

QUEENSLAND

**PARA ICE
HOCKEY**
WHEN SLEDGING WITH
YOUR MATES IS OK

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RSL NEWS

**NEXT
CHAPTER**
RSL EMPLOYMENT
PROGRAM ENABLING
NEW CAREER PATHS

ANZAC — 2018 — DAY

RSL VOLUNTEERS EMBODY SPIRIT
OF COMMEMORATIONS



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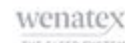
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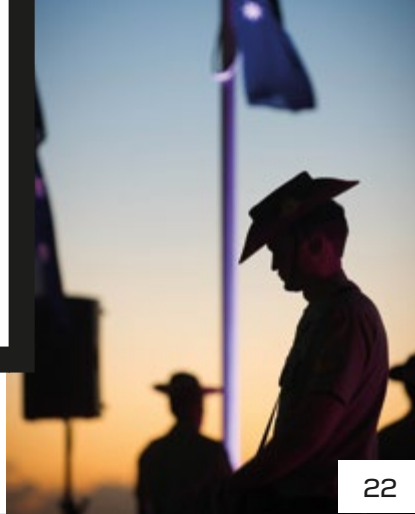
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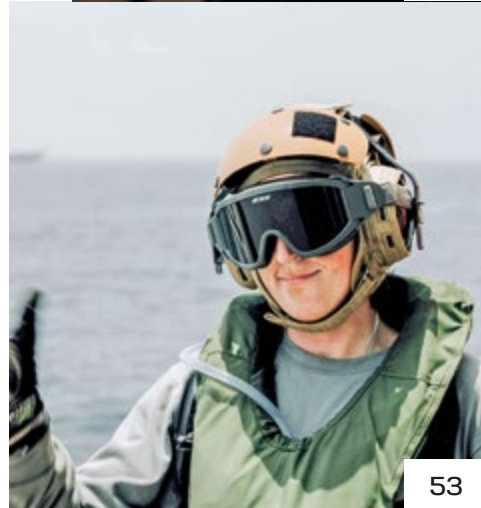
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enabling new career paths

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RSL volunteers embody the spirit of ANZAC Day

Each year, RSL volunteers across Queensland work tirelessly to stage ANZAC Day services to honour the sacrifice of our Defence personnel

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When sledging with your mates is OK

Para ice hockey is an exhilarating, full-contact sport rapidly gaining fans within the Australian Defence Force

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Learning to be happy

After facing her own demons, Royal Australian Navy veteran Ashlea Henley is helping veterans struggling to cope with life outside the military as a mentor with the RSL-supported initiative Trojan's Trek

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Front Cover



COVER IMAGE: Redcliffe RSL Sub Branch members Cheryl Barrett and Karen Hemers have volunteered hundreds of hours towards Redcliffe RSL's Dawn Service



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BE PROUD OF YOUR SERVICE AND LOOK OUT FOR YOUR MATES

My fellow League members,

I want to begin my report by talking about a man who helped shape my view of RSL Queensland when I first joined.

As a novice member, he welcomed me into the organisation and mentored me. I attended his meetings and learned the importance of listening to the membership, adjusting one's view because of the many alternative views we heard and then making a decision.

It was much like the way we conducted ourselves prior to an operation during our years in the Defence Force.

The man I'm referring to is Vic Reading. Vic and his wife Helen have helped others for many years and we should be thankful to have such dedicated Australians in our company. Redcliffe RSL Sub Branch honoured Vic by naming their new welfare centre after him – a truly wonderful gesture.

DISTRICT AGMS

Over the past eight weekends, I have had the pleasure of attending District Annual General Meetings. It has been a wonderful experience to spend time engaging with our members, listening to their success stories and taking away important lessons.

To connect with men and women so passionate about the RSL – and knowing their desire to help others is so genuine – was such a tonic for me.

“TO BE A MEMBER OF THE RSL YOU MUST HAVE SERVED. NEITHER WEALTH NOR POWER WILL ALLOW YOU TO WEAR OUR BADGE, SO BE PROUD OF WHAT YOU HAVE SACRIFICED FOR YOUR COUNTRY AND UNDERSTAND THAT WHILE THEY WILL TRY, THOSE WHO HAVEN'T SERVED WILL STRUGGLE TO UNDERSTAND THE DEPTH OF YOUR EXPERIENCES.”

OUR CONSTITUTION

Turning to other issues, we are on the cusp of a new era as we look at changing our Constitution for the first time in seven years. The change is all about giving the membership greater authority in running the RSL and electing the Directors who represent us.

The 'new' Constitution has been drafted to bring us in line with best governance practice and give members more control.

I urge everyone to engage with us on this important piece of work as the power of the RSL must reside with the membership.

LOOKING AFTER OUR MATES

Recently, we met with Commander 3rd Brigade Brigadier Scott Winter and Regimental Sergeant Major W01 Brent Doyle in Townsville, along with senior representatives of the Queensland Police Service, Queensland Ambulance Service and Queensland Fire and Emergency Services.

We met to discuss a universal concern – looking after our mates. We all have common issues and, as members of a wider community, we have an obligation to engage with each other. The meeting, facilitated

by North Queensland District President Bill Whitburn OAM and the Townsville RSL Sub Branch, was very successful and we agreed to work together.

As we approach ANZAC Day, we turn our minds to our mates who have suffered because of their service. Many in the wider community do not – and cannot – appreciate what servicemen and women have been through and we should not expect them to understand. This is what separates us from the wider community: we served.

And it is my clarion call to all of us – be proud of your service. To be a member of the RSL you must have served. Neither wealth nor power will allow you to wear our badge, so be proud of what you have sacrificed for your country and understand that while they will try, those who haven't served will struggle to understand the depth of your experiences.

I look forward to talking with you and hearing your views.



*Stewart Cameron CSC
State President
RSL (Queensland Branch)*

Honouring those who were only 19

Veterans Remembered Watch

50th Anniversary Edition

***"We would do anything for a mate...
anything except leave him on the battlefield"***

They were the forgotten diggers. A generation of young men who fought for Australia like their fathers before them. But they returned as outcasts, casualties of a war nobody understood. Yet time heals the injustices of the past. Now they are heroes, as revered as the warriors of Gallipoli, Tobruk, Kokoda and Korea. The Bradford Exchange is proud to honour these brave diggers with a quality timepiece imbued with the spirit of the Anzacs that flows in their veins. Commissioned to commemorate the 50th Anniversary of the of the Battle of Long Tan Battle of Long Tan, the "Veterans Remembered Watch" honours those who were only 19...

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As a bold salute to our heroes, this handsome chronograph is hand-crafted from rugged stainless steel and intricately engraved with a wealth of icons associated with the war. Against the dramatic black and green face, the famous Iroquois 'Huey' chopper looms large and proud in a gleaming silver tone. The side is engraved with the words *Sacrifice*

• *Mateship* • *Pride* and serve as a reminder that the courage of these men will always be appreciated. The reverse of the case is etched with a touching quote from veteran Gary McMahon, 6th Battalion RAA, recalling the mateship and courage which defined a generation of veterans.

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ACNC RELEASES REPORT

Dear members,

In *Queensland RSL News* Edition 2, 2017 I wrote about both the Australian Charities and Not-for-profits Commission (ACNC) investigation into RSL Queensland's Board governance and our application for a Private Binding Ruling (PBR) from the Australian Tax Office (ATO). We received these two formal outcomes in March and I'd like to share with you the details of both.

This is a very important stage in RSL Queensland's development that will ensure our organisation evolves into a modern, well-run charity that continues its proud 100-year history of supporting our Defence family.

ACNC INVESTIGATION

The investigation, which began on February 14, 2017, saw us provide approximately 8000 pages of information to the ACNC. Following this, the ACNC identified some shortcomings in RSL Queensland's Board governance and issued a Directions Notice. This notice is issued pursuant to Section 85 of the ACNC Act and requires a charity to undertake specific actions, otherwise penalties may apply.

In November 2017, the Board approved a Governance Plan outlining how historic ACNC concerns would be addressed. The plan also provided a roadmap to fix Board governance issues, the schedule for a new Constitution and improved financial reporting

**“THIS IS A VERY IMPORTANT STAGE
IN RSL QUEENSLAND'S DEVELOPMENT
AND WILL ENSURE OUR ORGANISATION
EVOLVES INTO A MODERN, WELL-RUN
CHARITY THAT CONTINUES ITS PROUD
100-YEAR HISTORY OF SUPPORTING
OUR DEFENCE FAMILY.”**

and transparency measures. The ACNC was explicit about its expectations that RSL Queensland Directors must complete the Governance Plan in the timeframe provided.

The ACNC's Head of Compliance and a senior investigator visited ANZAC House on March 22 to outline the serious nature of the Directions Notice and impress upon Directors the need for increased intensity around the delivery of the Governance Plan. They believe the assistance RSL Queensland provides to veterans is so important that failure to deliver on items contained within the Directions Notice could result in the ACNC using its powers to suspend or remove Directors from the RSL Queensland Board.

The Board responded to this important message by resolving, on the same day, to accept the Directions Notice, work closely and transparently

with the ACNC, communicate openly with members and waive the 14-day ACNC feedback period and start work on the Governance Plan immediately.

Member and public transparency is important and an abridged version of the Governance Plan is posted on our website at www.rslqld.org/ governance to ensure everyone is fully informed about the work required of Directors over the coming months.

ATO PRIVATE BINDING RULING

One of ACNC's concerns was out of pocket expense (OPE) payments to Directors from the 2011 financial year until early 2017 (when that practice ended).

Although specialist tax advice was provided to the Board in previous years (specifically the risk of Pay As You Go (PAYG) income tax treatment), I decided that applying for an ATO PBR would bring the clarity required.

A PBR refers to the facts of a specific situation as advised to the ATO and reflects the ATO's views of the law in force at the time the advice was issued. The application was lodged on September 27, 2017.

Approximately \$400,000 of payments were made to RSL Queensland Directors between 2011 and 2017 to cover OPEs incurred by volunteers as they went about their duties as Directors. Receipts and acquittals for those payments were made in some instances, but not all.

The ATO Deputy Commissioner of Taxation analysed the specific circumstances of these Director payments and determined that payments not acquitted via provision of exact receipts for expenses incurred in the conduct of Director duties are subject to PAYG taxation.

In practical terms, this means RSL Queensland is required to issue PAYG Statements (formerly known as Group Certificates) to Directors. Those individual Directors may be required to pay tax, but this depends wholly on their personal taxation circumstances, which is a private matter for the individuals.

For the avoidance of doubt, this is a matter for individual Directors and no RSL Queensland funds are required for any taxation payments of these individuals.

Ultimately, the ATO split the original PBR into two parts – the first addresses any PAYG income tax and the second

covers whether superannuation was also payable. As I'm writing this article, I have not heard back from the ATO regarding potential superannuation payments, but I will write more when I receive the binding advice.

HOW WE CAN HELP

Taxation and payments can be difficult matters to comprehend. Sub Branches differ in size and complexity, but as RSL Queensland has now received the ATO PBR, I can share the specifics of our circumstance and offer the services of our Sub-Branch Finance & Governance Team if you have further questions.

A simple policy should be adopted by Sub Branches to make the governance of OPEs clear. For more information or to download a basic Sub Branch OPE Policy that may be adopted easily within your own Sub branch, visit www.rslqld.org/governance or phone our Sub-Branch Finance & Governance Team on 134 RSL.

OUT OF POCKET EXPENSES

An OPE is an actual expense validly incurred by an individual volunteer in the pursuit of their duties for the Sub Branch.

In the binding ruling issued to RSL Queensland, the Deputy Commissioner of Taxation explores what is required for bona fide payment of OPEs. The ATO's key message is that any payment for an expense incurred by

an RSL volunteer should exactly match the expense incurred, rather than have payments made that estimate likely OPEs.

In other words, an expense of \$32.40 should match a reimbursement of the exact amount of \$32.40 upon presentation of the receipt or tax invoice. Should a Sub Branch pay an amount (for example \$250 per month) to cover estimated expenses, the ATO has identified this unsatisfactory and not exactly matching actual expenses, therefore creating the risk of becoming taxable.

TRUE HONORARIUM

It is important to note that honorariums are more complex than OPEs, and the ATO has specific views on determining whether any payment is classed as a true honorarium for filling an office-bearing role, which may not be income tax assessable, as opposed to payments made for performing the duties of an office-bearing role that are taxable.

Broadly speaking, an honorarium is a payment or gesture made on personal grounds that is either tangible or intangible and can be referred to as an ex-gratia payment, bona fide (or true) honorarium or gift, however, the specific considerations below are required:

A simple policy should be adopted by Sub Branches to make the governance of honorariums clear. For more information or to download a basic Sub Branch Honorarium Policy that may be adopted easily within your own Sub branch, visit www.rslqld.org/governance or phone our Sub-Branch Finance & Governance Team on 134 RSL.

1. The payment is received for personal reasons.
2. The payment has no connection to the recipient's income-producing activities or services rendered.
3. The payment is not received as remuneration or as a consequence of employment, services rendered, or any business.
4. The payment is not relied upon or expected by the recipient for day-to-day living.
5. The payment is not expected or legally required.
6. There is no obligation on the part of the payer to make the payment.
7. The payment is a token amount compared to the services provided or expenses incurred by the recipient.
8. The form of the receipt, that is, whether it is received as a lump sum or periodically.
9. Whether the payments have been earned.

As I mentioned, this is a complex area and simply calling a payment an honorarium does not change the potential taxation treatment of the payment itself.

SUB-BRANCH FINANCE & GOVERNANCE TEAM – DEDICATED TO ASSISTING SUB BRANCHES

In 2018, I have dedicated more resources to our RSL Queensland Sub-Branch Finance & Governance Team, which helps Sub Branches remain vibrant contributors to their local communities and stay in line with Australia's taxation and charities requirements under legislation.

We are in the process of recruiting a Sub Branch Finance and Governance Program

The Sub-Branch Finance & Governance Team provides guidance to ensure the charitable work of Sub Branches continues to thrive in the future. Contact them via www.rslqld.org/contact-us or phone 134 RSL.

Manager to lead this excellent team and grow the services we offer. Over the course of 2018, you will see new training programs and new ways to help reduce your administrative compliance and enable you to focus on the financial sustainability of Sub Branches, particularly in regional areas.

It is clear both the ACNC and the public (who provide our income via the RSL Art Union) expect RSL Queensland to modernise its corporate governance. Remaining accountable to all parties is likely to require a level of intensity previously not seen in the League's proud 100-year history.

I will keep you informed of any further developments with the ATO and the ACNC and ensure you are fully briefed and aware of the situation.



Luke Traini
Chief Executive Officer
RSL (Queensland Branch)

RSL OPERATIONS: PART FOUR

As discussed in previous editions of *Queensland RSL News*, we will review the main capability areas of our Operations group over five consecutive issues to illustrate some of the work RSL Queensland does on behalf of its members.

In the last edition, we introduced you to the Marketing team, which acts as a conduit between our membership and staff to help the public understand what RSL Queensland does.

In this edition, District Support Services Manager Henriette Draaijer introduces

you to the fourth capability area within the area of Operations – District Support Services. This team assists RSL Queensland's 10 Districts, 240 Sub Branches and 35,000 members.



Scott Denner
State Secretary
RSL (Queensland Branch)

This is the fourth article in a five-part series on RSL Queensland's Operations group. In the June edition of *Queensland RSL News*, read about the work of our Transformation and Project Delivery team.

OPERATIONS

VETERAN
SERVICES

VETERAN
SERVICES
SUPPORT

MARKETING

DISTRICT
SUPPORT
SERVICES

TRANSFORMATION
& PROJECT
DELIVERY

OUR DISTRICT SUPPORT SERVICES TEAMS

District Support Services is currently comprised of three teams – District Secretaries, Memberships and Community Engagement.

DISTRICT SECRETARIES

District Secretaries provide administration, coordination and secretarial support to the Districts and Sub Branches around Queensland. This includes assistance with training and development, reporting and compliance, governance, membership enquiries and grant support.

The team has a pivotal role and could be described as the eyes and ears of our organisation. A District Secretary is often the first person a veteran sees when they walk into a District Office looking for help, or the first voice they hear when they call the office. Clients who need welfare or advocacy support are referred to a Veteran Services Officer.

District Secretaries also assist the District Presidents and the District Boards and help manage District AGMs, the State Congress and other local events.

MEMBERSHIPS

The Membership team provides administrative support to our member base – often via District Secretaries, Sub Branch Membership Officers and Secretaries across

MEET THE DISTRICT SECRETARIES

GOLD COAST
Cecilia Craddock
07 5571 0640

SUNSHINE COAST
Kath Barry
07 5458 8303

PIONEER-FITZROY-HIGHLANDS
Lynette Ney
07 4957 4165

FAR NORTHERN
Norma Short
07 4047 6501

WIDE BAY BURNETT
Betty White
07 4151 0325

MORETON
Catherine Macmillan
0488 776 949

NORTH QUEENSLAND
Shelley Andrews
07 4771 9621

BRISBANE NORTH
Peter Jones
07 3285 5089

WESTERN QUEENSLAND
Tracey-Fay Penrose
07 4613 6367

SOUTH EASTERN DISTRICT
Robyn Engel
07 3358 3155

Queensland. On a day-to-day basis, this might involve issuing badges, new member kits and membership cards, or producing award certificates and certificates of appreciation.

They are experts on the membership database and manage the annual renewal process. Enquiries can be sent to memberships@rslqld.org.

COMMUNITY ENGAGEMENT

This team is hard at work developing the new educational website for Queensland teachers and students from Prep to Year 12.

Through the website, students and teachers will have access to reliable information and practical

opportunities to learn more about Australia's rich Defence history, the challenges facing our Defence family past and present, and how students can take part in commemorative events in their local communities.

The digital format will make these tools accessible to schools in every town and city in Queensland, fostering even closer ties between our RSL Sub Branches and their local schools.

The project team is in the process of consulting with our Innovation Network – comprised of RSL members drawn from all walks of life – to further refine the website. We look forward to unveiling the website later this year.



Some of the team behind RSL Queensland's District Support Services: Henriette Draaijer, Mitchell Brodie, Peter Jones and Daniel Hughes.

MEET THE TEAM

Henriette Draaijer
District Support Services Manager

Daniel Hughes
Program Coordinator, Memberships and Community Engagement

Mitchell Brodie
Community Engagement Officer

Sarah Jackson
Memberships Officer

Peter Jones
District Secretary for Brisbane North and Memberships Officer

CONTACT RSL QUEENSLAND

134 RSL
www.rslqld.org/contact-us

MOST SOUTHERN HEADSTONE

Some time ago, I read a letter to the editor (*Queensland RSL News* – Ed 02, 2015, page 29) about a headstone in Tasmania that was suspected to be the most southerly grave of an Australian veteran. It marked the resting place of local bushman Sydney Mott. Here is a photo of a headstone I found in the New Zealand southern coastal town of Riverton. It was near the graves of two of my uncles.

Unless there are others located in Bluff or Stewart Island in New Zealand, I would say this is likely the most southern grave of any Australian veteran. I know nothing of the history of J Mulcahy and whether he was a Kiwi (like myself) or an Aussie that died there.
Cec Beer



SUB BRANCH REBRAND

Since its inception, the RSL has recruited members via Sub Branches. The term 'sub' has many meanings, but primarily: somewhat, nearly, under and less. One of the stated goals of the RSL is to attract younger veterans, while raising awareness of the RSL in the community.

Over recent years, there has been an increased use of the term 'veteran' in the media. Although, sadly, this is somewhat due to the prevalence of veteran suicides, the public is becoming more aware of the veteran community.

I would like to start a debate about how we can leverage off the increased awareness of the term 'veteran'. Because we share the same building as the memorial club, we find locals see us as a Sub Branch of the club (they don't know what that entails).

If our office was named RSL Veteran Services, would that confusion remain? Would the veteran seeking assistance instantly know where to go? Would the perception of the RSL change from the 'pokie palace' to what we stand for – supporting veterans and their families?

Rebranding is not negating our history, but moving with the times into the environment we find ourselves in. I look forward to the debate.

Mick Reid

President, Tewantin Noosa RSL Sub Branch

WELL-READ AND WELL-TRAVELLED

Over the past few years, I have been forwarding *Queensland RSL News* – after a very careful read of a great magazine – to a friend and member of the Metung RSL Sub Branch in Victoria. One of the members there sends it on to his friend in Scotland – so you can see it is well read.

I have enclosed the note I received from this member. I thought you might be interested to see how far the magazine goes. Thanks for a great read.

David Crickmore
Scarness

David,
Just a short note to thank you for forwarding your *Queensland RSL News* magazine. I thought I should let you know that after it reaches me, I send it on to Scotland. My old mate in Edinburgh reads it and passes it on to another. It is enthusiastically read and eventually gets to the local Colinton library, where it is again enthusiastically received.
It is such a well-produced magazine, with information that is easily read. Naturally, there is a strong military and ex-military population in and around Edinburgh.
Cheers,
Robin (November 2017)

CLARIFICATION – DOG MEMORIALS

In Edition 01, 2018 of *Queensland RSL News*, we included a story on page 74 about a war dog memorial erected with assistance from Forest Lake RSL Sub Branch.

There are also other excellent war dog memorials that have existed for some time in other parts of Australia.

One of these is a war dog memorial in Alexandra Headlands on the Sunshine Coast, which commemorates tracker dogs used by the Australian Army in the Vietnam War, and includes plaques for Australian dogs that served in East Timor, Bougainville, Solomon Islands, the Malayan Emergency, Borneo, Singapore and Somalia.

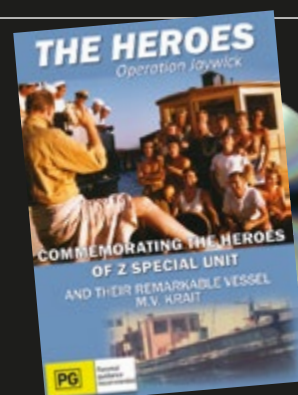
Additionally, there is a Military and Service Working Dog National Monument in Wacol, which incorporates a memorial dedicated to Sapper Smith and his explosive detection dog, Herbie. It also includes plaques recognising service dogs used by the police, corrective services, and the military and their handlers.



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RSL RUNNER

Do you currently receive our monthly member e-newsletter, the *RSL Runner*? It's another great way to keep up-to-date with the work of RSL Queensland. If you are not on the *Runner* email list and would like to receive it, please email memberships@rslqld.org to have your email address added to your profile.



EDUCATION WEBSITE TAKES SHAPE

At the 2017 State Congress, State Secretary and General Manager Operations Scott Denner outlined plans to develop a new educational website. Currently in production, the website will be a high-quality educational tool for Queensland teachers and students from Prep to Year 12.

Through the website, students and teachers will have access to reliable information and practical opportunities to learn more about Australia's rich Defence history, the challenges facing our Defence family past and present, and how students can take part in commemorative events in

their local communities.

The digital format will make these tools accessible to schools in every town and city in Queensland, fostering even closer ties between our RSL Sub Branches and their local schools.

The project team is in the process of consulting with our Innovation Network – comprised of RSL members drawn from all walks of life – to further refine the website. We will keep you updated on progress and look forward to unveiling the website later this year.



REGISTER FOR THE STATE CONGRESS

Registrations are open for the 2018 State Congress in Cairns from June 22-24. The process has changed slightly this year, with registrations made through District Secretaries.

If you have any questions about the event, please contact your District Secretary. You can also find further details on the State Congress section of www.rslqld.org.



DO YOU HAVE QUESTIONS FOR THE STATE CONGRESS?

We are committed to ensuring members have an opportunity to ask questions and have their views heard, and members are encouraged to submit questions for the event via our website.

Answers will be published in two stages:

- Questions received before 4:30pm on April 19, 2018 will be published by 4:30pm on April 27, 2018.
- Questions received between 4:30pm on April 19, 2018 and 4:30pm on May 28, 2018 will be published by 4:30pm on June 15, 2018.

We will also answer delegate questions raised on the day, but providing them prior to the event will allow us to research and prepare specific responses to any more technical queries.



ABOVE: Mount Isa RSL Sub Branch hosted a free forum to raise awareness about post-traumatic stress. **RIGHT:** RSL Queensland provided training for 25 volunteer Welfare Support Officers, who support veterans and their families on behalf of their Sub Branches.

RSL ACTIVITIES IN MOUNT ISA

Mount Isa RSL Sub Branch hosted a free forum to raise awareness about post-traumatic stress on February 27. Sponsored by RSL Queensland, 'Look after Your Mates' was open to both community members and service providers.

Keynote speakers included John Gilmour from Gallipoli Medical Research Foundation and Tony Dell, a former test cricketer, Vietnam veteran and founder of Stand Tall for PTS.

The forum was organised by Steve Carrington of Mount Isa RSL Sub Branch and emceed by Longreach RSL Sub Branch President Jim Egan. Jim is passionate about community forums on mental health and organised a similar event in Longreach in October 2017.

Approximately 80 people attended the forum, including many local first responders from the Queensland Ambulance, Queensland Police Service and Royal Flying Doctor Service. Mount Isa City Council donated the cost of the conference room at Mount Isa Civic Centre and several local organisations helped organise and advertise the event.



WELFARE TRAINING

Following the forum, RSL Queensland provided training for 25 volunteer Welfare Support Officers, who support veterans and their families on behalf of their Sub Branches.

Participants came from Sub Branches within the North and Far North Queensland Districts and training covered a range of topics, including interview skills, practitioner burnout, grief and bereavement and Department of Veterans' Affairs services.

It was designed to cover services volunteers can provide without formal Advocacy Training and Development Program (ATDP) accreditation. Practitioners were given information about ATDP and some showed interest in pursuing formal accreditation.

