

QUEENSLAND

RSL NEWS

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**ANZAC
DAY 2019**

Queensland
commemorations
in pictures

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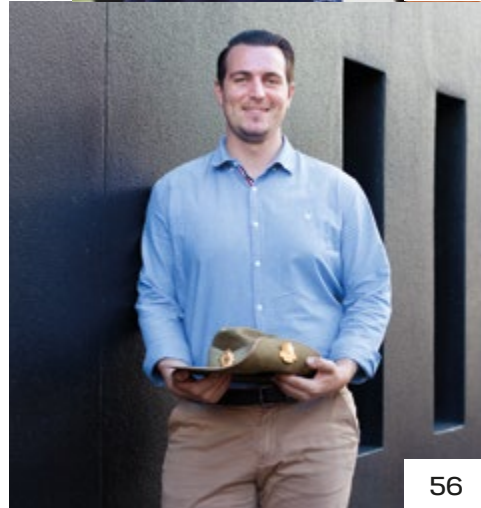
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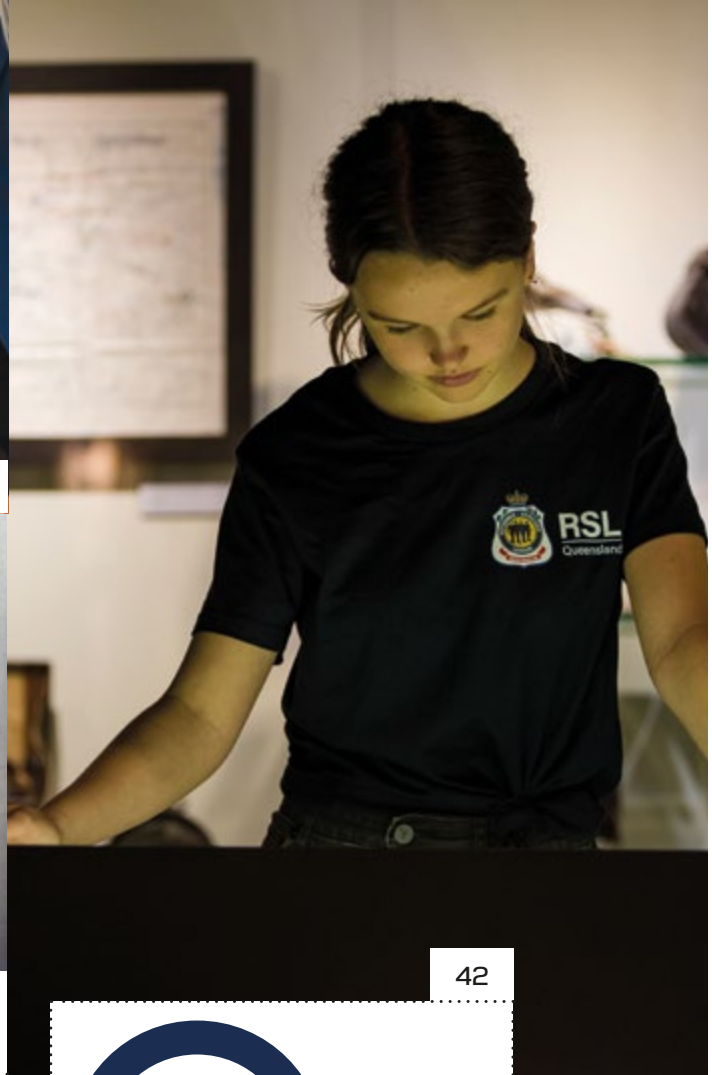
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Front Cover



COVER IMAGE: RSL Queensland has partnered with the Department of Education to sponsor the Premier's ANZAC Prize for the next three years, enabling eight students each year to visit the battlefields of Europe.

DAWN SERVICE A MOVING EXPERIENCE

Fellow members and friends,

Between the many events around ANZAC Day and preparations for this year's State Congress, it has been an extremely busy time of the year.

ANZAC DAY

It is heartening to see the continuing dedication from people in every corner of this state to commemorate the service of our Defence personnel, both past and present, on ANZAC Day.

The Dawn Service at ANZAC Square in Brisbane was a very moving experience for me. It was incredible to see the amazing turnout for this commemoration, despite the early hour. Watching the ANZAC Parade later that morning brought back cherished memories of attending with my grandfather many years ago.

After the Parade, I was invited to read *The Ode* at Suncorp Stadium before the Brisbane Roar's ANZAC Day clash against Adelaide United. The following Saturday afternoon I was again at Suncorp Stadium to read *The Ode* before the Broncos-Sharks game.

WE STAND WITH VETERANS OF EVERY GENERATION

Each year, the roll call of our older veterans grows shorter. Our WWI veterans have long since passed into history, and we are now witnessing the passing of another era.

But the list of all those who have served and sacrificed is long, and it continues to be written to the present day. It includes those

"THE DAWN SERVICE AT ANZAC SQUARE IN BRISBANE WAS A VERY MOVING EXPERIENCE FOR ME. IT WAS INCREDIBLE TO SEE THE AMAZING TURNOUT FOR THIS COMMEMORATION, DESPITE THE EARLY HOUR. WATCHING THE ANZAC PARADE LATER THAT MORNING BROUGHT BACK CHERISHED MEMORIES OF ATTENDING WITH MY GRANDFATHER MANY YEARS AGO."

who served in Korea and Borneo, Vietnam and Malay.

It also includes those who have represented Australia in the many peacekeeping missions of the past 70 years – in East Timor, Bosnia-Herzegovina, Somalia, Rwanda, and many other places. And those who have been deployed – and are still deployed – in the Middle East.

Just as their forebears did on the battlefields of Gallipoli and the Western Front – and in the Pacific theatre – our contemporary veterans have faced the horrors of warfare so that we do not have to. And although most have returned home, some did not leave those horrors behind on the battlefield.

On days such as ANZAC Day and Remembrance Day, it is

important to hold our service men and women of every generation in your thoughts.

We must also remember the families who stand behind them. Let them know that Queenslanders stand shoulder to shoulder with them, as we have since those first Diggers returned home from foreign shores more than a century ago.

ANZAC APPEAL

I want to acknowledge the incredible dedication and effort of our volunteers in raising funds as part of the ANZAC Appeal. Each year, Sub Branch volunteers are highly visible in the lead-up to ANZAC Day, encouraging members of the public to contribute to helping our Defence family.

This year, I had the pleasure and privilege of getting out with our staff from ANZAC House for the annual ANZAC Appeal Ambush in the Brisbane CBD. More than 60 staff members – including yours truly – took to the streets to raise funds, which will be distributed to the Districts in due course to help our Sub Branches deliver much-needed veteran support services.

STATE CONGRESS

By the time you read this column, we will be just days away from the 2019 State Congress, which will be held in Brisbane from 21-22 June. During the AGM, delegates will vote on whether to accept the new Constitution, which the Working Party finished drafting earlier this year.

We have put together some FAQs to help members understand how the Board of Directors is elected under the new Constitution. You can read these on the opposite page.

I look forward to engaging with Sub Branch delegates at the Royal International Convention Centre at the Brisbane Showgrounds on 21 June.



*Tony Ferris
State President
RSL Queensland*

FAQS

ELECTION OF DIRECTORS AND THE NEW CONSTITUTION

Why are you creating a two-tier Board for the organisation with this Constitution?

There are no tiers to the Board. There is one Board, made up of three Executive roles (State President, Deputy President and Vice President), four Directors and one State Council President. There is provision for up to two additional Directors to be recruited by the Board, based on the skills required by the Board to provide strategic direction to the organisation.

Seven of the eight mandatory Board roles are elected by the Sub Branch delegates at the Annual General Meeting. The State Council President is a District President, appointed to the Board by virtue of their position as Chair of the State Council of District Presidents. The Board can only appoint two additional roles if required by the Skills Matrix.

The State Council is a distinct entity within the organisation, described as a Board Sub Committee, formed to focus on issues at a District level.

Will members still have control as to the makeup of the Board?

The new Constitution allows for greater member control in the makeup of the Board spread across the membership base in Queensland. Sub Branch delegates will be able to vote for seven positions, each of which is a three-year appointment:

- State President at State Congress 2021
- Deputy President at State Congress 2020
- Vice President at State Congress 2019 and again in 2022
- Two of the four Directors at State Congress 2020
- One of the four Directors at State Congress 2021
- One of the four Directors at State Congress 2022.

Sub Branch delegates will also be able to vote for their own District President in a separate process.

The current (2015) Constitution allows for the Board to fill up to three additional Directors. This power is reduced in the draft 2019 Constitution, which allows for the Board to fill only two additional Directors, and only in the circumstances where there is still a skills gap in the makeup of the Board after the election of the four Directors from the membership.

What work has been done to assess the current skills level in the Boardroom?

We have started this work under the Directions Notice issued by the Australian Charities and Not-for-profits Commission, and it was partially completed by late 2018. There is still more work to be done to document the skills assessment of current Directors; this will continue if the new Constitution is adopted and will inform the nomination process for the first four directly elected member-based Directors.

What skills are deemed essential in the Skills Matrix?

There is a new committee being formed called the Nomination and Remuneration Committee, chaired by Wendy Taylor. This

committee will oversee the process to finalise the required skills for the Board, if the new Constitution is adopted at the AGM in June 2019. These skills will be published when finalised, along with a Director's position description that members may apply for.

The skills will be determined by the organisation strategy, which has been published on the website at rslqld.org/governance.

How will RSL Queensland find appropriate skills-based Directors?

The Skills Matrix will be articulated and a Director's position description created. A call for nominations will go out to members, with a requirement to demonstrate how their qualifications, skills and experience fit the Director's position description. The Nomination and Remuneration Committee will assess all nominations against the Skills Matrix and the Director's position description for qualifications, skills and experience. If there are four or fewer qualified nominations, the nominees will be appointed to the Board.

If there are more than four qualified nominees, the Nomination and Remuneration Committee will convene an electronic vote by Sub Branch and District Delegates to decide which four member-sourced Directors will be appointed to the Board.

If the Board identifies a remaining skills gap following the appointment of the four member-elected Directors, the Board has the option to appoint two further Board members. Calls for nomination to these positions will be sent to members.

If there are no members with the required skills, the position will be advertised, targeting in the first instance ex-serving Defence members in Queensland who are not members of RSL Queensland. If there are no suitable candidates, the role/s will be widely advertised to fill the skills gap.

Preference will be given at all times to current or ex-serving ADF members, or those with strong connections to Defence.

In the new Constitution, do the Directors need to be members of RSL Queensland?

The Board Executive (three positions) *must* be drawn from the membership.

The State Council President (one position) is elected by the State Council, which is made up of the District Presidents. All District Presidents *must* be drawn from the membership.

The four member-based Directors, elected on the Board Skills Matrix, *will* be drawn from the membership.

The final two (optional) Director roles will ideally come from the membership, but we may need to go out further, subject to an inability to fill the skills gap. These two roles are the *only* roles where it is not mandatory for the individuals to come from the member base.

REFLECTING ON HOW FAR WE'VE COME

I'm in a reflective frame of mind as I write my final CEO column for *Queensland RSL News*.

The organisation is certainly vastly different now than when I first started. The 2015 Annual General Meeting was only my second day in the role of CEO, and I remember taking in the abundance of information from State Branch and delegates around the state.

In my initial address, I said it felt like I was "drinking from the fire hydrant!" The pace of change certainly didn't back off as we set out on an optimistic three-year transformation program to ensure the operations of State Branch reflected the expectations of a modern, high-performing organisation – something all other ex-service organisations (ESOs) could aspire to and something to cement our position as the leading ESO in Australia.

I reflect on my grandfather's service in WWII and his involvement with the RSL, and I'm proud to have also contributed to the cause – first by leading the lottery business and then as CEO – to help raise approximately \$988m for veterans throughout my time here at RSL Queensland.

As CEO, I've also been proud to lead the organisation as we increased our total equity by around \$80m (a 64 per cent increase) and grew our revenue by almost \$50m per annum (a 60 per cent increase). This basis will ensure that RSL Queensland can grow and diversify services for both members and the Defence

"NONE OF OUR ACHIEVEMENTS ARE POSSIBLE WITHOUT A PASSIONATE, TALENTED AND CAPABLE MANAGEMENT TEAM AND I'VE BEEN BLESSED WITH SOME OF THE BEST DIVISIONAL LEADERS A CEO COULD ASK FOR. RSL QUEENSLAND IS NOT ONLY THE LEADING ESO, IT IS NOW THE MOST ADVANCED, CAPABLE AND FINANCIALLY SOUND VETERAN ORGANISATION IN AUSTRALIA."

community in the decades to come.

As grassroots members, I'd really encourage you to stop and recognise the RSL Art Union as the leading charitable lottery in the world and appreciate the value it offers RSL Queensland in enabling services to veterans into the future. As a modern charity, juggling fundraising and developing and expanding service delivery at the same time requires a delicate balance.

When I reflect on my time at RSL Queensland, I'm extremely proud of our achievements. For many years we have supported the Defence community with advocacy services, and demand for these services increased by more than 35 per cent year-on-year, resulting in over 4,700 claims submitted in 2018 alone.

In recent years we also added a host of new programs and initiatives to complement these traditional services. These included the RSL Education Portal, RSL Employment Program, RSL Wellbeing Program, Homelessness Program and RSL Scholarship Program.

We also partner with other ESOs to increase the number of services we can offer veterans,

and these programs now include RAEMUS Rover, Timor Awakening, Trojan's Trek and Digger's Rest. You can take a look at some of the impressive work achieved by our organisation in the first quarter of 2019 on the opposite page. We will continue to provide this quarterly overview in each edition of *Queensland RSL News*.

Although these new initiatives are impressive, they must be recognised alongside the massive efforts of our members and volunteers around the State, who give up countless hours to help veterans and organise commemorative services and other activities. Your dedication ensures RSL is woven deeply into the fabric of Australian culture.

From a governance perspective, the organisation has really moved on from the "we've always done it this way" approach and has substantially matured and modernised. The past few years have certainly been intense and stressful for all involved, and a substantial body of work was required to navigate the organisation successfully through these modernising activities.

However, together with the Board, we were able to build solid

foundations to move forward with our Governance Plan, which was referred to by Australian Charities and Not-for-profits Commission representatives as one of the "best we've seen" among all Australian charities.

I'd like to finish up by thanking you, the members. Your energy, passion and commitment are nothing short of amazing and you have set the bar extremely high for me in terms of what I take with me into my next career move.

Thank you for your support, conversation and hospitality throughout my time here at RSL. I'll particularly miss my visits to our amazing Sub Branches, which included many great cups of coffee and scones!

Of course, none of our achievements are possible without a passionate, talented and capable management team and I've been blessed with some of the best divisional leaders a CEO could ask for. RSL Queensland is not only the leading ESO, it is now the most advanced, capable and financially sound veteran organisation in Australia.



Luke Traini
Chief Executive Officer
RSL Queensland

Shoulder to shoulder with our Defence family, in January–March 2019.



24 individuals and families
helped into safe,
permanent housing



622 nights
spent in RSL short-term
accommodation



More than 550 ANZAC Day
events held across
Queensland



2,200+
calls handled



59 jobs found
for veterans and their partners



761 DVA
claims handled

Between January and March 2019, 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



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CORRECTION FROM THE LAST POST

In the Last Post in Ed 01, 2019 we incorrectly included the name Glen Hasler R66922 from Maroochydore Sub Branch. This was based on incorrect information we were provided, and we sincerely apologise to Glen and his family for any distress this has caused.



THE ONLY PRIVATELY ERECTED WAR MEMORIAL IN QUEENSLAND

On a recent road trip, we were driving along the Woolooga/Broweena Road in the Kilkivan region when my wife and I happened upon a very interesting WWI memorial – a bridge.

Apparently, it is the only privately erected war memorial in Queensland. It was designed by Laurence Stevens Smith (then owner of historic Mount Joseph Station) and was constructed by station hands from Mount Joseph and a number of returned servicemen. One side of the bridge lists the names of local men killed in action, while the other side lists the names of the local men who served.

The bridge does not appear to be advertised in any tourist brochure and is not shown on the local map as a point of interest, which is unfortunate as it made the trip worthwhile.

Rick O'Brien
Yeppoon

PTSD IS ALWAYS PART OF A PERSON

Regarding Edition 01 2019 of *Queensland RSL News*: What a great magazine you have put together. Such a lot of good, helpful reading in it too. I can put it down and pick it up, and even re-read articles.

Normie Rowe's findings about PTSD were extremely helpful. However, your front page 'editor of headlines' had it wrong. "Overcoming PTSD" is not a true statement. PTSD is part of the person and *will not* go away. It can only be modified or managed, but it will *never* go away. Civilian psychologists don't understand this and think you will be cured! No.

We have just joined the local RSL (for the dinner discounts mostly). My husband Ian had three years as the patrol wireless operator during the Indonesian confrontation. He's now 75 and recently joined the ANZAC Day marches.

Actually, I loved all the

magazine's articles, as I enjoy history, geography and people, but he was quite flippant about the magazine and pushed it aside. Probably the photo on the front page, top of a hill, looking across the valleys was too much of a reminder of his patrol years in Malaya and Borneo. A total memory flashback, afraid of being sniped, and his PTSD takes over, from viewing one magazine cover.

It's always unexpected, the response. That's what PTSD is – memory of near death. Don't remind me of it! That's his response and it consumes him then for a few hours or days.

Keep up the good work, and don't put the magazine on computer, as all us old people love paper magazines to hold, pick up, read an article, digest it and another time read another article. Thanks.

Rhonda Lynch
Wellington Point

HELLFIRE BURGER SHOWS A LACK OF TASTE

On seeing a fast food chain name their new release burger 'Hellfire', my immediate thoughts were of the prisoners of war and their civilian counterparts who were forced by their captors, the Japanese, to work in inhumane conditions in Thailand during WWII.

Many prisoners were physically beaten to death and many more died of diseases due to malnutrition and the poor conditions they were forced to endure.

To release this product on the eve of ANZAC Day shows complete lack of taste (no pun intended) and contempt to all those who have strong memories of those atrocious times and of man's inhumanity to mankind during periods of conflict.

Perhaps a little more thought and a lot more respect and consideration would be in order.

Terry Camp

Tugun

REMEMBERING SISTER BERNADETTE

I enjoy reading *Queensland RSL News*, especially the article 'A codebreaker honoured' in Ed 01 2019. I was part of the Central Bureau at 21 Henry Street, Ascot, where I worked with Pauline (Sister Bernadette).

We joined up together and were good friends. My number was 102466 and Pauline was 102477. We were stationed at RAAF Command Brisbane and would leave each day in the back of a truck.

Pauline and I had the same surname (Barlow), but were not related. She was a committed Roman Catholic and I'm a Christian. She entered St Joseph's convent when I was in hospital having my first child. My mother went to the service.

Over the years, she and I kept in touch, especially on sacred days of the year. The last few years Pauline no longer sent cards or phoned me. From Christmas 2018 to the middle of January I was on holidays and when I arrived home there was no phone message from her. When I rang, I found out she had died on 4 December. That was the day my Christmas card reached her.

I found it very moving when I read the article in the latest *RSL News* magazine.

Our boss, Flight Lieutenant Ward, a committed Roman Catholic, gave us the afternoon off one day to see *The Song of Bernadette*, a religious film showing in Brisbane City. That's what Pauline took for her name, Sister Bernadette. What fond memories I have.

Olive J Williams

Withcott

FATHER TAKEN TO BONEGILLA INTERMENT CAMP

I was reading Ed 01 2019 of *Queensland RSL News* and the book giveaway of *Captured Lives* on page 85 caught my eye as it is close to my heart. My dad came here in 1914 and swore allegiance to King George the Fifth.

He had two children at the time (my sister and me). Dad had a work ethic that defied description and purchased land that he subsequently turned into a prosperous cane farm. During that awful war, Dad was taken to Bonegilla Interment Camp in South Australia for four years. We didn't see him that entire time.

His new utility was taken away to assist in the war effort. My mother was very stoic and understood the mood that prevailed throughout the country at the time. She, with little help, ran the farm and cared for my sister and me.

However, the pain was always present. Mum and Dad donated three 'Kangaroos' to this country, a successful farmer and cattle breeder, a Navy veteran and a medical practitioner (anaesthetist).

Rudi Bianchi

Holland Park-Mt Gravatt Sub Branch



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INDIGENOUS VETERANS' CEREMONY ACKNOWLEDGES ALL WARRIORS

W01 Colin Watego OAM (Ret'd) was the guest speaker at the 13th annual Indigenous Veterans' Ceremony – held as part of National Reconciliation Week at ANZAC Square on 29 May. He recognised the important contribution of Aboriginal and Torres Strait Islander service people, who are often overlooked in the telling of Australia's military history.

