

QUEENSLAND

RSL NEWS

Shoulder to Shoulder in East Timor

A Helping Hand
for a Neighbour
in Need

Go Beyond

Helping
Veterans
Navigate
Life Beyond
Service

ACTIVE
LIFESTYLES
PROGRAM
TAKING
COMMUNITY
CONNECTION TO
NEW HEIGHTS

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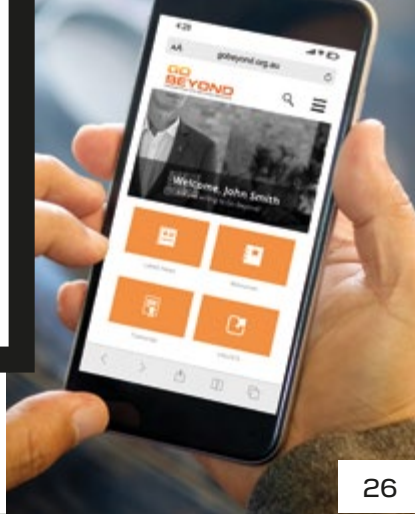
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SUPER SLEEP CENTRE



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Edition 03 2021



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Front Cover

Toni King is making the most of a RSL Queensland Scholarship, which allowed her to undertake a Bachelor of Social Work, finishing with Distinction.

We Must Support Our Afghanistan Veterans

In August, the world watched from afar as Afghanistan fell to the Taliban in a matter of days. It was truly distressing and disturbing.

As the events unfolded, I knew veterans who served in Afghanistan – many of whom are in our own RSL Queensland family – would have felt great frustration and despair as they watched the Taliban's resurgence in the country.

My heart went out to the men and women who put on the uniform to serve over there, who lost friends during the war, saw people injured, and those who succumbed to their own war within back here on home soil.

Just as we did at the time, we are urging veterans and members to reach out for support and counselling if you want to talk to someone. We understand what you're going through, and help is available.

This will be a trying time for our community, but our organisation stands shoulder to shoulder with all veterans, and I urge those who are affected

by the situation in Afghanistan to reach out. There is always someone who's prepared to help you.

Supporting your mates could be as simple as sitting down, having a coffee, and listening to their concerns.

It is important that we take care of each other at a time like this. We as a community must embrace those individuals who represented our country in the defence of our nation, and we must not make the mistakes that were made more than 50 years ago following the Vietnam War.

Our Australian service men and women should be holding their heads high. They did what their country asked of them, and we must honour their service and support them going forward.

In the days and weeks following the Afghanistan crisis, we were pleased to learn that many veterans and their families reached out. Open Arms reported receiving up to 480 calls per day – an increase of more than 40 per cent from July. These included Afghan veterans and those from

previous conflicts such as the Vietnam War.

Remember, RSL Queensland is always here to provide practical support, assistance, camaraderie, and other services such as wellbeing and welfare assistance and critical support, to all veterans and members. We are in this together.



Tony Ferris
State President
RSL Queensland



If you need support

Open Arms 24-hour
helpline: 1800 011 046
RSL Queensland: 134 RSL
Mates4Mates: 1300 4 MATES
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Your own mates

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A Clear Focus for the New Year

It's hard to believe we are heading into the last few months of the year. I hope everyone is staying safe. While it might feel difficult, it's important we continue to follow the advice given by health authorities. Now, perhaps more than ever, we can all play our part in contributing to the safety of our community.

OUR UPDATED CONSTITUTION

I'm excited to share that the draft 2021 Constitution – that so many of you helped shape through your feedback – has now been approved by the Board. The Notice of Meeting for this year's Annual General Meeting on 9 December has been issued to all members and I look forward to seeing you all in person at our annual event.

During our AGM we'll ask delegates to cast their vote on the draft Constitution. I urge all members to spend time before we gather to read and make themselves familiar with the draft document, which can be found on the RSL Queensland website. And, if there are any questions or concerns you have with the draft Constitution, please raise them with your colleagues and up through your District.

As members will know, the draft 2021 Constitution has been many months in the making. We've proposed changes around modernising the standards by which we operate, minor changes to the Objects to better

“I HOPE EVERYONE IS STAYING SAFE. WHILE IT MIGHT FEEL DIFFICULT, IT'S IMPORTANT WE CONTINUE TO FOLLOW THE ADVICE GIVEN BY HEALTH AUTHORITIES. NOW, PERHAPS MORE THAN EVER, WE CAN ALL PLAY OUR PART IN CONTRIBUTING TO THE SAFETY OF OUR COMMUNITY.”

support our application for public benevolent institution (BPI) status and additional changes that will help us better future proof RSL Queensland. All the while maintaining the required standards expected by our regulator, the Australian Charities and Not-for-profits Commission.

To the Constitution Working Group, chaired by RSL Queensland State Vice President Bill Whitburn, I extend an enormous thank you. The working group invested hundreds of hours on a volunteer basis over many months. On behalf of RSL Queensland, and our whole membership, we thank you for the role you have played in shaping this next chapter of our organisation.

SUB BRANCH AND MEMBER BENEFITS

We've listened and we continue to provide enhanced support and services that create a brighter future for veterans and strengthen our community. We now have 79 of our Sub Branches operating with the IT shared services program and are on track for all remaining Sub Branches to be set up by the end of the year. It's a huge milestone for our organisation and I look forward to hearing how our Sub Branches are finding the new program as it settles in.

We've also been able to reimburse Sub Branches more than \$500,000 for commemorative merchandise, and have supported you to write over \$300,000 in grant

applications for funding to Sub Branches.

START UP GRANTS

We've launched our pilot program for RSL Queensland Start Up Grants, which provide up to \$10,000 to support ex-Defence personnel and their partners to start their own business. Our RSL Employment and Scholarships programs have had great success, and our new Start Up Grants are another way we can help veterans as they transition out of service.

We'll keep you updated on the results of the program. Members interested in learning more can find out all the information at rslqld.org/find-help/start-up-grants

TALK TO YOU ALL SOON

With our AGM only a few months away, I'm excited to be able to see many of our members in person again. It's going to be wonderful to talk about everything that is coming up for our organisation together in the same room.

I look forward to sharing all the highlights from the event in a future edition of RSL News.



*Melanie Wilson
Chief Executive Officer
RSL Queensland*

Shoulder to shoulder with our Defence family, in April–June 2021.



91 individuals and families
helped into safe,
permanent housing



223 nights
spent in RSL short-term
accommodation



\$198k
provided in
crisis funding



3,963
calls handled



81 jobs found
for veterans
and their partners



1,951
claims submitted

Between April and June 2021, RSL Queensland provided a broad range of programs and services to support current and former ADF members and their families.

Find out how we can help you.

134 RSL | rslqld.org



RSL
Queensland

Membership, Sub Branch and District Update

Over the past year, my team and I have been grateful for the opportunity to travel all over Queensland and meet with many RSL Volunteers. Connecting with Sub Branches has enabled us to gain valuable insight into the critical work they are doing to better the lives of Veterans and has equipped us to understand the ways in which RSL Queensland can assist.

From these interactions and the feedback received, we have developed a variety of projects designed to directly address the comments and concerns raised by Sub Branches. Our goal is to deliver these projects to our network before the end of 2021, and I'm delighted to have this opportunity to share them with you.

ANNUAL INFORMATION STATEMENT

At the beginning of this year, I advised Sub Branches that RSL Queensland would provide training and support material to ensure they are well prepared to lodge their Annual Information Statement (AIS) with the 2021 Australian Charities and Not-for-Profit Commission (ACNC). This critical lodgement to the ACNC allows Sub Branches to receive their commonwealth charity tax concessions.

After hearing the concerns from Sub Branches regarding their capacity to meet their AIS compliance requirements, we subsequently absorbed responsibility for the lodgement process for more than 130 Sub Branches that requested support. By completing this highly time-consuming process on their behalf, Sub Branches were able

to focus on their veteran support initiatives and spend less time on administrative work.

MANAGED INFORMATION TECHNOLOGY ROLLOUT

Managed IT Services rollout is well underway with successful delivery to 79 Sub Branches so far.

This exciting, near \$5 million program gives Sub Branch Boards access to the latest technologies, including (but not limited to) laptops, headsets, iPhones, Microsoft Office 365, and WIFI with one-on-one training and support. The program is fully funded and managed by RSL Queensland, enabling Sub Branches to redirect funds to support veterans in need.

In short, when you need assistance with your IT, our Helpdesk is here to help!

This project will be ongoing until December 2021. To learn when your Sub Branch is likely to receive their equipment and training, please reach out to your local District Secretary.

NEW VETERAN SERVICES TOOLKITS FOR SUB BRANCHES

As part of our ongoing Sub Branch Discovery process, we have received feedback that it's not always clear how to refer veterans in crisis to the appropriate services. For this reason, we created a pack of materials to help clarify the services provided by RSL Queensland, and how to help veterans in an emergency. Sub Branches will have received their Veteran Services Toolkit

describing the range of RSL Queensland's Services, how best to contact us for services, and the Emergency Hotline number for Open Arms.

The toolkit includes desk mats, posters, and wallet cards with easy-to-follow information for volunteers to use.

CASHLESS PAYMENTS

Earlier this year, a selection of Sub Branches participated in a pilot program to evaluate the success of offering cashless payments that would help make fundraising efforts quicker, easier, and more secure for Sub Branches.

Although we encountered some challenges with the scalability of the technology, including its limited use for raffle draws and required access to WIFI, the overall results were very positive. Sub Branches have been able to continue to use their pilot equipment as we continue to investigate the best way to deliver the program to the rest of the network.

ADOPT A SUB BRANCH

We've now finished the pilot of our Adopt a Sub Branch program, which gave RSL Queensland employees the chance to work more closely with our Sub Branches and the veterans they support.

The pilot was run with eight RSL team members at our Yandina Eumundi, Kawana and Cooroy Pomona RSL Sub Branches on the Sunshine Coast. Our staff helped by creating marketing materials for events, digitising old files, planning events, attending Sub Branch

meetings, and transporting veterans and their families to appointments and events.

The feedback from our participating team members and the Sub Branches was very positive. We're now reviewing the feedback and findings, with the eventual goal of rolling out the program to more Sub Branches (and team members) in the near future.

MERCHANDISE REIMBURSEMENT

We're developing a new and easy-to-use Merchandise Portal to help Sub Branches prepare for commemorative events to be ready for ANZAC Day 2022.

In the meantime, I am pleased to let you know that we will reimburse Sub Branches for their supplier costs of purchasing merchandise for Remembrance Day 2021, as we did for ANZAC Day earlier this year. This ANZAC Day 2021, 129 Sub Branches took advantage of this initiative, and were reimbursed a total of around \$550,000. This process means that every dollar raised through your efforts will go towards your Sub Branch to support your important work with veterans and their families.



Lisa McIlroy
General Manager
Membership & Network
RSL Queensland

MAILBOX

A MORE WELCOME RECEPTION IS NEEDED

I've just been reading *Queensland RSL News* Ed 1 2021, and I welcome it into my home as it provides a method to reconnect to a dim memory of connected effort. My story is the same for countless others: breakdowns/mental hospitals/electro-convulsive therapy/trans-cranial magnetic stimulation/four months as an inpatient at Toowong Private Hospital in Brisbane, a list of medications never-ending, and the list and the agony goes on.

Some of our memories are dim and easy to handle, others are a picture postcard view of trauma, a view that never disappears, it is always there.

One of these many views I carry, and will do to the end, is of a small room once upon a time in a galaxy far away. This room was being used for the monthly meeting of my local RSL Sub Branch, and it was my first time there. I had taken the agonisingly difficult path to that door, and I was apprehensive when I pushed it open, as I thought it would bring my agony back out of its tightly locked box. It did exactly that, as if by design.

Knowing no one in the room, and that the gathering had not yet been called to order, I attempted to introduce myself, thinking that I was in the presence of a band of brothers, tightly knit and loyal. I approached a complete stranger, who is still a complete stranger, and introduced myself. As we spoke, we eventually got around to how/where/why we served, and I said, "I was Navy for 25 years". His response was why I turned, left the room and have never been back and never will. He replied, "Oh, the pick up the soap brigade, eh?"

The RSL is many things to many people, but until the Army in particular changes its inadequate mindset, it will not only be me who never goes back, but many other nameless and unremarkable people. I knew too many men who now have only a watery grave in which to rest their soul, and who deserve better than that.

So, in support of the short note from Chief Petty Officer Roy Graham-Measor posted in the mailbox in the latest issue, I offer this cautionary advice. Yes, by all means take part in the activities of the RSL, but tread carefully and keep your powder dry.

Paul Harrison, Ba., Phil. Morayfield

BRAVO ZULU TO THOSE INVOLVED IN AFGHANISTAN

I really think we should acknowledge the effort of our troops and aircrew who supported the evacuations out of Afghanistan over the past few weeks.

Many of the ADGs, air crew and infantry out of Townsville deployed on hours' notice – into a truly horrific scenario of human misery. My time in the Navy exposed me to dealing with hundreds of people seeking asylum at a time, and it's something that can be terrifying. So, when it is tens of thousands it must be unimaginable.

I served in Kabul in 2013 and then it was 'relatively' safe. To see it collapse into chaos is difficult, but the men and women who deployed did everyone proud.

From their brothers and sisters in uniform (both ours and our allies), through to the people they were protecting, and to those they left at home, I really think they deserve a massive Bravo Zulu.

Jeremy Baumgarten
Bulimba District RSL Sub Branch

POPPIES ON ALL MEMORIALS

Last year, my aunt mentioned that it was sad on ANZAC Day and Remembrance Day to see some memorials to individual servicemen and women had poppies on them, but many were bare. Is it possible that each RSL Sub Branch might seek out any in their area and ensure each one receives a poppy in remembrance?

Trish Price

COMMEMORATING HISTORY USING FLAGS

I am a former serviceman and reside in Toowoomba. Shortly after moving here in 2009, I had a flagpole installed in my front yard. I enjoyed the article on flagpoles in Ed 2 2021 of *Queensland RSL News*.

I always intended to have a flag pole and believe that any patriotic citizen should display either the national, state or territory flag.

I have the Australian flag on daily display, except on days of occasion such as the anniversary of the execution of King Charles I (British Royal at half), Louis XVI of France (French Royal at half) and the Russian Imperial at half to honour the murdered Romanov family. I also commemorate other events in history by different flags, such as the Norman victory at Hastings in 1066 and the establishment of the Second German Empire under Bismark in 1871 (German Imperial).

On the anniversary of the re-unification of Germany and the end of the DDR I display the German modern flag with Eagle. In 2018, I did a one-off half-mast display of the German Imperial to honour the red Baron, Manfred von Richtofen, shot down on 19 April 1918. I believe that history is worth the commemoration and flags do it so dramatically.

Roger Deshon
Toowoomba

NEWS

Support for Veteran Engagement in Census

RSL QUEENSLAND encouraged veterans to be part of the 2021 Australian Bureau of Statistics' (ABS) Census, which will help shape greater insights into the veteran community and enable effective delivery of veteran support services.

The 2021 Census – which took place on 10 August – included two new questions, one on Australian Defence Force service, and another on long-term health conditions. The data collected will be particularly relevant to inform the Royal Commission into veteran suicide.

Data from the census will be released beginning June 2022.

The question on long-term health conditions will provide highly sought-after health information, particularly at the regional and local level. This will help inform health policy and plan for delivery of local community services.

RSL Queensland General Manager Veteran Affairs and Policy, Robert Skoda, said the veteran data collected by the Census will better inform and guide the delivery of the organisation's support services to veterans and families across Queensland.

"We anticipate the 2021 Census will provide us with a clearer picture of exactly how many veterans there are in Queensland, as well as demographic data such as their ages and locations. These insights about the veteran population and their needs will enable support resources to be targeted to where veterans are located, and help services meet their needs more effectively.

"We encouraged our members – and all veterans – to participate and ensure their voices were heard," Mr Skoda said.

More than 116,000 people were reached with RSL Queensland's proactive Census media messaging.

RSL Queensland has previously funded its own research into Queensland veterans. The organisation's Defence Family Research Project identified the key challenges facing the state's veterans at every stage of their journey, from entering the armed forces, through to transition to civilian life and in later years.

"This information has already helped us structure our service delivery model to better meet veteran's needs," Mr Skoda said.

"Census data will enable us to better refine our services. For example, if we see an area with a concentration of veterans who are identifying body movement issues, we can use our expertise to provide increased access and awareness to the services those veterans are most likely to need, including DVA support through our advocacy services.

"It will also enable us to deploy adequate resources to assist our 230 RSL Sub Branches in local areas.

"More veterans live in Queensland than any other state, and RSL Queensland delivers more veteran support across the state than any other Australian ex-Services organisation," Mr Skoda said.







NEW START UP GRANTS PROVIDE A KICKSTART

SELF-EMPLOYMENT can give veterans another pathway to find a new meaningful career or, for partners, support essential flexibility that fits around the demands of the Defence lifestyle.

RSL Queensland Start Up Grants provide ex-Defence personnel and the partners of current and ex-Defence members with financial support to contribute to their own business. Being offered for the first time in 2021 as a trial, the grants will give business ideas a kickstart, providing funding to invest in products and services like software, website design or business coaching.

Grants of up to \$10,000 are available to support veterans and their partners to pursue new business ideas.

FOR EX-DEFENCE MEMBERS

Ex-ADF members often hone a specialist skill or develop an area of expertise while serving. After transitioning out, this can spark a new business idea or a desire to start something of their own.

For those with an idea, our new Start Up Grants can provide financial grants to help grow a business at one of the most crucial points – starting up.

RSL Queensland grants are designed to provide support through the start up phase, giving recipients the best chance of experiencing the sense of independence and flexibility self-employment can create.

PARTNER START UP GRANTS

Defence lifestyles can be full of change, so flexibility is key. Self-employment is a way partners of current or ex-Defence members can create independence and work that fits around the demands of daily life.

RSL Queensland Start Up Grants can give the boost a new business needs – perhaps for a website, business software or to book a session with a business coach. We know these things can make the biggest difference and finding the financial capital can be a major roadblock to success.

Eligibility criteria for these grants apply.



For more information and to apply, please visit rslqld.org/grants



UPDATED SERVICES CATALOGUE

YOU will notice that we've enclosed an updated copy of the RSL Queensland Veteran Services Catalogue with this edition of *Queensland RSL News*.

Our services are driven by research and tailored to the specific needs of veterans throughout their Defence journey – from the point a new recruit transitions into Defence to their separation and life afterwards. We also partner with several groups and organisations that offer specialist expertise or treatments to aid an individual's physical and emotional recovery.

Ultimately, however, we empower veterans and their partners to take control of their own lives – by standing alongside them, providing support, encouragement and specialist assistance when required.

We invite you to look through the catalogue, contact us via rslqld.org or 134 RSL to see how we can help, or give the catalogue to a fellow veteran who may benefit from our services.



RSL Queensland shortlisted for Australian Defence Industry Award

WE'RE excited to announce that the RSL Employment Program powered by RSL Queensland is a finalist in the Australian Defence Industry Awards 2021, which recognise excellence from Defence professionals, organisations and businesses across the country.

The award-winning program was shortlisted in the Veteran Support Program of the Year category, with winners to be announced in Canberra on 7 December.

Our program helps ex-serving veterans and their partners find and secure meaningful employment, and is available to all Australian veterans and their families.

RSL Queensland General Manager Service Delivery Steve Spicer says securing meaningful employment is about more than just finding a job for veterans and their partners, it's about providing the right support and tools to help ease the transition into civilian life.

"Service people often feel a profound sense of loss when they leave Defence and may struggle with fitting back into civilian life. The right job can provide purpose and direction for veterans and partners and can result in a fulfilling career," Steve says.

"RSL Queensland is investing in research, targeted programs and proven initiatives to make this process as easy, smooth

and accessible as possible and works to find employers that understand the unique skills and characteristics ex-Defence members and their partners provide to organisations.

"Our business and community connections are at the core of how we link our clients to a wide range of jobs across multiple industries."

The targeted approach of the RSL Employment Program powered by RSL Queensland is demonstrated in its successful and ongoing partnership with Ergon/Energy Queensland's (EQ) Apprenticeship Program.

RSL Queensland has worked alongside EQ for two years creating employment

opportunities for veterans and their partners.

In 2020-21, RSL Queensland's veteran talent pool was solely utilised to fill EQ's mid-year Apprenticeship Program intake. This resulted in 12 offers of employment, and 11 accepted offers.

Since launching in 2018, the program has helped more than 550 veterans and partners into long term employment.

RSL Queensland has received more than 1,300 Employment Program enquiries this year and 793 new clients have joined the program.

Last year, the program was announced the winner of the Prime Ministers Veteran Employment Award.

CLIMBING

A man wearing a white helmet and a dark t-shirt is rappelling down a grey rock face. He is holding a yellow rope. The background is a vast, dense green forest under a blue sky with light clouds. The overall scene is bright and scenic.

TAKES CONNECTION TO
COMMUNITY TO NEW HEIGHTS

✍ Lani Pauli

Brisbane-based Defence couple Vince and Natasha Hale are encouraging all their Defence friends to take the leap and try RSL Queensland's Active Lifestyles program, proving you are never too old to try something new.

Striking up new friendships as an adult can be hard. A task that can be even harder when at the same time you might be navigating a transition to civilian life, rediscovering your place in your community, or feeling isolated from friends who are still serving.

But, as Brisbane-based couple Vincent (Vince) and Natasha Hale found out, stepping outside your comfort zone and into a community of your own making can be easier with group activities like the ones hosted by RSL Queensland's Active Lifestyles program.

The program has been designed to support the Defence community with activities that focus on health and wellbeing. The activities are diverse, including abseiling, cooking, blacksmithing and art classes.

SIMPLY GIVING IT A GO

Vince and Natasha both took a leap – literally and figuratively – to try their hand at abseiling on the Sunshine Coast.

“I was actually terrified at the start,” Natasha says. “I’d never abseiled before, and I did it because I wanted to be there to support Vince. They made me feel so comfortable and it was one of the best things we’ve done in a while.”

The couple, who are in their 50s, are proof that you’re never too old to try something new.

“When I told friends we were going they were asking, ‘Are you for real? You’re in your 50s. What if this happens? What if that happens?’ I was adamant we were going to do it and it made me realise we can do anything,” she says.

