

RSL NEWS

INVICTUS GAMES 2018 QUEENSLAND ATHLETES SHINE IN SYDNEY

VETERANS ONBOARD

New RSL Queensland
employment program
linking businesses with
veteran talent

Freedom Sounds

Brisbane put on an epic party
to celebrate the Armistice
Centenary on November 11

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RSL (Queensland Branch)
current membership: 33,857

Queensland RSL News average
distribution: 33,000

Submissions: Editorial and photographic contributions are welcome. Please contact the editor for guidelines. Preference will be given to electronic submissions and those articles adhering to word limits. Originals of all material should be retained by contributors and only copies sent to Queensland RSL News.

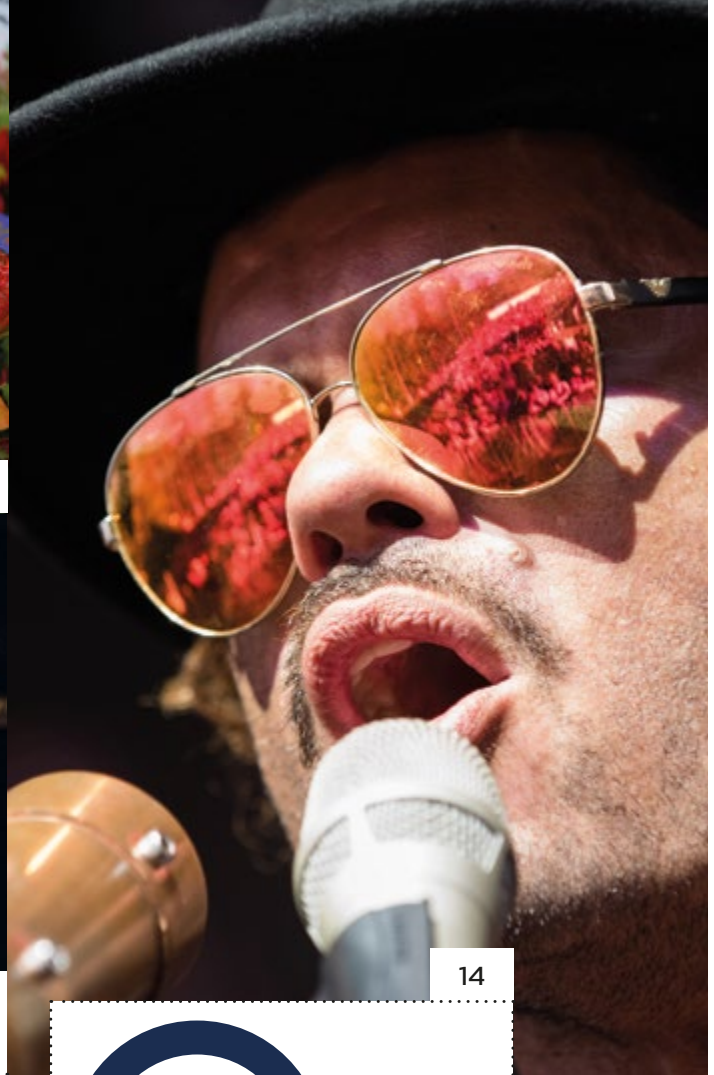
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Front Cover



COVER IMAGE:
Ash Grunwald joined fellow Aussie artists Kate Ceberano and Pete Murray on Brisbane's Riverstage in a joyous celebration of the Armistice Centenary.

WHAT A WAY TO CELEBRATE OUR FREEDOM!

Fellow members and friends, Firstly, I'd like to say 'wow!' – what a fantastic end to 2018! On the morning of November 11, I paid my respects at our Remembrance Day service at ANZAC Square, before heading over to the Riverstage to watch our Freedom Sounds concert.

Throughout the day, I was struck by what a momentous occasion it represented for RSL Queensland. I felt honoured to be President of an organisation that was capable of hosting two events that were so different, yet so perfectly encapsulated the historical significance of the Centenary of the Armistice.

RSL Queensland recognises and honours the countless veterans who have served our country and looks ahead to how we can help the younger generation of veterans who represent our future. The concert enabled us to give an audience that might not be familiar with us a glimpse of what we are all about – supporting and empowering veterans.

There were also some amazing events held at Sub Branches across Queensland and I thank members for leading your communities in remembering this significant occasion.

On October 11, I was privileged to be invited to the unveiling of Redlands RSL Sub Branch's Troop Train, which travelled on the Brisbane rail network for the month leading up to Remembrance Day. You can read more about how Redlands Secretary Michael McDonnell brought his vision to life on page 30.

“I FELT HONoured TO BE PRESIDENT OF AN ORGANISATION THAT WAS CAPABLE OF HOSTING TWO EVENTS THAT WERE SO DIFFERENT, YET SO PERFECTLY ENCAPSULATED THE HISTORICAL SIGNIFICANCE OF THE CENTENARY OF THE ARMISTICE.”

During this event, I also launched the 2018 Poppy Appeal and the beautiful limited-edition pin RSL Queensland produced to mark the Armistice Centenary. It was a great morning and was widely covered in the media.

CONSTITUTION UPDATE

In early October, the Constitution Working Party put the final touches on the revised draft of the Constitution. It is now available at www.rslqld.org/constitution-2018 for your review and feedback, which must be submitted before December 31.

The Working Party has finished reviewing the by-laws and a draft document has also been posted on the website.

Remember, all feedback on the Constitution and by-laws should be submitted via the website. If you have any difficulties doing

this, please contact your District Secretary.

In order to ensure due diligence in the process of updating the Constitution, we will present the revised version of the document at the 2019 State Congress in Brisbane.

SOME CHANGES TO RSL NEWS

We will also be making a small change to *Queensland RSL News* in 2019, with the move to a quarterly magazine published in autumn, winter, spring and summer. Our members range in age from 19 to 90 and have diverse communication preferences, so it is important we cater for everyone.

So, for those of you who don't have internet access or prefer to flick through a printed version of the magazine, we will continue to keep you in the loop with

great stories in *RSL News*. And for those who are more digitally savvy, this change represents one of the ways we are updating our communication platforms.

In the first quarter of 2019 we will launch a brand new RSL Queensland website at www.rslqld.org. Our new site will be easier to navigate, enable us to help more veterans and include more up-to-the-minute content than ever before. You can read more about these changes on page 8.

ENJOY YOUR HOLIDAY BREAK

I'm looking forward to continuing to travel around the state to as many District and Sub Branch events as possible in 2019. I really enjoy chatting with members and hearing about the incredible work you're doing in your local communities.

So, give yourselves a pat on the back for everything you've achieved in 2018 and enjoy a break with your friends and family over Christmas. Let's get ready to greet the new year refreshed and ready to take on some exciting new projects.



*Tony Ferris
State President
RSL (Queensland Branch)*

WE WILL REMEMBER THEM

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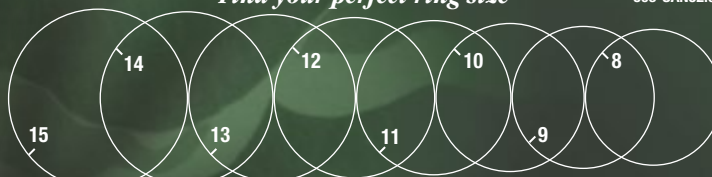
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I AM PROUD OF WHAT WE ACHIEVED IN 2018

2018 has been a year of significant growth and development for RSL Queensland. I am incredibly proud of the work we have collectively achieved this year, as we built upon our solid foundations to deliver innovative and effective projects.

In my column for Edition 1 of *Queensland RSL News* this year, I detailed four main areas of focus for our activities this year. Here I provide a brief update on some of our achievements over the past 12 months.

SECURE OUR CHARITABLE STATUS

Much attention and discussion this year has been around securing our charitable status, and with good reason; without it, we can't continue to serve the needs of our Defence family.

The investigation by the Australian Charities and Not-for-profits Commission (ACNC) has forced us to evolve and modernise our governance approach, with the consultation continuing for a new Constitution and Board structure. As I write, I am confident that a solution is imminent, and that we can move forward under a new governance structure.

We also invested resources into ensuring Sub Branches have the support they need to work to an effective governance model and remain compliant under the ACNC's requirements for their activities. The development of the Sub Branch Finance & Governance team within RSL

Queensland is a strong step towards providing support to Sub Branches on an ongoing basis, allowing them to focus on their invaluable work in the community.

FINALISE OUR TRANSFORMATION

As part of our transformation process, this year we have been able to implement modern tools and systems to ensure we operate at a higher level of efficiency as we grow as a charity.

New core finance systems mean the quality of RSL's financial statements and our ability to manage our charitable expenditure has been delivered. Customer Relationship Management systems (CRM) have been developed and implemented for our Veteran Services team and our Sub Branch Finance & Governance team, to ensure we can deliver a higher quality, more efficient service to our clients.

The Lotteries Transformation Program implemented this year enabled us to revolutionise the RSL Art Union organisation model, with greater digital interaction and engagement throughout each step of the ticket-buying process. This means our primary source of fundraising will remain sustainable and keep the League financially sound for years to come.

STRENGTHEN OUR CHARITABLE SERVICES

Ensuring we meet the varying needs of our Defence

community, this year we released the results of the Defence Family Research Project. Analysis of the results has identified gaps in our service offering and the needs of veterans and their families, with new service development underway.

Over 80 people have gained employment with the support of the RSL Employment Program since it launched state-wide in April. Veterans Onboard, a program to engage organisations to employ veterans, was launched in November, with great results already being seen.

The RSL Queensland Scholarships program committed \$1million in funds to recipients, assisting children, partners and ex-Defence members to realise their potential and attain qualifications to progress their careers.

We launched RSL Education, with the digital delivery of our community and school-based commemoration program enabling us to reach more people across the state, without a costly, ongoing financial outlay.

INVEST IN OUR FUTURE

Becoming financially sustainable by diversifying our income streams is part of our strategic plan (www.rslqld.org/strategy). This will ensure we can continue to provide current and new services to our Defence family.

The Lotteries Transformation Program I detailed earlier was a big step in this direction, with its implementation ultimately

ensuring that we can take advantage of new opportunities and evolve our RSL Art Union revenue streams.

Investing in our future is not a 'set and forget' project, but rather an ongoing priority, and we will continue to take steps to both protect our current assets and optimise returns from our existing investments and properties.

In among the achievements highlighted, the Executive Team at State Branch has been looking ahead to 2019 and participating in strategic planning sessions, where we've considered how we will both 'run and grow' next year. While our transformative work is nearing its official end, we'll still be thinking innovatively and delivering exciting projects; this is now ingrained in our culture.

I would like to thank all our members, volunteers and staff for their contribution to our organisation this year and wish you all a happy and safe holiday period. I look forward to working with you again in the New Year.



Luke Traini
Chief Executive Officer
RSL (Queensland Branch)

Lest We Forget

Delicately hand-crafted earrings honour
those who served our nation courageously



Certificate reproduces the
In Flanders Field poem



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An elegant symbol of life's fragility, the poppy makes a fitting tribute to those who laid down their lives in service of our great nation. Now, you can honour those who served with the "Lest We Forget Poppy Drop Earrings," a tasteful fine jewellery exclusive from The Bradford Exchange.

A moving first-of-a-kind design

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of Authenticity reproducing McCrae's *In Flanders Field* poem as a poignant finishing touch.

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SOME CHANGES TO *RSL NEWS* IN 2019

Since it was first published under the name *The Queensland Digger* in 1924, our member magazine, *Queensland RSL News*, has continued to grow and evolve to suit our readers and reflect advances in technology. We moved from newspaper format to a magazine, introduced colour and expanded the publication to its current size.

2019 will bring another change, with the transformation to a quarterly magazine published in autumn (March), winter (June), spring (September) and summer (December).

We are aware that some of our members don't have internet access or prefer reading a printed version of *Queensland RSL News* and we are

committed to ensuring you don't miss out on any of the great news we have to share.

You will continue to see the same great content you have always enjoyed as we share stories about the vital work of our Sub Branches in their local communities and the ever-expanding suite of RSL Queensland initiatives.





VIDEOS FOR VETERAN FAMILIES

Bolton Clarke has released a video series to inform and educate the Defence community about mental health. It stemmed from research that explored the veteran experience and included focus groups in Townsville and Brisbane.

The videos cover post-traumatic mental health, avenues to treatment and how to best support yourself and your loved one. Visit www.boltonclarke.com.au

STAY IN THE LOOP WITH MORE DIGITAL CONTENT

The change will also allow us to modernise the way we communicate, particularly with younger members of our Defence community.

In the first quarter of 2019, we will launch a brand-new RSL Queensland website at www.rslqld.org. Our new site will be easier to navigate, enable us to help more veterans and include more up-to-the-minute content than ever before.

As part of this upgrade, we will expand our blog and post informative and engaging stories about our veteran community. It will be jam-packed with useful information and inspiring articles to help support our Sub Branches and empower our Defence family.

If you do not already receive it, we urge you to speak to our memberships team at memberships@rslqld.org and sign up to receive our monthly electronic newsletter, the RSL Runner. You can also find us on Facebook, Twitter, Instagram and YouTube.

Give your feedback in our survey

We would love to get your feedback about *Queensland RSL News* and the type of stories you want to see more of. Visit [\[bit.ly/RSLnews-survey\]](http://bit.ly/RSLnews-survey) before Wednesday, January 31 to have your say. As always, you are welcome to submit stories and feedback to editor@rslqld.org. Please ensure you send high resolution photos via email (they should be at least 1MB in size).

The content deadlines for 2019 are below.

| EDITION | SUB BRANCH CONTENT DUE | PUBLISHED |
|---------------|------------------------|-----------|
| Ed 1 - Autumn | January 28 | March |
| Ed 2 - Winter | April 22 | June |
| Ed 3 - Spring | July 29 | September |
| Ed 4 - Summer | October 21 | December |



BASIC WELFARE SUPPORT CONTINUES

RSL Queensland's Veteran Services Support Training Team continued to travel to Districts around the state to deliver a basic welfare course. Pictured during a training session in Mackay were Welfare Support Officers John Edwards (Marian Sub Branch), left, Kevin Cahill (Seaforth Sub Branch) and Rob Murry (Marian Sub Branch).

Participants started the day with an icebreaker activity, during which they found pictures and words to represent why they volunteer and what it means to them. The course was presented by RSL Queensland staff Caroline Wright, John King, Darryl Edwards, Emma Brown, Tracey Victor and Rob Skoda.

RSL EMPLOYMENT PROGRAM SHOWCASED AT INVICTUS

The RSL Queensland Employment Program was on display at the Invictus Games Career Expo on October 26. The expo – designed for veterans, their friends and families – was a day of networking, inspiration and opportunity.

Many of those who transition out of Defence move to Queensland, so it was a great opportunity to connect with veterans and national employers who recognise the talent of our Defence community.

For more information about our program, visit www.rslqld.org/employment.



MAILBOX



KEEN EYES SPOT MOSQUITO AIRCRAFT

Thank you to several of our eagle-eyed readers who pointed out that the aircraft on page 33 within the article 'The Beaufighter Team: Brothers in Arms' (Edition 05, 2018) was in fact a De Havilland Mosquito and not a Beaufighter, as per the caption.

One of our readers, Ken Green, noted that "The Mosquito was fitted with Rolls Royce Merlin inline engines in the photo, whereas the Beaufighter was fitted with

Bristol Hercules radial engines."

This observation was echoed by Al Taylor of Crows Nest:

"The article was extremely interesting, however, may I respectfully question the picture at the top of page 33, which – to my experienced eyes – differs greatly from a Beaufighter in various factors:

"The Beaufighter was powered by two off Hercules 14-cylinder radial engines with a large frontal area; propeller hubs were not fitted

with streamline cone, and the fuselage was commonly referred to as a 'Humpback'. It also has a slab side with rear facing gun turret and a nose section shape unique to Beaufighters.

"The picture on page 33 is apparently of a Mosquito (fuselage nose cone strongly resembles a B (Bomber) Mk IV) with two off Rolls Royce Merlin V 12-cylinder engines cased within slender fairings; the propeller hubs are fitted with

streamline nose cones to direct air flow over engine cowls and reduce drag.

"My observations are based not only on my experiences as an engine mechanic on 81 (PR) Squadron flying Mosquitos Mk PR. 34 during the Malayan Emergency, but also my passion for the Mosquito, plus British military aircraft."

Thanks everyone for sharing your knowledge with us!

BOER WAR LEGACY CONTINUES

I WOULD like to reply to a letter in *Queensland RSL News* (Edition 05, 2018) by Roger Deshon from Toowoomba, in which he comments "...in my opinion, we have lost track of the import for Australia of the South African Wars."

I am happy to inform Mr Deshon, and the wider *RSL News* readership, that the significance of the Boer War continues to be promoted under the banner 'Fathers of the ANZACS' by the recently formed Boer War Association (Queensland) (BWAQ).

The new association is the successor to the National Boer War Memorial Association (NBWMA), which funded and erected the magnificent new Boer War Memorial on ANZAC Avenue in Canberra in 2017.

The new association has been operating for the past 12 months and has contributed to the Battle of Onverwacht Memorial Service in February, conducted a memorable Boer War Commemoration Service on May 27 at ANZAC Square, and presented a successful Boer War seminar at Sherwood/

Indooroopilly in September, at which presentations were made on a variety of subjects, including the long-term effects of the concentration camps and the founding of the Scouting movement.

I encourage all descendants of Boer War veterans and those interested in Boer War history to join the association and help us promote the legacy and history of this formative period of Australian military history.

CORRECTION – MALANDA SUB BRANCH EXECUTIVE

In the article 'Artefact as tenacious as the Rats of Tobruk it commemorates' in *Queensland RSL News* (Edition 05, 2018, p. 28-29), we incorrectly captioned the photo of the Malanda RSL Sub Branch Vice President. It should have read Christine Reghenzani OAM and not James Carroll. Our apologies for this error.

Contact me via boerwarqld@outlook.com or PO Box 1215, Oxley, QLD, 4075.

Pierre van Blommestein
Secretary, BWAQ

INSURANCE BLANKET PROVIDED FOR SUB BRANCHES

RSL Queensland offers a number of insurance policies to eligible Sub Branches to provide cover and peace of mind during fundraising activities.

“IF A PATRON CONTRACTED FOOD POISONING FROM AN ITEM BOUGHT FROM A SUB BRANCH STALL DURING A FUNDRAISER, THE PRODUCT LIABILITY PROTECTION MAY PROVIDE COVER FOR THE LEGAL AND COMPENSATION COSTS INCURRED BY THE SUB BRANCH.”

FROM commemoration ceremonies and marches, to fundraising activities that include the sale of food and drinks, RSL Sub Branches plan a variety of activities, both big and small in scale. When these activities are being planned and carried out, thought may not always be given to the potential for injury or damage as a result of the activities, and what the consequences might be for those involved.

RSL Queensland has a suite of insurance policies in place that provide comprehensive cover across its operations and extends some blanket policies to eligible Sub Branches that opt in (depending on their activities), at no charge.

Each year, an Annual Renewal Program calls for expressions of interest from Sub Branches that meet eligibility criteria to participate in the insurance program for the period. This program includes Group Personal Accident Insurance and Public & Products Liability Insurance policies.

GROUP PERSONAL ACCIDENT INSURANCE

Personal Accident Insurance provides benefits and cover for defined out-of-pocket expenses if an accident results in the injury or death of a volunteer arising out of their volunteer activities on behalf of the RSL.

RSL Queensland and Sub Branches

rely heavily on voluntary work as part of their regular business activities. In the event of injury or sickness occurring during volunteer work, in many cases, particularly if the Sub Branch is a volunteer association, volunteers would not be covered under the compulsory Work Cover scheme that otherwise applies to paid employees.

PUBLIC & PRODUCTS LIABILITY INSURANCE

Any activity has the potential for something to go wrong, and when accidents happen, an organisation can be held liable. Regardless of the size of the business, public liability claims can be extremely costly, and even if the organisation isn't at fault, it may still be required to pay compensation or legal costs associated with defending a claim.

The Public & Products Liability Insurance policy also provides cover in the case of bodily injury or property damage from faulty or defective products sold or supplied during business activities. For example, if a patron contracted food poisoning from an item bought from a Sub Branch stall during a fundraiser, the Product Liability protection may provide cover for the legal and compensation costs incurred by the Sub Branch.