Participants gave positive feedback about the training and enjoyed the level of interaction with the RSL Queensland trainers. The Veteran Services Support team from RSL Queensland enjoyed the opportunity to visit Mount Isa and assist volunteers, who take on the important role of assisting the ADF family.

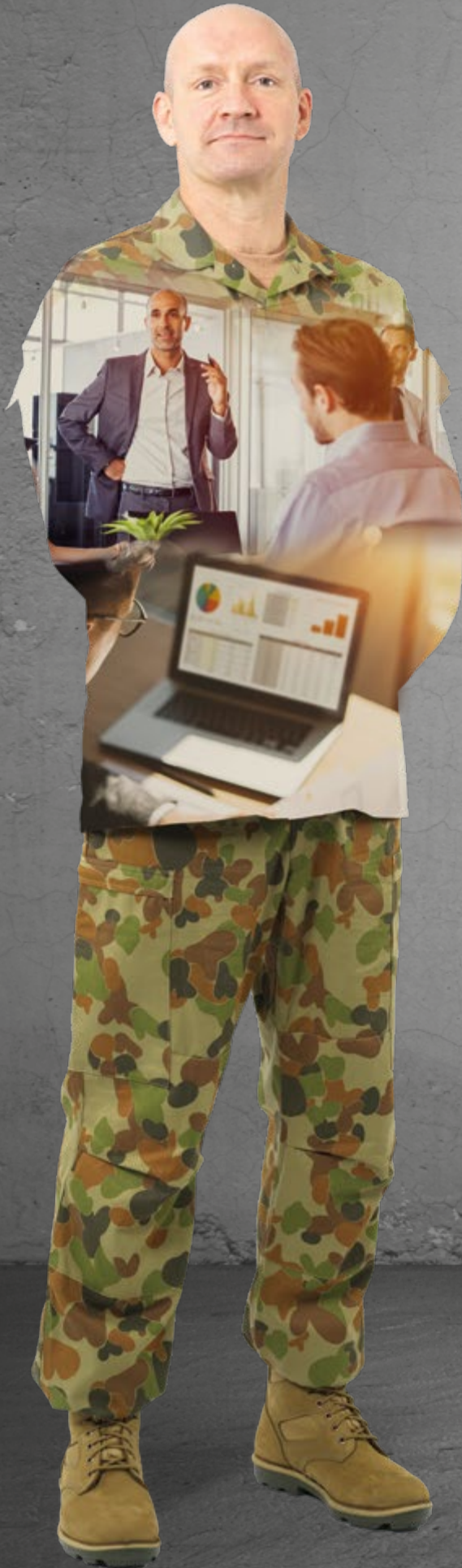
DEFENCE FAMILY RESEARCH PROJECT

RSL Queensland is currently conducting the Defence Family Research Project, the largest venture ever undertaken to understand the size and shape of the Defence family in Queensland. We will use the results to inform and tailor RSL services to better meet the current and future needs of our veterans.

The research is being carried out by Colmar Brunton, an independent market research company.

During February, the research team made more than 10,000 phone calls, sent more than 50,000 emails and made public appeals for interested people to take part in the project.






NEXT CHAPTER

RSL EMPLOYMENT PROGRAM ENABLING NEW CAREER PATHS

Thanks to RSL Queensland, veterans and their partners across the state can access an innovative new employment program to help them transition out of the Defence Force and find meaningful work in the civilian job market.

 Matilda Dray



DEFENCE PARTNERS

RSL Queensland understands the importance of family. Our Partner Ready program can assist partners of current and ex-serving members with career pathways, offering various 'employment map' services. Additionally, RSL Queensland supports higher education opportunities for eligible partners through our scholarship program.



FOLLOWING

the resounding success of a six-month pilot of the RSL Queensland Employment Program in Townsville, the program is now being expanded across Queensland. More than 80 people have been referred into the program since it commenced in September 2017.

RSL Queensland Veteran Services Manager Rob Skoda said the evidence-based program provides another way for RSL Queensland to fulfil its core objective of supporting current and ex-serving personnel and their families.

“Veterans are a highly skilled, but somewhat untapped resource pool for Australian businesses. We are excited to expand this program across the state and help ex-service personnel and their partners find meaningful, sustainable career opportunities,” Rob said.

“We’ve had a tremendous response so far. There is obviously a great need, as well as an appetite for the comprehensive assistance we are providing. We’ve helped with career counselling, writing CVs and making connections with employers.”

MATT GAINS CONFIDENCE IN HIS OWN ABILITIES

Royal Australian Air Force veteran Matt Smith* took advantage of the RSL Employment Program in late 2017, and by February had secured full-time employment within a government department. The program exceeded his expectations.

“I had been unemployed for nearly a year, in a very tough job market in Brisbane, and the program was such a confidence boost,” Matt said.

“There were so many other equally qualified, quality applicants. It’s not that I am lacking skills, good qualities or qualifications, it’s just circumstance.”

Before the program, Matt struggled with his career direction and wanted help translating his military skills into the real world. The program ultimately gave him confidence in his own abilities.

“I found the mock interviews and resume building the most valuable. I’d been relying on the same resume for years, and it wasn’t up to industry expectations,” Matt said.

“And the RSL team was so quick to get in touch with me and respond to my questions. I felt really supported and that they genuinely wanted me to find a job.”

PRODUCTIVE PARTNERSHIPS

RSL Queensland is partnering with organisations such as Trans-Civ to help provide transition support.

“We have been a proud partner for more than six months and are already seeing the program’s benefits,” Trans-Civ Managing Director Paul Smith said. “Many people have accessed our employment services to upskill and find meaningful work.”

“We are excited to be part of their journey and look forward to supporting the program as it rolls out across Queensland.”

NATIONAL SUPPORT

RSL Queensland also hosted the December meeting of the Prime Minister’s Industry Advisory Committee on Veterans’ Employment at ANZAC House.

The national committee – which first met in March 2017 – develops practical measures to embed veterans’ employment strategies into recruitment practices of Australian businesses. It includes representatives from major organisations such as Westpac, Seven Network, PwC and Australia Post.

During the December meeting, RSL Queensland staff presented to the committee on the Employment Program and its work to date. Discussions around how the two initiatives can work together are ongoing and RSL Queensland hopes the committee will endorse the program at a national level.

BACKED BY RESEARCH

The research that underpins and informs the RSL Employment Program was conducted by the Gallipoli Medical Research Foundation as part of its Veteran Reintegration Study.

“RSL Queensland has invested heavily in research to determine the factors that contribute to successfully transitioning out of Defence. Our Employment Program has been shaped by that research,” Rob said.

**Name changed for privacy reasons*

HOW TO ACCESS THE EMPLOYMENT PROGRAM

Find out more at rslqld.org/employment

FULL-TIME EMPLOYMENT LIFE-CHANGING FOR QUENTIN

Army veteran Quentin Harris – who at one time was unemployed for seven years and forced to declare bankruptcy – knows the importance of finding stable and fulfilling employment. He wished the RSL Employment Program was available during his earlier job hunting days.

During his years of unemployment, Quentin applied for around 20 jobs a week and was given just five interviews.

“I was going for anything and everything I thought I was capable of,” Quentin said.

Always fighting to better his circumstances, Quentin worked in various roles, including a medical courier, pizza delivery man, dog catcher, private investigator and service advisor in a car dealership.

It was a tough road to travel, but Quentin now works as a subject matter expert at Concentrix, the call centre in charge of the RSL Art Union contract. Finding meaningful,

full-time employment has been a powerful and life-changing experience.

“It is like coming out of the night; out of the desert and into a lush oasis with really friendly people. I’m not wanting for anything. I can travel. I feel free. I’ve got money in my bank account.”

With his money worries behind him, the first thing Quentin is saving for is a flight to South Australia to visit the two grandchildren he hasn’t seen in several years.

“I have no debt whatsoever. The power bill came in, I paid it, and I still have money in the bank. It’s taken a load off my mind,” Quentin said.

His newfound zest for life is contagious.

“I come home happy at the end of the working day. It’s cathartic to help my mates and in a roundabout way help myself. It’s a positive circle.

“I like talking to people and building a rapport with someone who has an interest in helping veterans. I love helping people and my objective is to help veterans.”

Quentin thinks the RSL Employment Program concept is fantastic and encourages veterans to take advantage of it.

“I know the RSL cares about veterans and the ex-service people who will be in that program. They should be confident they are getting the assistance they need to get that job.”

Quentin believes veterans struggle to find employment for several reasons, including not understanding how their skills and qualifications translate in the civilian world or receiving adequate support. Rather than seeing his ADF experience as a positive, recruiters sometimes advised him to omit his service background for fear employers would think he had post-traumatic stress disorder.





1. Make contact

Complete the expression of interest at rslqld.org/employment



2. Assess needs

Our team will call you to complete an initial assessment and determine your eligibility for the program.



3. Connect

You will be connected to an RSL Employment Provider who will discuss your career aspirations and determine which services you require to assist you achieve your career goals.



4. Activity approval

Once your needs have been determined, our team will confirm the services that will be provided.



5. Services activated

You will undertake the service with the RSL Employment Provider.



6. Staying on track

We will check in with you and your RSL Employment Provider to see how you are progressing.



7. Feedback stage

You will undertake a feedback survey to let us know what you think about the program.



8. Ongoing connection

We will touch base at various times to ensure you are on track.


POSSIBILITIES IN 8 STEPS
EXPLORE YOUR CAREER



Find out more at rslqld.org/employment



RSL VOLUNTEERS EMBODY **THE SPIRIT** **OF ANZAC DAY**

 Matilda Dray and Anita Jaensch

Each year, RSL volunteers across Queensland work tirelessly to stage ANZAC Day services to honour the sacrifice of our Defence personnel. They donate hundreds of hours – some of them standing out in front leading the commemoration and others toiling for months behind the scenes to make the event a reality.

ANZAC Day services around Queensland vary greatly in size. Smaller communities might have only a few hundred people attend, while large cities draw crowds in the tens of thousands. But what all services have in common is a group of dedicated veterans who work passionately to fulfil the RSL objectives.

We would like to introduce you to some of the incredible volunteers – both young and old – who make up our RSL Sub Branches and share what ANZAC Day means to them.



WATCH OUR VOLUNTEERS' STORIES

In the lead up to ANZAC Day, we'll be sharing videos of our Sub Branch volunteers telling their stories. Keep an eye out for them on our website and social media.

ANDREA WHEELER

ANZAC Day is always an emotional time for Corporal Andrea Wheeler.

“It is something deep within me, because of my personal experience – what I’ve done and who I’ve served with,” CPL Wheeler said.

She often thinks about mates who didn’t make it back home, including Benjamin Ranaudo, who was killed

by an IED while out on patrol in Afghanistan in 2009.

“I attended his ramp ceremony and it was very, very overwhelming. It’s not something I will ever forget. That ramp ceremony and that memory of Ben definitely play over in my mind every ANZAC Day.”

“LEST WE FORGET – NOT JUST THE ANZACS AND THOSE IN THE TRENCHES WHO FOUGHT FOR OUR FREEDOM WAY BACK THEN, BUT THE ONES STILL FIGHTING FOR OUR FREEDOM TODAY.”



Sub Branch	Dawn Service Start Time	Dawn Service Address	Main March Start Time	Main March Start Address	Main Service Start Time	Main Service Start Address
Agnes Water/1770 Sub Branch	6:00 AM	Cenotaph, Cnr Captain Cook Dr & Round Hill Rd, Agnes Water	9:45 AM	Cenotaph, Cnr Tavern Rd & Round Hill Rd, Agnes Water		
Airlie Beach-Whitsunday Sub Branch	5:30 AM	Cannonvale Beach Cenotaph, Watson St, Cannonvale	8:30 AM	Remembrance Rock, Cannonvale Foreshore, Watson Way, Cannonvale		
Allora Sub Branch	5:30 AM	Cenotaph, Memorial Garden, Warwick St, Allora	9:45 AM	Citizen's Centre, Allora	10:15 AM	Cenotaph, Memorial Park, Warwick St, Allora
Ashgrove District Sub Branch			7:10 AM	Cnr Beth Eden Tce & Waterworks Rd, Ashgrove	7:45 AM	Stewart Pl, Stewart Rd, Ashgrove
Atherton Sub Branch	4:20 AM	Cenotaph, Cnr Cook & Main Sts, Atherton	10:45 AM	Cenotaph, Cnr Cook & Main Sts, Atherton	9:30 AM	Atherton Cemetery, Kennedy Hwy, Atherton
Ayr Sub Branch	5:20 AM	ANZAC Park Cenotaph, McMillian St, Ayr	8:45 AM	Coles supermarket (form up), Edwards St, Ayr		
Babinda Sub Branch					9:40 AM	March to ANZAC Park , Munro St, ANZAC Park, Babinda
Banyo Sub Branch			7:00 AM	Cnr Melville Pl & St Vincents Rd, Banyo	7:15 AM	Cnr St Vincents Rd & Royal Pde, Banyo
Barcaldine Sub Branch	6:00 AM	Cenotaph, Cnr Ash & Beech St, Barcaldine	10:30 AM	6 Willow St, Barcaldine	11:00 AM	71 Ash St, Barcaldine
Bardon Sub Branch					10:30 AM	Bardon Bowls Club, 69 Bowman Pde, Bardon
Bayside South Sub Branch	5:00 AM	Cenotaph, Neville Stafford Park, Banana St, Redland Bay	4:45 AM	Cnr Weinam & Banana Sts, Redland Bay,		
Beachmere Sub Branch Inc			6:45 AM	Cnr Moreton Tce & Second Ave, Beachmere	7:00 AM	Clayton Park, Cnr Main St & Moreton Tce, Beachmere
Beaunesert Sub Branch	4:20 AM	Cenotaph, Cnr Brisbane & William St, Beaunesert	11:30 AM	Woolworths, Brisbane St, Beaunesert		
Beenleigh & District Sub Branch	5:30 AM	Beenleigh War Memorial, Cnr James & Crete St, Beenleigh	10:00 AM	York Street, Beenleigh	11:00 AM	Beenleigh War Memorial, Cnr James & Crete Sts, Beenleigh
Beerwah and District Sub Branch	4:15 AM	Cenotaph, Turner Park, Beerwah	9:15 AM	39 Simpson St, Beerwah	10:00 AM	Cenotaph, Turner Park, Beerwah
Bell Sub Branch	5:30 AM	Bell Memorial, Cnr Enson & Dennis Sts, Bell	6:15 AM	Bell Memorial Hall, Dennis St, Bell		
Biloela Sub Branch	4:00 AM	Biloela RSLA Park, Callide St, Biloela	9:30 AM	Cnr Grevillea & Melton Sts, Biloela	10:00 AM	Biloela RSLA Park, Callide St, Biloela
Blackall Sub Branch	5:45 AM	Memorial Park Cenotaph, Blackall	8:30 AM	Cenotaph, Shamrock St, Blackall	9:30 AM	Shamrock St, Blackall
Blackbutt Sub Branch	4:27 AM	Town Memorial, Cnr Hart & Coulson Sts, Blackbutt	10:40 AM	Muir St, Blackbutt	11:00 AM	Town Memorial, Cnr Hart & Coulson Sts, Blackbutt
Blackwater/Bluff Sub Branch	4:25 AM	Cenotaph, Arthur St, Blackwater			9:00 AM	Cenotaph, Arthur St, Blackwater
Boonah Sub Branch	4:26 AM	Boonah Memorial, Cnr Yeates Ave & Park St, Boonah	10:40 AM	Church St, Boonah	11:00 AM	Memorial Park, Park St, Boonah
Bowen Sub Branch	5:40 AM	Cenotaph, Herbert St, Bowen	9:15 AM	36 Williams St, Bowen	9:30 AM	Cenotaph, Herbert St, Bowen
Boyne-Tannum Sub Branch	5:30 AM	Cenotaph, Stirling Park, Malpas St, Boyne Island	8:00 AM	Boyne Plaza car park, Centenary Dr, Boyne Island	11:00 AM	Boyne Tannum RSL Sub Branch, Cnr Pacific Ave & Ocean St, Tannum Sands
Bray Park-Strathpine Sub Branch	5:30 AM	Cnr Sparks & Francis Rds, Lawnton				
Bribie Island Sub Branch	4:28 AM	South of Bribie Island Jetty, Pumicestone Passage, Brennen Park, Bongaree	8:30 AM	Apex Park, Toorbul St, Boongaree	9:00 AM	Bribie Island RSL & Citizens' Memorial Club, Toorbul St, Boongaree
Brisbane	4:28 AM	Shrine of Remembrance, ANZAC Square, between Ann and Adelaide Sts			10:00 AM	Corner of Adelaide & George Sts
Bulimba District RSL Sub Branch	4:00 AM	Cenotaph, Federation Corner, Cnr Wynnum Rd & Ison St, Morningside			7:00 AM	Bulimba Memorial Park, Oxford St, Bulimba
Burleigh Heads Sub Branch	4:15 AM	Cenotaph, Cnr Gold Coast Hwy & Connor St, Burleigh Heads	9:15 AM	Cnr West & James Sts, Burleigh Heads	10:00 AM	Cenotaph, Cnr Gold Coast Highway & Connor St, Burleigh Heads
Caboolture-Morayfield & Dist Sub Branch	4:30 AM	Ferhill Village Retirement Home, 81-103 King St, Caboolture	9:30 AM	Ferhill Village Retirement Home, 81-103 King St, Caboolture	10:30 AM	Caboolture War Memorial, 61-65 King St, Caboolture
Cairns Sub Branch	5:30 AM	Cenotaph, 115 The Esplanade, Cairns City	9:30 AM	Munro Martin Park (finish), Spence St & The Esplanade, Cairns	8:15 AM	St Monica's Cathedral, 181 Abbott St, Cairns
Calliope Sub Branch Inc			10:30 AM	Bunting Park, Archer St, Calliope	11:00 AM	Calliope RSL Memorial Hall, 32 Stirrat St, Calliope
Caloundra Sub Branch	5:15 AM	Lions Park, Kings Beach, Caloundra	8:30 AM	Stockland Caloundra, Oval Ave, Caloundra		
Canungra Sub Branch	5:30 AM	DJ Smith Park, Cnr Christie & Kidston Sts, Canungra	9:30 AM	Canungra State School, Christie St, Canungra	9:45 AM	DJ Smith Park, Christie & Kidston St, Canungra



**“I ATTENDED HIS
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CPL Wheeler described her 11 years in the Australian Army as “probably one of the most amazing things I’ve ever done in my life”. As a communications specialist (radio operator) in the Royal Australian Corps of Signals, she did three tours to Afghanistan in 2009, 2012 and 2014, a stint in the Solomon Islands for peacekeeping during the 2010 election and a tour to the Netherlands and Ukraine in 2014.

For the final three years of her career, CPL Wheeler was a signaller with the Special Air Service Regiment (SASR), commonly known

as the SAS or Special Forces. She continues to serve with the Army Reserves.

CPL Wheeler recently joined Cairns RSL Sub Branch. One of the first volunteer roles she accepted was to be auctioned off to local businesses (alongside other men and women) on International Women’s Day to raise funds for the Sub Branch.

“Being part of the RSL means I get to volunteer my time and still give back while the Army is still giving to me.

“Cairns is such a small community

and I think there are a lot of veterans hiding up here. A lot of us struggle when we get out and we think no-one is there for us. But we are around, and we are networking, and we are starting to find each other.”

Every ANZAC Day, CPL Wheeler remembers the men and women who lay the foundation for modern day Australia.

“Lest We Forget – not just the ANZACs and those in the trenches who fought for our freedom way back then, but the ones still fighting for our freedom today.”

Sub Branch	Dawn Service Start Time	Dawn Service Address	Main March Start Time	Main March Start Address	Main Service Start Time	Main Service Start Address
Cardwell Sub Branch	4:45 AM	Cenotaph, Bruce Hwy, Cardwell	11:45 AM	Cenotaph, Bruce Hwy, Cardwell	10:45 AM	Cenotaph, Bruce Hwy, Cardwell
Centenary Suburbs Sub Branch	4:30 AM	Memorial Gardens, Arrabi Ave, Mt Ommaney	8:00 AM	Library car park, Mt Ommaney Shopping Centre, Mt Ommaney	8:15 AM	Centenary War Memorial Gardens, Cnr Arrabri Dr & Dandenong Rd, Mt Ommaney
Charleville Sub Branch	5:15 AM	Charleville Memorial Cenotaph, Wills St, Charleville			10:00 AM	Cenotaph, Charleville
Charters Towers Sub Branch	5:50 AM	War Cementry, Gregory Development Rd, Charters Towers	9:40 AM	Mossman St, Charters Towers		
Chinchilla Sub Branch	5:45 AM	Chinchilla Memorial Cenotaph, Fuller Pl, Heeney St, Chinchilla	10:30 AM	Chinchilla Post Office, Chinchilla		
City-New Farm Sub Branch					9:00 AM	Sandakan Cenotaph, New Farm Park, New Farm
Clayfield-Toombul Sub Branch	5:00 AM	Cameron Rocks, Kingsford Smith Dr, Hamilton	7:00 AM	Kalinga Park Gates, Park Ave, Kalinga	8:00 AM	St Colomb's Anglican Church, Victoria St, Clayfield
Clifton Sub Branch	5:30 AM	Clifton Cenotaph, King & Edward St, Clifton	10:30 AM	Clifton Swimming Pool, King St, Clifton	10:45 AM	Clifton Memorial Cenotaph, Clifton
Cooktown Sub Branch	6:00 AM	Charlotte St, Cooktown	10:30 AM	RSL Memorial Club, 127 Charlotte St, Cooktown	11:00 AM	ANZAC Park, Charlotte St, Cooktown
Coolum-Peregian Sub Branch	5:20 AM	Seacove Ln, Coolum Beach				
Cooroy-Pomona Sub Branch	4:55 AM	Cooroy War Memorial, Tewantin Rd, Cooroy	10:30 AM	Cooroy War Memorial, Tewantin Rd, Cooroy	11:00 AM	Cooroy War Memorial, Tewantin Rd, Cooroy
Coorparoo & Districts Sub Branch			7:45 AM	Cnr Old Cleveland Rd & Baragoola St, Coorparoo	8:15 AM	Coorparoo RSL, 45 Holdsworth St, Coorparoo
Crows Nest Sub Branch	5:30 AM	Centenary Park, Williams St, Crows Nest	10:00 AM	IGA, Crows Nest		
Cunnamulla Sub Branch	5:30 AM	Cunnamulla Cenotaph, John St, Cunnamulla	10:30 AM	Shire Office, Stockyard & Louise St, Cunnamulla	10:30 AM	Cunnamulla Cenotaph, Jane & John Sts, Cunnamulla
Currumbin/Palm Beach Sub Branch	4:30 AM	Elephant Rock, Pacific Pde, Currumbin	10:30 AM	Winder's Park, Currumbin Creek Rd, Currumbin		
Dalby Sub Branch	4:30 AM	Anzac Park, Patric St, Dalby	9:45 AM	Cunningham St, Dalby	10:00 AM	Dalby War Memorial, Patrick St, Dalby
Darra & District Sub Branch			8:30 AM	27 Station Ave, Darra	8:45 AM	4 Station Ave, Darra
Deception Bay Sub Branch	6:00 AM	War Memorial, Cnr Bayview Tce & Edward St, Deception Bay	5:40 AM	Library, Cnr Captain Cook Parade & Bayview Tce, Deception Bay		
Defence Service Nurses Sub Branch					5:30 PM	ANZAC Square, Adelaide St, Brisbane
Djuan & District Sub Branch	5:15 AM	Hartwig St, Goombungee	10:00 AM	Cnr Mocatta & Hartwig Sts, Goombungee	10:30 AM	Goombungee Cenotaph, Hartwig St, Goombungee
Edmonton Sub Branch	5:18 AM	Cenotaph, Fuller Park, Wolf St, Edmonton	7:45 AM	March to Cenotaph, Fuller Park, Wolf St, Edmonton		
Eidsvold Sub Branch	5:30 AM	Cenotaph, Moreton St, Eidsvold	9:15 AM	Cenotaph, Moreton St, Eidsvold	10:00 AM	Eidsvold Community Hall, Eidsvold
Emerald Sub Branch	4:15 AM	Cenotaph, Cnr Egerton & Anakie Sts, Emerald	10:15 AM	Lions Park, Cnr Ruby St & Churn Ln, Emerald	10:15 AM	Tieri Shopping Centre, Talagai Ave, Tieri
Esk Sub Branch	5:00 AM	Cenotaph, Ipswich St, Esk	10:15 AM	Memorial Hall, 187 Ipswich St, Esk	11:00 AM	Cenotaph, Ipswich St, Esk
Finch Hatton Sub Branch	4:15 AM	Cenotaph, Anzac Parade, Finch Hatton	6:15 PM	RSL Hall, ANZAC Pde, Finch Hatton	7:55 AM	Pioneer Valley Hotel, 31 Jim Moule St, Gargett
Forest Lake Sub Branch			9:00 AM	The Ampitheatre, The Esplanade, Forest Lake	9:30 AM	The Ampitheatre, The Esplanade, Forest Lake
Gatton Sub Branch	4:15 AM	Littleton Park, Cnr Old College Rd & Park Ln, Gatton	10:30 AM	Cnr North & Railway St, Gatton		
Gayndah Sub Branch	5:15 AM	Cenotaph, Cnr Pineapple & Capper Sts, Gayndah	10:00 AM	Cenotaph, 20 Capper St, Gayndah	8:00 AM	Gooroolba War Memorial, Gooroolba Biggenden Rd, Gooroolba
Gaythorne Sub Branch	6:45 AM	Sid Loder Park, 28 Tel-el-kabir St, Mitchelton	6:15 AM	Sid Loder Park, 28 Tel-el-kabir St, Mitchelton		
Geebung Zillmere Bald Hills Aspley Sub Branch	4:15 AM	Collings St, Geebung	7:15 AM	Cnr Zillmere and Murphy Rd, Zillmere	10:00 AM	Memorial Hall, Gympie Rd, Bald Hills
Gemfields Sub Branch	5:30 AM	Richardson St, Anakie			8:00 AM	3 Clinic Rd, Sapphire
Glasshouse Country Sub Branch	4:15 AM	RSL Park, Cribb St, Landsborough	9:00 AM	Landsborough Community Hall, 30 Cribb St, Landsborough	9:30 AM	Landsborough Community Hall, Old Landsborough Road, Landsborough
Goodna Sub Branch	4:15 AM	Goodna Memorial, Cnr Church & Queen Sts, Goodna	8:30 AM	Diggers Rest Park, Cnr Queen & Church Sts, Goodna		

ROB LEE

**“ANZAC DAY
TO ME IS
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BIGGER AND
BIGGER EVERY
YEAR.”**

AT the age of 35, Corporal Rob Lee is fairly young to be acting as emcee for the Cairns ANZAC Day service.

