

WESTERN OUTPOST NEWS



St Mary's Outpost the
'Train of Knowledge'

April 2010 Issue

St Mary's Vietnam Veterans Outpost & St Mary's RSL Sub-Branch Combined Newsletter



VVAA Stand at 'Veterans & Defence Expo Penrith'

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VVAA St Mary's Presidents Report March 2010

Well here it is my first report as president of the train. For some of us I know this will seem almost like a bad dream, as the reports have either flowed from either Harry Kirkman or Gary Fizzell for so long that to even suggest that someone else deem themselves fit to fill the shoes of these old war horses is madness. Well rest assured my dear reader I have no intention of trying to fill either set of shoes. I much prefer to just continue to wear my own shoes in my own style and with the ongoing support of our outgoing president I am sure that we will get through this year with as few hiccups as possible.

The new Executive Committee for this year is I as president, Brian (Richard) Abson as Secretary, Uwe Schoennher as VP, John Taylor as Assist Secretary and Ted Fish returns as Treasurer again (so it looks like no lobster again this year Reno).

Our general committee that assists the Executive with the day to day business of the Train remains pretty well the same as last year.

Reno as Station Master and Fisherman Extra Ordinary, John Foeken continues to head up the best Welfare Group in the State if not Australia, whilst ably being assisted by Terry Burn and John Mulherron.

Tony Mularvey will be in charge of trying to sell as much of our memorabilia as possible, While Vin and Nancy Cosgrove just continue to grow our reputation in the school system every year.

Not forgetting Keith Wolfenden and crew running the computer class.

Also ably assisting us are the work horses always ready to put their hands up Tony Fryer and Garry Luscombe.

It is not unusual in an organisation as large as ours to occasionally get a little friction developing between some of our highly developed sense of what is right and wrong. If this does start to happen in any area, please bring it to the attention of your area co-ordinator or if that is unsuccessful approach myself directly in conjunction with your co-ordinator and I will only be too happy to help try and sort it out. I will not however, listen to any complaints etc without the co-ordinator present.

As you will see elsewhere in this month's newsletter we recently took part in the inaugural "Veterans and Defence Service Expo" at the Penrith Paceway. The conservative estimate was somewhere in excess of 750 people visited the expo on the day.

Other than a couple of small teething problems and a lack of funds that severely curtailed our advertising budget the day went well. Especially for The Outpost who made the most of the prime site that was given to us and the professional manner in which we set it up and manned throughout the day speaks volumes for our volunteers.

Reno and his boys again pitched in being there at 6.30am to help set up and still there at the end of the day to pull down. This place really could not run without Reno's Train Washers. I swear I have never met a more selfless bunch of worker/volunteers anywhere.

Speaking of which don't forget to see Reno over the next few weeks to sign up for ANZAC Day badge selling.

With the Easter Break fast approaching any one that is heading away for a well earned rest remember the golden rules for driving at Easter,

- Give Your self time
- Take a break
- Watch out for the idiots
- Come back safe we need you all.

Till Next Time

Greg Cant - President



ST. MARY'S RSL SUB-BRANCH REPORT

Well as most of you would know by now, I have changed hats and moved over to the St Mary's RSL Sub-Branch as President. This does not mean I won't be having some input at the 'train' but I am hoping the new job will enable me to wind down a little.



There has been a couple of changes on the committee as a result of the AGM, I am happy to announce that the Secretary is Ron Kelly, the two Vice Presidents are John Foeken and Terry Burn; Ted Fish remained as Treasurer.

We have opened the RSL Sub-Branch office for business because it was basically only being used as a store room. The problems with that of course, are pretty evident when a new committee takes over, it is often difficult chasing up correspondence, files, Minutes of meetings and Treasurers Reports etc, when people work from home; I believe that by centralising all documents, templates and correspondence makes it easy when there is a change of Executive. The office is now open between 10.00am - 1pm Monday **and** Thursday **Phone: 9623 6555**. For those who don't know where it is located in the RSL, simply enter via the doorway opposite the ATM situated just past the Reception desk - go up the stairs and the office is on your right. Please feel free to drop in for a chat or to put forward any suggestions you think should be brought to the Committees attention.