While these insurance covers align with RSL Queensland's policies, by extension they provide protection for

the more 'traditional' activities of a Sub Branch, such as veteran welfare activities. However, when activities expand to include bar activities, such as during special events or social gatherings, there are specific terms and conditions that outline what is covered by the policy.

Basically, a Sub Branch's bar activities can be covered by the Public & Products Liability Insurance policy if they do not use paid wait staff for alcohol sales, do not have paid entertainment and do not have poker machines.

By these terms, Sub Branches that operate a full-time RSL Club are ineligible to be covered by these blanket insurance policies and are encouraged to make their own arrangements to ensure their insurance cover is adequate for their activities.

While RSL Queensland can extend these insurance policies to cover many Sub Branch activities, Sub Branches are encouraged to seek their own independent advice to ensure that situations unique to their operations are covered.

To find out more about the insurance RSL Queensland provides to Sub Branches and read a Frequently Asked Questions document about the Group Personal Accident Insurance and Public & Products Liability Insurance, visit www.rslqld.org/insurance. ←

Are You Covered?

| POLICY | RISK | RISK EVENT | COVER LIMIT | EXCESS/ DEDUCTIBLE | KEY CONDITIONS |
|---------------------------------------|--|--|--|--------------------|--|
| Group Personal Accident Insurance | Member/ volunteer suffers personal injury | Accidental death or injury | Policy provides lump sum and weekly benefits for injuries that are not covered under: <ul style="list-style-type: none"> • Australian Medicare system • Private Health Insurance system • Includes sickness benefits up to 85 per cent of salary aggregate limit up to \$2million | \$50 | Cover is excluded for volunteers aged 90 years or over under the policy, however, RSL Queensland has pledged to match the out of pocket medical expense component of the policy (only) for over 90-year-olds at its discretion. Claim must be made within 12 months of the injury. |
| Public & Products Liability Insurance | Third parties suffer: <ul style="list-style-type: none"> • Personal injury • Property loss or damage That is caused or contributed to by RSLQ/District or Sub Branch | Third party suffers personal injury or loss or damage arising from the act or omission of RSLQ, District or Sub Branches. Examples include: <ul style="list-style-type: none"> • Commemoration ceremonies • Fundraising activities with the sale of food, such as a barbecue | \$20 million | \$2500 | - |

RSL QUEENSLAND PRESENTS

FREEDOM SOUNDS

ARMISTICE CENTENARY CONCERT



A Joyous Celebration of the Armistice

Sounds of celebration drifted across Brisbane River on November 11, when thousands of people gathered at the Riverstage for RSL Queensland's Freedom Sounds concert.



RSL Queensland organised the afternoon of homegrown music to mark the Centenary of the Armistice. The concert echoed the incredible scenes of jubilation that broke out in cities and towns across Australia when peace was declared at the end of WWI.

It was an opportunity for people of all ages to relax and rejoice. Families spread out picnic rugs to enjoy the sunshine, children played with bubbles in the activity zone and others grooved away on the dance floor.

It was also a chance for RSL Queensland to reach a wider, younger audience and highlight some of the many services and activities we provide for the Defence community in Queensland.

On stage was one excellent artist after another – the Australian Army Band, Ash Grunwald, Kate Ceberano and finally, as the sun was going down, Pete Murray. As he closed his set, Pete reminded the crowd what the day was all about – thanking our veterans for the sacrifices they made and being grateful for the freedom we enjoy as a result.



OPENER: Kate Ceberano has been charming Australian audiences for more than three decades with her signature blend of pop and jazz;

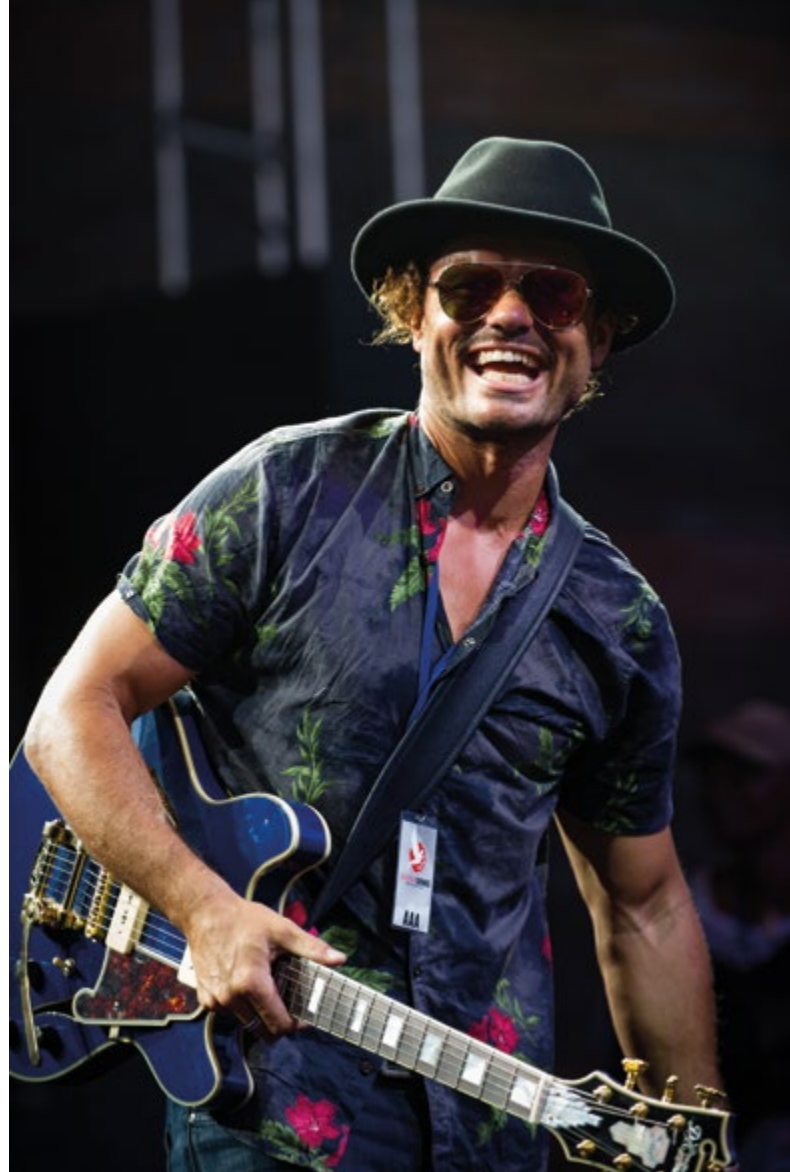
CLOCKWISE FROM TOP LEFT: Emcee Glenn Dickie interviews CAPT Stephen Button of the Australian Army Band Brisbane; Since its formation in 1949, the Australian Army Band Brisbane has earned a reputation as one of the finest military bands in Australia; The bubble machine with a hit with Max Wilson and his dad Angus; Ash Grunwald joined Pete Murray on stage for a couple of songs; The concert with a hit with people of all ages; The crowd loved the high energy of Ash Grunwald and his band.





CLOCKWISE FROM TOP LEFT (THIS PAGE): Riverstage in Brisbane was the perfect venue for the event; Freedom Sounds was a great opportunity to showcase RSL Queensland and the support we can offer the Defence family; The weather was perfect for an outdoor concert; There was no shortage of activities to keep kids entertained, including balloon making; Throughout the day there was a long line up of kids waiting their turn for some free fairy floss; As he closed his set, Pete Murray reminded the crowd what the day was all about – thanking our veterans for the sacrifices they made and being grateful for the freedom we enjoy as a result.

CLOCKWISE FROM TOP LEFT (OPPOSITE PAGE): Pete Murray wooed the crowd with his mellow folk-pop tunes; With his electric live performances, growling vocals and virtuoso guitar solos, Ash Grunwald showed the crowd why he has carved out a fearsome reputation on the blues and roots scene; The dance floor was always full of grooving people; The Australian Army Band Brisbane were first on stage and played one hit after another.





REMEMBRANCE DAY 2018

At 11am on November 11, Australia commemorated the Centenary of the Armistice – the moment the guns finally fell silent on the Western Front.

DURING his address to those gathered at the Shrine of Remembrance at ANZAC Square, RSL Queensland President Tony Ferris said, “This year, I urge you to remember the spirit of that first Armistice, when the streets overflowed with happiness and people hoped it really would be the beginning of a lasting peace.”

There was also a sense of shared grief and loss. Hardly a family was untouched – of the 330,000 men who had served overseas, 62,000 had been killed and more than 150,000 had been wounded or taken prisoner.

One hundred years on, people in communities around Australia reflected in silence and celebration to honour those who served. Thanks to all the volunteers in our Sub Branches who donated countless hours to organise moving Remembrance Day services around the state.

RSL Queensland staff and Australian Defence Force volunteers also hit the streets of Brisbane City on November 9 as part of our Poppy Appeal. We raised approximately double our figure from 2017 and all funds raised by this appeal are given directly to our Districts for them to use on veteran welfare.







07

01 Australian Army personnel joined RSL Queensland staff for the Poppy Appeal in Brisbane City on November 9.

02 RSL Queensland State President Tony Ferris (centre) and Deputy President John Strachan OAM (left) with Queensland Premier Annastacia Palaszczuk at the Remembrance Day service in Brisbane.

03 A larger than normal crowd gathered at ANZAC Square to commemorate 100 years since peace was declared at the end of WWI.

04 Everyone paused for two minutes' silence to mark Remembrance Day.

05 Poppy Appeal is a fantastic opportunity for RSL Queensland staff to help fundraise for the Districts, with the money going towards veteran welfare.

06 All of the ADF services were represented during the service.

07 Paying their respects at the Brisbane service were (left to right) Queensland Police Commissioner Ian Stewart, Colonel Nick Foxall, Air Commodore Ken Robinson and Commander Mark McConnell.



08

08 Thousands of people thronged Ann St for the service at ANZAC Square.

09 RSL Queensland staff and ADF personnel raised approximately double the amount during this year's Poppy Appeal compared to 2017.

10 Airfield Defence Association National President Merv Reid OAM laying a wreath.

11 Mary DeZilva (right), who dressed as a WWI nurse, has three generations of family members who served and was very emotional during the service. Her great grandfather fought in WWI with the British Army, her grandfather served in WWII and another grandfather fought in the Boer War. She is pictured with WWII veteran George Hampton.

12 Bugler Corporal Danny Dielkens sounded the Last Post at the Brisbane service.

13 Queensland Division RAAF Association State President Lindsay Bennett lays a wreath during the service.



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14 Members of the Beerwah community were presented with Centenary of Armistice Medallions to recognise their service to the Sub Branch.

15 Lieutenant Colonel Michael Anthony Colquhoun was guest speaker at the Surfers Paradise service.

16 A well-supported Springwood Tri Services Centenary of Armistice Remembrance Day service was followed by a Picnic for Peace in Springwood Park. Soldiers from 25th/49th Battalion the Royal Queensland Regiment provided the Catafalque Party and Skye Pauley was the guest speaker.



16

18 Banyo RSL Citizens Auxiliary Secretary Patricia Carbis, left, and Ben Isaacs from the Department of Veterans' Affairs, with one of two plaques unveiled on Remembrance Day.

19 Herb Shapcott, former President of Ithaca South Brisbane BCOF Sub Branch, presents the Honour Board to Bayside South Sub Branch President John Clifton at the Centenary Lunch on Remembrance Day. Bayside South was formed from Ithaca Sub Branch.



17

17 Agnes Water/1770 Sub Branch members Jon Brown, President John Turner, Dennis Window, Wayne Zollner and Treasurer Bill Facey at one of the six Remembrance gardens the Sub Branch created for local schools, including Bororen, Miriam Vale, Lowmead, Wartburg and Agnes Water, to mark the Armistice Centenary. The gardens are in the shape of the rising sun and consist of a Gallipoli Lone Pine tree, rosemary and plaque.



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20 Beaudesert Sub Branch's oldest member, Betty Milne-Ward, second from the left, and the youngest member, Jay Collins, second from the right, together with Mayor Greg Christensen, right, and Cr Michael Enright from Scenic Rim Regional Council helped unveil a council-funded commemorative plaque to mark both the Centenary of the Armistice and 100 years since the Sub Branch was formed.

21 Cpl Andrew Boyd after laying a wreath at the Biloela service, which was attended by around 200 people and included a presentation of the cenotaph and grounds.



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22 The sun was shining for the Bundaberg Remembrance Day service.

23 Bray Park-Strathpine Sub Branch unveiled a 100th Anniversary of Armistice Memorial at its Remembrance Day service in Pine Rivers Park, Strathpine.

24 Bell Sub Branch members gathered together to commemorate Remembrance Day.



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25 Children sit in front of the Cairns Memorial Cross Display set up as part of the Sub Branch's weekend of Armistice Centenary events. Over 200 children and their parents participated in the treasure hunt and enjoyed being outdoors and learning about Australia's military history.

26 St George Vice President Stewart Marsh stands beside a memorial wall on the banks of the Balonne River that is engraved with the names of soldiers killed between 1914-1918. St George's Centenary of Armistice commemorations included a laser light display on Saturday night and a service at the cenotaph on Sunday, followed by a display of WWI articles, old cars and a barbecue.

27 Vietnam Veterans Motor Cycle Club Chapter members Jye Christie, left, Jeremy (Jeb – SGT at Arms) Browne, John (Hanoi Hanno) Hannon, Troy (Squid) Dean and Bruce (Fang) Culbert took a moment to pay their respects at the Thuringowa service.



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28 Army Cadets provided the Catafalque Party and Guard at Bulimba District Sub Branch's service. The Sub Branch also unveiled its refurbished memorial and mounted an Armistice Centenary Display in Bulimba Library in conjunction with Brisbane Scale Modellers and Riverside Scale Model Club.

29 Canungra opened a new memorial dedicated to the animals who served, their riders, handlers and the veterinary surgeons and their staff. During the service, wreaths were carried out by a local veteran and handed to a year six student to lay on the cenotaph. It was a way of recognising the older generation handing over the responsibilities of Remembrance Day to the younger generation.



29



30 Pictured at the Runaway Bay service are GC District President Pat Fairon, left, Runaway Bay Sub Branch President Bruce Main, cadets soldier Matthew Murdock, seaman Jack Owen and nurse Tayla Adams.

31, 33 Toowong held several events for the Centenary of Armistice, including a Festival of Rugby, the unveiling of the ANZAC Discovery Trail plaque and a lunch with guest speakers LTCOL George Hulse RAE (Retd) and Sister Cluny Seager RAANC (Retd).



32 Calliope RSL Sub Branch President Robyn Marshall and Secretary Darryl Saw at the Calliope Cenotaph. Approximately 100 people attended the service.

34 Over 70 people enjoyed the Charters Towers Remembrance Day lunch.

36 Returned servicemen, women and the Catafalque Party from TSS Toowoomba at the Clifton service.



35 Stephens Sub Branch held a Centenary of Armistice Remembrance Walk along Honour Avenue in Yeronga Memorial Park prior to its service. Along the way, the name and age of the 97 soldiers from the Stephens Shire who did not return from WWI were announced by school students. Organiser Matthew Rowe said, "We looked to that image of children to remind us that while there are some values worth standing up for – politically, diplomatically and sometimes militarily – when taking such decisions, we must be alive to the desperate and long-lasting tragedy of war." (Photo: Leon Lindley Esq)



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37 The sun was shining for the Cooroy-Pomona Remembrance Day service.

38 Esk Sub Branch President Charlie Elwell at a ribbon-cutting ceremony at the ANZAC Memorial Wall.

39 Pictured at the Coorparoo service are Steve Stein (Salvation Army), left, Vice President Ricky Skott, SED delegate Dennis Collyer, Cmdr Alan Regan (Retd), organiser Richard Jefferies OAM, Secretary Troy Cuylenburg, member Ray Raines and President Merv Cuylenburg. Approximately three times the predicted number of people attended the service, including many young people.

40 Newly elected interim Cloncurry RSL Sub Branch President Frank Miotto and Mace Bennett were among those who spoke at the Cloncurry service.

41 Edge Hill-Cairns West RSL Sub Branch members selling poppies and badges at Cairns Central prior to Remembrance Day. The Sub Branch also held a Centenary of Armistice Dinner at Cairns RSL Club.





42 The Townsville Eternal Flame was lit up in red on the eve of the Centenary of Armistice. During the well-attended Remembrance Day service, the names of the soldiers etched on the Cenotaph were represented with crosses surrounded by a sea of poppies. At 11:01am the RAAF provided a fly past with a Boeing C17 Globemaster flying at just over 300kph and 90m above ground level.

43 Brisbane North District Secretary Peter Jones speaking at the Deception Bay Remembrance Day service.



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44 Members of the Tweed Heads & Coolangatta Sub Branch and the A Company of the 41st Battalion Australian Army Reserve Unit dressed in authentic WWI uniforms for a re-enactment as part of the Remembrance Day service at Chris Cunningham Park.

45 Emerald Sub Branch President Noel Mallyon, left, and Secretary Bryan Ottone are pictured with the refurbished flagpole at its new site at the Pioneer Village.

46 The new memorial wall was on show for Darra's service.



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47 Currumbin had a record attendance for its Remembrance Day service, with the Cenotaph area, inside seating and deck all at capacity. It was an incredibly moving service and a credit to the Sub-Branch for organising.

48 Approximately 450 people attended the Forest Lake service at the Amphitheatre, including veterans, Sub Branch members, school children, their families and community groups. A purple wreath created by the local Forest Lake knitting/crochet ladies was also laid at the Animal Memorial.

49 Finch Hatton Sub Branch members were among the 250-strong crowd gathered at the cenotaph for the Remembrance Day service. Mayor Greg Williamson gave a heartfelt address that focused on local WWI veteran Private Robert McNichol, who also featured in the Honour Wall unveiled shortly after the ceremony.



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50 Goodna Sub Branch held its service at the Soldiers' Memorial Stone, with over 300 veterans and local community members attending. Vice President and Life Member Kel Ryan (pictured) lay a wreath on behalf of the Sub Branch, while Jock (John) Oliver, who has been an RSL member for 71 years, recited the Ode.

51 Pictured at the Gracemere service are 1st CQ Light Horse Regiment Troop Leader Dave Britten (on the horse) with members of 1st CQ Light Horse Regiment, State Member for Rockhampton Barry O'Rourke MP, Rockhampton Regional Cr. Ellen Smith, Waraburra State School students (green) Emily Forward and Latrell White, Stanwell State School students (Maroon) Lisa Daley, Seth McGarrigle, Liana McGarrigle, Lannah Rogers and Dean Rogers, Gracemere State School students (navy/pale blue) including Georgia Oram, St Paul's Catholic Primary School students (blue checked) Mitchell Sheppard, Riley, Haymysh Astbury and Kara-Lee Buckton and Gracemere and District RSL Sub Branch event coordinator Tony Harris.



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52 The Hon Di Farmer MP launched the Friends of Balmoral Cemetery's book *After the Fire* on Remembrance Day. It tells the stories of 299 people who served in WWI and were laid to rest or memorialised in Balmoral Cemetery. To order the book, email treasurer@balmoralcemetery.com or phone 0407 111 919.

53 Roy Aiton from the RAAF Association lays a wreath during the Gladstone service.

54 Graceville held its Remembrance Day service at Memorial Park.

MICHAEL STEERS HIS TROOP TRAIN TO GLORY

✍ Jeff Stephenson

WHEN a Troop Train emblazoned with specially designed Armistice Day artwork rolled into Cleveland for the Redlands Remembrance Day service, it was a dream realised for Sub Branch Secretary Michael McDonnell. The train carried approximately 400 people, including 110 soldiers from Enoggera, railway police, RSL members and the public.

When Michael first envisaged the idea, he knew it would mean a lot of planning and hard work, but he was up for the challenge. He lost count of the number of phone calls he made and letters he wrote during the process.

In the end, thanks to the support of Queensland Rail, who covered the cost of chartering the train and applying the artwork, and RSL Queensland, who designed the artwork, it became a reality.

"It was really over the top - we were all very elated," Michael said.

Warrant Officer Stephan Colman, RSM Ceremonial Queensland at Enoggera Barracks, organised a Company of Troops for the journey from Enoggera to Central and then on to Cleveland. A band accompanied the troops as they marched along Shore Street East to ANZAC Centenary Park. Redland City Council also backed the project.

The Troop Train was launched in conjunction with the Poppy Appeal at Roma Station in early October, with representatives from the military, government and RSL Queensland. The train ran on the Brisbane rail network in the four weeks leading up to Remembrance Day.

On Remembrance Day, the chartered train made limited stops on its journey, enabling the public to jump on board with the troops and railway police as it made its way towards Cleveland.