“It’s a really respected role. Usually you see older veterans doing it, so I was honoured to be asked at my age.”

CPL Lee joined Cairns RSL Sub Branch in 2012, and 2018 will be his second year as emcee. He volunteers his time for several reasons – to help support and show respect to fellow veterans, but also to lead by example and encourage other young people to join the Sub Branch.



Sub Branch	Dawn Service Start Time	Dawn Service Address	Main March Start Time	Main March Start Address	Main Service Start Time	Main Service Start Address
Goombungee Sub Branch	5:15 AM	Goombungee Cenotaph, Hartwig St, Goombungee	10:00 AM	Cnr Mocatta & Hartwig Sts, Goombungee	10:30 AM	Goombungee Cenotaph, Hartwig St, Goombungee
Goondiwindi Sub Branch	4:30 AM	Goondiwindi Cenotaph, Leaman Park, Marshall St, Goondiwindi	10:00 AM	Anglican Church, Goondiwindi		
Gordonvale Sub Branch	3:30 AM	Cenotaph, Gordon St, Gordonvale	9:30 AM	Cenotaph, Norman Park, Norman St, Gordonvale		
Grantham-Ma Ma Creek Sub Branch					7:30 PM	Ma Ma Creek Community Hall, 826 Gatton-Clifton Rd, Ma Ma Creek
Greenbank Sub Branch	5:30 AM	Greenbank RSL Services Club, 54 ANZAC Ave, Hillcrest	10:00 AM	Cnr Anzac Ave & Blackwell St, Hillcrest	10:30 AM	Greenbank RSL Services Club, 54 Anzac Ave, Hillcrest
Gympie Sub Branch	5:00 AM	Memorial Ln, Gympie	10:30 AM	Mary St, Gympie	11:00 AM	Memorial Park Rotunda, Monkland St, Gympie
Harlaxton Sub Branch	5:15 AM	Mother's Memorial Toowoomba, Kitchener St, Toowoomba			11:00 AM	North Toowoomba Bowls Club, Toowoomba
Herbert River Sub Branch	6:00 AM	Ingham War Cemetery, Cemetery Rd, Ingham	9:30 AM	Rotary Park, Ingham	10:00 AM	Ingham Memorial Gardens, Cnr McIlwraith St & Jane St, Ingham
Hervey Bay Sub Branch	5:30 AM	Lighthorse Memorial, Freedom Park, Main St, Pinalba	8:45 AM	Hervey Bay RSL Sub Branch carpark, 11 Torquay Rd, Pinalba	9:45 AM	Lighthorse Memorial, Freedom Park, Main Street, Pinalba
Highfields Sub Branch	5:15 AM	Highfields Cultural Centre , Community Court, Highfields	9:50 AM	Bus stop, Lauder Dr, Highfields	10:00 AM	Highfields Cultural Centre, Community Court , Highfields
Holland Park-Mt Gravatt Sub Branch			6:45 AM	Cnr Logan Rd & Barter Ave, Holland Park	7:15 AM	58 Arnold St, Holland Park
Home Hill Sub Branch	5:25 AM	Burkedin Memorial Hall, 77-79 Ninth Ave, Home Hill	10:45 AM	84/10th Ave, Home Hill	11:20 AM	Burkedin Memorial Hall, 77-79 Tenth Ave, Home Hill
Hughenden Sub Branch	6:00 AM	Hughenden Memorial Pool, Resolution St, Hughenden	9:30 AM	Hughenden State School, Cnr Moran and Resolution St, Hughenden	10:00 AM	Hughenden Memorial Pool, Resolution St, Hughenden
Injune Sub Branch	4:30 AM	Memorial, Hutton St, Injune, Injune			10:00 AM	War Memorial, Injune
Innisfail Sub Branch	4:00 AM	Cenotaph, 18 - 28 Fitzgerald Esp, Innisfail	8:00 AM	Innisfail RSL Sub Branch, 18-28 Fitzgerald Esp, Innisfail		
Ipswich Railway Sub Branch			7:10 AM	Cnr Delacy & Smith St, North Ipswich	7:30 AM	The Workshops Rail Museum, North St, North Ipswich
Ipswich Sub Branch	4:15 AM	Memorial Hall, 63 Nicholas St, Ipswich	10:15 AM	Cnr Ellenborough & Brisbane Sts, Ipswich	8:30 AM	Memorial Hall, 63 Nicholas St, Ipswich
Jandowae Sub Branch	5:30 AM	Memorial Park, George St, Jandowae	10:30 AM	Athone Cottage, Jandowae		
Jimboomba Sub Branch	4:30 AM	WWI Cenotaph, 18-22 Honora St, Jimboomba	7:00 AM	Jimboomba Rotary Park , Cnr Brisbane St & Cusack Ln, Jimboomba	7:30 AM	WW2 Cenotaph , Jimboomba Rotary Park, Cnr Cusack Ln & Johanna St, Jimboomba
Kalbar Sub Branch	4:20 AM	Engelsburg Memorial Park, Edward St, Kalbar	8:00 AM	Charles St, Kalbar	8:30 AM	Engelsburg Park, Edward St, Kalbar
Kawana Waters Sub Branch	5:15 AM	War Memorial, Coopers Lookout carpark (SE corner), Buddina	10:30 AM	Esplanade Park, Pacific Blvd (south of Surf Club), Buddina	10:40 AM	War Memorial (SE corner), Coopers Lookout car park, Buddina
Kedron-Wavell Sub Branch	5:15 AM	Lutwyche Cemetery, Cnr Gympie & Kitchener Rds, Kedron	7:45 AM	Historical Presinct, Kittyhawk Dr, Chermshire	8:30 AM	Kedron-Wavell Sub Branch, 21 Kittyhawk Dr, Chermshire
Kenilworth Sub Branch			8:45 AM	Town Park, Elizabeth St, Kenilworth	9:30 AM	Memorial, Peter Dobson Park, Elizabeth St, Kenilworth
Kenmore/Moggill Sub Branch	5:30 AM	Bellbowrie Memorial, Lions Park, Birkin Rd, Bellbowrie	7:45AM	Our Lady of the Rosary Church car park, 1 Kenmore Rd, Kenmore	8:30 AM	Kenmore Village shopping centre car park, Moggill Rd, Kenmore
Kilcoy Sub Branch	5:15 AM	Memorial Wall, 17 McCauley St, Kilcoy,	10:30 AM	Cnr Mary & Royston Sts, Kilcoy,	11:00 AM	Memorial Wall, 17 McAuley St, Kilcoy,
Killarney Sub Branch	5:30 AM	Killarney Cenotaph, Oleander & Ivy Sts, Killarney	9:00 AM	Pat Bush Park, Willow St, Killarney	9:30 AM	Killarney Cenotaph, Killarney
Kingaroy/Memerambi Sub Branch	4:25 AM	Kingaroy Memorial Park, Cnr William and Haly Sts, Kingaroy	11:00 AM	Kingaroy Memorial Park , 126 Kingaroy St (start), Cnr William & Haly St (finish), Kingaroy		
Kooralbyn Valley Sub Branch	5:30 AM	Kooralbyn Community Centre Hall, 79 Ogilvie Pl, Kooralbyn			10:00 AM	Kooralbyn Community Hall, 79 Ogilvie Pl, Kooralbyn
Kuranda Sub Branch	5:30 AM	Kuranda Railway Station, Kuranda	10:00 AM	Foodworks, Thooree St, Kuranda	10:30 AM	ANZAC Park, Kuranda
Leyburn Sub Branch	5:00 AM	Liberator Park, Macalister St, Leyburn	9:25 AM	Leyburn General Store, 95 MacIntyre St, Leyburn		
Logan & District Sub Branch Inc	5:30 AM	Civic Centre Park, Logan Central	8:30 AM	Logan Central Plaza, Logan Central	9:00 AM	Civic Centre Park, Logan Central
Logan Village Sub Branch	4:28 AM	Memorial, Village Green, Wharf St, Logan Village	9:30 AM	Logan Village State School, Miller St, Logan Village	10:00 AM	Memorial, Village Green, Wharf St, Logan Village
Longreach Sub Branch	5:45 AM	ANZAC Park, Landsborough Highway, Longreach	8:45 AM	Longreach RSL, 32 Duck St, Longreach	9:00 AM	ANZAC Park, Landsborough Highway, Longreach



CPL Lee praised the team behind the scenes, who organise the event every year without a second thought.

“They don’t get the recognition they deserve, but they don’t do it for recognition, they do it just to help out.”

Having spent 10 years of his service career far away from his loved ones, CPL Lee believes ANZAC Day is an important time to show appreciation to the entire Defence family.

“They devote a lot of time to keeping up the household at home. So there is the sacrifice by service personnel, but also by families. And that’s another thing the RSL does well – support families.”

After joining the Army in 2001, CPL Lee served for 16 years, predominantly

in 1RAR. He did several tours overseas, including Afghanistan, Iraq, Timor and training trips to South East Asia and Europe.

On ANZAC Day, as well as remembering WWI, CPL Lee thinks about those serving on the front lines today.

“No matter where I am, I know there is going to be an Australian service person overseas and doing it tough and a family supporting them.”

He is pleased to see the day growing in popularity.

“ANZAC Day to me is absolutely massive. And I think it’s big to the Australian community as a whole. And the crowd seems to be getting bigger and bigger every year,” CPL Lee said.



Sub Branch	Dawn Service Start Time	Dawn Service Address	Main March Start Time	Main March Start Address	Main Service Start Time	Main Service Start Address
Lowood Sub Branch	4:10 AM	Clock Park, Main St, Lowood	10:30 AM	Peace St, Lowood,	8:15 AM	Memorial Park , Brisbane Valley Hwy, Fernvale,
Macleay Island Sub Branch	5:40 AM	Pat's Park Cenotaph, Beelong St, Macleay Island	5:00 AM	Kate St, Macleay Island,		
Magnetic Island Sub Branch	5:30 AM	Alma Bay Park, Armand Way, Magnetic Island	5:10 AM	31 Hayles Ave, Arcadia		
Malanda Sub Branch	4:15 AM	Malanda Hotel, English St, Malanda	9:10 AM	Eacham Memorial Park, Catherine St, Malanda		
Maleny Sub Branch	4:28 AM	1 Bunya St, Maleny	10:30 AM	Maple & Fig Sts, Maleny	11:00 AM	1 Bunya St, Maleny
Manly-Lota Sub Branch	4:15 AM	Richard Russell Park, Cambridge Pde, Manly			8:00 AM	Richard Russell Park, Cambridge Pde, Manly
Mapleton Sub Branch	5:30 AM	Montville Memorial Gates, Memorial Close, Montville Hall, Montville	8:45 AM	Cnr Wilga Ct & Flaxton Dr, Mapleton	9:00 AM	RSL Memorial Park, 8 Flaxton Dr, Mapleton
Mareeba Sub Branch	4:15 AM	Memorial, Byrnes St, Mareeba			10:40 AM	Memorial , Byrnes St, Mareeba
Marian Sub Branch	3:45 AM	Marian Community Hall, Marian Mill, Marian				
Maroochydore Sub Branch	4:15 AM	Cenotaph, The Esplanade, Maroochydore			9:00 AM	Cenotaph, The Esplanade, Maroochydore
Mary Valley Sub Branch	5:30 AM	Kadanga Memorial Park, Main St, Kadanga	11:30 AM	Kadanga Memorial Park, Main St, Kadanga	12:00 PM	Kadanga Memorial Park, Main St, Kadanga
Maryborough Sub Branch	5:45 AM	Cenotaph, Queens Park, Sussex & Bazaar Sts, Maryborough	9:00 AM	Maryborough RSL, Adelaide St, Maryborough	9:30 AM	Cenotaph, Queens Park, Cnr Sussex & Bazaar St, Maryborough
Meandarra/Glenmorgan Sub Branch	4:30 AM	Glenmorgan Hall, Godfrey St, Meandarra	10:45 AM	Cafe, Meandarra		
Miles Sub Branch	6:00 AM	Anzac Park, Miles	10:30 AM	Dawson St, Miles	11:00 AM	Anzac Park, Miles
Millmerran Sub Branch	5:30 AM	Anzac Park, Millmerran	10:00 AM	Campbell St, Millmerran	10:30 AM	Cultural Centre, Millmerran
Mirani Sub Branch			2:30 PM	Youth and Community Hall, George Johnson Park, Mirani	4:15 PM	Victoria St, Mirani
Mitchell Sub Branch			10:20 AM	Mitchell Hall, Mitchell	11:00 AM	Mitchell Cenotaph, Cambridge St, Mitchell
Moranbah Sub Branch	5:00 AM	Town Square, Moranbah			10:00 AM	Town Square, Moranbah
Morven Sub Branch			10:45 AM	Morven School, Morven	11:00 AM	Morven Cenotaph, Morven
Mossman Sub Branch	5:30 AM	Douglas Shire Council Chamber, 64-66 Front St, Mossman	10:15 AM	Coles shopping centre, Macrossan St, ANZAC Park, Port Douglas	10:30 AM	Cenotaph, ANZAC Park, Macrossan St, Port Douglas
Mount Isa Sub Branch	6:00 AM	Cenotaph , West St, Mount Isa	10:00 AM	Cenotaph, West St, Mount Isa		
Moura Sub Branch	4:15 AM	Moura RSL, Cnr Marshall & Young St, Moura	10:00 AM	Dawson Highway (at service station), Moura	10:15 AM	Moura RSL, Cnr Marshall & Young Sts, Moura
Mt Molloy Sub Branch	6:30 AM	Cenotaph, Main St, Mt Molloy			11:00 AM	Cenotaph, Mail St, Mt Molloy,
Mt Morgan Sub Branch	4:30 AM	ANZAC Park, Mt Morgan	10:45 AM	Mount Morgan School of Arts, Morgan St, Mount Morgan	11:00 AM	Anzac Park, Mount Morgan
Mt Perry Sub Branch	5:25 AM	Cenotaph, Memorial Park, Mount Perry	10:45 AM	General Store, Heusman & Flora Sts, Mount Perry	11:00 AM	Cenotaph, Memorial Park, Mount Perry
Mudgeeraba-Robina Sub Branch	4:30 AM	Mudgeeraba Police Station, Elsie Laver Park, 12 Railway St, Mudgeeraba			4:00 PM	Mudgeeraba Police Station, Elsie Laver Park, 12 Railway St, Mudgeeraba
Mudjimba Sub Branch	5:20 AM	Power Memorial Park, Mudjimba Esplanade, Mudjimba	10:30 AM	Cnr Coolibah St & Mudjimba Beach Rd, Mudjimba	11:00 AM	Power Memorial Park, The Esplanade, Mudjimba
Mundubbera Sub Branch	5:30 AM	Memorial, Lyons St, Mundubbera	11:00 AM	Town Hall, Lyons St, Mundubbera	10:30 AM	Town Hall, Lyons St, Mundubbera
Murgon Sub Branch	5:15 AM	War Memorial, Cnr Lamb & Gore Sts, Murgon	9:45 AM	RSL car park, 79 Gore St, Murgon	10:15 AM	War Memorial, Cnr Lamb & Gore Sts, Murgon
Nambour Sub Branch	5:15 AM	WW1 Memorial Walls, Anne St, Nambour	8:55 AM	Cnr Ann & Howard Sts, Nambour	9.15 AM	Quota Memorial Park, Matthew St, Nambour
National Servicemens Sub Branch	6:00 AM	Memorial Gardens, Norman Ave, Norman Park	5:50 AM	Cnr Moreton St & Norman Ave, Norman Park		
Nerang Sub Branch	4:45 AM	Cenotaph, 69 Nerang St, Nerang,	9:40 AM	Cnr Lavelle & Nerang Sts, Nerang,		Cenotaph, 69 Nerang St, Nerang,
North Gold Coast Sub Branch	5:20 AM	Remembrance Park, Club Helensvale, 20-28 Discovery Dr, Helensvale			10:50 AM	Community Centre, Abraham & Reserve Rds, Upper Coomera

CHERYL BARRETT

AS the sun rises over the ocean on ANZAC Day, former LWRMTD Cheryl Barrett will be one among thousands paying their respects to the service personnel who have worked to keep Australia safe. Among those are many of her own family, including her father, uncle, siblings and cousins.

“It’s amazing how it hits you, especially at the Dawn Service. It’s showing respect for the people who didn’t come home and also for the people who did come home and are still suffering,” she says.

When she moved to Redcliffe in 2010, Cheryl decided she wanted to give back to her community.

“So I walked in to the Sub Branch and saw Bill, the Secretary, and said I’d like to help in some way. I’ve been here ever since,” she laughs.

Cheryl joined the Women’s Royal Australian Naval Service in 1977, working as a truck driver until she married.

“When you leave the service, it’s a real wrench,” she says. “Being part of the RSL gives me back some of the camaraderie. Just feeling part of a group, knowing that someone’s got your back.”

Working four or five hours a day, three or four days a week, Cheryl is a powerhouse. For the past eight years, she has been coordinating the Redcliffe RSL’s Dawn Service, which is attended by up to 50,000 people. She and her team of volunteers begin planning in October in order to ensure the service lives up to its reputation.

She is also curator of Redcliffe RSL’s museum – one of the few RSL museums to be recognised by Museums Australia. It houses

thousands of artefacts lent or donated by members, the community and Cheryl herself.

“The museum is my baby,” she says. “A lot of my own personal collection is in here as well. It gives everyone else the opportunity to enjoy it as much as I do.”

“FOR THE PAST EIGHT YEARS, SHE HAS BEEN COORDINATING THE REDCLIFFE RSL’S DAWN SERVICE, WHICH IS ATTENDED BY UP TO 50,000 PEOPLE. SHE AND HER TEAM OF VOLUNTEERS BEGIN PLANNING IN OCTOBER IN ORDER TO ENSURE THE SERVICE LIVES UP TO ITS REPUTATION.”



Sub Branch	Dawn Service Start Time	Dawn Service Address	Main March Start Time	Main March Start Address	Main Service Start Time	Main Service Start Address
Nundah-Northgate Sub Branch	6:30 AM	Nundah Historical Cemetery, Hedley Ave, Nundah	8:30 AM	Primrose Ln, Off Boyd St, Nundah	8:45 AM	Nundah Memorial Park, Cnr Bage St & Buckland Rd, Nundah
Oakey Sub Branch	5:30 AM	Bicentennial Park, , Oakey	9:30 AM	Oakey Railway Station, Oakey	10:00 AM	Bicentennial Park, Oakey
Orchid Beach/Fraser Island Sub Branch Inc	5:30 AM	Beach front, Waddy Point Bypass, Fraser Island				
Palmwoods & District Sub Branch	4:15 AM	Palmwoods Memorial Hall, Margaret St, Palmwoods				
Pine Rivers District Sub Branch	5:30 AM	Pine Rivers District RSL Sub Branch Memorial Gardens, 1347 ANZAC Ave, Kallangur	8:15 AM	Kallangur Fair, 1477 ANZAC Ave, Kallangur	9:30 AM	Pine Rivers District RSL Sub Branch, 1347 ANZAC Ave, Kallangur
Pittsworth Sub Branch	5:00 AM	Pittsworth Shrine, Pittsworth	10:30 AM	Pittsworth Shrine, Pittsworth	11:30 AM	Pittsworth Town Hall, Pittsworth
Proserpine Sub Branch	4:20 AM	Cenotaph, Main St, Proserpine	10:30 AM	Cenotaph, Chapman St, Proserpine	11:00 AM	Cenotaph, Main St, Proserpine
Proston Sub Branch	5:30 AM	Cenotaph, Collingwood St, Proston				
Quilpie Sub Branch	4:30 AM	Cenotaph, Bridge St, Quilpie	9:45 AM	Bob Young Memorial Park, Cnr Broiga & Chulunga Sts, Quilpie	10:00 AM	Quilpie Town Hall, Brolga St, Quilpie
Rainbow Beach Sub Branch	4:15 AM	Cenotaph, , Rainbow Beach	10:00 AM	Town Library, Rainbow Beach Rd, Rainbow Beach	10:15 AM	The Cenotaph, Rainbow Beach
Rathdowney Chapter of Beaudesert Sub Branch					8:15 AM	Rathdowney Memorial Gardens, Mt Lindesay Hwy, Rathdowney
Ravenshoe Sub Branch	4:30 AM	Cenotaph, Grigg St, Ravenshoe	9:30 AM	Ravenshoe Cenotaph, Grigg St, Ravenshoe	6:00 AM	Evelyn Memorial, Jonsson Farm, Ravenshoe
Redbank Plains Sub Branch	4:27 AM	Redlands Plains Library, Moreton Ave, Redbank Plains	9:20 AM	SES building, Willow Rd, Redbank Plains	9:30 AM	Cenotaph, Moreton Ave, Redbank Plains
Redbank Sub Branch	4:27 AM	Redbank Memorial, Bridge St, Redbank			11:00 AM	Redbank Memorial, Bridge St, Redbank
Redcliffe Sub Branch	5:00 AM	Redcliffe RSL, ANZAC Pl, Redcliffe	9:30 AM	Mon Komo Hotel, Cnr ANZAC Ave & Redcliffe Pde, Redcliffe	10:30 AM	Redcliffe RSL, ANZAC Pl, Redcliffe
Redlands Sub Branch	5:30 AM	Anzac Centenary Park, Kinsail Ct, Cleveland	10:20 AM	Shore Street West (behind Cleveland Bowls Club), Cleveland	11:00 AM	Anzac Centenary Park, Kinsail Ct, Cleveland
Rollingstone Sub Branch	5:30 AM	Rollingstone RSL Memorial, Balgal Beach Park, Balgal Beach	9:45 AM	Cnr Esplanade & Balgal Beach Rd, Balgal Beach	10:00 AM	Rollingstone RSL Memorial, Balgal Beach Park, Balgal Beach
Roma Sub Branch	5:15 AM	Cenotaph, Queens Park, Bungil St, Roma	9:30 AM	Roma Post Office, 55-57 McDowall St, Roma	10:00 AM	Queens Park, Bungil St, Roma
Rosewood Sub Branch	4:15 AM	RSL Memorial Hall, Mill St, Rosewood	9:00 AM	Cobb & Co Park, John St, Rosewood	9:30 AM	RSL Memorial Hall, Mill St, Rosewood
Runaway Bay Sub Branch	4:45 AM	ANZAC Place Cenotaph, Lae Dr, Runaway Bay			10:00 AM	ANZAC Place Cenotaph, Lae Dr, Runaway Bay
Russell Island Sub Branch	5:30 AM	Cenotaph, 9 ANZAC Dr, Russell Island	10:30 AM	Cnr Canaipa Rd & Cestrum St, Russell Island	11:00 AM	Cenotaph, 9 ANZAC Dr, Russell Island
Salisbury Sub Branch	4:45 AM	Memorial Park, Cnr Industries & Chrome St, Salisbury	7:45 AM	Cnr Evans Rd & Standish St, Salisbury	8:00 AM	Memorial Park, Cnr Industries & Chrome Sts, Salisbury
Samford Sub Branch			7:45 AM	Samford Ave of Honour, Samford	8:10 AM	Samford Ave of Honour, Samford
Sandgate Sub Branch	6:00 AM	Sandgate Memorial Park, Seymour St, Sandgate	9:00 AM	Sandgate Courthouse, Keogh St, Sandgate	9:30 AM	Sandgate Memorial Park, Seymour St, Sandgate
Seaforth Sub Branch	6:00 AM	March from Rural Fire building, 2 George St, Seaforth				
Sherwood-Indooroopilly Sub Branch	5:15 AM	Croll Memorial Precinct, 2 Clewley St, Corinda	7:30 AM	Indooroopilly Keating Park, Belgrave Rd, Indooroopilly	7:30 AM	Graceville Memorial Park, 173 Oxley Rd, Graceville
Southport Sub Branch	4:40 AM	Cenotaph, ANZAC Park, Gold Coast Hwy, Southport	8:40 AM	Short St & Marine Pde, Southport,	9:00 AM	Cenotaph, ANZAC Park, Gold Coast Hwy, Southport
Springsure Sub Branch	5:30 AM	Cnr Eclipse & Porphyry Sts, Springsure	8:00 AM	Cenotaph, Warrijo St, Rolleston	10:00 AM	Cnr Eclipse & Porphyry Sts, Springsure
Springwood Tri-Service Sub Branch	5:30 AM	Diggers Services Club, 42 Blackwood Rd, Logan Central	7:15 AM	Cnr Cinderella Dr & Vanessa Blvd, Springwood	8:00 AM	Springwood Park, 77 Cinderella Dr, Springwood
St George Sub Branch	6:00 AM	Cenotaph , St George Tce, St George	10:30 AM	Cnr St Georges Tce & Henry St, St George	11:00 AM	Cenotaph, St Georges Tce, St George
Stanthorpe Sub Branch	5:30 AM	Weeroona Park, Marsh St, Stanthorpe	9:50 AM	Cnr Folkstone & Maryland Sts, Stanthorpe	11:00 AM	Stanthorpe Civic Centre, Stanthorpe
Stephens Sub Branch			7:00 AM	Stephens RSL Sub Branch, The Junction Hotel car park, Annerley	7:30 AM	Yeronga Memorial Park, Ipswich Rd, Yeronga
Sunnybank Sub Branch	5:00 AM	Sunnybank RSL Memorial Hall, Cnr Turton & Gager Sts, Sunnybank	8:00 AM	Cnr Turton & Boorman Sts, Sunnybank	8:30 AM	Sunnybank RSL Memorial Hall, 19 Gager St, Sunnybank
Surat Sub Branch			10:45 AM	Surat Council Chambers, Surat	11:15 AM	Surat Memorial Park, Marcus & Charlotte Sts, Surat

KAREN HEMERS

“IT’S NOT SURPRISING THAT HER FATHER OCCUPIES HER THOUGHTS EVERY ANZAC DAY. ‘HE’S THE ONE I REMEMBER THE MOST, ESPECIALLY IN THESE PAST FIVE YEARS [SINCE HE PASSED AWAY]. I PUT A WREATH OUT FOR HIM EVERY YEAR’.”