“I was so nervous when we got there but doing it actually gave me so much confidence. And once I’d done it a few times I felt euphoric.”

Vince, who has injuries from service agrees: “It’s not about whether you do it once you get there, it’s just about having a go. We’re only here for a short time.”

SUPPORT WITHOUT LABELS OR EXPECTATIONS

Natasha, who was in the reserves for six years and supported husband Vincent’s military career, says she sees how important it is that RSL Queensland offers programs like Active Lifestyles.

“I’m very aware veterans need to be kept active when they finish serving, and to be able to stay in touch with other military personnel,” she says. “That’s one of the reasons we decided to go to the event and now we’re telling all our Defence friends about it.”

“For example, while we were at the abseiling event, we met some other veterans, and we could just talk about things we had in common. It’s that commonality that you’ll never lose.





“These events are about getting outside and having a fun day. It makes you forget about things for a while, but at the same time gives you a safe space to share how you’re going without expectations or judgement. There’s no stigma attached to it.”

Vincent says he probably wouldn’t have done an activity like abseiling if it hadn’t been for RSL providing the opportunity and it was even better to be with a group with similar experiences.

“Doing these kinds of activities with fellow veterans gives you that common ground and it makes you feel comfortable – especially for some people who may not be comfortable in groups anymore,” he says.

“It was a good way to make us go out and meet people.”

Natasha sees another benefit, having watched Vince and other ex-service personnel go through their own struggles.

“I see so many people who tend not to speak at all, especially men. They keep things to themselves and basically suffer in silence. Having activities like this, it gives them a chance to talk about what’s on their mind in a safe place. To me that is so important for mental health and wellbeing.

“I think being physically active and doing things is so important. We wouldn’t have done this without the RSL.”

“DOING THESE KINDS OF ACTIVITIES WITH FELLOW VETERANS GIVES YOU THAT COMMON GROUND AND IT MAKES YOU FEEL COMFORTABLE — ESPECIALLY FOR SOME PEOPLE WHO MAY NOT BE COMFORTABLE IN GROUPS ANYMORE.”



TAPPING INTO THE COMMUNITY THAT CARES

Vincent has been involved with the RSL since he was a child, thanks to his father also being a veteran. Vincent is now a member of Tairo RSL Sub-Branch and says RSL Queensland gives him a sense of community.

“At the end of the day, you’re part of something supportive and you never

know when you might want to call on that support. Don’t be afraid of it. Just do it.

“We found the Active Lifestyles program on the website after seeing the new RSL Queensland TV commercials. I saw the activities and thought, ‘Wow, I didn’t know these were there.’”

And while they both agree they won’t be taking up abseiling as a permanent hobby, they will be looking at the upcoming events to book in for other activities.

“I’m waiting for the dates to be announced for the blacksmithing event and I’ve already told a few other veteran mates about it to try and get them to come along with me,” Vince says.

There’s a full schedule of events planned across the rest of the year including kayaking, art classes and a blacksmith course. You don’t need to be an RSL member to attend. To register your interest and find out when events are happening, email partnerships@rslqld.org. ←

ABOVE: Vincent leans into his abseiling challenge as part of the RSL Active Lifestyles event.

OPPOSITE LEFT: Natasha gets ready to abseil for the first time, something she never thought she’d do.



Upcoming Active Lifestyles events

- 23 October – Brisbane River Kayaking
- November (exact date TBD) – Whiteside Blacksmithing Course

More info: rslqld.org/find-help/active-lifestyle



MORE THAN JUST A GAME

Virtual worlds are offering veterans the chance to reconnect with comrades, find community, and escape reality – in a healthy way – and groups like Veteran Gaming Australia (VGA) are leading the way.

 Lani Pauli



The group was founded by Samuel Harris, an Army Corporal in Research, Investigation and Stocktaking as a Supply Chain Specialist, with the support of his founding members Cara Musk and Andrew Dubignon, who are both ex-serving. After

launching in April 2021, they grew to 600 members in the first month and the numbers are climbing.

“We want to develop a community around a shared love of gaming for current and ex-serving veterans,” Samuel says.

“Our aim is to improve veteran wellbeing and decrease reasons for isolation, hardship and health issues experienced by members of our community.”

“For veterans that are ex-serving, it has definitely helped with social aspects because when you leave service there’s a big void for social communication and interactions. We feel like VGA gives them an outlet for fun and a sense of belonging.”

A GAME WAY TO RELAX

“I grew up on an ostrich farm. My brothers and I didn’t get many gaming consoles growing up but when we did, we would use that as a way to relax away from the hard lifestyle of living on a farm,” Samuel says.

“After enlisting and being sent on courses or deployed, playing video games became a way to have fun with my mates and relax within a busy schedule. If you’re going outside the wire and you come back, you literally only feel like two things: a shower and sitting down to play a game or playing with your mates.”

Due to their focus on characters, Samuel largely plays role-playing video games on an Xbox or PC and says there’s more to playing than just staring at a screen for hours.

“They get your mind involved. If you’re experiencing depression for example, it’s a way to get your mind out of that space and into another character, which can be a great thing.

“A lot of our members find it’s a great way to relax, find a moment of release and escape from the pain they might be feeling in their mind.



ABOVE:
Cara Musk (VGA
Co-Founder)
having fun
through
connecting in
with Veterans on
common grounds

RIGHT:
Onar and Samuel
– having fun
and building
mateships
through gaming.

“Likewise, there are a lot of people who are experiencing social isolation – whether it be from COVID or physical limitations and injuries – and playing online in the community is a way they can connect back in and form friendships,” he says.

MAKING IT OFFICIAL

Formalising the group was driven by Samuel’s desire to find a way to reconnect with his own community, keep him mental active and offer the chance to others in a similar place.

“In the time I’ve served, at least 50 to 80 per cent of the groups on courses or deployment with me would bring some type of gaming console or play a game on their mobile phones. So, it’s something a lot of our mates are already doing.”

The group currently ‘meet’ through Discord and the online gaming live stream service Twitch, where they can watch other members play and talk with the group.

“We also have a VGA YouTube where we share tips on exercises that assist body and mind like breathing strategies and stretches that can be done while gaming.”

VGA member Will McKeever is a 33-year-old veteran who served in the Army Reserves with the 41st RNSWR.

“I suffered a back injury which resulted in three surgeries and

contributed to mental health and addiction issues,” he explains.

“While getting inpatient treatment, I saw Sam’s Facebook post about the group and thought I would have a look. I’ve always enjoyed gaming and particularly in the past eight years it has been one of the only ways throughout my journey that I’m able to shut my mind off and not focus on how much I was struggling.

“I’ve noticed the group is made up

of a variety of veterans playing all sorts of games, so it doesn’t matter what you play, you can most likely find someone to jam with. I’m lucky to have found something that works for me and can see how this could help other veterans in a similar place. Having an active mind has been crucial for my rehabilitation.”

A VETERAN WITH NEW PURPOSE


Samuel, who will finish serving in the Army in July 2021, has been in the Army for 14 years, including deployments to the 2018 Gold Coast Commonwealth Games, Victoria Bushfire Assist and two tours throughout Dubai and Afghanistan.

“Some of the highlights of my time in the Army are the mates that I’ve made and I’m gaining plenty more through the gaming world, too.

“As I transition from service, I’m working to keep my mind active and develop this community as much as we can.

“We’re all on common ground in the group, so there’s no ranks. There’s a lot of stress involved in military life but at the end of the day, if you can sit down on the couch with a mate, play a game





“THERE ARE A LOT OF PEOPLE WHO ARE EXPERIENCING SOCIAL ISOLATION – WHETHER IT BE FROM COVID OR PHYSICAL LIMITATIONS AND INJURIES – AND PLAYING ONLINE IN THE COMMUNITY IS A WAY THEY CAN CONNECT BACK IN AND FORM FRIENDSHIPS.”



of FIFA and that stress is gone in an hour or so.

“Other veterans might bottle those feelings up and that causes all sorts of issues. This is a great way to unwind, destress and help with mental anguish.”

Samuel, who has first-hand experience with physical injuries after serving, says gaming also gives veterans freedom they may not have in their daily life.

“You can pick up a controller or an adjusted controller if needed, and while you might not be able to go to the gym anymore, you can play without limitations. You can get a sense of

physical freedom back for a short time and still feel worthwhile and enjoy something that is purely for fun.

“We also have a team behind the scenes available to help with emotional and social wellbeing for community members who need additional support.

“Our main focus at the moment is to let as many veterans as possible know that the community is here. Long term we want to turn it into a not-for-profit and develop a community centre for online gamers and streamers to have a space to play from. We’re hoping we can be in a place to register as a not-for-profit organisation by the end of the year.” ←

ABOVE:
Samuel Harris
(VGA Founder)
helping Veterans
connect with
social and
emotional well-
being through
the power of
gaming.




Anyone interested in joining Veteran Gaming Australia can register via their Facebook page.

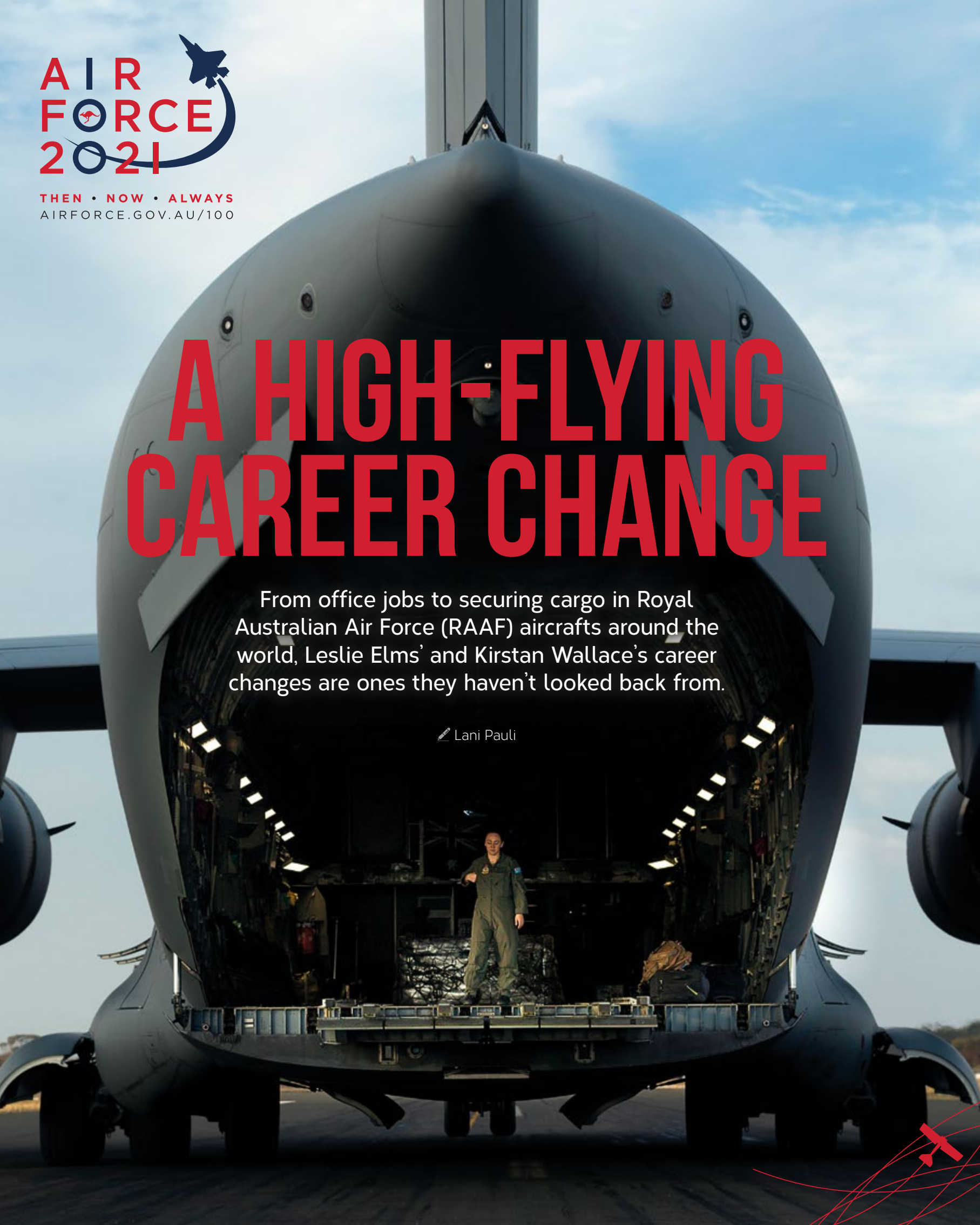


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A HIGH-FLYING CAREER CHANGE

From office jobs to securing cargo in Royal Australian Air Force (RAAF) aircrafts around the world, Leslie Elms' and Kirstan Wallace's career changes are ones they haven't looked back from.

 Lani Pauli



OPPOSITE:
 Kirstan Wallace
 in her 'office',
 a Boeing C17
 Loadmaster.

BELOW:
 Duel Duxes
 of the Airfield
 Defence Gaurd
 basic course
 Aircraftmen
 Leslie Elms (right)
 and Tim Crellin
 are presented
 the AC Terence
 Toole Memorial
 Trophy by Deputy
 Chief of Air
 Force, Air Vice
 Marshal Gavin
 'Leo' Davies, AO,
 CSC. (Photo:
 Department of
 Defence).

**"I'VE BEEN
 ABLE TO
 TRAVEL WHILE
 REPRESENTING
 MY COUNTRY
 AND PLAYING
 A PART IN
 HELPING
 PEOPLE WHO
 NEED IT THE
 MOST."**

THE desire to find work with purpose isn't uncommon, and for two Amberley-based C17 Loadmasters, swapping their nine-to-five to ensure the safe passage of cargo for the RAAF is a career switch we're a little less used to hearing about.

For RSL Queensland member Leslie Elms, logging off from his career as an IT professional to join the RAAF in 2013 is the best decision he's made.

"I'd worked in IT for eight and a half years and was at a crossroads, needing a challenge – something more exciting," he says.

"I wanted to do something outside of the office at the other end of the spectrum to what I had been doing and so, at the age of 32, I joined the RAAF."

Colleague Kirstan Wallace, who left the advertising and media industry to join the RAAF five years ago, couldn't deny feeling there was something more for her to achieve professionally.

"I had always dreamt of being able to fly around the world and had a keen interest in the aviation industry," she explains.

"The push I needed to enlist via RAAF's Direct Entry Scheme came after a conversation with my Nan's friend who was in the Air Force and was telling me stories of her time in the UAE and the USA.

"Being part of the RAAF has allowed me to experience so many new places and cultures firsthand."

SECURING TAKE-OFF

Leslie started his service as an Airfield Defence Guard, where he says he built his military foundation before taking the steps to his current role as a C17 Loadmaster.

"As a loadmaster I'm responsible for ensuring the cargo in the aircraft is restrained correctly, that the weight and balance of the aircraft is accurate and can allow the plane to fly safely.

"I've had some amazing experiences that I would never have had if I never signed up to wear the uniform."

JUST ANOTHER DAY IN THE 'OFFICE'

"When I joined I did so as an Airfield Defence Guard and during that time

was deployed to the UAE. It was an eye-opening experience," Leslie says.

"Now, as a loadmaster, our trips are a lot shorter. We call them milk runs. We carry the equipment to a destination and spend a few weeks at most there before coming home."

Still, not everyone can say a work trip took them to Antarctica, somewhere Leslie never imagined he'd get to say was a part of his career, either.

"We had three hours on the ice before leaving and we worked for two hours and 50 minutes of that. I made the most of my last 10 minutes and can say I've made a snow angel on the Antarctic," he says.

"It was the most compact 10 minutes and just an amazing thing I have been able to do in this job and a memory that will stay with me for a lifetime."

For Kirstan, who has always had the 'travel bug', being with the RAAF has meant she has been able to see the world and help people who need it the most.

"I've been able to travel while representing my country and playing





a part in helping people who need it the most. For example, delivering humanitarian aid to countries hit by natural disasters or supporting the medical evacuations of Australians following the New Zealand volcano eruption in 2019.

“Those days are tough, but you are making sure Australians are coming back home for the care they need.”

IT'S HARD WORK AND IT'S WORTH IT

Leslie said he wouldn't sugar coat it or “sell a rainbow” to anyone considering a career in the RAAF but the fantastic opportunities outweigh it all.

“It's a chance to expand yourself, meet some great people and forge amazing friendships along the way.

“The positives definitely outweigh the hard times, and it is another family you can't get in any other work environment.”

WEARING THE UNIFORM WITH PRIDE

As RAAF readies for its 100th year, both Leslie and Kirstan feel a sense of pride being in the service as the milestone is commemorated.

“It's pretty special for me and knowing what I've done; to play a small part in our Air Force's history is a big deal,” Kirstan says.

“I've seen so many changes in the five years I have been in service so I'm looking forward to how the Air Force evolves in the future as well.

“My squadron is developing plans right now to commemorate the day in our own way.”

Leslie agrees that it's a time to reflect on the people who have served and the ways the RAAF has changed.

“We're a fifth generation Air Force now and it's a marvel to think of the contrast from the days when they would ride on horseback to the technology we use daily.

“It's exciting to think what our next aircraft platform will be and what is built in the next 10 or 20 years.”

RECOGNISING LEGACY

Being a member of RSL Queensland represents continuing the legacy of military services for Leslie.

“It is recognising all the men and women who have served their country and continue to support and celebrate everyone that puts on a uniform.” ←

A CAREER BUILT ON DEVELOPING THE NEXT GENERATION

He's flown with the Governor-General and a Prime Minister, but for Ipswich RSL Sub Branch member Steven Voll, the biggest reward of his 30-year career in the Royal Australian Air Force (RAAF) has been seeing new recruits graduate and forge successful careers of their own.

 Lani Pauli

IN 30 years of service to the RAAF, Warrant Officer Airfield Defence Guard Steven Voll has some great stories. From flying with Australia's Governor-General and then Prime Minister John Howard to training more than 600 new cadets – his career has kept life interesting.

When he describes his day-to-day life at RAAF Base Amberley, he says there's a lot of making sure the command team and training teams are working well together.

“The Air Force is made up of well over 14,000 air men and women who come from all different diverse backgrounds,” he says.

“And what we're trying to do as an employer of choice is to recognise the needs of all those members and significant cultural barriers and make sure we can give our workforce the best opportunity to integrate, to display their culture and what they can add to the Air Force and the joint capability.”





**Then.
Now. Always**

In 2021, the RAAF marks 100 years of service to Australia. Read more about the Air Force's journey at airforce2021.airforce.gov.au



“Being a corporal instructor and seeing them graduate and succeed in their careers is really important,” he says.

Two of the new generation coming through the ranks include his two sons who are both in the Defence services. “I’m at the top of where I can be as a Warrant Officer,” he

says. “I’m very happy with what I’ve achieved.

“For me, I have sons who are serving in the Army and to see your children succeed is amazing. I’m as proud as punch.”

A MULTI-GENERATIONAL AIR FORCE

“It is a huge milestone. It’s not just about the Air Force coming of age, it is recognition that the Air Force has evolved into a fifth generation and very capable Air Force,” Steven says.

“We’ve got airmen and airwomen who are devoted to that duty and we’re all ready to work together in a joint force. It’s amazing the new technology and equipment that is coming through and the facilities.”

MATESHIP FOR MEMBERSHIP

Steven has been a member of Ipswich RSL Sub Branch for five years and wishes he’d joined sooner.

“It’s about friendship and socialisation,” he explains of what RSL Queensland means to him.

“We’re people who’ve got like-minded interests or have given in their service. So not only is there an advocacy component, but there’s mateship and you’d be amazed at the conversations you have with some people, including younger veterans.

“It’s ex-servicemen helping other ex-servicemen and using their experiences, good or bad, to assist others to go forward.” ←

FROM ARMY TO RAAF

Steven started his Defence career in the Army and says it was after being inside a C130 that his passion for flying was reignited.

“I had ridden in the Iroquois helicopter as well and I fell in love with the Air Force. I got involved in the airfield Defence and I absolutely loved it, and here we are 32 years later,” he says.

“I’ve been a weapon trainer for aircrew and then as my career developed further, I was an instructor at the Defence Force Academy and I was involved in wider postings.”

During his career, Steven has been deployed multiple times including stints in Qatar, Papua New Guinea, and Afghanistan.

“At the end of the day, what underpins a successful deployment is obviously the information and preparation you get from the service, but the support that you have from your family, that is the number one priority.”

But for Steven, perhaps the biggest highlights of his career has been his involvement in training the new guard of service men and women.

WIN THIS LIMITED-EDITION RAAF WATCH!

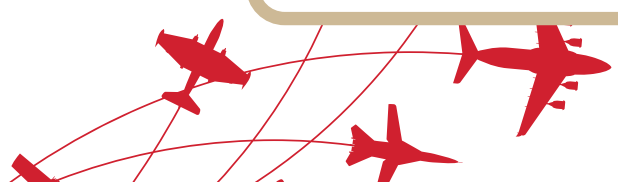
This collector’s timepiece, limited to 500 watches, includes a limited-edition keyring incorporating an actual piece cut from the Caribou (DHC-4) aircraft #A4-208.

The Airfield watch was designed in collaboration with the Australian Air Force, taking inspiration from the official issue RAAF pilot watches from the 1940s and 1950s, previously commissioned by Jaeger LeCoultre and IWC. The trusted Caribou is embossed on the case back of this designer automatic watch.

Sales of this watch support the restoration and preservation of historic RAAF aircraft.

For your chance to win this watch, email your name, address and contact number to editor@rslqld.org with the subject line ‘RAAF Bausele watch’.

*Enter!
to Win!*



HELPING VETERANS NAVIGATE LIFE BEYOND SERVICE

Lani Pauli



GO BEYOND
NAVIGATING LIFE BEYOND SERVICE

powered by

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MEDICAL RESEARCH INSTITUTE



RSL
Queensland

To learn more
about the
program visit
gobeyond.org.au

Launched on 24 May, Go Beyond is a program for ex-service personnel that speaks the 'Defence language'.

'FINE' is the answer we give – both to loved ones to keep them from scratching too far under the surface and something we tell ourselves to keep going.

As ex-service personnel transition to civilian life, it can also be a word used to avoid having conversations that feel like you're speaking a language others don't understand.