"We need to remember and acknowledge all warriors. And as I reflect on our warriors and their sacrifice – in the spirit of gratefulness

and appreciation of what's happened and gone before us – we need to continually focus on the *why*," Colin told those gathered at the ceremony.

"And that's for the future, that's our young people. And that's where I see the future. And particularly for our young Aboriginal, Torres Strait Islander boys and girls."

It was a very moving ceremony, with a great turn out of veterans, their families and members of the public.

An estimated 1,000 Indigenous Australians served in WWI, despite

being legally excluded from military service until 1949. Determined to protect their nation, they used false names and backgrounds to enlist. But they returned home to a country that still refused to acknowledge them as citizens and denied them the recognition and entitlements they had earned.

Nothing we do now can change the past, but the Indigenous Veterans' Ceremony aims to recognise the invaluable contribution of our Indigenous service people to the ADF, both past and present.



OPPOSITE PAGE: Aaron Martin played the didgeridoo during the 13th annual Indigenous Veterans' Ceremony.

CLOCKWISE FROM LEFT: Commander Peter Tedman DSM OAM, laid a wreath on behalf of His Excellency the Honourable Paul de Jersey AC, Governor of Queensland; W01 Colin Watego OAM (Ret'd), right, was the guest speaker at the ceremony. He laid a wreath alongside Petty Officer Kevin West, who represented the current generation of Indigenous service personnel; The veteran community and general public gathered together to honour Australia's Indigenous service personnel; Commander Gerald Savvakis was among the dignitaries paying their respects at the service.



CASHLESS APPEALS RAISE 40 PER CENT MORE

RSL Queensland staff took to the streets of Brisbane CBD for the annual ANZAC Appeal on 18 April. All money raised in the Brisbane appeal is distributed to RSL District offices to fund welfare programs.

In 2018, we moved to a completely cashless system for both the ANZAC and Poppy Appeals. The 'tap and go' terminals were a huge success, with positive feedback received from the public and an increase of almost 40 per cent in revenue raised compared to 2017. Following on from this great result, the 2019 ANZAC Appeal was also cashless.

TOP TO BOTTOM: ADF volunteer Emily Connors helped RSL Queensland staff raise money during the ANZAC Appeal; RSL Queensland staff members Lisa and Sharon; The ANZAC Appeal is an opportunity for RSL Queensland staff to get outside the office and raise money for the Defence community around Queensland.



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design is so realistic only you will know the truth. Even the reverse of the case is finely engraved with the coin's portrait of King George V. All those who see the watch will look twice to see whether or not it's the genuine article.

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Last sold at auction for a record \$1.5 million, the 1930 penny remains desired by many, but afforded by only a few. Until now. The replica watch can be yours for just 5 instalments of \$39.99 or \$199.95, plus \$19.99 postage and handling. This exclusive design is only available from The Bradford Exchange and only for a limited time, so don't delay! To reserve yours, backed by our 120-day guarantee, send no money now. Just return the coupon or go online today at www.bradford.com.au/coins

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RSL Queensland State President
Tony Ferris at the ANZAC
Appeal with staff members
Gordon and Bill and ADF
volunteer Alex Rees.



NEW NATIONAL PRESIDENT ELECTED

Greg Melick AO RFD FANSCZ SC was elected to the position of National President at the RSL National Board meeting in June. Greg has had a stellar career in the Army, rising to the rank of Major General and holding positions including Director General Reserves – Army and Colonel Commandant, 1st Commando Regiment. Greg currently lives in Tasmania, where he is a Senior Counsel. He is also Patron of Defence Cricket and the Army Museum of Tasmania. John King, President of RSL ACT, was appointed Deputy National President.

ACNC REVOKES DIRECTIONS NOTICE

As members are likely aware, last year the Australian Charities and Not-for-Profit Commission (ACNC) directed RSL Queensland to rectify certain shortcomings in its governance and compliance processes.

In May 2019, the ACNC revoked its Directions Notice. This is a very positive outcome that indicates the ACNC is satisfied RSL Queensland has taken the necessary steps to implement improved practices over the past 12 months.

Our staff, Directors and volunteers have all worked incredibly hard to achieve the organisational transformation that ensures RSL Queensland is more accountable and transparent.

The changes we have made – and are continuing to make – will help us meet the high standards our supporters rightfully expect. The final step in becoming a strong, resilient organisation able to fully meet these standards is the adoption of the new draft RSL Queensland Constitution at our AGM on 22 June.

Governance and compliance are vital to a modern, well-run charity like RSL. Our volunteers and staff do fantastic work every day of the year to provide a high standard of services to our Defence family across Queensland.

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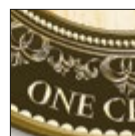
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A black and white photograph of a person on a horse, holding a large flag. The scene is set on a beach with waves in the background. A large red rectangular overlay is positioned in the center, containing the text 'ANZAC DAY 2019' in a white, distressed, stencil-like font. The person on the horse is partially visible behind the red overlay.

ANZAC DAY 2019

Thousands of Queenslanders rose early on Thursday 25 April to honour Diggers past and present at Dawn Services and Marches across the state. From Brisbane's first Dawn Service at the newly refurbished Shrine of Remembrance, to rainy conditions on the not-so-sunny Sunshine Coast and a spectacular sunrise across Gold Coast beaches, the ANZAC spirit shone bright throughout Queensland communities.



◀ Agnes Water/1770

Wayne Zollner, Judy Lennon and Heidi Close at the Agnes Water/1770 service.



▲ Ashgrove

Kate Jones MP lays a wreath at Ashgrove service at Ashgrove Memorial Park.



◀ Atherton

Veterans and the local community gathered at the Atherton RSL Sub Branch service.



► Banyo

Jim Downie, a 96-year-old WWII veteran, travelled in a military jeep in the Banyo parade.



► Beenleigh

Navy cadets participated in the Beenleigh service.



▲ Biloea

Wreaths lie on the Biloea Cenotaph after the morning service.

▼ Yeronga Dutton Park

WWII veteran Rev Bernard Thomas, Major Tony Mainstone and Deputy Premier Jackie Trad MP at the Yeronga Dutton Park service.



▲ Blackbutt

Children helped lay wreaths at the Digger Memorial at the Blackbutt service.

▼ Yarraman

Bill Hobbs and the 7th Signals Regiment during the Yarraman march.



▲ Beaudesert

Beaudesert RSL Sub Branch members marching in the Parade.

► Bowen

Hannah Farley holds a wreath laid by Bowen State Primary School at the Bowen service.



▲ Beachmere

WWII veteran Harold Seng pays his respects at the Beachmere Remembrance Memorial. TS KOOPA ANC Bribie Island supported with a catafalque party and more than 500 people attended the service.



◀ Boyne Tannum

Rain didn't dampen the mood at the service in Stirling Park at Boyne Island.



▲ Caboolture

Caboolture's Main and Dawn Services were supported by A Coy 9 RQR, whose presence over many years has always added to the success of the event.



▲ Bundaberg

Navy Commander Alastair Cooper marching in the Bundaberg Parade.



▲ Bulimba

Around 8000 people attended the parade and service in Bulimba Memorial Park, including veterans, a Navy contingent, school children and local residents.



◀ Warwick

Warwick's ANZAC Day Parade featured members of the 11th Warwick Light Horse Troop.

▼ Burleigh Heads

One hundred-year-old Jack Pitt has been a member of Burleigh Heads Sub Branch for over 33 years.



◀ Bray Park-Strathpine

Up to 5000 attended the Bray Park-Strathpine service.



▲ Brisbane

Lieutenant Colonel Steven Dickie leads personnel from 8th/9th Battalion, Royal Australian Regiment, during the Brisbane City ANZAC Day Parade.

► Calliope

Mark Munro bows his head in respect at the Calliope service.



► Woodford

Colonel John Power (Ret'd) and LT Marcus Patty 9RQR salute veterans and their families during the Woodford service.



▲ Canungra

The new Commanding Officer Defence Force School of Intelligence, Canungra, Lieutenant Colonel Dennis Robins CSC, taking the salute at the Canungra post office. On his right is Major Michael O'Connor from the New Zealand Defence Force.



▲ Caloundra

Catafalque party cadets from 106ACU at the Caloundra wreath laying service in the Bob McInnes Memorial Garden.



▲ Toowoomba

The catafalque party at the Mother's Memorial in Toowoomba dressed in WWI uniforms to commemorate ANZAC Day.



▲ Chinchilla

The new home of the Cenotaph at the Chinchilla Botanic Parklands, just in time for ANZAC Day.

▼ Centenary Suburbs

Centenary Suburbs RSL Sub Branch President George Lefevre prepares to lay a wreath at the new extension to the Centenary Suburbs War Memorial Gardens, where more than 5000 people attended the ANZAC Day service. Fourteen-year-old Centenary State High School student Josie Ross sang the Australian National Anthem at the Dawn Service. The rendition was particularly poignant and potentially a world first between daughter and father as it was streamed live to her dad, Dave Ross, who was on an expedition in the Himalayas. In true ANZAC spirit, the New Zealand National Anthem was sung by Rochelle Cooper from New Zealand.





▲ Charters Towers

Corporal Julie Horlin and Flag Officer Christopher Giles place poppies on war graves at the Charters Towers service.



▲ Clifton

Clifton RSL Sub Branch President Vaughan Pauli with two esteemed WWII veteran members – Les Wilson, DMT RAAF South West Pacific, left, and Joffre Bell, RAAF Bomber Command Air Crew and Air Traffic Control PNG.



▲ Cloncurry

Students participate in the Cloncurry service.



▲ Tewantin Noosa

Tewantin Noosa RSL Sub Branch Life Member Ken Bridges OAM laying a wreath on behalf of all veterans.



▲ Crows Nest

Service personnel from Borneo Barracks march in the Crows Nest ANZAC Day Parade. (Photo: Wetzig Photographics)



▲ Dalby

School students were among those who participated in the Dalby ANZAC Day service.

► Emu Park

The Emu Park Dawn Service was held at ANZAC Court for the first time.



◄ Esk

The Esk ANZAC Day March began at the Diggers Memorial Hall and was led by the Brisbane City Brass Band.



▲ Gatton

More than 100 veterans and their guests enjoyed a two-course meal at the Veteran's Hall following the Gatton ANZAC Day service.



▲ Forest Lake

Forest Lake RSL Sub Branch members with their service dogs and Centenary Navy Cadets at the Dogs Queensland War Animal Memorial.

▼ Yandina-Eumundi

Coolumn Surf Life Saving Club was heavily involved in the ANZAC Day service organised by Yandina-Eumundi RSL Sub Branch.



▲ Gayndah

St Joseph's Primary School Gayndah was one of four schools to receive a visit from the Gayndah Sub Branch President, 2CER soldiers and their PMV in the lead up to the ANZAC Day commemorations.

▼ Glasshouse

Glasshouse welfare officers Jodey and Jamie Hope pay their respects at the service.



▲ Goodna

Ron Page, who turns 100 in November, and Stephanie Limpus, whose husband is a member of Goodna Sub Branch. Stephanie, who works as a nurse, made her own WWI nurse's uniform and wears it proudly each year.



▲ Greenbank

A large crowd gathered for the Greenbank ANZAC Day service.



▲ Hervey Bay

Reviewing Officer Greg "Doc" Newman spoke at the Hervey Bay service in Freedom Park.



▲ Hughenden

Remote Central Queensland families paid tribute to the ANZACs at Cameron Downs State School.

▶ Gracemere

Naval Cadets from TS Rockhampton formed the catafalque party and stood watch over Gracemere Cenotaph while Rob Lang laid a wreath on behalf of the Rats of Tobruk Association. Rob was also guest speaker at the Dawn Service.



▲ Ipswich & West Moreton

Navy veterans at the Ipswich and West Moreton sub section service.



▲ Ipswich

The Ipswich Dawn Service was well-attended by veterans, their families and members of the public.

▼ Kedron Wavell

Various cultures and groups were represented at the Kedron Wavell service.



▲ Kawana Waters

A young veteran helps an older veteran at the Kawana Waters service.



◀ Kenmore-Moggill

Pictured at the Moggill Digger memorial are Kenmore-Moggill Sub Branch Treasurer Richard Ponsonby, left, Member for Pullenvale Cr Kate Richards, Kenmore-Moggill Ceremonial Officer Christopher Moon, Kenmore-Moggill President LTCOL Rick Maher and State Member for Moggill Dr Christian Rowan MP.



▲ Killarney

Killarney RSL Sub Branch members preparing to speak at the ANZAC Day service.



▲ Isis

The 9th Battalion Royal Queensland Regiment provided the catafalque party at the Isis service and are pictured with newly elected President William "Bill" Luxton and Bundaberg Regional Council Deputy Mayor Bill Trevor OAM.

▼ Kilcoy

Ken Kuhn is the only remaining WWII veteran at Kilcoy RSL Sub Branch.





▼ Laidley

Kindergarten children laid wreaths at the Cenotaph during Laidley's ANZAC Day service.



▲ Malanda

Malanda RSL Sub Branch thanked the Tablelands community, including first responders, the Council, 144 ACU Cadets, businesses, schools and community groups for supporting the ANZAC Day service.



▲ Torres Strait Chapter

Veterans and their family members commemorate ANZAC Day at a service organised by the Torres Strait Chapter.



▲ Mary Valley

Strong supporters of the Mary Valley RSL Sub Branch, Sandra and Ben Coots, paid their respects at the ANZAC Day service.



▲ Mapleton

More than 400 people attended the Mapleton ANZAC Day service, which was moved to Mapleton School due to heavy rain in the days prior to the event.



▲ Miles

Soldiers from Oakey Army Aviation Centre attended the ANZAC Day service in Miles.



▲ Manly Lota

Harry Pregnell proudly leads the parade at Manly. The five Australian flags represent the five community members lost in the Vietnam War. (Photo: Donna Jones)

▼ Woodgate

MC and Board Member Lex McKay with guest speaker Steve Johnston, Chief Executive Officer, Bundaberg Regional Council at the Woodgate Dawn Service.



▼ Milmerran

Milmerran Sub Branch Secretary/Treasurer Paul Farrington, left, and President Don Gentle, right, with CAPT Adrian Farr from the Army Aviation Training.



▲ Mitchell

Mitchell RSL Sub Branch President Darryl Beitzen at the ANZAC Day service.



▲ Longreach

Major General Stuart Smith AO DSC (Ret'd) addressed the Longreach ANZAC Day service.



▲ Mudgeeraba Robina

Mudgeeraba Robina board member Laurie Fewson and numerous other volunteers struggled to keep up with the call for "bangers, more bangers!" at the Gunfire Breakfast following the Dawn Service.

▼ Mundubbera

Kindergarten children at the Mundubbera service.





▲ Mudjimba

Cadets from NO 207 SQN AAFC with the catafalque party from 11 Engineer Regiment and the Bli Bli State School Choir at Mudjimba's ANZAC Day service, which was attended by 1500 people.



▲ Moranbah

Wreath laying at the Moranbah service.



▲ Nundah

Nundah State School students laid a wreath at the Nundah Memorial, with the catafalque party formed by members of 7 Combat Support Battalion.



▲ Mt Molloy

Ninety-four-year-old James Hughes attended the Mt Molloy ANZAC Day service accompanied by daughter Christine McKerlie and daughter-in-law Helen Tons.



▲ Nerang

Family members of former Nerang RSL Sub Branch member Frank Lawton, who passed away two years ago, attended the service in his honour. Frank marched at the Nerang service for approximately 20 years.

► Pentland

Misty morning rain did not deter stalwart veterans and their families from attending a moving Dawn Service in Pentland on ANZAC Day.



► Rosewood

Vietnam veteran Arthur Clark, RAAF Air Field Defence, and Alan Chriscoli, Royal Australian Artillery, beside the statue of the Rosewood Digger, representing all services and theatres of war.



► Murgon

In a first for Murgon RSL Sub Branch, three female veterans, Simone Taylor, Coralee Goedhart and Kristy McNaught, were the flag bearers at the ANZAC Day service. (Photo: South Burnett Online)



▲ Winton

LTCOL Jamie Martin, CO, 5 AVN REGT, PONPC Luke Miller and SGT Anthea Lee, RAAF Townsville at the Winton service.



◄ Nambour

A good crowd paid their respects at the Nambour service.



▲ Roma

Veterans and the local community gathered at Roma Cenotaph for the annual service.



▲ Salisbury

Salisbury RSL Sub Branch President Tony Stevenson in front of the memorial after the morning service.



► Redcliffe

Veterans give each other a helping hand during the Redcliffe ANZAC Day March.

▼ Sandakan

RSL Sub Branch member Sue Hannant attended an extremely moving Dawn Service in Sandakan Memorial Park, Malaysia. The park is built at the site of the former Sandakan camp and is dedicated to the memory of all prisoners of war who lost their lives during the Sandakan death marches.



▲ Sandgate

Brothers Arthur and Percy Masters, aged 95 and 100 years old respectively, at the Sandgate service.



▲ Redlands

Young Veterans Redlands members Adrian Aiple, Martin Rabjohns (Redlands RSL Committee member), Joel Wilson, Andrew Davis and Lee Mason enjoying camaraderie at Redlands RSL after the ANZAC Day service.



▲ Southport

Southport Yacht Club flotilla flares kicked off the ANZAC Day Dawn Service.



▲ Stanthorpe

Parade Marshall Ron Lange of Stanthorpe RSL Sub Branch leads the March along Maryland Street.

► Surat

Surat Pony Club representatives took part in the Surat ANZAC Day service.



▲ Seachange

Members of 6 Royal Australian Regiment, who attended the 2019 ANZAC Day service at Seachange Resort in Arundel.



◀ Sunnybank

Cadets from TS Gayundah were flag bearers at the Sunnybank service. There were 1500 people at the Dawn Service, 4500 at the Main Service, and 2000 on Parade. RSL Sub Branch members attended addresses at 25 schools in the region prior to ANZAC Day.

▶ Tiaro

Three students from Tiaro State School read the poem *In Flanders Fields* at the Tiaro service.



▲ Toowong

Toowong's ANZAC Day Dawn Service is always a moving commemoration.



◀ Springwood

Clayfield College Year 12 student Isabelle Jardine was the guest speaker at the Springwood Tri Service ANZAC Day service, which saw Cadets, Scouts, Guides, community groups and schools march behind veterans.

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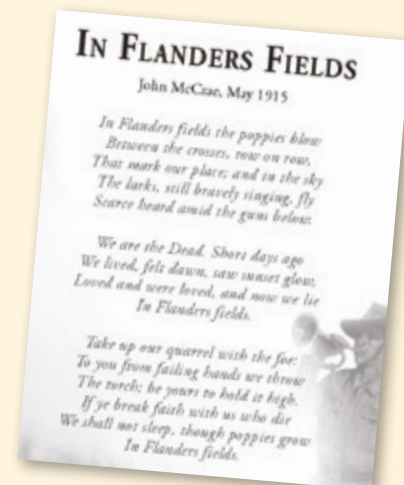
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STORIES SHARED AMONG YOUNG AND OLD AT BUNDABERG LUNCH

WHETHER female or male, young or old, Army, Navy or Air Force, everyone who has served has a story. And that's what makes RSL Queensland special – because it's where all those stories converge.

Earlier this year, the Bundaberg RSL Sub Branch hosted a very special lunch that brought five WWII veterans together with a number of younger ex-service people.

The conversation flowed easily despite the diversity of the group, and we were able to capture some amazing stories on film. We've already shared some of their stories on Facebook and YouTube, and we'll be sharing more in the coming months, so keep an eye out! ↩





OPPOSITE PAGE: (Front Row) WWII veterans Ula Agnew, left, Fred Bainbridge, Noel Mooney, Merv McGrane and Herb Woodward. (Back Row) Sonya Leijen, left, Helen Baldwin, Tyson Kemp, Joshua Long, Bundaberg RSL Sub Branch President Helen Blackburn, and Bundaberg RSL Sub Branch Secretary Dannielle Brearley.

CLOCKWISE FROM TOP LEFT: Bundaberg RSL Sub Branch Secretary Dannielle Brearley chatting with WWII veteran Herb Woodward; The camera WWII veteran Fred Bainbridge took with him to war; Ex-serviceman Tyson Kemp shares stories with WWII veterans Merv McGrane, left, Noel Mooney and Herb Woodward; Merv McGrane as a young man; Fred Bainbridge and Tyson Kemp; WWII veteran Ula Agnew, left, with Bundaberg RSL Sub Branch President Helen Blackburn, Helen Baldwin and Sonya Leijen.