KAREN Hemers joined the Women’s Royal Australian Army Corps on May 20, 1975 – 25 years to the day since her father joined the Army.

“That’s one of the reasons I joined the Army; because of him,” Karen says. “He was one of the first commandos when the first Commando Unit started up. He’d been to Malaya, Borneo and Vietnam twice. He was a really great guy.”

It’s not surprising that her father occupies her thoughts every ANZAC Day.

“He’s the one I remember the most, especially in these past five years [since he passed away]. I put a wreath out for him every year,” she says.

Working closely with Cheryl, Karen plays an important role in making sure the ANZAC Day services run smoothly. As well as organising several of the pre-ANZAC services, she also emcees the cemetery service, which is unique to Redcliffe RSL. This year, Karen will also emcee an ANZAC Day service at Woody Point.

But, she – like Cheryl – emphasises that the volunteering work of the RSL extends far beyond commemorations. Karen also helps distribute the RSL club’s bursaries to Year 11 students at local schools and coordinates Christmas care packages for troops overseas.

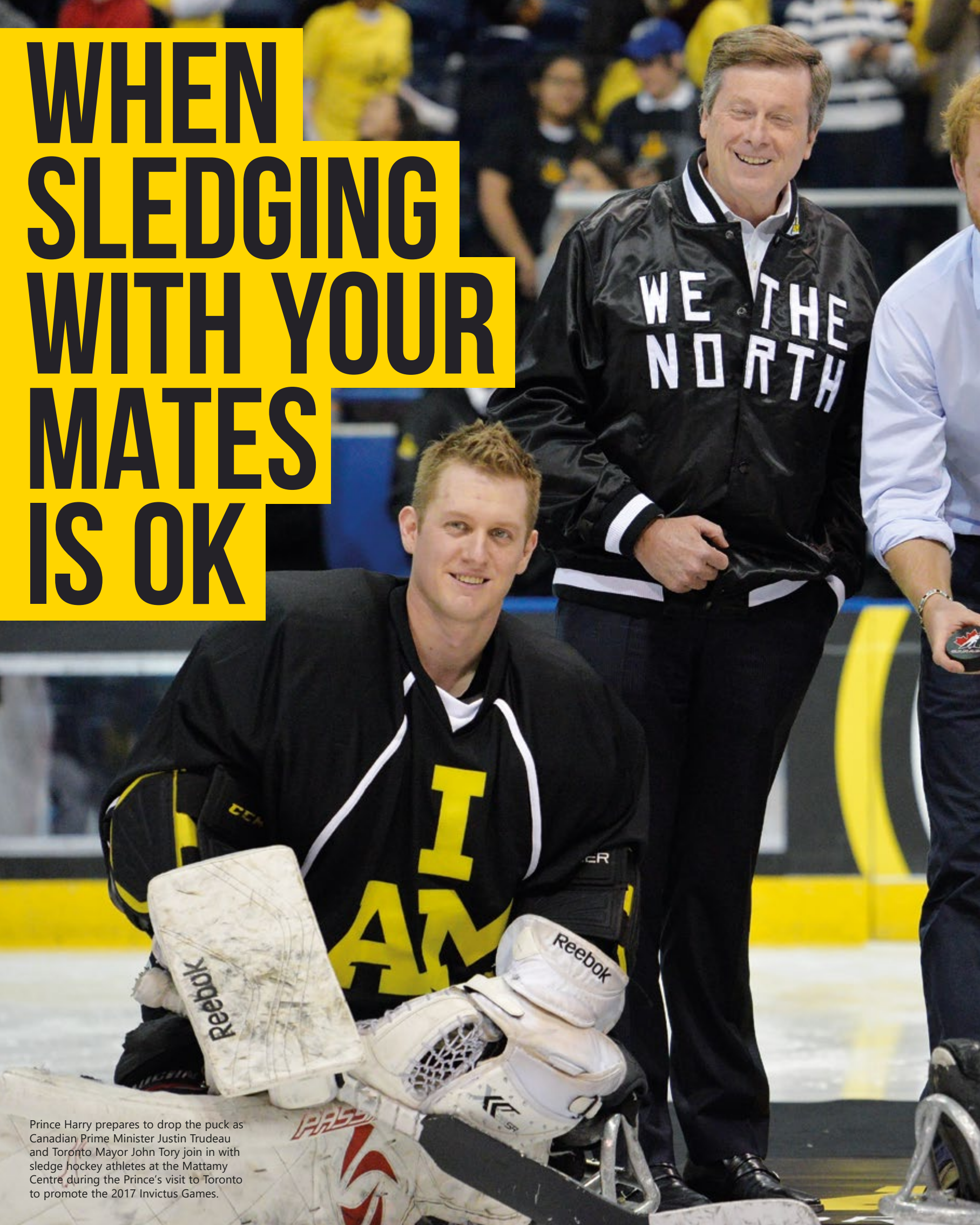
“We spend at least three weeks getting all that ready,” Karen says. “It’s things that you’d like, you know, Vegemite and peanut butter that they wouldn’t get over there. There’s chips and lollies and biscuits and things they need, like razors. All things that you might miss from home.”

“We do get a lot of them come back and say how they loved it.”



Sub Branch	Dawn Service Start Time	Dawn Service Address	Main March Start Time	Main March Start Address	Main Service Start Time	Main Service Start Address
Surfers Paradise Sub Branch	5:30 AM	Beachfront Memorial, The Esplanade, Surfers Paradise	12:00 PM	Cnr The Esplanade & Cavill Ave, Surfers Paradise	12:30 PM	Cavill Park, Cavill Ave, Surfers Paradise
Tamborine Mountain Sub Branch	5:00 AM	Circle of Remembrance, Cnr Main St & Geissmann Dr, Nth Tamborine			10:30 AM	Circle of Remembrance, Cnr Main St & Geissmann Dr, Nth Tamborine
Tara Chapter of the Chinchilla Sub Branch					11:00 AM	Tara Memorial Hall, 19 Fry St, Tara
Taroom Sub Branch	5:30 AM	Taroom Cenotaph, Leichhardt Highway, Yaldwyn Street, Taroom	10:15 AM	Leichhardt Tree, Taroom	10:30 AM	Taroom Cenotaph, Yaldwyn St, Taroom
Tewantin/Noosa Sub Branch	5:15 AM	Cenotaph, Tewantin Town Square, Cnr Memorial Ave & Poinciana Ave, Tewantin	8:45 AM	Sidoni St, Tewantin	9:00 AM	Tewantin Town Square, Cnr Memorial & Poinciana Aves, Tewantin
Texas Chapter of the Stanthorpe Sub Branch					11:00 AM	Texas & District Memorial, Cnr Avon & St George Sts, Texas
The Gap Sub-Branch	5:40 AM	Memorial Park, Cnr Glenaffric St & Waterworks Rd, The Gap	9:00 AM	The Gap State High School, Waterworks Rd, The Gap	9:30 AM	Memorial Park, Cnr Glenaffric St & Waterworks Rd, The Gap
Theodore Sub Branch	6:00 AM	War Memorial, Bull Ring, Theodore	10:00 AM	Hotel Theodore, 23 The Boulevard, Theodore	10:30 AM	War Memorial, Bull Ring, The Blvd, Theodore
Thuringowa Sub Branch	5:30 AM	Near Riverway Pool, Thuringowa Cenotaph, Riverway Way, Kirwan	9:00 AM	Weir State School car park, 592 Ross River Rd, Thuringowa	9:25 AM	Thuringowa Cenotaph, Thuringowa Dr, Kirwan
Tiaro Sub Branch	6:00 AM	Tiaro Cenotaph, Tiaro Memorial Gardens, 1 Mayne St, Tiaro				
Tin Can Bay Sub Branch	5:15 AM	45 Gympie Rd, Tin Can Bay	8:30 AM	6 Gympie Rd, Tin Can Bay	9:45 AM	Community Hall, 45 Gympie Rd, Tin Can Bay
Toowong Sub Branch	4:30 AM	Cenotaph on the Hill, Toowong Memorial Park, Toowong				
Toowoomba United Sub Branch	5:30 AM	Mothers Memorial, Margaret St, Toowoomba	9:30 AM	Margaret & Neil Sts, Toowoomba	10:00 AM	Toowoomba Mothers Memorial, Cnr Margaret & Kitchener Sts, Toowoomba
Townsville Sub Branch	5:30 AM	Cenotaph, ANZAC Park, The Strand, Townsville	8:30 AM	Strand Park, The Strand, Townsville		
Tully Sub Branch	6:00 AM	Cenotaph, 55 Bryant St, Tully	10:00 AM	Cnr Butler & Still Sts, Tully	10:15 AM	Cenotaph, 55 Bryant St, Tully
Tweed Heads & Coolangatta Sub Branch Inc	5:45 AM	ANZAC Memorial, Chris Cunningham Park, Wharf St, Tweed Heads	10:00 AM	Cnr Boundary Ln & Coral St, Tweed Heads	10:45 AM	Chris Cunningham Park Memorial, Wharf St, Tweed Heads
Wallangarra Sub Branch	5:30 AM	RSL Hall, 69 Barawell St, Wallangarra	11:30 AM	RSL Hall, 69 Barawell St, Wallangarra	12:00 PM	WJPA Hall, Merinda St, Wallangarra
Wandoan Sub Branch	5:30 AM	Wandoan Cenotaph, Leichhardt Highway, Wandoan	9:45 AM	Butcher's shop, Wandoan	10:30 AM	Wandoan Cultural Centre, 6 Henderson Rd, Wandoan
Warwick Sub Branch	5:10 AM	Warwick Cenotaph, Leslie Park, Palmerin St, Warwick	10:50 AM	Warwick Cenotaph, King St (start), Leslie Park (finish), Warwick	11:00 AM	War Memorial Precinct, Leslie Park, Palmerin St, Warwick
Weipa Sub Branch	5:45 AM	Memorial, Memorial Square, Northern Ave, Weipa				
Wondai Sub Branch	5:00 AM	Wondai Post Office, Mackenzie St, Wondai	10:00 AM	Post Office, Mackenzie St, Wondai	10:05 AM	Wondai Memorial Hall, Mackenzie St, Wondai
Woodford Sub Branch	5:50 AM	Dahmongah Lookout Park, Mt Mee Rd, Mt Mee	10:15 AM	Woodford Memorial Park, 109 Archer St, Woodford	4:45 AM	Woodford Memorial Park, 109 Archer St, Woodford
Woodgate Beach Sub Branch	5:00 AM	Anzac Centenary Memorial in Community Park, Esplanade, Woodgate			10:00 AM	ANZAC Centenary Memorial, Community Park, Esplanade, Woodgate
Wowan Sub Branch	5:30 AM	RSSAILA Memorial Hall, Don St, Wowan	10:45 AM	Ambulance Station, Railway Ave, Wowan	11:00 AM	RSSAILA Memorial Hall, Lot 12, Don St, Wowan
Wynnum Sub Branch	5:00 AM	RSL car park, 174 Tingal Rd, Wynnum	9:00 AM	Cnr Bay Tce & Cedar St, Wynnum	9:30 AM	RSL car park, 174 Tingal Rd, Wynnum
Yandina/Eumundi Sub Branch Inc			10:45 AM	Cnr Farrell & Stevens St, Yandina	11:00 AM	Yandina Cenotaph, Stevens St, Yandina
Yangan-Emu Vale Chapter of the Warwick Sub Branch			7:45 AM	Carey's Butcher, Yangan	9:00 AM	Emu Vale Memorial Hall, Emuvale
Yarraman Sub Branch	6:00 AM	Yarraman War Memorial, Cnr Toomey & Barr-Smith St, Yarraman	10:45 AM	Yarraman War Memorial, Cnr Toomey & Barr-Smith Sts, Yarraman	11:00 AM	Yarraman War Memorial, Cnr Toomey & Barr-Smith Sts, Yarraman
Yeppoon Sub Branch	5:00 AM	Beachfront Amphitheatre, ANZAC Parade, Yeppoon	9:00 AM	Yeppoon Railway Station, James St, Yeppoon	9:30 AM	Yeppoon Cenotaph, Beaman Park, James St, Yeppoon
Yeronga-Dutton Park Sub Branch	6:30 AM	Ekibin Memorial Park, Cracknell Rd, Tarragindi	6:15 AM	Cnr Weller Rd & Effingham St, Tarragindi	8:30 AM	Tennyson Memorial Park, 52 Myla Tce, Tennyson

Please visit www.rslqld.org for a full and updated list of ANZAC Day services being held by RSL (Queensland Branch) Sub Branches.



Prince Harry prepares to drop the puck as Canadian Prime Minister Justin Trudeau and Toronto Mayor John Tory join in with sledge hockey athletes at the Mattamy Centre during the Prince's visit to Toronto to promote the 2017 Invictus Games.



While only new to Queensland, para ice hockey is an exhilarating, full-contact sport rapidly gaining fans within the Australian Defence Force.

✍ Kelvin Mickelson

WHILE the word 'sledge' usually has negative connotations in the Aussie sporting arena, on the ice rink it refers to one of the most popular winter Paralympic sports. Sledge hockey, now commonly known as para ice hockey, has recently made its way to Queensland.

Introduced during the 1994 Lillehammer Games in Norway, the sport is growing in popularity across the globe. In 2016, para ice hockey was a demonstration sport at the Invictus games in Toronto, Canada, and the image of Prince Harry dropping the puck on the ice to start the game was seen around the world.

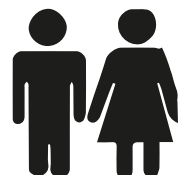
The game is full contact and played on a sledge, with both able-bodied athletes and those with a physical disability in the lower half of their body welcome to play.

Para Ice Hockey Australia has a great relationship with Australian Defence Force personnel, and the ADF is actively promoting the sport to current and ex-serving personnel.

Petty Officer Gian Archer, with the Royal Australian Navy, said sledge hockey was fun and, because it doesn't require learning to ice skate, people can gain a simple understanding of the rules and get started immediately.

"It can remind members and ex-members of the ADF with lower body injuries or disabilities that they are still part of the ADF family," PO Archer said.

Since its debut at Brisbane's Iceworld on November 6, 2017, the sport has attracted Invictus and Paralympic

**ABOVE:**

As para ice hockey is a new sport for most people, organisers say the most crucial element is “giving it a go” and enjoying the journey of learning alongside mates and strangers.

legends, along with a host of participants from all walks of life. Men and women, children as young as six, their parents, members of parliament and performance athletes have taken to the ice to enjoy the experience.

As para ice hockey is a new sport for most people, organisers say the most crucial element is “giving it a go” and enjoying the journey of learning alongside mates and strangers.

Aaron Ring is newly disabled and recently tried para ice hockey for the first time in Brisbane. He found the social element of the sport, combined with his own feelings of personal achievement, exhilarating.

“I enjoyed the social aspect of getting out and about, meeting others with disabilities and feeling welcomed and part of a community,” Aaron said. “It felt great to acknowledge to myself that even though I have a disability, it doesn’t mean I can’t play sports or be involved. I loved that everyone is welcome; able bodied and those with disabilities. I would recommend that everyone give this a go, it is so much fun and I look forward to doing it again.”

Sledges are made of lightweight aluminium, with special blades of tempered spring steel attached. The frame is high enough to allow the puck to slide underneath, and the player sits in a bucket, which is set up for their body configuration

depending on their disability.

Special braces are fitted to the sledge to allow the player’s feet, ankles, knees and hips to be held in place, without slipping or loosening. Players also wear helmets and gloves to protect themselves from injury. Sticks are designed to allow players to both shoot the puck and use it for propulsion, with a pick at one end of the stick that can be pushed against the ice.

Piloting the sled is a great form of exercise – increasing strength, coordination and conditioning the lower body. The balance used to propel, turn, stop and play the puck gives hands, arms, legs, back and abdominal muscles a fantastic workout. In fact, paraplegics who play regularly notice an increase in balance when using their wheelchairs.

Campbell Message is an elite-level wheelchair athlete and occupational therapist at Melbourne’s Austin Hospital who loves the sport.

“Sledge hockey combines the thrill and camaraderie of team sports, with the gliding freedom of skiing. The smashing each other was pretty fun also,” Campbell said.

The sport is currently being established in Queensland, and Para Ice Hockey Australia runs weekly sessions at Iceworld Boondall, with training provided by a highly dedicated Ice Hockey Australia coach. ←

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Centenary of the End of World War I

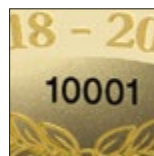
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THE FIRST BATTLE OF CORAL

 Ian F Ahearn



Fifty years ago, from May to June 1968, Australian soldiers fought their largest, most sustained and arguably most hazardous battles of the Vietnam War. Units of the 1st Australian Task Force (1ATF) confronted regimental-sized formations of the North Vietnamese Regular Army in fierce actions around Fire Support Patrol Bases (FSPB) Coral and Balmoral in what was then known as Bien Hoa province.

THE BEGINNING

The North Vietnamese Army struck Saigon on May 5. It was a daring attack, but by May 7 the enemy attack on Saigon had been successfully repelled and it was believed the enemy was withdrawing from the area. In response to the attack, the 1ATF was to deploy into FSPB Coral on May 12. The Australians were to "...occupy blocking positions... to interdict enemy withdrawal routes from the South and SW". This initial deployment by air was to be followed by a road convoy due to arrive at Coral on May 13. Events began to unfold that would place the Australians in the thick of the most prolonged and intense fighting experienced by an Australian force in the Vietnam War.

This account of the battle at FSPB Coral on May 13, 1968, will only deal with the first night of three weeks of intense conflict.

ABOUT THE AUTHOR

I wrote this account as a participant in the battle at FSPB Coral on May 12-13, 1968. I wasn't a commander based in headquarters away from events, an officer drafting plans and orders, or a logistics officer concerned about supply or repair issues. I was a junior combat officer engaged directly in face-to-face combat with the enemy from start to finish.



One of the bunds around a gun at Coral on the morning of May 13, 1968.



OCCUPATION OF FIRE SUPPORT PATROL BASE CORAL

The deployment into Coral on May 12 was to proceed as follows:

- B Company 3 RAR to secure the landing zone for the rest of the force;
- B Company would be followed into the landing zone by the reconnaissance parties;
- 3 RAR to fly in;
- 1 RAR was to follow 3 RAR;
- 161 Battery guns were to arrive at 1000 hours followed by 102 Battery guns at 1230 hours;
- The infantry battalions were to move out from Coral and establish ambush positions to block North Vietnamese elements withdrawing from Saigon;
- HQ 1 ATF, The Task Force Maintenance Area, A Squadron 3 Cavalry Regiment, A Battery 2/35 US Artillery (155mm self-propelled howitzers), 104 Signals Squadron RA Signals and 1 Field Squadron Royal Australian Engineers were to move to Coral by road on May 13.

RIGHT: Fire Support Base Coral at the time of the Battle. In the foreground are the hoochies of 102 Field Battery, Royal Australian Artillery. Pictured far right is the Battery's No. 2 gun, a 105mm howitzer, commanded by Sergeant BJ (Skeeter) Humphrys. In the background, the centurion MKV/1 tanks of C Squadron, 1st Armoured Regiment is moving into defensive position. (AWM: P01635.004)



The enemy was not only withdrawing from Saigon, but was also intent on reinforcing the effort; a fact not passed on to the men about to meet the North Vietnamese Army for the first time.

DELAYS AND DISRUPTION

The helicopters containing reconnaissance parties landed at 0720 hours into an area secured by a company of Americans, with airstrikes being conducted to the west. The Regimental Reconnaissance party



disappeared from the landing zone (LZ), leaving the battery parties in situ.

The only clue to the whereabouts of the party was provided by an American infantryman when he advised that “some guys had left the perimeter” and headed out into “Indian country”.

Growing confusion was suddenly compounded by the unexpected arrival of 161 Battery’s guns. The sky above the LZ quickly filled with Chinook helicopters

carrying the guns of 161 Battery. The New Zealanders had no choice but to accept their guns at their location.

Lieutenant Ahearn and his party moved 1500 metres away from where 161 Battery’s guns had landed and finally found the 2IC’s party. Signs of recent enemy occupation were discovered.

The Americans suddenly withdrew a large part of the helicopter support and the result was total dislocation of the Australian deployment. The guns had arrived before the infantry and the delays mounted.

The defences around the guns and mortars (normally barbed wire, trip flares and Claymore anti-personnel mines) were not implemented due to late arrival of the defence stores and the onset of dusk.

THE ENEMY RESPONDS

The deployment had been watched by elements of the North Vietnamese Army (NVA) and the enemy commander quickly tasked a reinforced battalion to attack Coral that night. The NVA converged on Coral, marching through the early hours of darkness and ultimately digging in a base for the attack, no more than 150 metres from the guns and mortars.



ABOVE: Tony Jensen 1 RAR Mortar Line Commander in Vietnam in 1968.

TAKE PART IN THE 50TH ANNIVERSARY COMMEMORATIONS

Several events will be held as part of the 50th anniversary of the Battle of Coral-Balmoral.

SATURDAY, MAY 12, 2018

10am – National Gunner Commemorative Service – RAA National Memorial, Mount Pleasant, Canberra, ACT

6.30pm – National Coral Gunner Dinner – Federal Golf Course, Red Hill, Canberra, ACT
For more information, gunners can contact Ian Ahearn on 02 6231 4968 or ahearn.ian@optusnet.com.au.

SUNDAY, MAY 13, 2018

11am – National 50th Anniversary of the Battle of Coral-Balmoral Commemorative Service – Australian Vietnam Forces National Memorial, Anzac Parade, Canberra, ACT

12.30 – 3.30pm – National Reception Coral/Balmoral Veterans – Canberra Convention Centre in Civic, ACT

4.55pm – Australian War Memorial Last Post Ceremony.

For more information, contact DVA at ANZACcentenaryprojects2@dva.gov.au.

At approximately 2:15 am, D Company 1 RAR deployed in an ambush some 2000 metres north of 102 Battery and opened fire on an enemy group. Retaliation by the enemy was swift and deadly, as a salvo of Rocket Propelled Grenades (RPG) exploded in the trees, causing 11 casualties in the company.

At about 2:30 am, the Mortar Platoon position and 102 Battery were engulfed in a hailstorm of RPGs, mortars and machine gun fire. Manning the machine gun in front of No 6 gun, Gunners Mick Grimes and John Schwartz could not believe their eyes as RPG and machine gun fire flashed over their heads into the battery position.

“Johnny and I saw, no more than 150 metres out, massed ranks of (enemy) infantry just stood up and came forward,” Grimes recalled.

They began engaging the NVA with their machine gun, but were forced back to the guns. The enemy followed

ABOVE LEFT:
Ian Ahearn Gun
Position Officer
102 Field Batter
RAA in Vietnam in
1968.

**“EVENTS BEGAN
TO UNFOLD THAT
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EXPERIENCED BY
AN AUSTRALIAN
FORCE IN THE
VIETNAM WAR.”**

up onto the top of the protective bund, where desperate fighting took place.

Grimes was “stitched up” by an NVA with an AK47 rifle and was wounded in the hand, but saved from the full effects by his Self-Loading Rifle (SLR), which took the full brunt of the burst. The NVA were now hurling grenades and the Gun Sergeant, Max Franklin, ordered his detachment to fall back to No 5 gun.

On No 4 gun, the detachment quickly opened, withering small arms fire on the enemy assault. Sergeant John Stephens (Gun Sergeant No 4) requested small arms ammunition resupply and permission to fire over



open sights with his howitzer using Splintex – an anti-personnel round that contained 8000 flechettes (fin stabilised projectiles similar to small arrows).

I made a quick tour of the gun position and found No 6 gun in enemy hands, No 4 gun continuing to fire over open sights, and the detachments of No 5 and No 6 guns manning the edge of No 5 gun’s bund and firing into the occupied No 6 gun.

At the Regimental Headquarters, the machine gun team were in all sorts of trouble. Lance Bombardier Forsdike noted, “Enemy swirled around Forsdike’s men; the young bombardier’s M60 jammed. He wrestled with it. Two men fell to his rear: one dead one

wounded.”

The Mortar Platoon was also in trouble, with the NVA “... systematically firing at each pit, tent or sign of occupation. Casualties began to mount; Corporal Jock Witten was hit and Private Graham Stevens went to his aid, but an RPG killed Witten and wounded Stevens.