For veteran Tim Thomas, who served for six years with the Australian Special Forces Commandos, including deployments in Afghanistan and East Timor, a new online program developed in partnership with RSL Queensland and Gallipoli Medical Research Foundation (GMRF) has ensured he no longer feels like his experiences are being lost in translation and that veterans can finally feel more than just 'fine'.

Go Beyond is a national program to help Australian veterans adjust and succeed in their civilian life. The program officially launched in Canberra on 24 May and is now available online to all ex-serving ADF personnel.

Tim says the Go Beyond program is different because it understands and speaks the 'Defence language'.

"They [GMRF] understand the learning style of Defence. The way that Go Beyond is structured, it helps you absorb the information in a way that's easy and effortless."

FROM FINE TO FEELING EQUIPPED TO CARRY ON

'Fine' is how Tim figured his transition to civilian life would play out.

"When I left Defence, I thought if I got a job, everything would be fine," he says. "It couldn't have been further from the truth. I tried keeping busy but couldn't ignore there were things missing.

"I felt like I couldn't talk about it, and I didn't realise my connection within Defence meant more than I was admitting. Things were starting to fall apart for me, and I didn't know how to express that."

RSL Queensland General Manager Veteran Affairs and Policy Rob Skoda says easing the adjustment to civilian life after service is at the heart of this first-of-its-kind program.

"We want to get to a point where every ex-serving ADF member is registered and going through the Go Beyond program in their own time," he says.

"It is our duty to support them with research-informed services and programs that include the tools and resources to ensure they have a healthy transition to civilian life."

For Tim, seeing a confidential and personalised online program to translate feelings and get real advice on how to move forward is powerful.

"We can deal with anything, but we can't deal with loneliness. We don't want to think we're the only ones going through it. This program breaks the isolation and that's where the real power is."

"It's a 1, 2, 3 step process. You don't have to learn everything, and it is specific to you. It gives you exactly the information you need to take action. The program gave me the stuff I didn't know I needed to know, and that I couldn't get anywhere else."



LEFT:
Tim Thomas
talking about his
experience with
the Go Beyond
program.

BELOW:
Tim Thomas.

OPPOSITE TOP:
Left to right:
GMRF CEO Miriam
Dwyer, Chief of
the Defence Force
General Angus
Campbell, AO,
DSC, and RSL
Queensland
State President
Tony Ferris.

“WE CAN DEAL WITH ANYTHING, BUT WE CAN'T DEAL WITH LONELINESS. WE DON'T WANT TO THINK WE'RE THE ONLY ONES GOING THROUGH IT. THIS PROGRAM BREAKS THE ISOLATION AND THAT'S WHERE THE REAL POWER IS.”

RESEARCH DESIGNED FOR ACTION

GMRF CEO Miriam Dwyer says the research carried out over six years in the Service to Civilian Life study became one of the largest studies of military transitions in the world.

“We are proud of the research and have great expectations for the positive impact the Go Beyond program will have in helping veterans,” she says.

Australian veterans first complete the M-CARM (Military-Civilian Adjustment and Reintegration Measure). It's a self-reporting questionnaire – that takes about five minutes to complete online – and allows veterans to identify how they're adjusting and where they may need additional support.

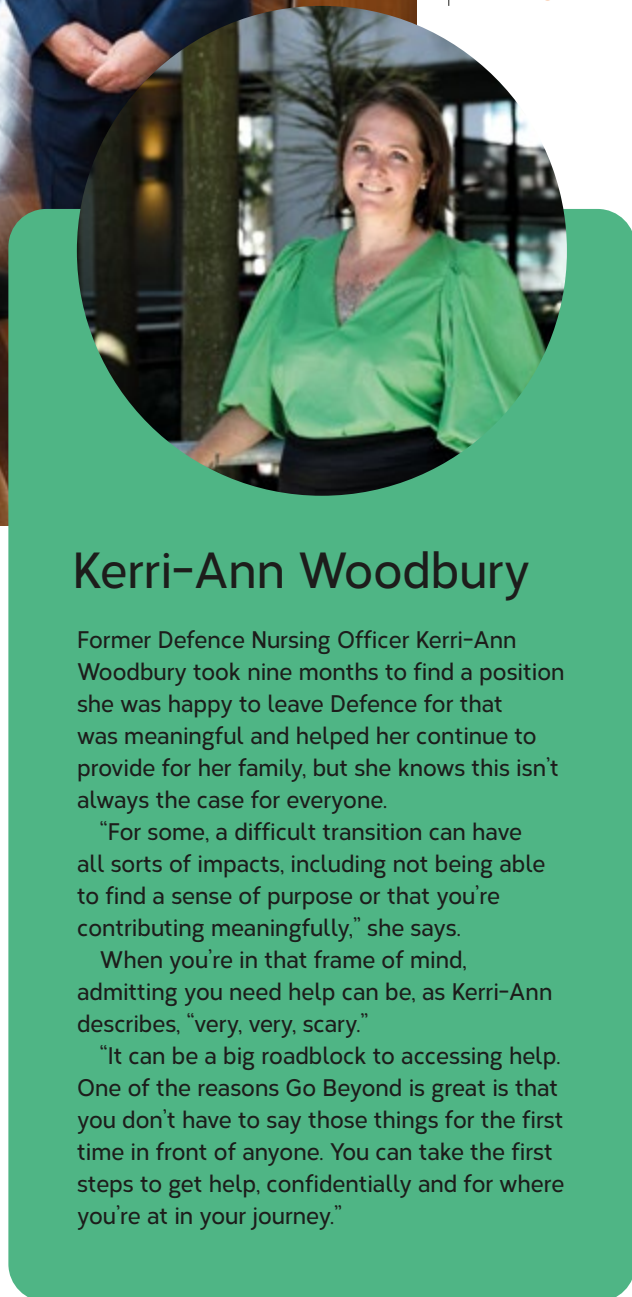
Once completed, veterans are provided a personalised needs assessment profile that starts their free tailored Go Beyond online training program.

Focusing on five key domains of a veterans' transition journey, including purpose and connection, help seeking, beliefs about civilians, regimentation





“THE RESEARCH CARRIED OUT OVER SIX YEARS IN THE SERVICE TO CIVILIAN LIFE STUDY BECAME ONE OF THE LARGEST STUDIES OF MILITARY TRANSITIONS IN THE WORLD.”



Kerri-Ann Woodbury

Former Defence Nursing Officer Kerri-Ann Woodbury took nine months to find a position she was happy to leave Defence for that was meaningful and helped her continue to provide for her family, but she knows this isn't always the case for everyone.

“For some, a difficult transition can have all sorts of impacts, including not being able to find a sense of purpose or that you're contributing meaningfully,” she says.

When you're in that frame of mind, admitting you need help can be, as Kerri-Ann describes, “very, very, scary.”

“It can be a big roadblock to accessing help. One of the reasons Go Beyond is great is that you don't have to say those things for the first time in front of anyone. You can take the first steps to get help, confidentially and for where you're at in your journey.”

and resentment and regret, Go Beyond's modules are self-directed and completed online when a veteran is ready.

THE STATISTICS HAVE TO IMPROVE

Previous studies, including the ‘Transition and Wellbeing Research Program’ undertaken by the Departments of Veterans' Affairs and Defence, highlight that almost half of all veterans who transitioned to civilian life were diagnosed with a mental health condition within the first five years of leaving service.

It's a statistic that RSL Queensland State President Tony Ferris says must change.

“The development of Go Beyond is another way we're showing up to better veterans' mental health initiatives and research,” he says. “We have committed an ongoing \$14 million to valuable research to ensure that our Defence family are leading meaningful and fulfilling lives after they leave service.”

GMRP Associate Director of Mental Health Research Dr Madeline Romaniuk agrees and says the translation of scientific knowledge into real world support is what gives Go Beyond the power to create positive change in veterans' lives.

“For so long there was no weight given to the profound adjustment veterans go through when they separate from Defence,” she says.

“The research GMRP carried out stressed the importance of developing a deep understanding of the learned and lived experience of veterans so that we could provide them and their families with the support needed to navigate the unique challenges to transitioning to civilian life.” ←



To learn more about the program scan QR code.



RSL

SCHOLARSHIPS:

*Supporting you to
embrace opportunity*

A little extra support goes a long way to
achieving a long-held dream.

This was the case for 42-year-old Toni King, who lives in Townsville with her husband and three children. Toni's husband was medically retired in 2007 after more than

10 years' service in the Army, including deployments in East Timor and the Solomon Islands.

"Being the partner of someone in Defence and then a veteran impacted my own career and employment opportunities. I've had to be the person at home, the stable person for the kids and family things," she says.

"It means I've not had the chance to go and do the things I wanted to do when I was a bit younger."

When the business Toni and her husband owned closed and her husband was unable to work, Toni had to make a choice.

"We were at a crossroads, and I thought it was a great opportunity for me to focus on what I'd always wanted to do. I had started a course and when the organisation I was studying with closed, I thought to myself, 'I'm enjoying this. Why don't I apply for university?'" she says.

Toni applied to study a Bachelor of Social Work at James Cook University and was accepted.

HELP WHEN IT MATTERED MOST

Toni's experience is one that may feel familiar to many partners of Defence personnel.

RSL Queensland understands that partners give invaluable time and effort to maintaining the stability of their family and this sometimes means their own career aspirations are put on hold.

Since it was established in 2017, our scholarship program has awarded 221 scholarships to ex-Defence personnel, partners of current serving and ex-Defence members, and veteran dependants. These scholarships provided valuable funding to support Defence families through tertiary or vocational study.



The program empowers recipients to open the door to opportunity, improve their employability, refocus their sense of purpose and support their financial security through access to study or training to upskill or achieve degree qualifications.

For Toni, an RSL Scholarship allowed her to commit to her studies without additional financial stress.

"It helped our family at a time when buying textbooks, for example, was financially difficult. It meant I was able to buy them without the stress of worrying about the cost and where the money was coming from. I could focus solely on studying."

With the additional support, Toni has been able to complete her degree in four years of full-time study.

"Finishing full-time study without

breaks is a big achievement for me," she says. "I was so proud to win three University awards and finish my degree with Distinction as I'd worked really hard to get that result."

"Completing my study has meant I'm more employable and able to apply for jobs with greater financial benefit. And with my degree I'm now able to reach for more opportunities with career advancement."

Now that she's graduated, Toni is focusing on her goal to work with people.

"I'm working as a social worker right now and long-term I'd like to become a mental health social worker. I really enjoy working with people in the clinical counselling space and I'd like to focus on more one-on-one and small group sessions."

"I WAS SO PROUD TO WIN THREE UNIVERSITY AWARDS AND FINISH MY DEGREE WITH DISTINCTION AS I'D WORKED REALLY HARD TO GET THAT RESULT."



“THE PROGRAM EMPOWERS RECIPIENTS TO OPEN THE DOOR TO OPPORTUNITY, IMPROVE THEIR EMPLOYABILITY, REFOCUS THEIR SENSE OF PURPOSE AND **SUPPORT THEIR FINANCIAL SECURITY THROUGH ACCESS TO STUDY OR TRAINING TO UPSKILL OR ACHIEVE DEGREE QUALIFICATIONS.**”

And her connection to Defence isn't over yet.

“It's hard to leave that world behind. I'm working with current serving members who are injured in the workplace, helping them to develop rehabilitation programs to either return to their pre-injury work duties, transition to other jobs within ADF or support them as they transition out of Defence.”

IT'S YOUR TIME

With applications now open for RSL Queensland's 2022 Scholarships, Toni encourages anyone eligible to apply for the opportunity.


“Being able to go back and study as a mature student has given me more confidence as a person to achieve my goals as an individual, not just a 'Defence partner' or 'Mum'. I'm so glad I've had the opportunity to study.” ←



Learn more, submit an enquiry to discuss your eligibility, or apply online at rslqld.org/scholarships

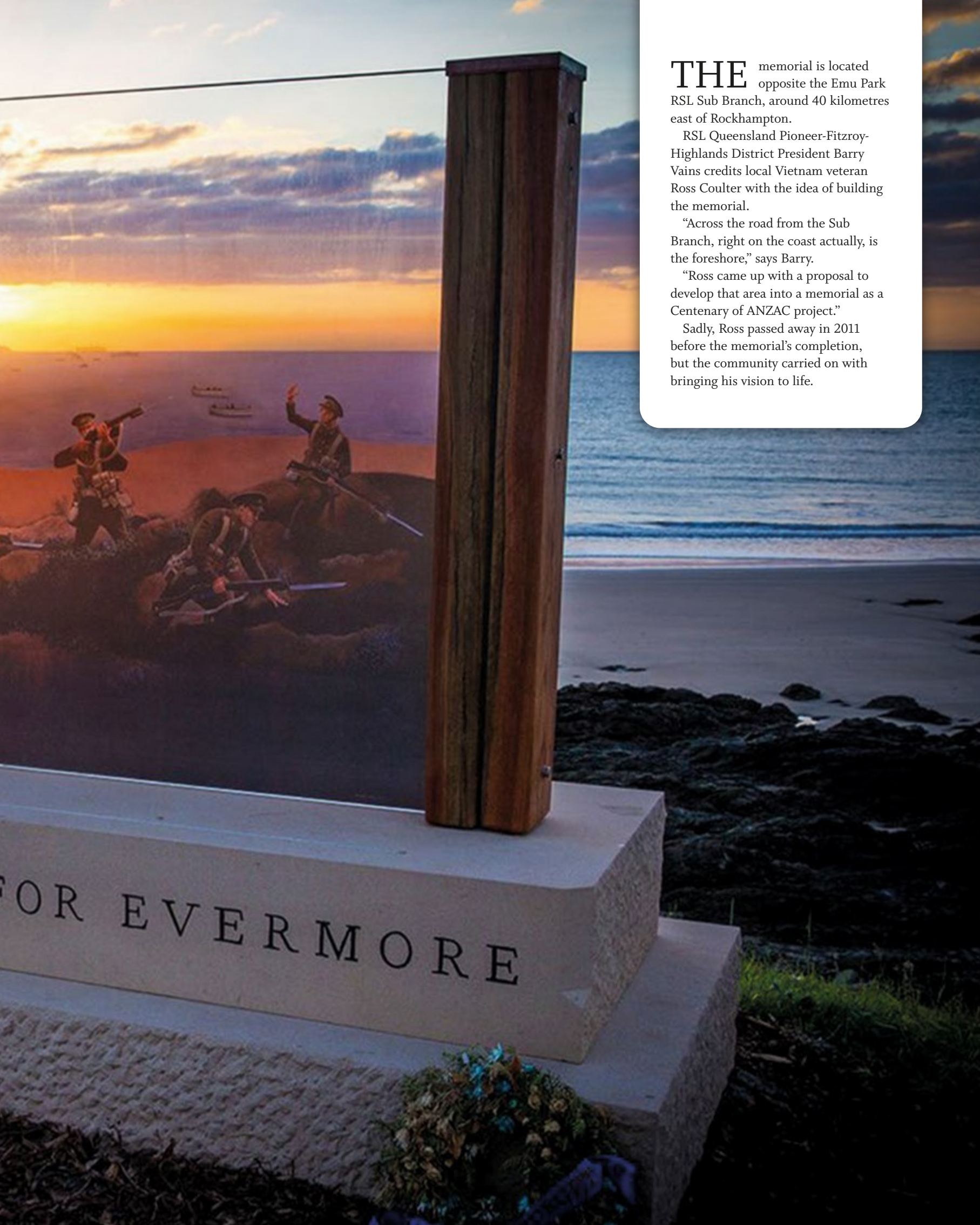


HONOURING THE ANZACS IN EMU PARK

 Jessica Grant

On a peaceful stretch of the Capricorn Coast lies one of the most striking war memorials in Australia. Renowned for its beautiful surrounds and linear depiction of battles, the Emu Park Centenary of ANZAC Memorial tells the story of Australia's WWI heroes.

THEIR NAME LIVETH



THE memorial is located opposite the Emu Park RSL Sub Branch, around 40 kilometres east of Rockhampton.

RSL Queensland Pioneer-Fitzroy-Highlands District President Barry Vains credits local Vietnam veteran Ross Coulter with the idea of building the memorial.

“Across the road from the Sub Branch, right on the coast actually, is the foreshore,” says Barry.

“Ross came up with a proposal to develop that area into a memorial as a Centenary of ANZAC project.”

Sadly, Ross passed away in 2011 before the memorial’s completion, but the community carried on with bringing his vision to life.



**“THE WALK
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GLASS MEMORIAL
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LANDING AT
GALLIPOLI,
THROUGH WHICH
THE SUN CAN
BE SEEN RISING
IN THE EARLY
MORNING.”**

A GRASSROOTS MOVEMENT

According to Barry, funding for the memorial started at a grassroots level in Emu Park.

“We got the Bendigo Bank on side – they provided some funding towards it – and I started to meet with politicians to talk to them about it,” he says.

“In 2014, the Livingstone Shire Council de-amalgamated from the Rockhampton Council, and after that they came on board and basically adopted it as a project for the Shire.”

With the help of funding from the State and Federal Government, Livingstone Shire Council, Emu Park Sub Branch, Emu Park Lions, and Pioneer-Fitzroy-Highlands District, construction on the memorial started in 2014.

The first stage of the project, incorporating the Memorial Court Precinct and Centenary of ANZAC Memorial Walk, opened in 2015 to coincide with Centenary of ANZAC commemorations.

The second stage of the memorial

opened around ANZAC Day in 2016, comprising a Gatehouse with floor-to-ceiling panels telling the story of and honouring the original ANZACS.

The Gatehouse provides a timeline of the major battles of World War I, including Gallipoli, the Somme, Fromelles, Lone Pine and many more. The walk follows the coastline and features a glass memorial depicting Australian soldiers landing at Gallipoli, through which the sun can be seen rising in the early morning.

Barry says the project’s success was largely due to how involved the community was in its development.

“It was a project that the community embraced.”

“A lot of local families feature in the timeline and panels in the Gatehouse. We used local veterans who went to World War I, and the project was supported by the three levels of government – the Livingstone Shire Council, the State Government, and the Commonwealth Government.

“Those sorts of projects, if you get

the community behind them, they’re more likely to get over the line.”

**EDUCATING THE
NEXT GENERATION**

In addition to honouring the memory of the ANZACS, Barry says the memorial was also built to educate people.

“When it was designed, of course we wanted commemorative and tourism aspects, but we also wanted it to be about learning.

“It’s specifically designed so that if you go through the timeline and do the chronological walk around all the panels, you should go away with a fair idea of what World War I was all about, and the terrible death toll.

“We lost something like 61,000 Australians during that war. When you consider that at the time we only had a population in Australia of about 4.8 million, that’s a pretty big percentage.

“Basically, we lost a whole young

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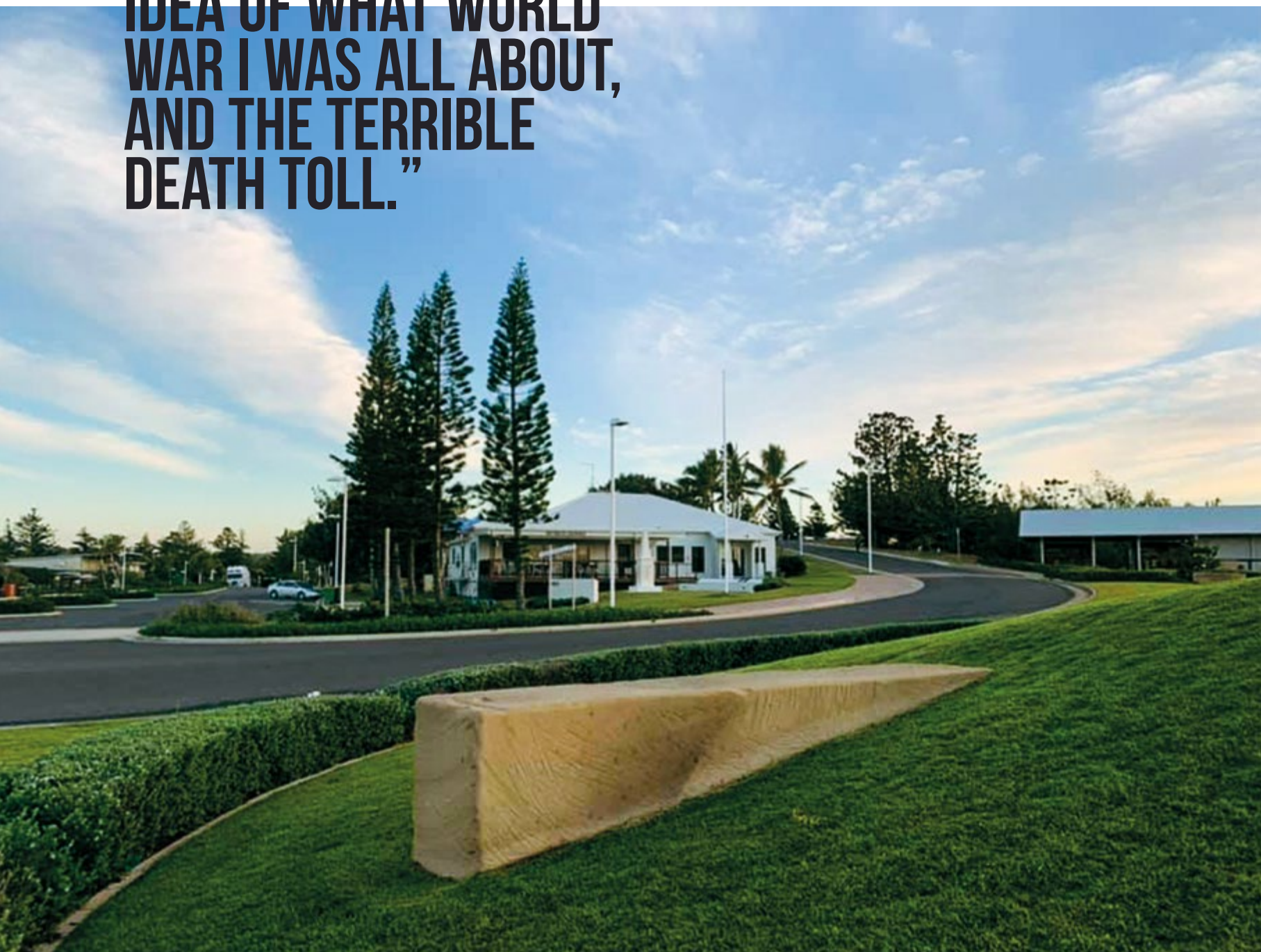
generation in World War I.”