The ANZAC Sunday March will be held on Sunday 18th April at the usual times i.e. Assemble in Queens St at 2.00pm for a 2.30pm 'step off'. The Dawn Service will be at the Artillery Guns beside the 'train' and will commence at 5.30am. A limited number of chairs would be made available. The usual breakfast at the RSL Club will be served after the Service and a coach would be provided to take those people wishing to attend the City March.

The NSW RSL held a Veterans and Defence Force Expo at the Penrith Paceway on Saturday 6th March 2010, the new President of the VVAA St Mary's, Greg Cant, was one of the Executive Committee. I am sure Greg will give a separate report in this newsletter.

The members of the VVAA St Mary's Outpost must be worth a special mention however, because a large number turned up from 6.00am and stayed throughout the day assisting in the setting up and manning the Outpost information stand, also acting as Marshalls and parking attendants. Reno Ciantar never stopped all day - although he was observed trying to use a 'walkie talkie' like a phone and wondered why he could not get a response!!

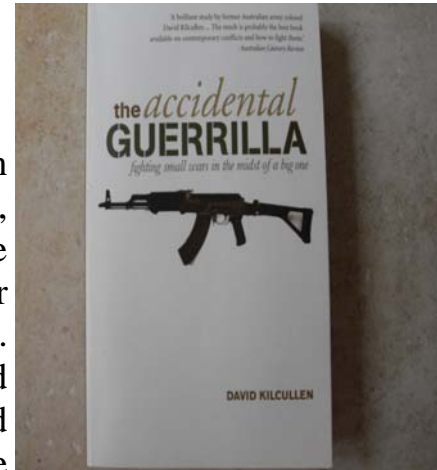
I took the opportunity to talk with Dr Rod Bain, RSL State Vice President Southern Country, at the Expo, he is still concerned that veterans are not being screened for Prostate Cancer, he asked me to pass on to all our members that ALL who served in Vietnam will suffer from Prostate problems and urges everyone to have regular tests, its better to be **diagnosed early**.

Gary Fizzell JP
President

Book Review:

The Accidental Guerrilla.

David Kilcullen is the world's foremost expert on this way of war, and in *The Accidental Guerrilla*, the Senior Counterinsurgency Advisor to the Pentagon and architect of 'the Surge' - surveys war as it is actually fought in the contemporary world. Colouring his account with gripping battlefield experiences that range from the jungles and highlands of South and Southeast Asia to the mountains of the Afghanistan-Pakistan border to the dusty towns of the middle East and the Horn of Africa, the *Accidental guerrilla* will, quite simply, change the way we think about war.



This much anticipated book will be a must read for everyone concerned about the war on terror. Whilst conventional warfare has obvious limits, Kilcullen also stresses that neither counter-terrorism nor traditional counterinsurgency is the appropriate framework to fight the enemy we now face.

Certainly, traditional counterinsurgency is more effective than counter-terrorism when it comes to entities like Al Qaeda, but as Kilcullen contends, our current focus is far too narrow, for it tends to emphasise one geographical region and one state. *The Accidental Guerrilla* is based on extensive fieldwork in the world's most dangerous places and examines how terrorists exploit traditional societies and explores the backlash created by external military intervention. It argues for a long-duration, low-footprint, indirect approach to combating extremism that works through close and genuine partnerships with local communities. Kilcullen takes us 'on the ground' to uncover the face of modern warfare, illuminating both the big war (the War on Terrorism) and its relation to the associated 'small wars' in Iraq, Afghanistan, the Phillipines, The Horn of Africa, Thailand, Chechnya, Pakistan and North Africa.

Kilcullen sees today's conflicts as a complex combination of two trends: small wars and global confrontations, local social networks and worldwide movements, traditional and post-modern cultures, separatist and imperialist ambitions, nativist and pan-Islamic traditions.

ISBN 978192137 RRP \$35.00 Pub. Date: April 2009.

Order through Booktopia (just Google it to find the Home Page) and order on line.

War Widow's/widower's Pension

When is war widow's/widower's pension automatically granted?