CHECK OUT SOME OF THEIR STORIES ON...

 [/RSLQueensland](#)

 [/RSLQld01](#)

A CHANCE TO SEE THE BATTLEFIELDS OF WWI

Australia's military history will come to life for a handful of Queensland school students, thanks to a partnership between RSL Queensland and the Department of Education.

RSL Queensland will partner with the Department of Education to sponsor the Premier's ANZAC Prize for the next three years, enabling eight students each year to visit the battlefields of Europe, where Australian troops fought during WWI.

State President Tony Ferris said he was proud RSL Queensland was playing a strong role in ensuring young people continue to recognise how the ANZACs contributed to making Australia what it is today.

"It's important that the next generation of Queenslanders understand what our Diggers went through, and that the memory of those who suffered and died for Australia is preserved," Mr Ferris said.

"What better way for schoolkids to do that than by seeing firsthand the places where our ANZACs fought?"

The eight successful students will tour important memorial sites in London and the battlefields of the Western Front.



2019 Premier's ANZAC Prize recipients Annabel Jellett (Queensland Academy for Health Sciences, Southport), Atticus Solomon (Ambrose Treacy College, Indooroopilly), Chontelle Harris (Pimlico State High School), Claudia Maher (Brigidine College, Indooroopilly), Claudia McPherson (Matthew Flinders Anglican College, Buderim), Douglas Gemmell (Good Shepherd Lutheran College, Noosaville), Ella Magner (Pimlico State High School) and Madeline Francis (Tamborine Mountain State High School).

Annabel Jellett
remembers Private
Percival James at Tyne
Cot Cemetery in Ypres.
Annabel gave a eulogy
for Private James – a
Queensland farmer –
during their visit to
the cemetery.

“IT’S IMPORTANT THAT
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WHERE OUR ANZACS
FOUGHT?”



RIGHT: Douglas Gemmell experiencing life underground at the Memorial Museum Passchendaele 1917's unique Dugout Experience in Ypres. **BELOW:** Maddy Francis learns more about the five battles of Ypres, including the Battle of Passchendaele, at the museum.



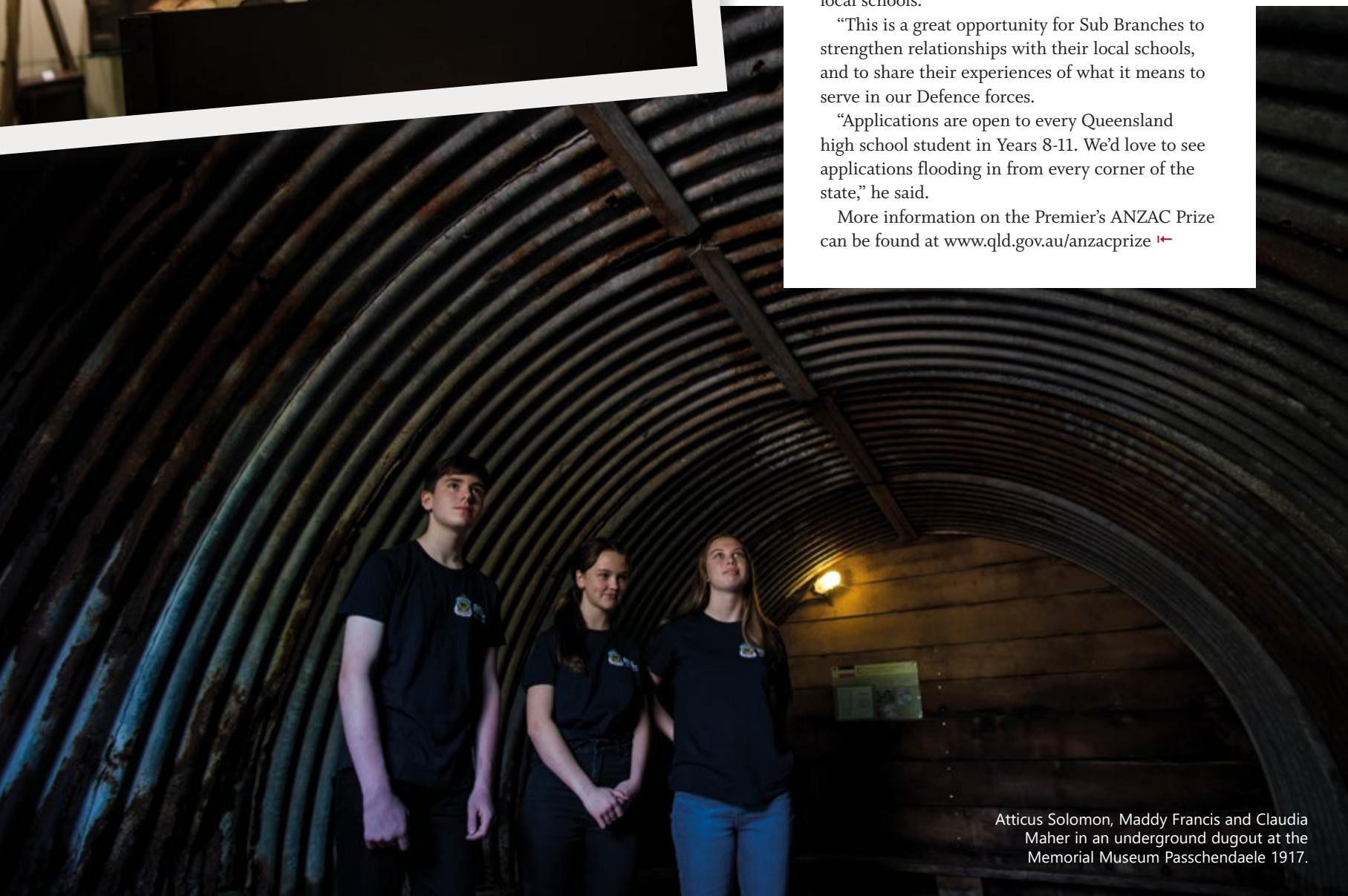
“Sponsoring the Premier’s ANZAC Prize also aligns with our newly established online portal, RSL Education, which provides curriculum-aligned resources on Australia’s military history to Queensland students,” Mr Ferris said.

He encouraged all RSL Queensland Districts and Sub Branches to get the word out to their local schools.

“This is a great opportunity for Sub Branches to strengthen relationships with their local schools, and to share their experiences of what it means to serve in our Defence forces.

“Applications are open to every Queensland high school student in Years 8-11. We’d love to see applications flooding in from every corner of the state,” he said.

More information on the Premier’s ANZAC Prize can be found at www.qld.gov.au/anzacprize ←



Atticus Solomon, Maddy Francis and Claudia Maher in an underground dugout at the Memorial Museum Passchendaele 1917.

MATES **4** MATES

Magazine

A woman with blonde hair tied back, wearing a blue and white checkered shirt, is smiling and hugging a brown horse. The horse is wearing a white rope halter. The background is a blurred outdoor setting with green grass and trees.

Equine Therapy

Making a difference in the lives of veterans and partners.

Inspiring teen trekking 430km to raise funds

Meet our team

Psychology explained

Issue 2.2019



A message from our CEO **Troy Watson.**

It's hard to believe that we are nearly halfway through 2019. It's been a busy year across all our centres and regional outreach areas as the demand for our services continues to grow.

We now have nearly 4,000 Mates and family members accessing support and programs to assist with their recovery.

The first quarter saw the introduction of more social connection activities that include mindfulness practices to improve wellbeing, over 1,270 psychology appointments provided to those in need, and 90 Mates and family members attending Rehabilitation Adventure Challenges and Equine Programs.

Looking ahead, we're working hard to increase our presence in the community and develop sustainable fundraising methods to ensure that we can expand services as required and meet the demand we are seeing.

Our mission, to provide physical, psychological and social support services to improve the wellbeing of the military family, continues to drive our work and our staff.

Fundraising opportunities, which will complement the generous support from RSL Queensland, will ultimately help us support more veterans and their families in more areas.

This month we've proudly launched a Tax Appeal (page 7-8)

and continue to work alongside countless inspirational community fundraisers, including those on page 4, who are raising funds for our cause.

We are also building strong relationships with corporate partners who align with our vision and can support us moving forward.

As a result of community support this year, we've been able to accommodate a 31 per cent increase in families attending activities and a 12 per cent increase in Mates visiting our Family Recovery Centres for support. In addition, we've been able to increase the number of Mates who can take part in our Skills Training in Affective & Interpersonal Regulation (STAIR) Program by 45 per cent. This program teaches valuable emotion regulation skills to improve day to day living.

Thank you for your continued support, it's making a significant difference to our work and in the lives of our Mates and their families.

I hope you enjoy catching up on what's happening at Mates4Mates in this edition.

Troy

Get in touch



Central and North Queensland

Family Recovery Centre

📍 40 Anne Street, Aitkenvale QLD 4814
(Main entrance via Wotton Street)

☎ (07) 4771 9600

✉ townsville@mates4mates.org



South East Queensland

Family Recovery Centre

📍 27 Douglas Street, Milton QLD 4064

☎ 1300 4 MATES (1300 4 62837)
or (07) 3493 6200

✉ brisbane@mates4mates.org



Tasmania

Family Recovery Centre

📍 206 New Town Rd, New Town TAS 7008
(Main entrance via Montagu Street)

☎ (03) 6242 8940

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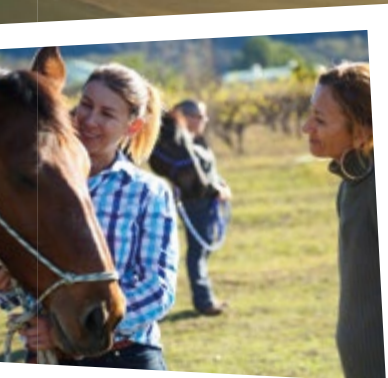
mates4mates.org



Mates4Mates supports current and ex-serving Australian Defence Force members, and their families, who have physical and psychological injuries as a result of their service. We are an initiative established by RSL Queensland.

If you would like to contribute to our magazine please contact the Mates4Mates Partnerships and Engagement team via marketing@mates4mates.org or call **1300 462 837**.

Building bonds



Horses are having a profound impact on the lives of injured veterans and their partners, improving trust, connection and emotional regulation.

When participants arrive at a Mates4Mates Equine Program there is often apprehension about what's to come. But by day five, they're filled with a renewed sense of purpose and hope for recovery.

Mates4Mates offer five-day equine therapy programs, facilitated by Equine Encounters Australia, for both individual Mates and couples who have service-related physical injuries or mental illness.

"Equine therapy does not involve riding – horses are used to help Mates notice and explore their issues, challenges and behaviours, and build awareness of their responses, like fear and anxiety," Mates4Mates Clinical Psychologist Georgia Ash said.

For five days, participants are immersed in life on a horse property – building bonds with horses, cooking together, eating together and sharing time together.

A horse's natural survival instinct allows them to pick-up on the energy and emotion in a person and reflect those feelings. If someone is filled with anxiety, for example, a horse will pick up on that.

Each participant will work with the same horse throughout the program to give them the opportunity to form a strong bond and learn to trust.

"Mates are never asked to revisit their past experiences. Instead all Mates are asked to participate in group discussions to assist in the processing of their daily experiences with psychologists and facilitators," Georgia said.

"The program offers the opportunity to increase awareness and understanding around physical and psychological health impacts by encouraging participants to stay in the present and reduce

emotional escalation. These skills lead to individual and couple growth and change."

Equine Encounters Australia founder Brenda Tanner launched the programs in 2013 and started facilitating these for Mates4Mates in 2014.

Brenda said she was passionate about helping veterans reconnect emotionally, after her own

father served in WWII and struggled to reintegrate back into civilian life.

Brenda and her staff are trained in equine psychotherapy, counselling or psychology to ensure participants have professional support.

"Equine assisted therapy is all about getting comfortable with being

“ ”

Mates4Mates Equine Therapy helped me to understand & develop real patience and acceptance...

This has made my life easier and far more pleasant. It allows me to live in a calmer manner & I can engage better with those around me.

— Participant

uncomfortable as that is what life is," she said.

"Through the program participants are encouraged to reframe experiences as they happen, so rather than withdraw, get frustrated or upset, we help them reflect on what is really happening, by teaching techniques to regulate and stay in the present.

"Horses are so instrumental for therapy because they don't judge and they don't know your story, all they know is what is happening right here in this moment.

"It's incredibly rewarding for myself and I feel really privileged to walk part of the journey with these people who have had such major events happen in their lives and see them turn a corner."

Equine Therapy Programs are predominantly run in NSW and QLD, and are available at no cost to registered Mates and their partners.

To find out more about Mates4Mates Equine Programs, visit www.mates4mates.org.



Community Fundraising in Action

Inspiring teen set to trek 430km for a cause.

At just 17, Murphy Ames is preparing for one of the most gruelling treks in Australia — a 15-day walk across the Simpson Desert.

The Simpson Desert is the world's largest sand dune desert spanning across parts of Northern Territory, Queensland and South Australia.

Trekking across it is a challenge most people would never dream about doing — but South Australian local, Murphy Ames, is not most people.

In his final year of high school, he is preparing to trek the Simpson Desert in July to raise funds for Mates4Mates, who he decided to support, to help veterans with service-related injuries.

It's a cause close to his heart, as he is planning to join the infantry next year and become a soldier.

"I wanted to find an activity where I could really challenge myself and I have great respect for our returned servicemen and women so I wanted to do something that could help them out.

"I'm excited to grow through this challenge and find out what I am capable of."

Murphy has been training intensively since January, doing cardio, endurance and strengthening exercises six days a week. In addition, he's doing regular exercise on sand to prepare himself for the desert conditions.

The trek will see him walk 30km a day, and he will be supported by his parents who will meet him each night with supplies.

"I think the hardest part will be the time I will be spending in my own head space - I think it will be pretty lonely out there and pretty boring at times, but I'm determined to finish," he said.

"I will need inner strength and determination to battle these challenges."

Murphy is raising funds by getting his local community on board and inspiring others to donate.

Images: Murphy out training for his upcoming trek.



Kokoda Trek a trip of a lifetime.

Patrick Adams recently returned from trekking the Kokoda Trail, paying tribute to the service and sacrifice of our soldiers and raising funds for Mates4Mates.

The Brisbane local spent eight gruelling days trekking 96 kilometres across the Owen Stanley Ranges in Papua New Guinea in April, stopping in Isurava for an ANZAC Day memorial service.

Patrick raised a phenomenal \$12,503 for Mates4Mates in the lead up to, and after, his trek — making a tangible difference to the lives of Mates and families.

"To experience the track step by step knowing that I was walking in the footsteps of our Aussie heroes was about as surreal and humbling as it gets, and it was a reaffirming sentiment that our

team of 12 all shared as we passed through each village into camp each afternoon," he said.

"My special day of tribute to my family's military heritage and specifically my grandfather was on day four as we tackled The Wall and Brigade Hill where we all pulled together and helped each other reach the top. We then had a very emotional service for our soldiers who fought and died there.

"That day will resonate with me forever as it was a coming together of Australians and Papua New Guineans as brothers, honouring the fallen."

Patrick said he was inspired to raise funds for Mates4Mates through his endeavour to support current Defence personnel and veterans overcoming service-related challenges.

"I wanted to support the dedicated work that Mates4Mates does for our servicemen and women who return home from active duty scarred in ways that many of us will never understand."

Images: (Top) Patrick at the Isurava Memorial on ANZAC Day and (Bottom) Patrick and his family donating funds raised to Mates4Mates staff.

Our people

Mates4Mates staff provide support, mateship and services to Mates and their families on a daily basis. Meet Isaac Sciberras, one of our dedicated Liaison Officers based at the Townsville Family Recovery Centre.

When Mates walk through the door at Townsville's Family Recovery Centre, Isaac Sciberras is there to greet them. As a Liaison Officer, it's his role to ensure Mates4Mates is a safe place where veterans and families can come to recover, recharge and build a sense of community.

Having been with Mates4Mates just shy of one year, he said it's already been a life-changing experience.

Isaac took the role at Mates4Mates after four years with the Army in the Royal Australian Infantry at 3RAR. He also served in Afghanistan for six-months with FPE-8.

"It's been so rewarding working with Mates4Mates, meeting and hearing the stories of each Mate and learning how their service has shaped them," he said.

For Isaac, a typical day involves welcoming Mates into the gym early in the morning and working in the café located in the centre. He then takes part in activities alongside Mates, including PT, Pilates

and Tai Chi, or other programs that are on.

In addition, he completes inductions with new Mates and family members, helping to connect them with the right support services including psychology appointments and exercise physiologist sessions, depending on the rehabilitation required.

"So many people leave the military and struggle to transition into civilian life, particularly if they have some form of physical injury or mental health challenges as a result of their service.

"At Mates4Mates we provide a range of services so Mates and families can find services that suit them. Some people come just for the social connection activities while others access many of our services at one time."

He said while reaching out for support is sometimes difficult, he would encourage people to get in touch.

"Learn about how Mates4Mates can assist you – you can utilise the support from your community and meet like-minded people."



Isaac Sciberras

Liaison Officer | Townsville

How to become a Mate.

If you need support in 2019, we are here to help.

At Mates4Mates, we're here for all current and ex-serving members of the Australian Defence Force who have physical or psychological injuries as a result of their service, and their families.

Reaching out for help can often be the most challenging part to seeking support, which is why we have made it a simple process.

With Family Recovery Centres in Brisbane, Townsville and Hobart, and outreach programs across Australia, we are here for you and your family when you need us.

Join
Mates4Mates

1300 4 MATES
[mates4mates.org/
become-a-mate](https://mates4mates.org/become-a-mate)

Keep active and support a Mate

All readers save 10% with code: **Mates10**

Stock up on new merchandise and support Mates and their families.

mates4matesshop.org



Psychology treatments explained

Have you ever thought about seeing a psychologist but aren't too sure what they do or what's involved?

Perhaps you've heard terms such as CBT, ACT, EMDR, DBT, CPT and wondered what they mean. If so, you're not alone.

Seeing a psychologist doesn't just mean talking about your feelings it's about using a range of evidence-based treatments that improve long-term mental health and wellbeing.

Here's a look into different forms of treatment used at Mates4Mates...

Cognitive Behavioural Therapy (CBT)

CBT is a short-term treatment that assists people to identify and challenge unhelpful thinking patterns, emotions and behaviours and adopt healthier thoughts and behaviours. This

approach can be applied to a wide range of mental health issues and people of most ages.

Dialectical Behaviour Therapy (DBT)

DBT specifically focuses on four key areas; mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. By focussing on these areas, individuals learn to effectively use strategies to assist them in dealing with relationships, stressful situations, impulsivity, anger and other distressing feelings and situations more effectively.

Eye Movement Desensitization & Reprocessing (EMDR)

During EMDR, individuals recall traumatic experiences in brief doses while the therapist directs their eye movements. EMDR is based on the idea that negative

thoughts, feelings and emotions are the result of unprocessed memories from unpleasant experiences. Numerous studies have demonstrated the effectiveness of EMDR in treating PTSD.

Acceptance & Commitment Therapy (ACT)

ACT teaches individuals to stop avoiding, denying, and struggling with their inner emotions and instead, accept that these deeper feelings are appropriate responses to certain situations that should not prevent them from moving forward in their lives.

Cognitive Processing Therapy (CPT)

CPT typically involves 12 weekly sessions to identify and explore the ways that trauma may have altered a person's thoughts and beliefs. Strategies are taught to



Written by: Georgia Ash,
Mates4Mates Clinical
Psychologist and Psychological
Services Manager

challenge and modify unhelpful thoughts and take-home worksheets and exercises form an integral part of therapy.

If you have a service-related injury or have experienced traumatic situations and need support, reach out to Mates4Mates to find out more about our psychology appointments on 1300 4 MATES.



Thanks to our partners at Australian Defence Apparel (ADA), in 2019 Mates4Mates will continue the life-changing Kokoda Rehabilitation Adventure Challenge. Throughout 2018 and 2019, ADA have provided tremendous support to our cause.

ada.com.au

MATES 4 MATES

Supporting Injured
Defence Force Mates.

Kokoda



Mates giving back after recovery.

When Brisbane Mates, Michael Stone, Rob Schreuder and Bill Field first walked through the doors at Mates4Mates, they were looking for support.

They didn't know each other or have a community to support them through their recovery from service-related physical and psychological injuries.

But with the support of Mates4Mates, and a network of veterans who understood what they were going through, recovery was made possible.

"Mates4Mates has been a blessing in disguise for me. It's

helped me find a way out of isolation and depression and now I want to give back to other veterans," Rob said.