Overhead, the pitch-black sky was lit up by the mini guns and

rockets of Cobra helicopter gunships and ‘Spooky’ – a DC3 fitted with mini guns capable of delivering 6000 rounds per minute.

No 4 gun was still firing over open sights. No 2 gun was hit by an RPG that blew out its tyres and punctured the trail. No 1 gun’s ammunition bay was hit, causing a pillar of fire as the cordite burned.

Lance Bombardier Geoff Grimish “was carrying a round to the (No 4 gun) from his own position, and distinctly saw an NVA jump up onto the bund and aim an RPG, but ignored him, buoyed up with ‘a feeling of invincibility’, and a split second later the NVA was gone; he had been standing directly in front of the cannon

(No 4 gun) as it fired”.

The fight had been underway for more than two-and-a-half hours and dawn was fast approaching. The situation in the Mortar platoon was getting worse. The mortar position was chaos, with the flash of small arms and the explosion of grenades.

Jensen called for Splintex to be fired over his position. Me and Jensen shouted to each other and Jensen ordered his men to get down. No 5 gun fired Splintex across the mortar position. All enemy activity ceased.

The NVA began to withdraw, and by first light two patrols moved out from 102 Battery to retake the captured No 6 gun and assist the mortars.

As the Australians began to recover and count the cost, it was revealed that nine Australians had been killed and 28 wounded. Meanwhile, 52 NVA dead lay strewn around the guns and mortars, and one NVA soldier was taken prisoner.

Working parties from 102 Battery and the 1 RAR Anti-tank Platoon began to collect the Australian and NVA dead and wounded. The gunners began to clean up their gun platforms and improve their defences.

The gunners of 102 Battery had been in a savage and bloody fight and had survived almost unscathed – a result due largely to luck and a dogged will to win through. ←

TOP:
102 Battery
Gunners at
work.

ABOVE:
Deceased
members of
the North
Vietnamese
Army.

MATES 4 MATES

Issue 02. 2018

Magazine.

ANZAC Day 2018

Is the face of the ANZAC
spirit evolving?

Meet RSL's quiet achievers

How the Townsville
Veteran Services
Officers are making all
the difference.

*Lest
we
Forget*





Troy Watson CEO's Message

Welcome to my first update as CEO of Mates4Mates. I joined the team in early March and I'm really excited to be working for one of the leading ex-service organisations in Australia. It's been a busy first month for me, as I try to meet as many Mates as possible, hear about why they value the Mates4Mates services, and learn everything I can about the organisation.

April is a time to reflect on our military service as a nation. Our national history is one that was forged on foreign fields some hundred years ago, and this month we pause to remember the sacrifices of the thousands of men and women who have served our country.

For me, ANZAC Day is about remembering those brave souls who landed in Gallipoli in 1915, but also those who have served, and continue to serve, our country in numerous wars and peace keeping missions around the world since. This ANZAC Day, no matter what you do to commemorate those who paid the ultimate sacrifice for the protection of our country, I ask that you also spare a thought for those who are still recovering from their own personal battles.

The Family Recovery Centres will be closed on ANZAC Day, and I encourage all Mates and their families to take time for your own personal reflection.

Regards, *Troy*



Mates4Mates supports current and ex-serving Australian Defence Force members, and their families, who are wounded, injured or ill as a result of their service.

We are an initiative of RSL Queensland.

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

Front cover image: Rob D- Photography/Shutterstock.com

Meet Townsville FRC's Veterans Services Officer

By Jen Cochrane

It's hard to describe the work of an RSL Queensland Veterans Services Officer (VSO). You know the person in a team that's the quiet achiever? They're an integral piece of the puzzle but aren't ever in the spotlight. They usually take a backseat and are sometimes overlooked, but without them you'd never reach the end goal – that's a VSO.

Brett Armstrong, one of the RSL Queensland VSOs, spends on average nearly 2,000 hours a year researching legislation, lodging claims and helping our Mates and their families navigate the Department of Veterans' Affairs (DVA) claims process.

Based in one of Australia's biggest garrison cities, in the Mates4Mates Townsville Family Recovery Centre (FRC), Brett will have approximately 786 meetings a year with veterans and their families to advocate on their behalf.

"I try to schedule three formal interviews each day, which can generate a couple of hours research and case preparation each, as well as answering questions from phone calls and walk-ins to the Centre. I generally have appointments booked out a month in advance," he said.

Prior to working as a VSO for the past two years, Brett spent 30 years in the Australian Army. He understands how daunting lodging a claim can be, particularly if you're not sure what you're eligible to receive.

"The claims process can be confusing for our veteran community, especially those who have eligibility across all three [government] Acts. Processes, entitlements and legislation changes frequently and as a fulltime advocate I need to be working every day to keep up to speed," he added.

ces Officers



It's not only paperwork and research that goes into submitting a claim with DVA. There's a lot of back work in evidence gathering, understanding of the different Government Acts and the DVA assessment process.

"A good advocate is the buffer between DVA and the veteran. This works well for both parties and it is important as an advocate to have a good reputation and working relationship with DVA," Brett said.

In the office next door to Brett is the newest member of the team, Sarah Young, who became the VSO for Wellbeing in February this year.

"[My role is] supporting veterans and their families with any issues that are impacting negatively on their lives," Sarah said.

An average day for Sarah is multi-faceted and normally includes conducting intake and assessment interviews for the Wellbeing Program, Survive to Thrive Nation and the Veteran Homelessness Program, as well as home visits and phone check-ins.

By understanding Sarah's role, it's evident that recovery is an individual process and there's no roadmap to improving wellbeing after transitioning from Defence.

"[We] can stay involved however long it takes, be it one week to six months. If the veteran or family is committed to working through the situation then we are committed to supporting them," Sarah said.

Even though there's no roadmap to recovery, there is the RSL Queensland's Veteran Services team. They're arguably the most informed and experienced advocacy team based across Queensland, the quiet achievers who are always going above and beyond to help the veteran community when they need it most.

They're also full of great advice. Brett's message to veterans is simple and important:

"Seek help and don't go it alone. Engage with an experienced and competent advocate. Despite what you may read in the newspaper or what you may read on social media, DVA is not the enemy. As a full-time advocate and as a veteran myself, I can put my hand on my heart and say they (DVA) are achieving great outcomes more often than not for our veteran community."

Veterans Services Officers
Brett Armstrong and Sarah Young

"The thing I enjoy the most about working with Mates4Mates in Townsville is the team. Everyone is focussed on achieving the best for our veteran community."
– Brett Armstrong

Three tips for lodging with DVA

- 1 Engage with an experienced and competent advocate
- 2 Spend time giving DVA the information they need. It makes the decision process easier and quicker
- 3 A good advocate is the buffer between DVA and the veteran. It's a win-win for everyone involved.



The meaning of ANZAC

By Jen Cochrane

We all know the story of the brave Australian and New Zealand soldiers, who climbed into boats and rowed towards the foreign shore of Gallipoli, unaware of the battle they were about to face. As the sun begins to rise each year on April 25, tens of thousands of Australians gather at local RSLs and war memorials across the country to commemorate their legacy. But what is the true meaning of ANZAC Day and has it stood the test of time?



"When you really stop to think about it, these values have defined our country's direction in every aspect of our lives..."

It's a tradition that began over a century ago, when the ANZAC soldiers marched in London to Westminster Abbey for a service attended by the King and Queen to commemorate a year since their fateful landing at Gallipoli. It was at this service the then Australian Prime Minister Billy Hughes praised our Defence Force by saying "Soldiers! Your deeds have won you a place in the Temple of Immortals" which set the tone for our ANZAC traditions to this day.

When measuring the outcomes against the objectives, the landing at 4:29am on 25 April 1915 may have failed. Troops landed a mile or so from the planned destination and the Turks were waiting. By the end of the day, the battle on the cliff face of Ari Burnu had claimed the lives of 754 Australians, 147 New Zealanders and injured over 2,000 soldiers. However, those few hours arguably made a greater impact on the history and respect for Australia as a nation than our Federation in 1901.

"...those few hours arguably made a greater impact on the history and respect for Australia as a nation than our Federation in 1901."

The landing at Gallipoli was our coming of age as a sizeable force for good in the world, despite our small population and geographical isolation. Thousands of men set off to defend our national and individual core values, many losing their lives, but their ultimate sacrifice for their country underscored a powerful legacy that remains relevant today.

In a letter sent to General Sir Ian Hamilton, commander of the Mediterranean Expeditionary Force for the Gallipoli campaign, an Australian soldier described the Gallipoli

campaign as one where "every man in the First Division absolutely threw their lives away to make a name for Australia and make things easier for others..."

As decades have passed, many bloody battles and wars have been fought and won on foreign lands across the globe, yet the ANZAC legacy has remained steadfast in our approach to protecting and representing our country. The legacy itself is hard to define, but the values of courage, endurance, mateship and sacrifice are often repeated in commemorative speeches and on war memorials around the country.

In 1946 Charles Bean wrote "But ANZAC stood, and still stands, for reckless valour in a good cause, for enterprise, resourcefulness, fidelity, comradeship, and endurance that will never own defeat".

When you really stop to think about it, these values have defined our country's direction in every aspect of our lives, whether

the emotion it brings, has grown within the Defence community to honour those who fought in WWII, Korea, Malaya, Vietnam, the Middle East, and served on our many peace keeping missions.

The sobering reality for everyone on ANZAC Day comes when we pause to remember every soldier, airman or sailor who lost their life defending Australia. It's also a time to pause and think about those who are currently serving our country across the world. At the moment, Australia has Defence Force members deployed to the Middle East region, Sudan, Iraq, Israel/Lebanon, Afghanistan and as part of Australian Maritime interests.

Our war history is a story of courage. Although we may be small in size, our pride is big. Ultimately, what brings us together on ANZAC Day is our patriotic values, our respect for those who sacrificed their lives for our country's benefit, and the importance of mateship to each and every one of us.

As time passes, and ANZAC Day ends for another year, we forget the horrors of war and the thoughts of "imagine if I was there in 1915" and move on with our lives, but no matter how far we travel or how many years pass between dawn services, the Australian culture is defined by the ANZAC spirit.

This ANZAC Day, wherever you may be, when you pause to remember those heroes who braved the gunfire that fateful morning in Gallipoli, and every Australian soldier who has followed in their footsteps to defend our country, take a moment to reflect on the many different meanings of ANZAC Day and how our Defence Force, through incredible sacrifice, has helped shape our country into the great place it is today.

it's the shared mission of other public servants like police or paramedics, or our drive to help communities affected by natural disasters or even through our personal hardships, many Australians adopt the ANZAC spirit, without even knowing it. To many, spirits aren't seen, they're felt. This resonates with the ANZAC spirit, which is the patriotism and courage every Australian feels when reflecting on our war history each ANZAC Day.

Not only has the meaning of ANZAC Day evolved to the civilian world, the day, and

Get Dressed for Success!

Contributions By Mark Ferguson
and Kerine Nightingale

First impressions count, so ensuring your outfit is appropriate for the job is crucial. We sat down with Mark Ferguson, Director of Wil Valor, and Kerine Nightingale, HR Manager at Mates4Mates, to talk about the dos and don'ts of dressing for a job interview.

Mark Ferguson founded Wil Valor in 2005 after a successful sporting career, and since then has dressed rockstars, sporting legends, reality show winners and TV and radio presenters. Mark says dressing the part for your interview is a key component to securing your new role and applicants should think about the industry you are applying for.

For men, if you are applying for more corporate positions, suiting up is essential. Black suits can portray a position of power for more authoritative management positions.

Applying for more labour focussed roles allows for a pair of chinos and a button up shirt. Colour is one of the first things your prospective employer will notice on you. Mark and Kerine both agree that you can't go wrong with darker and more conservative colours. Mark recommends grey and blue, particularly charcoal and navy for suits and chinos.

"These colours can set you aside from the intensity of black but still portray you as professional and confident," he said.

For women, Kerine recommends a modest length dress or skirt and a sleeved blouse, no matter what level the job is. If you're wearing a button-up shirt make sure you check it doesn't gape with the buttons done up. She suggests applicants should be conscious of colour choices and dress for the organisation.

"If you're interviewing with a creative organisation, don't be afraid to wear a bold pattern that shows your personality, however for more corporate roles you should stick to solid colours and conservative patterns, like polka dots," she said.

It's important to remember smaller details of

your outfit will also be noticed in your interview. The main point is to make sure your suit or chinos fit correctly and opt for breathable fabrics (like cotton) for business shirts – you don't want to be sweating before and during the interview.

Make sure everything is pressed and tidy the night before – including polishing your shoes. Kerine recommends even having an interview outfit in your wardrobe that you don't wear for everyday work.

"It means you won't have to worry about what to wear. If you've got an outfit ready to go and you know it fits within the feel of the role and organisation it's one less thing to worry about," she said.

Mark says to make sure your belt and shoes match, whether it's a corporate or labour role. For the darker outfit choices, pairing a black belt with black shoes will always work, but if you are wearing lighter colours in the pastel region or medium tones, tan or dark brown belt and shoes will work best.

For ladies, when picking your shoes Kerine recommends a closed-in court shoe with an appropriate height.

"Try to steer clear of bright coloured shoes – go for neutrals or black, and avoid strappy heels or sandals," she said.

Overall the advice from both Mark and Kerine is the same.

"If you take pride in your appearance you will feel comfortable and confident. As long as your outfit fits and you look tidy and presentable, you will stand out to your potential employer and make a lasting first impression," Mark says.

"The saying is 'dress for the role you want, not just the role you are going for', and I completely agree," Kerine added.



Mark Ferguson with some examples of how to suit up for a corporate interview.

Choosing the right tie

- Keep your tie patterns and colours conservative. Solid colours and dark blues are recommended.
- There is nothing wrong with adding a bit of texture or pattern with your tie.
- Stripes and dots are usually the best patterns to wear. Steer clear of bold prints or pictures, this can be distracting and instead of focusing on you, the focus will be on your tie.

Makeup:

- Keep your tones neutral for lipstick and eyeshadow and aim for a natural foundation coverage.

Hair:

- Make sure you brush your hair and try to keep it off your face.

Nails:

- Make sure they're neat and well-manicured.
- Neutral tones will work best.

Piercings and tattoos:

- Consider the role you're going for but to be on the safe side you can remove or cover them.
- Go for simple, understated earrings in your ears.

Perfume/After shave:

- Keep it subtle!



Art

making all
the difference

What our Mates say about Art Group

*"It's a welcome distraction
from suffering a mental
health illness as I focus only
on what's in front of me."*

.....

*"I can't participate in physical
activities anymore. Art gives
me an opportunity to get
out of the house, connect
with others and produce
something I didn't think I'd
be capable of."*

.....

*"This has helped being able
to express myself verbally in
a counselling session."*

.....

*"It's not about how good or
bad you are at art, it's about
giving it a go and surprising
yourself."*

It's not the most talked about program on the Mates4Mates weekly timetable, but the art program is growing in popularity and for good reason. The program, which runs in Brisbane and Townsville, is making a world of difference for participants, helping them find renewed self-confidence and open up when asking for help.

The programs, which are attended by 10-15 Mates each week, focus on a range of art styles and skills. Brisbane's current six-week oil painting program teaches participants about colour schemes, blending and building black from other colours, as well as how to paint landscape images. The group plan to visit the Botanic Gardens at Mount Coot-tha in Brisbane to expand their skills for painting our picturesque flora and fauna.

Liaison Officer Kate McGrath, who started the creative art programs in the Brisbane Family Recovery Centre (FRC), says the programs present an opportunity to try something new, when physical activity might not be an option for improving wellbeing.

"It gives Mates the ability to have a safe, supported environment where they can practice mindfulness by being creative," she said.

Holly Higgins from the Townsville FRC agrees, and their current "Landscapes in Watercolour" program is helping Mates be in the moment.

"Art is very therapeutic. It provides the opportunity to focus on the moment, leaving the outside world at home and concentrate solely on the task at hand," she said.

Art group is a great social connection activity for our Mates. Not only are they building personal skills, they can use creativity and conversation, thoughts, feelings and beliefs to help provide hope for the future and reduce isolation.

Most of the Mates who are signing up for our art groups have never tried art before and many have never considered themselves to be artistic, but by trying something new and encouraging one another, our Mates are learning to be proud of their achievements and are growing as individuals.



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JUN 2



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JUL 6



ROUND 19
JUL 13




WE ARE QUEENSLAND. WE ARE RUGBY. WE ARE FAMILY.



LEARNING TO BE HAPPY

Ashlea Henley, 25, is a veteran of the Royal Australian Navy and a mentor for Trojan's Trek, an RSL-supported initiative designed to help veterans struggling to cope with life outside the military.

 Helen Chapman



RIGHT: Ashlea (right) with Amy Vickers, Queensland Trojan's Trek team leader.

"IT'S VERY SCARY WHEN, FOR ALMOST EIGHT YEARS, YOU'VE BEEN TOLD WHAT TO DO, WHAT TO WEAR, WHERE TO BE AND AT WHAT TIME. SUDDENLY YOU HAVE TO MAKE ALL THOSE DECISIONS FOR YOURSELF."

BELOW: Ashlea (left) with fellow participants on Trojan's Trek.

YOU may remember Ashlea's story about participating in Queensland's first Trojan's Trek for women in March 2017 in a previous edition of *Queensland RSL News*. Following this, Ashlea decided to return as a mentor to the South Australian trek in the Flinders Ranges to pay forward the benefits she had taken from her experience.

During the trek, mentors give talks on topics they have personal experience in, creating a safe environment where participants can feel comfortable enough to share their own experience. Ashlea, already nervous about public speaking, took on the challenging subject of sexual assault.

"I was really nervous, and I thought, 'This is going to be a really difficult topic'. It's something victims hold very personally and feel a lot of shame around, so I wanted to say that there is no shame and that we are the only ones who are in control of our lives," Ashlea said.

It has been a long road for Ashlea to get to a place where she can confidently talk about what happened to her. She joined the military at 18



years of age, attracted to the paid study and travel opportunities.

Moving across the country, from her home in Adelaide to HMAS *Albatross* in Nowra, NSW, she trained as an aircraft technician with the Navy. She praises the experience for instilling in her values of honour, honesty, integrity, courage and loyalty.

At the age of 23, she was deployed

to the Middle East for five-and-a-half months; an experience she describes as amazing, but with a lot of ups and downs.

Unfortunately, an accident while training with the Defence downhill mountain biking team was the catalyst for a decline in her mental health. After serving for seven-and-a-half years, she found herself unable to complete her duties as an aircraft technician, leading to feelings of depression and anxiety.

Recalling this period of her life, she said, "I guess, like a lot of veterans, you don't really identify the signs of mental illness in yourself, because it's such a gradual onset – you get a bit down and a bit reserved. For myself, living so far away from family, you just don't notice the withdrawal."

It was only when a colleague recognised the signs of depression in her, having experienced a similar situation himself, that Ashlea realised she needed to seek help. After seeing several mental health professionals, her psychiatrist recommended a medical discharge, which came into effect in June 2017.

While working with her psychiatrist, Ashlea has undergone several hospital admissions. On her latest admission, she was diagnosed with post-traumatic



“LIKE A LOT OF VETERANS, YOU DON’T REALLY IDENTIFY THE SIGNS OF MENTAL ILLNESS IN YOURSELF, BECAUSE IT’S SUCH A GRADUAL ONSET — YOU GET A BIT DOWN AND A BIT RESERVED. FOR MYSELF, LIVING SO FAR AWAY FROM FAMILY, YOU JUST DON’T NOTICE THE WITHDRAWAL.”

BELOW: Ashlea trained as an aircraft technician with the Navy and was deployed to the Middle East for five-and-a-half months.

stress disorder (PTSD), a result of her years in service.

For Ashlea, the medical discharge was only the beginning of her road to recovery. Still requiring rehabilitation for her shoulder, as well as regular appointments for her mental health, her days are kept busy travelling to specialist appointments, including frequent five-hour round trips to Sydney.

Having spent her formative years in the Navy, Ashlea has found the transition to civilian life daunting.

“You’ve got control over your own life, but it’s hard, because it’s very scary when, for almost eight years, you’ve been told what to do, what to wear, where to be and at what time. Suddenly you have to make all those decisions for yourself.”



The same friend that encouraged Ashlea to seek help for her depression recommended she join Trojan’s Trek. Described as a “trek of the mind”, she was initially sceptical, but agreed to be part of the inaugural women’s trek on the Darling Downs near Millmerran, Qld.

“It’s one of the best things I’ve ever done, and I’m going to be forever grateful that I have amazing friends who care enough to help me on my journey and get me to places like Trojan’s Trek,” Ashlea said.



At the beginning of the trek, Ashlea didn't say very much, feeling overwhelmed by the experience. Instead, she used the opportunity to listen to other participants and mentors, who she describes as "some of the most inspirational people I have ever had the opportunity to meet".

Ashlea decided to record her feelings in her journal and, one day during a talk by one of the trek's founders, she felt inspired to share her feelings for the first time. She found the courage to read one of her journal entries.

"By sharing what I'd written down and getting that little piece of me out there, it was like letting go of all those past fears and taking that first step into admitting that the past is in the past."

The nine participants and five mentors on the women's trek spent six days camping, giving them the opportunity to create a network of support among people who have shared similar experiences. It was through these friendships that Ashlea

was encouraged to become a mentor.

Now, having completed her first trek as a mentor in the Flinders Ranges, she will return for the Queensland trek this year, while continuing to focus on her own recovery.

So, what's next for Ashlea?

"I want to work on finding out who I am and who I want to be. I left the Navy and I wasn't an Aviation Technician in the Royal Australian Navy anymore – I was just Ashlea. I need to know, who is Ashlea? What does she like to do? Where does she want to be and what does she want to do with the rest of her life?"

"I used to find it very overwhelming and sad, because I didn't have an answer, but one of the mentors said to me, 'What do you want to do right now?' and I said, 'I want to learn how to be happy.' So that's what I'm doing. Slowing down is something I needed to learn how to do and I'm working on it. I'm getting there." ←

"THE NINE PARTICIPANTS AND FIVE MENTORS ON THE WOMEN'S TREK SPENT SIX DAYS CAMPING, GIVING THEM THE OPPORTUNITY TO CREATE A NETWORK OF SUPPORT AMONG PEOPLE WHO HAVE SHARED SIMILAR EXPERIENCES. IT WAS THROUGH THESE FRIENDSHIPS THAT ASHLEA WAS ENCOURAGED TO BECOME A MENTOR."





THE LITTLE STOWAWAY AND OTHER STORIES OF COURAGE AND COMPASSION

Vicki Bennett has made a career of telling the little-told
Australian stories of WWI.

 Vicki Bennett



Honoré (Young Digger)
Hemene Tovell and Tim
Tovell on board the Kaiser-
I-Hind bound for Australia.



CLOCKWISE FROM TOP
LEFT: Honoré (Young
Digger) Hemene Tovell
and Tim Tovell and the
oat bag used to smuggle
Young Digger from France
on board the Lorina;
Young Digger in a tailor-
made uniform, paid for by
airmen donations; Young
Digger and Ted Tovell,
right, learning how to box;
Young Digger learning to
ice skate.

CENTRE: *The Little
Stowaway* author
Vicki Bennett.



Honoré (Young Digger)
Hemene Tovell, Ted and
Tim Tovell on ANZAC Day
1919 in London.



“WHEN IT WAS TIME FOR TIM TOVELL TO COME BACK TO AUSTRALIA, HE SMUGGLED YOUNG DIGGER ONTO THE SHIP FROM FRANCE TO ENGLAND IN AN OAT BAG. HIS ACTIONS LEFT A LEGACY — WHEN YOU CAN DO SOMETHING FOR SOMEONE, DO IT.”

NOT far from the Western Front in 1918, a ragged, hungry little French boy, an orphan of the First World War, came out of the fog on a freezing cold Christmas night and wandered into the mess of Australian Flying Corps Number 4 Squadron. They were celebrating Christmas. The little French boy attached himself to the Squadron and became their mascot.

He was taken under the wing of Australian Air Mechanic Tim Tovell, from Queensland. The Australians couldn't pronounce his French name, Honoré, and in typical Australian style, renamed him Henri – but it was Young Digger that stuck.

When it was time for Tim to come back to Australia, he smuggled Young Digger onto the ship from France to England in an oat bag. Empty food tins were attached to his knees and feet to camouflage his silhouette in the bag.

In England, an Australian Army

uniform was made for Young Digger so he could march in the 1919 London ANZAC Day Parade.

It was supposed to be a secret, but everyone came to know about the little orphan smuggled to England in an oat sack. So, when it was time to sail to Australia, Tim put Young Digger in a large basket marked “sporting materials”, which was loaded onto the *Kaisar-i-Hind*.

When the ship sailed, everyone was sworn to secrecy about Young Digger hidden below deck, but it wasn't long before everyone knew about the little French stowaway.

With an uncertain past and an extraordinary future, *The Little Stowaway* is a story about the love between a boy and his new family in Australia. It is also about how, from war, wonderful friendships, strong attachments and an enduring bond continues to grow between Australia and France.

This story of Young Digger is now

woven into the history of Number 4 Squadron.

Tim was determined, however risky, to bring Young Digger home to Australia and provide the boy with a new family. Tim's actions left a legacy – when you can do something for someone, do it, don't look away.

Number 4 Squadron upholds his legacy every year – awarding the Tovell Shield to an airman or airwoman who exemplifies Tim's courage, loyalty, dedication, compassion and pride in the unit and the Air Force.

I wrote an illustrated children's book about Young Digger's amazing story, *The Little Stowaway*, and launched it at Number 4 Squadron base in Williamstown on March 5, 2018.