Sometimes Barry says he still can’t believe the community was able to create such an incredible memorial.

“It’s beautiful. That’s my own Sub Branch, and sometimes I go down there and I look at it and just say, ‘How in the world did we achieve this?’”

The only way to properly experience the Emu Park Centenary of ANZAC Memorial yourself is to visit it in person. The memorial can be found just across from the RSL Queensland Emu Park Sub Branch at 1 Emu Street, Emu Park. ←

BELOW:
The Emu Park memorial can be seen from the RSL Queensland Emu Park Sub Branch.



A HELPING HAND FOR A NEIGHBOUR IN NEED

We talk about being shoulder to shoulder, always, and Queensland veterans Michael Stone and Mark Herewini have personified the mantra in their recent efforts supporting victims of Cyclone Seroja in Timor-Leste.



Having recently returned from a self-initiated and self-funded two-month emergency relief operation, Michael says his first reaction when he heard of the disaster was to

provide practical support, solidarity, and hope to the people of Timor-Leste.

“I deeply respect the debt of honour Australia has to the Timorese people who supported our soldiers in World War Two,” Michael says.

“Tens of thousands of Timorese gave their food supplies and risked their lives to protect our soldiers. They were our wartime allies, and the best way we can honour their sacrifice is through our actions and friendship, especially in times of need.”

A CRISIS WITHIN A CRISIS

Already in the midst of the COVID crisis, and after experiencing torrential rain from Cyclone Seroja, flooding and landslides destroyed homes and buildings in Dili on Easter Sunday. More than 50 lives were lost, and 44,000 households were affected, with many losing everything and thousands forced into temporary shelters.

During his 20 years’ service, Michael was deployed overseas for eight years, mostly in East Timor. Together with his father, Gary Stone, he co-founded the Veterans Care Association, an RSL Queensland partner program.

When the crisis hit, Michael reached out to a few veteran mates to find a way they could offer support to their fellow Timor friends.

“One said he would fund a flight to get me and the first supplies there,” Michael says.

“We also set up a GoFundMe campaign. Over three days we raised \$72,000, which was distributed to trusted organisations – including Timor’s lead community health non-government organisation and the Timorese Veterans’ Council – to help with their immediate needs after the disaster.



ABOVE: Critical medications arrive on private charter in Dili Airport received by the Timorese Minister for Disaster Management and officials. Donations came from Australian Veterans and the Darwin community. The first relief supplies to arrive from Australia. Photo: Michael Stone.

OPENER: An old Timorese man sells fruit in the streets of Dili, in the worst economic and humanitarian crisis in Timor in decades. Photo: Michael Stone.

“About a dozen of our team were on standby to go to Timor but Australia was in lockdown, and we had to get permission to leave and land in Timor. In the end, we were granted permission for two people to travel.”

Michael was joined by fellow Veterans Care Association member Mark Herewini, a former infantryman and now paramedic.

“Within a few days we gathered 700kg of medical supplies and prioritised them in consultation with doctors on the ground in Dili, who advised what needed to go most urgently. We were the first Australian relief plane to land in Dili after the crisis and the first physical humanitarian presence on the ground,” Michael says.

They transported over 70 boxes of critical medical and humanitarian supplies on the flight, including basic things like Ventolin, asthma puffers, electrolytes, Panadol, and insulin.

Veterans Care Association President Gary Stone says Michael and Mark

embody the humanitarian spirit of the program.

“Michael and Mark weren’t sitting in an office directing things from a computer. They’ve been on the ground in dire conditions hauling sacks of rice, conducting medical outreach clinics, traversing landslides, conducting emergency health training and digging mud out of people’s houses. They have been working tirelessly to encourage people and give them hope.

“So, it is certainly above and beyond the call of duty, as it were, but that’s part of the Australian spirit, isn’t it? To help our neighbours in times of need.”

A LONG-TERM COMMITMENT TO THE TIMOR COMMUNITY

Michael and Gary have had a deep and long-standing relationship with East Timor and the Timorese.

“More Australian soldiers have served in Timor than in Afghanistan or Iraq, or any other operation since the Vietnam War. Indeed over 35,000



Australians soldiers, sailors and airmen have served in East Timor over the last 20 years.”

“Veterans Care Association have been working in Timor since 2016 and we’ve had multiple aims. We’ve been running a rehabilitation program for wounded, ill and injured Australian veterans called Timor Awakening. We have a holistic health focus rather than treatment focus, using peer support mentoring,” Gary says.

“Since we started, we have done 12 programs in Timor. We fly into Dili, the capital, where we are met by a group of Timorese war veterans, and we go on a joint program with them for about 13 days.

“Timorese veterans don’t have support arrangements like what we’ve got here. So, we’ve embraced their wounded, ill veterans, as we’ve taken our guys over there, and developed a strong relationship with them.”

As part of their efforts on the ground, the Association has founded an educational scholarship and put around 50 Timorese veterans through vocational training.

“In 2018, the Timorese veterans asked us to build a school to teach their next generations English, prepare them for development and liberate them from poverty. Over the last 24 months, Michael put together a program, raised close to \$200,000 and now a very large boarding school is built and operating on the remote south coast of Timor, near the town

of Betano where the wreckage of the HMAS *Voyager* remains.”

A MISSION OF HOPE

Michael says it was an intense experience full of connection, community, and compassion, but their work in Timor is far from over.

“The Timorese people are amazingly resilient human beings; however, the country’s economy has been crippled by COVID restrictions, malnutrition is rising, and medical supplies and medicines are depleted. We will continue in our work to support and provide aid to our neighbours. Timor-Leste is a country that is a beacon of hope and together we can get through this,” Michael says.

“Our primary mission was to provide essential aid and emotional support to the Timorese. We wanted to let them know that they were not forgotten,” Gary adds.

“It’s been a mission of hope, solidarity and togetherness. In fact, Mark, Michael, and all our team wear

shirts with the word ‘Hamutuk’ on the back. It is a Timorese word for togetherness. We are in this together.

“The Timorese are overjoyed that they’ve been given this help. There are thousands of people still homeless and there’s very limited international aid supporting their recovery. We’re continuing to raise money to help them through this time.

“The people in Dili that lost their homes and properties, they’ve got nothing. There’s no money in the bank. There’s no social security system. They’re relying on extended family to share rice with them.”

During Michael’s first weeks on the ground, he describes seeing people boiling grass and leaves just to have something to eat.

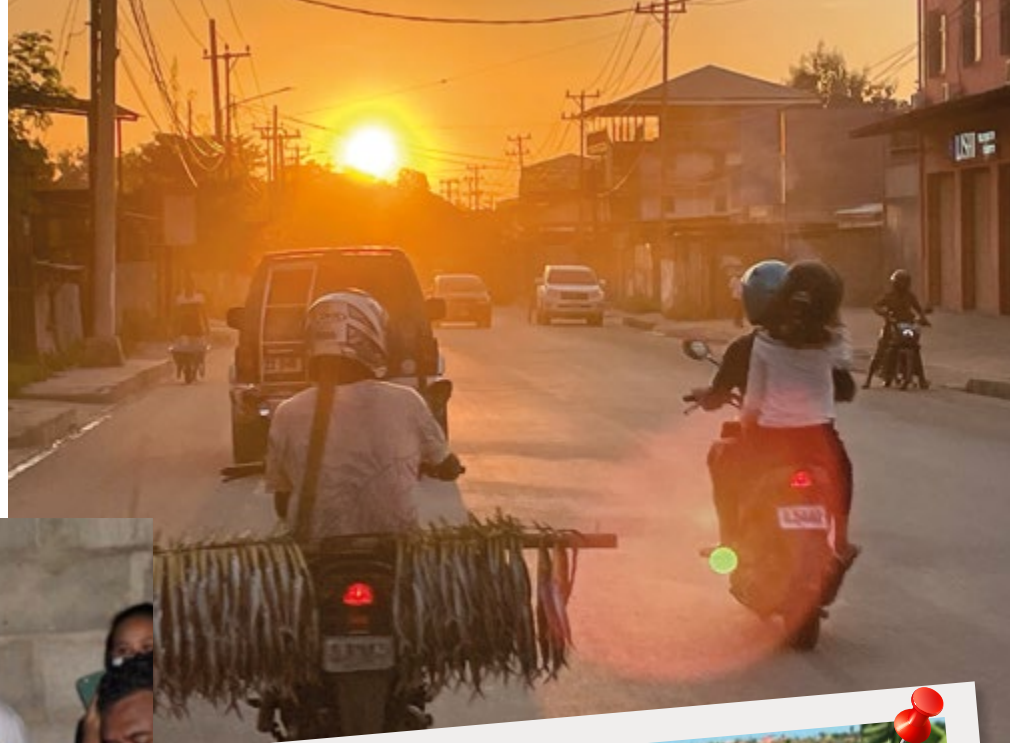
“There’s still so much more that needs to be done. The situation is getting worse rather than better as the people on the ground deal with multiple large-scale crises, including soaring COVID rates.”

“We appeal to fellow Australians

TOP:
Timorese War veteran, ‘Lagartu’, wounded six times in his 24 years as a guerilla, lost his house and all possessions to a major landslide. Photo: Michael Stone.

ABOVE:
Michael Stone, Former President of TL Jose Ramos-Horta and US Ambassador Kevin Blackstone. President JRH hosted Michael and Mark at his private residence during the mission. Photo: Michael Stone.

“IT IS CERTAINLY ABOVE AND BEYOND THE CALL OF DUTY, AS IT WERE, BUT THAT’S PART OF THE AUSTRALIAN SPIRIT, ISN’T IT? TO HELP OUR NEIGHBOURS IN TIMES OF NEED.”



FROM LEFT TO RIGHT: QAS Paramedic and Interfet veteran Mark Herewini provides a training clinic to Timorese volunteer doctors, nurses and medics. Photo: Joni Kay, The sun sets over Dili as the team return from a food distribution drop, community consultation and site damage survey Photo: Michael Stone, Major Michael Stone (Retd) with Timorese Health NGO SABEH; Doctors, nurses and other clinician volunteers, before embarking on a daily health clinic. Photo: Joni Kay.

to advocate to our state and federal governments to provide support to Timor-Leste as best as possible. They’re in desperate need of a huge range of medical equipment, training and basic medicines as a starting point. Their economy has completely collapsed, with the majority of Timorese currently unemployed.”

AWAKENING VETERANS

While COVID has pressed pause on the team taking veterans to Timor for now, Gary said Australian veterans can still enroll in one of their Timor Awakening programs, which are being run from Rainbow Bay on the Gold Coast in the interim.

“Some veterans get stuck in a victim mentality and the awakening part of our program enables them to

realise they can get healthier and find a positive life purpose after leaving service,” Gary says.

“We find many of our veterans are those that have been medically discharged, and in a situation where they’re not able to find work after leaving the military. But we can help them find health, identity and purpose again.”

“We want them to get inspired and find ways to be active and engaged,

instead of sitting on the couch. We’re not ex-servicemen, we’re just serving in a different way now. We can continue to be of service to our community but with a different focus, purpose and identity.

“It’s a case of finding the place where you can actually do that. The RSL offers enormous potential to do it and we wouldn’t have been able to provide our Timor Awakening programs without the support of RSL Queensland.” ←

THERE’S STILL TIME TO SUPPORT
Veterans Care is still raising much needed funds to support recovery efforts in Timor. If you would like to donate, visit veteranscare.com.au/event/timor-lesteeaster-floods-disaster-relief. If you are interested in the Timor Awakening program or Veterans Education Scheme in Timor-Leste, you can find out more at www.timorawakening.com.

MATES 4 MATES

THE QUARTERLY MAGAZINE
FOR OUR DEFENCE COMMUNITY

**Mates taking the
wheel on the road
to recovery.**

THE PERSONALISED RECOVERY
SERVICES DRIVING OUR MATES
TO ACHIEVE THEIR GOALS.



+

RUNNING TASMANIA.

ONE WOMAN'S 130KM
JOURNEY IN SUPPORT
OF OUR MATES.

Experiencing

Pandemic Fatigue?

AFTER 18 MONTHS OF UNCERTAINTY,
SOCIAL ISOLATION AND LOCKDOWNS -
IT'S UNDERSTANDABLE WE'RE FEELING DEPLETED.

+

**A FIRST FOR THE
NORTHERN TERRITORY.**
MATES4MATES OPENS DOORS
AT INTERIM SUPPORT CENTRE
FOR NT DEFENCE COMMUNITY.

A message from our CEO Troy Watson.

Blink and you'll miss the fact we are already into September, and what a remarkable few months it has been at Mates4Mates.



We recently opened the doors on our Mates4Mates Northern Territory (NT) interim centre in Palmerston. A mountain of work had been completed by our NT team, led by Regional Manager Jan Peters, and Liaison Officer's Jack and Chris, to create a safe, supportive and welcoming environment for Territory veterans and their families.

While the permanent Northern Territory Veteran and Family Wellbeing Centre remains on track for 2022, we were determined to meet the needs of the veteran community in the Territory now, leading us to set-up a team, and an interim site, a year ahead of schedule. To now have more than 150 Mates as part of our Territory community is testament to the hard work of our local team, as well as the quality of services they and their RSL Queensland colleagues are already delivering on the ground, and I'm sure that number will only continue to grow.

Speaking of growing numbers, that's been the case for us here at Mates4Mates in the past 12 months, not just in the Territory but across the country. While our four service streams of psychological services, physical rehabilitation and wellbeing, skills for recovery and social connection remain a core focus, we have also adopted a new recovery-oriented approach with some outstanding results. You can read more about this on pages 4 and 5.

We've also enjoyed some wonderful success in Tasmania recently with fantastic feedback on our One-Day Wellness Programs, delivered via funding from the Tasmanian State Government, as well as an inspiring community fundraising effort with one of our supporters running 130km from Penguin to Launceston in the State's north west to raise money for Mates. You'll find more on these initiatives on page 6.

Finally, on page 7, our National Clinical Manager, Georgia Ash touches on the effects of Pandemic Fatigue. This last year has affected each of us in different ways and I'd encourage you to read this piece and learn a little more about the things you can be conscious of in yourself and those around you.

As always, enjoy the stories throughout this edition of our magazine and remember to take care, of both each other and yourselves.

Troy

Shop your support.

Every purchase supports veterans and their families. Shop online today.

mates4matesshop.org



Make the call that makes the difference.

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

mates4mates.org

1300 4 MATES

Keep up to date, follow us:



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

Doors open in the NT!

There was plenty of buzz at the recent opening of our Mates4Mates Northern Territory interim centre, with an enthusiastic crowd enjoying a free pancake breakfast and coffee while finding out more about what Mates4Mates offers up in the Territory.



The centre is the first of its kind in the Territory and is led by NT Regional Manager, Jan Peters and Liaison Officer's Chris and Jack. Strong demand from the local community sparked Mates4Mates to open the doors on an interim centre a year ahead of the permanent Veteran and Family Wellbeing Centre, scheduled to open mid-2022.

More than 50 new Mates have registered in the NT since the interim centre has opened, and social connection activities are busier than ever.

"We recognised a need within the community which is why we were determined to open the doors on an interim site as soon as possible," said Ms Peters.

"With more than 150 Mates already registered in the NT the response has been overwhelmingly positive and now with a place to call their own we expect that momentum to continue to grow."

Northern Territory Minister for Veterans' Affairs, The Hon Paul Kirby MLA, welcomed the news of doors opening at the Mates4Mates NT interim centre.

"The Territory is home to thousands of Defence personnel, veterans, and their families, and the mental health and wellbeing of those community members is extremely important to the Northern Territory Government – that's why we're proud to support Mates4Mates in providing much needed support services to the Defence community."

Mates4Mates services already in the Territory include psychological support, telehealth, social connection activities, and tailored Skills for Recovery programs, including a three-day Wellness Program.

"We recognised a need within the community which is why we were determined to open the doors on an interim site as soon as possible."

— Jan Peters





Recovery focus drives Mates' growth.

South East Queensland

Northern Territory



Mates4Mates General Manager Service Delivery and Operations, Bernadette Praske, shares her insights on some of the changes to our service offerings and the positive impact they have made.


Tasmania



I recently met a lovely young lady at our South East Queensland Family Recovery Centre whose story gave me pause to reflect. She told me about the recovery plan she was working through to achieve her goals and how it was empowering her to look forward in her life. She also shared how glad she was that she had found her way to Mates4Mates. This was a truly heart-warming discussion.

All the work we do as an organisation involves each and every staff member working together to make a difference for veterans and their families impacted by service. We bring our hearts to the work we do and enjoy supporting the progress our clients make as they strive toward improving their quality of life and wellbeing. We continue to deliver our four service streams; psychological services, physical rehabilitation and wellbeing, skills for recovery and social connection, as it is really important we ensure our Mates always have access to these core services. Almost 12 months ago, we introduced a new approach to providing support at Mates4Mates, one that is recovery-oriented.

This recovery-oriented approach involved a few changes, including the introduction of counsellors to our teams and the ability to support Mates to develop individual recovery plans focused on achieving their individual goals. Recovery plans are a great way to ensure you're accessing the right Mates4Mates services for your individual support needs.

 Bernadette Praske, Mates4Mates General Manager Service Delivery and Operations



North Queensland



Online

We also started to develop our online services to ensure we can provide support to those who aren't able to access our centres. Whether that's due to COVID-19 lockdowns, or the fact many veterans and their families live in regional, rural or remote locations, distance should never discount their needs. As a result, we now have a great range of online services delivered by our friendly team that are developed to provide a range of support.

We've noticed a few things in the time since introducing the recovery-oriented approach. More people are coming into our centres, more veterans and their families are becoming Mates and choosing to develop a recovery plan and, as a result, we are continuing to get busier.

It's wonderful to see that the changes we have made to better support veterans and their families when they most need it has meant we are now providing services to more Mates than ever before.

If we look at some of the data around our 'Active Mates' (those currently accessing our services) we can compare 2019 where we had 298 active Mates to 2020 where we had 1172 active Mates. That's a big increase, but we have continued to grow our services and support to even more veterans and their families.

In the 12-month period from 1 June 2020 to 31 May 2021, we had 2,045 active Mates. While this means the team are busier than ever, we are also happier. You see, the more support we are able to provide veterans and their families to improve their quality of life and wellbeing, the more motivated our team becomes. We have also welcomed more than 10 new team members in that period to ensure we continue to provide quality, individualised support services to everyone who accesses Mates4Mates.

"More people are coming into our centres, more veterans and their families are becoming Mates and choosing to develop a recovery plan and, as a result, we are continuing to get busier and busier."

— Bernadette Praske

Which brings me back to the lovely lady in our South East Queensland Family Recovery Centre. I knew when I was speaking with her that her story was a tangible example that the changes we have made, and the wonderful work our team does every day, really was making a difference to the lives of veterans and their families.

I feel incredibly proud of the veterans and families who reach out for support to improve their wellbeing, and equally as proud of our team who walk side by side with them throughout their recovery journey.

Pottering around Tasmania.



Since October 2020, our Mates have enjoyed three of our One-Day Wellness Programs across Tasmania. These programs, made available with funding from the Tasmanian Government, have received excellent feedback from our participating Mates.

From the thrill of hiking and abseiling to learning a new skill, each of our wellness programs is facilitated by a Mates4Mates psychologist, exercise physiologist or liaison officer to benefit our Mates' wellbeing. Our third wellness program was a big hit with our Mates, who enjoyed a pottery class and created a custom-made pot, all while learning about mindfulness, self-compassion and breathing techniques.

Here is what our One-Day Wellness Program participants are saying:

"Practicing mindfulness in the form of self-compassion whilst creating a piece of pottery was very fulfilling and fun. Having the opportunity to throw a piece on the wheel was awesome and something I have always wanted to learn."

"A very relaxing activity. No pressure from the onset, even for a non-creative person like myself. Great company too."

Our final program of glass blowing will be held in Launceston, with expression of interest for this program now open to current and ex-service Defence members.

To register or find out more information, head to mates4mates.org.au/events. Places are limited.

When Renee Ritson puts her mind to something, there is no holding her back. So, when the 38-year-old mother of three decided to raise funds for Mates4Mates by running 130 kilometres from Penguin to Launceston, she did just that.

It was a frosty July morning in Penguin, Tasmania, as Renee tied her laces to begin her long journey. Running for three consecutive days, covering 42–50 kilometres each day, Renee reached her destination in Launceston by nightfall, 130 kilometres away.

Renee says she was motivated on her journey by the strength demonstrated by the returned veterans affected by service, who battle daily with the effects of PTSD and other mental health challenges.

"I'm close with veterans that have been impacted by service, and Mates4Mates do a great job with the activities they have for veterans and their families, so hopefully, I've helped spread the message," she said.

While Renee stuck to a rigorous training plan ahead of her marathon, she said finding time to train with three young children was challenging.

"I'm a mum to three energetic girls who keep me on my toes. Finding the time to train was a challenge, but I was determined to do this; even though I was exhausted some days, I still made sure I got my workouts done and went on my runs," she said.

Renee's goal is to raise \$15,000 through her marathon and other fundraising efforts for Mates4Mates.

Head to her donation page supportmates4mates.org/fundraisers/reneeritson/running-for-veterans today to help support those impacted by service.

130km of support for Veterans



"I'm close with veterans that have been impacted by service."

— Renee Ritson



What is Pandemic Fatigue? And how to manage it.

Pandemic Fatigue could be what many of us are experiencing as we reflect on the challenges of the last year and a half. Our Mates4Mates National Clinical Manager and Clinical Psychologist, Georgia Ash, explains the signs of Pandemic Fatigue and offers some tips to help manage it amidst the ongoing uncertainty, isolation and lockdowns of COVID-19.