"This really was a once-in-a-lifetime opportunity," Michael said. "When I saw those troops marching up towards me, I was swelling with pride. It really was something very special."

55 Soldiers from Enoggera disembark the Redlands troop train at Cleveland for the Redlands Remembrance Day service.

56 At the launch of the troop train are Queensland Rail CEO Nick Easy, left, Minister for Transport & Main Roads Hon Mark Bailey, Redlands RSL Sub Branch Secretary Michael McDonnell, Sub Branch President Alan Harcourt, Deputy President Ian Gray, RSL Queensland State President Tony Ferris, Commander Mark McConnell, Commander Bruce Graham, Brigadier Andrew Hocking CSC and Warrant Officer (name unknown).

57 Redlands RSL Sub Branch Secretary Michael McDonnell aboard the troop train on Remembrance Day.





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58 Members of the Logan City Community Cadet Unit performed Catafalque Party duties at Greenbank's service. The address was presented by Sub Branch member Ashley Willis, a veteran of Afghanistan and Timor-Leste. Ashley poignantly called for "a minute of silence in memory of those who will never make a sound again."

59 Joshua Greenwood, left, with Gabriel Bertuch, who played the role of bugler at the Gordonvale service.



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60 Remembrance Day in Hervey Bay attracted possibly the largest attendance ever. As a part of the Centenary of the Armistice, special presentations were made to descendants of deceased WWI veterans from the Pialba Cenotaph.

61 Lt Col Bosio was among those who addressed the Ipswich Railway service. The service was well attended, with 6110 people going through the gates of the Rail Museum. Twenty birds of peace (pigeons) were released to conclude the event.

62 Pictured at the Isis Centenary of the Armistice commemoration are (back) Isis RSL Vice President Bill Luxton, left, and BRC CEO Stephen Johnston, (front) Member for Burnett Stephen Bennett MP, left, Isis RSL President John Buckingham, Lord Mayor Jack Dempsey and Deputy Mayor Bill Trevor OAM. A delegation of runners from Vignacourt, France, also marched down the main street on the day.



63



63 Kenmore-Moggill held its service at the Digger Memorial. The Kenmore & District Historical Society produced a commemorative book to mark the centenary using a grant from the Saluting their Service program.

65 Pilot and OC, MAJ Patrick Schadel, centre front, is joined at the Yungaburra Memorial Gates by members of C Squadron, 5 Aviation Regiment, Townsville following a flypast in their CH47F Chinook.

66 Larger than expected crowds gathered at the Malanda Memorial to commemorate the 100th anniversary of Armistice. A Queensland Remembers Funding Program grant allowed Sub Branch members and guests to enjoy an entertainment program and a lunch to remember those who made the ultimate sacrifice.

67 Singing the Australian and New Zealand national anthems at Longreach Remembrance Day are Longreach State School student Chai Purcell, left, Longreach State High School student McKealey Thomason and A/President Gavin Farry.



64 Kawana Waters President Kevin Hurman and Vice President Gary Penney.





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68 Kuranda RSL Sub Branch President Mick Forde addressed a crowd of approximately 80 people for its Remembrance Day service.

69 Greg Jones, left, and Harry Pregnell salute the Centenarian Union Flag during a Drumhead Ceremony on Remembrance Day in Manly.

70 Maroochydhore Sub Branch President Michael Liddelow, left, and Mayor Mark Jamieson at the Eternal Flame unveiling at Maroochydhore Cenotaph Cotton Tree Park.



72

71 Goodwood State School gave a presentation as school captain Nicholas read the poem *In Flanders Fields* during Woodgate's service.

72 Macleay Island ex-servicemen and women at the cenotaph, which was enhanced with a sandstone cross and bronze sword using a grant for the Armistice Centenary Ceremony.





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73 The Armistice Centenary Service at Mapleton State School.

74 Mossman's Remembrance Day service drew an estimated crowd of 300 people and included the dedication of a new statue of a WWI soldier and a plaque honouring Aboriginal and Torres Strait Islanders who served Australia.

75 Pictured at the Miles service is a woman from Jandowae whose grandfather was a Light Horseman, left, with RSL members John Green, Shirley Makin, Hohaia Downs, Adrian Daveson, Dave Howell and Eric Geldard. Eric is one of the two remaining WWII veterans in the Miles District.

76 Mundubbera State School students with the newly unveiled memorial outside the Sub Branch. Member Kevin Carruthers used a tree slab donated by the local Men's Shed to create the memorial.

77 Pictured at the Murgon service are guest speaker Major Hunyh Phan, left, Murgon's oldest returned serviceman Mick Purser and Wide Bay & Burnett District Vice President Neville Tarry.

78 Peachester State School teacher Emma Creed led the school choir in performances at the cemetery and Peachester Historical Hall for the official opening of the ANZAC Gallery. School captains Eadie Turner and Malachi McKenzie laid a wreath on the school's behalf.

79 There was a large crowd on the shores of Redcliffe for the Remembrance Day service. Congratulations were extended to Deputy President Karen Hemers, who received Life Membership, and Vice President Cheryl Barrett, who received the Dan Keighran VC Remembrance Day Award.



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80 Nanango Sub Branch President Robert Stevens with Jim Gollagher, owner and pilot of the replica Nieuport that did a flyover on Remembrance Day. The plane was flown by Australia's highest scoring air fighter ace, Major Roderic Stanley (Stan) Dallas, who shot down 48 enemy aircraft. Born at Mt Stanley Station near Nanango on July 30, 1891, Stan was awarded the DSO, DSC, Bar and Croix de Guerre and died in action on June 1, 1918.

81 Weipa Sub Branch President Lloyd Williams, local representatives and servicemen and women from Scherger and Amberley bases took part in a sod turning to name ANZAC Park, where a memorial wall will be constructed next year. A Remembrance Day service was then held at Memorial Square.

82 The refurbished War Memorial in Nundah Historic Cemetery was unveiled and dedicated prior to its Remembrance Day service. Pictured are Brisbane North District Deputy President Gary Lancaster, left, Nundah Northgate Sub Branch President Jean Bromham, Sub Branch committee members Garth Liddell and Dough Lambert, Andrew Lugton, architect for the memorial refurbishment project, and Brisbane City Councillor for Northgate Ward Adam Allan.

83 Padre Jacqueline Hurren and President Tony Stevenson at the Salisbury Remembrance Day service.

84 Pictured at the North Gold Coast service are Mark Boothman MP, left, Sam O'Connor MP, Matt Ardley, Don Myatt, Deb Frecklington MP, Mikayla Crooks HSHS, Principal Karen Lindsay HSHS and Cr William Owen-Jones.





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85 Burrum held its service beside the Howard War Memorial, which was unveiled in 1921 by local war hero and politician, Colonel Colin Rankin. It honours the 37 local soldiers who died during WWI. Later plates honour the two soldiers who fell during WWII and one who fell during the Korean War.

86 Brigadier Duncan Hayward, back left, after the Remembrance Day ceremony in Warwick with Mayor (and former Lt Col) Tracy Dobie and WWII veterans Phil Agnew, left, and David Watt.

87 WWII digger Harold Seng pays his respects at the Beachmere Remembrance Memorial before a 140-strong crowd.

88 Sunnybank President Hugh Polson, right, presents a medallion to honorary Chaplain Petra Milaudi. Sunnybank produced the medallions using a grant from RSL Queensland and distributed them to around 30 Sub Branches in the South Eastern District to present to community members and organisations.

89 Three light horses from Roma brigade stand guard as Sarah Mehay-Dewar lays a wreath at Roma Cenotaph on Remembrance Day.



88

88 Over 500 people attended the Kedron-Wavell Sub Branch service, one of the biggest attendances to date. Among those to address the gathering were Snr Vice President Peter Cairnes and guest speaker LT Sam Hall from 'C' Squadron, 2nd/14th Light Horse Regiment (Queensland Mounted Infantry).



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91 A riderless horse re-enactment and a poppy waterfall made up of 2600 handmade poppies were just some of the features of the Millaa Millaa Armistice Centenary event. Following the service, guests attended the Millaa Millaa Hotel.



92 Pictured at the Centenary Suburbs Commemorative Dinner are Councillor Matthew Bourke, left, Jess Pugh MP, Centenary Historical Society President Caroline Hamilton, Brisbane North District RSL President Merv Brown OAM and Centenary Suburbs President Georges Lefevre. To mark the occasion, the Sub Branch also held a Remembrance Day service, unveiled a new WWI plaque and participated in a bagpipe event.



93 Yeronga-Dutton Park Sub Branch commemorated the Centenary of the Armistice with a service at Ekibin Memorial Park Tarragindi. Students from Wellers Hill State School and St Elizabeth's Catholic School participated, reading poetry, playing music and laying posies of cornflowers (as French children did at graves on the Western Front in 1919).

94 Maleny held a centenary service and parade to mark Remembrance Day.



95 Australian Army personnel at Mudgeeraba-Robina's service.

RUDLAND'S REACH HONOURS AUSSIE ARMY COMMANDO

Gold Coast apartment block Rudland's Reach – the RSL Art Union's richest ever prize – has a worthy namesake.



IT is impossible to describe the look on Pete Rudland's face when he first laid eyes on 1449 Gold Coast Highway, Palm Beach.

RSL Art Union's richest ever prize – a Gold Coast apartment block, with its sprawling, luxury penthouse and five beautifully furnished apartments, plus two Audi cars – is named 'Rudland's Reach' in his honour.

Pete, as he insists on being known, is typical of the ex-servicemen and women RSL Queensland strives to assist – though he is a thoroughly remarkable man.

Sergeant Rudland was an Australian Army Commando who served his country through deployments to Cambodia, Iraq, Timor Leste and Afghanistan. He sustained numerous critical musculoskeletal injuries in a 2010 Black Hawk helicopter crash that claimed the lives of three fellow Australian Commandos and a US soldier.

On leaving the Army in 2017, Pete immediately found a leadership role for himself as Australia's 2017 Invictus Games co-captain, where he also won gold medals in two cycling events.

In 2018, he competed at his third Invictus Games in cycling and wheelchair rugby.

"I thought Invictus 2018 would provide a great opportunity for all the people that have been involved in my rehabilitation to see how far I have come and,

in some way, see how much I appreciate everything people have done for me," Pete said.

Speaking at the Rudland's Reach dedication ceremony, RSL Queensland State President Tony Ferris drew a line from the Armistice that ended fighting in WWI a century ago through to the needs of today's ex-service community.

"Although conditions of service may have changed over the years, the underlying challenges faced by current and former ADF members are not new," Tony said.

"However, there is increased awareness and commitment to ensuring that these challenges do not impact future generations as they have past generations. RSL Art Union prize homes enable us to continue to have the capacity to meet the changing needs of veterans.

"From emergency housing and financial assistance to employment programs and relocation services, the sale of RSL Art Union tickets provides RSL Queensland with the capacity to deliver an unprecedented suite of services for our veterans and their families."

While she has an enviable job – breaking the news to prize home winners – RSL Lotteries General Manager Tracey Bishop is unequivocal in describing the best part of her job.

"Through prize home ticket sales, RSL Queensland has undertaken world-first research into PTSD, developed homeless veteran programs and offered scholarships to spouses and family members of Defence service personnel so they can access tertiary education," Tracey said.

"Significantly, we created Mates4Mates support service for contemporary veterans, and through it we provide ongoing funding to deliver rehabilitation and adventure programs to ex-servicemen and women and their families."

For many, it's a natural pathway from Mates4Mates to the Invictus Games. For Pete Rudland, it's seen the revival of his competitive spirit, and he trained hard to try and post better times at the Sydney Invictus Games than he did last year in Toronto.

"I'm really grateful to the RSL in Queensland for the support it's provided to me and my family," Pete said.

"Art Union is a great way to raise funds for the work the RSL does, and someone has to win this amazing building in this beautiful spot. I'd be happy just to win one of the cars!" ←



FINDING PURPOSE IN A GREY SHIRT

Army veteran Elaine Gallagher says volunteering with Team Rubicon Australia at the Invictus Games in Sydney was rewarding, empowering and an ultimately healing experience.

 Elaine Gallagher



ABOVE: Elaine Gallagher (front row, fourth from right) with other volunteers from Team Rubicon at the Invictus Games. (Photo: Team Rubicon Australia).

REGARDLESS of their background, I believe everyone can benefit from volunteer work. This is especially true for veterans transitioning back to civilian life. My convictions were reinforced when I volunteered at the Invictus Games in Sydney with Team Rubicon Australia (TRA).

TRA's primary mission is to provide disaster relief to those affected by natural disasters, both domestically and internationally. By pairing the skills and experiences of military veterans with first responders, medical professionals and technology solutions, TRA aims to provide the greatest service and impact possible.

Sixty-five members volunteered at the Invictus Games in positions ranging from team leader to packing and distributing uniforms. The Games were more than just a sporting competition. For the more than 500 wounded, injured and sick servicemen and women from 18 nations who participated, they were a celebration.

TEAM RUBICON HELPS VETERANS HEAL

Team Rubicon was founded by former US Marine Corps veterans William McNulty and Jacob Wood in January 2010. In 2015, the first Australian chapter was formed.

TRA members are affectionately known as 'greyshirts'. Since becoming a greyshirt, I have formed new friendships, strengthened existing relationships and generally met wonderful, like-minded people.

FINDING PURPOSE IN A GREY SHIRT







ABOVE: Vice Admiral Mary M Jackson from the US Navy (fourth from the right) with Team Rubicon members (L-R) registered nurse Lisa Skinner, Navy veteran Deborah Fenton, Navy veteran Sarah Cannon, Army veteran Joanne Cornelius, Army veteran Karen Holmes and Army veteran Elaine Gallagher.



ARE YOU INTERESTED IN JOINING TEAM RUBICON?

Team Rubicon unites the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams. If you're interested in joining the team, find out more via:

 /TeamRubiconAus
 @teamrubicon
 www.teamrubiconaus.org
 info@teamrubiconaus.org



A one-size-fits-all approach to trauma healing does not work. More options are needed, and each individual must be empowered to find their own path to healing and recovery.

Volunteering with TR provides these options. It strengthens your ties to the community, broadens your support network, enables access to community resources and exposes you to people with common interests.

WORKING FOR A CAUSE GREATER THAN OURSELVES

For Joanne Cornelius, who joined the Army as a 16-year-old apprentice in 1987, transitioning out of the Army in 1995 as a mechanic was

difficult; trying to find a 'civvy' job and reintegrating into civilian life was challenging. After nine years of service and camaraderie, she lost contact with her Army family.

Joanne attributes her eventual success in her career today to the values of teamwork, initiative and mateship that Defence instilled in her at a young age. She recently joined TRA, and since becoming part of the 'Tribe', volunteering has allowed her to again work with people with these same values.

"Volunteering is so rewarding. I have been looking for something that has been missing – the common value that all veterans find difficult in 'civvy' land – working for a cause greater than ourselves," Joanne said. "Volunteering with Team Rubicon Australia during the Invictus Games has provided me with the opportunity to be a part of a team of like-minded people."

DECREASING VETERAN ISOLATION

The success of any volunteer organisation relies on its

ability to attract and retain dedicated and enthusiastic volunteers. Individuals who commit their time and effort to volunteer projects do so for a wide variety of reasons.

Volunteering with TRA is a more profound interaction than merely volunteering. It is a new mission, and having a sense of community decreases veteran isolation, which can be a gateway to the multitude of issues veterans experience.

Veteran and civilian volunteers participate shoulder-to-shoulder. This simple interaction elicits stories and commonalities, which make us feel part of something valuable.

Our organisation is just getting started, and we would love more ADF veterans, emergency responders and motivated civilians to join our team. You will have the opportunity to learn, train and deploy with colleagues and make a real impact for communities in need. ←

ABOUT THE AUTHOR

Elaine Gallagher served with the Australian Army for 13 years, starting her career in the Royal Australian Army Ordnance Corps before transferring to Australia Army Intelligence Corps. She is currently a Welfare and Pensions Officer/ Advocate at Sherwood-Indooroopilly Sub Branch and the Associate Coordinator for the Brisbane Disaster Response Team (DRT) with Team Rubicon Australia.

ABOVE CENTRE: Team Rubicon volunteer, Elaine Gallagher (centre) with Invictus athletes co-captain Nicki Bradley (left) and Brigid Baker.

ABOVE RIGHT: The Duke and Duchess of Sussex Prince Harry and Meghan Markle meet members of Team Rubicon.

UNCONQUERABLE HUMAN SPIRIT ON SHOW IN SYDNEY

Following seven days of sporting and personal victories, Sydney said thank you – and farewell – to the all-conquering servicemen and women of the world as the 2018 Invictus Games came to an end in Sydney.

📷 Department of Defence

IN a spectacular closing ceremony, mateship and medals were on display at Qudos Bank Arena, where the 500 competitors from 18 nations and their families came together to celebrate a week of remarkable athletic and human performance.

During his address, Games founder The Duke of Sussex, Prince Harry, praised the Games as being “truly magnificent”.

“Your example goes beyond the military community,” he told the competitors to thunderous applause. “It is about more than your inspiring stories of recovery from injury and illness. It is about your example of determination, of optimism, of strength, honour and friendship, or as the Aussies call it, mateship. A core value that has the power to inspire the world.”

The Duke of Sussex said the competitors were not superheroes, but “ordinary people doing extraordinary things” who had – and will continue – to inspire others.

While medals are awarded during the Games, no competitive medal tally is kept. The Games are designed to transcend a scoreboard obsessed with gold, silver and bronze. Competitors, not athletes, participate in an event that supports rehabilitation and recovery for wounded, injured and ill service members and veterans and their families.

As part of the Closing Ceremony, Governor-General Sir Peter Cosgrove and Lady Cosgrove joined dignitaries, including Australian sporting greats Ian Thorpe, Anna Meares and Stephen Moore, to present each competitor with a commemorative medal as they paraded into the stadium.

General Cosgrove then led the charge to continue

promoting ways of rehabilitating those who have been injured.

“We must continue to think about their quality of life and their support going forward. This event shines a light; let’s not turn off that light.”

During the ceremony, two competitors were honoured for their exceptional performances at the Games: New Zealand archer and wheelchair rugby player George Nepata, a tetraplegic following a military accident, and Dutch tennis and basketball player Edwin Vermetten.

In a moment of true comradeship during an electric match of wheelchair rugby between Australia and New Zealand, the Aussie team paid tribute to Nepata’s strength and determination when, as the full-time whistle was about to blow on a green and gold win, they passed Nepata the ball to make sure he got across the Kiwi goal line to score the final try.

Vermetten was recognised for the outstanding Invictus spirit he showed UK competitor Paul Guest, who was overcome when a chopper flying overhead triggered his PTSD during their tennis match.

Minister for Veterans’ Affairs and Defence Personnel Darren Chester congratulated all competitors for defying personal obstacles to display unwavering perseverance, spirit and courage through the last week of competition.

“On behalf of the Australian Government, I congratulate all competitors for their outstanding efforts at Invictus Games Sydney 2018,” Minister Chester said.