But the journey to writing this true story began with my dad, Henry George McGregor (known as George), who served his country in Borneo and Papua New Guinea during WWII. George lived out his days serving his fellow veterans – as a driving force

behind the RSL Girl in a Million Quest, which raised funds for RSL's work in the veteran community, and as a member of the original committee that created RSL Care in Queensland.

His inspiration also led me to write the children's book *Two Pennies*, and then write and co-produce a documentary, *Never Forget Australia*, which led to *The Little Stowaway*.

As a child, my father often told me about how, as a little boy just after WWI, he worked in his father's bakery to raise two pennies to help rebuild the Victoria School in Villers-Bretonneux, which had been destroyed along with most of the village.

Not long before he died in 2012, George brought out a little wooden box, took two pennies and placed them in my hand. He said, "Take these to the little school in France and give them to the headmaster." These were the last two pennies he earned during that time.

Along with the other schoolchildren at Middle Park State School, Melbourne, in early 1920, his first two pennies formed part of a shiny snake around the school. With donations from other Melbourne schoolchildren, this money rebuilt the French school after WWI. The Victoria School in Villers-Bretonneux still stands proudly today, with a banner in the central courtyard that reads: *Never Forget Australia*.

My dad kept these pennies for over 90 years. So, I went to the Victoria School and gave them to the headmaster, Monsieur Holleville. He was very pleased.

On my return to Australia, I decided to write the story of *Two Pennies* – how this little boy rose early to care for the horses that pulled the carts to deliver the bread. I had already written 19 books by then, but this book was close to home.

When I took *Two Pennies* to executive producer Alan McGirvan, he asked if we could turn it into a film. I immediately said "Yes" and a tingle of excitement ran up my spine. I knew I was in for a ride.

Two Pennies was the starting point

and anchor for the documentary *Never Forget Australia*, which discovers several amazing true stories about Australians in France in WWI. While researching this documentary, I met and interviewed Tim Tovell's grandchildren and Young Digger's nieces and nephews. They generously gave me access to their "big red suitcase", with memorabilia, photos and letters.

In the documentary, "The Little French Digger" is the first story showcased. The second, "Where Two Pennies helped to rebuild the Victoria School in France".

The third is about the *Mephisto* and how 13 Australian soldiers crossed into no man's land and returned with a German tank. A Queenslander masterminded bringing *Mephisto* back to Brisbane. One hundred years later, this tank survives as the only remaining A7V Sturmpanzerwagen in the world.

The fourth is a little-known story about "Why Villers-Bretonneux is a funny name for an Aboriginal burial ground". Downtrodden in their own country, Australian Aborigines were banned from serving in the military on the grounds of race. The offer of six shillings a day on a trip overseas was too good to miss, however, and more than 800 skirted the rules to enlist and serve their country.

The fifth story is titled "The Unknown Soldier, known only to God". A headstone in the cemetery at the Australian War Memorial, Villers-Bretonneux, reads: "Known Only to God. We will never know his name, where he was born or his age, family, rank, Battalion or precisely how or when he died. We will never know who this Australian soldier was. Or 11,000 of his comrades. This is known only to God."

The sixth story, "ANZAC Day at Villers-Bretonneux" explores how the ANZACs took back the little French village on ANZAC Day, 1918 – a turning point in WWI. Now, over 5000 people make a pilgrimage to the Australian War Memorial on ANZAC

Day to honour the 46,000 Australians and 12,000 New Zealanders who remain there. This is how Villers-Bretonneux became that special little piece of Australia in the middle of France.

The final story in the documentary is about General John Monash. The French will never forget the Australian General who played such a significant role in turning the tide of WWI. Sir John Monash understood the significance of surprise and meticulous planning. He demonstrated these tactics and left an indelible mark on history. ←

"THE VICTORIA SCHOOL IN VILLERS-BRETONNEUX STILL STANDS PROUDLY TODAY, WITH A BANNER IN THE CENTRAL COURTYARD THAT READS: NEVER FORGET AUSTRALIA."



WIN

For a chance to win copies of both the *Never Forget Australia* documentary and *The Little Stowaway* book, turn to page 86.

LIFE BEYOND WAR

For years, veteran Anna Maria Lang found few resources specifically to help female veterans. So, drawing on her own experiences, she wrote a book to help women heal their invisible wounds and move forward with their lives.

 Anna Maria Lang



“ANNA MARIA LANG ENLISTED IN THE AUSTRALIAN ARMY IN 1996 AND WAS DEPLOYED TO EAST TIMOR. HER WELLBEING SUFFERED AS A RESULT OF HER SERVICE AND SHE IS NOW USING WHAT SHE LEARNED DURING HER RECOVERY TO HELP OTHERS.”

FOR years, very few specific services or resources existed solely for female veterans. This has somewhat improved, and there are now many effective gender-neutral resources. Despite this, I felt compelled to write a book to acknowledge female veterans, help them heal the invisible wounds and enable them to move forward with their lives.

While both men and women struggle with post-traumatic stress disorder (PTSD), anxiety, depression and other mental health concerns, women tend to deal with these issues differently. Working with women specifically has become my area of expertise.

When I began to struggle with these issues myself, life didn't look very promising. I felt trapped in my situation and feared it would never improve.

In some ways, there is an element of permanency about some conditions I suffer from, but I refused to let it hinder my quality of life. I refused to live in a state of darkness, knowing that although I had no control over what caused these conditions and no say in why they chose me, I knew from counselling, personal training and human behaviour studies that I could take control of my future.

I knew I could turn my life around and find enjoyment again, rather than

be smothered in pain and suffering for the rest of my life. So, I wrote about it. I wrote about my struggles and provided some solutions.

Terrible things happened to me and I spent many years blaming others and trying to come to terms with these events. Despite everything I knew, I almost took my own life because of the mess I found myself in and the insufferable conditions I experienced.

Writing the book gave me a sense of purpose and helped me see that no matter what occurs, we can climb out of that darkness if we have hope and faith.

My book is more like a conversation. I want readers to look at their lives, transform their thinking and move toward the lives they want.

You may have conditions you label as permanent, but you don't need to be permanently emotionally debilitated by them. *Life Beyond War* covers topics such as how to give your life purpose, improve self-esteem, improve body image, have great relationships, overcome substance abuse, find inner peace and ultimately move forward.

It will empower you to reach out for help and seek counselling where needed. I hope it will take you on a journey of forgiveness – for yourself and others – and encourage women to speak out and be powerful in life. ←

ABOUT THE AUTHOR

Anna Maria Lang enlisted in the Australian Army in 1996 and was one of the first women to undertake her role. As a result, she faced many challenges. After deploying to East Timor, witnessing a death and being sexually discriminated against during her time in the Army, Anna's wellbeing suffered.

She used knowledge and advice from her practical studies and professional training to heal herself, and wrote and self-published *Life Beyond War* to help other female veterans create positive changes in their lives.

She hopes the book will help women reframe their mindset and begin to see the road to recovery.

Anna recently moved from Perth back to Queensland and joined The Gap RSL Sub Branch.



AN EXCERPT FROM LIFE BEYOND WAR...

GO ON AN INNER PEACEKEEPING MISSION

In the world of today, it can be hard to see things through the eyes of peace, especially when you have served your nation in a war zone and seen the atrocities associated with that. I recall the devastation of East Timor and the people there, who suffered so severely and endured so much.

It can also be difficult to find a sense of peace when you have been bullied, sexually harassed, abused, raped, discriminated against, or suffered in any way. This peacekeeping mission is the most important one you will ever embark on and will cause you to see that you are not stuck with the past.

FIND A SENSE OF PEACE

Finding peace comes with finding a sense of gratitude once more for things that have occurred. Often things happen to you that impact you long term, when rationally the only meaning something has is the meaning you ascribe to it.

When a significant event occurs in your life, particularly if it is a devastating event, you have the power to place meaning upon it. Think about the way human beings react differently to situations. Why is it that one person can recover and another person can't? How do some people find peace after the most horrific incidences, when others never seem to find a place of grace?

It is all about the way you are taught to think, what your beliefs are, and whether or not you believe that living a bright and rewarding future means finding peace over the past. There will be hard work ahead, but it is well and truly worth it.

GET ON TRACK WITH YOUR LIFE

So often, women wonder how to get well, or they may not even consider that being well is an option. So much time is spent wondering what to do with one's self without doing anything.

When there is trauma, it is important to allow time to slowly and

fully recover. But it can be easy to get stuck there. I found when I was recovering it became ingrained into me to not do much, so it was really hard work to finally get myself back on track and haul myself out of the sedentary state I was accustomed to.

With a recovering lifestyle comes weight gain, mental struggles for not having anything to do, and the overwhelming need to have purpose. You know that feeling of being driven towards something that is often greater than ourselves, to a place where our life has meaning? That is how inner peace can be found, by getting on track to be who you truly are.

FIND THE BLESSINGS IN SITUATIONS

When you have experienced trauma, it can be easy to become fragmented with who you are. Sometimes women lose their identity through thinking they are the issues that they experience.

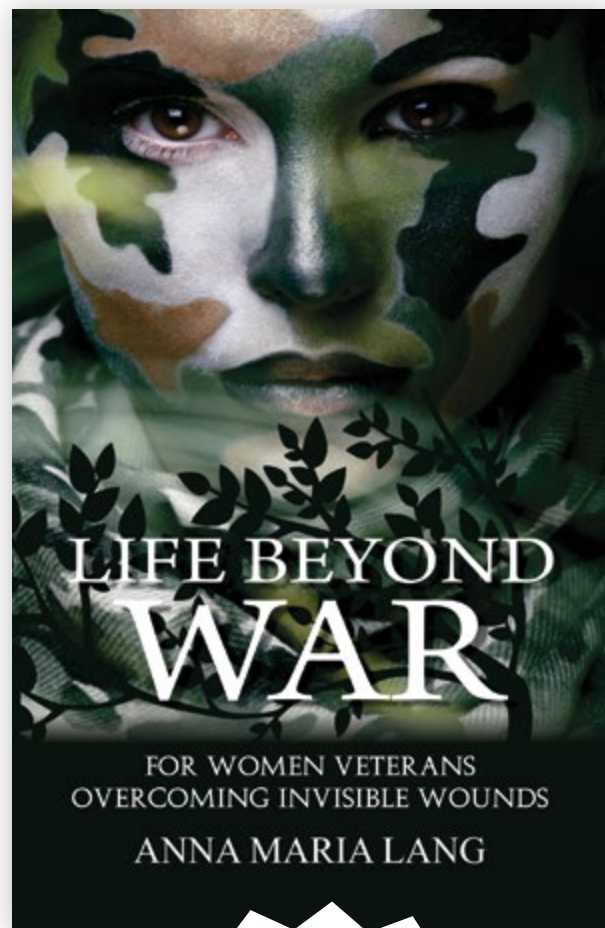
Inner peace comes when you find the blessing in every situation and can see that all things occur for a reason. This means letting go of victim mentality, where you may think bad things only or always happen to you.

Yes, bad things happen, and it is important to acknowledge them, but they don't need to define you. You can overcome them by seeking a sense of inner peace and overcoming the inner war for a life beyond war.

How do you feel when I talk about finding inner peace and giving up being a victim? I found it difficult to let go of the things people did to me and others.

When you are in victim mode, you are always in fight or flight mode; stressed out about what happened, what could happen and what you don't want to happen. I felt like I was holding up a sword all the time, ready to fight for those injustices, and I found the process of putting away that sword difficult, but worth it.

To move forward, you must identify what happened to you, what others did to you or what happened to others, and own your part of what occurred. Taking responsibility doesn't mean letting people off the hook or blaming yourself; it is about finding resolution. ←



WIN

For a chance to win a copy of *Life Beyond War*, turn to page 87.

MEET A MEMBER

What is your service history?

I joined the Royal Australian Air Force in January 2016 as a Joint Battlefield Airspace Controller, with Officer entry through the Australian Defence Force Academy (ADFA). ADFA is a tri-service military academy that provides military and tertiary academic education for junior officers of the ADF. It aims to produce high-quality junior officers, with a balanced and liberal education to serve within the ADF.

I spent my first six weeks undergoing Year One Familiarisation Training (YOFT), also known as basic training. It was my first experience of service life, and the fast pace of the training meant my learning curve was pretty steep. Following the training, we were formally received by the rest of the academy in the CDF Parade held at the start of each year.

From here, I have spent the past two years undertaking my undergraduate degree through the UNSW Canberra, as well as completing weekly military training and annual field exercises. I am looking forward to graduating from ADFA at the end of the year and being posted to the School of Air Traffic Control in Sale, Victoria.

When and why did you join your local RSL Sub Branch?

I joined Caloundra RSL Sub Branch in 2016 as a result of joining the Air Force. My grandfather (Brien Towler) was a Vietnam veteran and spoke very highly of his time with the Sub Branch, as he was able to connect with other veterans in a relaxed and social environment. I joined to meet past and present serving members, understand what they have been through in their individual service histories, and to

hopefully be the link between the younger generation and older veterans.

How have you been involved with your Sub Branch over the years?

As I am posted down in Canberra and rarely return home to the Sunshine Coast, I have had less involvement within the Sub Branch than I would like. When I was on the coast, I attended Friday afternoon social functions.

What role does your Sub Branch play in the lives of veterans?

Under the leadership of the president and his committee, Caloundra has been fundamental in advocating for the veteran community, as well as providing a Sub Branch that welcomes all current and ex-serving members. This has been enhanced through its relationship with the Young Veterans.

What role does your Sub Branch play in the local community?

It always excels in its ANZAC Day services, ensuring the legacy will live on for future generations. It also supports local schools with awards and student recognition. It is important to have a strong relationship between the RSL Sub Branch and the local community, and Caloundra certainly has this.

What should RSL's top priorities be over the next five to 10 years?

Firstly, continued support for current and ex-serving members. The war in Afghanistan resulted in 41 Australian soldiers being killed, but the toll at home from the effects of the war was significantly greater. I believe these soldiers are returning home and being let down by organisations set up to protect them.





Josh Sarvari

*Joined Caloundra RSL Sub Branch in 2016
after joining the Air Force.*

Secondly, integration and acceptance of younger veterans within the Sub Branch. Many members (including many Midshipmen here at ADFA) were deployed to active war zones shortly after finishing their Initial Employment Training and are yet to have their 21st birthday. As a result, many feel like they don't belong in the Sub Branch due to the age difference or a misconception they haven't earned their place. It is important to remove the stigma that veterans are generally older people. Organisations such as Young Veterans are doing an excellent job of uniting younger members and providing a supportive and relaxed atmosphere.

What do you hear as the top three issues on RSL members' minds?

- Can the RSL and its Sub Branches support returned service personnel and their families in times of need?
- Preservation of culture and history within Sub Branches after existing members pass on.
- The future of the RSL and its leadership hierarchy.

What is your greatest achievement?

Obtaining my Recreational Pilot Certificate with Cross Country Endorsement at Caboolture Recreational Aviation, with the guidance of Bill and Heather Haynes. There's nothing better than doing a few circuits with your instructor, only to be

told that you're now proficient enough to fly solo and the instructor jumps out of the aircraft. When you first take off, you realise you're in command and have the responsibility of safely landing the aircraft back onto the runway with no one to help you if you can't do it. After completing the training and your navigation flight test, the instructor pins your wings onto your chest, and at that moment you understand that all the hard work and study has paid off with freedom in the air.

Which talent would you most like to have?

The ability to speak multiple languages fluently. It's an important skill to have, especially when working with people around the world. Breaking down the language barrier would make teams more effective.

What is your most treasured possession?

My Trek road bike.. ↩

**IF YOU KNOW AN
RSL MEMBER of
any age who we
should FEATURE IN
OUR NEW 'MEET A
MEMBER' SECTION,
please email
editor@rslqld.org.**

REDLANDS RSL MUSEUM AND LIBRARY

Les Warner and his fellow dedicated volunteers put their heart and soul into maintaining the Redlands RSL Museum and Library – and it shows.

 Jeffrey Stephenson

THE amount of treasure that passes before Les Warner and his volunteering compatriots at the Redlands RSL Museum and Library never ceases to amaze them. Just last year “one lovely fellow”, as described by Les, walked into the museum with a bunch of military medals encased in a box under his arm.

Contained in the box, handed over by Cleveland’s Rodney Collins, were medals belonging to his great grandfather, grandfather and father – the three of them having between them fought in the Boer War, WWI, WWII and in Vietnam. It is unlikely a similar collection of medals from three generations of one family is housed in any other museum in Australia.

“Things like that happen a lot. You’re continually being surprised,” Les said.

Les, who is in his sixth term as

vice-president of Redlands RSL, and also curator of the museum across the road, has overseen an amazing transformation onsite. The building, which was previously the old Cleveland Courthouse, has undergone restoration works of more than \$300,000 to bring it into the 21st century.

A new roof and ceiling, new flooring and carpets, and air-conditioning have provided volunteers with a “fresh start” and given the museum and library a new and vibrant look. It certainly rates as among the best in Queensland.

Considering the museum has only been operational since July 2007, the collection and the fit-out is a credit to Les and his fellow volunteers, who, between them, are on hand for as many as 3000 hours a year. Back in its early days, the original curator Ian Gray and his group of volunteers planned, designed and often



ABOVE:
Les Warner and
Ian Gray outside
Redlands RSL
Museum/Library.

manufactured furniture to display the memorabilia collected over the years.

It has been their dedication, perseverance, loyalty and teamwork, sifting and sorting, setting out displays, dusting, cataloguing, organising special events and tours that makes the spirit of the museum sparkle.

“It gives us an interest – keeps us active,” said Les, a 1955 RAAF Nasho, who served as a welder in the General Engineering Section at Amberley.

“We are proud of what we are achieving and honoured to be able to put on a display of memorabilia that is irreplaceable. We also get plenty of smiles on our faces when kids come in and say their grandfathers or their uncles were in the war, and did we know them?”

Connected to the museum is an expansive library, which is also used extensively and is particularly busy

IF YOU WOULD LIKE TO WRITE A REVIEW of an Australian military museum you've enjoyed, please send a short article and high-resolution photographs to editor@rslqld.org.



“IT IS UNLIKELY A SIMILAR COLLECTION OF MEDALS FROM THREE GENERATIONS OF ONE FAMILY IS HOUSED IN ANY OTHER MUSEUM IN AUSTRALIA.”

around ANZAC Day and Remembrance Day. A meeting room is available for use by community groups, with up-to-date display screens and computers on hand.


The museum/library provides a relaxing atmosphere for veterans and ex-servicemen and women, in which they can read books or view DVDs and videos. The facility is available to schools, allowing students to research the military history of Australia and Allied forces, and to view memorabilia and documents accumulated over the years by veterans and the community.

With this year marking the 100th anniversary of the end of WWI, Les is busy transforming a key display room featuring artefacts, photographs, diaries, uniforms and other items as a

special dedication to the Great War.

“The museum is not honouring warfare. It is providing information and showing visitors events that have helped shape Australia’s history and how we have become the nation we are today,” Les said.

Les receives great assistance from his wife Audrey and a group of other equally enthusiastic volunteers. Although the museum does not belong to them, they have an unshakeable desire to present it in the best light possible; and they are succeeding beyond expectation.

Located in Passage Street and Middle Street, across from the RSL, the museum is open 9am-2pm Monday, Wednesday, Thursday and Friday, and 9am-4pm each Tuesday. 



ABOVE: Les Warner with the medals brought in by Cleveland’s Rodney Collins recently. The medals belonged to his great grandfather, grandfather and father – the three of them having between them fought in the Boer War, WWI, WWII and in Vietnam.

APRIL.

THIS MONTH IN AUSTRALIAN MILITARY HISTORY

01.04
1921

First AIF disbanded

During the four years of WWI, the First AIF gained a reputation for military prowess that remains very much in the consciousness of Australians to the present day.

03.04
1885

Tamai

Tamai was the largest and most significant engagement in which the NSW contingent to the Sudan were involved.

04.04
1918

► First action at Villers-Bretonneux

Villers-Bretonneux was a principal objective when the German Spring Offensive was in its dying stages in early April. They were repulsed by the 9th Brigade from the 3rd Australian Division and some British units.



05.04
1951

3rd Battalion RAR involved in Operation Rugged, Korea

Operation Rugged involved UN forces crossing the 38th Parallel and occupying strong defensive positions formed by a line of hills codenamed the Kansas Line.



06.04
1942

◀ US 41st Division arrives in Australia

Between December 1941 and August 1945, some one million Americans were stationed in Australia.

06.04
1952

1st Battalion RAR arrives in Korea

The battalion remained in Korea until September 1953.

07.04
1916

Australians reach the Western Front

First Australian units of the 2nd Division arrived on the Western Front and were introduced to fighting in what was called the 'nursery sector' in the relatively quiet area around Armentieres, France.

08.04
1918

Repatriation Department established

Once soldiers were demobilised, all tasks aimed at their rehabilitation and return to civilian life became the responsibility of the Repatriation Department.

09.04
1942

HMAS *Vampire* sunk

The destroyer HMAS *Vampire* and the aircraft carrier HMS *Hermes* were sunk by Japanese bombers off Colombo in the Bay of Bengal.

09.04
1968

HMAS *Sydney* arrived at Vung Tau

The 1st Battalion RAR disembarked and the 7th Battalion RAR embarked. *Sydney* made 24 voyages to Vietnam during the war.

10.04
1941

6th Division engage the Germans in Greece

The Greek campaign resulted in heavy losses to the 6th Australian Division and ultimately an evacuation of Allied forces from beaches in southern Greece.

10.04
1941

► Siege of Tobruk, Libya, begins

Tobruk was surrounded on three sides by the German Afrika Korps and remained besieged, but able to be re-supplied by sea, until December.



<p>11.04 1951 General MacArthur dismissed from command in Korea MacArthur was dismissed from his command in Korea for the perception in Washington that he was too intemperate and likely to escalate the war.</p>	<p>12.04 1918 Battle of Hazebrouck, Western Front Hazebrouck, a crucial rail centre, was threatened by the German offensive on the Lys. The 1st Australian Division repelled several heavy German attacks.</p>		
<p>12.04 1941 ANZAC Corps reformed in Greece by General Blamey Australian and New Zealand troops fought alongside soldiers from Greece and Britain in the ill-fated Greek campaign.</p>	<p>13.04 1983 ▼ Dedication of the Rats of Tobruk memorial The memorial, on ANZAC Parade, commemorates the Australian and Allied servicemen who died during the siege of Tobruk in 1941.</p>	<p>17.04 1917 ▲ Second battle of Gaza A second attack on the Turkish coastal stronghold at Gaza. The Turks repulsed General Sir Archibald Murray's assault, inflicting over 6000 casualties on the attackers.</p>	<p>18.04 1943 Admiral Yamamoto killed Yamamoto's aircraft was intercepted and shot down near Bougainville by American Lightnings from Guadalcanal. Yamamoto, Commander of the Japanese Combined Fleet, was the architect of the attack on Pearl Harbor.</p>
<p>20.04 1915 First half-flight, Australian Flying Corps, sailed for the Baghdad expedition This was the first use of Australian aircraft and aircrew in war.</p>			<p>22.04 1941 Evacuation of Greece begins The evacuation marked the end of the ill-conceived Greek campaign, which lasted only three weeks.</p>
<p>23.04 1951 Battle of Kapyong, Korea The most well-known Australian action of the Korean War, the fighting prevented a Communist breakthrough on the UN central front. 3RAR was awarded a US Presidential citation for their part in the battle.</p>	<p>25.04 1915 Landings at Gallipoli British, French, Australian and New Zealand troops were involved in a series of coordinated landings. Although the campaign was a military failure, the anniversary has become a national day of commemoration.</p>	<p>26.04 1953 Ceasefire talks resume in Panmunjong Warring sides try to bring an end to the fighting in Korea.</p>	<p>29.04 1915 ▼ HMA Submarine AE2 sunk in the Sea of Marmara For five days, the AE2 carried out orders to disrupt Turkish shipping in the Dardanelles. When her torpedoes were exhausted and she was attacked by Turkish gunboats, the submarine was scuttled and her crew captured.</p>
<p>29.04 1965 Prime Minister Menzies announces commitment of infantry to Vietnam The commitment of a battalion represented a major step in Australia's involvement and precipitated further increases in the number of Australians serving in Vietnam.</p>	<p>30.04 1941 Last evacuation ship leaves Greece General Blamey conducted a skilful evacuation of the ANZAC Corps from southern Greece at the end of the ill-fated Greek campaign.</p>		

*All content included in this calendar of Australian Military History has been sourced from the Australian War Memorial.

HOME
AWAY
FROM
HOME

FOR REGIONAL VETERANS

Tucked away in a quiet corner of Auchenflower, is a block of units with a special purpose – to provide short-term accommodation for veterans needing to visit Brisbane for medical treatment.

 Anita Jaensch



ANGUS House is a home away from home, with rooms available for a token sum, communal living and eating areas and a secluded garden area.

Accommodation Manager Michelle Byrne says Angus House is a reasonably priced option for veterans coming from regional Queensland to Brisbane for medical treatment.

“Staying in a hotel is not an option for many of our veterans – they’re just too expensive, particularly if you’re staying for up to a week. But we offer good-quality accommodation, close to the city and hospitals, for a very reasonable daily fee,” Michelle says.

CONTACT ANGUS HOUSE

If you need short-term accommodation while undergoing medical treatment, contact 0418 721 300 for bookings.



“We have a few regulars who come in from regional areas every couple of months to undergo chemotherapy treatment at the Wesley Hospital. I try to give them the same room so there is some consistency – it can be tough when you’re away from home and not feeling well, so I do what I can to make sure they are comfortable. If they want peace and quiet, for example, I make sure they are a bit away from other guests.”

Included in the cost is an evening meal, which is served in the main dining room.