Below are several practical ways that can be used to help manage Pandemic Fatigue:

- 1. Switch off:** Keep informed of what is going on, but don't do it excessively. If we flood ourselves with bleak news, it will inevitably begin to weigh on our minds and affect our mental health.
- 2. Communicate:** Communicate with kids about what's going on, but don't make it all about the pandemic. Always listen to their concerns and try not to dismiss how they feel about missing their friends and social activities.
- 3. Exercise:** Even if it's in the living room or backyard, moving your body every day can have a profound effect on your mental health by increasing your mood through endorphins, reducing stress, and aiding in a better night's sleep.
- 4. Stay connected:** It's important to talk with people outside of your home daily but try to steer the conversation away from COVID-19.
- 5. Set boundaries:** Keep work to work hours. I know working from home can blur the balance of work/home life, so find a way to end your workday formally, whether that's taking a shower, changing your clothes, or shutting down the computer.
- 6. Set goals:** Have something to look forward to or work on. Now is the time to do things you have always wanted to do, whether it be an improvement around the home or learning a new skill, language, or activity. It is important to have goals to work towards.

What started as a mixture of disbelief, uncertainty and perhaps a novel experience, has become increasingly exhausting as we navigate social isolation, extended lockdowns, remote work, and home-schooling. Having lived with the concern and isolation of COVID-19 for over a year, and with the spread of the virus and lockdowns still in place in many areas around Australia and the world, it's understandable that we may be feeling depleted.

I have seen first-hand the effects this pandemic is having on our mental health.

People experiencing Pandemic Fatigue can feel tired, restless, have low moods, high anxiety, and demonstrate behaviours such as self-isolation and withdrawal, even from people within their household.

For veterans managing depression, anxiety, addiction, and trauma, this can become even more challenging as engaging in useful coping strategies such as outdoor activities and socialising may be difficult to access.

However, it is important to remember that experiences allow us to constantly change and grow and the circumstances we currently find ourselves in will also change over time. While this current pandemic may seem never ending, this too will change as will our feelings and thoughts about how we experience the situation.

To find out more about joining Mates4Mates, visit mates4mates.org or call 1300 4 MATES (1300 462 837).

“People experiencing Pandemic Fatigue can feel tired, restless, have low moods, high anxiety, and demonstrate behaviours such as self-isolation and withdrawal, even from people within their household.”

— Georgia Ash

MATES4MATES

Here for those
impacted by service.



Join Mates4Mates

Find a way forward from
service-related injuries.

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

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



[Join Mates4Mates](#)

[Register today](#)



A BATTLE THAT WILL NEVER BE FORGOTTEN

On 27 July we commemorated the 70th anniversary of Korean Veterans' Day - the day in 1953 when an armistice was signed to end the fighting in Korea. It's an opportunity for us to remember the more than 17,000 Australians who served in the war, including some 340 who lost their lives.

 Lani Pauli

OUR country was one of 21 that supported South Korea, aiding their efforts to fight against a growing communist presence in their country.

RSL Queensland member and veteran Ray Deed, 94, served in the 3rd Battalion, Royal Australian Regiment (3 RAR), who were paramount in the Battle of Kapyong.

“I served more than 31 years in total and spent just less than 12 months serving in Korea,” the Sherwood-Indooroopilly Sub Branch member says.

Ray, whose birthday falls on ANZAC Day, was awarded a British Empire Medal (BEM) for his service in Korea.

“Korean Veterans’ Day means quite a bit because the South Korean Government is very generous to us and as a service member, we appreciate their kindness towards us.”

“I used to go every year to a commemoration service, usually at the National Memorial Walk, but now at my age and with my health, I can’t do what I used to do.”

After his time in Korea, Ray went on to spend time serving in Japan (where he met his late wife) before returning home to Australia, where he was based in Brisbane, Cairns and Townsville.

Ray, his wife and their six children were based in Cairns when Ray was deployed to serve in the Vietnam war.

“She was a very special woman and I’m very lucky to have the amazing family that I do.”

“I’D NEVER FOUND OUT WHAT HAPPENED TO THAT MAN, IF HE GOT HOME TO HIS FAMILY AND YOUNG CHILDREN. AND IN LITTLE MOMENTS LIKE THAT ONE I WILL ALWAYS WONDER WHAT HAPPENED TO THE PEOPLE WE CAME ACROSS DURING OUR TIME IN KOREA.”

OPPOSITE PAGE

INSET: Ray enjoying a drink with his comrades (L-R): Warrant Officer Class 1 (WO1) Brian Lawrance, 43, working in Quang Tri; WO1 Ray Deed, 43, Phuoc Tuy Province; WO1 Bill Eade, 44, Hue; Captain Len Opie, 46, Phuoc Tuy Province, and WO1 Reg Bandy, 46, the Regimental Sergeant Major (RSM) of 7RAR at Nui Dat. (Photo credit unknown).

RIGHT: Ray Deed photographed with his medals at home in Corinda, Brisbane.





THE BATTLE OF KAPYONG

The Battle of Kapyong remains one of the most significant battles for Australian troops during the Korean War.

After a major offensive strike was launched by Chinese forces against United Nations forces defending Seoul, soldiers including an Australian contingent were ordered to the valley of the Kapyong River.

Tensions rose in the days that followed and during the night of April 23 and into the daylight hours of April 24 1951 those Australian soldiers of the 3 RAR alongside their comrades from a Canadian battalion and New Zealand artillery regiment, stalled Chinese advances.

Both the Australian and Canadian battalions received United States Presidential Distinguished Unit Citations for their role in the battle.

Ray, who served as a Platoon Sergeant in Korea, says that when war

broke out most of his comrades “didn’t know where the hell Korea was.”

“Early in our time there, the weather played a lot of havoc with us, because we still had the old issue Army summer uniforms and it took time for appropriate clothing to be issued to us. Quite a few people suffered from frostbite,” he says.

“The country itself is a mountainous country, and the icy weather was no pleasure. I wouldn’t say we acclimatised, but you had to persevere, that was it.”

THE MEMORIES THAT MAKE US

Talking to Ray about his time in Korea, he relays stories of the people he met, his comrades and the mark they leave

on his memory all these years later.

“I went back to Korea twice many years later and I heard a woman giving a talk who instantly reminded me of the daughter of a Chinese Prisoner of War in a photo he had shown me while he was with us in Korea,” he says.

“I’d never found out what happened to that man, if he got home to his family and young children. And in little moments like that one I will always wonder what happened to the people we came across during our time in Korea.” ←

ABOVE: Ray is honoured at Battle of Kapyong Memorial Service in 2009 at Gallipoli Barracks, Enoggera.

BELOW: Ray hosts an ANZAC Day Light Up the Dawn service from his home surrounded by friends and family.

“RAY, WHO SERVED AS A PLATOON SERGEANT IN KOREA, SAYS THAT WHEN WAR BROKE OUT MOST OF HIS COMRADES ‘DIDN’T KNOW WHERE THE HELL KOREA WAS’.”



THE CHANGING FACE OF WAR WIDOWS IN QUEENSLAND

Australian War Widows Queensland provides a safe and welcoming place to support Defence widows through some of the hardest days of their lives – no matter their age.

 Lani Pauli



“OUR MEMBERS FIND THEMSELVES FACING SOCIAL ISOLATION, MOBILITY AND TRANSPORTATION LIMITATIONS, DEPRESSION AND HEALTH ISSUES AND THROUGH OUR NETWORK AND COMMUNITY WE ARE ABLE TO OFFER SUPPORT, FRIENDSHIP AND ADVOCACY AT A BARE MINIMUM.”

WHEN her husband passed away, Debbie found herself alone, grieving, and unable to fit in with her friends the way she had only months before.

The 59-year-old from the Gold Coast says, “They were busily planning holidays in groups, as couples, and I felt alone. Unable to participate in that world anymore.”

It was Australian War Widows (AWW) Queensland that let Debbie reclaim a connection to her community.

Debbie joined in February 2019, is now the Vice President and Treasurer of the Gold Coast South War Widows Sub Branch, and is considered one of the ‘younger’ members.

Debbie is a veteran herself, having served in the Australian Army as a dental assistant and hygienist for six years. For 20 years, she moved every two years as her husband – also a soldier – progressed through the ranks.

Debbie retired to care for her husband before he passed away in September 2018.

“I’ve been a widow for nearly three years. I made a call to the head office after he passed and went to the meeting in my local area. All my peers still work, and I was still lost after

he passed away. Being a part of this community has really helped.”

While there is a perception that the organisation is for “older” women, Debbie is determined to pave the way for younger war widows.

“You can’t write things off before you try. When I first went, I went alone, and it was quite daunting. All these ladies have known each other for years. I felt kind of isolated, but it didn’t take long for them to rope me in.

“We’re having a high tea to introduce everyone to the new head office in Brisbane and it’s been wonderful to be able to invite some of the younger widows – some in their mid-20s. We are meeting and encourage them to join us and see what the organisation is about,” Debbie says.

“There’s an awful lot of women in our community who will become war widows in the future. Perhaps they won’t be technical war widows, but there’s a lot of TPI (total and permanently incapacitated) wives that when their husbands pass will be deemed a war widow.”

“If we can encourage younger members to get together, be proactive and put something together, they’ll be able to have the support of one another that so many of us ‘older’

members have found in our own times of grief. This is a group of women who understand what it’s like to be the partner of someone in Defence.

“It is so powerful to know you are not alone.”

A TRADITION STILL GOING STRONG

Established almost 75 years ago by war widow Jessie Vasey CBE, the AWW was started to lobby for war widows and their families.

Queensland State President Jenny Gregory says the group initially worked to support women experiencing hardship, homelessness, and reduced income.

“Today there are more than 52,000 war widows in Australia and our mission still focuses on supporting these women through some of the hardest days they are experiencing in their lives,” she says.

“Our members find themselves facing social isolation, mobility and



LEFT: Australian War Widows members (L-R) Debbie Baczyk, Judy Smith, Maureen Rush, Jenny Gregory and Cathy Hartshorn.

“TODAY THERE ARE MORE THAN 52,000 WAR WIDOWS IN AUSTRALIA AND OUR MISSION STILL FOCUSES ON SUPPORTING THESE WOMEN THROUGH SOME OF THE HARDEST DAYS THEY ARE EXPERIENCING IN THEIR LIVES.”

transportation limitations, depression and health issues and through our network and community we are able to offer support, friendship and advocacy at a bare minimum.

“It’s like-minded people meeting with a common bond. Everybody’s in the same boat.”

And while the group is encouraging younger women to join, their focus isn’t shifting away from the women that made the community what it is today.

“We know that new members are vital to our community growing and continuing for years to come and at the same time we remain committed to our core members.”

WOMEN SUPPORTING WOMEN

AWW Queensland Lifestyle Support Coordinator Sue Hilditch agrees that the support the community offers is vital.

“We’re an organisation for women, run by women. We’re advocating for their wellbeing and giving them a community anchor.”

In addition to monthly in-person events, War Widows Queensland also offers support navigating the aged care sector and DVA claims, and affordable rental accommodation for respite or holiday.

“Often the process can be full of quite complicated language, and we find our members can easily feel alone

in the process. We are here to help guide them through and make their life easier,” Sue says.

A FRIENDLY FACE TO MAKE IT THROUGH

Debbie describes her own experience joining and becoming a part of AWW Queensland as discovering a friendship.

“Even though the ladies are much older than me – some by 15 years, so a whole generation gap – I truly count them as friends now. I probably chat with them more than I do my own family because they can relate to our shared experience as widows. I think I’d be lost without them.” ←



For more information on upcoming AWW Queensland events or membership visit warwidowsqld.org.au

MURGON RSL SUB BRANCH **OPENS NEW VETERAN WELFARE DROP-IN CENTRE**

Whether it's a friend to share your morning coffee with, someone to give you a voice on your behalf, or a space that welcomes you just as you are and will listen to your needs – a strong community to support you as a veteran is vital.

 Lani Pauli

VETERANS in Murgon and South Burnett are benefiting from stronger community bonds that improve their wellbeing and quality of life at the newly opened Veteran Welfare Drop-In Centre.

The project – spearheaded by Murgon RSL Sub Branch – is the first of its kind in the Murgon and Goomeri District and was made possible after receiving a \$450,000 grant from the Federal Government through the

Building Better Community Development Grants Program in 2020.

RSL Queensland Wide Bay Burnett District President Trevor Williamson OAM says the local community has been excited to see the centre finally open.

“For a country town coming out of a couple of years of heavy drought, anything new or fresh that fires up the community is a good thing. To see the building come to life is tremendous for the whole town.”



CLOCKWISE FROM TOP LEFT: Proud members attend the opening of the new Murgon Sub Branch Welfare Drop-in Centre, from left, Peter Backshall, Kerrie Bantoft, President Kevin Gill, Keith Solomon, and David Piggott. Photo by Amy Buckingham, Burnett Today; The new Murgon RSL Sub Branch Welfare Drop-in Centre officially opened its doors on 4 July; Federal Member for Wide Bay Llew O'Brien MP unveils the plaques at the opening of the new Murgon RSL Sub Branch Welfare Drop-in Centre. Photo by Amy Buckingham, Burnett Today; Rod Hatchett and Murgon RSL Sub Branch member Viv Sippel were among those inspecting the new facilities. Photo courtesy of South Burnett Online; Member for Nanango Deb Frecklington MP and Member for Wide Bay Llew O'Brien MP inspect the new Murgon RSL Sub Branch Welfare Drop-in Centre. Photo courtesy of South Burnett Online.



ABOVE:
Federal Member
for Wide Bay
Llew O'Brien MP
cuts the ribbon
to officially
open the
new building.
Photo by Amy
Buckingham,
Burnett Today.

AN OPEN DOOR POLICY

Trevor says the centre will offer facilities to local veterans and neighbouring Sub Branches that do not have a veteran services officer or welfare advocate.

“We have designed the building around the members. We intentionally designed the drop-in centre to have no alcohol or poker machines. It was something our younger veterans have been telling us they want to see,” he says.

Murgon RSL Sub Branch President Kevin Gill agrees.

“Our doors are always open,” he says.

“If a veteran needs our help, we are here to support them, and now with the drop-in centre open we’re able to help even more.”

Although only open a short time, Trevor says they’ve already had four new members join the Sub Branch, and more reaching out for information on advocacy support.

“There’s been quite a few members that are already finding a sense of purpose from having somewhere to go on a regular basis. Even if it’s just to have a chat or to come in and do a few little jobs around the place and feel good about it.

“We’re seeing veterans who have never joined the RSL or haven’t been involved in a very long time come and see us now the doors are open. They know they have somewhere to come and feel involved in their community again.”

A HELPING HAND, ALWAYS

For the team, the drop-in centre has enabled them to expand the services available in the region and give even greater help to veterans.

“We now have greater potential for us to reach out to and help more veterans. Especially being able to see them on a more regular basis. When you don’t see someone everyday it is hard to know whether they are travelling well or not,” Trevor says.

Trevor and the Sub Branch hope members will benefit from practical support, such as technology, that allows members to attend telehealth medical appointments at the centre.

“We’re about 300 kilometres from the major hospitals in Brisbane, Sunshine Coast or Toowoomba. For a veteran to travel from Murgon to Toowoomba, for example, is a 600-kilometre round trip or around five hours of driving for a 10 or 15-minute doctor appointment,” he says.

“We’re hoping that rather than having our members drive all the way to Toowoomba or Brisbane, they can have their follow-up appointment via telehealth and save the extra travel. Keep in mind that one of our oldest veterans is 98 years old – that’s quite a mammoth task for them to travel all that way.

“This is a space *for* veterans, *by* veterans. We share their experience and if our community needs us, we’ll be here.” ←



The Veteran Welfare Drop-In Centre is open weekdays 9am – 3pm and is located at 44 Stephens Street West, Murgon. For all contact details visit rslqld.org/about-us/murgon-sub-branch



DIAGNOSING AN INVISIBLE DISORDER

Like a lot of health conditions, PTSD is often easier to manage when caught early. But recognising the mental scars of trauma can be tough.

FROM obvious indicators such as flashbacks and nightmares, to more subtle red flags like mood changes and avoidance, a range of symptoms can indicate the onset of post-traumatic stress disorder (PTSD). We spoke with National Clinical Services Manager at Mates4Mates Georgia Ash to learn more about some of the less obvious signs that may indicate a person is experiencing PTSD and how to recognise them.

WITHDRAWAL

According to Georgia, withdrawal is a classic warning sign of PTSD among military personnel.

“Quite a common one, particularly for veterans, is not wanting to go to shopping centres or do the shopping anymore, or go and watch the kids play sport, or go to any environment where there’s a crowd of people – because that can leave somebody feeling quite vulnerable if they can’t control their environment.”

Georgia explains that changes in a person’s routine can also reveal a lot about their mental state.

“It’s important to keep in mind that, as human beings, we’re quite predictable in what we do.

“For me, I get up, I get in my car, and I go to work every day. I have lunch at the same time each day. On the weekends I might go for coffee and socialise a bit with my girlfriends.

“But if I was experiencing PTSD, somebody might notice that I’m actually not doing those things as often as I used to.”

MOOD CHANGES

Experiencing or witnessing a traumatic event can leave your brain stuck in fight, flight or freeze mode, even when the danger has long since passed. This permanent state of hyper-arousal may trigger sudden mood swings.

“Mood changes may be a signal of PTSD,” says Georgia.

“That could mean becoming prone to anger, or just snapping at people and feeling quite irritable at times.”

Georgia describes how depression can also manifest as a symptom of PTSD.

“People can express that they’re feeling a little bit hopeless. They might not want to go to work anymore, or their presentation could change.

“They might like to exercise, and they stop exercising. Unless they’re injured, why have they lost their motivation?”

SLEEP PROBLEMS

Difficulty sleeping is one of the most prevalent warning signs of PTSD, but Georgia says it isn’t always confined to nightmares.

“Nightmares and flashbacks – that experience of reliving the event – they’re certainly signs of PTSD,” she says.

“But it can also be things like insomnia or not wanting to go to sleep because of that fear of what you’re going to dream about during the night.

“Sometimes people don’t want to sleep in their beds anymore. They might want to sleep in a more open space like a lounge room.”

HOW TO HELP

Georgia believes communication is vital for supporting a loved one with PTSD.

“The primary thing with anyone who’s experiencing PTSD is, first of all, to actually listen to them,” she says.

“People are very quick to jump to conclusions about what’s going on, or they might try to come up with answers like, ‘Oh, this is what you need to do’ or, ‘This is where you need to go, because so-and-so went there, and it worked for them.’”

Rather than trying to take control of the situation, Georgia recommends a gentler approach.

“By saying to them, ‘I’ve noticed a change in how you’re behaving or what you’re saying lately and I’m just wondering, is there anything going on with you?’”

Even if the person isn’t ready to respond to you right away, Georgia says that acknowledging the issue is an important first step.

She also emphasises the importance of seeking help immediately if you suspect someone may be having a mental health crisis.

“If that person actually discloses any thoughts of harming themselves or harming

“FOR FAMILY AND FRIENDS NOTICING DIFFERENCES IN SOMEBODY, IT’S REALLY IMPORTANT FOR THEM NOT TO AVOID THOSE CONVERSATIONS, BECAUSE AVOIDING THEM DOESN’T MEAN THEY’RE GOING TO GO AWAY.”



somebody else – and generally it’s harming themselves – because they feel quite tormented or depressed, and it seems like they’re going to do that, it’s really about seeking support straight away.

“That could either be through a GP, but if it’s really imminent, they’re to go to hospital.”

HAVE HOPE

Thinking that your loved one may be experiencing signs of PTSD or another mental health issue can be frightening, but Georgia says it’s also an opportunity to get them help.

“For family and friends noticing differences in somebody, it’s really important for them not to avoid those conversations, because avoiding them doesn’t mean they’re going to go away.”

She also says it’s essential to remain hopeful of a good outcome.

“PTSD is certainly treatable. It may not be curable for everyone, but some people can learn to manage their symptoms, while others have complete resolution of symptoms.”

If you’ve spotted the symptoms of PTSD in yourself or a loved one, support is available. Mates4Mates helps veterans and their families find a way forward by providing them with vital assistance, including psychological services. RSL Queensland also offers wellness programs to assist veterans dealing with trauma, including PTSD Resurrected and Operation PTSD Support.

For urgent assistance, please contact any of the support services below:

Reach out to us

RSL Queensland: 134 RSL
Mates4Mates: 1300 462 837



For 24/7 Help in a crisis

Open Arms: 1800 011 046
Lifeline: 13 11 14
Safe Zone Support: 1800 142 072
Suicide Call Back Service: 1300 659 467



CHAMPIONING A NEW DIRECTION

 Lani Pauli

American business magnate, the late Steve Jobs once said, "Innovation is the ability to see change as an opportunity – not a threat" and if that's the case, the Greater Springfield RSL Sub Branch is in good hands with Doug Egan.

WHEN listening to Egan, 33, who is both Greater Springfield Sub Branch President and Senior Vice President of RSL South Eastern District, talk about the Sub Branch it's clear he sees the chance to embrace change as an opportunity - not a threat.

"The assistance we've had since formally becoming a Sub Branch has been phenomenal," he says. "We had around 34 members in early 2020 and now we're a group of well over 60."

"We have had a full board election so now have a secretary, treasurer, deputy president and we've got a welfare and memberships officer in training.

"As a brand new Sub Branch, some of our members have worked with other Sub Branches previously and come to us excited to build a community from scratch."

HITTING THE GROUND RUNNING

While the Sub Branch continues to grow, Doug knows there's a lot more veterans in the local area they've yet to meet.

"It's kind of boots on the ground in a sense, and finding new members in the old fashioned way. For example, after the official ANZAC Day commemorations this year, we held two gunfire breakfasts in Springfield Central and had members roaming talking to guests about the memberships and benefits, asking if they'd consider joining the Sub Branch," he says.

"We need to build our name and reputation in the local community. I had a conversation recently with another local ex-Air Force veteran who confessed he didn't even realise there was a local Sub Branch he could join.

"While some of our marketing has been via social media, there are still a lot of people who don't use it. We're trying to get out to shopping centres and markets to build awareness. I'm really looking forward to getting out there to meet and introduce ourselves to the community and share what services RSL can provide."



“VETERANS MY AGE HAVE VERY DIFFERENT NEEDS TO VETERANS WHO ARE IN THEIR 60S OR 70S, AND THE ONE THING I’LL SAY AND ENCOURAGE OTHER VETERANS TO DO, ESPECIALLY YOUNGER VETERANS, IS TO BE INVOLVED. YOU CAN’T CHANGE SOMETHING IF YOU’RE NOT WILLING TO PUT IN THE WORK TO CHANGE IT YOURSELF.”