Bill agreed and said mateship played an important role in recovery.

"Mates4Mates was there for me when I needed them most. I've been able to make strong connections and it's helped me find my goal and purpose," he said.

Now, in an effort to give back to other veterans, Michael, Rob and Bill have launched the Riak Australian Veterans Retreat Project. The initiative, independent of Mates4Mates,

will be focused on building a retreat in East Timor for Australian veterans.

Australia and East Timor have a strong military history dating back to WW2, with 2019 marking 20 years since Australian Defence Force units first arrived to support the ravaged Timorese nation.

The idea for the retreat stemmed from wanting to further bridge the gap between Australia and East Timor and give veterans a place to visit and improve health and wellbeing.

Michael said that leaving the military can result in losing sight of your identity, purpose and

values – but through initiatives like the Riak Retreat, veterans can re-engage, energise and move forward.

"A lot of people will have the opportunity to come to Timor and engage in something that is healthy for the mind, body and soul," Michael said.

"For me, this retreat is also about contributing to something beyond myself. It's important to live out our values through action and do something meaningful for others."



Pedaling for health

Brisbane City Council is making a difference in the lives of veterans by supporting the Mates4Mates cycling program. The support includes new cycling equipment and maintenance workshops to keep Mates pedaling towards their recovery. Cycling provides both physical and mental benefits to Mates, encouraging them to improve their fitness, connect with others and push themselves in a safe and supportive environment.

Top left image: (L-R) Brisbane Mates Bill Field, Michael Stone and Rob Schreuder.

It's not too late to give back

As you know veterans dedicate their lives to serving Australia. Mates4Mates — with your support — is proud to provide the vital services needed for veterans and their families. I mentioned on page 2 the need for our services to continue growing, with more people than ever seeking our assistance. By making a generous gift to our Tax Appeal you can help us grow our support network, providing greater access to much needed physical rehabilitation programs and psychological support.

Thank you so much for making a difference.
Turn the page to complete your donation.

Troy



It's not too late

Give back today!

Thousands of veterans and their families desperately need your support.

With your help Mates4Mates can reach more veterans with injuries and provide access to vital rehabilitation services. Veterans have dedicated their time to serving our country. You can show your support by giving generously to the Mates4Mates Tax Appeal.

Donate today by completing the below coupon or visiting mates4mates.org

Yes! You can count on my support.

MATES4MATES

Please find enclosed my tax deductible gift of:

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Card Number
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Donations of \$2 and over are tax deductible.
Mates4Mates does not share information about our supporters without your permission.

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Please complete this form and kindly return it to Mates4Mates PO BOX 1220, Milton QLD 4064. If you would like any additional information on Mates4Mates, or would like a copy of our privacy policy including your rights to access personal information, please call 1300 MATES, email enquiry@mates4mates.org or visit our website at mates4mates.org.

\$20 ☐

\$50 ☐

\$100 ☐


Other:

\$



A NEW FLAME BURNS ETERNAL

The Sunshine Coast has a bright new beacon of light to commemorate our fallen soldiers.

 Anita Jaensch

ON 10 November 2018, a sunset ceremony was held to dedicate the Eternal Flame at Cotton Tree, the result of more than two years of planning and design.

“I think everybody was just taken aback by what we’d achieved,” says Maroochy RSL President Michael Liddelow, chuckling a little as he recalls the moment the Eternal Flame was switched on and the panels behind were unveiled. “You could hear the gasps in the crowd and I think it was just sheer delight.”

For Michael and his team, it was the fulfilment of an idea that first saw the light of day back in 2016. After speaking to a number of veterans about the possibility of establishing an Eternal Flame at Cotton Tree, Michael approached local members and the Mayor of Sunshine Coast Regional Council to garner in-principle support for the project.

By 2017, they were ready to start working with an architect to draw up plans for the memorial.

“We’re very fortunate to have a gentleman by the name of Cam Crossley from Crossley Architects here from Maroochydore, who said, ‘I’d love to do it’. We sat down and drew up some plans from the ideas I had in my head and the concept was born from there,” Michael says.

After taking the rough plans and costings to Council and receiving encouragement to develop them further, the team hit their biggest stumbling block – how to light the flame. The more traditional method of an open gas flame was problematic due to the memorial’s location and the running costs involved, and it was eventually decided to incorporate an LED lighting system, much like the one used at Sydney Opera House.

Getting the colours just right and making the ‘flame’ flicker was tricky, but Crossley and the team worked hard to get the effect they were after.

“It’s not the same as mixing two

paints together to get a different colour. We’ve actually got to mix lights of different colours altogether to get the colours we want. It took our lighting company, Lux Plot, around two months to actually get the thing to flicker and then to make sure we had the right colour combinations to resemble a flame,” Michael says.

It’s an overcast morning when we visit Cotton Tree, but the Eternal Flame is flickering brightly on the foreshore. Mounted on a four-sided plinth – representing Navy, Air Force, Army and Merchant Navy – its light warms the four curved bronze fingerlings that shelter it.

Beyond the flame, four black granite panels show scenes familiar



“IT’S AN OVERCAST MORNING WHEN WE VISIT COTTON TREE, BUT THE ETERNAL FLAME IS FLICKERING BRIGHTLY ON THE FORESHORE. MOUNTED ON A FOUR-SIDED PLINTH – REPRESENTING NAVY, AIR FORCE, ARMY AND MERCHANT NAVY – ITS LIGHT WARMS THE FOUR CURVED BRONZE FINGERLINGS THAT SHELTER IT.”

ABOVE:
Cotton Tree’s Eternal Flame memorial shines brightly the night before its official unveiling

RIGHT:
Maroochy RSL President Michael Liddelow pauses for a moment of reflection at the memorial.

INSET:
The Eternal Flame is sheltered by four curved bronze fingerlings.

to Sunshine Coast residents and visitors – a humpback whale breaching with Mt Coolum in the background, Old Woman Island, the pandanus palms at Alexandra Headland and the Glasshouse Mountains.

Michael says the iconic images reinforce the connection between the region and the many men and women who have left it over the past 104 years to serve their nation.

“When they left here back in 1915 and went over to the First World War, those images would have been there,” Michael said. “They were there when they left and they’re still there today.”

Their sacrifice is recognised by two stanzas of *For the Fallen*, etched underneath a brass panel split by a



ragged fracture. Michael explains this represents the fracturing of society due to wars.

But out of the crack grows a poppy and – in a break from the traditional iconography – two seedpods. “The poppy is in remembrance, but the seedpods are the next generation,” Michael says. “I only hope that we do have peace in the world at some stage and peace that will last for a long time.”

The Cotton Tree Eternal Flame was jointly funded by Maroochy RSL, the Federal Government, Sunshine Coast Regional Council, RSL Queensland and local member Fiona Simpson. It was designed by Cam Crossley of Crossley Architects and built by local company Park Forge. ←





SERVING A CAUSE GREATER THAN HIMSELF

Following an 11-year career in Defence, James De Angelis accepted a role with RSL Queensland that has allowed him to continue his passion for helping others.

 Louise Liddiard-Smith

JAMES De Angelis was just 17 when he joined the Army with the dream of serving a cause greater than himself. Over the next 11 years, he served as a rifleman and a medic and was deployed overseas four times.

Being on the ground in countries like Afghanistan and seeing the difference the ADF was making in the lives of local people was a highlight.

“Having the tribal elders or the villagers come out to us and thank us for keeping them safe; that was quite rewarding,” James says.

However, when he married and started having children it became more difficult to leave his young family for long deployments and training exercises and he decided to discharge.

Although James secured a role with RSL Queensland before he left Defence, the move was still challenging.

“Transitioning out – and the Army having been my only job ever – it was quite a culture shock coming into a civilian organisation,” James explains.

As he discovered though, a supportive workplace can make all the difference during the critical transition process.

“From the day I was interviewed until now, I felt like my greater workplace has been nothing but supportive in assisting me with that transition,” James says.

“THE MOST SATISFYING THING IS GETTING THAT PHONE CALL – BE IT FROM A VETERAN OR A PARTNER – TELLING US THEY HAVE SECURED A ROLE.”



In his role as an Employment Program Officer in Veteran Services, James uses his personal experiences to support veterans and their partners to get back into the workforce.

“We are able to provide assistance in all the behind the scenes things that go into getting a job. CV development, career direction, interview skills, as well as partnering them and pointing them in the right direction of the line of work that they want to get into,” James says.

Helping his clients get back into the workforce is the most rewarding part

of his post-Defence career. “The most satisfying thing is getting that phone call – be it from a veteran or a partner – telling us they have secured a role,” James says.

Just as he joined the Army with the dream of serving a cause greater than himself, James now proudly works at RSL Queensland making a real difference in the lives of the Defence family.

“This is a great organisation full of great people that really care about a great cause.” ←

YOUNG VETERAN'S UNLIKELY WEAPON IN LONG FIGHT BACK

A state-of-the-art therapy bed, funded by RSL Brisbane North District, is leading the counterattack in a young Queensland soldier's brave battle back from the brink.

JOSH Sayed, 24, was an Australian Army Private serving with 7th Combat Service Support Battalion at Gallipoli Barracks (Enoggera) when he was involved in a shocking car crash in April 2016.

Josh sustained severe brain injuries, a smashed pelvis and collarbone, and his family was told to prepare for the worst.

Countless surgeries followed; part of his skull was removed to relieve pressure from swelling. But Josh survived the odds.

Three years later, he remains confined to a wheelchair and has no pelvic, trunk or neck support. Josh is aware of his surroundings but is immobile and spends long periods in bed at a rehabilitation centre north of Brisbane.

That's where RSL Brisbane North District has stepped in, donating \$32,000 to help Josh and his family buy a TotalCare Intensive Care Bed. Now Josh can go home on weekends for some precious family time.

His mum Sue Fayed said it's important for Josh to spend time with his sisters and dog Max.

"When I'm out with Josh [at the rehabilitation centre], his sisters are at home while their father

is at work; it's been very hard to be together as a family," Sue explained.

"I want to be with Josh to help with his physical care and so he knows how loved he is and that he is not alone."

Sue said the high-tech bed's versatile features allow her to move Josh and help him to rest easy.

"We want to give him the life he deserves and the life he should have had," she said.

RSL Brisbane North District President Merv Brown said it was gratifying to help a young veteran and his family.

"That Josh is rebuilding his life after sustaining such terrible injuries says a great deal about the sort of man he is and the incredible support he is getting," Merv said.


"Supporting veterans and their families is the sort of everyday work RSL Queensland has been doing for more than 100 years."

Josh continues to defy his doctors, first communicating by blinking and now able to give a thumbs up or thumbs down. His progress, though slow, is an inspiration to those around him. ←



CLOCKWISE FROM ABOVE: A \$32,000 donation by RSL Brisbane North District has enabled young soldier Josh Sayed to spend weekends at home with his family; Josh was an Australian Army Private serving with 7th Combat Service Support Battalion at Gallipoli Barracks (Enoggera) when he was involved in a car crash that left him confined to a wheelchair; The high-tech TotalCare Intensive Care Bed purchased with the donation allows Josh's mum Sue (below) to move him easily and help him rest.





PLACE OF PEACE A PIECE OF HISTORY

Erected by American servicemen in 1943, the heritage-listed St Christopher's Chapel at Nerimbera is an important piece of Central Queensland history.

 Lou Liddiard-Smith



SAINT Christopher, patron saint of travellers, is an appropriate namesake for the little bush chapel at Nerimbera, built by American servicemen during WWII.

St Christopher's Chapel was constructed from locally found stone and bush timber by the 41st Ship and Shore Division and served as a non-denominational place of worship for soldiers far from home seeking spiritual comfort.

When the war ended, many people in the Central Queensland area were ready to move on from wartime

memories and St Christopher's Chapel fell into disrepair. In 1947, Henry Beak, third generation Central Queenslander and owner of the property neighbouring the chapel, began to personally care for the site.

"It was a little while after the war before people started realising it was unique, and my wife's family, in particular her father, spent a lot of time trying to coerce people into looking after the chapel and maintaining it," Henry's son-in-law Robert Lang explains.

Robert and Michele believe St Christopher's Chapel is a vital part

ABOVE: Robert Lang believes St Christopher's Chapel is a vital part of Central Queensland history.

RIGHT: After falling into disrepair, Robert's father-in-law began personally caring for the site in 1947. It is now managed by Livingstone Shire Council.

of Central Queensland history and possibly the only one of its kind in the world.

"There was another one built in South East Asia we believe, possibly in Borneo. A very similar thing, but there's absolutely no record of it remaining. It went back to the jungle apparently and was swallowed by nature eventually. So, this building here, it's very unique," Robert says.

These days, the chapel is managed by Livingstone Shire Council and has been the site of many local weddings and even a few funerals. Every year, a Service of Remembrance is held on the



Sunday closest to 4 July to celebrate the strong bonds of friendship between Central Queensland and US forces during WWII. This year, the service will be held from 2pm on Sunday 7 July.

For Robert and Michele, increasing awareness of the chapel's history and its ongoing importance is crucial to its future.

"It's a very concrete, tangible piece of history, and I think from my personal point of view, it's doable to look after it and make sure people in the foreseeable future have access to it. And the story, very important," Robert says. ←



MOVING FORWARD AFTER HANGING UP YOUR UNIFORM

The Tablelands Far North Queensland Women Veterans Network is seeking to address the unique challenges facing ex-service women.

 Louise Liddiard-Smith





“RUN AS A NOT-FOR-PROFIT ORGANISATION WITHIN MALANDA RSL SUB BRANCH, THE TABLELANDS FNQWVN IS ALSO AFFILIATED WITH THE WOMEN VETERANS NETWORK AUSTRALIA AND WAS CREATED TO EMPOWER FEMALE VETERANS IN A SPIRIT OF COOPERATION, COMPASSION AND UNDERSTANDING.”

WITH a family history in Defence stretching back to WWI, Pauline Lawrence, her husband, and many of their relatives have served in the armed forces.

Today, Pauline’s daughter is carrying on the family tradition of military service; she is currently serving and has just returned from a deployment in the Middle East.

After serving in the Army for five years, Pauline found there was limited support available for her family obligations and chose to pursue an alternative career.

In 2016 – after witnessing the unique challenges facing many ex-serving women – Pauline founded the Tablelands Far North Queensland Women Veterans Network (Tablelands FNQWVN).

According to Pauline, many female veterans feel disregarded after they discharge from the Australian Defence Force (ADF), mainly due to a lack of understanding of what a veteran is.

“When they hang up their uniforms and leave the Force, many women feel forgotten. Speaking with a fellow female veteran who shares lived experiences validates both positive and negative experiences,” Pauline says.

Run as a not-for-profit organisation within Malanda RSL Sub Branch,

the Tablelands FNQWVN is also affiliated with the Women Veterans Network Australia and was created to empower female veterans in a spirit of cooperation, compassion and understanding.

The network operates on the understanding that a veteran is anyone who has served in the ADF and welcomes all female Indigenous Australians and members of the Lesbian Gay Bisexual Transgender Queer Intersex and Asexual (LGBTQIA) community.

The Malanda RSL Sub Branch functions as a meeting place for the Tablelands FNQWVN, but they are also developing digital means of communicating with veterans in remote areas.

Pauline says newer veterans are less likely to have contact with ex-service organisations but are heavy users of online information, which is why Tablelands FNQWVN started a Facebook group. The group is an interactive and supportive online environment, where members can share resources and keep up to date with events and information.

This year, the Tablelands FNQWVN received funding from the Far North District RSL Sub Branches to hold a Women of Force Conference in Malanda on 14 September 2019, where

the keynote speaker will be Sharon Bown.

Contact Sub Branch Secretary Ken Willoughby on 0437 410 575 or email TablelandsFNQWVN@gmail.com to join and for Women of Force Conference details. ←

ESO CORNER

In each edition of *Queensland RSL News*, our new ESO Corner will shine a spotlight on different ex-service organisations. These groups provide valuable assistance to the Defence community, and RSL Queensland is proud to partner and collaborate with many of them.

Young Diggers

YOUNG Diggers Limited is a not-for-profit organisation formed in 2010 by Diggers from 6RAR who returned to Brisbane after MTF 1 (Multi Transitional Force) Afghanistan. Today, the organisation has over 500 members Australia wide, 15,000 followers on Facebook and is active in five Australian states.

Young Diggers provides support, information, education and practical programs to ex-serving Australian

Defence Force (ADF) members, giving them the tools to ensure a better quality of life. They also provide advocate and welfare support for veterans to process their claims for disabilities through the Department of Veterans' Affairs.

Many Young Diggers members deal with illness or injury as a result of their service and they – and their families – have difficulty coping with the associated stress.





Young Diggers relies on donations and government grants and is run entirely by volunteers. It is certified by the Australian Charities and Not-for-profits Commission and Deductible Gift Registered for tax deductions.

If you would like to help veterans of the ADF and emergency services and their families, donations can be made via YoungDiggers.com.au.

“YOUNG DIGGERS DOES NOT DISCRIMINATE, PASS JUDGMENT OR DEVALUE MEN AND WOMEN LIVING WITH COMBAT STRESS AND MENTAL ILLNESS.”

ASSISTANCE DOGS

One of the programs run by Young Diggers offers assistance dogs at no cost to ex-service personnel with post-traumatic stress disorder (PTSD) and associated mental health issues. The program enables members to train their dogs to become assistance dogs.

Assistance dogs are different from companion dogs. Companion dogs are not recognised under Australian law and not guaranteed access under the *Commonwealth Disability Discrimination Act 1982*. Assistance dogs, however, are trained to help veterans cope in public and are guaranteed access to all public areas, including shopping centres, hospitals, public transport and restaurants.

Weekly training sessions are held at centres in Brisbane, Tamworth and Melton (and soon in South and Western Australia), which allow members to meet and socialise.

Prior to accessing the program, members and their dogs are assessed for their training suitability. Suitability includes the member's clinical diagnosis of PTSD or mental health issues, their home environment and ability to look after the dog.

Other factors include whether they have other pets, their ability to attend



The Young Diggers' assistance dogs program helps Defence families to better cope with the effects of PTSD and saves the lives of many rescued dogs.

training and the Public Access Test (PAT) assessment.

The program does not have a ready supply of dogs; however, they can access dogs from breeders or animal shelters, or members can provide their own dog after the assessment.

Young Diggers provides ongoing help and support to the new owner and their dog to ensure a quality experience for both.

Young Diggers does not discriminate, pass judgment or devalue men and women living with combat stress and mental illness. The organisation provides a safe environment for members to network, talk through tough times and exchange training tips. Family members are welcome and encouraged to get involved in the training. ←

Assistance dog Molly receives her learner's coat.



Bob Menzies and his best mate Noah.

NOAH IS MY BEST MATE AND SHADOW

By Bob Menzies

Having Noah as my assistance dog and being part of Young Diggers has changed my life dramatically. It is gradually enabling me to get into activities outside my house, including maybe lifesaving in the future.

I was with the Australian Army for over 37 years as both a reservist and a regular soldier within the Royal Australian Signals Corps. I served in Iraq in 2006 and later had two tours to Afghanistan and the Middle East.

On returning to Australia in 2006, I had changed emotionally, but I did not recognise this – nor was I diagnosed with PTSD – until 2017. Major Depressive Disorder (MDD) was also identified and has been a contributing factor, alongside my systemic heart condition and blood pressure issues.

I was having severe anger outbursts and anxiety levels that went through the roof when leaving home. Apart from work and grocery shopping, I locked myself away. My friends tried to pry me away and those who had dogs tended to make it easier.

I spent a lot of time with their

four-legged companions, which helped calm me.

When I was due to be medically discharged, I heard about Young Diggers and applied for a dog. My house was not finished or fenced, which delayed the process. I spent my 2018 Christmas and New Year with my sister's family and their German shepherd, and this encouraged me to look on dog rescue sites.

I eventually found a black Labrador named Noah through a Facebook group and we hit it off immediately. He wanted to go home with me after our very first visit.

I contacted Young Diggers and Ingrid Irwin, a volunteer professional trainer, conducted an initial assessment to see if Noah was suitable. He was a natural and passed with flying colours.

Young Diggers started the process and organised the paperwork and payment required to obtain Noah. He was registered as part of the Young Diggers organisation and formally given to me as my assistance dog.

Ten-month-old Noah is now in training and has obtained his learner's jacket. He is my best mate and shadow and has changed my life. He goes everywhere with me, including TAFE, where I am completing my Diploma of Visual Arts.

He lays at my feet and everyone is amazed at how quiet and well-behaved he is. He also has a Translink card so he can travel with me on the bus and train.