“It’s a good opportunity for our guests to get together and meet each other,” Michelle says. “We also have

a couple of recreation rooms, where guests can sit and chat, read or watch TV.

“If guests are after a little bit of fresh air, the garden out back is a lovely spot to sit. And the downstairs units have sliding doors onto the landscaped path along the side, which can be opened wide to capture any breezes.”

Angus House comprises 11 double rooms on two levels, with separate bathroom facilities. There is a communal kitchen and dining area, TV areas and laundry, as well as several computers that guests are welcome to use to check emails or surf the net. Nine off-street car parking spaces are available for guests. ←

“STAYING IN A HOTEL IS NOT AN OPTION FOR MANY OF OUR VETERANS. BUT WE OFFER GOOD QUALITY ACCOMMODATION, CLOSE TO THE CITY AND HOSPITALS, FOR A VERY REASONABLE DAILY FEE.”

VETERAN WELLBEING AT HEART OF NEW RSL MORETON DISTRICT OFFICE

It may have been pouring rain, but that didn't keep members from across the Ipswich region from celebrating the official opening of the new RSL Moreton District office on March 7.

✍ By Anita Jaensch

District President Vivienne Stanbury said the new offices were open to all of the 1600 plus RSL members in the region, who would be able to use the meeting room and other facilities.

"We're the central hub for the 17 Sub Branches in the region and it's important to me that they all feel equally at home in these beautiful new premises," Vivienne said. "We had a number of Sub Branch members at the opening today, but I hope those who couldn't be here will drop in when they're in the area."

"The new District office is a fresh, welcoming hub for the members of the region's Defence community, where they can get face-to-face support and access to our full range of services and programs," RSL Queensland President Stewart Cameron said.

An important element of the new office is its focus on providing tailored support for the thousands of current and former Australian Defence Force personnel and their families in the region. Two full-time wellbeing officers and a full-time advocate are now located at the Pine Street premises, in addition to

the existing part-time pensions and welfare officer.

General Manager Operations Scott Denner said the wellbeing officers would work with individuals to develop personalised plans.

"That might involve referring them to one of our advocates to lodge or follow up a claim with the Department of Veterans' Affairs, or to a financial counsellor, accommodation service, or relationship counselling. But our wellbeing officers can also connect them with our health and wellbeing programs like Trojan's Trek, the RSL Queensland Surfing Initiative and RSL RAEMUS Rover off-road racing, as well as the amazing support offered by Mates4Mates," Scott said.

During the official opening, State President Stewart Cameron presented a commemorative certificate to local veteran Ron Bateman, who recently celebrated his 100th birthday. Ipswich born, Ron enlisted in the army during WWII and was posted to Holsworthy Barracks in Sydney, returning to Ipswich in the 1960s. Ron is a long-serving member of the Ipswich Railway RSL Sub Branch. ←



7: The outside of the new RSL Moreton District office.

8: Veteran Services Officer Advocate Anita Bentley, left, with RSL Queensland Veteran Service Officer Wellbeing Xanthe Moore.





1: Honorary Life Vice President Jock Henderson, left, with Ron Bateman from the Ipswich Railway Sub Branch. **2:** Moreton District Board: (Back Row) Bruce Milne Vice President, Paul Ninnies Treasurer, Doug Cook Vice President, (Front Row) Catherine Macmillan District Secretary, Vivienne Stanbury District President and Honorary Life Vice President Jock Henderson.



3: Gatton Sub Branch President Les Nash, left, with RSL Queensland President Stewart Cameron and Stewart Alpert from Esk Sub Branch. **4:** Moreton District President Vivienne Stanbury, left, with Ron Bateman and Sam Kavanagh from Esk Sub Branch.

4 & 5: The inside of the new Moreton District offices are designed to be welcoming to veterans who come through the doors seeking assistance.



CRICKET MATCH HONOURING ANZACS SCORES BIG

An annual cricket match that pays tribute to the ANZAC spirit has been named Community Event of the Year in Brisbane City Council's Australia Day Awards. The Shell Green T20 Cricket Match, organised by Kenmore-Moggill RSL Sub Branch, has been held in the leafy outer Brisbane suburb of Brookfield since 2012.



Brisbane Lord Mayor Graham Quirk, left, presents Brisbane City Council's Australia Day Award for the Community Event of the Year to Rick Maher and Rod Thompson, both from Kenmore-Moggill RSL Sub Branch, for the Shell Green T20 Cricket Match.

The award praised the match for being “a unique community event that offers an alternative for the celebration of ANZAC Day, but also helps recreate a great historical event and its ties to the local community”. The event re-enacts the infamous Shell Green Cricket Match, where members of the Australian Army participated in a cricket match at Gallipoli as a diversionary tactic to assist the safe withdrawal of troops.

The free event sees the Army Service Cricketers take on the Lord Mayor's Cricketers, a group comprised of men and women from various Queensland teams.

The organising committee strives to include as many historical elements as possible and

educate the community about Australia's significant contribution at Gallipoli. This includes acknowledging the showgrounds as the mustering point for horses going to war, recognising the contribution of the Sri Lankan community (Sri Lankans served as guards for the ANZAC headquarters at Gallipoli) and creating a display at the Brookfield Museum.

Numerous community groups participate in the event – a testament to its broad appeal. They include local college boys, Girl Guides, Riding for the Disabled, the 2nd/14th Light Horse Regiment, Brookfield Show Society, Brookfield Cricket Club, Kenmore-Moggill RSL and the local Sri Lankan community.





HISTORY OF THE SHELL GREEN T20 CRICKET MATCH

The ANZAC Day Shell Green Shield was the brainchild of Kenmore-Moggill RSL Sub Branch member Rick Maher, fellow member Rod Thompson – also a member of the Australian Peacekeepers and Peacemakers Veterans Association (APPVA) – and Mike Kay, in collaboration with Brookfield Cricket Club.

The match was conceived as an alternate way to celebrate ANZAC Day and provide a family-friendly and inclusive forum for veterans and their families to pay their respects. The first match was played at Brookfield Showgrounds in 2012.

The match – which resulted in a tie – was played between then Australian Army XI and the Brookfield XI, which included Jodie Fields (former Australian Women's Cricket captain) and Brett Henshell (former Queensland Sheffield Shield player).

Early matches were run by the APPVA to fundraise for the Peacekeeping Memorial in Canberra and five volunteers helped raise \$500 toward the memorial. The match quickly grew into a major event and expanded beyond the capabilities of APPVA.

President Trevor Dixon offered the support of Kenmore-Moggill RSL Sub Branch and, together with assistance from Rick Maher and many local community organisations, the match has become a major event on the Brisbane ANZAC Day calendar.

The day is now supported by Brisbane City Council, with competing teams drawn from the Brisbane Lord Mayor's XI, including men and women from Queensland Cricket and local cricketers, and the Australian Army XI, which includes several female Army cricketers. The match is also supported by Army Cricket and 7th Brigade.

The day is always poignant. *The Last Post* is played and one minute's

silence is observed to commemorate ANZAC Day. Local boy Corporal Matthew Hopkins, who was killed in Afghanistan in 2009, is also remembered during the event. Matthew grew up in the Kenmore Brookfield area and attended Kenmore State High School.

Each year, the Matthew Hopkins Player of the Match Award is presented in honour of Matthew to the best on field by a member of his family. ←

Attend the 2018 Shell Green T20 Cricket Match

Date: April 25, 2018
Time: 10.30am
Location: Brookfield Oval
 550 Brookfield Road,
 Brookfield
More information: Contact Rick Maher via
[shellgreencricket@
 gmail.com](mailto:shellgreencricket@gmail.com)

ABOVE:
 Formal pre-match
 ANZAC Day
 commemorations
 at Brookfield
 Showgrounds.



MORETON CELEBRATES CENTENARY

Moreton District held a gala dinner to commemorate the centenary of both the District and the end of WWI. Around 200 guests gathered at Ipswich Civic Centre on February 24, after attending a wreath laying service at the Memorial Hall (pictured). SQNLDR Bruce Chalmers acted as emcee for the night and SQNLDR Paul Lineham (Rt) was the guest speaker.

KEVIN FITZGERALD LIFE MEMBER

Yeronga/Dutton Park Sub Branch President Kevin Fitzgerald was awarded Life Membership by RSL Queensland State Deputy President John Strachan OAM late last year. The award was presented on behalf of the National Board in recognition of Kevin's contribution to the welfare of veterans and war widows in his role as Welfare and Pensions Officer. He has also held senior positions at his Sub Branch.



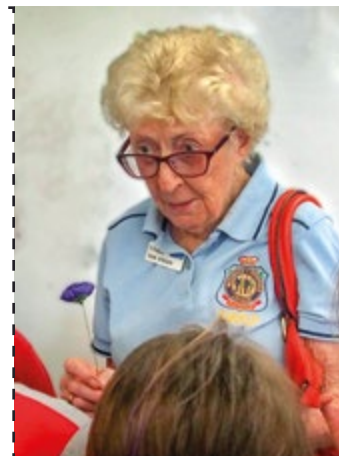
RARE MAP DONATED TO TOOWONG

A rare, hand-drawn situation map was the first piece of memorabilia donated to the new Toowoong RSL Sub Branch headquarters. The map pinpoints Japanese positions around Sanga Sanga and Bongao islands in the southern Philippines, as at January 31, 1945. The map was drawn by David Swaney after he and members of Australian Military Force Detachment, Field Unit 12, Section 22, risked their lives scouting out the Japanese defences ahead of the American invasion. David's daughter, from Chapel Hill, donated it after reading a public callout to donate memorabilia.



PAM LESLIE AWARDED LIFE MEMBERSHIP

Tin Can Bay RSL Sub Branch member Pam Leslie was awarded Life Membership in appreciation of her tireless work and dedication to the RSL and her community. Since 1993, Pam has toiled to help fulfil the RSL objectives. Even at the age of 94, she continues to be passionate about working with the local school, where she is adored. Pam organises an annual visit for the school children to the RSL, which gives them an opportunity see the cenotaph, try on military uniforms and play the bugles. (Photo: Courtesy of Melissa Haslam)



AGNES WATER MEMBER HONOURED

Agnes Water/1770 RSL Sub Branch member Dennis Window was awarded a Bronze Australia Day Achievement Medallion by Wide Bay and District President Don Davey.



AUXILIARIES VISIT GOVERNMENT HOUSE

State Council of Auxiliaries patron Cathy Cameron arranged for several Auxiliary members to visit Government House in February. This included morning tea, a visit from the Governor and a tour of the house and gardens.



AUSTRALIA DAY AWARD FOR OUTSTANDING SERVICE

During the Australia Day awards ceremony at the Stockman's Hall of Fame, Longreach Mayor Ed Warren presented Longreach RSL Sub Branch President Jim Egan with an award recognising his tireless and outstanding work across the western region. The presentation was made on behalf of North Queensland District Deputy President Rod Girvan. Thanks to Jim, the Yaraka community has two new flagpoles atop Mt Slowcombe, allowing both the Australian and New Zealand flags to be flown on ANZAC Day. Jim was also instrumental in constructing a new memorial on the grounds of the Longreach High School in preparation for the 2018 ANZAC centenary commemorations.

"Jim also facilitated mental health forums in Longreach," Mr Girvan said. "His idea came to fruition with 85 attendees. That same health program has been adopted by RSL Queensland and has become the unofficial 'Look After Your Mates' forum."

The program is supported by James Cook University, Central West Health, Longreach RSL Sub Branch and the Queensland Police Service.



NEW ZEALAND WAR ANIMAL MEMORIAL

The deeds and sacrifices of New Zealand's war animals were acknowledged at the unveiling of a memorial at the National Army Museum in Waikouaiti, NZ, in February. The war animal memorial site is bounded by Army training grounds and national parks. Over 10,000 horses left New Zealand in WWI and only five returned. Today, the Army and Air Force employ Military Working Dogs (MWD). Around 200 people attended the ceremony, including the Chief of Army, representatives from the NZ SPCA, Veterans Affairs and RSA. There were also horses, MWDs, pigeons, mules and donkeys.



SHOWER BED DONATED TO NURSING HOME

Marian RSL Sub Branch President John Edwards, left, with Margaret Campbell, matron of Nanyima Age Care Nursing Home in Mirani, and Sub Branch Treasurer Peter Gibbon with the shower bed the Sub Branch donated, thanks to money raised through an application to the Veteran Welfare Program in the Pioneer-Fitzroy-Highlands District.



CEREMONIAL SWORD FOR 111SQN

The North Queensland District supported an application for a ceremonial sword made by the Mount Isa Sub Branch on behalf of 111 Squadron. The sword will be used by Cadet Flight Sergeant Ethan Farrelly, pictured centre with CSGT Ryan Hardie and CSGT Kirra Brown, for ceremonial occasions, including District activities.



LONG-AWAITED UPGRADE

After many years of battling torrential rain, floods and baking hot sunshine, the memorial at Pandanus Park Veterans Retreat Cape York was showing its age. The Engineer Support Regiment, which was in the small town of Laura working on a community task, offered to rebuild the memorial, with approval from their Commanding Officer. A grant was secured through Saluting Their Service Commemorative Grants Program and combined with funds raised by Pandanus Park. The Engineer Support Regiment and elements of 17 and 21 Construction Squadrons donated their off-duty time to help the Pandanus Park veterans complete the work, which involved constructing a new memorial around the old (retaining the old memories safely inside). The Pandanus Park family expressed appreciation to everyone involved in the upgrade.

PRESENTATION OF CHEQUE TO VETERANS CARE FOR TIMOR AWAKENING

State Council of Auxiliaries President Lynne Gambrill, third from left, and Secretary Maureen Sargent, third from right, visited the Veterans Care Association recently to present a donation towards the association's Timor Awakening program. The money was raised via a raffle.





COULD *adventure* BE PART OF YOUR JOURNEY TO *recovery?*

The Gallipoli Medical Research Foundation investigates the role adventure therapy programs can play in improving the health and wellbeing of former service personnel.

FOR many, part of the appeal of military service is the opportunity for adventure. You get to see the world, push your physical and mental limits and perform out-of-the ordinary tasks while forming strong bonds of mateship. When your service ends, the series of adrenalin-pumping experiences you've become accustomed to can often end abruptly as well. But how do you 'flick off the switch' and go back to normal life?

In partnership with RSL Queensland, the Gallipoli Medical Research Foundation (GMRF) is committed to enhancing the health and wellbeing of our veterans and their families. We do this through innovative medical research. We have conducted research that has provided evidence on the physical toll of post-traumatic stress disorder (PTSD), we're researching innovative ways of addressing the rising issue of

liver cancer, and we're trialling novel treatments for a range of serious illnesses.

Research not only has the potential to expand our knowledge and improve treatment options, it can also be vital in providing evidence and appraisal of existing therapies. There is an ever-increasing number of ex-service organisations providing services and support programs to veterans and their families. While you just have to talk to a participant to see the benefits, we believe conducting independent research and analysis of these therapies can enhance the benefit they provide.

Research Coordinator Rebecca Theal, from the GMRF Veteran Mental Health Initiative, recently conducted a comprehensive literature review of 26 studies relating to adventure therapy programs for military veterans. The review aimed to collate current peer-reviewed literature and identify themes relating to the benefits of adventure

BENEFITS OF ADVENTURE THERAPY

The literature review identified several reported benefits for veterans participating in adventure therapy, including:

- Positive peer experience (common theme in all qualitative studies);
- Increased confidence (common theme in most qualitative studies);
- Improved outlook on future (common theme described throughout qualitative studies);
- Reduction in depression symptoms (five studies);
- Reduction of PTSD symptoms (four studies);
- Reduced reliance on alcohol and other negative coping behaviours (one study).



therapy for current and former service personnel.

“Past literature reviews on adventure therapy have predominantly focused on children and adolescents,” Rebecca said. “We wanted to specifically review programs for veterans. There has been an increasing number of these types of programs, and we wanted to be able to identify empirical evidence on the impact they are having.”

Adventure therapy is the use of adventure-based activities, such as kayaking, camping and sailing, to provide people who have emotional and/or behavioural problems with experiences that lead to positive changes in their lives. The key elements of adventure therapy often include interaction with nature, a group-based environment and discussions or group therapy, which may or may not be facilitated by mental health professionals.

As part of other studies conducted by our PTSD and Veteran Mental Health Initiatives, we have had some veterans comment that civilian society can feel boring or mundane compared to their military experience.

**“SOME STUDIES
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**“ADVENTURE
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“Adventure therapy may be particularly beneficial for a military population due to parallels to military training, physicality and camaraderie,” Rebecca said.

While the organised programs reportedly provided a secure and structured environment, the review also highlights the potential benefit of being outdoors in general. Being outside gave participants the opportunity to connect with nature in a relaxing or peaceful environment. Additionally, being away from normal distractions gave participants time to process thoughts and emotions.

“There is a lot of research out there that suggests being outdoors is beneficial to your mental health,” Rebecca said.

However, in many cases, it is not as simple as telling a veteran to ‘get outside’. As we learned during our PTSD research, some veterans struggle to even walk out their front door. A common symptom of PTSD is hyper-vigilance, or being constantly on the lookout. Such a heightened sense of awareness can be useful in a military

setting, but potentially debilitating in a civilian one.

“Veterans with PTSD may avoid situations where they do not feel like they are in full control. They might struggle being around large crowds or they may avoid leaving the house altogether. There can also be reluctance to seek psychological treatment,” Rebecca says.

Adventure therapy can offer support, while potentially providing a step towards psychological treatment. Findings of the literature review indicated that across multiple studies, veterans highlighted the value of mateship in the activities they participated in and a sense of camaraderie similar to military service. The studies included in the review indicated that participants felt the programs provided a stigma-free environment where they could share a familiar experience with people who understand what they’ve been through.

Overall, adventure therapy may be a beneficial option for veterans, in addition to traditional psychological treatments, but more research is required. Findings of the review demonstrated commonly reported benefits of adventure therapy, including social connection and reconnection, skills building and positive perception of the future.

By engaging in adventure therapies, participants reported gaining a sense of confidence in their ability to overcome difficulties. With clearly defined activities, veterans felt a sense of accomplishment for a ‘job well done’, as they responded to both physical and emotional challenges in a controlled environment. Participants in this review commonly reported renewed motivation to go home and make improvements in their lives.

Some studies also reported perceived benefits such as reduction in depression, increased confidence, reduced reliance on alcohol and other negative coping behaviours, and a new hope for improved health.

The current literature demonstrates some promising trends, however more

research on adventure therapies for veterans is needed, as the current evidence has a number of limitations that prevents clear recommendations. From Rebecca’s research, there is indication that some of the reported benefits may be short term, and it is therefore important to look at the longer-term impact of these therapies.

“Our hope is that this review and other similar studies will provide a framework of evidence to qualify the benefit of these programs,” Rebecca said.

Before programs can be recommended, they need to demonstrate consistent and long-term positive outcomes. As well as this review, GMRF has been working with RSL Queensland to evaluate other adventure related programs and non-adventure programs such as equine-assisted therapy.

For more information, phone 07 3394 7294 or visit www.gallipoliresearch.com.au. If you are interested in getting involved in an adventure therapy program, please contact RSL Queensland on 134 RSL. ←



Rebecca Theal is a Research Coordinator in GMRF’s Veteran Mental Health Initiative. She graduated with Honours from the University of Guelph in Biomedical Toxicology and is completing her Master’s in Experimental Medicine with McGill University. Rebecca’s current research interests include veteran mental and physical health, physical activity and nutritional health.

WIN

THE LITTLE STOWAWAY + NEVER FORGET AUSTRALIA

The Little Stowaway is a children's book set at the end of WWI, when a ragged, hungry little French orphan came out of the fog on a freezing cold Christmas night in 1918 and wandered into an Australian airmen's mess. This little boy became their mascot and was affectionately named Young Digger.

With an uncertain past and an extraordinary future, this solitary boy's journey stands as a shining example of the love between an Australian soldier and a little French boy; how, from war, enduring bonds continue to grow between these two countries.

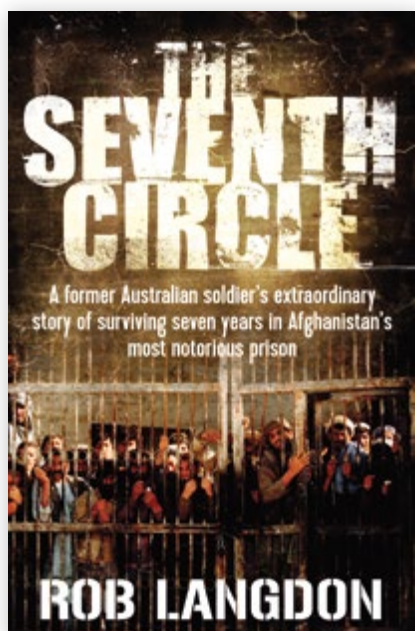
The Little Stowaway, written by Vicki Bennett and illustrated by Tull Suwannakit, is published by Scholastic Australia (RRP: \$24.99).

Never Forget Australia is a documentary with seven little-told Australian stories that emerged from WWI: 'The Little French Digger', about a war orphan smuggled back to Australia in an oat sack; 'Where Two Pennies helped to rebuild the Victoria School in France'; 'The Mephisto', the only A7V Sturmpanzerwagen in the world. 'Why Villers-Bretonneux is a funny name for an Aboriginal burial ground'; 'The Unknown Soldier, known only to God'; 'ANZAC Day at Villers-Bretonneux' and finally, the story of 'Sir John Monash, master of disguises'.

Never Forget Australia is produced by Alan McGirvan and Vicki Bennett, and distributed by Umbrella Entertainment (RRP: \$24.99).



FOR YOUR CHANCE TO WIN one of four copies of *The Little Stowaway* and *Never Forget Australia*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Little Stowaway/Never Forget Australia') or post to 'The Little Stowaway/Never Forget Australia', PO Box 629, Spring Hill, Qld, 4004. Competition closes May 28, 2018.



THE SEVENTH CIRCLE

"I was arrested on Thursday, July 9, 2009. On Wednesday, I'd quit my job, killed a man and set his body on fire. I was sentenced to death. I'm not a good man, but I am an honest one. This is my story."

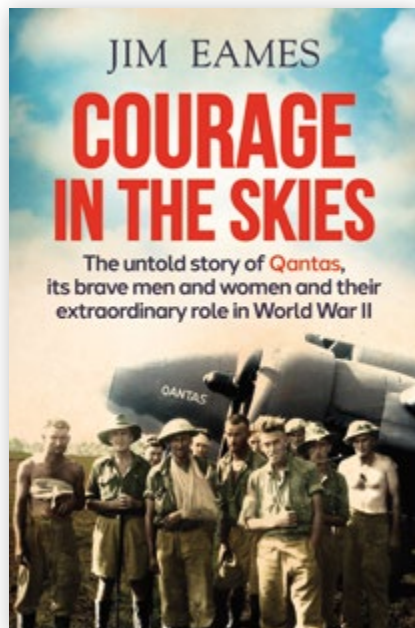
Rob Langdon served in the Australian Army for 15 years, before becoming a security contractor working in Iraq and Afghanistan. In July 2009, Rob was protecting a convoy when he shot and killed an Afghan guard during a heated argument after the guard drew a pistol on him. Rob's claim of self-defence was dismissed by a court in Kabul that refused to hear any of his evidence or call any of his witnesses, and he was sentenced to death in a matter of minutes.

Rob's death sentence was later changed to 20 years in jail, to be served in Afghanistan's most notorious prison, Pol-e-Charkhi. Rob was there for seven years, and every one of those two-and-a-half thousand days was an act of extraordinary survival in a jail run from the inside by the Taliban and filled with some of Afghanistan's most dangerous extremists and criminals.

In 2016, Rob was pardoned and released. *The Seventh Circle* is his extraordinary account of what it took to stay alive and sane in almost unimaginable circumstances.

The Seventh Circle by Rob Langdon is published by Allen & Unwin (RRP: \$32.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Seventh Circle*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Seventh Circle') or post to 'The Seventh Circle', PO Box 629, Spring Hill, Qld, 4004. Competition closes May 28, 2018.



COURAGE IN THE SKIES

This is the extraordinary and little-known story of Qantas' significant role during WWII, particularly in its campaigns against the Japanese.

Between 1942 and 1943, Qantas lost eight aircraft during its involvement in Australia's war against the Japanese. Over 60 passengers and crew died as a result. Yet Qantas' exemplary contribution to Australia's war effort and the courage of its people in those difficult times has been forgotten.

Courage in the Skies is the remarkable story of Qantas at war, and the truly heroic deeds of its crew and ground staff as the Japanese advanced towards Australia. Flying unarmed planes through war zones and, at times, under enemy fire, the airline supplied the front lines, evacuated the wounded and undertook surprising escapes, including carrying more than 40 anxious civilians on the last aircraft to leave besieged Singapore.

Courage in the Skies by Jim Eames is published by Allen & Unwin (RRP: \$29.99).

FOR YOUR CHANCE TO WIN one of four copies of *Courage in the Skies*, email your name, address and contact number to editor@rslqld.org (with the subject 'Courage in the Skies') or post to 'Courage in the Skies', PO Box 629, Spring Hill, Qld, 4004. Competition closes May 28, 2018.



