BERNADETTE F2235470 Russell Is
BROWN KEITH 164295 Kenmore/Moggill
BROWN NORMAN 19043053 Caloundra
BRYANT GERALD A318528 Runaway Bay
BUCKLEY HOWARD 1734074 Greenbank
BULL CHRISTOPHER 1203918 Toowoomba

BULL TONY A45341 Maroochydore
BUTLER* JOHN 2/9445 Highfields
BUTT JOSEPH A112374 Surfers Paradise
BUXTON ALFRED 22201 Greenbank
BYRNE KEVIN 1734999 Redcliffe
CAMERON RONALD A116266 Seaforth
CAMERON ROSS 728284 Townsville
CAMPBELL COLIN 016820 Hervey Bay
CAMPBELL REGINALD VX140622 Maroochydore
CATHERALL DAVID 14040 Sandgate
CHAPMAN EDMUND 15578 Redcliffe
CHILDS RON 1733564 Chinchilla
CHRISTIE ROSS R63827 Beenleigh and District
CLARKE ANTHONY BMR40040 Gladstone
COCKER DAVID 61606 North Gold Coast
COOPER MAXWELL QX47798 (Q267061) Helidon
CORNEY LESLIE 14858676 Sherwood-Indooroopilly
CORNICK BARRY 1/705224 Rockhampton
COURTENAY EILEEN 102830 Mackay
COX RONALD 119725 Wynnum
COYLE ALWYN 120376 Caloundra
COYNE LILLIAN WR2851 Tiaro
CREAGH MALCOLM R42437 Caboolture-Morayfield & District
CREEDY PETER 1734982 Redcliffe
CROAKER ANDREW A222675 Townsville
CROSSLEY WILLIAM R66708 Cairns
D'ARCY DESLEY 1/715307 Thuringowa
DAVIES THOMAS A119015AC Redlands
DE HAYR MAURICE B6074 Wynnum
DEAN ALLAN 1200037 Nambour
DELL REX NX154153 (N251337) Currumbin/Palm Beach
DEVINE LAWRENCE 3/743058 Hervey Bay
DOERR ANTHONY 4177461 Tweed Heads and Coolangatta
DUNDAS RONALD 157277 Townsville
EDEN JOHN 313722 Emerald
EIBY NEIL 14689 Kawana Waters
EILOLA HARVEY 15304 Gympie
ELLIS KENNETH 54746 Ipswich
EVANS COLIN 5125902 Beenleigh and District
FITZPATRICK KEITH QX25292/1487 Coolum-Peregian
FRANCOIS BASIL 4916083 Bribie Island
FRASER PETER 1739218 Proserpine
GIDDINGS TERENCE R48624 Redcliffe
GIESEMAN NORMAN 148259 Blackall
GILVEAR ALEXANDER 15849 Caloundra
GLYNN TREVOR Hervey Bay
GOLLOGLY LAUREL 1/701745 Herbert River
GOODING TREVOR 18633 Redcliffe
GOUGH JEFFREY O138473 Cairns
GRAHAM RAYMOND A118513 Tin Can Bay
HAIGH ROGER A162999 Dayboro
HARRISON DENNIS 24003953 Tewantin/Noosa
HARTWIG KERRY A119288 Hervey Bay
HEARD KENNETH 35856 Bayside South
HENRY CECIL 1/1190 Tweed Heads and Coolangatta
HILL JOHN 2243032 Currumbin/Palm Beach
HOEFNAGELS HANS 3797345 Caloundra
HOOGERW* GODFRIEDUS 3109283 Seaforth
HOPPE AARON 154465 Sherwood-Indooroopilly
HOURIGAN TERENCE 1/721151 Gympie
HOUTING ROELOF 2794964 Tweed Heads and Coolangatta
HUBERT MICHAEL A115268 Redlands
HUDSON RICHARD 18403 Kedron-Wavell
HUMBERSTONE GEOFFREY A317444 Boyne-Tannum
HURST KEITH QX500241 Bayside South
HYDE JAMES 1720317 Woodford
JACKSON WAYNE 1203183 Bribie Island
JAQUES ROSLYN R84991 Cairns
JOHNSON ERNEST 011588 Ipswich
KANE ALLAN 1/706168 RSL QLD State Branch
KANE ALAN 2792025 Currumbin/Palm Beach
KELLY THOMAS NX193711 Tin Can Bay
KIDDELL VERA QF141343 Kenmore/Moggill
KING R Mapleton
LAWIE DONALD 172341 Babinda
LAYT (NEE WEBB) ELIZABETH F113088 Beerwah & District
LE SUEUR BERNARD 37235 Caloundra
LEE NOEL 1/706728 Nambour
LEGAT* GRAEME 628485 Southport
LILLEY WILLIAM 6/1025 Mapleton
LOHMANN KEVIN 1/705 095 Tewantin/Noosa
LOW JEFFREY A13406 Maroochydore
MACDONALD WILLIAM 23695693 Hervey Bay
MACK DOUGLAS 2786999 Meandarra/Glenmorgan
MANNING GORDON 1/2335 Mackay
MANOEL PETER 43223 Pine Rivers District
MARSH GRAHAM 122845 Redcliffe
MARTIN JOHN R42419 Bribie Island
MATHESON REGINALD 15233 Maroochydore
MAVER GEORGE B5311 Bundaberg
MAYNE BARRY A25849 Redcliffe
MCAULAY ALEXANDER 15709 Maryborough
MCCHURGH GRAHAM 11716855 Tin Can Bay
MCEWAN NOEL Q23366 Caboolture-Morayfield and District
MCGREGOR HAROLD Q26374 1/721378 National Servicemens
MCKAY* KEVIN 2/79599 Cairns
MCKINNON ALAN 3792961 Kedron-Wavell
MICK* DALE 1206407 Greenbank