Having Noah in my life has allowed me to laugh again. He helps reduce and stabilise my emotional upheavals. He gets me out of the house, and I can now interact with people without shying away. If I have an emotional setback, Noah nuzzles up to me and helps calm me down.

Noah and Young Diggers have helped my treatment of PTSD and MDD. I am extremely thankful for their support and would recommend them to other ex-servicemen and women in similar circumstances.

NEW GUINEA VOLUNTEER RIFLES AND PAPUA NEW GUINEA VOLUNTEER RIFLES MILITARY MUSEUM

In a quiet part of the old military precinct at Wacol in Brisbane, a group of dedicated volunteers have established an outstanding museum.

✍ Bob Collins

WHEN the precinct was in the throes of being sold to a developer about 15 years ago, a portion of the land was retained as a memorial. The buildings on the land include a chapel, the Everyman's Hut and several barrack buildings, one of which was converted into a military museum.

The New Guinea Volunteer Rifles and Papua New Guinea Volunteer Rifles (NGVR and PNGVR) Association runs the museum, which aims to preserve the history of the two units. The NGVR has a proud history of service during WWII (being in New Guinea when the Japanese landed) and the PNGVR was the post-WWII Army Reserve unit in New Guinea from 1951 to 1973.

Because of this, most exhibits, memorabilia, artefacts, photographs, documents and maps relate to WWII and beyond in PNG. Uniforms unique to the Australian Army in PNG, weapons from WWII, including a US Jungle Carbine carried by one of the NGVR soldiers, captured Japanese weapons and equipment are all on display.

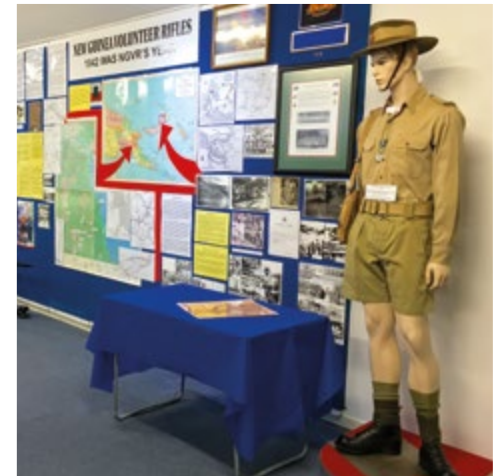
Machine guns from downed Allied and Japanese aircraft have been lovingly restored – some located years after WWII finished and donated to the museum.

The museum includes displays on



the Toll Massacre (where some 150 Australians were brutally massacred after surrendering), the sinking of the *Montevideo Mauru* (the largest maritime disaster in Australian Naval history, where 1053 prisoners of war were lost when a US submarine sunk an unmarked POW ship), the Kokoda Track battle and tributes to Army nursing staff. Some unique uniforms are also displayed.

The volunteer curators and guides at



ABOVE: Most of the exhibits, memorabilia, artefacts, photographs, documents and maps at the NGVR and PNGVR Museum relate to WWII and beyond in PNG.

the museum all served in the PNGVR while living in PNG and have a great depth of knowledge of both WWII in PNG and post-war conditions. Several were also born in PNG.

The museum is open on the first Saturday of the month from 10am to 1pm, but other arrangements can also be made. Find out more at www.pngvr.weebly.com, phone Colin Gould on 0424 562 030, Paul Brown on 0402 644 181 or email pngvr@optusnet.com.au. ←

Community ANZAC tribute commemorates all

Boyne-Tannum RSL Sub Branch has officially opened its long-awaited Centenary of ANZAC Memorial, dedicated to all Defence services and women in Defence.

BOYNE -Tannum RSL Sub Branch recently unveiled four monuments recognising the contribution of the Army, Navy and Air Force, as well as the important role women have played in the ADF. The dedication ceremony took place at Boyne Island Stirling Park Cenotaph on 22 March.

Part of the Sub Branch's Centenary project, the monuments were the culmination of five years hard work by

members, in particular Jim Staats and Mike Robbins. During discussion and consultation with the local community, Boyne Smelters LTD generously donated four billets of aluminium, which became the basis for the design.

The Sub Branch wanted the design to contain a strong educational element for current and future generations. Local artistic designer Katrina Elliot's concept was accepted, and grant applications submitted for

the cost of the artwork.

Funding was secured from the Australian Government Stronger Communities, Queensland Gas Corporation and Lasting Legacy, while the Goondiwindi Regional Council (GRC) also contributed by installing and maintaining the monuments.

The ceremony was attended by around 100 guests and dignitaries, including Boyne Smelters General Manager Joe Rea, who unveiled the monuments, GRC Mayor Matt Burnett, State MP Glenn Butcher, Federal MP Ken O'Dowd, RSL Queensland State President Tony Ferris and artistic designer Katrina Elliot.

Following the ceremony, the Ladies Auxiliary treated guests to a morning tea in Stirling Park. ←





BELOW: Boyne-Tannum RSL Sub Branch members Mike Robbins and Jim Staats, with Boyne Smelters General Manager Joe Rea and monument designer Katrina Elliot with the Memorial's plaque.



“THE SUB BRANCH WANTED THE DESIGN TO CONTAIN A STRONG EDUCATIONAL ELEMENT FOR CURRENT AND FUTURE GENERATIONS.”



DUTY NOBLY DONE: *Taking the Village*

The following is an excerpt from *Duty Nobly Done* by Brisbane author Adam Holloway. It tells the extraordinary true story of 11 young Queenslanders who fought in WWI, from the first shots at Gallipoli to the last battles on the Hindenburg Line in France. The book has been thoroughly researched but is written in a narrative style. Chapter 12 'Taking the Village', describes the experiences of Ernest 'Noog' Holloway, a member of the 9th Battalion, which attacked Pozieres on 23 July 1916.

 Adam Holloway

AT around 10:00pm on 22 July, the 9th Battalion began moving into its final positions for the assault. While A and B Companies crawled out into no man's land as part of the first wave, Major Young led the D Company platoons along Black Watch Alley. The shelling began to increase and the night sky was ablaze with explosions, whistling bombs, flares and star shells.

Noog slipped and slid along the trench behind Les Fowles. The trench, named after the Scottish regiment that had captured it, emitted the most repulsive stench yet to assault Noog's senses. Slimy, yellow mud and the foul-smelling corpses of both British and German soldiers made movement difficult.

Dead bodies lay about the parapets of the trench, hurriedly thrown there,

with no time to be buried. Noog gagged at the putrid stench as they squelched through to their jumping-off point. They moved slowly through a narrow communication trench that led to the firing line. A tall man at 5 feet 10 inches, Noog was constantly forced to duck strands of barbed wire and telephone cables that criss-crossed the trench.

The blasted things were difficult to see and insisted on becoming caught around his neck and across the brim of his helmet. They eventually reached their position somewhere to the south-east of Pozières. Out in front, some 150 yards away, were the first waves, already in no man's land.

As midnight on 23 July arrived, the shells continued to rain down in an unceasing roar at almost three per second. The minutes ticked by as the

"MAJOR YOUNG LED THE D COMPANY PLATOONS ALONG BLACK WATCH ALLEY. THE SHELLING BEGAN TO INCREASE AND THE NIGHT SKY WAS ABLAZE WITH EXPLOSIONS, WHISTLING BOMBS, FLARES AND STAR SHELLS."

RIGHT: Cousins Arthur Miscamble (pictured) and Ernest 'Noog' Holloway were two of 11 men from one extended Roma family who answered the call of duty and enlisted in WWI. Each of the 11 men's stories are told in Adam Holloway's book, *Duty Nobly Done*.

Germans, retaliatory barrage pounded the position and the ground shook with each concussion. Noog pressed himself against the crumbling wall of the trench, trying desperately to stay calm.

A German machine-gun rattled off a burst, which crackled overhead and thudded into the sandbags and bodies along the parapet. The Germans were equally jumpy, and more flares shot skyward. In their eerie glow, Noog checked his watch again – 12:20am.

Noog had already fixed his bayonet. He adjusted his pack and ran his hands over each pocket, feeling the ominous bulges of the two Mills bombs. He readjusted his rolled-up sleeves, pushing them closer to the elbow, at the same time cursing himself for his fidgeting as the minutes ticked slowly by.

Fowles was beside him, a dark shape in the dim light of the trench, momentarily illuminated with each flash. He too stared at his watch and repeatedly glanced over the parapet. They exchanged the occasional glance and smile of encouragement, each as determined as the other to show no sign of fear. All along the trench, men waited in nervous anticipation for the signal to move forward. In the quivering light of a fading star shell, Noog glanced at his watch – 12:27am.

As the hand ticked over to that next minute, Noog instinctively looked up. The air was filled with the shrieking of hundreds of shells as the 'special bombardment' fell on Pozières Trench, 200 yards to their front.

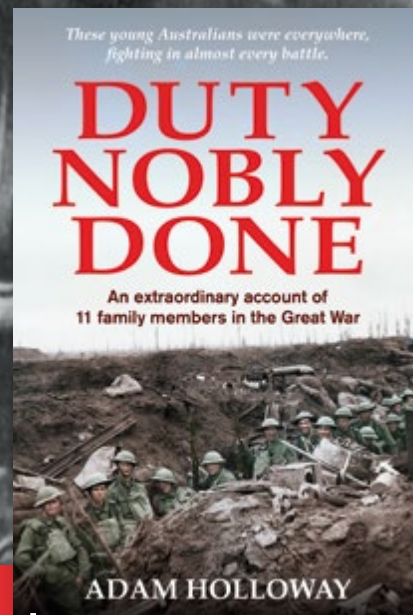
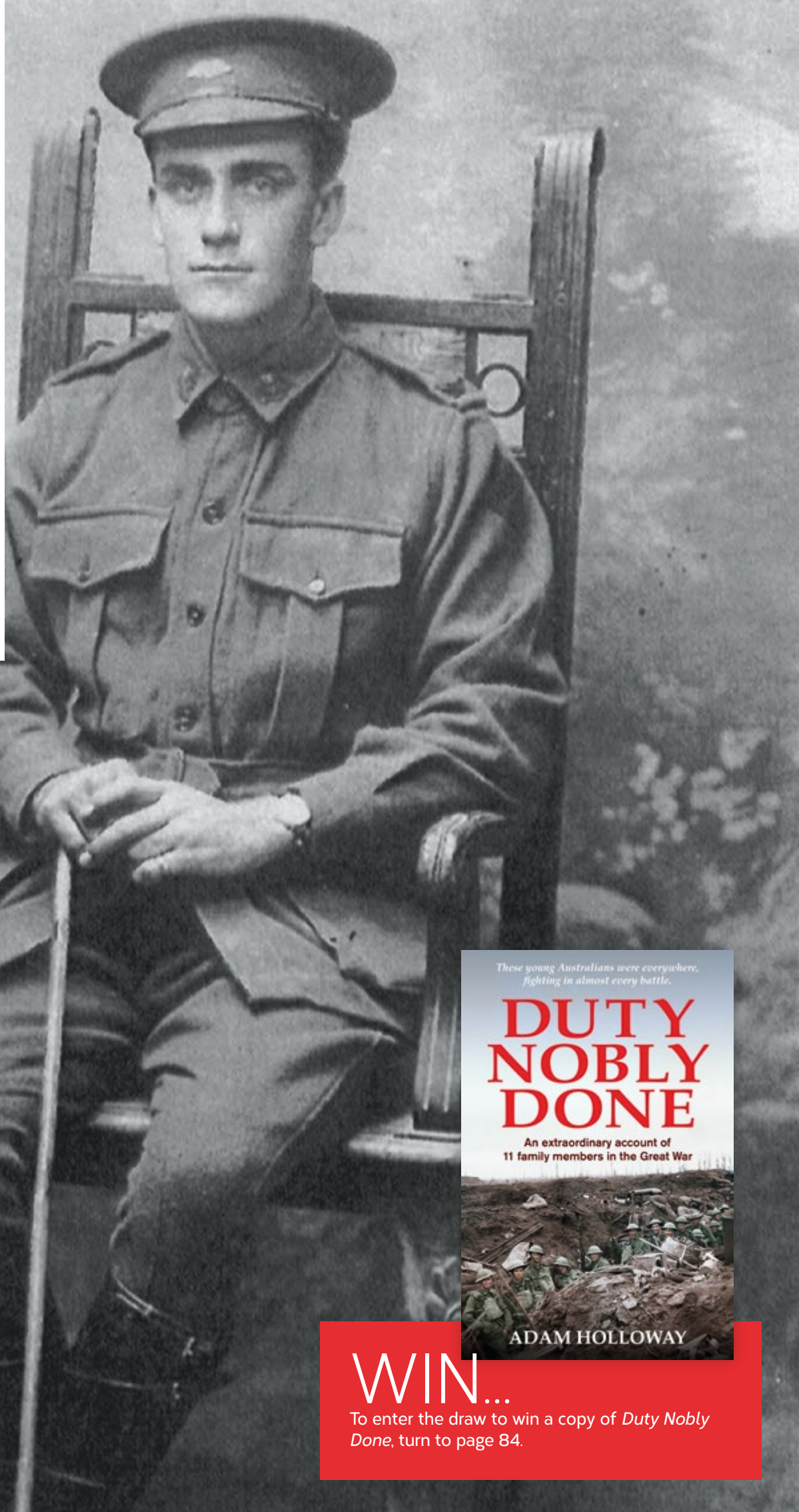
The earth heaved and groaned as the British and Australian gunners fired as fast as they could for those next two minutes. Several hundred guns

positioned in Sausage Gully belched fire and death at a fantastic rate, illuminating the first objective, less than 50 yards from the waiting Australian soldiers.

Noog peered over the parapet at the awesome spectacle and, while he could not hear the whistles of the first wave officers, he noticed that the barrage had moved forward. After what seemed an eternity, word came that the first objective had been taken and that D Company was to advance. Noog and Fowles yelled “good luck mate” to each other and clambered out of the trench, moving grimly forward.

In the half-light, they stumbled over the pitted earth and through the pall of dense smoke that hung low in the air. Bright flashes continued ahead as the artillery pounded the second objective, but now shells also began to fall around the advancing men.

Machine-gun and rifle bullets began to crack among them like stock whips. In the enshrouding gloom, the deadly fire exacted its toll and men dropped around him. Noog had never felt so helplessly exposed and waited for the impact he knew must surely come. ←



WIN...

To enter the draw to win a copy of *Duty Nobly Done*, turn to page 84.

PHOTO PROJECT SHEDS LIGHT ON DEFENCE STRUGGLES

✍ Matilda Dray

The beginning of a long series of work aimed at garnering much-needed support for the Defence community, *Home: No Man's Land* focusses on Defence reintegration into civilian life.



Alesia Tabone

GRIFFITH University Honours student Alesia Tabone is drawing on her family history in the military for a photography project examining the struggle military personnel face when they return to civilian life. Alesia has been working on the project for the past four years, and her first piece of work from the series is titled *Home: No Man's Land*.

"They laced up their boots, kissed their loved ones goodbye and answered the call of duty. Willing to pay the

ultimate sacrifice so we could live in a world of freedom, justice and harmony," Alesia's description for the project explains.

"These men were and are our unsung heroes, the ones who didn't ask for anything in return, but served with passion and dignity. Now back home, are we really so willing to forget their sacrifice, their family's sacrifice?"

"These men and women have looked darkness in the eye and now are expected to just fit back into our

society with little help," she concludes.

Alesia has published several photobooks and exhibited her work, which you can view at alesiatabone.com. Her life goal is to continue photographing the Defence community and bring much-needed support through powerful visuals.

For the next stage of her project, Alesia wants to tell the story from the other side, looking at the hardships military families face.

"I was hoping to find a few families



Mervyn James Murphy

One of Alesia's subjects in her project is WWII Air Force veteran Mervyn James Murphy. Mervyn was trained in Morse code, radiotelegraphy and how to accurately pinpoint enemies in the sky. Some of his fondest memories are of the war. Merv loved both his job and his comrades, saying it is hard for civilians to understand the bonds of brotherhood that are formed. They are so strong that soldiers would die for mates they had met only months earlier.

When he returned home, Merv missed the war but married his beloved Nora and they had three children. They were married for 60 years until Nora passed away. Unfortunately, their children suffered from her hereditary disease and also passed away.

While at times Merv feels lonely, he continues to be an active part of the community. He worked at Robina Hospital for 25 years and now, aged 93, continues to volunteer at the hospital for eight hours a day. Merv has always lived his life by two very important mottos: 1) you were placed on this earth for a greater purpose than to just exist, and 2) every day is a bonus!



that may want to be involved in the project," she explains.

"It would be a year-long project and my aim is to investigate and show through images how these families differ from civilians and the extra support they may need.

"Coming from a military background, I have some understanding of how these families work and run and believe I can provide a new light on this."

If you would like to be part of Alesia's project, contact her on alesia.tabone23@gmail.com. ←



GLASSHOUSE COUNTRY DEDICATE NEW DECK

On 24 March 2019, Glasshouse Country RSL Sub Branch dedicated their new deck area to the memory of LCPL Jared "Crash" MacKinney, who was killed in action in Uruzgan Province, Afghanistan, on 24 August 2010. The ceremony was arranged by local member Andrew Powell MP and Beckie MacKinney-Clohesy, Jared's widow. In attendance were CPL Daniel Keighran VC, RSL Queensland State President Tony Ferris, GHC RSL Sub Branch President Brian Machin, GHC RSL Sub Branch Secretary Wendy Siebrecht as MC, and over 150 guests.



LOST MEDALS RETURNED TO RIGHTFUL HOME

Two partial sets of medals belonging to the Stephens family – featured in the last edition of *Queensland RSL News* – have found their rightful home. RSL WA volunteer researcher Nicole Edwards found the remaining family members of CPL Francis Stephens, Barry and Lorraine Stephens, who are pictured accepting the medals from The Gap RSL Sub Branch member Tony Everett.



GAYNDAH RECOGNISED

A big congratulations to Gayndah RSL Sub Branch, which was awarded the North Burnett Regional Council's Community Event of the Year 2018.



BOER WAR COMMEMORATION SERVICE

The annual Boer War Commemoration Service was held at ANZAC Square on Sunday 26 May. RSL Queensland State President Tony Ferris attended the event, together with Brisbane North District Vice President Matthew Hanrahan and South Eastern District President Wendy Taylor. Schools, Scouts and 2/14 Light Horse Regiment attended, as well as descendants of Boer War soldiers, nurses, civil and military dignitaries.



LOGAN VILLAGE HONOUR ROLL

Logan Village RSL Sub Branch has taken a lead role in creating an Honour Roll of service personnel from Logan Village area who lost their lives during WWI. Logan Village Historical Museum conducted research to finalise the list of names to be featured and Logan Village Men's Shed created a turned wooden cylinder engraved with copper artwork to house the Honour Roll.

The Honour Roll was carried in a horse and cart during this year's ANZAC Day March to the memorial at the Village Green. It will be housed at a different local school each year to help educate students on the mateship and dedication of those who lost their lives in WWI. Pictured are Coll Evans, Maylayla Williamson, Brock Beynon-Steinfeld and Mrs Maksoud.



FIRST BLUE CROSS AWARDED TO NEW ZEALAND WAR DOG

Caesar, a bulldog from New Zealand, was posthumously awarded the Blue Cross on Monday 25 February 2019. Caesar was the first New Zealand dog to serve his country in war and embarked with A Company, 4th Battalion of the NZ Rifle Brigade in February 1916. He was trained as a Red Cross assistance dog to sniff out wounded men and relay messages back to command. Caesar lost his life in No Man's Land at the Somme and was found alongside a soldier killed in action.



TEWANTIN-NOOSA PRESENTS LEGACY DONATION

Tewantin-Noosa RSL Community Club Director Bill Kippen and volunteer Murphy Manthey presented Kenny Bridges OAM MSM a cheque to Legacy with money raised on ANZAC Day.



SCHOOL VISIT BY GATTON SUB BRANCH

Each year, Gatton RSL Sub Branch members visit all the schools in the Gatton district in the lead up to ANZAC Day. Speakers share their experiences, the history of the RSL, and how it supports current and former members of the ADF. Although the size of each school varies – some having only a handful of students – they all participate in the ANZAC Day Parade and many attend the dawn service. The cadets from 139 ACU and 205 SQN AAFC provide the catafalque guard, while members of the Gatton Girl Guides perform flag duty.



DUNGAREES NEW MEMORIAL

A new memorial unlike any in Australia was unveiled in Warwick, just outside the Cenotaph Precinct Memorial Gates, on 12 April to honour the 28 men of the Dungaree Recruiting March in November 1915. Made from locally sourced polished black granite stone, the memorial features two bugle-shaped plinths with the names of all 28 men who set out on the march to Brisbane, the route they took, and etched copies of photos taken in 1915.