The next Invictus Games will be held in The Hague, The Netherlands in 2020. [↗](#)



Gudob Bank
Arena

INVICTUS
GAMES

GAME ON
BEYOND
HUNOO

I AM RESILIENT

THE UNCONQUERED
HUNOO



ALEXIA VLAHOS



CARRIE-ANNE BISHOP



SARAH SLIWKA



JEFF WRIGHT



JOCELYN MCKINLEY (RIGHT)



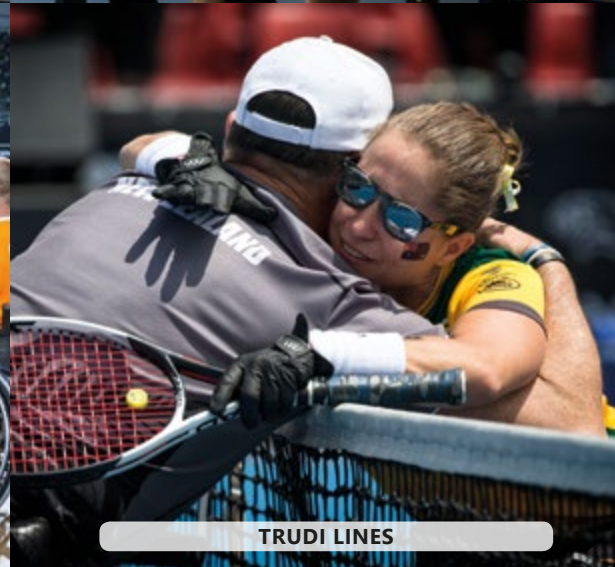
NICOLE BRADLEY



MICHAEL LYDDIARD



DAVID CONNOLLY

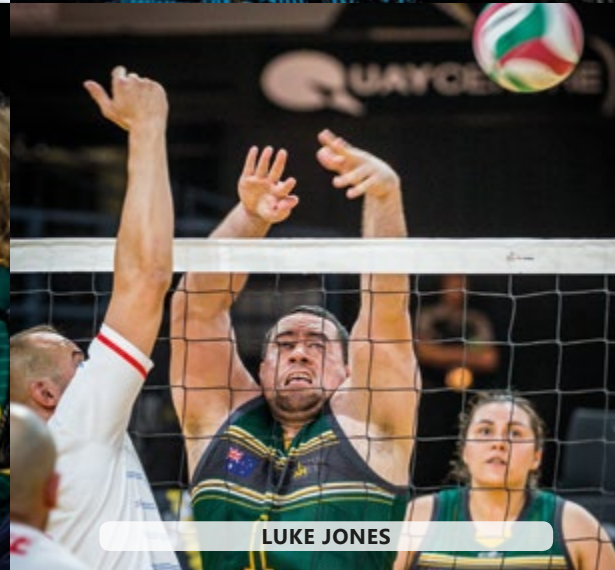


TRUDI LINES

SOME
**HIGH-
LIGHTS**
FROM OUR OLD
COMPETITORS...



TARYN BARBARA



LUKE JONES

MATES 4 MATES

Issue 06. 2018

Magazine.



Christmas without the chaos

How to avoid
festive pressures.

Health and wellbeing

Stay fit and healthy over
the holiday season.

Community Garden

Adding flavour to
healthy meals. See p7.



Troy Watson

CEO's Message

Providing support to current and ex-serving members of the Defence Force is at the core of what we do and this year, with the support of the community, we have been able to reach more people than ever before.

This year we have supported more than 1,290 Mates and 380 family members at our Family Recovery Centres and outreach programs across Australia. 822 new Mates and family members were inducted, giving them access to vital support services and care.

We have had the privilege of walking alongside these people – whether it's by connecting them with one of our physical rehabilitation and wellbeing services, providing them with psychologist appointments, or by their involvement in social connection activities.

In 2018 we facilitated 22,837 face-to-face contacts, 3,531 psychology appointments, 11,789 physical rehabilitation and wellbeing connections, 7,517 social connections and hosted 89 mates in our Rehab Adventure Challenges.

For me, some of the stand-out moments from the year include the inaugural Australia's Greatest Mate campaign, the achievements of our Mates who took part in Invictus Games and seeing Mates4Mates continue to be a leading place of support for current and ex-serving Defence members.

As I reflect on this year I'm reminded just how important it is for us to continue to grow and review our support services to meet the needs of Mates who are wounded, injured or ill as a result of their service. At Mates4Mates, it's our passion to provide a holistic approach to support through a range of tailored services and activities to suit Mates and their families.

The holiday season in particular can be a difficult time for some and can trigger feelings of loss, loneliness and anxiety, among other things.

In this edition we have shared some wellness tips to assist those apprehensive about the approaching season, along with an inspirational story from one of our Mates.

From everyone at Mates4Mates, thank you to those who have supported us this year, whether by helping us raise awareness or funds for our cause, supporting our Mates or joining one of our programs. We couldn't do it without you.

Troy

Front cover image:
(L-R) Ali Bowring and
Mates4Mates Liaison
Officer Brienne Gibbs.

Holiday opening hours

All Mates4Mates Family Recovery Centres will be closed over the Christmas and New Year period, from Monday, December 24 until Tuesday, January 1. The Centres will open again from Wednesday, January 2. For more information, contact:



Brisbane Family Recovery Centre

27 Douglas Street, Milton QLD 4064
PO Box 1220, Milton QLD 4064
Ph: 1300 4 MATES (1300 4 62837)
or (07) 3493 6200
Email: Brisbane@mates4mates.org



Townsville Family Recovery Centre

40 Anne Street, Aitkenvale QLD 4814
(Main entrance via Wotton Street)
PO BOX 1334, Aitkenvale BC, QLD 4814
Ph: (07) 4771 9600
Email: Townsville@mates4mates.org



Hobart Family Recovery Centre

206 New Town Road, New Town, TAS 7008 (Main entrance and parking via Montagu Street)
Ph: (03) 6242 8940
Email: Tasmania@mates4mates.org

A list of 24-hour support services available during the Christmas period are available on page 4.



RETURNED & SERVICES
LEAGUE OF AUSTRALIA
QUEENSLAND BRANCH

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 established by RSL Queensland.

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

Meet
a Mate

Brennan Smith



Brennan Smith, better known as BJ, is a regular face at the Mates4Mates Family Recovery Centre in Brisbane. Having served in the Royal Australian Infantry Corp and Royal Australian Air Force, BJ joined Mates4Mates in 2016. Here's his story....

Q. Tell us about your service in the military?

A. I joined the military to follow in my family's military tradition and defend this great nation, Australia. I enlisted in the Royal Australian Infantry Corp in 1991 and was posted to the Royal Australian Regiment in Townsville. After discharge I worked in many industries and travelled the world. In 2001 I re-joined the military in the Royal Australian Air Force as a supplier. I was deployed to the Solomon Islands in 2003 and to the Middle East in 2004 and 2005.

Q. How did you come to be involved with Mates4Mates?

A. I first heard of Mates4Mates after completing a military program for post-traumatic stress in Brisbane. It was here that I met other veterans. While I was on this course some of the boys told me about Mates4Mates and the benefits and support services offered. I decided to get further help and become a Mate.

Q. How have some of the services at Mates4Mates changed your life?

A. Meeting others with similar issues and being supported, not judged, was very welcoming. I had a traumatic bike accident

travelling to a Mates4Mates rehabilitation and counselling session in 2017 and woke up from a coma with my left leg amputated. Mates4Mates supported my family and myself with counselling and various other support services through this time. This included organising work experience at a supportive company, where I was later offered a job. The staff and programs helped me regain my confidence and self-belief.

Q. What motivates you to share your story with others?

A. I was at a very negative and destructive point in my life when I came through the doors at Mates4Mates but gaining an understanding of what was going on with me was the turning point in helping me reclaim my life. I share my story in the hopes of encouraging others who are struggling to get help. It's so important that you don't avoid the issues but face them and deal with them. Getting support can help ensure you don't destroy your life, or your family's lives, with alcohol, drugs, prescription medicine or anger.

Q. What's one piece of advice you'd give other Defence members transitioning to civilian life?



I was at a very negative and destructive point in my life when I came through the doors at Mates4Mates but gaining an understanding of what was going on with me was the turning point in helping me reclaim my life. ”

Brennan Smith 'BJ'

A. Work out why you are discharging as the grass isn't always greener on the other side. If you do decide to discharge, do some industry research on what you want to do next. Focus on getting as many qualifications as you can that pertain to the industry you're trying to gain employment with. Also, get a clear scope on any Defence services and support you are entitled to, to assist with your transition. ■



Coping with the pressures of Christmas



Written by: Georgia Ash, Mates4Mates Psychological Services Manager

Although Christmas is often a time to celebrate, many people find the holiday season stressful. Just the expectation that one should be 'merry' or 'jolly' over the festive season is enough for a person to feel stressed and overwhelmed during this time.

We know that there are a number of reasons why people become stressed over this period. This might be because you feel that you should be happy and stress-free when you're not, or you feel pressure to make a change or have a New Year's resolution.

Sometimes not being able to attend Christmas social events or be with those you care about can also cause distress, or if you are grieving the recent loss of a friend or family member. This often translates into guilt for surviving when others may not have and can result in being apprehensive about the holiday period.

If you experience one or more of these stressors, it is likely that you may identify with some emotions including anxiety, nervousness, feeling down or depressed, loneliness and isolation, feeling overwhelmed and like everything is too much, and irritability or anger.

Keep in mind that these emotions are completely normal, and commonly occur during this time of the year.

Physically, you may also notice that you eat more, drink more alcohol, smoke more, or increase the amount to cope. These behaviours may make you feel better at the time, but they only work for a short time. As a result, you may notice that you actually feel worse than you did before.

It's important to put steps in place before Christmas to help you get through. If feelings persist after the Christmas period, remember that a Mates4Mates psychologist can help. Whether you live local to a Family Recovery Centre (FRC) or afar, you can access a Mates4Mates psychologist either in person or via Skype or phone. ■

Call Mates4Mates on **1300 4 MATES** to make an enquiry and book an appointment.

Our top tips:

- Have someone you can call. This might be to talk about an issue you are struggling with or just to talk about other things and feel connected.
- Write down your feelings as this can help you to feel less weighed down.
- Call a 24-hour help service if you are feeling highly distressed (refer to the 24-hour services).
- Accept invitations – you will feel better with others rather than staying at home and focusing on your problems.
- Continue any hobbies or exercise that you usually do.
- At times of stress, use a self-coping strategy.
- Sign up to a free reputable site such as Smiling Minds or the AT EASE program for PTSD to help you manage stress and improve your quality of life.

Where to find help:

24-hour services

- Lifeline 13 11 14 lifeline.org.au
- Suicide Call Back Service 1300 659 467 suicidecallbackservice.org.au
- Open Arms (previously VVCS) 1800 011 046 openarms.gov.au
- Australian Defence Health All-hours Support Line 1800 628 036
- Visit your local hospital accident and emergency department

**If you or someone you know is in danger, go to your nearest hospital.
If it is an emergency call 000.**

Other helpful services

- MensLine Australia 1300 789 978 mensline.org.au
- Beyond Blue 1300 224 636 beyondblue.com
- Defence Family Helpline 1800 624 608 defence.gov.au/DCO/Defence-Helpline.asp
- MindSpot 1800 614 434 mindspot.org.au
- Black Dog Institute blackdoginstitute.org.au

Christmas on a Budget



We know just how expensive the festive season can be – but the good news is, you don't have to spend up big at Christmas time.

Whether you are religious or not, Christmas is about the giving and receiving of your time, support, love and attention. If you're looking for a way to add meaning to Christmas this year, why not focus on gifts that will also give joy and hope to others.

- Give the gift of hope by donating to a charitable organisation.
- Give the gift of time by volunteering for a cause in your local community.
- Give the gift of friendship by spending time with people who will be on their own this Christmas.

If you have children, talk to them and let them know you're not spending as much this year. Children understand much more than we give them credit for, so just be honest about why you want to cut costs. Include your children in any alternative Christmas ideas your family chooses to do.

Have confidence that you are not depriving your children of anything by not buying them all the gifts they want. By encouraging them to think creatively and teaching them about the importance of giving back, you can all focus on the things that truly matter. ■

\$ Other cost saving tips:

- Set a Christmas budget and stick to it.
- Get everyone to pitch in with both resources and effort.
- Cut out unnecessary items like extra decorations.
- Get creative by making your own Christmas cards and use newspaper to wrap presents.
- Save on energy bills by turning off festive lights when no-one is in the room.
- If you do decide to buy gifts, put a limit on how much each person can spend. A good way to do this is by organising a Secret Santa and asking everyone to just buy one gift.



Ending the year on a *Healthy note*



Written by: Lauren Kelly, Mates4Mates Exercise Physiologist

You've been active, and your nutrition has been on point. But then (insert ominous music here), enter stage door left; the holiday season. Parties, time off and time with family and friends - it all seems to revolve around eating our body weight in food and wearing a groove into the couch. But did you know that this time doesn't have to be the undoing of all your hard work throughout the year? All you need is a game plan. Here's some tips to keep you on track:

1 Keep active.

Remember to be realistic and it's OK to change your routine. Try shorter high intensity interval training (HIIT) sessions instead of longer workouts- you can do a lot of good in as little as 10 minutes. Keep active with the family- get outdoors, go for walks, swim and squat in the pool, or go for a bike ride with your kids. Take charge and plan active outings and activities. A friend or family member might also have the same goal – become training buddies and stay on track together.

2 Pencil it in.

Like any good plan, you need to write it down. Book physical activity into your calendar just like you would a doctor or hairdressing appointment. Try and move at a time that you're more motivated, plan it around your day and make it happen.

3 Watch your sweets.

This is where a lot of us come unstuck. 'Tis the season of sugar after all. If you fill up on proteins, healthy fats and lots of salads, you're more likely to feel satisfied and less likely to crave the sweet stuff. Make sure you drink plenty of water too. Often, we eat when we're actually thirsty. If you're really worried about portion control, try a calorie tracking app such as MyFitnessPal.

4 Mindful eating.

Mum was right; make sure you chew your food properly. See if you can chew your food 20 times before you swallow it and put your cutlery down between bites. It'll feel like forever when you first start doing it, but you'll enjoy the taste of the food more, take a bit of pressure off your digestive system and will most likely feel satisfied a lot sooner. Also remember to enjoy the experience with your loved ones- get off your phone, have a good conversation and some laughs. Don't make food the entire focus.

5 Watch your headspace.

Don't put too much pressure on yourself to keep up what you normally do in regard to diet and exercise. It can be tricky to maintain your regular routine, especially when you're away from home. As long as you focus on daily movement and mindful nutrition to the best of your ability over the festive season, you're on the right track. Remember, soulful chats and time with loved ones nourishes our body and mind in other ways. ■



Lauren Kelly

Lauren is an Exercise Physiologist at the Mates4Mates Family Recovery Centre in Townsville. With a love for fitness and learning, Lauren is passionate about musculoskeletal rehabilitation and the benefits of exercise and nutrition for mental health.

*Happy
Festive Season!*



Right: Lauren with
Mates at the Family
Recovery Centre
in Townsville



Gardening with Purpose



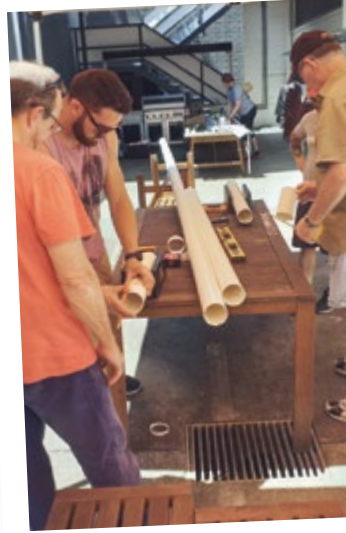
Our Mates recently put their green thumbs to good use building the first instalment of the community garden at the Brisbane Family Recovery Centre.

The herbs will be used during the fortnightly Community Kitchen social connection activity offered to Mates and their families. Community Kitchen gives Mates the opportunity to learn how to cook new recipes that are tasty, healthy and budget friendly. Recreational and family activities like these provide important social connection and opportunities for peer support. ■



It's a good way to bring the Mates together and it gives us something to be proud of and look after. ”

Ali Bowring



Education for Entrepreneurs

Mates4Mates recently teamed up with Prince's Trust Australia to offer our Mates the opportunity to take part in The Enterprise for Veterans program. Mates attended the program in both Brisbane and Townsville which provided information on setting up a business and the tools and skills to draw on while self-employed. Thank you to Prince's Trust Australia for supporting our Mates and providing more opportunities for learning and education. ■



To be honest I didn't really know what to expect from my day with Prince's Trust, but it was amazing! It really gave me a new way of looking at being an entrepreneur, being prepared to evolve and learn from your failures. That, and the motivation to get stuff done. ”

Geoff



Right: Firebrand Queensland staff Bronwyn Di Ruggiero and founder Justin Bygrave.

Thank you for fighting For our cause

Mates4Mates has received generous support from the Australian Firefighters Calendar for a number of years now and we'd like to thank them for their continued support throughout 2018.

The Australian Firefighters Calendar supports many worthy, Australian charities through their annual calendar sales and Mates4Mates is proud to be one of the beneficiaries. Without the imperative support of organisations' like the Australian Firefighters Calendar, we would not be able to continue providing support to veterans and their families when they need it most. To find out more or purchase your 2019 calendar, head to australianfirefighterscalendar.com ■



Support a Mate

▶ donate today



With your support we can continue to make a tangible difference in the lives of our Mates and their family members. **In 2018, we facilitated:**



22,837

face-to-face
contacts



3,531

psychology
appointments



11,789

physical rehab &
wellbeing connections



7,517

social
connections

Donate today at **mates4mates.org**

Keep in touch



mates4mates.org

BUSINESS URGED TO TAP INTO VETERAN TALENT

An online training package is helping Queensland businesses learn more about the skills and competencies veterans can bring to their workforce.

 Anita Jaensch

RSL Queensland's new Veterans Onboard program helps employers understand veteran talent and tap into the pool of 5500 people leaving the Australian Defence Force (ADF) each year.

RSL Queensland President Tony Ferris said finding a job was one of the biggest challenges for veterans.

"Our research shows that finding employment – and particularly meaningful employment – is a high priority for transitioning Defence personnel," Mr Ferris said.

"When they leave Defence, their household income can drop substantially, and they can struggle to translate their skills for the civilian world. Employment is a key factor in their mental health and quality of life.

"Veterans Onboard aims to help potential employers understand the Defence culture and core skills veterans possess, as well as dispel some of the myths and misconceptions about ex-Defence personnel."

**"VETERANS ONBOARD AIMS TO
HELP POTENTIAL EMPLOYERS
UNDERSTAND THE DEFENCE
CULTURE AND CORE SKILLS
VETERANS POSSESS, AS WELL
AS DISPEL SOME OF THE MYTHS
AND MISCONCEPTIONS ABOUT
EX-DEFENCE PERSONNEL."**

WORK'S IMPORTANT

After 15 years with the Royal Australian Navy, former Petty Officer Boatswain Darren Williams has found work at Gateway Motorway Services (GMS) through RSL Queensland's employment program.

"It took me a year," Mr Williams said. "I have a lot of experience, but it's really hard to convey how that would be valuable to a certain workforce."

"Boarding vessels at sea and ensuring fishery compliance is not something that is easily transferable, but GMS saw my managerial experience and helped me transition."

Gateway Motorway Services in Brisbane has employed six veterans over the past few months and general manager Simon Kirkpatrick said the RSL Queensland employment program had been very successful.

"I spent 27 years in the Air Force, so I understand the opportunities we have with ex-Defence people, their training and understanding of processes and procedures," Mr Kirkpatrick said.

"They come with a level of enthusiasm, learn quickly and are very adaptable."

"BOARDING VESSELS AT SEA AND ENSURING FISHERY COMPLIANCE IS NOT SOMETHING THAT IS EASILY TRANSFERABLE, BUT GMS SAW MY MANAGERIAL EXPERIENCE AND HELPED ME TRANSITION."

BECOME VETERAN READY IN 3 STEPS



1. Complete the employer e-learning modules

- Military culture and the workplace
- Dispelling myths and misconceptions about veterans



2. Understand the value of a Veteran Recruitment Strategy to your organisation

- Guidance template provided by RSL Queensland
- Links to key veteran employment programs, such as RSL Queensland Employment Program



3. Consider introducing veteran and partner programs within your organisation, which may include:

- Veterans working group
- Mentoring program



**Access to RSL
Queensland
Veteran
Talent Pool**



VETERAN SKILLS

Mr Ferris said the ADF spent a lot of time, energy and resources training its people, which offered numerous benefits to employers.

"Veterans are hard-working, loyal, organised and effective. They are good at communication, leadership, time management, problem solving and working under pressure.

"Their expertise can range from senior executive leadership and operational management, to technical and supervisory skills."

Businesses and organisations can complete RSL Queensland's Veterans Onboard online training modules to learn more about Defence culture and veterans' skill sets, and to gain access to RSL Queensland's veteran talent pool.

The Veterans Onboard training package is evidence based, having been developed in partnership with Gallipoli Medical Research Foundation as part of the Veteran Reintegration Study. For more information about the study visit gallipoliresearch.com.au.

"BUSINESSES AND ORGANISATIONS CAN COMPLETE RSL QUEENSLAND'S VETERANS ONBOARD ONLINE TRAINING MODULES TO LEARN MORE ABOUT DEFENCE CULTURE AND VETERANS' SKILL SETS, AND TO GAIN ACCESS TO RSL QUEENSLAND'S VETERAN TALENT POOL."

NEW BEGINNINGS

 Christina Underwood

After getting a taste for what Defence life was like through the Army Reserves, Joe enlisted in the RAAF in 2002. During his 16 years of service, he deployed twice to the Middle East with different aircraft types, undertaking a surveillance role over the region and then a frontline role when he deployed with No. 75 Squadron RAAF with the Hornets. Joe progressed his career through the ranks to a supervisor role.