There are a number of circumstances in which a war widow's pension will be automatically granted to the surviving partner of a veteran. These are:

- When the veteran was receiving disability pension at the special rate (TPI), the temporary special rate (TSR), the intermediate rate (INT), the extreme disablement adjustment (EDA) rate or for blindness or an allowance under section 27 of the *Veterans' Entitlement Act 1986* for double amputees; and/or
- Where the veteran was an ex-prisoner of war and was receiving a DVA pension of any type at the time of their death. (If the veteran is an ex-POW and not a DVA beneficiary, an application for war widow's pension will need to be completed)

If the widow was not in receipt of a DVA payment at the time of a veteran's death, the tax file number and bank account number of the widow or widower will be requested.

Note: War Widow's pension may be claimed when it is thought that the veteran's death was due to war service or eligible defence service.

Who is eligible to make a claim?

- A widow or widower - that is, a person who was legally married to, or was in a marriage-like (de-facto) relationship with a deceased Australian veteran immediately before the veteran's death.
- Another person on behalf of a widow.
- A widow who remarried before the claim is lodged is not eligible to receive a war widow's pension.

When can a pension be granted? The Repatriation Commission will grant a pension if it determines that the veteran's death was caused by war service or eligible defence service. The war widow/er pension is a means test and tax free payment and entitles the holder to a Gold Repat. Health Card for all conditions. The widow or widower may also be required to provide certified copies of their own birth certificate, marriage certificate and the deceased veteran's death certificate.

Bereavement Payments.

Payments are made to the surviving partner if the deceased was in receipt of an income support payment from DVA or Centrelink at the time of death. Bereavement payments are also payable by DVA if the veteran was paid a disability pension and there was a surviving partner.

For a bereavement payment to be made, the couple must have been living together (unless separated because of medical reasons or respite care) at the time of death.

Surviving partners of those who were receiving a service pension, income support supplement or an age pension, as well as a disability pension, will receive a bereavement payment in respect of both pensions.

Bereavement payment for members of a couple.

The surviving member of a couple whose partner was receiving a service pension, age pension or income support supplement may be eligible for a bereavement payment equal to 98 days entitlement (14 weeks) from day after death. The payment is based on the type of pension, support and allowances formerly paid to the deceased person. Special rules apply when the deceased was the member of an illness-separated couple.

Bereavement payment for single pensioners.

For service pension, age pension or income support supplement recipients who die without leaving a surviving spouse or partner, an entitlement of 14 days (2 weeks) pension from the day after the death may be paid to the pensioner's estate.

Disability pension bereavement payment.

This is a lump sum payable to the partner of a deceased disability pension recipient. It is equal to six payments (12 weeks) of disability pension at the rate received by the veteran at the time of death.

From 1 July 2008, the estate of a deceased single veteran in receipt of a Special Rate or EDA disability pension who dies in severe financial need can apply for a disability pension bereavement payment. Where a case is undetermined at the time of the veteran's death and a pension or an increase in the rate of pension is granted, the bereavement payment will be made at the new rate.



NUI DAT

Remember This?

Advice on the rehabilitation of a soldier.

This is to certify that your husband (etc) having completed an arduous, strenuous, tiresome, extremely frustrating tour of duty in South Vietnam, will be returning triumphantly and happily to his humble, clean, welcome abode in good old Australia during the year....possibly!

You should appreciate he is no longer the sweet unspoiled young man, clean of mind, body and soul as he was when he left Australia fired with patriotic zest for adventure or just a National Serviceman. He is older, leaner, probably wiser in the ways of the world, possibly short tempered, cynical, extremely sarcastic matched with a high degree of criticism of everyone and everything, so get the women off the streets, hide all the beer, put a chain around the fridge, lock the cow in the barn and note the following:

If you are going to the movies, advise him not to take his chair along as these are included in the admission fee. Tell him it is not advisable to unduly pant, whistle, stamp his feet, or howl like a mongrel dog every time a female between 8 and 80 appears on the screen. He will gaze in awe and wonder and utter fascination at blonde hair, blue eyes, tight sweaters, buxom women, clean sheets, hotels, trains and cars. For the first few months until he is house-broken be especially watchful should he be placed in the company of a woman, particularly one who is young, beautiful and round eyed; his first reaction may be to go into a state of shock. Take advantage of his momentary hesitation and

Move the young lady out of his reach. Be tolerant if he spits on the floor, piles sandbags around the house, refuses to go to bed without a rifle, mosquito net, or a can of beer; accuses the grocer of being a thief and tries to buy anything at half the price, uses hard language in mixed company and refuses to enter buildings that do not have grenade screens on the windows or doors.