The new memorial was officially opened by Minister for Local Government Racing and Multicultural Affairs Stirling Hinchcliffe in front of more than 100 people. Pictured at the official opening of the new Dungaree Memorial are Warwick RSL Sub Branch President John Skinner, left, Southern Downs Regional Council Deputy Mayor Jo McNally, Mayor Tracy Dobie (Lieutenant Colonel Ret'd), Minister for Local Government, Racing and Multicultural Affairs Stirling Hinchcliffe and members of the SDRC Youth Council.



FUNDING HELPS LAIDLEY DELIVER VETERAN SUPPORT

Laidley RSL Sub Branch has received \$17,162 in funding under the Building Excellence in Support and Training (BEST) grants program. In making the announcement, Federal Member for Wright Scott Buchholz said the BEST grants support ex-service organisations in providing compensation and welfare assistance to Defence and veteran communities.

"The BEST grant is used for a range of veteran support measures, including salaries for trained advocates and pension staff, essential office supplies, computer equipment, internet access or other administrative needs," Mr Buchholz said. Sub Branch President Tom Barton welcomed the funding, saying, "Our pension and welfare officers will be extremely pleased with this because it goes towards all the bits and pieces vital to supporting our veterans in Laidley."



ISIS VOLUNTEERS RECOGNISED

Isis RSL Sub Branch was among 40 Bundaberg region organisations congratulated on their volunteer efforts by Federal Member for Hinkler Keith Pitt. All recipients were awarded with grants to help cover operating costs.



REDLANDS HONOURS OUR FALLEN

High schools across the Redlands area have developed a partnership with Honour Our Fallen in researching passed veterans buried in Redlands cemeteries. The schools taking part include Cleveland State High School, Faith Lutheran College and Victoria Point State High School.

Redlands RSL Sub Branch provided Australian flags to the students, who placed them on gravesites and memorial plaques. Initiated by Honour Our Fallen President and founder Rick McCarthy OAM, this tradition will be continued each ANZAC Day and Remembrance Day throughout the Redlands area.



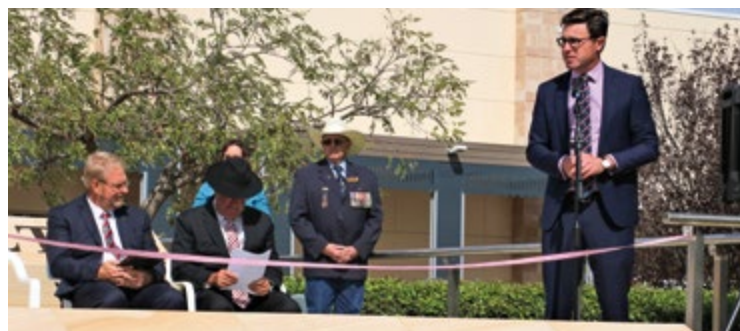
REDCLIFFE HOSTS MINISTER

On March 12, Redcliffe RSL Sub Branch President Neville Cullen welcomed a number of dignitaries to discuss the Sub Branch's work assisting veterans in the local community. They included Minister for Veterans and Defence Personnel Darren Chester, aide-de-camp Minister for Defence Personnel LEUT Lisa Blakiston and Federal Member for Petrie Luke Howarth. Not pictured were Repatriation Commissioner and Member of the Military Rehabilitation and Compensation Commission Don Spinks AM and Department of Veterans' Affairs Secretary Liz Cosson AM CSC.



ROAD SAFETY IN TIARO

Tiaro RSL Sub Branch has thrown its weight behind a road safety project in combination with the Tiaro police. The scheme encourages drivers to pull over and take a break to reduce driver fatigue. Two more rest stop events, on Friday 30 August and Friday 13 December, are planned at the Memorial Hall and will offer free tea, coffee, cold water and a sausage sizzle. The rest stops will be manned by RSL Sub Branch and RSL Citizens' Auxiliary members as well as the police and members of the QCWA.



NEW DAIS FOR WARWICK CENOTAPH

A new sandstone dais, seven years in the making, was added to the Warwick Cenotaph Precinct in time for ANZAC Day services this year. A dedicated local group led by Warwick RSL Sub Branch member John Felton raised money for a new sandstone dais to replace a temporary structure in use for many years. Pictured at the official opening of the new permanent dais in the Warwick Cenotaph Precinct are Rev Darren Muller, left, fundraising committee member Councillor Rod Kelly, national anthem singer Kate Christensen (obscured), Warwick RSL Sub Branch President John Skinner and Member for Maranoa and Minister for Agriculture David Littleproud.



NEW LEADERSHIP FOR BRAY PARK STRATHPINE

RSL member Lin Lahey, right, was appointed Deputy President of Bray Park-Strathpine RSL Sub Branch in March. Lin is a Canadian Navy veteran and the widow of an Australian veteran. She is the first female member to hold the position at the Sub Branch. British and Australian Army veteran Brian Kay, who has been an RSL Queensland member for over 25 years, was elected President.

FOR MILITARY DISPLAY

Southport RSL Sub Branch helped Bray Park-Strathpine complete their military display by donating a Navy uniform to the Sub Branch. Bray Park-Strathpine Secretary Andy Wilson and Pensions and Welfare Officer Bob Tilbury travelled to Southport to collect the item from Treasurer Rodney Tagg.



TIN CAN BAY FAREWELLS FORMER PRESIDENT

Last month, Tin Can Bay RSL Sub Branch members said a final farewell to Pam Leslie – the first female Sub Branch President and first female Life Member. Pam also served as a much-loved School Liaison Officer for many years. In accordance with her wishes, there was no funeral service, but a commemorative plaque was placed on the wall at ANZAC Memorial Park, followed by a morning tea. Rest in peace Pam.



NEW BUILDING DEVELOPMENTS IN ATHERTON

After breaking ground in December 2018, construction of the brand new Atherton RSL Sub Branch building is well underway, with the aim of opening its doors later in the year.



CURRUMBIN REDISCOVERS A PIECE OF GOLD COAST HISTORY

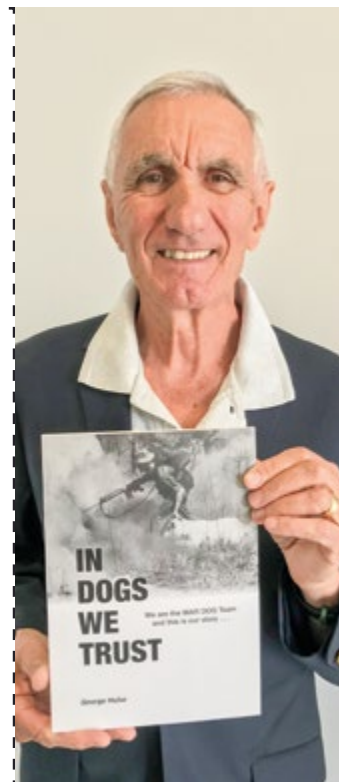
Currumbin RSL has rediscovered an important part of Gold Coast history in a dusty dark corner of an old storage area. The original Roll of Honour Board, which acknowledges over 140 Gold Coast men and women who served in the Australian armed forces during WWII, was found in the lead up to Remembrance Day 2018 and has now been lovingly restored to its original grandeur.

"This is an important piece of our local Gold Coast history," Currumbin RSL President Michael Humphreys said. "The men and women honoured on this board not only fought for our freedom in WWII, but also shaped the very community we live in today. This is just a small way we can honour their selfless sacrifices."

The restored Currumbin Roll of Honour Board was unveiled in a permanent display along with a new Currumbin RSL Presidents Board at an afternoon tea on Friday 22 March. Tyson Dolan, left, the grandson of Stan Dolan who features on the Roll of Honour, is pictured with Dan Waters who is also named on the roll.

IN DOGS WE TRUST

A new book authored by LTCOL George Hulse RAE (Ret'd) was launched at the RSPCA Campus, Wacol, on Military Working Dog Day, 7 June. *In Dogs We Trust* features first-hand accounts of war in difficult places alongside man's best friend. George Hulse is Vice President of both the Australian Defence Force Trackers and War Dogs Association and Toowong RSL Sub Branch.



MARYBOROUGH MURAL DELIGHTS

Local artist Robbyn Gergos has finished another section of the mural project at the Maryborough RSL Sub Branch Memorial Garden. The newly completed Bushmaster section honours past, present and future personnel of the Australian Army. The project started with the imagery of a Hercules flying above HMAS *Maryborough* and will continue with a mural of First President Dr HC Garde and the meaning of the RSL badge.





SOUTHPORT WWII VETERAN HONOURED

Ninety-three-year-old Southport WWII veteran Alexander Murdoch has been awarded the French Legion of Honour, 75 years after narrowly escaping a German torpedo attack in the English Channel. Friends, family and members of Southport RSL Sub Branch gathered to witness Alexander receive France's most prestigious order of merit. Honoured alongside him was Army Captain Taylor Carnell, who received the French National Defence Medal for his work with French troops in Iraq.



NEW MEMORIALS FOR BOYNE-TANNUM

RSL Queensland State President Tony Ferris and State Secretary Scott Denner visited Boyne-Tannum RSL Sub Branch and memorial garden for the dedication of the new memorial displays.

HATTON MEMBER

Long-time member and past President of Finch Hatton RSL Sub Branch David Oliver, left, was awarded the RSL's Australia Day Medallion before a gathering of members and Auxiliary members. David has served as President, Vice President and as an informal Welfare and Pensions Officer at Finch Hatton and was recognised for his dedication to the local community and RSL ethos. RSL Queensland provides two medallions to each district annually.



A FRESH TAKE ON IMPROVING SLEEP QUALITY FOR VETERANS WITH PTSD

The Gallipoli Medical Research Foundation has launched a new study investigating the use of two innovative techniques to improve the sleep of veterans with PTSD and disturbed sleep.

WHEN was the last time you got a really good night's sleep? For many people, waking up well-rested and ready to take on the new day is something they take for granted. For veterans, particularly those who suffer from post-traumatic stress disorder (PTSD), good-quality sleep can be difficult to achieve.

Many veterans suffer from PTSD. Research suggests a lifetime prevalence of 20.9 per cent for Vietnam veterans, and 16.5 per cent for Australian ex-serving Iraq or

Afghanistan veterans. Of those with PTSD, up to 91 per cent report some form of disturbed sleep, such as insomnia or nightmares.

To help address this significant health issue affecting many of our veterans, the Gallipoli Medical Research Foundation (GMRF) has launched a study investigating the use of innovative coping and behavioural management techniques to improve the sleep of veterans with PTSD and



Dr Evans

disturbed sleep.

"The statistics clearly show disturbed sleep is a widespread problem in veteran PTSD communities," Principal Investigator of the study, Dr Justine Evans says.

"What the stats can't convey as clearly is the huge impact sleep disturbance has on quality of life."

THE IMPACT OF POOR SLEEP

Sleep is vital to overall health and wellbeing. It recharges body and mind, promotes muscle growth and optimises brain function. Not getting enough sleep, or having poor quality sleep, can impact many areas of a person's life.

"Disturbed sleep is not just a problem experienced at night, but something that has very real effects during the day too," Dr Evans says. "The impact of persistent disturbed sleep can be devastating. It can prevent

"MANY VETERANS SUFFER FROM PTSD. RESEARCH SUGGESTS A LIFETIME PREVALENCE OF 20.9 PER CENT FOR VIETNAM VETERANS, AND 16.5 PER CENT FOR AUSTRALIAN EX-SERVING IRAQ OR AFGHANISTAN VETERANS. OF THOSE WITH PTSD, UP TO 91 PER CENT REPORT SOME FORM OF DISTURBED SLEEP, SUCH AS INSOMNIA OR NIGHTMARES."

people from engaging in physical activity, from finding employment, engaging in family activities, and carrying out routine tasks.”

THE GMRF VETERAN SLEEP THERAPY STUDY

The GMRF Veteran Sleep Therapy Study, which has been funded by the Department of Veterans’ Affairs, offers free group treatment to participants in the form of either Cognitive Behavioural Therapy for Insomnia (CBT-I), or CBT-I and Imagery Rehearsal Therapy (IRT) combined.

This latest study is based on findings from the PTSD Initiative, a large-scale study conducted by GMRF and

funded by RSL Queensland from 2015-17. This study assessed the physical implications of chronic PTSD in Vietnam veterans and found that, compared to veterans without PTSD, veterans with a diagnosis of PTSD were more than twice as likely to have a diagnosis of sleep apnoea and three times more likely to have nightmares.

“The study is focusing on some of the most common sleep problems veterans with PTSD experience, including insomnia, nightmares and sleep apnoea,” Dr Evans says. “A unique feature of the study is that we are also interested in knowing whether the presence of sleep apnoea, which is common in veterans, impacts on

CBT-I and IRT treatment outcomes.”

Launched in May this year, the study is open to former members of the regular Australian Defence Force (ADF) currently experiencing PTSD, insomnia and nightmares. Participation involves completing a series of questionnaires, an overnight home sleep study, and attendance at eight weekly group treatment sessions.

Given the impact of disturbed sleep on quality of life, this study has real potential to positively impact the lives of those who participate. On a broader level, we hope this research will help improve and inform better treatment options for veterans suffering from the effects of poor sleep. [←](#)



VETERAN SLEEP THERAPY STUDY

Gallipoli Medical Research Foundation
Veteran Mental Health Initiative



Sponsored by -



Australian Government
Department of Veterans' Affairs



CALL FOR PARTICIPANTS

Find out more about the GMRF Veteran Sleep Therapy Study

If you or someone you know struggles with poor sleep as a result of PTSD and are interested in participating, please visit <https://survey.websurveyscreator.com/s/EOI-SleepStudy> or contact the Veteran Mental Health Initiative Team on 07 3394 7657 or GMRF.VMHI@ramsayhealth.com.au.

Image Rehearsal Therapy

IRT aims to equip patients with strategies to alter recurrent nightmares by "rescripting" an alternative, non-distressing ending to a chosen nightmare. Individuals then practice "rehearsing" the altered dream, with the goal of reducing the frequency and intensity of these upsetting dreams.

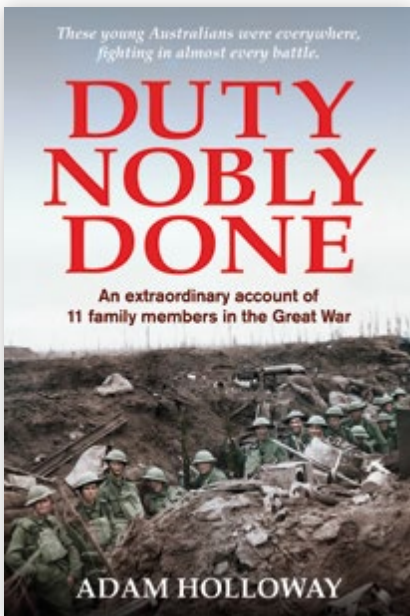
What is Cognitive Behaviour Therapy for Insomnia (CBT-I)?

CBT-I aims to improve sleep habits and behaviours by identifying and changing the thoughts and behaviours that affect the ability of a person to sleep or sleep well.

CBT-I is the most widely used and preferred psychological treatment for improving sleep problems such as insomnia, but it does not specifically target sleep difficulties associated with PTSD such as nightmares. Which is what leads us to...



WIN



DUTY NOBLY DONE

This is the extraordinary true story of 11 young Australian men from one extended family and their experiences in the great adventure that would change their lives — the Great War.

Author Adam Holloway, a direct descendant, takes the reader into the lives of each of these men as they embark on a journey from which they are unlikely to return.

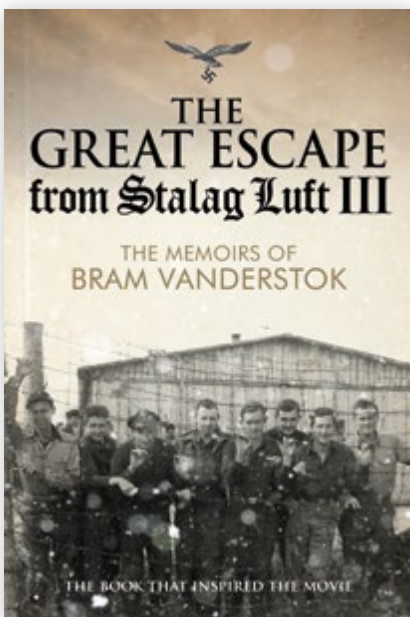
These were young, confident men who revelled in the brash optimism of a young nation. They were desperate to prove themselves, eager to assert the justice of their cause and keen for a taste of the excitement and comradeship of battle.

They were not expecting to be plunged into a lingering nightmare characterised by the stench of death and putrefaction, overwhelming fear and despair, and the gnawing uncertainty of survival.

Holloway uses personal letters, diaries and family memories to deftly recreate the nail-biting tension as each man experiences his own baptism of fire amid the utter horror of the sights and sounds of battle.

Duty Nobly Done by Adam Holloway is published by Big Sky Publishing (RRP: \$34.99).

FOR YOUR CHANCE TO WIN one of four copies of *Duty Nobly Done*, email your name, address and contact number to editor@rslqld.org (with the subject 'Duty Nobly Done') or post to 'Duty Nobly Done', PO Box 629, Spring Hill Qld 4004. Competition closes 29 July 2019.



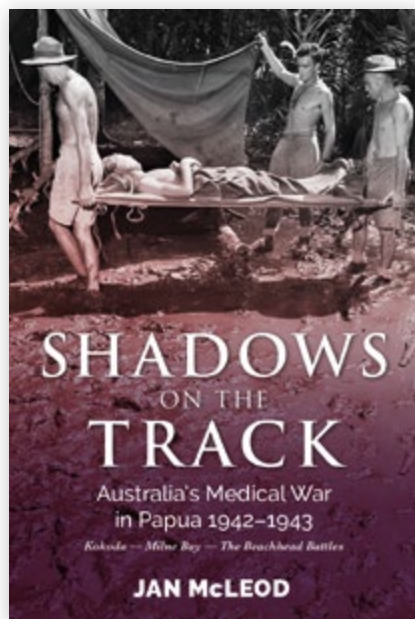
THE GREAT ESCAPE FROM STALAG LUFT III

"I am one of those lucky ones who survived the war, and I can remember my emotional experiences, and those of my friends, as if they had happened yesterday. For many of us the horror, the injustice, and the cruelty can never be forgotten or forgiven; but I have tried to write without too much bitterness." – Bob van der Stok

On the night of 24 March 1944, Bob van der Stok was number 18 of 76 men who crawled beyond the barbed wire fence of Stalag Luft III in Zagan, Poland. The 1963 film, *The Great Escape*, was largely based on this autobiography, but – with van der Stok's consent – filmmakers chose to turn his story into an Australian character name Sedgewick, played by James Coburn. His memoir sets down his wartime adventures before being incarcerated in Stalag Luft III and then – with extraordinary detail – describes various escape attempts, which culminated with the famous March breakout.

The Great Escape from Stalag Luft III by Bram van der Stok is published by Big Sky Publishing (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Great Escape from Stalag Luft III*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Great Escape from Stalag Luft III') or post to 'The Great Escape from Stalag Luft III', PO Box 629, Spring Hill Qld 4004. Competition closes 29 July 2019.



SHADOWS ON THE TRACK

At Templeton's Crossing in October 1942, Private Nick Kennedy paused to write in his diary: "One wonders why all this strife should be... these men in the prime of their life cut down like flowers". As a young nursing orderly serving with the 2/4th Australian Field Ambulance, Kennedy was unenviably well-placed to reflect on the futility of war.

The Australian Army was woefully unprepared to fight a medical war in Papua and the soldiers paid the price. Almost 30,000 soldiers suffered from illness and tropical diseases, and an estimated 6000 were killed or wounded during the six-month campaign.

These statistics have traditionally been represented as unavoidable consequences of fighting a war in a place such as Papua. This book disputes that narrative. Death and disease were inevitable outcomes, but the scale of the suffering was not. The medical challenges presented in Papua were extreme – they were not insurmountable.

Shadows on the Track by Jan McLeod is published by Big Sky Publishing (RRP: \$34.99).

FOR YOUR CHANCE TO WIN one of four copies of *Shadows on the Track*, email your name, address and contact number to editor@rslqld.org (with the subject 'Shadows on the Track') or post to 'Shadows on the Track', PO Box 629, Spring Hill Qld 4004. Competition closes 29 July 2019.