NO REGRETS

Reflecting on his time in service, Joe says he has no regrets.

“It has been a wonderful and enjoyable career within the RAAF. I enjoyed every minute and every aspect.”

The friendships Joe developed are what he considers the most enjoyable part of his time in service.

“It’s a different culture within Defence, no matter if you’re in the Army, the Navy or the Air Force. It’s one of those things I’m truly going to miss.”

Unfortunately, while on a posting in Perth, Joe became seriously ill and was hospitalised.

“I got sick on my birthday... I was in Perth in the hospital by myself for a month.”

Following this, Joe was flown to Darwin, NT, and then to Katherine, to be with his family. Towards the end of 2017, Joe attended a medical board, which started his discharge process.

UNEMPLOYMENT FRUSTRATION

When Joe medically discharged on May 4, he experienced mixed emotions – the disappointment of leaving a career after 16 years, but also excitement at the chance to start something new.

“The attitude I brought to it was, it’s a new chapter and let’s get on with it rather than fall into a hole of self-pity,” he says. “But after I left, the frustrations of not being employed is a hole that I was slowly falling down into.”

Joe returned to Townsville, where he grew

up and where he now lives with his wife and two children, who are both in high school.

After discharging, Joe struggled with his transition to civilian life, experiencing physical illness and mental health issues, and difficulty finding employment.

“The changes within me were to do with my mental health. My family noticed changes within me... It was something that I didn’t want to expose them to.”

A TURNING POINT

It was when Joe met RSL Employment Program Officer Leonie at a transition seminar in Townsville that things started to change for the better.

“Leonie helped me immensely, and I can’t thank her enough,” Joe says. “She made me reflect on my additional needs and arranged for assistance.”

Through the RSL Queensland Employment Program, Leonie supported Joe in updating his resume, providing interview techniques, and putting him in touch with employers. Having Leonie’s support helped him regain his confidence in knowing what he can offer potential employers.

“Leonie looked at my resume and focused on what I *could* do rather than what I *couldn’t* do, which is what I was doing, and that gave me the confidence to look into other careers,” Joe says.

With a complete change in career ahead of him and a family to support, the stress and pressures were high.

“The feelings I had when I came out of the RAAF were very much like when I left high school, not knowing what the future looks like, and I had a lot of apprehension in what I thought I could do.”

Joe’s job search ranged from train driver to project manager, and involved several interviews. He successfully secured a role as Site Engineer in Townsville for property and construction company St Hilliers.

Only several months into the job, Joe is already enjoying both the financial security of being employed and the new challenges

the role brings. His confidence is also growing from the responsibility St Hilliers is entrusting him with.

DEMAND FOR VETERANS’ SKILLS

Andrew Baxter, Business Relations Manager at St Hilliers, says employing veterans like Joe brings a mutual benefit.

“To have internal resources with a strong understanding of how Defence works is a massive benefit. The skills they have – knowing how to communicate, solving issues and working under pressure, their integrity, commitment and loyalty – are valued and much needed in construction.”

St Hilliers is an active participant in the RSL Queensland Employment Program (which you can read more about on page 53) and offers support beyond employment.


“We understand the issues veterans face in their transition to civilian life and finding employment,” Andrew says. “They [veterans] look after us and serve our country, so it’s the least we can do to help. We offer a program for graduate cadets, work experience opportunities and practice interviews.”

The employment program extends beyond veterans to provide support to veterans’ families. Leonie has also been supporting Joe’s wife with finding employment, and they have regular contact.

Joe’s perception of RSL Queensland and understanding of the services on offer has changed since getting in touch with Leonie.

“I didn’t really consider myself as a veteran; it was just me doing my job. Since being discharged they’ve helped me immensely and I can’t thank them enough. If there’s a piece of advice I could give to veterans in situations like myself, it would be: go and see the RSL, there are people there who genuinely care about your situation and genuinely want to help you.”

Even though Joe’s journey to recovery is an ongoing one, he has a positive outlook on the future and is certainly keeping himself busy. He began studying a project management course and there is little doubt he will pass with flying colours. ✦




**“THE SKILLS
[VETERANS] HAVE
— KNOWING HOW
TO COMMUNICATE,
SOLVING ISSUES
AND WORKING
UNDER PRESSURE,
THEIR INTEGRITY,
COMMITMENT
AND LOYALTY —
ARE VALUED AND
MUCH NEEDED IN
CONSTRUCTION.”**

**INTERESTED
IN THE RSL
QUEENSLAND
EMPLOYMENT
PROGRAM?**

If you or someone you know would
benefit from the RSL Queensland
Employment Program, visit
www.rslqld.org/employment

A photograph of a dead, leafless tree in a dry, cracked desert landscape under a cloudy sky. The ground is parched and cracked into large, irregular sections. The tree is a small, spindly shrub with many thin, bare branches reaching upwards. The background shows rolling sand dunes under a pale, overcast sky.

VETERANS HELP DROUGHT-STRICKEN FARMERS

 John Foley



A group of big-hearted veterans from the Mudgeeraba-Robina RSL Sub Branch have banded together to support drought-stricken farmers in western Queensland.

IT began with a letter from Sub Branch past President Steve Boyle, which he emailed to members and local businesses and distributed by hand to the public.

Steve's goal was to band together and form a convoy to support drought-stricken farmers. He put out the call for donations of dry goods, clothing, manchester and hardware. The local community was quick to respond, and it wasn't long before items began pouring into the Sub Branch.

A team of four vehicles headed west to the Maranoa region on September 30. Their destination was Preston, one of the poorest towns in Australia. Approximately 300 families live in Preston, which is located about 70 kilometres south west of Mungallala and 600 kilometres west of Brisbane.

Steve, who cut a dashing figure in his shorts and Japanese riding boots

(thongs!), was joined by his band of merry men – Sub Branch Vice President Jeff Fewson, another past President Tony Stepney, member John Taylor, Paul Smith-Lester, Terry Hunt and Andrew McCarron. They were all keen to lend a hand to some very needy farmers.

The donated goods were gratefully received, and cash was made available to 25 families via gift vouchers to local grocery stores.

Young couple Hanna and Jamie Bryant live in Preston with their three children, Toby (5), George (3) and Haley (10 months). They were pleasantly surprised when seven men rolled up in four vehicles, loaded to the brim with supplies, as they were only expecting one person to arrive.

Steve also organised a load of wood to be delivered to the farm to repair decking around the shearers' quarters.

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TO LOCAL
GROCERY
STORES.”**

The group split into two, with four men helping with the fencing and the other three replacing the deck and painting the shearers' quarters and kitchen.

Approximately three miles of fencing, decking and painting was completed, impressing the owners immensely. “It would cost thousands and thousands of dollars to get someone in to do the work,” the Bryants said.

The group returned home on October 7, with luck on their side. Despite hitting three kangaroos, there was no damage to any of the vehicles.


“Although it was hot and dusty out there, we all had a good time and I’ve not laughed so much for many years,” Jeff said.

“It was a typical get together of ex-Navy, Army and civilians, and I would like to thank all involved in the organisation and distribution of goods and all the guys who went out and gave it their all, at their own expense. Well done fellas, let’s do it again!”

Steve was extremely pleased with the outcome of the trip. “We delivered goods to those in need and carried out vital work, so we achieved everything we set out to do,” he said. ←

A COASTWATCHER'S LIFE

RSL Queensland State President Tony Ferris spoke about the heroic and fascinating lives of the Coastwatchers during a tribute lunch in Surfers Paradise on August 30.

 Tony Ferris

TOP ROW (LEFT TO RIGHT): Local natives build a covered emplacement for Coastwatchers (AWM: 304718); Lieutenant Price supervising the loading of bagged rice for transmission to Coastwatcher outposts in enemy occupied areas in Guadalcanal (AWM: 304740).

THE experience of a Coastwatcher's life is one that most of us will only ever hear or read about. The conditions under which they were formed and operated reflect the very spirit of service to our country.

The concept of the Coastwatchers was first proposed in 1919, with the first coastwatching organisation established and operated through the Naval Intelligence Division in 1922. The program expanded beyond Australia to New Guinea and the Solomon Islands at the outbreak of war in 1939.

But it was Lieutenant Commander Eric Feldt of the Royal Australian Navy who is known for establishing the



ABOVE: The Deputy Supervising Intelligence Officer (DSIO), Naval Intelligence Division, RAN, and his officer staff in front of the DSIO's cabin at his headquarters camp. The DSIO's HQ at Lungga, Guadalcanal, was the collection and relay point for operational intelligence gathered by the network of Coastwatchers that operated in the Solomon Islands (AWM: P01672.015).

Coastwatchers in WWII. The Allied military intelligence operatives were stationed throughout the South Pacific, with the purpose of observing and



reporting Japanese movements across land, sea and air.

Originally selected from Australians in New Guinea who had experience working with the native people, recruits were later seconded from the Army, Navy and Air Force, but many had very little training or experience. One Coastwatcher detailed that it was previous experience in an office that initially set him apart from other recruits, leading to his assignment to the Coastwatchers instead of being assigned to infantry.

Training involved unarmed combat and weaponry, of course – this was a war – but also learning Morse code; how to send and receive messages. This skill would be crucial for the success of the Coastwatchers, as Feldt explained: without the signallers the Coastwatchers would have been mute and inoperative.

Coastwatchers' camps were set up in strategic locations along the coast of New Guinea and the Solomon Islands. One in particular was set up on a mountain ridge, reducing the risk of a



Native scouts stand guard near the beach at the Segi Coastwatchers station of Captain Donald Kennedy. (AWM: 306811)

RIGHT: The base radio station dugout of the Coastwatchers Ken network in the Solomon Islands. The equipment operated by this station is (left in rack) an HRO RAS Army type transmitter/receiver and (right) an AWA 3BZ Teleradio for emergency use. (AWM: 106678)

BELOW: Group portrait of Coastwatchers and native police armed with rifles at Bougainville, Solomon Islands. (AWM: 306818)

surprise attack. There were no rivers close by, so rainwater was collected. Fortunately, there was plenty of rain in these tropical locations.

Thatched huts provided shelter for sleeping and storage. Their beds were simple branches tied with vines, covered by canvas. They slept in their clothes, weapons by their side, ever ready. At night, a couple of small, battery-powered globes provided some light.

Waking at dawn to begin the day's tasks, the first of two meals for the day was rice, perhaps with some canned vegetable. No milk was available, but tea was brewed. The second meal for the day was, again, rice.

In fact, rice made up about 90 per cent of the food drop, which was also provided to the native troops.

Food and supplies were flown in by a Catalina or Liberator. Known as 'storepedos' – or a food-storage torpedo – a supply was dropped in a nominated drop-zone with a hessian parachute used to camouflage white colours. Cloud cover would sometimes prevent a drop from taking place.

Official daily activities began with an informal security situation report from the native troops, following the overnight guard. A patrol of local



areas, such as airstrips, waterways and other key observation points aided in gaining intel on the movements of the Japanese.

Signallers among the group would be responsible for ensuring that their radio aerial was functional, so that the important task of signalling the latest intelligence to headquarters in Port Moresby, or with other Coastwatchers, could be achieved. The routine communication occurred at the same times, twice a day. Time was also spent decoding messages that had been received.

Originally, the Playfair Royal Naval Code in groups of five letters was used to despatch the communication, before it moved to a more sophisticated code. However, for any urgent messages, plain language was approved and used.

Coastwatchers were also tasked with recovery missions when allied aircraft had been shot down, to attend to the pilot and crew and organise their safe repatriation to Allied lines, often by submarine. They also assisted the occasional native escapees from the Japanese camps, who may have been sick and in need of treatment prior to moving on.

It was, after all, through the help of the native troops that the Coastwatchers were able to operate effectively. The native troops were specially trained and performed a range of practical and essential tasks to support the overall cause of the Coastwatchers.

It was the native troops who built the thatched accommodation that the Aussies slept in at night. It was the native troops who undertook the daily living tasks, such as cooking, washing and even guarding. Their strength assisted in retrieving and carrying supplies, including the all-important radio equipment.

But it was their native skills, unique to their experiences, that provided the greatest support to the cause. When the radio aerial needed erecting, the native troops would climb the coconut





trees, tying it off between the trees, to see that it was done.

And perhaps most importantly, their local knowledge and language enabled them to elicit information, to guide the Coastwatchers, and to protect them. Indeed, after many months working side-by-side, living with the native troops in the field, Pidgin English became a second language for our men.

Whether obvious or not, there was an ever-present danger associated with the type of work being carried out by the Coastwatchers. Their position and the information they were communicating could have been considered high-risk.

They operated on a first-name basis,

even those of rank, in response to the very real danger that they were all in, equally. With officers being ‘incognito’, their risk of capture may have been reduced.

But they got on with their job. Their mission required them to be ‘out of sight’; their mandate to steer clear of the enemy. So, despite being able to inform on the location and movements of the Japanese, coming face-to-face or even close range was not part of their objective.

Of course, this wasn’t always possible, and unfortunately some Coastwatchers did not make it home.

Following the war, coastwatching posts and campsites were abandoned as the men trekked down from the

hills and returned to various main camps. The process to return home to Australia seemed to be fast-tracked for the Coastwatchers, perhaps in recognition of their efforts.

The actions and successes of the Coastwatchers indeed changed the course of history. The invasive action of a Japanese fleet was heeded thanks to two Coastwatchers who reported what they saw, and in the words of United States Admiral William F. Halsey, “The Coastwatchers saved Guadalcanal, and Guadalcanal saved the South Pacific”.

As with so many of Australia’s key military efforts, the actions of the men known as the Coastwatchers have gone down in history as being gallant. ←

ABOVE:
Pictured at the tribute lunch in Surfers Paradise for the ‘M-Z’ and Australia’s Last Coastwatchers are (L-R) Merv Fox, a ‘Z’ Special, Keith Payne VC and Coastwatchers Jim Burrowes and Dixie Lee. (Photo: Adam Head/Newspix)

Queensland RSL News would like to acknowledge and thank ex-AIF Sergeant James Burrowes for his contribution during the research and compilation of this article. James served four years, including two-and-a-half years as a signaller Coastwatcher in ‘M’ Special Unit of the Allied Intelligence Bureau, and spent 10 months in enemy-occupied territory overlooking Rabaul. James is the last signaller Coastwatcher survivor in Australia with the research to tell the story, which he shares via his website: www.thelastcoastwatcher.wordpress.com.

DARING WWII OPERATION REMEMBERED

September 27, 2018 marked the 75th anniversary of Operation Jaywick, one of the most well-known Special Forces missions of WWII.

THE small team of commandos were concealed under the cover of darkness as they boarded folding kayaks and paddled quietly into the Japanese-occupied Singapore Harbour on the evening of September 26, 1943. They were members of Special Operations Australia (SOA) from Z Special Unit.

They glided from ship to ship attaching limpet mines, before paddling another gruelling 80 kilometres over six days to reunite with the rest of their unit. When the mines exploded, seven

ships were sunk or badly damaged.

COMMANDOS DISGUISED AS FISHERMEN

The clandestine mission was carried out by a team of four British soldiers and 11 AIF and Royal Australian Navy personnel, commanded by a British officer, Major Ivan Lyon.

Disguised as Malay fishermen, Lyon's team travelled from Exmouth in Western Australia to Subor Island, 11 kilometres from Singapore, in a captured boat, renamed the *MV Krait*.

The *Krait* was a slow-moving, wooden-hulled vessel about 20 metres long, and sporadically suffered engine trouble for the duration of the voyage.

ANNIVERSARY COMMEMORATED AROUND THE WORLD

Various commemorative services were held in Australia and overseas to mark the 75th anniversary of the operation, including a wreath-laying ceremony on board the *MV Krait* at the Australian National Maritime Museum.

Wreaths were laid on board *Krait* by the Commander of Special Operations, Major General Adam Findlay; the Chief of Staff of Navy Fleet Command, Commodore Luke Charles-Jones; Director of the Australian War Memorial, Dr Brendan Nelson; Australian National Maritime Museum Director, Kevin Sumption; and the President of the New South Wales Branch of the Australian Commando Association, Barry Grant.

A ceremony was also held at Kranji War Memorial Cemetery in Singapore on September 26. Chris Bull, a member of the Whitsunday RSL Sub Branch and the Queensland President of the Airborne Special Forces Association, travelled to Singapore to lay a wreath on behalf of the Returned and Services League of Australia.

As an ex-Green Beret Commando,

Chris feels a special connection to Operation Jaywick. He previously met and spoke at length with most of the Z Specials at a reunion in Sydney in 1970.

On the evening prior to the ceremony, Chris and his wife Kaye, along with members of the Operation Pilgrimage Group, were guests of Bruce Gosper, Australian High Commissioner to Singapore. The Bulls met with several dignitaries, including Colonel David Hay, Australian Defence Adviser Singapore, and CMDR Chris Leece, RAN Commanding Officer on the HMAS *Stuart*, one of the Australian Navy's most capable warships.

They also met a group of Special Forces soldiers, who re-enacted the same course paddled by the Z Special Unit on the night of September 26, 1943. ←



Royal Australian Navy Commanding Officer CMDR Chris Leece with the Operation Pilgrimage Group, a group of ex-army commandos, and their partners.



Chris Bull laying a wreath at Kranji War Memorial Cemetery Singapore for the 75th anniversary of Operation Jaywick on September 26, on behalf of the Returned and Services League of Australia.

ANZAC FLAG MYSTERY SOLVED

The mystery of the ANZAC-embazoned flag hanging in St John's Cathedral in Brisbane has been solved, thanks to the work of historian Denzil Scrivens.



ABOVE:
ANZAC
Commander
General Sir
William Birdwood.
(Photo: State
Library of
Queensland)

**OPPOSITE
TOP RIGHT:**
Queensland 9th
Battalion RQR
lays up its colours
at St John's
Cathedral in 2015.
(Photo: Defence
Media)

MR Scrivens was researching the history of the Cathedral for a book about significant war memorials housed within the building when he made the discovery.

Over the years, the story of the flag hanging in the south transept of the Cathedral had been lost. But during his search, Mr Scrivens uncovered an old newspaper article that revealed it was the last flag flown at the evacuation of the ANZACs from Gallipoli on December 19, 1915.

To honour this date, Mr Scrivens' book will be launched at St John's Cathedral on December 19, 2018 – 103 years to the day since it was the last flag flown at Gallipoli. Members of the public are invited to attend.

The flag was flown by Alexander Maxwell, an Anglican padre and hospital ship chaplain. Maxwell was ashore at ANZAC Cove on Sunday, December 19, 1915. It was the last full day of the evacuation, and all remaining Australian and New Zealand troops would be withdrawn by 4.10am the following morning.

Maxwell carried a Union Jack flag with him to the war to use during his chaplaincy duties. On December 19, he

went ashore to visit Hell Spit cemetery and record the names of the dead. When Maxwell returned from the cemetery at about 1.30pm carrying the flag, he was shot at three times by 'Beachy Bill'.

Beachy Bill was a battery of Turkish guns that fired at will on ANZAC Cove throughout the campaign, inflicting over 1000 ANZAC casualties. Fortunately, the shells fired at Maxwell and the flag missed their mark.

After the war, Maxwell was invited to show the flag to former ANZAC Commander, General William Birdwood, who was visiting Brisbane. Birdwood expressed great interest in the flag, signing his name on its top right-hand corner. In 1929, Maxwell presented the flag to the Cathedral and told *The Courier-Mail* it was the last flag flying at the evacuation.

The Cathedral received a grant from the Queensland Government to publish a booklet on the flag and other memorials housed in the building. Copies will be provided to Brisbane secondary schools, and all Queensland schools will be able to access the booklet online.

It is hoped that over time the Cathedral will become



a place of pilgrimage for young people and others interested in the ANZAC legend and the last Australian flag flown at Gallipoli.

The book, titled *St John's Cathedral and the Anzac Legend*, is beautifully illustrated, with photographs from the Australian War Memorial, the Imperial War Museum and local photographers. It details memorials that commemorate:

- The ANZAC campaigns at Gallipoli, Palestine and the Western Front during WWI
- The Battles of Britain and El Alamein, and the gruelling campaign in Papua and New Guinea, during WWII
- The peacetime HMAS *Voyager* disaster of 1964
- The Vietnam War
- The Cathedral's regimental colours, including those of 9 RQR and 6 RAR

The experience of civilians in war is also recognised, particularly that of WWI nurses and women on the home front in Brisbane during WWII. ←

AN INVITATION

St John's Cathedral and the Anzac Legend will be launched by Queensland Governor Paul De Jersey at 7pm on December 19 in a special ceremony at St John's. To be able to launch the book 103 years to the day since the Cathedral's Gallipoli flag was flown in that theatre is especially poignant. Everyone is welcome. Dress: uniform, business or smart casual, with decorations.