FINDING THEIR IDENTITY AS A SUB BRANCH

“We are a young Sub Branch – family-orientated – and what we want to do is to be in the community. My vision for our Sub Branch is that we will be able to be a hub for veterans and their families to come to us, and if we can’t provide the help they need, we’ll have working relationships with the people who can. Whether that be other social or community groups, allied health or similar,” Doug says.

Doug estimates their average member age is between 42 and 49 years old.

“There’s a few members younger than myself and I think our oldest member is maybe in their late 50s,” he says.

“Younger veterans joining and playing an active role in the RSL really helps the organisation take positive steps forward. We are in the business of helping veterans and embracing newer ways to relate to and help younger veterans is a really exciting place to be.”

One way Doug is hoping to engage younger veterans is partnering with groups like Veterans Gaming Australia.

“As the old saying goes, ‘Idle hands are the tools of the devil,’” he explains. “A lot of veterans, once they get out after medical discharge, they’ve had their identity and their careers taken away from them and often without a choice.

“They may get a pension and be financially okay, but they’re sitting at home without direction and can’t be what they wanted to be or who they were. If we can find ways to relate to them, get them out of the house and engage in a hobby, like tabletop gaming, it might be enough to get back into the community.”

THE DOOR’S ALWAYS OPEN

Doug’s passion for his Sub Branch, the community and younger veterans is clear as he talks about his vision for the group.

“Veterans my age have very different needs to veterans who are in their 60s or 70s, and the one thing I’ll say and encourage other veterans to do, especially younger veterans, is to be involved. You can’t change something if you’re not willing to put in the work to change it yourself.

“I would love nothing more than for a young veteran, or any veteran for that matter, to come in our doors with great ideas, and share their opinions, because we’re always canvassing for great ideas to help get our Sub Branch up and running and helping the veteran community.”





HELPING TO PREDICT AND PREVENT LIVER DISEASE FOR RURAL AUSTRALIANS

Have you thought about checking your liver lately? Liver injury is so common in Australians that one in four people have or will develop fatty liver disease.

GALLIPOLI
MEDICAL RESEARCH FOUNDATION

Remembrance through research



ABOVE: PhD candidate Lucas Trevisan Franca de Lima conducts potentially life-saving research as part of the GMRF liver specialist research team.

IF left unchecked, an unhealthy liver can become worse over time and potentially turn into liver cancer. With the liver, early detection is vital.

Getting a liver screen isn't always a simple process. Doctors use an expensive piece of equipment called a Fibroscan, which are few and far between in rural Australia. There are many people in rural and remote areas who can't easily visit a large city hospital for this test. As a result, compared to people in major cities, people in remote areas are more than 72 per cent more likely to die from liver cancer¹.

WHERE YOU LIVE SHOULDN'T DETERMINE THE LEVEL OF MEDICAL CARE YOU CAN RECEIVE

There are many misconceptions about liver disease. You don't have to be a heavy drinker or be overweight to be diagnosed with liver injury. It can

affect anyone, no matter what shape, size or lifestyle. For people with liver cancer or irreparable liver damage, treatment options are limited and their overall prognosis is not good.

It's important now more than ever that liver health and regular check-ups are top of mind. Although, sadly, this isn't enough for some people with irreversible liver damage.

LIVER CANCER IS THE FASTEST INCREASING CAUSE OF CANCER DEATHS IN AUSTRALIA

At Gallipoli Medical Research Foundation (GMRF), liver specialists and researchers see the devastation of liver cancer time and again. GMRF PhD candidate Lucas Trevisan Franca de Lima says, "The liver is one of the most adaptable organs. It can be severely damaged, and you'll never feel it."

To better prevent and treat liver injury we need to find it early and

the best way to do that is through screening.

"Liver disease takes a long time to progress, there's no drastic changes in one year. Most liver disease patients are in their 40s to 50s and haven't been aware of it before," Lucas says.

Over time, liver disease can become deadly if undetected. Your liver could be in a critical state, and you could never know.

Lucas is currently in the second year of his PhD project investigating how saliva can be used to detect liver injury and prevent liver disease from becoming cancer. Under the guidance of Professor Darrell Crawford, GMRF Director of Research and liver specialist at Greenslopes Private Hospital, Lucas's research aims to help people in rural and regional areas predict and prevent liver disease by using a more cost effective, and accessible method of detection.

If Lucas's research project is successful, it would potentially



“LIVER DISEASE TAKES A LONG TIME TO PROGRESS, THERE’S NO DRASTIC CHANGES IN ONE YEAR. MOST LIVER DISEASE PATIENTS ARE IN THEIR 40S TO 50S AND HAVEN’T BEEN AWARE OF IT BEFORE.”

mean around seven million regional Australians² can get better access to liver checks. Lucas and Professor Crawford have already uncovered some positive results that show saliva could help to detect liver disease, but the next research steps are extremely important.

LIFE-CHANGING RESEARCH

All liver research projects at GMRF are led by Prof Darrell Crawford and are 100 per cent funded by generous donors. Lucas’s PhD project is made possible by the Thorsen Family Foundation. In addition to Lucas’s project, GMRF researchers are working

on different ways to help people with liver injury.

This potentially life-changing research could benefit countless rural and remote Australians and their families who have unknowingly been affected by liver disease.

It can take some time for lab research to move from the bench to the bedside so the GMRF Liver Research Unit has shared some simple tips to help support liver health:

- **Eat the rainbow** – The more colourful the food, the more nutrients it has. Eat a wide variety of fruits and vegetables the same colour as the rainbow. Dark leafy

greens, wholegrains and healthy fats such as avocado and salmon provide a wide range of health benefits.

- **Take small steps** – Household chores such as vacuuming are a great way to get your steps up. Taking the stairs where possible or even parking a little bit further away from where you want to go and walking can make a difference.
- **Know your limits** – For healthy people, 10 standard drinks per week is the recommended maximum. Trying low alcohol alternatives is another way to reduce alcohol consumption.
- **Over 50? Get a check-up** – Talk to your GP about your liver and learn how healthy your liver is. Prevention is half the battle.

Join us to help advance liver research. People with serious liver injury don’t have a lot of options. The GMRF Liver Research Unit is working hard to change this and give people with liver injury a better chance. Donating today can help people in the future with liver disease through medical research.

Visit gallipoliresearch.com.au to learn more and help create a healthier Australian community. ↗

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Professor Darrell Crawford

PROFESSOR DARRELL CRAWFORD

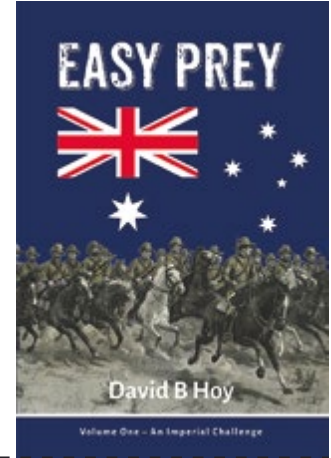
Professor Darrell Crawford is the Director of Research at GMRF and Mayne Professor and Head, The Academy of Medicine, The University of Queensland. He is a highly respected clinician and clinical scientist with 30 years’ experience in Hepatology, and special expertise in disorders of iron metabolism and the cellular basis of liver disease and cancer.



C OMMUNITY

AGNES WATERS SPORT CARNIVAL SUPPORT

Agnes Waters 1770 RSL Sub Branch continued its 25 years of supporting the Agnes Water State School Sports Carnival, awarding the RSL Shield to the school's winning house, 'Sharks'.



A NOVEL DEBUT

Current serving RSL Queensland member David Hoy has celebrated the launch of his debut book *Easy Prey - Volume One, An Imperial Challenge*. The three-volume tome shares David's observations of Australia's capacity for defence against future threats to national security from the point of view of military intelligence. It is available to buy online at Booktopia and will soon be in all good book shops.

FREE EQUINE THERAPY IN BURRUM HEADS

Hervey Bay RSL Sub Branch member Ian Lindsay and his wife have launched Stable Minds Equine Assisted Therapy, a not-for-profit organisation assisting veterans and front-line responders in the Fraser Coast/Wide Bay region. Ian has had positive experiences with equine therapy and is looking forward to sharing animal assisted therapy with his local veteran community. Session times are by appointment only and immediate family members are also welcome. Contact ianlindsay40@gmail.com or 0400 939 709.



DAD'S ARMY FUNDRAISING SUCCESS

A group named 'Dad's Army' from Mareeba RSL Sub Branch has raised more than \$5,000, which will be put towards purchasing two 'Shifties' and a walker trainer for the Mareeba Hospital. The 'shifties' are devices to assist patients with limited mobility, meaning nurses don't have to lift patients physically. Since 2013, the group has raised around \$30,000 for Legacy, Warhaven and the Mareeba Hospital. Pictured, 'Dad's Army' members presenting nurses from Mareeba Hospital with the equipment bought from their latest fundraising efforts.

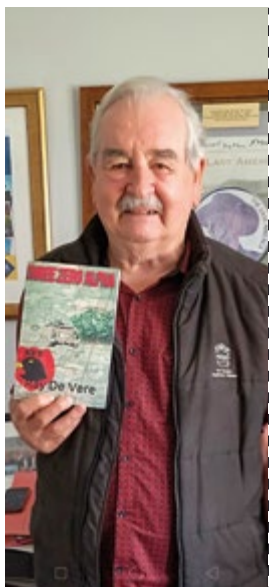


PLAQUES HONOUR THOSE WHO SERVED

On the 76th anniversary of VP Day, several plaques were unveiled at Rocky Creek War Memorial Park in the Atherton Tablelands in honour of locals who served. The memorial was initiated by the Tableland Branch of the National Servicemen's Association and funded by the Australian War Animal Memorial Organisation (AWAMO) and Pine River's National Servicemen. AWAMO ambassador Santina Lizzio, left, is pictured with National Servicemen's Association President John Hardy. During WWII, the region's pigeon lofts, pigeons and handlers were put to good use, as were the mules from a local transport company. These animals have additional recognition with their own plaques, alongside the plaque for all war animals.

CALLING ALL ARTISTS

Stand Tall for PTS is giving veterans with an artistic flair the chance to win prizes up to \$10,000 in their inaugural art competition, Hope and Recovery. Entries close on 29 October 2021 and entrants can submit pieces in a variety of mediums including painting, drawing, photography or video. All short-listed pieces will be exhibited at the State Library of Queensland. Visit standtall4pts.org or their Facebook page for more information.



A TALE OF LIVED EXPERIENCE

Vietnam veteran Ray De Vere has published his novel, *Three Zero Alpha*, recounting his life in cavalry 3 Troop. The story of the armoured cavalry unit that Ray led is bolstered with anecdotes of how their lifelong bond and camaraderie was formed during a tragic river ambush and their involvement in one of the war's most significant battles, the Battle of Binh Ba. Available from Amazon Australia in print or ebook.

UNSUNG HEROES OF THE SEA REMEMBERED

The Naval Association of Australia has honoured the men and women who lost their lives serving in the Allied Merchant Navy. The ceremony, held at Jack Tar Memorial in South Brisbane, paid respects to 182 Australian merchant seamen killed in WW1 and 386 in WW2. Throughout both wars, the Merchant Navy supplied Allies with food, arms, and medical supplies.

MATESHIP



100 YEARS CELEBRATED

The Beenleigh and District RSL Sub Branch celebrated its centenary with a milestone luncheon on 28 July 2021. The luncheon commemorated 100 years since their first meeting, which was held in the School of Arts, Beenleigh in 1921. Guests included WWII and Korea veterans who are members of the Sub Branch and entertainment was provided by an Australian Army band ensemble.

CLOCKWISE FROM TOP LEFT: Pictured, from back left, Jim Skelton, Beenleigh RSL Sub Branch Treasurer John Fennel, Gifford Farrell, Carol and Darryl (Wellbeing Officer) Devantier and Margaret Ryan. From front left, Beenleigh RSL President David Draper and WWII veteran and oldest member at the luncheon Bert Cox; Pictured back row, from left, Wayne Clune, Jack Stacy, Jim Steels and Tom Shields, front row, Kevin Eagan, Bill Carmichael, Stuart Smith, Ray Bennett, and Terry Green; Jim Skelton with his father and WWII veteran Jim Skelton; Photo 2: From left, RSL Queensland CEO Melanie Wilson, Beenleigh RSL General Manager Norman Studt, Beenleigh RSL President David Draper, RSL Queensland Head of Veteran Services Graeme Alley, and RSL Queensland General Manager Membership Lisa McIlroy.



A GOLDEN ANNIVERSARY

Agnes Water/1770 RSL Sub Branch member Leslie Krieger recently celebrated 50 years as a member of the Sub Branch. The Vietnam veteran was presented his Certificate of Membership by Sub Branch President John Turner.

MOVEMENT IS THE KEY

Fourth-generation veteran Anna Maria Lang is hosting a free women veterans' workshop for Veterans' Health Week on Saturday 9 October 2021 in Brisbane. She has gathered a group of phenomenal industry professionals to help other women veterans to get moving and tap into their shared experiences as veterans. Registrations for the workshop are essential and close on 1 October 2021. Secure your seat online at rslqld.org/Whats-On



A MIGHTY MILESTONE

Banyo RSL Citizens Auxiliary were joined by auxiliaries from across Queensland including Geebung, Greenbank, Kedron Wavell, Redlands and The Gap to celebrate its 21st birthday on 17 July. The first citizens auxiliary in Australia, the day of celebration included guest speakers from Quilts of Valour, founder Ron Virgen OAM being presented with a quilt in thanks for his service and Maureen Sargent OAM - also the inaugural president - as the Master of Celebrations.



MANY HAPPY RETURNS

Forest Lake RSL Sub Branch was honoured to celebrate the 100th birthday of member Cyril Kretschmann on 19 August 2021. President Steve Ford presented Cyril with his 100th birthday certificate and a portrait by well-known Australian artist Joe Zapp. Pictured, from left, Forest Lake RSL Sub Branch President Steve Ford and Cyril Kretschmann.



BULIMBA 30-YEAR AWARDS

Three members of Bulimba District RSL Sub Branch, Bulimba District RSL Sub Branch President Brain Daley OAM, Vice President Edwin Coit and past President Brian Lang were recently presented with their 30-year awards at the Sub Branch's AGM.

AND SO SAY ALL OF US!

Bowen RSL Sub Branch Life Member Roger 'Brian' Winspear was awarded a framed congratulations for his 100th birthday from Sub Branch Vice President Michael Deckert. Brian, who now lives in Tasmania, visited Bowen where he has been a life member of the Sub Branch for many years and attended the Talisman Sabre 21 vehicle display.



A FINE DAY OUT

Defence Nurses RSL Sub Branch members recently enjoyed a trip to Ipswich RSL Museum and lunch at Club Services Ipswich. The group was hosted by Ipswich RSL Sub Branch and were given a guided tour of the museum.



GIN GIN LIGHTS UP THEIR CENOTAPH

After several years of hard work and fundraising by the Gin Gin RSL Sub Branch, their cenotaph has been lit up. It was a community effort with members working to prepare the site, local electrician Robby's Electrical Service donating his labour to install the lights and money donated by the Gin Gin Chamber of Commerce, Wide Bay Burnett District RSL, Wide Bay Patriots Motorcycle Club, Gin Gin CWA and Gin Gin RSL Sub Branch.



QUILTS OF VALOUR

Geebung RSL Sub Branch members Ian Andrews and John Shaw were presented quilts in recognition of their sacrifice for Australia during deployments. Hand-made by Quilts of Valour, each piece is a gesture of recognition for the service of ex-serving veterans.

GOONDIWINDI MEMBER PASSES

Goondiwindi RSL Sub Branch is mourning the loss of member John Duncan who passed away on 16 July 2021. John served in the Australian Navy from 1964 to 1985 with the Electronic Technical Weapons Systems, serving on 14 ships including HMAS *Parramatta*, HMAS *Sydney*, and HMAS *Yarra* during the Vietnam War. He was a volunteer at the War Display, part of the Goondiwindi & District Historical Society, Customs House Museum and enjoyed guiding visitors around the display.





FAMILY PRIDE

Kylie Hooper and her father Douglas Fabian are both ex-serving veterans, commemorating ANZAC Day every year at Wynnum RSL Sub Branch. While they never served together, with Douglas serving in the Battle of Long Tan in Vietnam and Kylie in the Australian Army in the Bandiana Logistics Group and 25 Combat Supplies Holsworthy, a special gesture created by Kylie for her dad's 76th birthday this year means they now have a forever memory of their times served. Using photos from Douglas' time in Vietnam and Kylie's in Kapooka, she has photoshopped a photo of them together as a constant reminder of the love and pride she has for her doting dad. Pictured, Douglas Fabian and Kylie Hooper.

COMMEMORATING CORPORAL CAMERON BAIRD

Gold Coast RSL District Presidents and invited guests were joined by His Excellency General the Honourable David Hurley AC DSC (Retd) Governor-General of the Commonwealth of Australia and Her Excellency Mrs Hurley for the commemoration and dedication of the Memorial Stone for Cameron Baird VC on 25 May at Currumbin Palm Beach RSL Sub Branch.



A LIFE OF SERVICE HONOURED

Veteran John William Lachlan Dingle has been honoured with a Poppy Service 28 years after he passed. His widow, June Dingle, was able to place a plaque in his honour at Gracemere Cemetery alongside family and Gracemere RSL Sub Branch members; giving her peace of mind his contribution to Defence was commemorated.

NEW STATE OFFICE IN HERVEY BAY

On 16 August a new RSL Queensland office was opened in Hervey Bay. Guests included representatives from State Branch, Hervey Bay RSL Sub Branch executive committee and their wellbeing, advocacy, and office team. Wide Bay Burnett District President Trevor Williamson, RSL Queensland Head of Veteran Services Graeme Alley, and Navy veteran Hannah Bridgeman cut the official ribbon.



DONALD 'SHORTY' SHAW HONOURED

Hervey Bay RSL Sub Branch member Donald 'Shorty' Shaw was honoured by Sub Branch President Brian Tidyman with his 50-year membership certificate. The Sub Branch thanks Donald for his loyalty to RSL Queensland.

CHRISTMAS IN JULY

A record number of veterans attended the Hervey Bay RSL Sub Branch's Christmas in July Diggers Lunch. Ex-serving veterans and their carers enjoyed a two-course lunch, entertainment by the Country Blue Band, and gifts.





SURPRISE QUILT FOR AN AUSSIE HERO

Vietnam veteran Ken Higgins OAM was recently surprised by friends and family with a custom Aussie Hero quilt to honour his service in the military. The hand-made quilt was presented to him by RSL Queensland Pioneer Fitzroy Highlands District President Barry Vains and Flight Lieutenant Tracey Pelling, while surrounded by his loved ones in Mackay.

VIETNAM VETERANS DAY

70 people joined the commemorations for Vietnam Veterans' Day at Mossman RSL Sub Branch. Boosted by visitors from intra and interstate, Sub Branch President Ron Savage included the service given by all people in Australia's military operations, in war and peace keeping while Cohen Barnes performed the *Last Post* and Reveille.



MEMORIAL EXTENSION COMPLETE

Work to extend the memorial at Remembrance Park in Helensvale has been completed by the North Gold Coast Sub Branch. The new extension, funded with the assistance of Gold Coast City Council, Department of Veteran Affairs, Southport Memorial Club RSL and Sub Branch fundraising, includes 17 plaques depicting conflicts Australians have served in since 1845.





STORIES TO INSPIRE

Pine Rivers RSL Sub Branch members were treated to a surprise talk from CAMS Cause (Commando for Life) founder and father of Cameron Baird VC, Doug Baird OAM (pictured). Doug spoke to the group about the history of the Victoria Cross and his son's unwavering dedication to serve his country. The visit was a year in the making for Anita Hogan, an ex-serving veteran, who organised the talk in recognition of the support she has received from the Sub Branch and the social support group known as 'The Garrison.'

KEEPING OUR VETERANS WARM THIS WINTER

Elderly veterans from RSL Sunnybank Sub Branch were warmer this winter thanks to more than 100 hand-knitted woollen beanies and socks being donated by the congregation of Sherwood Methodist Church. Pictured, Sunnybank RSL Sub Branch member Adam Lo OAM and Sherwood Methodist Church Minister-in-charge Reverend Samuel Chiu present Sub Branch President Hugh Polson with the knitted goods.



LET'S DO LUNCH

Challenging the isolation felt by an ever-increasing elderly population, Stanthorpe RSL Sub Branch has been hosting lunches for local elderly ex-serving veterans, giving them a relaxed and safe place to enjoy a meal with friendly faces. The most recent lunch held in June was attended by 11 veterans including Sub Branch Deputy President Norm Steele and Director Glen Gibson.



SAY CHEESE

In July, Redlands RSL Sub Branch organised a Veterans & Wellbeing Excursion to the Awassi Cheesery Farm at Grantham in the Lockyer Valley.



NORMIE ROWE GUEST ON VIETNAM VETERANS' DAY

Gold Coast District President Pat Fairon with special guest Normie Rowe commemorating Vietnam Veterans' Day at the Currumbin Palm Beach RSL Memorial.

30 YEARS DOUBLED

Mudgeeraba Robina RSL Sub Branch members John Foley and President Tony Scahper were recently awarded certificates for 30 years' service to RSL Queensland. Congratulations!



55th BATTLE FOR LONG TAN ANNIVERSARY

The members of Yarraman and Blackbutt RSL Sub Branches were joined by Member for Nanango Deb Frecklington MP to commemorate the 55th anniversary of the Battle for Long Tan on Vietnam Veterans' Day.



“OH MY GOD.
OH MY GOD!”



RACHEL* from Noosa Heads, QLD, was 20 minutes away from her next client appointment. But, as an out-of-the-blue phone call was to reveal, destiny had other plans.

The RSL Art Union team listened with bated breath as Deborah Pescott, Head of

Lotteries Commercial Operations, broke the news that Rachel had won Draw 387.

“Oh my God. OH MY GOD!” was Rachel’s overwhelmed response. “I can’t believe this. I think I need a glass of water... I think I need a financial adviser!”

An RSL Art Union supporter

since 2018 and VIP member since 2020, Rachel is now the owner of a \$5.8M trio of luxury villas at Kirra Beach on the Gold Coast.

Better still, because Rachel subscribes to \$20 ticket books in each draw, she also won a bonus \$20,000 in gold!

A huge congratulations to

Rachel and a big thank you to all our supporters. Every ticket sold helps veterans in Queensland and throughout Australia.