MILLER HAROLD 11985 Currumbin/Palm Beach
MILLS* BRIAN 311499 Redlands
MORGAN GARRY 315456 Nerang
MORRIS BARRY Tweed Heads and Coolangatta
MULLIGAN JOHN 11825 Currumbin/Palm Beach
NEWTON ALAN 1732895 Glasshouse Country
NORRIS GLEN 2/9573, 2/410925 Maryborough
NORWOOD* JOHN 1/708673 Boonah
O'BRIEN* PETER 3977889 Gympie
OORTHUYSEN EDUARD 40649 Bundaberg
ORR DOUG 194145 Maroochydore
OWEN JONATHON 8443126 Townsville
PANNAM NORMAN 36204 Tweed Heads and Coolangatta
PASCOE FRANCIS 45628 Tweed Heads and Coolangatta
PHILLIPS NORMAN 217407 Hervey Bay
PHILLIPS* BERNARD QX18545 Edmonton
PICKERING DUDLEY 1/702805 Biloela
PREBBLE JOHN R57348, P/J954925, R775783 Cairns
RAASCH JUERGEN 17686 Toowoomba
RACKHAM* ERIC 14435889 Townsville
RAFFELS PETER S2637352 Gayndah
RAMSEY ROBERT 81079 Bayside South
RAWSON JAMES 3/751986 Caloundra
REFELD GEORGE 053045 Logan Village
REID COLIN VX92524 Bundaberg
REID JOHN A113096 Townsville
REIMERS DAWSON 372825 (VX124630) Magnetic Island
RICH IVOR P/053627 Kawana Waters
RING LESLIE 219027 Townsville
ROBERTS ERNEST A15905 Bundaberg
ROBERTS* DAVID 426010 Edmonton
ROWLANDS RUSSELL 61496 Hervey Bay
SCHLOSS ALBERT A1928 Bribie Island
SCOTT ALLAN 129172 Herbert River
SEMPLE DONALD 16055 Kedron-Wavell
SHANKS BRIAN 1/726640 Greenbank
SHEPLEY* ADRIAN A118568 Laidley
SIMPSON* GRAEME 61489 Warwick
SLADE BARRY 95968 Maryborough
SMITH WILLIAM R94122 Bulimba District
SMITH KEITH 442815 Bray Park-Strathpine
SMITH-LESTER LESLIE 1201202 Goondiwindi
SPENCER RHELMA W119760 Townsville
SREBROFF ZHIVCO QA000899 Nerang
STARK NEVILLE A19697 Greenbank
STREETER KEVIN R50537 Ipswich Railway
STRUBER FRANCIS 1/55306 Malanda
STRUDWICK JOHN 1/706776 Beaudesert
SUTTIE ANDREW S127360 Woodford

SUTTON GARY R105515 North Gold Coast
SWAN GRAHAM 43110 Hervey Bay
TALBOT ALBERT 3/3615 Redlands
THOMPSON* DONALD KR4429 Redlands
TRAVIS RON 210059 Coorparoo and Districts
TRUEBODY BARRY 220348 Ipswich Railway
WAETFORD JOHN 301 Bray Park-Strathpine
WALKER* JOHN QX63435 Kedron-Wavell
WALLACE STANLEY Sherwood-Indooroopilly
WARD KENNETH 2/900408 Greenbank
WATEGO REG 11411 Redlands
WEARING MICHAEL 1201599 Maleny
WEILAND JOHN 534320 Clayfield-Toombul
WENT ALLAN 1410932 Sherwood-Indooroopilly
WHITLOCK PHILLIP 2174368 Redlands
WHITTLE DENNIS A110219 Ipswich
WILLIAMS EDWIN R66292 Burleigh Heads
WILLIAMS ROGER 1411261 Ipswich
WILLIAMS PAUL 1102853 Stephens
WILLS DAVID 17579 Emu Park
WILSON* ALASTAIR 24311110 Toowoomba
WINN NORMAN R46663 Maryborough
WINSBURY JOHN 114584 Redcliffe
WINSPEAR ROGER 408126 Bowen
WOODS ROBERT A23898 Clayfield-Toombul
WORTZ RONALD R51959 Hervey Bay
WYNNE BETTY 107246 Nerang

Services connecting you to valuable opportunities.

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RSL Queensland has a suite of services designed to make life better for veterans and their families. Visit our website to learn more about our DVA advocacy, employment assistance, emergency financial support and more.



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