For more information, contact Bronwyn Pagram via 07 3835 2222 or pagram@stjohnscathedral.com.au.

The last flag flown at Gallipoli, as displayed in St John's Cathedral. (Photo: Mark Baker)

RSL EDUCATION PORTAL GROWS

Continuing to grow since its launch in June 2018, the next phase of RSL Education aims to promote health and wellbeing in the classroom.



We're really proud of the high-quality resources on our new RSL Education portal, and the judges of this year's Brisbane Advertising and Design Club Awards agree!

The animation 'What will you do?' has won three gongs:
Silver for Digital Craft Animation / Motion Graphics
Bronze for Sound Design (TV, Cinema, Online)
Bronze for Art Direction

A big congrats to Daniel Hughes, who wrote the script, and to our agency Chemistry for bringing it to life!



AT the State Congress in June 2018, RSL Queensland officially launched its new education portal – RSL Education. RSL Education is a free online resource with high-quality multimedia and educational materials developed for teachers and students from Prep to year 12.

Since its launch, the site has continued to grow, with new additions including an animation teaching students the history and meaning of the red poppy and the Armistice of WWI.

In time for the next school year, RSL Education will release new content aligned to the Australian Health and Physical Education Curriculum. Entitled *Health and Wellbeing – RSL's Approach*, the next phase of RSL Education has been developed in conjunction with the veteran community and encourages health and wellbeing in the classroom.

These resources include videos explaining anxiety and post-traumatic stress disorder (PTSD) to senior high school students and several exercise videos, including a boot camp for Preps and students in Years 3-6. There is also an interactive game promoting empathy and supportive behaviours to young high school students.

Because the education portal is delivered online, resources are accessible to all Queensland students, regardless of where they live. It also gives smaller Sub Branches an inexpensive way to connect with their local schools, allowing veterans to give students a greater understanding of what it means to serve in the Defence Force.

RSL Education's dynamic resources also highlight opportunities where teachers and students might benefit from talking to their local Sub Branch.

To check out these and other great digital resources on Australia's Defence history, visit www.rsleducation.com.au ←



RSL Queensland Memberships Officer, Peter Jones, features in the new RSL Education animation commemorating the Armistice Centenary.

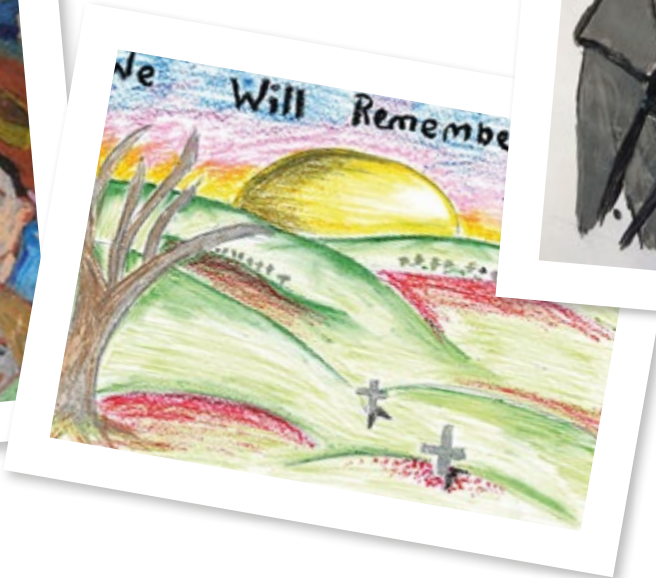


WINNERS OF SCHOOLS COMPETITION ANNOUNCED

To mark the Centenary of Armistice, RSL Queensland held competitions for primary and secondary school students in the themes of *Imagining the Past* (creating an artwork) and *Capturing the Past* (interviewing a veteran). Entries flooded in from all over the state, from Gindie and Annandale, Woongoolba and Toowoomba.

Ten District finalists were awarded \$50 book vouchers and the overall winner - Anika A from the Moreton District - received \$250 for herself and \$1000 for her school.

Grade seven student Evelien M, from Brisbane North District, won the secondary school competition. Her article will be published in the next edition of *Queensland RSL News*.



RUNNING 1500KM IN SEARCH OF RESILIENCE

With the unrelenting Queensland sun beating down on him, Wayne McMurtrie ran a gruelling 1500 kilometres over 22 days – about 68km a day – from Brisbane to Winton in Central West Queensland. His goal was to highlight the resilience and determination required by veterans in their journey home from war.

✍ Wayne McMurtrie | 📷 Fuzion Photography

ON September 22, I completed the most physically and mentally demanding endeavour I have ever attempted – the Run for Resilience. The journey began on September 1 at ANZAC Square in Brisbane, after only four weeks of planning and preparation.

Like many veterans, I experienced feelings of isolation and a loss of identity and purpose as I transitioned from service back into civilian life. I found it difficult to disengage from the structure of military culture – the pressure to be strong, the rigid, rational way of thinking and an inability to display emotions. This created difficulties for me, my partner and my family.

Run for Resilience is the story of my own journey home from war and how I found hope, healing and purpose

through the challenges and rewards of endurance running. Thanks to the sport, I rediscovered a connection, not only with myself, but with a community that understands the importance of camaraderie and loyalty forged through enduring long periods of shared adversity.

It was an honour to visit the regional Queensland communities and towns along our route, learn about their rich history and hear stories about veterans and their families.

During our journey, in the true spirit of collaboration, we were hosted by more than 24 RSL Sub Branches, ex-service organisations, cadet units and community organisations. We shared our story and mission with over 693 people along the route and reached thousands of people via social media.





“I BELIEVE RESILIENCE INVOLVES A REINTEGRATION OF SELF THAT INCLUDES A CONSCIOUS EFFORT TO MOVE FORWARD IN AN INSIGHTFUL AND POSITIVE MANNER BECAUSE OF LESSONS LEARNED FROM AN ADVERSE EXPERIENCE.”

This was achieved with a six-person support crew, one vehicle and no budget. I shared my journey in the hope others would benefit from my experience and find a path to resilience on their own journey home from war.

The American Psychological Association (2014) defines resilience as: “The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress.” This definition implies a

ABOVE:
Wayne McMurtrie chatting with grazier Jack Bennett from Alpha during his Run for Resilience.

continued state of wellness and doesn’t allow for the consideration of physical or mental injuries sustained in the face of such significant events.

I believe resilience involves a reintegration of self that includes a conscious effort to move forward in an insightful and positive manner because of lessons learned from an adverse experience.

The idea of moving forward is an important component of

understanding resilience, together with recognising that some of the most resilient people may struggle daily with severe post-traumatic stress disorder (PTSD). These people choose to make an active decision not to succumb to its negative effects, because resilience – like sobriety – involves an active decision that must be frequently reconfirmed.

A concept gaining support when looking at the outcome of PTSD is



post-traumatic growth (PTG). This concept focuses on the positive personal changes resulting from coping with a traumatic event.

PTG is an enhancement to resilience and hardiness, and would serve as a method for protecting against adverse outcomes. Using the Army mantra ‘Improvise, adapt and overcome’, we can begin the reintegration of self, making a conscious effort to move forward using an insightful, integrated,

positive manner because of lessons learned from an adverse experience.

I used endurance running as a tool to tell the story of the struggle my generation of young veterans face as they attempt to redefine their sense of self-worth and identity, while rediscovering their passion and purpose as they make their way back home in modern society.

My Run for Resilience highlighted not only the isolation many young

ABOVE:
Veteran Wayne McMurtrie ran 1500 gruelling kilometres over 22 days from Brisbane to Winton as part of his Run for Resilience.

veterans experience when their time in uniform ends, but the tyranny of distance that veterans living in regional Australia face in accessing services, support and employment, together with the difficulties of maintaining a connection with their military peers.

Our charity partner, PTSD Resurrected, helps veterans and first responders recover from the traumas experienced during their service and to reintegrate back into civilian life. [←](#)

C OMMUNITY



CANUNGRA TURNS PINK

Canungra Sub Branch President Col Lee presents a \$1000 cheque to Noela Lee, organiser of Turning Canungra Pink. Every October, the town turns pink to raise funds and awareness for cancer. Donations are given to Cancer Council Queensland.



BEAUDESERT VOLUNTEER MEMORIAL

Beaudesert Sub Branch unveiled a memorial honouring its volunteers. The four-metre-high statue outside the town's RSL will form part of a larger tribute garden, as a reminder of the millions of hours donated by volunteers around Australia.

THE EVO OWEN STORY

Desma Morton, widow of author Clive Morton, at the re-launch of Clive's book *The Evo Owen Story*. The book details Evelyn Owen's invention of the Owen Gun and reveals problems Owen confronted before the gun became the favoured weapon of the Aussie Digger from the Kokoda Trail to Long Tan. Purchase a copy for \$30 by phoning 0740 671 577.



BILOELA DONATES RADIOS TO CADETS

Biloela Sub Branch President John Rathjen and Vice Presidents George Podoliak and Noel Davis recently presented 10 hand-held field radios worth \$4000 to 147 Australian Army Cadet Unit T2 on behalf of the Sub Branch.

A GREAT YEAR AT PANDANUS PARK

Pandanus Park Veterans Retreat in Cape York had another big year, with approximately 850 veterans visiting throughout the season. Retreat organisers are looking forward to a great 2019 season.



CURRUMBIN CELEBRATES 20-YEAR ANNIVERSARIES

Currumbin celebrated the 20th anniversary of its Veterans Supports Centre (VSC) and Ignite Education. Both were founded in 1998 under the guidance of Currumbin RSL Chairman Ron Workman OAM. The event acknowledged Ron and Bill Thompson for their years of dedicated service.



GATTON CHEQUE PRESENTATION

Assistant Minister for Roads and Transport Scott Buchholz MP, second from the left, presented a \$13,950 cheque to Gatton Sub Branch members Treasurer Ken Slater, left, President/Secretary Steve Hartigan, events subcommittee member Col Martin and welfare officer Ian Denley. The funds were part of a BEST grant for Sub Branch volunteers to run an exercise group for older people.



VIGNACOURT VISITORS

Fifteen visitors from Vignacourt in Northern France came to Australia for the Centenary of the Armistice. The trip was organised by veterans in the Bundaberg region as part of a friendship agreement. The largest number of soldiers per head of population set off from Childers to fight in WWI and the largest number per head of population never returned. Three local schools take part in reciprocal cultural and historical activities and several residents have visited Vignacourt. During their visit, the French group took part in an Armistice Day Run in Bargara and marched with locals at the Childers service.

GOODNA RSL LEADERS SLEEP ROUGH FOR VETERANS

Goodna RSL Sub Branch leaders LTCOL Ryan, left, CAPT Redgate and MAJ Moroney (all retired) participated in Exercise Stone Pillow 2018 - Sleep Out for Homeless Veterans. Organised by Wounded Heroes, the event saw a great crowd of hardy individuals brave the wind and rain to raise an estimated \$25,000.





PEACEKEEPERS DAY IN HERVEY BAY

Hervey Bay Sub Branch held a Peacekeepers Day Service at Freedom Park, during which President Brian Tidyman honoured police and ADF peacekeepers.

GRACEMERE HELPS LAUNCH CARE PACKAGE PROJECT

Gracemere Sub Branch members Vince Mathers (ex-3RAR Korea), back left, Steve Robinson (ex-Nasho) and Tony Harris (ex-6RAR Afghanistan) with students from Crescent Lagoon State School in Rockhampton. The Sub Branch donated \$1000 to the school's Care Package Project. Music teacher Julie Layt led the project, which saw 130 care packages dispatched in 2017.



ROMA CELEBRATES HEROES AVENUE

RSL Queensland State President Tony Ferris was one of several special guests who helped Roma RSL Sub Branch celebrate the 100-year commemoration of Heroes Avenue.

ANZAC CENTENARY YOUTH COMPETITION

Hervey Bay Sub Branch Treasurer Tracy Gillespie, President Brian Tidyman and Deputy President John Beattie with participants from the ANZAC Centenary Youth Competition, including Kaitlyn Ralston (St James Lutheran College), left, Latarni Thompson (Urangan State High School), Brianna Skyring (Xavier Catholic College), Elke Aulsebrook (St James Lutheran College), Bonita Anderson and Brooke Keig (Hervey Bay State High School). The competition asked students to research and present on the topic of 'Army Nurses 1914-1918 (We Honour Them)'. Winners were Brooke, Kaitlyn and Latarni.





FREE CAMPSITES FOR VETERANS TO ENJOY PEACE IN THE BUSH

Isis Sub Branch President John 'Bucko' Buckingham, right, and Brian 'Simo' Simpson, left, visited Camp Gregory Veteran's Retreat recently. They are pictured with Brian 'Kit' Carson, caretaker of the retreat. The veterans-only campground is on 40 acres of private property on Gregory River, approximately 38km from Childers and 15 minutes from Woodgate. Veterans can stay for free for up to two weeks, but must pay a \$1 membership. There is a mini golf course, camp kitchen, campsites for vans and tents and camp huts for those without accommodation (bring your own linen). Open fires are allowed and firewood is provided. It is a place to enjoy peace and tranquillity in the Queensland bush and try fishing, crabbing, bushwalking or sightseeing. For more details visit www.campgregoryveterans.com



VETERANS HEALTH WEEK IN MALANDA

Malanda Sub Branch veterans, Malanda Men's Shed members and their families enjoyed Veterans Health Week activities organised using a DVA grant. As this year's theme was nutrition, activities included a tri-service cook-off using ration packs, a healthy 'slice' competition, fancy head dress and physical and trivia activities.



MURAL HONOURING WWI SOLDIERS

North Gold Coast unveiled a massive mural on bridge walls at Helensvale on Remembrance Day in honour of 30 local soldiers who died during WWI. When complete, the artwork will stretch 40m across two panels on the Gold Coast Highway and Brisbane Rd bridge walls between Discovery Drive and Country Club Drive. It will include the faces of 24 soldiers and the names of all 30 soldiers from the Gold Coast.



GOLDEN RIVET COMPETITION

Pine Rivers Sub Branch Secretary Pat Ringold presents a trophy to winners of the annual Golden Rivet Competition in Ipswich. The competition is organised by the Naval Association of Australia Ipswich sub section and includes darts and indoor bowls.



REDCLIFFE CONTINUES SUPPORTING INVICTUS

For the third consecutive year, Redcliffe RSL supported veterans competing in the Invictus Games. They assisted with training, and President Neville Cullen, front right, presented the Sub Branch's five athletes and two supporters (Advocates from the club) with shirts emblazoned with the words 'We've Got Your Back'. Also pictured are Trent Forbes (cycling), left, and his assistance dog Zeta, Carrie-Anne Bishop (seated volleyball, seated shotput and discus), Rosemary Mountford and Sharon Baker (Advocates), Rebecca Kuenstner (seated volleyball, shotput and discus) and Paul Langley (sailing and rowing). Not pictured – Jason McNulty (cycling).



VETERANS MINISTER VISITS TEWANTIN NOOSA

Member for Wide Bay Llew O'Brien MP, left, and Minister for Veterans' Affairs Darren Chester MP, right, are pictured with Tewantin Noosa Sub Branch President Mick Reid. The Minister met members, answered queries and outlined DVA policies and initiatives.



MATT GOLINSKI GIVES VETERANS COOKING DEMO

Celebrity chef Matt Golinski gave a cooking demonstration to veterans on the Sunshine Coast as part of Veterans' Health Week activities. Participants were also taught about healthy eating, nutrition and how to cook quick and easy meals.



SAUSAGE SIZZLE BENEFITS FARMING FAMILIES

Toowoomba United Sub Branch members Roland Thompson, left, Lindsay Morrison, Brad Donald and Patrick Leonard man the sausage sizzle at the Carnival of Flowers Parade Day in September. Proceeds were donated to Drought Angels, who distributed \$800 of prepaid VISA cards to farming families on the Sub Branch's behalf.

MATESHIP



DIARY ESCAPES FIRE

The diary of a WWII Australian prisoner of war that miraculously survived a fire is now displayed in Ayr ANZAC Memorial Club. In 1966, a stranger handed a weathered diary to a young bartender working at the Mount Isa RSL. Fatefully, she took the diary home with her and that night a fire broke out at the club, burning it to the ground. More than 50 years later, she approached the Sub Branch asking them to put the diary on display. Arthur Barnett's diary describes his despair in the German prison camp and his love for his sweetheart, Jeanette.



AMBERLEY AVIATION HERITAGE CENTRE

Several Esk RSL Sub Branch members visited RAAF Amberley Aviation Heritage Centre recently. The centre is staffed by volunteers and comprises two WWII hangars and a large open-air compound within the RAAF base. Aircraft on display included a replica Sopworth Camel from WWI, an F111 and a Boston Bomber recovered from the jungles of Papua New Guinea.



OLDEST AND YOUNGEST MEMBERS HELP MARK 100TH BIRTHDAY

Tweed Heads & Coolangatta Sub Branch's youngest member, 27-year-old Daniel Evans, left, and oldest member, 93-year-old Tom Kirkham, cut a cake to celebrate the Sub Branch's 100th birthday. Less than a dozen WWI veterans attended the first meeting in September 1918. Twin Towns Board Chairman Michael Fraser unveiled a plaque honouring 100 years of service and RSL Queensland President Tony Ferris presented a certificate of appreciation.





IPSWICH PAST PRESIDENT RECOGNISED

Ipswich RSL Sub Branch President Rob Wadley presented Joan Gilbert and family members with a boxed Australian flag in honour of her late husband, immediate past President Phil Gilbert OAM, for his service and dedication to the Sub Branch.

MONTHLY MORNING TEA FOR KAWANA WATERS VETERANS

Kawana Waters Sub Branch is proud to have around 140 members over the age of 85 years. These special individuals share WWII military service history with the Royal Australian Air Force, Royal Air Force, Royal Australian Navy and Australian Regular Army and now call the Sunshine Coast home. A group meet for a scone and cuppa at Kawana Surf Club on the first Monday of each month. They challenged other Sub Branches to sponsor similar gatherings for their aging veterans. For more information, email errika.meades@rslqld.org or phone 0412 759 184.



DARREN CHESTER VISITS GRACEMERE

Minister for Veterans' Affairs Hon Darren Chester MP and Member for Flynn Ken O'Dowd MP are pictured with Gracemere Sub Branch members during a visit in October. Mr Chester and Mr O'Dowd listened to veterans' concerns and told them of government services available to help veterans.



ADVOCATE HELPS VETERAN GET PENSION 27 YEARS AFTER DISCHARGE

Our Sub Branch Advocates are passionate about helping veterans in need. Sandgate Sub Branch President and Senior Advocate Peter McNamara, right, should be applauded for his commitment to helping RAAF veteran Denise George. Denise has been awarded almost \$750,000 in a Defence pension payout, 27 years after she was discharged from the Air Force. The pension, backdated to 1991, was awarded after her case was taken up by Peter, who also campaigned to change the conditions of her original discharge. (Photo: Michelle Smith/Newspix).



FEMALE VETERANS COME TOGETHER ON THE TABLELANDS

Pictured at a recent meeting of the Tablelands QLD Women Veterans Network are Margaret Plant, left, Val Horrigan, Cate Shanahan, Pauline Lawrence and Naomi Gallagher. The group discussed ways to connect with female veterans on the Tablelands and the Far Northern area and hosting a regional Women Veterans Conference in Malanda in August 2019. For more information, contact the Tablelands QLD Women Veterans Network via Facebook or email malanda@rslqld.org. (Photo: Fairlie Sandilands)

KEDRON-WAVELL LIFE MEMBERSHIPS

Three Kedron-Wavell Sub Branch members Peter Cairnes, left, David Izatt and Daryl Gould were presented with Life Memberships by RSL Queensland State President Tony Ferris and Brisbane North District President Merv Brown OAM recently.



TIN CAN COMMUNITY DAY WELL ATTENDED

Tin Can Bay Sub Branch held its third Community Information Day recently. Over 50 health providers, government agencies and community groups participated, and attendance was the largest since the event's inception. Credit went to organisers Maureen Costello and Terry Steele.