QUEENSLAND RSL NEWS WINNERS *Edition 1, 2019*

AUSTRALIA'S WAR WITH FRANCE

R Cheek, Maroochydore
J McClements, Loganholme
C Ferndale, Griffin
C Stjernqvist, Highfields

CAPTURED LIVES

C Thompson, Fitzgibbon
A Regnart, Ferny Grove
J Stanford, Benowa
H Tattersall, Gladstone

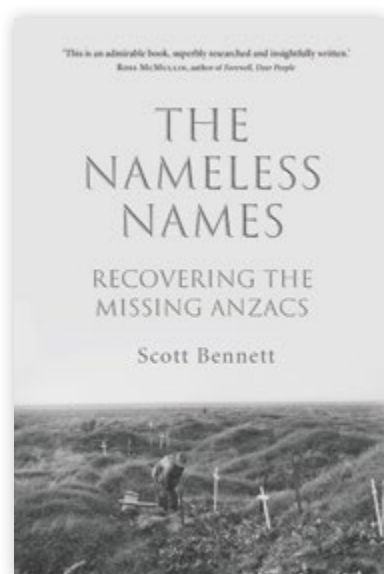
NURSES OF AUSTRALIA

R Smith, Redland Bay
L Evans, Sandstone Point
B Davis, Chapel Hill
D Carroll, Brisbane

OUR FORGOTTEN VOLUNTEERS

B Thomas, Bluewater
M Barbour, White Rock
C Ross, Sunnybank
M Breeze, Ipswich

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



THE NAMELESS NAMES:

Few Australians realise that of the 62,000 ANZAC soldiers who died in WWI, over one-third are still listed as 'missing'. With no marked graves, the only reminders of their sacrifice are the many names inscribed on ageing war memorials around the world.

Bennett deftly tells the story of such missing ANZACs through the personal experience of three sets of brothers — the Reids, Pflaums and Allens — whose names he selected from the Memorials to the Missing. Bennett traces their paths from small, peaceful towns to three devastating battlefields of the Great War: Gallipoli, Fromelles and Ypres. He reveals the carnage that led to their disappearance, and their family's subsequent grief and endless search for elusive facts.

The Nameless Names: Recovering the Missing ANZACs by Scott Bennett is published by Scribe Publications (RRP: \$49.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Nameless Names*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Nameless Names') or post to 'The Nameless Names', PO Box 629, Spring Hill Qld 4004. Competition closes 29 July 2019.

COMMUNITY CONNECT

INFORMATION ABOUT WWII RADIO OR RADAR OPERATORS?

On behalf of his wife, Ian Marshall is seeking Information about radio and radar operators in WWII. Her father, Vincent Francis Haupt from Bundaberg, who enlisted in July 1942, underwent his initial training in Townsville in 1.R.P.P. Ian can't find any reference to the unit 1.R.P.P. He was progressively classified as Radio Operator, then RDF Operator and finally Radar Operator. Family lore has it that he was a member of a small, self-contained group of Radar Spotters on an island to the north of PNG. Another story places him on Goodenough Island. General Headquarters Operations Instructions No.31, dated 11th, 1943, set out that Goodenough Island, which was garrisoned by an Australian infantry battalion group and two radar stations, was to be reinforced. By the end of July there were 3614 RAAF personnel on the island, but no record of the RAAF units involved. At discharge he was a member of 2 Radio Installation and Maintenance Unit. Ian wrote to Defence Archives in 2015 seeking his records but did not hear back. Any information on RAAF Radio or Radar Operators in general or units in particular would be welcome. Contact Ian on 0418 77 22 78 or via ian.marshall2409@gmail.com.

BRITISH MEDALS FOUND

Two WWI medals have been found – the British War Medal and the British Victory Medal, stamped with 4599 Pte C G Shaw 15 Bn AIF. Although they were only found recently, they were originally stored in a house in Moorooka. Private Charles George Shaw was not a member of the family. According to his records, Charles was born in Hobart and enlisted in Townsville. Relatives would most likely be in Tasmania or Queensland. Contact Robert Smoothy on 0428 175 695 or 08 9586 4171.

OLD PHOTOS FOUND

The Army Museum South Queensland has found several old photographs they would like to return to the person or their family: BRIG Douglas Anthony Formby, MAJ GEN Arthur James Fittock, MAJ GEN Arthur Leslie MacDonald, LT GEN Donald Dunstan, LT GEN John Grey, COL JF McLean, MAJ GEN PA Drabsch, BRIG Noel McGuire, GEN Sir Phillip Bennett and BRIG William Crews. Contact Tahnee via tahnee.gardiner@defence.gov.au or 07 3233 4453 (Tuesday to Thursday during business hours).

DO YOU KNOW STEPHEN JOHNSON?

Lorraine Doughty is seeking information about her father, CPO Stephen Johnson RN JX132746. Stephen served on HMS *Guardian* as a net layer in Sydney Harbour at the time the Japanese mini submarines raided the harbour. She has not been able to find any information about him in Australia or the UK and is not sure if he returned to the UK or Australia. UK authorities will not release his service records or medals unless a death certificate or a photograph of his grave is produced. Anyone with advice or information can contact Lorraine on 0466 249 075.

ARE YOU A VIETNAM VETERAN WHO WROTE TO DIANE DURING THE WAR?

Shirley Diane Duggan is in the process of writing her memoirs and is looking for an old pen friend who was serving in Vietnam from 1966-67 to help her write that chapter of her life. Shirley responded to a request in *The Courier Mail* for volunteers to write to men serving in Vietnam. She sent a photo (left) and a short letter and began corresponding with a man whose name she has forgotten but could be Graham. They wrote to each other every two weeks or so and while he told her a lot about himself, some lines were blacked out by the censors. This man would know her by her middle name, Diane. Shirley had a falling out with her mother and left home to go work out west. After she left, her friend came to visit her, but her mother didn't pass on her daughter's new address and waited some time before telling her this. She also destroyed Diane's letters and photos, thinking they were no longer needed, and her daughter wouldn't return home. Diane would love to have a phone call with her old friend. Every ANZAC Day she thinks of him and hopes he was able to settle back into a normal life once he returned home. Diane can be contacted on 0418 711 241.



REUNIONS



LOST QUEEN'S HEAD

BOER WAR MEDAL

Rose Hill is seeking a lost medal belonging to her great-grandfather Patrick Wilfred Stephen Buttress-Doyle. Patrick was born on 15 January 1878 and died on 10 December 1933. He was Trooper No. 280 of the Imperial Light Horse. The medal is a Queen's Head Boer War medal with three bars and

is similar to the one pictured here, with the inscription Tpr P W B Doyle, No 280 ILH. Rose's father, Mike Shaw, wore the medal to this year's early ANZAC Day service at Mt Ommaney and then caught a bus from Westlake into the city, where he participated in the march. He is very upset to have lost this medal and would dearly like it found and returned so he can hand it down to his grandson at some point. Contact Rose on 0411 644 178 or Mike Shaw on 07 3376 0532.



42ND INFANTRY BATTALION ASSOCIATION MACKAY

The 42nd Infantry Battalion Association Mackay will hold its 2019 Reunion Dinner in Mackay on Saturday 27 July 2019. Arrive at 6pm for a 7pm start. The dinner is by invitation only, so please contact President Garry Edwards via text on 0400 242 779, post PO Box 10067, Mount Pleasant Qld 4740 or email garry_edwards53@hotmail.com.

RAEME RESERVE/CMF REUNION 2019

The annual RAEME Reserve/CMF reunion on Sunday 4 August 2019 is open to all serving and ex-members of RAEME (Army Reserve/CMF or Regular Army) or associated Corps who served with RAEME Res/CMF units, their families and other people who were associated with RAEME. Ex-cadre staff members most welcome. Venue: Sherwood/Indooroopilly RSL Sub Branch, 2 Clewley Street Corinda, next to Corinda Railway Station. Time: 11am - 4pm. Dress: casual. Cost: \$5/person. Catering: Barbecue. RSVP by 28 July 2019. For catering purposes, please respond to John Parfitt on 07 3376 1778 or email lparfitt@bigpond.net.au.

70TH ANNIVERSARY OF 17 CONSTRUCTION SQUADRON

The 17th Construction Squadron was formed on 20 September 1949. Over the past 70 years, the Squadron has deployed as a formed body to Vietnam, Namibia, East Timor and Afghanistan. Individuals from the Squadron have deployed to every conflict since it was formed. To celebrate this occasion, the 17th Construction Squadron Association is conducting several festivities over the weekend of 20-22 September 2019 at Kedron-Wavell RSL Club, including a Cobbers night, dinner and farewell lunch. They are also planning a memorial service and visit to the Squadron at RAAF Base Amberly. For more information contact Assoc.17constsqn@outlook.com or book Cobbers Night via www.trybooking.com/YTOQ. Dining In Night via www.trybooking.com/ZCSJ and lunch via www.trybooking.com/ZCSN.

REUNION FOR B COY 2RAR/NZ

B Coy 2RAR/NZ 1970-71 is holding a reunion in Townsville from 14-18 October 2019. This commemorates 50 years since 2RAR moved from Enoggera to Lavarack Barracks prior to their deployment to Vietnam in 1970.

2RAR ASSOCIATION AGM AND REUNION

The 2RAR Association will hold its annual meeting and reunion at Tweed Heads & Coolangatta RSL Sub Branch, Level 2, Twin Towns Resort on Saturday 26 October 2019 at 8:30am. A commemorative service will be held at the adjacent Cunningham Park at 9:45am, followed by the annual reunion. Contact the 2RAR Association Secretary at 2rarsecretary@gmail.com for more information.

HMAS SYDNEY (IV) 30-YEAR TRI-DEPLOYMENT REUNION

The HMAS *Sydney* (IV) 30-year Tri-deployment Reunion will be held on 23-24 October 2020. Crews only from deployments 1990 world trip (75th anniversary Gallipoli), 1990-91 Damask II (Gulf War) and 1991-92 Damask IV (Red Sea). Organisers are now taking deposits for the harbour cruise phase of the reunion. Email Adrian Burns (Radar) via hmassydneyiv30yrreunion@gmail.com or visit the Facebook reunion page [@massydneyiv30yrreunion](https://www.facebook.com/massydneyiv30yrreunion). There will be a meet and greet at the First Fleet Mess HMAS *Kuttabul* on the evening of Friday 23 October 2020. The four-hour harbour cruise will take place on Saturday night 24 October 2020. Deposit payments required by COB Sunday 16 June 2019.

HQ1ATF ASSOCIATION REUNION

The Red Rat reunion will take place in Canberra from 29 October to 2 November 2020 at the Capital Country Holiday Park at 47 Bidges Road, Sutton NSW. Phone 02 6230 3433, email bookings@capitalcountryholidaypark.com.au or visit www.capitalcountryholidaypark.com.au.

LAST POST

Last Name	First Name	Service Number	Sub Branch
Bock	Mary	QF271247	Bundaberg Sub Branch Inc.
Craven	Norm	R50641	Hervey Bay Sub Branch Inc.
Webster	Kyle	A119917	Gladstone Sub Branch Inc.
George	Millicent	F58114	Sherwood-Indooroopilly Sub Branch Inc.
Mitchell	Graham	1/717665	Sherwood-Indooroopilly Sub Branch Inc.
Sinclair	Wallace	QX34296 (Q104027)	Sherwood-Indooroopilly Sub Branch Inc.
Tripcony	Rex	QX33745	Sherwood-Indooroopilly Sub Branch Inc.
Lyall	Gerald	1202615	Sherwood-Indooroopilly Sub Branch Inc.
Brauer	Selwyn	QX51599	Sherwood-Indooroopilly Sub Branch Inc.
Kolling	Leslie	1/3310	Goomeri Chapter of the Murgon Sub Branch Inc.
Madden	William	2/713365	Goomeri Chapter of the Murgon Sub Branch Inc.
Quinn	Edward	A114610	Ipswich Railway Sub Branch Inc.
Burge	Alfred	NZ414238	Runaway Bay Sub Branch Inc.
Hall	Arthur	19034417	Tweed Heads & Coolangatta Sub Branch Inc.
McDonald	Leonard	Q25478	Maryborough Sub Branch Inc.
Millington	Mary	W302421	Currumbin/Palm Beach Sub Branch Inc.
Gettons	Leo	QX50297	Southport Sub Branch Inc.
Butler	James	A15486	Bundaberg Sub Branch Inc.
Whitfield	John	22798292	Caloundra Sub Branch Inc.
Bennett	Arthur	QX40181 (Q3689)	Kilcoy Sub Branch Inc.
Oehlmann	Leslie	170313	Kedron-Wavell Sub Branch Inc.
Plant	Edward	35179	Bundaberg Sub Branch Inc.
Wollaston	Stephen	4721495	Mount Isa Sub Branch Inc.
Ireland	Keith	QX60992	Redlands Sub Branch Inc.
Watson	Patricia	W110179	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Jamieson	Robert	55934	Kenmore/Moggill Sub Branch
Roberts	Leo	PJX581513	Toowong Sub Branch
Southgate	Walter	QX60132	Kedron-Wavell Sub Branch Inc.
Murphy	Arthur	Q5871	Bundaberg Sub Branch Inc.
Horne	Mervyn	163314	Caloundra Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Doyle	Desmond	3/2596	Toowoomba United Sub Branch Inc.
Thomas	Kevin	2/400495	Townsville Sub Branch Inc.
Abel	Derek	1628745	Caloundra Sub Branch Inc.
Sheriff	Gwen	100220	Currumbin/Palm Beach Sub Branch Inc.
Jones	Jeffrey	R95291	Cairns Sub Branch Inc.
Wheeler	William	14425827	Caboolture-Morayfield & Dist Sub Branch Inc.
Ross	George	2/7274	Bundaberg Sub Branch Inc.
Maloney	Timothy	14890	Maryborough Sub Branch Inc.
Pye	Desmond	A14873	Redbank Sub Branch
Mellifont	Doris	102289	Currumbin/Palm Beach Sub Branch Inc.
Lansdowne	Allan	243070	Gaythorne Sub Branch Inc.
Slattery	Paul	215104	Southport Sub Branch Inc.
Ducat	Patricia	-	Tweed Heads & Coolangatta Sub Branch Inc.
Duggan	Colin	1200919	Gaythorne Sub Branch Inc.
Hammond	Leslie	QX36061	Currumbin/Palm Beach Sub Branch Inc.
McMahon	Clive	1/3127	Agnes Water/1770 Sub Branch Inc.
Eastment	Reginald	15310	Cooktown Sub Branch Inc.
Huett	Allen	R30119	Bribie Island Sub Branch Inc.
Geraghty	Vincent	QX5057	Coorparoo & Districts Sub Branch Inc.
Streeter	Eric	440735	Calliope Sub Branch Inc
Tydings	Edward	1401299	Pine Rivers District Sub Branch Inc.
McCallum	Malcolm	163859	Capricornia & Rockhampton Region Sub Branch Inc
Houghton	Joan	A414684	Charleville Sub Branch Inc.
Christopher	Neil	A111307	Greenbank Sub Branch Inc.
Cave*	Philip	QX36109	Tewantin/Noosa Sub Branch Inc.
Muller	Donald	R94077	Redlands Sub Branch Inc.
Stehbens	Brian	A110608	Hervey Bay Sub Branch Inc.
Creswell	Charles	2781885	Tin Can Bay Sub Branch Inc.
Finlayson	Elwyn	637745	Bundaberg Sub Branch Inc.
Phillips	Thomas	11386 (QX16645)	Holland Park-Mt Gravatt Sub Branch
O'Callaghan	Bryan	171312	Kenmore/Moggill Sub Branch
Paroz	Douglas	-	Palmwoods & District Sub Branch

Queensland RSL News has published this list at the request of RSL members. *Queensland RSL News* takes no responsibility for inaccuracies outside the control of RSL Queensland. This list was correct as at 28 May 2019. Surnames flagged with an asterisk (*) have an unconfirmed 'date of death'.

Last Name	First Name	Service Number	Sub Branch
Humphrey	Donald	22390054	Nerang Sub Branch
Sutton	Anthony	18180	Pine Rivers District Sub Branch Inc.
Bolton	Warwick	R64606	Nanango Sub Branch Inc.
Franklin	Kenneth	2766139	Currumbin/Palm Beach Sub Branch Inc.
Hamilton	Clifford	QX52380	Currumbin/Palm Beach Sub Branch Inc.
Mann*	Stanley	75462	Tweed Heads & Coolangatta Sub Branch Inc.
Stokoe	Peter	131896	Toowong Sub Branch
Burton	Mervyn	QX61165 (Q122701)	Tewantin/Noosa Sub Branch Inc.
Chadwick	Pamela	F15031 / F1497	Ex-Servicewomens Sub Branch
Dodson	Lindsay	VX120404	Redlands Sub Branch Inc.
Barrett	Harold	A11028	Herbert River Sub Branch Inc.
Smith	Neville	QX34749 (Q132065)	Herbert River Sub Branch Inc.
Drinkwater	Raymond	Q108990	Bundaberg Sub Branch Inc.
Bogle	Roy	217881	Townsville Sub Branch Inc.
Pershouse	Colin	A111643	Cooroy-Pomona Sub Branch Inc.
Gilmour	Geoffrey	NX97252	Stanthorpe Sub Branch Inc.
Walton	Stephen	14157	Sandgate Sub Branch Inc.
Thaw	William	pm5153	Capricornia & Rockhampton Region Sub Branch Inc
Carter	Arthur	P/JX614930	Gaythorne Sub Branch Inc.
Van Der Ryken	William	A19650	Greenbank Sub Branch Inc.
Boddington	Paul	177886	Ipswich Sub Branch Inc.
Tyler	Roy	23480687	Mareeba Sub Branch
Lewis	Lindsay	A114091	Currumbin/Palm Beach Sub Branch Inc.
Jones	John	R526214	Tweed Heads & Coolangatta Sub Branch Inc.
Murphy*	Kevin	-	Gaythorne Sub Branch Inc.
Hunter	John	26600	Kedron-Wavell Sub Branch Inc.
Cowan	Alan	0217888	Bundaberg Sub Branch Inc.
Read	Thomas	QX37633	Bundaberg Sub Branch Inc.
Ingram*	Michael	23663840	Bundaberg Sub Branch Inc.
Buckingham	John	414895	Isis Sub Branch Inc.
Nisbet	George	23501092	Maroochydore Sub Branch Inc.
Krause	Arthur	A12291	Gympie Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Smith	Graham	16954	Ipswich Sub Branch Inc.
Price	Beryl	618	Redlands Sub Branch Inc.
Dwyer	Keith	171545	Gaythorne Sub Branch Inc.
Barry	Patrick	P/SSX818079	Cooroy-Pomona Sub Branch Inc.
Waine	Clement	S6895	Highfields Sub Branch Inc.
Hall	Raymond	R105613	Tully Sub Branch
McPheat	Edward	1737261	Kedron-Wavell Sub Branch Inc.
Butzbach*	Peter	-	Highfields Sub Branch Inc.
Bullen	Maurice	NX28839	Cairns Sub Branch Inc.
Doherty	Philip	4720399	Townsville Sub Branch Inc.
Wasley	Robert	1/705704	Townsville Sub Branch Inc.
King	Vincent	NX156535	Greenbank Sub Branch Inc.
Johnston	Norman	2787436	Beaudesert Sub Branch Inc.
McDonald*	Colin	1702652	Sarina Sub Branch Inc.
Muller	Raymond	123793	Kedron-Wavell Sub Branch Inc.
Heath	Brian	4705852	Emu Park Sub Branch Inc.
Hogben	Colin	430621	Maroochydore Sub Branch Inc.
Harp	Neville	R57665	Goodna Sub Branch Inc.
Conwell	John	150079	Maroochydore Sub Branch Inc.
Lovekin	Graeme	R55472	Cairns Sub Branch Inc.
Wheeler	Malcolm	2/91835 - 1/700338	Townsville Sub Branch Inc.
Ogg*	Geoffrey	QX25336	Winton Sub Branch Inc.
Cashion	Kevin	61117	Townsville Sub Branch Inc.
Gell	Robert	22955859	Coorparoo & Districts Sub Branch Inc.
King	Frederick	2/93150	Cooroy-Pomona Sub Branch Inc.
Tacon	Geoffrey	B/5079	Redlands Sub Branch Inc.
Sivyer	Ronald	QX61929	Wynnum Sub Branch Inc.
Runciman	Garrie	3794746	Greenbank Sub Branch Inc.
Williams	James	11833NS6143	Greenbank Sub Branch Inc.
Mules	Richard	A125586	Oakey Sub Branch Inc.
Catton	Sheila	VFX65581	Maroochydore Sub Branch Inc.
Smith	Desmond	125229	Gatton Sub Branch Inc.
Deed	James	QX63602	Sherwood-Indooroopilly Sub Branch Inc.
Slater	Colin	QX43027	Sherwood-Indooroopilly Sub Branch Inc.
Dunn	Colin	2/5491	Hervey Bay Sub Branch Inc.