QUEENSLAND RSL NEWS WINNERS

Edition 1, 2018

BILL SING

R Robertson, Bundaberg
J Telfer, Warwick
P Sugars, Little Mountain
D Glasby, North Bundaberg

FIELD GUIDE TO THE KOKODA TRACK

T Watts, Tweed Heads
M Allen, Mackay
M Matthews, Maroochydore
G Chapman, Bli Bli

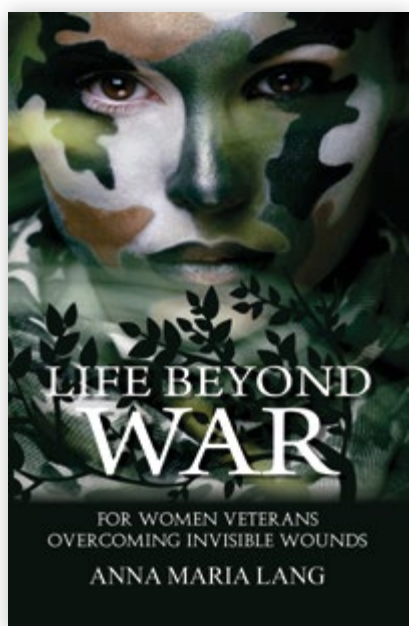
POMPEY ELLIOT AT WAR

R Smith, Maleny
P Gore, Lutwyche
B Walker, Southside
R Hingston, Bundaberg North

THE HEROES - OPERATION JAYWICK

M & C Virtue, Ashmore
B Russell, Sandstone Point
K Crompton, Ashmore
A Whittle, Landsborough

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



LIFE BEYOND WAR

When you have suffered trauma, it can be easy to become fragmented and lose who you are. Sometimes, women veterans lose their individual identity and instead label themselves as victims of their experiences. But you are not your issues nor what has happened to you.

Anna Maria Lang served in the Australian Army, enlisting in 1996, and was one of the first women to undertake her role. As a result, she faced many challenges. After deploying, witnessing a death and being sexually discriminated against during her time in the Army, Anna's wellbeing suffered. She used knowledge and practical advice from her studies and professional training to heal herself, and has written it down so that you too can create positive change in your life. This book will help you reframe your mindset so you can begin to see the road to recovery.

Life Beyond War by Anna Maria Lang is published by InHouse Publishing (RRP: US\$17) and is available at www.lifebeyondwar.com.

FOR YOUR CHANCE TO WIN one of four copies of *Life Beyond War*, email your name, address and contact number to editor@rslqld.org (with the subject 'Life Beyond War') or post to 'Life Beyond War', PO Box 629, Spring Hill, Qld, 4004. Competition closes May 28, 2018.

ARMISTICE DAY FUN RUN ON WOODGATE BEACH

Would you like to run 20km along Woodgate Beach in Childers on November 10 for an Armistice Day Fun Run? Your fellow runners will include 20 people travelling from Vignacourt, France. Contact Robert Maisey on robert.maisey@bigpond.com or 0409 625 873.

KYOOMBA SANATORIUM BOOK LAUNCH

The launch of Deborah Wheeler's historical book *Kyoomba Sanatorium 1916-1935, Volume 1* will be held from 10-11am on Tuesday, April 24 at Stanthorpe RSL Services Club at 46 Marsh Street, Stanthorpe. Please RSVP by April 16 via rslkyoomba@halenet.com.au or 0419 810 575. Morning tea will be provided after the formalities.

BALMORAL CEMETERY ANZAC COMMEMORATION

Friends of Balmoral Cemetery invite the public to the 2018 ANZAC Commemoration on Sunday, April 22, from 11am to 12:30pm. The day will include the book launch of *Into the Fire*, a book about the soldiers killed in WWI, who are memorialised in the Balmoral Cemetery. There will also be a guided walk. Meet at Shelter Shed (Bennetts Road entrance). BYO water, hat, safe shoes and an umbrella. Seating will be limited. This project is supported by the Queensland Government.

BRISBANE ANZAC DAY PARADE

The 103rd Brisbane ANZAC Day Parade will be held in Brisbane CBD, centring on Adelaide Street at 10am on April 25. Australian and Allied veterans from all conflicts are encouraged to participate. Road closures begin at 3:30am for the dawn service and are adjusted at 6:30am for the parade. Details are published on the Queensland Police Service and Brisbane City Council websites. Additional measures are in place to assist veterans traverse the parade route, including taxis, buggies and jeeps. WWII or incapacitated veterans are also invited to sit in the veteran's tent on King George Square to view the parade. For more information, visit www.rslsouthqueensland.org/anzac-day-parade or phone 07 3358 3361.

ANIMALS IN WAR EXHIBITION

Australian military history abounds with accounts of how important animals have been during times of war. From late February until June 30, 2018, animal lovers and historians will delight in the next exhibition at Brisbane's Victoria Barracks entitled *Animals in War*.

Animals in War will include tributes to the pigeons, dogs, camels, horses, mules and donkeys from WWI to the current day. In Vietnam and Afghanistan, many Diggers relied on their beloved working dog mates and these stories will be explored and illustrated.

Tours (Wednesdays only) by individuals or groups must be pre-booked. The price of \$15 per person includes the exhibition, an escorted tour of Victoria Barracks precinct on Petrie Terrace, a formal Devonshire tea served in the original officers' mess, souvenir booklet and group photo.

Visit www.armymuseumsouthqueensland.com.au or contact Bev Smith on 0429 954 663 or bsmithys@bigpond.net.au

SUPPLIER REUNION

A supplier reunion will be held on July 30 at the Ipswich Jets Club. Paul Noble is looking for the following men who served with him at RAAF Amberley from 1975 to 1990: Reg Steadman, John Kozoroski, Fabian Nardo, Paul Noble (clerk supply), Short McCulloch, Kev Hanley, Mick Dowling, Wayne O'Dowd and 'Buckie'. If you know any of these men, please call Paul on 07 5679 8744.

NEW EVENTS WEBPAGE!

rslqld.org/events



Do you have a reunion or important Sub Branch event you would like on our new RSL Queensland events webpage?

Let us help you promote it.
Email events@rslqld.org
with the details.



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
QUEENSLAND BRANCH

27 INTAKE RAAF APPRENTICES

A 45th anniversary reunion of the 27 Intake RAAF Apprentices will be held on the Gold Coast in 2018, and the organiser is seeking all original members of the intake, which formed in Wagga Wagga in January 1973. Contact Martin 'Dutchy' Holland on 07 5522 2255.

50 YEAR ANNIVERSARY REUNION BATTLES OF CORAL AND BALMORAL

The next 'Red Rat' reunion of the 1st Australian Task Force South Vietnam 1966-72 will be held on Phillip Island from November 15-19, 2018 to commemorate the 50th anniversary of the Battles of Coral/Balmoral. It will take place at the BIG 4 Phillip Island Caravan Park at 24 Old Bridge Drive, Newhaven, Victoria. For more information on the reunion, phone John Verhelst on 0437 212 121 or Bob Sutton on 0400 825 386. For caravan park bookings, phone 03 5956 7227, email info@phillipislandcpk.com.au or visit www.phillipislandcpk.com.au.

RETURN TO CORAL AND BALMORAL

50TH ANNIVERSARY TOUR

The year 2018 will mark the 50th anniversary of the Battle of Coral/Balmoral, a heroic Australian battle and operation. At the request of several veterans, Walter Pearson of JCP Tours will organise a 12-day tour from August 9-20, 2018, to commemorate this historic event. For more information, phone 0424 177 590 or visit www.jcptours.com.au.

HMAS SWAN REUNION

Shakey Lake recently retired as Secretary/Treasurer of Mudgeeraba Robina RSL Sub Branch, after many years of dedicated service. Once a POSTD, Shakey served aboard HMAS Swan in 1980, when rescuing Vietnamese refugees while transiting Singapore to Hong Kong. She assisted the medical team to survey refugees, who were eventually escorted to Hong Kong under "Rules of the Sea" in place at that time. Shakey always wondered what happened to those refugees. Thanks to Facebook, she recently discovered they settled in Melbourne and Shakey met with BAC, the father, and his now grown up daughters Lana and Vanessa, who had been children at the time of the rescue. The girls are arranging a reunion around June 17, 2018, for all who served on HMAS Swan for the 40th anniversary of the event. It should be emotional for all. Shakey retired from the RAN as a Warrant Officer Steward and acts each year as parade marshal for Mudgeeraba's unique ANZAC Day street march and sunset service, which has grown considerably, now encompassing thousands of locals, VIPs and hundreds of loyal students from the 15 local schools. Shakey can be contacted on 0411 742 539 or shakey49@optusnet.com.au.

RAN PATROL BOAT GATHERING IN GLADSTONE

An "all classes" RAN Patrol Boat gathering has been confirmed for ANZAC Day 2018 in Gladstone (be it Attack, Fremantle or Armidale). The news comes after Gladstone Council advised that the Navy will arrange for HMAS Wollongong to visit. Organisers are hoping to get a strong turnout to march as a Patrol Boat Group. This could become an annual pilgrimage and having the preserved FCPB Gladstone as a backdrop will enhance the occasion. For more information, contact Lindsay Wassell of Gladstone Maritime Museum via hots02@bigpond.com or 0419 722 495.



BATTLE TOURS IN VIETNAM

Battle Tours will operate a 10 or 19-day tour in May 2018 to commemorate the 50th anniversary of the Battles of Coral and Balmoral. It will be led by Garry Adams, the guide for the 30th and 40th anniversary tours. For more information phone 1300 768 478.

NEED HELP?

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

Last Name	First Name	Service No.	Sub Branch
Alcorn	Anthony	2776590	Rollingstone Sub Branch Inc.
Alexander	Stanley	TX13883	Southport Sub Branch Inc.
Allan	Matheson	A11635	Currumbin/Palm Beach Sub Branch Inc.
Armstrong	Norman	OPX86073	Tweed Heads & Coolangatta Sub Branch Inc.
Austin	Victor	A316016	Goodna Sub Branch Inc.
Averillo	Stanley	14886831	Southport Sub Branch Inc.
Baker	Ronald	B3299	Tweed Heads & Coolangatta Sub Branch Inc.
Barat*	Joseph	A120755	Currumbin/Palm Beach Sub Branch Inc.
Basham*	Frederick	222324	Hughenden Sub Branch Inc.
Beer	Kevin	-	Caboolture-Morayfield & Dist Sub Branch Inc.
Berger	Max	R59652	Oakey Sub Branch Inc.
Boast	Norman	Q153326	Gaythorne Sub Branch Inc.
Bott	Clinton	A100119	Redcliffe Sub Branch Inc.
Bowen	Donald	283889	Maleny Sub Branch Inc.
Boyd	Ian	3787465/ A320727	Carlyle Gardens Townsville Chapter of North QLD District
Breadsell	John	1/706818	Seaforth Sub Branch Inc.
Brebner	Robin	16324	Hughenden Sub Branch Inc.
Bulger*	Malcolm	71837	Redcliffe Sub Branch Inc.
Bullock	Charles	2014558	Cairns Sub Branch Inc.
Butler	Stirling	NX205152	Geebung Zillmere Bald Hills Aspley Sub Branch Inc.
Cahill	Brian	1/709275	Wynnum Sub Branch Inc.
Cavanagh	William	QX59759 (Q108517)	Gaythorne Sub Branch Inc.
Chapel	Joseph	QX40915	Coolum-Peregian Sub Branch Inc.
Church	Raymond	7589999	Cairns Sub Branch Inc.
Clark	James	23307502	Cairns Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Clark	Shelley	F15739	Caloundra Sub Branch Inc.
Coates	Rodney	Merchant Navy	Southport Sub Branch Inc.
Cole	Rayner	VX135682	Coorparoo & Districts Sub Branch Inc.
Conaghan	Grace	93848	Yeppoon Sub Branch Inc.
Cooke	John	A224672	Warwick Sub Branch Inc.
Cooper	George	1606102	Gaythorne Sub Branch Inc.
Cramb	Douglas	158075	Bribie Island Sub Branch Inc.
Crassweller	Charles	213665	Coorparoo & Districts Sub Branch Inc.
Crawford	Jeanne	-	Ipswich Sub Branch Inc.
Degnan	James	4190186	Ipswich Sub Branch Inc.
Dirou	Craig	554827	Townsville Sub Branch Inc.
Dorrett	Thomas	QX49726	Nambour Sub Branch Inc.
Dowling	Donald	1704077	Biggenden Sub Branch Inc.
Dumae	Peter	49477	Southport Sub Branch Inc.
Duncan	Kingsley	220389	Gaythorne Sub Branch Inc.
Elliott	Walter	426340	Ayr Sub Branch
Evans	Victor	128559	Hervey Bay Sub Branch Inc.
Faulkner	Maureen	102405	Greenbank Sub Branch Inc.
Findlay	Frederick	23667995	Sunnybank Sub Branch Inc.
Francis	John	A223576	Currumbin/Palm Beach Sub Branch Inc.
Giffard	Douglas	1/28756	Herbert River Sub Branch Inc.
Gifford	Hazel	NF454080	Caloundra Sub Branch Inc.
Godbee	Lyle	A11211	Tweed Heads & Coolangatta Sub Branch Inc.
Godfrey	Robert	165930	Currumbin/Palm Beach Sub Branch Inc.
Golledge	Edwin	A114681	Innisfail Sub Branch Inc.
Goodall*	Leo	Q273213	Townsville Sub Branch Inc.
Gore	Frank	1443719	Redlands Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Graham	Harold	QX500689	Bribie Island Sub Branch Inc.
Hall	Frederick	NX131564 (N234326)	Currumbin/Palm Beach Sub Branch Inc.
Harm	Terence	1/720253	Gatton Sub Branch Inc.
Harrington*	A	N106880	Hughenden Sub Branch Inc.
Hayes	Owen	A115258	Tramways Sub Branch
Hemming	Leigh	1732039	Caloundra Sub Branch Inc.
Henrickson	John	19464	Innisfail Sub Branch Inc.
Heward	Brian	2713756	Caboolture-Morayfield & Dist Sub Branch Inc.
Holcombe	Alan	422560	Maroochydore Sub Branch Inc.
Hopton*	David	407174	Cairns Sub Branch Inc.
Hoult	Frederick	22304417	Gaythorne Sub Branch Inc.
Hutchinson	Peggy	46657	Southport Sub Branch Inc.
Jennings	Harold	14684805	Nambour Sub Branch Inc.
Jensen	Trevor	416977	Runaway Bay Sub Branch Inc.
Jesberg	Frank	1200053	Goodna Sub Branch Inc.
Johnson	Warren	1/730714	Ipswich Railway Sub Branch Inc.
Jones	Wesley	28847	Redlands Sub Branch Inc.
Joppich	Dorothea	QF269588	Maroochydore Sub Branch Inc.
Keeton	Douglas	15664	Farleigh & Northern Beaches Sub Branch
Kenny	Michael	2810531/ 8221954	Gaythorne Sub Branch Inc.
Kent	David	JX711430	Maroochydore Sub Branch Inc.
Kingsford	Desmond	34122	Pine Rivers District Sub Branch Inc.
Kirkland	Keith	424918	Tweed Heads & Coolangatta Sub Branch Inc.
Lee	Neville	R35878	Tweed Heads & Coolangatta Sub Branch Inc.
Leis	Keith	2789916	Hervey Bay Sub Branch Inc.
Leitch	David	76882	Cooroy-Pomona Sub Branch Inc.
Lindenmayer	Mervyn	a11194	Cooroy-Pomona Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Luxford	Allan	21730867	Hervey Bay Sub Branch Inc.
Lynch-Wilson	Helen	63363	Caloundra Sub Branch Inc.
Lynem*	Jack	1/721817	Coorparoo & Districts Sub Branch Inc.
Madders	John	1/701566	Ipswich Railway Sub Branch Inc.
March	John	QX55796 (Q152201)	Toowong Sub Branch
Martin	John (Des)	NX202751	Maroochydore Sub Branch Inc.
Martin	Gordon	P/LX796526	Tweed Heads & Coolangatta Sub Branch Inc.
Mason	James	22870373	Hervey Bay Sub Branch Inc.
Mawby	David	PO22828H	Cairns Sub Branch Inc.
McArthur	Elizabeth	VF516513	Caloundra Sub Branch Inc.
McDougall	Stewart	R63790	Gayndah Sub Branch Inc.
McDowall	Patrick	QX501036	Bribie Island Sub Branch Inc.
McGrath	Keith	5/704516	Lowood Sub Branch Inc.
McMenamin	John	A13193	Mackay Sub Branch Inc.
McMurray	Frederick	FX588662	Coorparoo & Districts Sub Branch Inc.
McQueen	Edward	434182	Kedron-Wavell Sub Branch Inc.
Meyers	Louis	32639	Mudgeeraba-Robina Sub Branch Inc.
Milton	Albert	22442107	Caloundra Sub Branch Inc.
Mitchell	Lloyd	-	Toowoomba United Sub Branch Inc.
Mitchell	Peter	39328	Surfers Paradise Sub Branch Inc.
Muller	Guy	A39982/ 37888	Caloundra Sub Branch Inc.
Munro	Max	A217768	Mudgeeraba-Robina Sub Branch Inc.
Nelms	Dorothy	QF271008	Cairns and Dist Ex-Servicewomen
Nelson	Leslie	2/5616	Sarina Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Ney	Bernadette	F228371	Hervey Bay Sub Branch Inc.
Nicholson	Elsie	VF345707	Caloundra Sub Branch Inc.
Nink*	Graham	2780875	Tewantin/Noosa Sub Branch Inc.
North*	R	-	Hughenden Sub Branch Inc.
O'Connor*	Kevin	112905	Sherwood-Indooroopilly Sub Branch Inc.
Packer	Frank	JX427881	Bundaberg Sub Branch Inc.
Pimm	Brian	3/746604	Surfers Paradise Sub Branch Inc.
Pollington*	Trevor	22737831	Redcliffe Sub Branch Inc.
Pollock	Leslie	QX60726 (Q137147)	Bundaberg Sub Branch Inc.
Ponsford	Richard	5619246	Gaythorne Sub Branch Inc.
Porteous*	Edward	A12298	Emu Park Sub Branch Inc.
Precians	Geoffrey	27892	Pine Rivers District Sub Branch Inc.
Pringle	Anthony	2790829	Bray Park-Strathpine Sub Branch Inc.
Putland	Frederick	15336	Innisfail Sub Branch Inc.
Retter*	Jeanne	W347582	Tweed Heads & Coolangatta Sub Branch Inc.
Ritter	Russell	31183	Redcliffe Sub Branch Inc.
Roberts	Brian	14365	Caboolture-Morayfield & Dist Sub Branch Inc.
Robinson	Leon	A17506	Kedron-Wavell Sub Branch Inc.
Schwer	Jay	US ARMY	North Gold Coast Sub Branch Inc.
Sheahan*	James	1/713009	Hughenden Sub Branch Inc.
Sim	Robert	14549	Mackay Sub Branch Inc.
Singleton	Darryl	1200950	Oakey Sub Branch Inc.
Smith	Barrie	1/728665	Greenbank Sub Branch Inc.
Smith	Gregory	R59165	Hervey Bay Sub Branch Inc.
Smithson	Laurence	1200535	Carlyle Gardens Townsville Chapter of North QLD District
Sorensen	Harold	QX36143 (Q123657)	Ipswich Sub Branch Inc.

Last Name	First Name	Service No.	Sub Branch
Spreadborough	William	26280	Bribie Island Sub Branch Inc.
Stanton*	Hilton	QX23428	Kedron-Wavell Sub Branch Inc.
Steele	Thomas	R67258	Caloundra Sub Branch Inc.
Stevens	H	QX29314	Mackay Sub Branch Inc.
Sutton	Spencer	4281NS	Redlands Sub Branch Inc.
Taylor	Donald	783097	Kedron-Wavell Sub Branch Inc.
Taylor	Neville	134632	Farleigh & Northern Beaches Sub Branch
Terrill	Clifford	VX135600	Sunnybank Sub Branch Inc.
Thomas	Roy	Q9174	Redcliffe Sub Branch Inc.
Thomson	John	VX42459	Caloundra Sub Branch Inc.
Thorpe	Malcolm	126975	Unattached List Sub Branch
Titmarsh	Thomas	QX13778	Tweed Heads & Coolangatta Sub Branch Inc.
Tricklebank	Harry	206957	Capricornia & Rockhampton Region Sub Branch Inc
Varney	George	150597	Gaythorne Sub Branch Inc.
Walker	Clarence	O467449	Tweed Heads & Coolangatta Sub Branch Inc.
Walker	John	POX107588	Southport Sub Branch Inc.
Walton	Victor	NZ443316	Redlands Sub Branch Inc.
Ward	John	R55406	Sunnybank Sub Branch Inc.
White	Vaughan	45608	Kedron-Wavell Sub Branch Inc.
Whitton	Roy	1/710047	Townsville Sub Branch Inc.
Williams	Theodore	78234	Clermont Sub Branch Inc.
Wilson	Robert	VX502868	Hervey Bay Sub Branch Inc.
Wolfe	Thomas	QX60457 (Q116589)	Atherton Sub Branch Inc.
Woods*	Reginald	619975	Coolum-Peregian Sub Branch Inc.
Wright	Edward	22318494	Airlie Beach-Whitsunday Sub Branch Inc.



COMING FULL CIRCLE

In a heart-warming turn of events, our life-changing \$2.3 million Queensland Trifecta was won by returned serviceman and long-term supporter Michael Stuart* and his lovely partner Jan* from Keilor East in Victoria.

The anticipation grew as RSL Art Union General Manager, Tracey Bishop, prepared to make the million-dollar call to Michael, the lucky winner of Draw 353. His life was very much about to change as he became the owner of not one, but three luxury apartments – in Brisbane, on the Sunshine Coast and on the Gold Coast – and \$300,000 in gold richer.

Blissfully unaware of his newfound fortune, Michael happily chatted away to Tracey about all the possibilities that this multi-million-dollar prize could give him, revealing he could see himself selling two apartments and living in the other – that was if he won, of course.

Tracey, about to disclose the news to Michael, asked, “Are you sitting down?” In a quick-witted response, he promptly replied, “I am. Well, I can’t exactly get up right now, I have a brace on my leg.”

After the news hit, Michael yelled out to his wife Jan in disbelief. “Jan! Did you hear? We won the apartments! We won!”

On top of their three contemporary, furnished apartments, all with breathtaking water views, this prize also includes \$300,000 worth of gold, which Michael and Jan can choose to spend, invest or save however they please. Plus, as \$100 book buyers, they will also receive an additional \$135,000 in gold to add to this already life-changing prize package. This takes the grand total of gold winnings to a whopping \$435,000!

Sensibly, Michael and Jan will use the \$2000 travel voucher included in this prize to travel up to their new Queensland apartments

for a relaxing beach getaway, as they consult with a financial advisor about how to get the most out of their newfound fortune.

Who could be more deserving of this prize than a modest, philanthropic serviceman supporting fellow veterans? It will surely make this handover to 80-year-old Michael and his wife Jan a particularly special one for the team here at RSL. We can’t wait to meet the lovely couple and give them the three sets of keys that will open the doors to their new life.

**Name changed for privacy reasons.*

WIN A WATERFRONT HOME



TICKETS
ONLY
\$5

\$2.3 MILLION
FIRST PRIZE

Perfectly positioned on the Gold Coast's pristine waterways in Helensvale, this stunning four bedroom home offers the ultimate waterfront lifestyle - you'll love the modern design and 'Gold Coast meets New York loft' feel from the moment you walk through the door.

You can entertain family and friends all year round from your open-plan living, dining and kitchen area that leads to the alfresco area, complete with your own sparkling pool.

**VISIT US: 74 River Links
Boulevard East, Helensvale,
QLD 4212**

Display open 18th April – 28th May
from 9am – 5pm (AEST), seven days
a week except for 25th April when
the home will be closed.



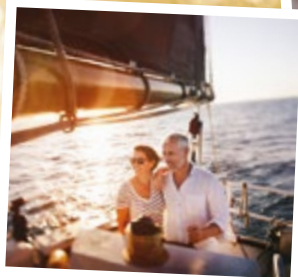
**DRAW
355**

Draw closes 8pm AEST Monday 28th May 2018
Drawn 10am AEST Friday 1st June 2018

BUY YOUR TICKETS TODAY

RSL Art Union No. 355 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 Close date: 8pm (AEST) 28/05/18. Draw Date: Public draw 10am (AEST) 01/06/18 at ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Promoter: Vic Reading, Locked Bag 4032, Fortitude number of tickets available is 2,350,000. Winners notified by registered mail. Results published in The Courier Mail and The Australian on 04/06/18. Selling costs and market variations apply when selling gold must be 18 years or over. WA residents not eligible to enter. Full terms and conditions are available at www.rslartunion.com.au.

+ \$1 MILLION GOLD



Escape to the seas in your own luxury yacht from your own pontoon!



Invest and watch it grow – make the money work so you don't have to.



Help your family achieve their dreams.

Spend, save or invest, it's your choice!

If you're the lucky winner, not only will you become the proud owner of this waterfront home but you'll also become an instant millionaire. It's hard to imagine how \$1 million

in gold would change your life. Would you spend, save or invest? Whether you're feeling adventurous or pragmatic, there are plenty of ways you could spend your winnings!



🏠 306 sqm 🛏 4 🚿 2.5 🚗 2 ❄ AC 🏊 POOL 🚤 PONTOON



RSLartunion.com.au or 1300775888



No. 29819 (by permission of Queensland Office of Liquor and Gaming Regulation), ACT Permit No. xxxxxx, VIC Permit No. xxxxx, NSW Permit No. xxxxxx, TAS Permit No. 75607, SA Permit No. xxxxx. Valley QLD 4006. Proceeds are for the purpose of veteran welfare and support in Australia. Prizes drawn in order of value: 1st prize \$2,338,997 2nd prize \$10,000 gold & 3rd prize \$5,000 gold. The total bullion. Travel is in the form of a voucher and must be booked directly with our selected supplier and is not redeemable for cash. Some items shown in pictures are for display purposes only. Entrants



LEST WE FORGET

ANZAC DAY 2018



rslqld.org/ANZACday

RETURNED & SERVICES
LEAGUE OF AUSTRALIA
QUEENSLAND BRANCH