Encourage him to drink from a glass. If you give him beer in a can, he will drink it certainly, but may then either fling the empty can over his shoulder with a roar of **“Up the old red rooster more #\$@%,”** use it as an ashtray, trample it into the carpet, or attempt to make a stack of cans to reach the ceiling.

Show no alarm if he prefers to squat rather than to sit on a chair. He may walk around in sandals and towel, slyly offer to sell cigarettes to the children and pick at his food suspiciously as though he thought you were trying to poison him. Don't be surprised if he answers all questions with, “I hate this place”, “Number ten”, “Number one”, “Sorry ‘bout that” or “Well there you go”.

If he is reluctant to rise at a suitable hour - about midday, simply whisper “Lights on the wire” then stand back and watch as he leaps out of bed with a strangled cry and grovels under the carpet.

Try to make him feel important and wanted. Let him think that he is not just a person who must be ordered about if he is to live. Help him realise that mothers-in-law are not the civilian equivalent of RSM's and that he may share an opinion and he may express it.

Point out to him that in civilization, rain is necessary, barmaids are only there to serve beer and drinks, cabbies and shopkeepers are not all scoundrels and Vietnam is a long way away. Everybody loves him, the mosquitoes won't hurt him and that draught beer is not poisonous.

Keep in mind that beneath this tanned and rugged exterior there beats a heart of pure gold. Treasure this for it is about the only thing of value he has left. Treat him with kindness, tolerance and smother him with understanding. Keep the beer up, and, within a couple of years he will be back to the man you once knew before he left.

The Vietcong could not shatter his composure, but civilization just might. His rehabilitation is up to you, his family and friends.

(Extracts from pamphlet written by the Rehab Officer 2 RAR/NZ Bn - 1971)

The Sinking of the Montevideo Maru

Over 1,000 soldiers and civilians from New Britain, New Ireland and surrounding islands died in the sinking of the Montevideo Maru off Luzon on 1st July 1942. The wreck of the Montevideo Maru lies 100 kilometers West of Cape Luzon in the Philippines and represents the largest maritime disaster in Australian history.

In January 1942 the Japanese army invaded Rabaul on the island of New Britain and quickly defeated the small Australian garrison, Lark Force. About 160 Australian soldiers who surrendered were massacred. On 22nd June, the Japanese ordered 845 Australian POWs and 208 civilian internees to board the Japanese ship Montevideo Maru for transport to Japan. The ship bore no markings to indicate it was a prisoner of war vessel.

The prisoners of war included soldiers, sailors and airmen, infantrymen, gunners and engineers, signalers, medics and bandsmen. Australians from the city to the bush, young men and old, married and single, husbands, brothers and sons.

On 1 July 1942 an American submarine, the USS Sturgeon, attacked and sank Montevideo Maru. The submarine commander, Lt William 'Bull' Wright, had no way of knowing the ship was carrying more than 1,000 prisoners of war and civilians locked in the hull.

There were no apparent survivors, nor was the tragic loss of life acknowledged by the Japanese government at the time. At the end of the war, most of the families of the missing POWs expected them to be liberated in Rabaul. However, upon Rabaul's liberation, other than four civilian survivors and missionaries, no trace could be found of the military and civilian prisoners who were in Rabaul three years earlier.

When investigations commenced in Rabaul, former prisoners such as Gordon Thomas and Bishop Scharmach told of the sailing of the Japanese ship Montevideo Maru. Scharmach's book, 'This Crowd Beat Us All' - states he was informed by Japanese officers in 1942 that the men were on Montevideo Maru. A Japanese speaking Australian officer, Major Williams, was ordered to investigate the overall casualties, movement and disposal. The history as we know it was predominantly written by Major Williams. He arrived in Japan and found a document from the Prisoner of War information Bureau - a letter sent on 6 January 1945, stating that 845 prisoners of war and civilians were sunk with Montevideo Maru.