LAST POST

Last Name	First Name	Service Number	Sub Branch
Williams	William	46180	Wynnum Sub Branch Inc.
Devery	Keiran	78206	Kedron-Wavell Sub Branch Inc.
McConnell	John	A45169	Bundaberg Sub Branch Inc.
Dale	June	W39281	Redcliffe Sub Branch Inc.
Byron	Michael	A316322	Gin Gin Sub Branch Inc.
Andrews	Kenneth	PM8614	Woodgate Beach Sub Branch Inc.
Tory	Bruce	2783097	Mudgeeraba-Robina Sub Branch Inc.
Fowler*	Anthony	AFP0590	Beenleigh & District Sub Branch Inc.
McCarthy	Stanley	497386	Hervey Bay Sub Branch Inc.
Fowler	Letitia	W112540	Maryborough Sub Branch Inc.
Wortley	Ivan	3714923	Canungra Sub Branch Inc.
Hughes	Stanley	00000	Kedron-Wavell Sub Branch Inc.
Clydesdale	William	42880	Tewantin/Noosa Sub Branch Inc.
Kracht	Stanley	Q107953	Tramways Sub Branch
Slann	Anthony	547241	Mount Isa Sub Branch Inc.
Ziebarth	Alma	WE1749	Redcliffe Sub Branch Inc.
Squires	Ronald	3/6376	Pittsworth Sub Branch
Mellifont	Paul	1733186	Gaythorne Sub Branch Inc.
Mulcahy	Norman	3/410371	Tin Can Bay Sub Branch Inc.
Paine	Maxwell	A21188	Cairns Sub Branch Inc.
Pascoe	Vivian	1/1404	Beerwah and District Sub Branch
Johnston	David	166264	St Helens Sub Branch
Johnson	Graham	A43672	Tewantin/Noosa Sub Branch Inc.
Rea	Ian	2701142	Hervey Bay Sub Branch Inc.
Hall	Clive	1/714863	Gladstone Sub Branch Inc.
Hoffman	Frederick	215761	Beenleigh & District Sub Branch Inc.
Harrip	Alwyn	VX97985	Bundaberg Sub Branch Inc.
Edwards	Dorothea	VFX66909	Toowoomba United Sub Branch Inc.
Gebbett	Neil	1200926	Kedron-Wavell Sub Branch Inc.
Ratter	Hec	-	Sarina Sub Branch Inc.
Jenkins	Raymond	2780855	Tweed Heads & Coolangatta Sub Branch Inc.
Stammers	Joseph	4022910	Greenbank Sub Branch Inc.
Morrice	Herbert	435257	Townsville Sub Branch Inc.
Halliday	William	121497	Ipswich Railway Sub Branch Inc.
Moffat	Linda	F55245	Gaythorne Sub Branch Inc.
Williamson*	James	1710527	Forest Lake Sub Branch

Last Name	First Name	Service Number	Sub Branch
Rohde	Samuel	QX53831	Laidley Sub Branch Inc.
Heyns	John	432987	Southport Sub Branch Inc.
Steep	Christopher	39280 / 018596	Tara Sub Branch
Henricksen	Graham	18236	Innisfail Sub Branch Inc.
Stuart	Raymond	NX500457	Maroochydore Sub Branch Inc.
Dennis	Robert	C60279	Caloundra Sub Branch Inc.
Smith	Bevan	11509	Caloundra Sub Branch Inc.
Crawford	Henry	F43337	Greenbank Sub Branch Inc.
Giles	Benjamin	A112384	Mackay Sub Branch Inc.
Graham	Edward	36200	Townsville Sub Branch Inc.
Robinson	Peter	4033993	Wynnum Sub Branch Inc.
Park	Norman	4410551	Beenleigh & District Sub Branch Inc.
Langton*	Leo	1/725380	Beaudesert Sub Branch Inc.
Rawlins	Ian	120321	Gaythorne Sub Branch Inc.
Aldous	Rodney	1739057	Innisfail Sub Branch Inc.
Lovely	Barrie	53888	Redlands Sub Branch Inc.
Atkinson	Keith	36245	Redlands Sub Branch Inc.
Dunn	George	QX55398	Toowoomba United Sub Branch Inc.
Williams*	Evan	VX142293	Tweed Heads & Coolangatta Sub Branch Inc.
Hill	John	3/771272	Southport Sub Branch Inc.
Matthews	Scott	140376	Charleville Sub Branch Inc.
Johnston	John	58796	Mackay Sub Branch Inc.
McAllister	Robin	819973	Greenbank Sub Branch Inc.
Reichle-Magnus	Fay	F1416	Kedron-Wavell Sub Branch Inc.
Todd*	Barry	15050	Gaythorne Sub Branch Inc.
Eustace	Henry	38362	Currumbin/Palm Beach Sub Branch Inc.
Beattie	George	1727274	Tweed Heads & Coolangatta Sub Branch Inc.
Harp	William	77042	Redcliffe Sub Branch Inc.
Morrison	Keith	NX176528	Townsville Sub Branch Inc.
Brumby	Donald	R277048	Maroochydore Sub Branch Inc.
Clarke	Lorne	2784463	Cairns Sub Branch Inc.
Ford	Jamie	2786623	Herbert River Sub Branch Inc.
Warner	Ruth	94248	Tweed Heads & Coolangatta Sub Branch Inc.
Desmond	Leo	14721619	Logan Village Sub Branch

Queensland RSL News has published this list at the request of RSL members. *Queensland RSL News* takes no responsibility for inaccuracies outside the control of RSL Queensland. This list was correct as at 28 May 2019. Surnames flagged with an asterisk (*) have an unconfirmed 'date of death'.

Last Name	First Name	Service Number	Sub Branch
Unger	Allan	76492	Toowoomba United Sub Branch Inc.
Leisk	John	-	Caboolture-Morayfield & Dist Sub Branch Inc.
Matthews	Peggy	WR2001	Currumbin/Palm Beach Sub Branch Inc.
Prior	Arthur	14493398	Redcliffe Sub Branch Inc.
Hodgson	Mildred	-	Laidley Sub Branch Inc.
Riches	Lesley	110534	Currumbin/Palm Beach Sub Branch Inc.
Hart	Garth	31487	Greenbank Sub Branch Inc.
Frost	Jack	85675	Hervey Bay Sub Branch Inc.
Palmer	Ken	160179	Stanthorpe Sub Branch Inc.
Whiting	Ronald	162852	Townsville Sub Branch Inc.
Underhill	Eric	1709413	Seaforth Sub Branch Inc.
McGrath	Trevor	R58721	Southport Sub Branch Inc.
Bourne	Marguerite	QFX63242	Laidley Sub Branch Inc.
Barron	John	1795119	Tweed Heads & Coolangatta Sub Branch Inc.
Jones	Hugh	1467035	Bribie Island Sub Branch Inc.
Bickel	Dieter	42265	Bribie Island Sub Branch Inc.
Ansell	Stanley	254918	Bundaberg Sub Branch Inc.
Fletcher	Maurice	15424	Tin Can Bay Sub Branch Inc.
Tebbitt	Peter	18776	Ipswich Sub Branch Inc.
Murias	Frank	X/22206300	Hervey Bay Sub Branch Inc.
Harvey	Kenneth	1/32862	Maryborough Sub Branch Inc.
Hillhouse	Thomas	A112720	Gordonvale Sub Branch
Harris	Neal	37913	Redcliffe Sub Branch Inc.
Koitka	Francis	QX25192	Mount Isa Sub Branch Inc.
Scantleton	Verner	409950	Toowoomba United Sub Branch Inc.
Isager	John	243240	Ipswich Sub Branch Inc.
Dick	John	r65289	Ipswich Sub Branch Inc.
Thompson	Edmund	R29401	Tweed Heads & Coolangatta Sub Branch Inc.
Barber	Donald	A223588	Emu Park Sub Branch Inc.
Gunn	Reginald	NX147713 (N223689)	Currumbin/Palm Beach Sub Branch Inc.
Melksham	Desmond	1/63108	Tiaro Sub Branch Inc.
Heisner	Kerry	137748	Tewantin/Noosa Sub Branch Inc.
Street	Roy	434043	Currumbin/Palm Beach Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Mannion	Alice	101735	Capricornia & Rockhampton Region Sub Branch Inc.
Kennedy*	Grahame	1/727213	Caboolture-Morayfield & Dist Sub Branch Inc.
Blaxland	Geoffrey	2140220	Cairns Sub Branch Inc.
Basstein	Franciscus	A113876	Wondai Sub Branch Inc.
Stokes*	Raymond	21025858	Caboolture-Morayfield & Dist Sub Branch Inc.
Preston	Henry	-	Maroochydore Sub Branch Inc.
Crowe	Jeanette	A121189	Murgon Sub Branch
Armstrong	Leslie	VX94055	Kedron-Wavell Sub Branch Inc.
Mackenzie	Peter	83149	Kenmore/Moggill Sub Branch
Neitz	John	1/715179	Tamborine Mountain Sub Branch Inc.
Edwards	Elizabeth	102039	Centenary Suburbs Sub Branch Inc.
Simpson	Richard	1/1522	Ipswich Sub Branch Inc.
Casperson	Clement	1/715736	Hervey Bay Sub Branch Inc.
Steensen	John	6096	Kedron-Wavell Sub Branch Inc.
White	Arthur	NX131886	Beenleigh & District Sub Branch Inc.
Huttley	Norman	A1641 / 171917	Yeppoon Sub Branch Inc.
Henderson	Emily	35109	Mackay Sub Branch Inc.
Cunnane	Michael	1443 (QX63222)	Caloundra Sub Branch Inc.
Wright	Cedric	595926	Beenleigh & District Sub Branch Inc.
Morrisson	Donald	ENTERTAINER	Nundah-Northgate Sub Branch Inc.
Keeble	Leslie	3724542	St Helens Sub Branch
Stevens	Raymond	13457	Nerang Sub Branch
Cross*	Charles	D/JX753046	Sherwood-Indooroopilly Sub Branch Inc.
Merrin	Russell	124371	Coorparoo & Districts Sub Branch Inc.
Cerutti	Luigi	Q269163/ QX169806	Currumbin/Palm Beach Sub Branch Inc.
Skea	George	NX91104	Cairns Sub Branch Inc.
Goodman	Robert	PFX795944	Mt Larcom Chapter of Wide Bay & Burnett District Branch Inc.
Harris	Donald	A39908	Kawana Waters Sub Branch Inc.
Leicht	Robert	-	Rockhampton Combined Services Sub Branch Inc.
Christie	John	16693	Bundaberg Sub Branch Inc.
Robinson	Richard	A2775	Bundaberg Sub Branch Inc.
Kolbuch	Albert	2791632	Nerang Sub Branch

LAST POST

Last Name	First Name	Service Number	Sub Branch
Fitzgeralds*	Helen	f18265	Kalbar Sub Branch
Schoenfisch*	Gavin	1/711754	Kalbar Sub Branch
Thorp*	Brenda	VF517161	Kalbar Sub Branch
Clements	Barry	R53269	Currumbin/Palm Beach Sub Branch Inc.
McLaughlin	Sidney	216917	Ipswich Sub Branch Inc.
Eirth	Desmond	S/9735	Caloundra Sub Branch Inc.
Davis	Thomas	QX46954	Tweed Heads & Coolangatta Sub Branch Inc.
Morrison	Walter	R110101	Kedron-Wavell Sub Branch Inc.
Poole	Clifford	1/706612	Sarina Sub Branch Inc.
Williams	John	150610	Herbert River Sub Branch Inc.
Schreyer	Lothar	367185	Kawana Waters Sub Branch Inc.
Cramp	Joseph	NX11731	Logan Village Sub Branch
Williams	Eric	B5286	Maroochydore Sub Branch Inc.
Simcock	Clarence	F5472	Redlands Sub Branch Inc.
Gomes	Stephen	R96168	Tweed Heads & Coolangatta Sub Branch Inc.
Bell	Graham	19988	Wowan Sub Branch
Quinn	Derek	PKX796790	Greenbank Sub Branch Inc.
Davis	Trevor	1717171/122681	Burleigh Heads Sub Branch Inc.
Burgess	William	2/142636	Nerang Sub Branch
Putre*	Robert	0947	Surfers Paradise Sub Branch Inc.
Potts*	Alan	CJ/X654552	Tweed Heads & Coolangatta Sub Branch Inc.
Ford	Lawrence	B4134	Toowoomba United Sub Branch Inc.
Owens	William	1400117 (QX55750)	Manly-Lota Sub Branch Inc.
Reed	Trevor	A1772	Bribie Island Sub Branch Inc.
Pearson	Patricia	177563	Bundaberg Sub Branch Inc.
O'Brien	Robert	1714638	Kedron-Wavell Sub Branch Inc.
McLeod	Kenneth	A120459	Goodna Sub Branch Inc.
Tranter	Henry	QX7764	Malanda Sub Branch
Kirwan	David	R109497	Hervey Bay Sub Branch Inc.
Davies	Alexander	A115529	Caloundra Sub Branch Inc.
Bowthorpe	Bernard	A230250	Townsville Sub Branch Inc.
Krishna	George	212958	Sherwood-Indooroopilly Sub Branch Inc.
Armitage	Gordon	A16156	Sherwood-Indooroopilly Sub Branch Inc.

Last Name	First Name	Service Number	Sub Branch
Ballans	Mervyn	4719098	Sherwood-Indooroopilly Sub Branch Inc.
Nitarski	Frank	1739734	Unattached List Sub Branch
Thelander	John	R49887	Maroochydore Sub Branch Inc.
Roberts	Raymond	0211813	Runaway Bay Sub Branch Inc.
Laws	George	22486764	Cairns Sub Branch Inc.
Hutcheon	Reginald	QX43100	Gaythorne Sub Branch Inc.
James	Allan	3728989	Greenbank Sub Branch Inc.
Millett	John	432401	Southport Sub Branch Inc.
McKay	Alexander	MERCHANT NAVY	Lowood Sub Branch Inc.
Butler	John	QX57147 (Q269057)	Nambour Sub Branch Inc.
O'Brien	Bernard	Q144502	Roma Sub Branch Inc.
Palliaer	Edwin	SX34209	Cairns Sub Branch Inc.
Thomson	Christopher	-	Cairns Sub Branch Inc.
Blomberg*	John	433564	Tweed Heads & Coolangatta Sub Branch Inc.
Filmer	Ronald	22814783	Bribie Island Sub Branch Inc.
Jenkins	Stephen	14309	Maryborough Sub Branch Inc.
Lotz*	Leslie	QX34935	Wynnum Sub Branch Inc.
Steadman	Roy	R4272845	Greenbank Sub Branch Inc.
Nobbs	Timmie	108141	Holland Park-Mt Gravatt Sub Branch
Day	Eric	R55914	Cooroy-Pomona Sub Branch Inc.
Rush	Charles	44322	Toowoomba United Sub Branch Inc.
Barker	Leonard	3508222	Kuranda Sub Branch
Smith	Walter	Q112862	Townsville Sub Branch Inc.
Vincent	Philip	14414659	City-New Farm Sub Branch Inc.
Corbett	Alan	435478	Currumbin/Palm Beach Sub Branch Inc.
Smith	Martyn	A317176	Redlands Sub Branch Inc.
Kajewski	Maxwell	A115272	Goombungee Sub Branch Inc.
Brown	Alan	414892	Nambour Sub Branch Inc.
Mansbridge	Terrence	A316443	Maroochydore Sub Branch Inc.
Drake	Geoff	2717129	Gympie Sub Branch Inc.
Esdale	Colin	QX62909 (Q113975)	Tewantin/Noosa Sub Branch Inc.
Collins	Robin	113499	Kedron-Wavell Sub Branch Inc.
Crabb	Edward	S94599	Hervey Bay Sub Branch Inc.
Schaper	Cedric	425971	N/A



WINNER GOBSMACKED AT MULTI-MILLION-DOLLAR PRIZE

ANSWERING after the first three rings, Jennifer Sanders* was not expecting to hear the news that she was the lucky winner of RSL Art Union's Draw 365 – a \$3.3 million property portfolio.

"I'm gobsmacked," she said, in complete disbelief. And understandably so.

Jennifer, from Karana Downs, was on her way out to drop her husband at the airport when RSL

Art Union's General Manager Tracey Bishop delivered the life-changing news.

"I was just saying to my husband this morning, we have to keep buying tickets... we will win one of these days," she explained.

Jennifer is now the owner of three stunning apartments located in Melbourne, Sydney and Noosa. When delivering the news to her husband, she was

met with the same disbelief she felt. "What, the whole thing?" he asked.

As a \$20 book buyer, Jennifer will also receive an extra \$40,000 in gold bullion, news that left her even more lost for words.

Jennifer and her husband have a big decision ahead of them as they choose what to do with the \$3.3 million prize.

Thank you for your ongoing

support of Australia's veteran community, and good luck in Draw 366.

**Name changed for privacy reasons*



WIN TWO WATERFRONT VILLAS



\$3.7 MILLION
FIRST PRIZE

TICKETS
ONLY
\$5

RSL Art Union Draw No. 367 (also known as Draw 367L) 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 licence 16/07/19. Draw Date: Public draw 10am (AEST) 24/07/19 at ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Promoter: Vic Reading, Locked Bag 4032, Fortitude Valley QLD 4006. Proceeds are for the purpose of veteran a maximum of 619,500 bonus tickets. Entrants must be 18 years or over. Winners notified by registered mail. Results published in The Courier Mail and The Australian on 26/07/19. Cheque, money order and credit card payments must be received only. Floor plans are for illustration purposes only. Any rental estimates provided are for informational purposes only. Selling costs and market variations apply when selling gold bullion. Travel is in the form of a voucher, is not redeemable for cash

TOTAL ESTIMATED ANNUAL
RENTAL RETURN

\$156,000

TOTAL FURNITURE & ELECTRICAL
APPLIANCES INCLUDED

\$277,038



WAKE UP TO THE GOLD COAST!

Imagine owning not one, but two waterfront villas worth \$3.7 million!

These two luxury homes offer high-end waterfront living at its best, with contemporary finishes and spectacular views of the iconic Surfers Paradise skyline.

There's room for the whole family as each villa features four bedrooms and three bathrooms. Plus, the spacious alfresco area, BBQ, private waterfront pool, pontoon and rooftop terrace make the homes an entertainer's delight!

You'll find these two hidden gems perfectly positioned in Mermaid Waters on the tranquil Gold Coast waterways, less than 10 minutes from beaches, shops and restaurants.

If you're the lucky winner, you could live in one and rent out the other villa, earning an estimated **\$78,000** a year without having to work a day! How would the extra income help you?

📍 1 & 2/34 Sundowner Court, Mermaid Waters QLD 4218 | EACH VILLA INCLUDES: 🏠 405 sqm 🛏️ 4 🚿 3 + 2 PWD ROOMS 🚪 1 🚗 2 ❄️ AC 🏊 POOL 🚤 PONTOON



RSL
Art Union

DRAW
367

Buy your tickets today
rslartunion.com.au or 1300775888

RSL Art Union No. 367 | Draw closes 8pm AEST Tuesday 16th July 2019 | Drawn 10am AEST Wednesday 24th July 2019

No. 29819 (by permission of Queensland Office of Liquor and Gaming Regulation), ACT Permit No. R19/00274, VIC Permit No. 10197/19, NSW Permit No. GOCAU/2138, SA Permit No. M13664. Close date: 8pm (AEST) welfare and support in Australia. Prizes drawn in order of value: 1st prize \$3,772,339, 2nd prize \$10,000 gold bullion & 3rd prize \$5,000 gold bullion. The total number of tickets available for AU367L is 2,950,000 which may include by 16/07/19 to be entered into Draw 367. If an order is received after this date or if the draw is sold out, the order will be automatically entered into the next draw, Draw 368. Some items shown in pictures are for display purposes and must be booked directly with our selected supplier, subject to their terms and conditions. Information correct at time of printing. For up to date details and full terms and conditions please refer to www.rslartunion.com.au.



SHOULDER TO SHOULDER, ALWAYS.



For more than 100 years, RSL Queensland has existed to provide effective support for veterans to continue to achieve their life goals beyond service.

We know the positives and the pitfalls, because we've been there ourselves. It's a bond you can't break – or fake. We're almost 35,000 strong and helping every veteran stay that way.

Shoulder to Shoulder, Always.

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Queensland