**Name changed for privacy reasons.*

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\$6-2 MILLION
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PALM BEACH, SYDNEY

OR

TUGUN, GOLD COAST



DRAW 389 CLOSSES 8PM (AEST) 29 SEPTEMBER 2021 | DRAWN 10AM (AEST) 06 OCTOBER 2021

RSL
Art Union

*Nothing
like it.*

PLAY IN AUSTRALIA'S RICHEST PROPERTY PRIZE POOL

RSL Art Union Draw No. 389 (also known as Draw 389L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006 under QLD licence number of tickets available for AU389 is 7,321,100 which may include a maximum of 1,903,486 bonus tickets. Results published in The Australian on 08/10/21. RSL Art Union Draw No. 390 (also known as Draw 390L) is conducted by Returned & No. GOCAU/2332, SA Permit No. M14077. Close date: 8pm (AEST) 27/10/21. Draw Date: 10am (AEST) 03/11/21. Prize value \$3,405,222. The total number of tickets available for AU390 is 4,507,800 which may include a maximum of 1,132,990 bonus St Pauls Terrace, Fortitude Valley QLD under QLD licence No. 29819, ACT Permit No. R21/00119.1, VIC Permit No. 10321/21, NSW Authority No. GOCAU/2332, SA Permit No. M14058. Close date: 8pm (AEST) 15/12/21. Draw Date: 10am (AEST) 22/12/21. Pauls Terrace, Fortitude Valley QLD 4006. Proceeds for these draws are for the purpose of veteran welfare and support in Australia. Entrants must be 18 years or over. Winners notified by registered mail. Some items shown in pictures are for display directly with our selected supplier, subject to their terms and conditions. Sales agents have been appointed by RSL Art Union for which they may receive a commission. The following traders are appointed to act for RSL QLD for which they receive 70099460812 equivalent to an estimated 4.6% of total gross proceeds of the appeal, www.gig.live, (07) 5570 3337; Concentrix Services Pty Ltd, CAN 166171991, equivalent to an estimated 2.7% of total gross proceeds of the appeal, www.concen-ABN 85611674509, www.communitycollective.com.au, (08) 9380 9948. Ponder & Partners Pty Ltd, ABN 65629189519, www.ponder.partners, 0405068410; Community Collective, Ponder & Partners, and Affiliated online advertisers equivalent to an

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**DRAW 390 CLOSSES 8PM (AEST) 27 OCTOBER 2021
| DRAWN 10AM (AEST) 03 NOVEMBER 2021**

COMING UP NEXT!

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\$10 MILLION*

Golden Treasure

APARTMENT COMPLEX PACKAGE



DRAW 391 OPENS 12.01AM (AEST) 20 OCTOBER 2021

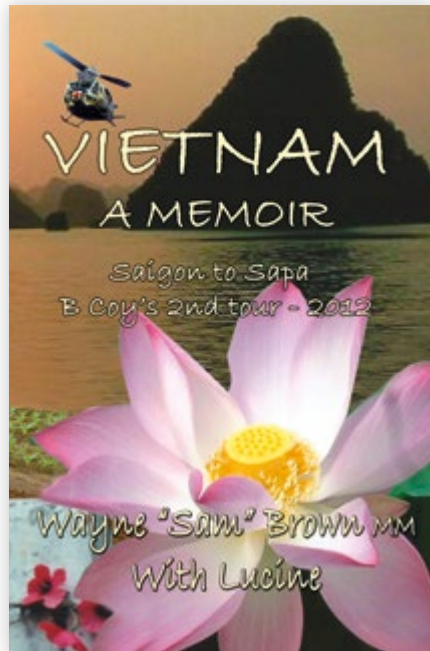
Buy your tickets at rslartunion.com.au or 1300 775 888

No. 29819, ACT Permit No. R21/000701, VIC Permit No. 10204/21, NSW Authority No. GOCAU/2332, SA Permit No. M14022. Close date: 8pm (AEST) 29/09/21. Draw Date: 10am (AEST) 06/10/21. Prize value: \$6,293,715. The total Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD under QLD licence No. 29819, ACT Permit No. R21/00143, VIC Permit No. 10381/21, NSW Authority tickets. Results published in The Australian 05/11/21. RSL Art Union Draw No. 391 (also known as Draw 391L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD. Prize value \$10,012,917. The total number of tickets available for AU391 is 5,341,900 which may include a maximum of 1,369,930 bonus tickets. Results published in The Australian 24/12/21. All draws are drawn at ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD. Selling costs and market variations apply when selling gold bullion. Travel is in the form of a voucher, is not redeemable for cash and must be booked the following contributions for their services: AIDA Direct Pty Ltd, ABN 31138300482, equivalent to an estimated 2% of total gross proceeds of the appeal, www.aidagroup.com.au, (07) 5656 0404; Global Interactive Pty Ltd, ABN 15 000 000 000, equivalent to an estimated 0.3% of total gross proceeds of the appeal, www.globalinteractive.com.au, (03) 8669 1573; Community Collective Pty Ltd, equivalent to an estimated 0.1% of total gross proceeds of the appeal. Information correct at time of printing. For up to date details and full terms and conditions please refer to www.rslartunion.com.au. *Subject to State/Territory Licensing approval.



WIN

VIETNAM – A MEMOIR



During 1968-69, several of the main characters were doing it tough in Vietnam as infantry soldiers on jungle operations – subsisting on ration pack meals, one litre of water daily, sleeping rough in weapon pits, humping heavy packs and weapons, and going weeks without washing. All the while trying to remain tactically switched on against a determined, elusive enemy.

It was not an enjoyable way to tour Vietnam. It would never have crossed their minds that one day in the far distant future they'd be given the opportunity to visit their old base, Nui Dat, and explore the country as tourists.

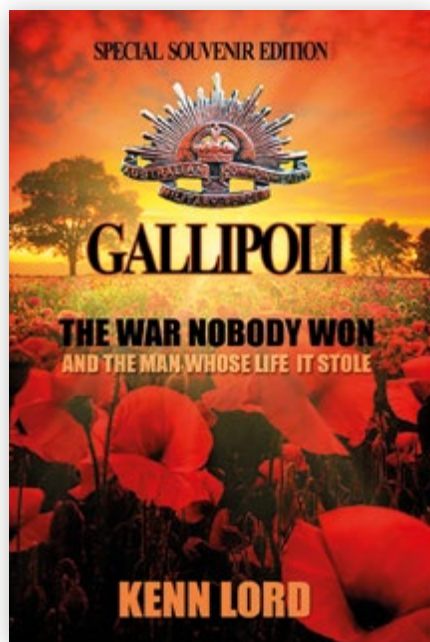
They were too absorbed in trying to stay alert, stay alive, and watch out for their digger mates, should a sudden jungle fire erupt. Four decades later in 2012, they returned to their former enemy's country, and were given time and space to dispel any lingering qualms, and enjoy a holiday.

Authors Wayne Brown and Lucine were given a challenge – to organise and guide 16 veterans, wives and widows on a 30-day tour from Saigon to Sapa and beyond.

Vietnam – A Memoir by Wayne 'Sam' Brown MM with Lucine is self-published and available for \$29 including postage via waynelucine@yahoo.com.au.



FOR YOUR CHANCE TO WIN one of four copies of *VIETNAM – A MEMOIR*, email your name, address and contact number to editor@rslqld.org (with the subject 'VIETNAM – A MEMOIR') or post to 'VIETNAM – A MEMOIR', PO Box 629, Spring Hill Qld 4004. Competition closes 29 October 2021.



GALLIPOLI: THE WAR NOBODY WON

When the Great War broke out in 1914, Charles James Frewen-Lord – or Charlie Lord to his family and mates – was a young jackaroo in a small Australian town in Queensland. He answered the British Empire's call for help because he reasoned that if the Empire fell, Australia, as a British dominion, would fall too.

Charlie Lord enlisted in the 5th Light Horse Regiment and fought in the battlefields of Gallipoli. His diary records the horrors, the blood, and the blunders in graphic sequence for 131 days. He stood tall for his country and the people he loved.

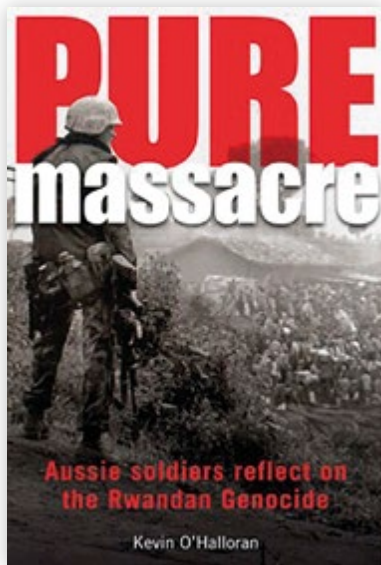
He did it with his heart and lived with what it took from him.

Regret and anger were never part of his life, and neither was a damaged spirit. Heroes do not have to be Hercules or Samson. Sometimes they can be ordinary human beings who, when tested, can be bigger than both.

Written by his son Kenn Lord, the story is based on Charlie's diary, conversations during his surviving years, and his wife's reminiscences after his death in 1967. *Gallipoli: The War Nobody Won* by Kenn Lord is published by Luminosity Publishing LLP (RRP: \$25).



FOR YOUR CHANCE TO WIN one of four copies of *GALLIPOLI: THE WAR NOBODY WON*, email your name, address and contact number to editor@rslqld.org (with the subject 'GALLIPOLI: THE WAR NOBODY WON') or post to 'GALLIPOLI: THE WAR NOBODY WON', PO Box 629, Spring Hill Qld 4004. Competition closes 29 October 2021.



PURE MASSACRE

Lieutenant-General Roméo Dallaire, Force Commander, United Nations Assistance Mission for Rwanda 1994
Rwanda, a tiny land-locked central African nation, is no stranger to violence. But nothing matched the orgy of killing that engulfed the country in 1994.

As the world watched, a genocide not seen since the Hitler horrors of WWII erupted. Estimates put the toll of those killed at around one million men, women, and children. It was into this cauldron of death that a group of Australian peacekeepers were sent to help alleviate the suffering and bring some order back into shattered lives.

For this group of soldiers, the daily horrors of their mission were to take on an even more sinister and sickening mantle when they were witness to another massacre a year after the genocide, this time at the Kibeho Displaced Persons Camp. *Pure Massacre* is a record of what happened during this peacekeeping mission.

Pure Massacre by Kevin O'Halloran is published by Simon & Schuster Australia (RRP: \$29.99).



QUEENSLAND RSL NEWS WINNERS

Edition 2, 2021



FOR YOUR CHANCE TO WIN one of four copies of *PURE MASSACRE*, email your name, address and contact number to editor@rslqld.org (with the subject 'PURE MASSACRE') or post to 'PURE MASSACRE', PO Box 629, Spring Hill Qld 4004. Competition closes 29 October 2021.

DUNNARUNNA

D Backwell, Eight Mile Plains
B Krosch, Kingaroy
J Clarke, Birkdale
M Bodman, Caboolture
South

O'SAINTY'S CREEK

L Postans, Eatons Hill
D Perks, Kingaroy
R Herbener, Bongaree
C Edwards, Urangan

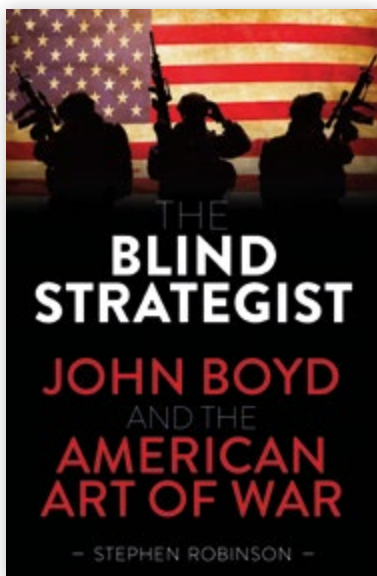
THE FLYING ANGELS

R Green, Tweed Heads
T Stafford, Sandstone Point
C Crabb, Urangan
A Field, Helensvale

THE IMITATOR

A Adams, Whiteside
M Strelow, Nudgee
C Silvester, Carrara
W Tapp, Sanctuary Cove

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



THE BLIND STRATEGIST

Colonel John Boyd, a maverick fighter pilot, revolutionised the American art of war through his ideas on conflict and the human mind. Boyd claimed that victory is won by the side that transitions through 'decision cycles' faster than the enemy, mentally checkmating them with minimal violence. Manoeuvre warfare concepts became military doctrine during the 1980s, but this revolution accidentally undermined American security.

When formulating his theories on conflict, Boyd relied upon fraudulent accounts of WWII written by Wehrmacht veterans, who fabricated historical evidence to disassociate their reputations from Germany's defeat and cover up their willing participation in Nazi war crimes.

Manoeuvre warfare has accordingly corrupted the art of war and resulted in catastrophic decisions made in Iraq and Afghanistan during 21st century conflict.

The Blind Strategist by Stephen Robinson is published by Exisle Publishing (RRP: \$34.99).



FOR YOUR CHANCE TO WIN one of four copies of *THE BLIND STRATEGIST*, email your name, address and contact number to editor@rslqld.org (with the subject 'THE BLIND STRATEGIST') or post to 'THE BLIND STRATEGIST', PO Box 629, Spring Hill Qld 4004. Competition closes 29 October 2021.

COMMUNITY CONNECT

CORRECTIONS TO LAST POST

Our sincere apologies for two errors in the Last Post in Ed 2 2021. The following two members were included in error and are still alive: Bruce Hurst (Townsville RSL Sub Branch A16815) and Douglas Gomersall (Redcliffe RSL Sub Branch QX63560). This was due to incorrect information we received, and we are sorry for any distress this error caused.

OLD RISING SUN BADGE

An old badge with a rising sun image has been found by North Gold Coast Sub Branch President Ken Golden, OAM, JP (Qual). Ken would like to try to identify when it was issued and/or used. Efforts to date have failed to locate anything, and he is hoping the veteran community can shed some light on it. The words on the badge seem to read 'Total Trust'. If anyone knows where it is from and what era, please contact 0400 777 251 or president@nthgoldcoast.rslqld.net.au.



DEFENCE COMMUNITY DOGS

Terry Shanahan read with interest the article on Defence Community Dogs in the ESO Corner of a recent edition of *Queensland RSL News*, trained by prisoners under the supervision of registered dog trainer. He's wondering if the program is similar to the DVA sponsored Psychiatric Assistance Dogs? He would be interested to hear from anyone who has a Defence Community Dog through that scheme. Please contact Terry via 07 4664 4214 or taraglen@skymesh.com.au.

EX-MILITARY FIREFIGHTERS

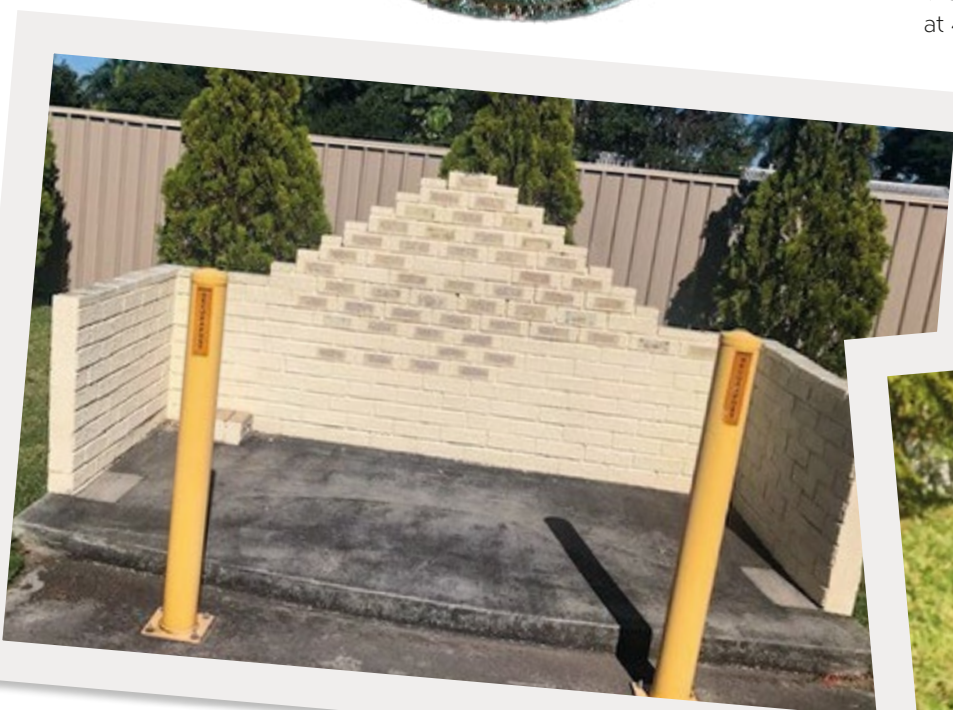
Are you an ex-military firefighter (all three services) who worked or trained at the RAAF Fire School at Pt Cook Victoria, between 1957 and 1986? You may be entitled to compensation from DVA. It's believed there are about 300 people still out there, but so far only 115 have made contact. Please contact ex-RAAF firefighter Paul Ryan at rhino43a@hotmail.com.

SLU 9 RAF PERSONNEL

Do you remember the SLU 9 RAF personnel who were in Morotai in 1945? Jane Thomas is still looking for Sgt Reg Harris's relatives. Reg was also RAF SLU 9 in Coomali NT. Jane's father was Noel (Josh) Reynolds RAF, who lived in Toowoomba for many years. Please email jmathomas7@gmail.com.

INTERRED ASHES AT LOGAN & DISTRICT SUB BRANCH

Can you identify the ashes interred under a rose bush adjacent to the old memorial wall on the former Logan & District Sub Branch site at 42-44 Railway Parade, Logan Central 4114? If so, please contact the Facilities Officer RSL SED Ltd on 07 3358 3361. The ashes will be respectfully relocated to the new memorial area which will be preserved following the forthcoming building demolition. The two photos depict the rose bush covering the ashes and the old memorial wall.



HQ1ATF ASSOCIATION REUNION

The HQ1ATF Association Reunion will be held in Canberra from 3-7 March 2022 in memory of the D&E losses at Long Khanh on 12 June 1971. It will be held at Capital Country Holiday Park at 47 Bidges Road Sutton NSW 2620.

For more information contact 02 6230 3433, bookings@capitalcountryholidaypark.com.au or capitalcountryholidaypark.com.au. Association information can be found at hq1atf.org.

SAVE THE DATE - TERMITE REUNION TSV

The Termite Reunion TSV will be held from 22-25 April 2022. It will also be a celebration of the 80th birthday of the trade. More details to follow closer to the event. The last reunion held in Townsville was a great success, with the event being a good way to meet past and present members in a relaxed environment. Those who cannot attend are invited to stay in touch for future gatherings. Please contact Craig (Chooka) via craigingram@westnet.com.au or 0407 173 321.



NEED HELP?

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

CUSTOMER TESTIMONIAL

I have had my BIDET for almost five years now and I have found it easy to operate and very effective for my personal hygiene.

I am a 79 year old pensioner and I had suffered ongoing discomfort going to the toilet and the indignity of severe haemorrhoids for many years.

Having my Bidet has given me a new lease on life. Five years ago I was told I would need surgery and to date have not found it necessary. I love my BIDET I could not live without it.