BACKING THE RIGHT HORSE

**NEW EVIDENCE BEHIND EQUINE-ASSISTED
THERAPY FOR VETERANS**



New research undertaken by the Gallipoli Medical Research Foundation has put equine-assisted therapy for veterans under the microscope.

AS understanding of the psychological toll of military service has increased, so too has the range of support services on offer for veterans and their families.

Recovery can come in many forms. Animals such as dogs and horses are now playing an important role in the healing process for many veterans.

Equine-assisted interventions have steadily gained popularity in recent years, with now more than 600 programs worldwide for people with a broad range of psychological and physical health conditions.

However, research is limited when it comes to evidence on the effectiveness of these programs. Past research on equine-assisted therapy has predominantly focused on children and adolescents. Investigation into the outcomes of equine-assisted therapy for military veterans is extremely limited.

The Veteran Mental Health Initiative (VMHI) team at Gallipoli Medical Research Foundation (GMRF) identified this gap in knowledge and has taken steps to rectify it. Thanks to the support of RSL Queensland, in 2016 Dr Madeline Romaniuk and her team conducted an evaluation study into the equine-assisted therapy program (developed by Equine Encounters Australia) offered to veterans via Mates4Mates.

“Evaluation of support programs is extremely important,” Dr Romaniuk says. “It gives veterans and their families confidence that the services they’re participating in are actually going to be beneficial in aiding recovery.”

EQUINE-ASSISTED THERAPY EXPLAINED

Equine-assisted therapy isn’t about going for a ride on a horse, in fact the

program involves no horse riding at all. It is a structured intervention that incorporates and links the experience of activities with horses, such as grooming and handling, within a clinical therapy framework.

Horses are sensitive to human emotion and responses and – like many other animals – are accepting of human behaviours, offering non-judgmental interactions. The interactions between a person and a horse can elicit thoughts, emotions and behavioural responses in both the person and the horse.

For example, a horse will often behave differently with a stressed person than with a calm person. These animal/human interactions can

be explored and discussed in group sessions with trained facilitators during the program.

THE PROGRAMS REVIEWED

The equine-assisted therapy programs reviewed by GMRF researchers were run in 2016 over a five-day period. Both individual and couples programs were evaluated.

“A key element of GMRF’s evaluation was to compare outcomes of the programs in which the veteran participated alone with those that involved partners, as there is no data globally on this,” Dr Romaniuk says.

The couples program included the same therapeutic activities as the individual program, with additional couples dates and couples counselling to improve communication skills, build trust and respect, and develop shared and individual future goals.

WHAT WE ALREADY KNEW

There is growing evidence on the benefit of equine programs. Previous

“HORSES ARE SENSITIVE TO HUMAN EMOTION AND RESPONSES AND – LIKE MANY OTHER ANIMALS – ARE ACCEPTING OF HUMAN BEHAVIOURS, OFFERING NON-JUDGMENTAL INTERACTIONS.”



research on these programs in non-veteran populations reported findings such as:

- Reduced anxiety and depression symptoms
- Reduced post-traumatic stress disorder (PTSD) symptoms
- Elevated self-esteem and self-awareness
- Improved communication and trust
- Increased overall wellbeing

WHAT WE LEARNT

GMRF researchers assessed people in the veterans-only and the veteran-plus-partner groups before the program, immediately after completion, and three months after completing the program.

As well as including partners, this study also sought to address another gap in the current literature. That is, whether the progress made during an equine therapy course maintains over an extended period of time. While benefits have been reported immediately after a program, it remained to be seen if this benefit was lasting. Our results were significant.

There was a significant decrease in depression, anxiety, stress and PTSD symptoms for veterans who participated in the veteran-only program. There was also a significant increase in their self-reported quality of life and happiness.

“OUR RESULTS INDICATE PARTNER INVOLVEMENT IS A VITAL ELEMENT IN DELIVERING MEANINGFUL BENEFITS FOR EQUINE-ASSISTED THERAPY IN TERMS OF THE REDUCTION OF DEPRESSION, STRESS AND PTSD SYMPTOMS.”





In the three-month follow-up evaluations, all measures, except anxiety, returned to the levels reported before the start of the program, demonstrating the benefits had not lasted.

For the couples participating in the program, the symptoms of depression, stress and PTSD significantly reduced by the conclusion of the program, and this reduction remained three months later. There was also a gradual reduction in anxiety symptoms from pre-intervention, resulting in a significant reduction by the three-month follow-up.

“As the couples program includes involvement from the veteran’s partner, this provides the opportunity to practise and reinforce the coping strategies developed during the program after it ends,” Dr Romaniuk says.

WHAT THIS RESEARCH MEANS FOR VETERANS

The results of our researchers’ findings have recently been published and highlighted some important considerations for equine-assisted therapy programs with veterans.

Our results indicate partner involvement is a vital element in delivering meaningful benefits for

equine-assisted therapy in terms of the reduction of depression, stress and PTSD symptoms.

“While this is not to say there is no benefit in veterans participating in these programs alone, it is clear the value can be more profound and lasting with the partner involved,” Dr Romaniuk says.

“This tells us it is important for those veterans who complete the program alone to seek out ongoing therapy after the program ends so they have the opportunity to practise and reinforce the coping strategies they learned.”

These findings reinforce our understanding that psychological assistance isn’t limited to traditional avenues. Adjunct therapies such as equine-assisted therapies have a legitimate place in offering needed help.

While more research in this space is required, the results from GMRF’s evaluations of veteran support programs, such as equine-assisted therapy, indicates an encouraging trend. There is an increasing range of evidence-based avenues available to help our veterans heal from the psychological toll of their service.

RESEARCH THAT TRANSLATES TO BETTER OUTCOMES

This study is part of GMRF’s commitment to further understanding the issues facing veterans and enhancing the impact of current and future treatment options.

The purpose of GMRF’s research has always been the translational benefits for our veterans and their families, and this will never change. We strongly believe medical research is vital to understanding and improving current practices. We want veterans and their families to get the support they deserve. You can find out more about our range of research projects at www.gallipoliresearch.com.au.

This study was made possible by the support of RSL Queensland. ←



ABOUT EQUINE ENCOUNTERS AUSTRALIA

The Veteran Mental Health Initiative’s evaluation of equine-assisted therapy was conducted on programs run by Equine Encounters Australia, offered to veterans through Mates4Mates. Managing Director Brenda Tanner founded Equine Encounters Australia to support people through challenging periods of their lives and share her love of horses.

Equine Encounters Australia Trauma Support Programs have been specifically designed to support military and first responder personnel who have experienced trauma during their careers and are now struggling with day-to-day life. It offers programs for individuals, couples and family members, as PTSD doesn’t just affect the individual.

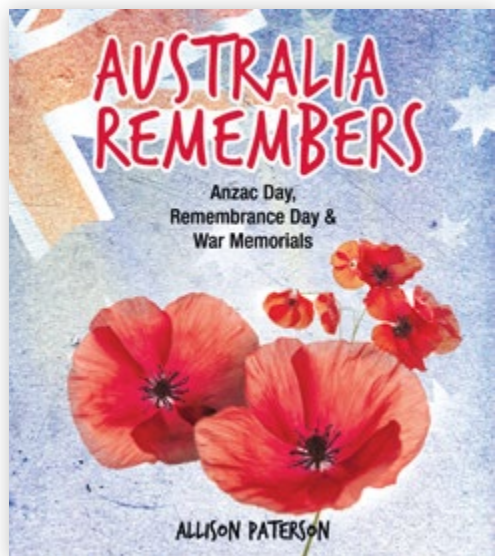
The programs have been designed to gradually move participants outside the psychological boundaries that have been created by PTSD, anxiety and depression. Through carefully facilitated interactions with the horses, participants learn to recognise their destructive thought patterns and behaviours and then, with the support of highly qualified facilitators, they learn to develop new and more positive approaches. Helping participants to slow down, learn to be in the moment (leaving their story in the past) and recognise subtle cues allows them to make better choices in the challenges of everyday life.

Much positive feedback on the life-changing impact of the program has been received. For example, a participant recently said: “Through working with the horses, I became aware that I am able to calm myself and be in the moment – my horse helped me to learn how to do this.”



WIN

AUSTRALIA REMEMBERS



Every year, there are special days when we remember all those who have fought in the past to keep Australia free, and those who still fight today to keep us safe. On April 25 – ANZAC Day – and on November 11 – Remembrance Day – we stop to think about those people and how much they have done for us.

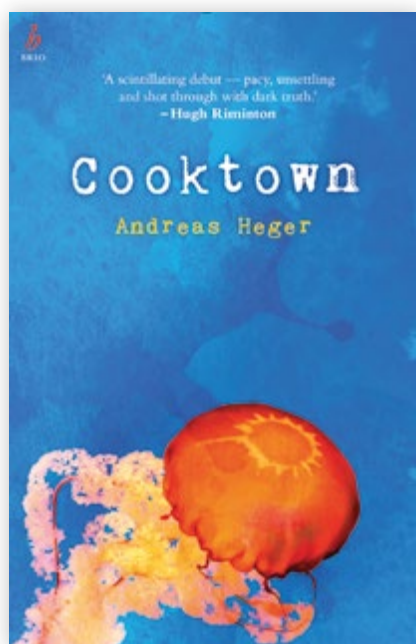
ANZAC Day reminds us that, as Australians, we are proud of the ANZAC spirit that has helped shape our traditions, our culture, and who we are. On Remembrance Day, we honour all those who gave up so much for their country, especially those who lost their lives.

Australia Remembers presents a detailed explanation of the origins and traditions of ANZAC Day and Remembrance Day, exploring both their connections and significance to young Australians today.

The colourful traditions and symbols of these special days are described in language that is easily accessible to younger readers, helping them to understand what these mean and how important it is to remember those Australians who have fought for their country, and those who keep us safe today. *Australia Remembers* is designed to ensure that the next generation shares the history and traditions of these important occasions.

Australia Remembers by Allison Paterson is published by Big Sky Publishing (RRP: \$24.99).

FOR YOUR CHANCE TO WIN one of four copies of *Australia Remembers*, email your name, address and contact number to editor@rslqld.org (with the subject 'Australia Remembers') or post to 'Australia Remembers', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 30, 2019.



COOKTOWN

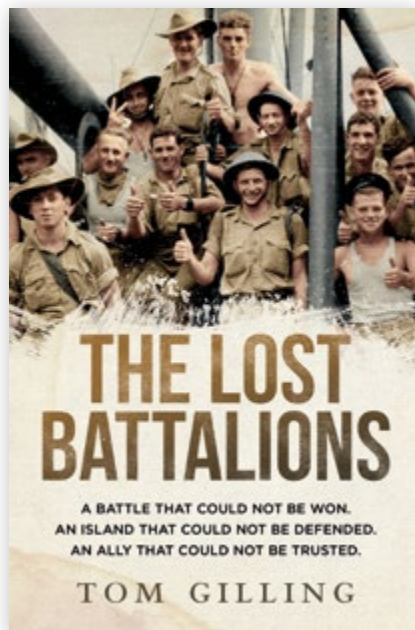
It's 2011. In a remote fishing village in Far North Queensland, ex-Special Forces soldier Daniel Grey has just returned from a brutal tour of duty in Afghanistan. Unsure of what's next, he's sought out his old mentor and school rugby coach. He meets the coach's beautiful wife Maria, and their daughter Remy – a strange and reclusive girl with unusual gifts.

Dealing with the loss of his former life and his best friend – along with some deeper wounds – Daniel now faces his toughest battle. In doing so, he has the chance to conquer old demons once and for all – and maybe help a new friend find her way in the world.

Cooktown is a confronting and tender novel that unflinchingly examines our need for human closeness via unforgettable characters set adrift from society.

Cooktown by Andreas Heger is published by Brio Books (RRP: \$26.99).

FOR YOUR CHANCE TO WIN one of four copies of *Cooktown*, email your name, address and contact number to editor@rslqld.org (with the subject 'Cooktown') or post to 'Cooktown', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 30, 2019.



THE LOST BATTALIONS

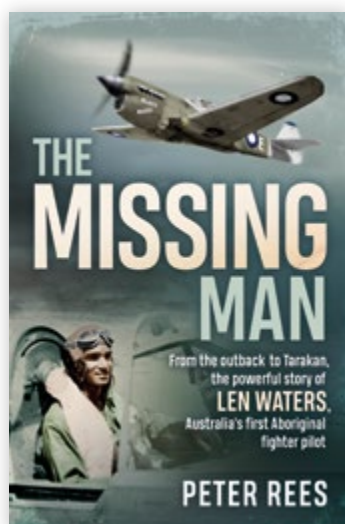
The Lost Battalions is the little-known story of two Australian battalions abandoned in Java during WWII, and the heroes who kept them alive in the worst of Japan's prisoner of war camps.

They were thrown into a hopeless fight against an overwhelming enemy. Later, hundreds died as prisoners of war on the Thai-Burma Railway and in the freezing coal mines of Taiwan and Japan.

Until now, the story of the 2000 diggers marooned on Java in February 1942 has been a footnote to the fall of Singapore and the bloody campaign in New Guinea. Led by an Adelaide lawyer, Brigadier Arthur Blackburn VC, and fighting with scrounged weapons, two Australian battalions – plus an assortment of cooks, laundrymen and deserters from Singapore – held up the might of the Imperial Japanese Army until ordered by their Dutch allies to surrender. This book tells the extraordinary story of the “lads from Java”, who laid down their weapons, but refused to give in.

The Lost Battalions by Tom Gilling is published by Allen & Unwin (RRP: \$32.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Lost Battalions*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Lost Battalions') or post to 'The Lost Battalions', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 30, 2019.



THE MISSING MAN

He was our first Aboriginal fighter pilot, flew multiple sorties during Australia's WWII Pacific campaign and should have had a world of opportunity ahead of him at the war's end. The war over, it should have been easy. Len Waters believed he could “live on both sides of the fence” and be part of Australia's emerging commercial airline industry. He had, after all, broken through the ‘black ceiling’ once before. Above all, he just wanted to fly. Instead, he became a missing man in Australia's wartime flying history.

Peter Rees rights that wrong in this powerful, compelling and, at times, tragic examination of Len's life. He also tells us something of ourselves that we need to hear.

The Missing Man by Peter Rees is published by Allen & Unwin (RRP: \$32.99).

FOR YOUR CHANCE TO WIN one of four copies of *The Missing Man*, email your name, address and contact number to editor@rslqld.org (with the subject 'The Missing Man') or post to 'The Missing Man', PO Box 629, Spring Hill, Qld, 4004. Competition closes January 30, 2019.



QUEENSLAND RSL NEWS WINNERS

Edition 5, 2018

DREAMING SOLDIERS

J Allen, Palm Beach
K Ruane, Landsborough
S Dillon, Buderim
R Guilfoyle, Toorbul

THE BALLAD OF CAPTAIN KELLY

C Marshall, Mirriwinni
J Walsh, Bracken Ridge
C Brooks, Wynnum West
P Budiono, Elanora

THE MUSIC MAKER

J Parnell, Wynnum
D Finlay, Middle Ridge
B Perks, Kingaroy
J Thurgar, Myocum

THE SILENT SOLDIERS OF NAOURS

K McKay, Smithfield
P Bray, Torquay
G Peterson, Eli Waters
G McIver, Townsville

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

COMMUNITY CONNECT

PLAQUE UNVEILING TO HONOUR WACOL NASHOS

A memorial will be unveiled to honour the 22 National Servicemen who did their initial Army basic training at Sanananda Barracks, Wacol, between 1951 and 1959 and who died while completing their service obligation. Eleven trainees died while undertaking their basic training before they could return back home. Private Douglas John Lawton, aged 18, of Salisbury is recorded as being the first Army National Serviceman killed in Australia on October 30, 1951, in a motorcycle accident. Another 11 died while undertaking the additional 98 days of training with their local CMF units. One of these was a Gunner Maurice Meyer Michaels of Brisbane, a husband, father and member of 5th Field Regiment RAA. The plaque unveiling and dedication ceremony will take place on February 14, 2019 (National Service Day) at National Service Heritage Precinct, 971 Boundary Road, Richlands. Families and friends of the deceased are invited to attend. For more information, including a list of the 22 National Servicemen included on the plaque, visit www.nashoqld.org.au.

EXHIBITION PANELS AVAILABLE TO BORROW

The 30 display panels from Cooroy Pomona RSL Sub Branch's exhibition to commemorate the 100th anniversary of the Armistice of WWI are available for Sub Branches to borrow. Held at Cooroy Memorial Hall from November 1-10, the exhibition allowed visitors to walk through a replica Western Front trench and look at memorabilia from the Australian War Memorial and local Sub Branches. It detailed the history of the war and Australia's involvement via 230 pages of narrative and 520 photos and maps. Local school students attended the exhibition and enjoyed going through the trench, touching memorabilia and learning about the conditions under which young Australians fought at Gallipoli, Egypt, Palestine and on the Western Front. The exhibition has been highly praised by visitors.



1919 EXHIBITION AT ARMY MUSEUM SOUTH QUEENSLAND

A new exhibition will launch at the Army Museum South Queensland in Victoria Barracks on Petrie Terrace in Brisbane in February 2019. Displays will include meticulously researched stories of the aftermath of "the war to end all wars" and how peace negotiations affected the Australian way of life.

Public tours of Victoria Barracks are on Wednesdays only. The price of \$15 per person includes the professionally researched and curated exhibition, an escorted tour of historic Victoria Barracks, Devonshire tea served in the original officers' mess, souvenir booklet and digital photo.

Groups and individuals must always make prior bookings through www.armymuseumssouthqueensland.com.au, by phoning 0429 954 663 or emailing info@armymuseumssouthqueensland.com.au.

Volunteers will also be needed at the Barracks from March 2019 onwards on either Wednesdays or Tuesdays. Applications are welcome from all age groups. A background of Australian military procedures is an advantage but not essential. Training will be provided.

DEAD MAN'S PENNY FOUND

A Dead Man's Penny inscribed with the name John Joseph Conroy has been found (pictured). The person who located the commemorative medallion would like to return it to a friend or family member of the deceased man. Please contact Kim and Linda Crang on 0423 784 950 or thebluff22@outlook.com.



THE RAAF

ASSOCIATION QUEENSLAND

The Gold Coast Branch of the Royal Australian Air Force Association Queensland recently reformed. The association was re-established to foster the spirit of friendship formed during service and to celebrate and perpetuate the honour and ideals of the RAAF and other designated services.

Membership is open to serving and former members of the ADF and Allied Armed Forces, their family members, current and former Air Force Cadets, Air League Cadets and members of the public who have not served in any Air Force, but who have an interest in aviation and who support the mission and objectives of the association.

A primary objective of the Gold Coast Branch is to provide members with the opportunity to join socially with like-minded people in a relaxed and friendly environment. For further details or a membership application form, please contact Membership Coordinator Mike Powell on 0411 138 520 or mikepowl@gmail.com.

DO YOU KNOW HAMMOND AUSTIN CLARK?

Linda Peek would like to get back in touch with Hammond Austin Clark, an old friend who used the name Noel Clark. He is around 70 years old, his wife's name is Christine and he previously drove heavy machinery for Toowoomba Council. He was Linda's neighbour in the UK in the 1960s. If you have any information, please contact Linda on 0429 428 872 or linda@peek.ws.



HMAS DUCHESS REUNION

Registrations are now open for the 9th reunion of HMAS Duchess Crew, to be held at Hotel Grand Chancellor, Adelaide, over the weekend of March 29-31, 2019. The full cost will be \$200, which includes a light meal or cocktail service on Friday night (yet to be decided), dinner on Saturday night and brunch on Sunday. A deposit of \$50 per head for prospective attendees should be paid by December 31, 2018. The balance of payment is due by February 15, 2019. For more details or a registration form, contact Bruce Bowmaker on 0403 243 795 or littlefish.in@bigpond.com.

REUNION FOR B COY 2RAR/NZ

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

A STORY THAT NEEDS AN ENDING

After a callout through the RASigs network for service items for display, two sets of medals (pictured) were given to Tony Everett, The Gap RSL Sub Branch curator. Trent Wiseman researched the medals and the Sub Branch would like to find the recipient's family. PTE George Taylor Stephens 6896 fought with the 22nd Bn AIF at the Somme, Mont St Quentin and Montrehain, before the battalion was withdrawn due to heavy casualties. He drowned on ANZAC Day in 1925, when his boat capsized crossing the bar outside Lakes Entrance.