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- ✓ Warm air dryer
- ✓ Heated seat
- ✓ Ladies wash
- ✓ Soft closing lid
- ✓ Air injection

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Last Name	First Name	Service Number	Sub Branch
Aldridge*	George	709559	Greenbank Sub Branch Inc.
Allison	Angela	F6/64	Maroochydore Sub Branch Inc.
Althaus	Rodney	13895	Southport Sub Branch Inc.
Archer	Frederick	A12726	Bundaberg Sub Branch Inc.
Armstrong	Rodney	18219	Southport Sub Branch Inc.
Armstrong	David	3796652	Maroochydore Sub Branch Inc.
Arnold	Stuart	426248	Kedron-Wavell Sub Branch Inc.
Arthars	Frederick	1200738	Redcliffe Sub Branch Inc.
Ayles	Wilma	100367	Caloundra Sub Branch Inc.
Baker	John	QX10970	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Baker	Cedric	162894	Bribie Island Sub Branch Inc.
Ballinger	Kenneth	78801	Maroochydore Sub Branch Inc.
Banbrook	Margaret	VF509666	Surfers Paradise Sub Branch Inc.
Banger	Ivan	144389	Surfers Paradise Sub Branch Inc.
Barnicoat	David	A111952	Nerang Sub Branch Inc.
Barrie	Charles	33891	Tewantin/Noosa Sub Branch Inc.
Bates	Ernest	2/6586	Caloundra Sub Branch Inc.
Bayly	John	A218365	Tweed Heads & Coolangatta Sub Branch Inc.
Beasley	Kevin	123556	Glasshouse Country Sub Branch Inc.
Bell	Robert	R35951	Hervey Bay Sub Branch Inc.
Bell	Lynette	F25127	Wowan Sub Branch
Benton	Ronald	A218776	Tweed Heads & Coolangatta Sub Branch Inc.
Berghofer	Graham	1733999	Greenbank Sub Branch Inc.
Bianco	Frank	270122	Beenleigh & District Sub Branch Inc.
Biggar	John	A221630	Gatton Sub Branch Inc.
Billingham	Walter	987	Malanda Sub Branch
Bird	John	2426066	Cooktown Sub Branch Inc.
Bird	John	QSWP486	Cooktown Sub Branch Inc.
Blanchett*	Leslie	A32994	Tweed Heads & Coolangatta Sub Branch Inc.
Bokhurst	Nicholas	28655	Bribie Island Sub Branch Inc.
Bony	Rene	55782	Greenbank Sub Branch Inc.
Bony*	Barbara	F15214	Greenbank Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Borgeaud	Marc	1/710341	Maroochydore Sub Branch Inc.
Bosustow	Barry	54720	Maryborough Sub Branch Inc.
Bosworth	Donald	QX51090 (Q102586)	Surfers Paradise Sub Branch Inc.
Bowden	Leslie	A114660	Redcliffe Sub Branch Inc.
Bowling	James		Pine Rivers District Sub Branch Inc.
Boyes	Ross	1201796	Caboolture-Morayfield & District Sub Branch Inc.
Braddon	Ian	38051	Bundaberg Sub Branch Inc.
Bradford*	William	1476995	City-New Farm Sub Branch Inc.
Brand	Mervyn	147422	Surfers Paradise Sub Branch Inc.
Bright	Walter	QX34885	Surfers Paradise Sub Branch Inc.
Bright	Dale	WR1630	Kedron-Wavell Sub Branch Inc.
Brittain	Alfred	QX52929 (Q153464)	Sherwood-Indooroopilly Sub Branch Inc.
Bryant*	Thomas	2727696	Bundaberg Sub Branch Inc.
Buchanan	Keith	1/711201	Gympie Sub Branch Inc.
Buckley	Edward	032128	Surfers Paradise Sub Branch Inc.
Burns	Robert	51964	Toowoomba Sub Branch Inc.
Butters	Desley	111888	RSL Defence Servicewomen's Sub Branch
Caffery	Kenneth	033267	Surfers Paradise Sub Branch Inc.
Caithness	Phyllis	177019	Tweed Heads & Coolangatta Sub Branch Inc.
Campbell	Peat	NX170943	Burleigh Heads Sub Branch Inc.
Campling	Peggy	NFX202285	Kedron-Wavell Sub Branch Inc.
Cargill	David	R63194	Cairns Sub Branch Inc.
Cavanagh*	Anthony	22712502	Greenbank Sub Branch Inc.
Chambers	John	189463/751137	Caloundra Sub Branch Inc.
Chambers	Maxwell	213453	Tewantin/Noosa Sub Branch Inc.
Christie	April	QF14332	Caloundra Sub Branch Inc.
Clarke	Ian	1200024	Greenbank Sub Branch Inc.
Clink	Geoffrey	319737	Bray Park-Strathpine Sub Branch Inc.
Collins*	Mary	602052	RSL Defence Servicewomen's Sub Branch
Cook*	John	435471	Redcliffe Sub Branch Inc.
Cooke	Clifford	32120	Southport Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Cope	Donald	NX110045 (N166377)	Tweed Heads & Coolangatta Sub Branch Inc.
Copp	Lionel	425127	Biloela Sub Branch Inc.
Crawford	James	19174595	Ashgrove District Sub Branch
Creighton*	Colin	C148806	Finch Hatton Sub Branch Inc.
Crellin	John	R57297	Logan Village Sub Branch
Crisp	Laurence	Merchant Navy	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Crossland	John	57355	Hervey Bay Sub Branch Inc.
Crowley	Charles	3751757	Runaway Bay Sub Branch Inc.
Currey	Aubrey	A1693	Redcliffe Sub Branch Inc.
Cush	Douglas	QX50419 (Q146986)	Surfers Paradise Sub Branch Inc.
Czynski	John	3/87982	Highfields Sub Branch Inc.
Dalton	Maurice	429520	Nerang Sub Branch Inc.
Daly*	Keith	93511	Sandgate Sub Branch Inc.
Davies	Bertram	QX49705	Theodore Chapter of Hervey Bay Sub Branch Inc.
Davis	Theophilus	B4780	Pine Rivers District Sub Branch Inc.
Dawson	Edward	QX37541	Kedron-Wavell Sub Branch Inc.
De La Haye	Leslie	3718890	Bribie Island Sub Branch Inc.
Delaney	Ronald	36070	Gemfields Sub Branch Inc.
Denmark	Evelyn	QF267017	Gaythorne Sub Branch Inc.
Dennis	Mary	VF510739	Hervey Bay Sub Branch Inc.
Devin	Ronald	A115530	Esk Sub Branch Inc.
Dickson	Kevin	441230	Tweed Heads & Coolangatta Sub Branch Inc.
Dillon	Robert	16065	Bribie Island Sub Branch Inc.
Downie	John	A23308	Gaythorne Sub Branch Inc.
Drew	Douglas	B5667	Bribie Island Sub Branch Inc.
Drury	Albert	134805	Currumbin/Palm Beach Sub Branch Inc.
Duncan	John		Surfers Paradise Sub Branch Inc.
Duval	Robert	1/33273	Walkerston-Pleystowe Sub Branch Inc.
Dwyer	Terence	434979	Maroochydore Sub Branch Inc.
Dyer	Clarence	Q129523	Goondiwindi Sub Branch Inc.
Eacott	Mavis	F4/10	Springwood Tri-Service Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Eadie	Joyce	2106219	Surfers Paradise Sub Branch Inc.
Edwards	Lloyd	267824	Tweed Heads & Coolangatta Sub Branch Inc.
Ellis	Graham	1724306	Bundaberg Sub Branch Inc.
Ellis*	John	15219	Texas Chapter of the Stanthorpe Sub Branch Inc.
Embrey	Robert	16869	Maroochydore Sub Branch Inc.
Fairlie	Norman	458503	Tweed Heads & Coolangatta Sub Branch Inc.
Ferguson*	John	23936473	Nerang Sub Branch Inc.
Fiegert	Brian	R44648	Caloundra Sub Branch Inc.
Field	Bernard	QX61956	Redlands Sub Branch Inc.
Findlay	Edward	R53405	Bundaberg Sub Branch Inc.
Fisher	Leslie	155118	Innisfail Sub Branch Inc.
Fossey	Jeremy	R65629	Bundaberg Sub Branch Inc.
Fuller	Kenneth	S4988	Redlands Sub Branch Inc.
Gable	James	A225054	Bulimba District RSL Sub Branch
Gall	James	A116388	Nundah-Northgate Sub Branch Inc.
Gearing	Alwyn	A/27169	Bribie Island Sub Branch Inc.
Gerke	Mervyn	1/722304	Kedron-Wavell Sub Branch Inc.
Gibson	Edwin	RA13402448	Hervey Bay Sub Branch Inc.
Girvan	David	1201782	Townsville Sub Branch Inc.
Glass	William	JX521491	Bundaberg Sub Branch Inc.
Glass	William	R40880	Bundaberg Sub Branch Inc.
Goodridge*	Peter	CMF3710420	Tewantin/Noosa Sub Branch Inc.
Grayson	Bruce	018745	Currumbin/Palm Beach Sub Branch Inc.
Grebert	Geoffrey	A126627	Deception Bay Sub Branch Inc.
Grimsey	Basil	1/701136	Boonah Sub Branch
Gunton	Gary	2783447	Darra & District Sub Branch Inc.
Hair	Keith	B2967	Sherwood-Indooroopilly Sub Branch Inc.
Haley	Audrey	W/218729	Redlands Sub Branch Inc.
Hall	Brian	1/714673	Ipswich Railway Sub Branch Inc.
Halsey	Gladys	NF392028	Currumbin/Palm Beach Sub Branch Inc.
Hamilton	Roland	QX55687	Coorparoo & Districts Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Hamilton	Iris	QX270353	Mitchell Sub Branch
Hannah	Philip	PLYX109304	Bribie Island Sub Branch Inc.
Harber	Fred	1735980	Clifton Sub Branch Inc.
Harman	Henry	P50414	Beenleigh & District Sub Branch Inc.
Harris	Clayton	6283032	Sandgate Sub Branch Inc.
Hartley	Alan	128860	Charters Towers Sub Branch Inc.
Hassall	William	3/716917	Bribie Island Sub Branch Inc.
Hazelman	Francis	VX121603 (V250750)	Maroochydore Sub Branch Inc.
Henville	Thea	215907	Tweed Heads & Coolangatta Sub Branch Inc.
Herzig	Kevin	1734578	Centenary Suburbs Sub Branch Inc.
Hewitt	Selwyn	441240	Hervey Bay Sub Branch Inc.
Higgs	George	438682	Tweed Heads & Coolangatta Sub Branch Inc.
Hodgson	Clifford	130967	Surfers Paradise Sub Branch Inc.
Holmes	Noel	151805	Maroochydore Sub Branch Inc.
Holzworth	William	13407	Gaythorne Sub Branch Inc.
Howell	Herbert	SX13571	Mareeba Sub Branch Inc.
Huisman*	Marius	2276487	Redlands Sub Branch Inc.
Hume	Donald	T01378	Surfers Paradise Sub Branch Inc.
Hurman	Kevin	A24988	Kawana Waters Sub Branch Inc.
Huxley	Victor	123093	Caloundra Sub Branch Inc.
Hyde	Thomas	16351	Tweed Heads & Coolangatta Sub Branch Inc.
Ireland*	Peter	3/400323	Runaway Bay Sub Branch Inc.
Irons*	Kenneth	1735175	Beachmere Sub Branch Inc.
James	Donald	QX34751	Maroochydore Sub Branch Inc.
James	Neville	213421	Toowoomba Sub Branch Inc.
Jennings	Arthur	444095	Nambour Sub Branch Inc.
Johannsen	Robert	57766	Surfers Paradise Sub Branch Inc.
Johnson	Leonard	446092	Surfers Paradise Sub Branch Inc.
Johnston	Betty	W13438	Beaudesert Sub Branch Inc.
Jones	Robert	2/767800	Kawana Waters Sub Branch Inc.
Jones	Clare	102356	Texas Chapter of the Stanthorpe Sub Branch Inc.
Jones*	Brian	860437	Beachmere Sub Branch Inc.
Jones*	Brian	242645	Beachmere Sub Branch Inc.
Jordan	John	46028	Hervey Bay Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Kassulke	Walter	R37957	Kedron-Wavell Sub Branch Inc.
Kaus	Neth	QF271416	Redlands Sub Branch Inc.
Kenefick	Kevin	48697	Hervey Bay Sub Branch Inc.
Kennedy	James	119026	Tweed Heads & Coolangatta Sub Branch Inc.
Kennedy	Walter	3790836	Redlands Sub Branch Inc.
Kerr	Maxwell	A47369	Cairns Sub Branch Inc.
Kimber	Wilfred	161277	Sherwood-Indooroopilly Sub Branch Inc.
King	Winrow	QX45604 (Q70462)	Toowoomba Sub Branch Inc.
Kinna	Paul	2398	Toowoomba Sub Branch Inc.
Kneipp	Barry	24882	Stanthorpe Sub Branch Inc.
Krzyzanski	Raymond	313794	Mudjimba Sub Branch Inc.
Larkings	Ronald	NX179690	Kawana Waters Sub Branch Inc.
Larsen	Robert	A14541	Centenary Suburbs Sub Branch Inc.
Le Pavoux	Gareth	42229	Emu Park Sub Branch Inc.
Lee	Glenn	231907	Currumbin/Palm Beach Sub Branch Inc.
Legge	William	026293	Tweed Heads & Coolangatta Sub Branch Inc.
Legge	Stanley	QX49071	Wynnum Sub Branch Inc.
Lindsay	James	2/401604	Atherton Sub Branch Inc.
Little	William	NS2124	Tweed Heads & Coolangatta Sub Branch Inc.
Lock	George	22910645	Maroochydore Sub Branch Inc.
Lowry	Douglas	42246	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Lynam	John	2740860	Kedron-Wavell Sub Branch Inc.
Macdonald	Derek	A117353	Pine Rivers District Sub Branch Inc.
Macdonald	John	QX60242	Southport Sub Branch Inc.
Major	John	14063906	Tweed Heads & Coolangatta Sub Branch Inc.
Mansfield	Ronald	339446	Burleigh Heads Sub Branch Inc.
Mansfield	Raymond	A115423	Mackay Sub Branch Inc.
Margin*	Ailsa	106304	Tweed Heads & Coolangatta Sub Branch Inc.
Marsh*	Frank	QX52906	Tweed Heads & Coolangatta Sub Branch Inc.
Martin	Ronald	TX9446	Surfers Paradise Sub Branch Inc.
Martin	Robert	A/3229	Townsville Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Matthews	Edna	VF512255	Tweed Heads & Coolangatta Sub Branch Inc.
McAnally	Russell	8054202	Hervey Bay Sub Branch Inc.
McCamley	Keith	1/701986	Beerwah and District Sub Branch
Mccredie	Robert	O2017	Surfers Paradise Sub Branch Inc.
McDonald	William	B4987	Maroochydore Sub Branch Inc.
McGhee	Keith	1/7022	Sherwood-Indooroopilly Sub Branch Inc.
McGinley	Robert	R64120	Redlands Sub Branch Inc.
McGirr	Kenneth	NX83512	Currumbin/Palm Beach Sub Branch Inc.
McGrath	Leo	A222731	Bribie Island Sub Branch Inc.
McGregor	John	A56545	Sandgate Sub Branch Inc.
McKone*	John	12869	Redcliffe Sub Branch Inc.
McLean	Melville	R311053	Hervey Bay Sub Branch Inc.
McLerie*	Graham	16876	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Meakin	Graham	1732262	Yeronga-Dutton Park Sub Branch Inc.
Meyer	Sydney	R28302	Unattached List
Michie	Laurence	271909	Bundaberg Sub Branch Inc.
Middleton	John	14453	Texas Chapter of the Stanthorpe Sub Branch Inc.
Milton	Ian	22494984	Tamborine Mountain Sub Branch Inc.
Mitchell	Patricia	102459	Sandgate Sub Branch Inc.
Mitchell	Patrick	D/M939229	Redcliffe Sub Branch Inc.
Mogg	Kenneth	1734311	Kedron-Wavell Sub Branch Inc.
Montgomery	Andre	774371	Beenleigh & District Sub Branch Inc.
Morrison	Maxwell	610743	Redlands Sub Branch Inc.
Muggeridge	Daphne	W/340782	Beenleigh & District Sub Branch Inc.
Muller	Terry	176368	Harlaxton Sub Branch Inc.
Mullins	Bernard	QX501624	Cairns Sub Branch Inc.
Munchow	Llewellyn	129194/ QSS13111	Hervey Bay Sub Branch Inc.
Mundt	Brian	A115534	Ipswich Railway Sub Branch Inc.
Munro	Magaret	101729	Coorparoo & Districts Sub Branch Inc.
Murphy*	Colin	N677155	Caloundra Sub Branch Inc.
Nash	Robert	1731890	Gaythorne Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Negri	Domenic	Q116347	Gordonvale Sub Branch Inc.
Nestor	Michael	033295	Redlands Sub Branch Inc.
Nielson	Donald	13987	Grantham-Ma Ma Creek Sub Branch
O'Brien	Mervyn	1/710183	Wynnum Sub Branch Inc.
O'Sullivan	Christopher	2/7266	Tweed Heads & Coolangatta Sub Branch Inc.
Pagan	George	411110	Sunnybank Sub Branch Inc.
Pattison	Freda	W/172857	Townsville Sub Branch Inc.
Pedley	Harold	1/21472	Ipswich Railway Sub Branch Inc.
Pefkos	Christos	8176387	Forest Lake & Districts Sub Branch Inc
Perkins	Kenneth	R118504	Bribie Island Sub Branch Inc.
Pervan	George	276	Innisfail Sub Branch Inc.
Petersen	Frederick	78588	Redcliffe Sub Branch Inc.
Phillips	Ronald	QX53674	Runaway Bay Sub Branch Inc.
Pincott	Norman	29331	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Poluyanovsky	Nicholas	Q46188	Redlands Sub Branch Inc.
Ponton	Laurence	VX85420	Tweed Heads & Coolangatta Sub Branch Inc.
Priest	Eric	610206 / 6708881	Yarraman Sub Branch Inc.
Pritchard	Joseph	14920439	Centenary Suburbs Sub Branch Inc.
Read	Leonard	QX49895 (Q137296)	Bundaberg Sub Branch Inc.
Reed	Colin	11383	Hervey Bay Sub Branch Inc.
Reeves	Phillip	16450	Bribie Island Sub Branch Inc.
Reiher	Betty	90335	Surfers Paradise Sub Branch Inc.
Riddle	Leonard	QX59324 (Q128892)	Toowoomba Sub Branch Inc.
Roberts	Laureen	98898	Toowoomba Sub Branch Inc.
Robins	John	1/721979	Townsville Sub Branch Inc.
Robinson	Neil	C2481	Forest Lake & Districts Sub Branch Inc
Rogers	Robert	3174153	Townsville Sub Branch Inc.
Ruscoe	Ian	3151010	Magnetic Island Sub Branch Inc.
Ryan	Larry	A117769	Airlie Beach-Whitsunday Sub Branch Inc.
Ryan	Mervyn	1735892	Redlands Sub Branch Inc.
Sajkic	Budimir	56183	Surfers Paradise Sub Branch Inc.

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Last Name	First Name	Service Number	Sub Branch
Salisbury	Allan	012596	Runaway Bay Sub Branch Inc.
Sandow	John	442365	Tamborine Mountain Sub Branch Inc.
Schipplock	Kevin	710189	Sherwood-Indooroopilly Sub Branch Inc.
Schroder	Albert	NX44157	Maryborough Sub Branch Inc.
Sharp	Russell	1201292	Townsville Sub Branch Inc.
Sharpe	Rodney	135265	Biloela Sub Branch Inc.
Shaw	Graham	R64031	Maroochydore Sub Branch Inc.
Sheiles	Garry	2787596	Nerang Sub Branch Inc.
Shephard	Albert	QX15267	Innisfail Sub Branch Inc.
Shurey	John	VX88057 (V305694)	Tewantin/Noosa Sub Branch Inc.
Sloan	Florence	QF271665	Cairns and District Ex-Servicewomen Sub Branch
Smail	Robert	1/707036	Stanthorpe Sub Branch Inc.
Smith	Gordon	AC13013	Hervey Bay Sub Branch Inc.
Smith	Ron	2787609	Maroochydore Sub Branch Inc.
Sollaye	Ronald	1/707954	Gympie Sub Branch Inc.
Sorensen	Cornelius	44029	Djuan & District Sub Branch Inc.
Sotheron	Clarence	R35781	Nerang Sub Branch Inc.
Spargo	Wilfred	QX25426	Hervey Bay Sub Branch Inc.
Stahlhut	Reginald	R26662	Surfers Paradise Sub Branch Inc.
Stenzel	Elvie	100505	Boonah Sub Branch
Stephen	Henry	50111	Kedron-Wavell Sub Branch Inc.
Stephenson	Francis	139072	Gaythorne Sub Branch Inc.
Stevens	Brian	B5040	Kenmore/Moggill Sub Branch Inc.
Straight	Eric	200199	Redlands Sub Branch Inc.
Sutton	Cecilia	85600	Emu Park Sub Branch Inc.
Sutton	Kenneth	British Army	Maryborough Sub Branch Inc.
Sutton	Kenneth	53018	Maryborough Sub Branch Inc.
Taylor	George	P/JX389775	Tweed Heads & Coolangatta Sub Branch Inc.
Terrell	Richard	772785	Cairns Sub Branch Inc.
Thompson	Eric	24635	Wynnum Sub Branch Inc.
Thompson	Gary	179515	Kedron-Wavell Sub Branch Inc.
Tinning	Kenneth	438630	Southport Sub Branch Inc.
Tinson	Patrick	212932	Nerang Sub Branch Inc.
Townsend	David	123299/39089	Holland Park Mt Gravatt Sub Branch

Last Name	First Name	Service Number	Sub Branch
Troedel	David	36409	Tweed Heads & Coolangatta Sub Branch Inc.
Troy	Robert	NX81247	Toowoomba Sub Branch Inc.
Turnbull	Thomas	O56218	Kawana Waters Sub Branch Inc.
Turner	Ross	42RQR	Sarina Sub Branch Inc.
Upjohn*	Jeane	90441	Texas Chapter of the Stanthorpe Sub Branch Inc.
Van Bakel	Thomas	16469	Currumbin/Palm Beach Sub Branch Inc.
Van Hattem*	Johannes	37176	Ipswich Railway Sub Branch Inc.
Veale	Maxwell	R36363	Runaway Bay Sub Branch Inc.
Veivers	Harold	1/703609	Hervey Bay Sub Branch Inc.
Vicary	Kelvin	A15502	Harlaxton Sub Branch Inc.
Vincent	George	QX56241	Runaway Bay Sub Branch Inc.
Vogler	William	Q272541	Maryborough Sub Branch Inc.
Wagner	William	1/700764	Innisfail Sub Branch Inc.
Wagner*	Graham	441186	Kedron-Wavell Sub Branch Inc.
Wah-Day	Laurence	157562	Gordonvale Sub Branch Inc.
Walker	Ralph		Tewantin/Noosa Sub Branch Inc.
Wallace	Charles	NX174594 (N239493)	Currumbin/Palm Beach Sub Branch Inc.
Walmsley	Thelma	NF481750	Hervey Bay Sub Branch Inc.
Watson	William	N49925	Sandgate Sub Branch Inc.
Webster	Raymond	A110175	Redlands Sub Branch Inc.
Wedd	Robert	A101214	Bribie Island Sub Branch Inc.
Weller	Kaylene	W123581	Caloundra Sub Branch Inc.
Wells	Desmond	1/709220	National Servicemens Sub Branch Inc.
Westaway	Colin	1200325	Redlands Sub Branch Inc.
Williams	Russell	S9374	Maleny Sub Branch Inc.
Willimczyk	Reinhold	O214137	Pine Rivers District Sub Branch Inc.
Wilson	George	QX47472	Townsville Sub Branch Inc.
Wilson	Peter	3620	Tweed Heads & Coolangatta Sub Branch Inc.
Withers*	John	2704344	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Wong Hoy	Vincent	124666	Cairns Sub Branch Inc.
Woodhouse	Colin	37998	Mudjimba Sub Branch Inc.
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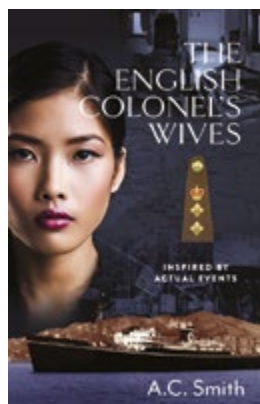
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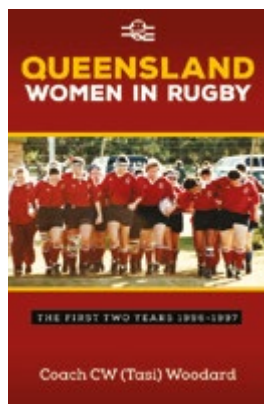


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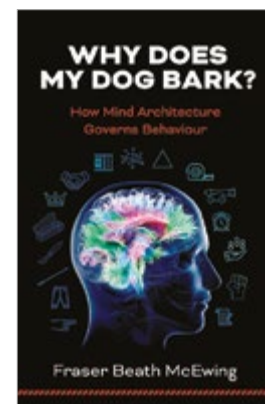
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