CPL Francis George Stephens 2528, son of George and Mary, served in both WWI and WWII. He enlisted nine months before his father, having been given parental consent as he was under 21. Francis was wounded four times before finally being evacuated to the UK for departure to Australia four months later. Although a medical board deemed him as "permanently unfit" for service, he was accepted as an officer in the CMF at the outbreak of WWII. He served as the Lakes Entrance RSL Sub Branch Secretary and Treasurer from 1921-1925 and died in 1979. He and his wife Teresa are buried in the Lakes Entrance Cemetery.

If you are the family of George and Francis, or know of them, please call The Gap RSL Sub Branch on 07 3300 9439, Tony on 0416 066 508 or visit the Lakes Entrance RSL Sub Branch to view them.

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 POST

| Last Name | First Name | Service No. | Sub Branch |
|-------------|------------|---------------------|--------------------------------------|
| Abbey | Neville | 1/71412 | Thuringowa Sub Branch Inc. |
| Anderson | Wyndham | 14510256 | Stanthorpe Sub Branch Inc. |
| Anderton | William | NX203807 | Greenbank Sub Branch Inc. |
| Ashford | Reginald | Q199824/ QX23370 | Maryborough Sub Branch Inc. |
| Barron | Peter | LSFX850978 | Nambour Sub Branch Inc. |
| Bell | Keon | 3/42677 | Beenleigh & District Sub Branch Inc. |
| Bennett | Ralph | RA19392930 | Laidley Sub Branch Inc. |
| Birch | Robert | R35815 | Southport Sub Branch Inc. |
| Blanch | Frederick | 2/762550 | Hervey Bay Sub Branch Inc. |
| Bourne | Maxwell | 2727078 | Gladstone Sub Branch Inc. |
| Bowkett | Peter | 134571 | Bell Sub Branch Inc. |
| Broad | Graham | R50020 | Stanthorpe Sub Branch Inc. |
| Brooker* | Mary | QF268525 | Tewantin/Noosa Sub Branch Inc. |
| Brown | Desmond | 1/720989 | Ipswich Railway Sub Branch Inc. |
| Brown | Ernest | W/2022 | Ipswich Sub Branch Inc. |
| Buckby | Donald | 1203386 | Greenbank Sub Branch Inc. |
| Burgess | Kenneth | 16329 | Logan & District Sub Branch Inc. |
| Burrows | Raymond | NX169524 | Southport Sub Branch Inc. |
| Butterworth | Harold | 213376 | Bundaberg Sub Branch Inc. |
| Carmichael | Allan | 32027 | Toowoomba United Sub Branch Inc. |
| Christensen | Bevan | QX10890 | Mapleton Sub Branch Inc. |
| Clayton | Beryl | W216610 | Ipswich Railway Sub Branch Inc. |
| Collins | Lawrence | 23594 | Ipswich Sub Branch Inc. |
| Conway | Peter | 13921 | Gaythorne Sub Branch Inc. |
| Coomer | Doreen | NF410720 | Redlands Sub Branch Inc. |
| Cooper | John | 23678631 | Burrum District Sub Branch Inc. |
| Crowe | Patrick | A225479 | Murgon Sub Branch |
| Davies | Daniel | LSFX886658 | Yeronga-Dutton Park Sub Branch Inc. |
| Davies | Robert | NX172055 | Burleigh Heads Sub Branch Inc. |
| Dobbie | William | 712122 | Ipswich Railway Sub Branch Inc. |

| Last Name | First Name | Service No. | Sub Branch |
|--------------|------------|-------------|---|
| Drake | Derek | 2719565 | Cooroy-Pomona Sub Branch Inc. |
| Dring | Frank | VX84560 | Southport Sub Branch Inc. |
| Driscoll | Colin | 54090 | Maroochydore Sub Branch Inc. |
| Duran | Michael | 301114041 | Greenbank Sub Branch Inc. |
| Ebenston | Gordon | QX56370 | Caloundra Sub Branch Inc. |
| Ebzery | Ian | 2791702 | Caloundra Sub Branch Inc. |
| Edney* | John | 2512618 | Surfers Paradise Sub Branch Inc. |
| Edwards | Gordon | Q103426 | Roma Sub Branch Inc. |
| Elliot | Leslie | 2/727485 | Beenleigh & District Sub Branch Inc. |
| Elliott | William | 122236 | Gympie Sub Branch Inc. |
| Ensinger | Harry | 44097 | Redlands Sub Branch Inc. |
| Fergus | William | 76320 | Mackay Sub Branch Inc. |
| Fetterplace* | Charles | 35007 | Tweed Heads & Coolangatta Sub Branch Inc. |
| Forbes | Donald | 129224 | Currumbin/Palm Beach Sub Branch Inc. |
| Fraser | Raymond | 215584 | Toowoomba United Sub Branch Inc. |
| Gale | Ronald | A42862 | Unattached List Sub Branch |
| Gardiner | Robert | 0111223 | Unattached List Sub Branch |
| Halcrow | Bryan | 1/708615 | Hervey Bay Sub Branch Inc. |
| Hall | Brian | 1/1908 | Hervey Bay Sub Branch Inc. |
| Harcla | Peter | 1206353 | Townsville Sub Branch Inc. |
| Haren | Michael | R39462 | Townsville Sub Branch Inc. |
| Harrington | Hilda | QF270476 | Salisbury Sub Branch Inc. |
| Hart | Raymond | 2/727015 | Beaudesert Sub Branch Inc. |
| Hawck | Allen | 43613 | Southport Sub Branch Inc. |
| Hay | Cyril | QX24707 | Redlands Sub Branch Inc. |
| Hazleden | Frank | 554013 | Caloundra Sub Branch Inc. |
| Heuston | Vivian | 123813 | Ipswich Sub Branch Inc. |
| Hodges | Kathleen | 177406 | Maroochydore Sub Branch Inc. |
| Hoffmann | Ronald | QX55470 | Ipswich Railway Sub Branch Inc. |
| Hogan | Thomas | 1/706496 | Southport Sub Branch Inc. |

| Last Name | First Name | Service No. | Sub Branch |
|-----------|------------|----------------------|--|
| Hogan | John | 1735029 | Emu Park Sub Branch Inc. |
| Howard | John | QX53731 | Ipswich Sub Branch Inc. |
| Hughes | James | 342996 | Tweed Heads & Coolangatta Sub Branch Inc. |
| Hull | Donald | NX11624 | Gaythorne Sub Branch Inc. |
| Hunter | Norma | 98357 | Currumbin/Palm Beach Sub Branch Inc. |
| Jackson | Allen | 42219 | Tweed Heads & Coolangatta Sub Branch Inc. |
| Jeffers | John | 1/718810 | Maroochydore Sub Branch Inc. |
| Jones | Trevor | 6/707670 | Southport Sub Branch Inc. |
| Kelly | Desmond | 150019 | Innisfail Sub Branch Inc. |
| Kimlin | Thelma | Q142552 | Laidley Sub Branch Inc. |
| Kinmonth | Dorothy | VF518240 | Caloundra Sub Branch Inc. |
| Kuhn | Mervyn | 77709 | Warwick Sub Branch Inc. |
| Kukla | Antonin | 2430 | Kooralbyn Valley Sub Branch Inc. |
| Laybutt | Marise | F2/76 | Mossman Sub Branch Inc. |
| Leahy | Brian | QX60810 (Q269749) | Ayr Sub Branch |
| Lennox* | Ross | 31 | Surfers Paradise Sub Branch Inc. |
| Little | Peter | 227609 | Geebung Zillmere Bald Hills Aspley Sub Branch Inc. |
| Lloyd | David | 213923 | Gatton Sub Branch Inc. |
| Long | George | 4063050 | Beaudesert Sub Branch Inc. |
| Magnussen | Barry | A18686 | Stanthorpe Sub Branch Inc. |
| Maher | Eleanor | 170659 | Salisbury Sub Branch Inc. |
| Marks | John | 23164529 | Wynnum Sub Branch Inc. |
| Marlow | Margaret | WR1231 | Esk Sub Branch Inc. |
| Marmont | Alexander | 1/723866 | Maryborough Sub Branch Inc. |
| Marshall | Thelma | SF113546 | Surfers Paradise Sub Branch Inc. |
| McAuslan | Lionel | W1046 | Kedron-Wavell Sub Branch Inc. |
| McCowan | Ross | QX58173 | Caloundra Sub Branch Inc. |
| McDonald* | Stanley | A119004 | Helidon Sub Branch Inc. |
| McGrath | Donald | QX28525 | Greenbank Sub Branch Inc. |

| Last Name | First Name | Service No. | Sub Branch |
|------------|------------|-----------------------|---|
| McGuire | James | 22794094 | Surfers Paradise Sub Branch Inc. |
| McKay | Donald | - | Rockhampton Combined Services Sub Branch Inc. |
| McMahon | Leslie | A112721 | Caloundra Sub Branch Inc. |
| Medlen | Lawrence | A51021 | Glasshouse Country Sub Branch Inc. |
| Mitchell | Jack | QX29177 | Samford Sub Branch Inc. |
| Moll | George | - | Nambour Sub Branch Inc. |
| Mooi | Paul | F141999 | Townsville Sub Branch Inc. |
| Morgan | Wyndham | 1312545 | Tweed Heads & Coolangatta Sub Branch Inc. |
| Morgan* | David | 38209 | Currumbin/Palm Beach Sub Branch Inc. |
| Neilsen | Michael | A135357 | Kedron-Wavell Sub Branch Inc. |
| Newton | Derek | 22637542 | Southport Sub Branch Inc. |
| Niblett* | William | - | Tewantin/Noosa Sub Branch Inc. |
| Noy | Donald | 3410870 | Canungra Sub Branch Inc. |
| O'Brien | Miriam | 99176 | Kenmore/Moggill Sub Branch |
| O'Connor | Alan | NX162147 (N461764) | Gladstone Sub Branch Inc. |
| O'Connor | Michael | 1732612 | Bribie Island Sub Branch Inc. |
| O'Loughlin | Patrick | 1731158 | Sherwood-Indooroopilly Sub Branch Inc. |
| Omodei | Morris | QX40644 | Maryborough Sub Branch Inc. |
| Osland | Colin | R57896 | Springwood Tri-Service Sub Branch Inc. |
| Palmer | George | VX117701 | Kedron-Wavell Sub Branch Inc. |
| Parks | James | 1/3050 | Beaudesert Sub Branch Inc. |
| Patterson | Roy | A35404 | Moranbah Sub Branch |
| Pearce | Wayne | 43559 | Burrum District Sub Branch Inc. |
| Perkins | Donald | 1/2542 | Ipswich Sub Branch Inc. |
| Pine | Mervyn | 1734611 | Mareeba Sub Branch |
| Power | Henry | 3452272 | Sandgate Sub Branch Inc. |
| Price | Nona | 106140 | Surfers Paradise Sub Branch Inc. |
| Prout | Richard | 138564 | Finch Hatton Sub Branch Inc. |

| Last Name | First Name | Service No. | Sub Branch |
|-------------|------------|---------------|--|
| Raison | Keith | A119461 | Hervey Bay Sub Branch Inc. |
| Ritter | Francis | QX62496 | Sandgate Sub Branch Inc. |
| Roberts* | Thomas | Q272240 | Mt Morgan Sub Branch - Closed |
| Rogers | Kingsley | SX5036 | Millmerran Sub Branch |
| Rohlf | Cedric | 16502 | Kedron-Wavell Sub Branch Inc. |
| Rosewarne | Peter | 3111559 | Caloundra Sub Branch Inc. |
| Roy | Phillip | A15485 | Tweed Heads & Coolangatta Sub Branch Inc. |
| Rudd | Jack | N263938 | Currumbin/Palm Beach Sub Branch Inc. |
| Rushton | Athol | 150114 | Coorparoo & Districts Sub Branch Inc. |
| Ryan | Patrick | A18307 | Carlyle Gardens Townsville Chapter of North QLD District |
| Salcombe | Ronald | PJ1973697 | Greenbank Sub Branch Inc. |
| Salisbury | John | 1/704521 | Rathdowney Chapter of Beaudesert Sub Branch |
| Scholtz | Arthur | 217527 | Southport Sub Branch Inc. |
| Scott | Gordon | S9280 | Tweed Heads & Coolangatta Sub Branch Inc. |
| Selby | Amos | X74679 | Currumbin/Palm Beach Sub Branch Inc. |
| Sharp | Bertram | QX18243 | Toowoomba United Sub Branch Inc. |
| Sharpe | Desmond | 2266749 | Bray Park-Strathpine Sub Branch Inc. |
| Shield* | Malcolm | A113213 | Bribie Island Sub Branch Inc. |
| Shorland* | Graeme | 3179836 | Tewantin/Noosa Sub Branch Inc. |
| Skerman | Allan | QX4520/440350 | Mackay Sub Branch Inc. |
| Smith | Jacob | QX59696 | Gin Gin Sub Branch Inc. |
| Smith | Lionel | VX16833 | Tewantin/Noosa Sub Branch Inc. |
| Smith | Anthony | 23253036 | Hervey Bay Sub Branch Inc. |
| Solomon | Kevin | 171624 | Gaythorne Sub Branch Inc. |
| Sommerfield | Robert | 150295 | Charleville Sub Branch Inc. |

| Last Name | First Name | Service No. | Sub Branch |
|------------|------------|-------------|---------------------------------------|
| Sparks | Noel | 1/701492 | Kedron-Wavell Sub Branch Inc. |
| Speight* | Sam | 17695 | Redcliffe Sub Branch Inc. |
| Stewart | Ralph | - | Redcliffe Sub Branch Inc. |
| Strickland | John | 425243 | Caloundra Sub Branch Inc. |
| Sullivan* | Keith | 136248 | Maroochydore Sub Branch Inc. |
| Tapp | John | A1110269 | Coorparoo & Districts Sub Branch Inc. |
| Timmins | Betty | F38041 | Mareeba Sub Branch |
| Tonkin | Geoffrey | A315461 | Djuan & District Sub Branch Inc. |
| Tucker | Charles | VX148966 | Hervey Bay Sub Branch Inc. |
| Vallins | A | 58823 | Surfers Paradise Sub Branch Inc. |
| Valuks | Ivars | 217163 | Russell Island Sub Branch Inc. |
| Wall | David | QX501623 | Pine Rivers District Sub Branch Inc. |
| Walters | Marie | - | Forest Lake Sub Branch |
| Wangman | Ronald | 3/751322 | Caloundra Sub Branch Inc. |
| Watson* | Harry | 2518534 | Hervey Bay Sub Branch Inc. |
| Webb | Raymond | 1410223 | Logan & District Sub Branch Inc |
| Whitaker | Gordon | Q210422 | Hervey Bay Sub Branch Inc. |
| Whiteman | George | NX66539 | Gaythorne Sub Branch Inc. |
| Wilkins | Reginald | QX21788 | Greenbank Sub Branch Inc. |
| Williams | John | 41049 | Greenbank Sub Branch Inc. |
| Williams | M | 1707809 | Taroom Sub Branch |
| Williams | Malcolm | - | Taroom Sub Branch |
| Wilson | Francis | 2383431 | Caloundra Sub Branch Inc. |
| Wilson | Barrymore | 2759840 | Proston Sub Branch |
| Wolfshaar | Antonius | 18022015 | Greenbank Sub Branch Inc. |
| Wotton* | Colin | 1/705899 | Miles Sub Branch |
| Wright | Colin | 1201381 | Bribie Island Sub Branch Inc. |
| Yetman | Melville | QX16346 | Maryborough Sub Branch Inc. |
| Young | Richard | 4720265 | Bribie Island Sub Branch Inc. |



NEW VIP MEMBER STRIKES GOLD AND WINS \$4 MILLION SYDNEY BEACH HOUSE PRIZE!

A new VIP member who joined to support Australia's veterans and their families has struck gold as the winner of Draw 359 – a \$4 million Sydney beach house prize in North Curl Curl.

The gentleman from Forestville, NSW, and owner of winning ticket number 2,242,055 was lost for words when he received the call.

Mr Matthews* couldn't wait to share the great news with his wife, who works directly with Defence veterans and was his motivation to join the VIP Club.

The news kept getting better for this generous \$50 VIP member, as he not only walked away with the \$4 million prize, but also received an additional \$85,000 in gold as a book bonus prize!

As a new VIP member of only six weeks, Mr Matthews is now the owner of the five-bedroom, three-bathroom home in Sydney's northern beaches, one of the most sought-after property markets in Australia.

Congratulations to Mr Matthews and all the winners of Draw 359.

**Name changed for privacy reasons*

We're ready to serve -

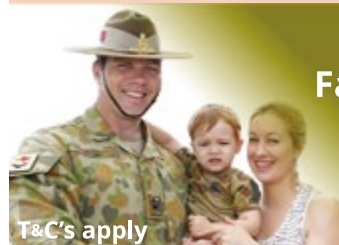
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WIN A LUXURY BEACHFRONT APARTMENT



WAKE UP TO SURFERS PARADISE

+ \$500,000
GOLD BULLION



Draw 362 offers you the chance to win a **\$2 million** prize, including a luxury beachfront apartment in the heart of the Gold Coast, plus **\$500,000** in gold!

Located on the 29th floor of the iconic Peppers Soul building, only 100 metres from Surfers Paradise Beach, is a three bedroom designer apartment waiting for the lucky winner to call home. The best feature of this sophisticated home is the panoramic ocean views from almost every room!

Elegantly styled with rich fabrics, polished marble benchtops and chrome accents, this home offers a luxury retreat

where the ocean is your backdrop. It also offers a fantastic investment opportunity, with the estimated annual rental return of **\$72,800!**

With buzzing Surfers Paradise below your feet, you'll never be pressed for something to do. Make the most of the sun and surf or indulge in the popular dining spots along the strip.

This prize also includes **\$500,000** in gold! Whether this means an early retirement, clearing any unwanted debt or buying a new boat to compliment your newfound beachfront lifestyle, the winner will be spoilt for choice!



DRAW 362

Draw opens 12.01am AEST Thursday 12th December 2018
Draw closes 8pm AEST Tuesday 22nd January 2019
Drawn 10am AEST Wednesday 30th January 2019



BUY YOUR TICKETS TODAY

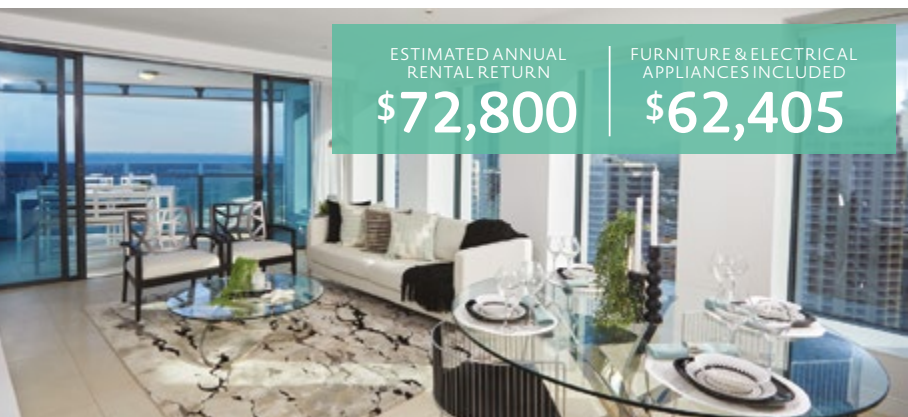
RSL Art Union Draw No. 362 (also known as Draw 362L) is conducted by Returned & Services League of Australia (Queensland Branch) ABN 79 902 601 713 of ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Close date: 8pm (AEST) 22/01/19. Draw Date: Public draw 10am (AEST) 30/01/19 at ANZAC House, 283 St Pauls Terrace, Fortitude Valley QLD 4006. Promoter: Vic Reading, Locked Bag 4032, Fortitude Valley QLD 4006. Number of tickets available for AU362 is 2,500,000 which may include a maximum of 525,000 bonus tickets. Entrants must be 18 years or over. Winners notified by registered mail. Results published in The Courier Mail and order will be automatically entered into the next draw, Draw 363L. Some items shown in pictures are for display purposes only. Floor plans are for illustration purposes only. Any rental estimates provided are for information only. Please refer to their terms and conditions. Information correct at time of printing. For up to date details and full terms and conditions please refer to www.rslartunion.com.au.



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FIRST PRIZE**

**TICKETS
ONLY
\$5**



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\$72,800

FURNITURE & ELECTRICAL
APPLIANCES INCLUDED
\$62,405

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4 The Esplanade, Surfers Paradise, QLD 4217

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