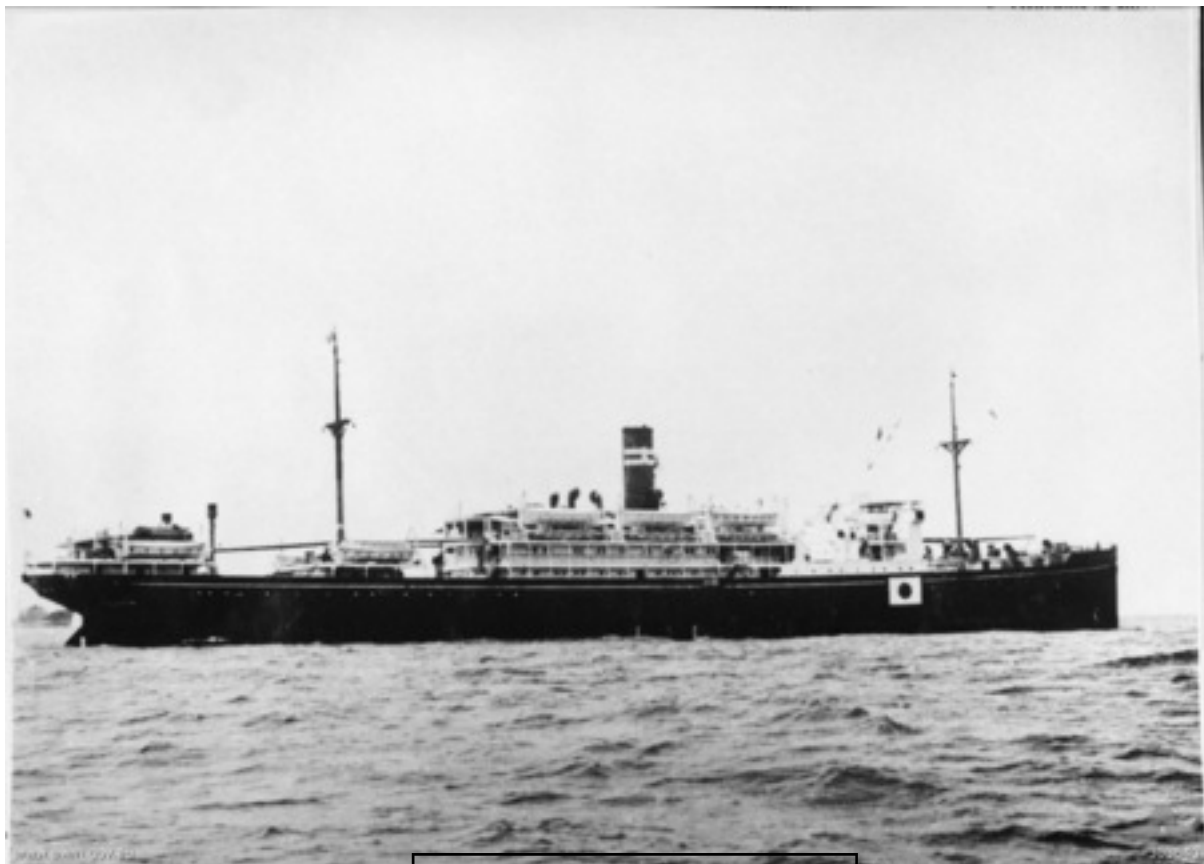
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Only one eyewitness account has ever emerged and then only after 60 years when the sole surviving Japanese sailor revealed heart-wrenching details of the “death cries” of trapped Australians going down with the ship while others sung “Auld Lang Syne”

Twice as many Australians died in this single incident as in the entire Vietnam War. Four hundred more died than on the HMAS Sydney. It is the greatest disaster at sea suffered by Australians.

There is little doubt that the Montevideo Maru sank as reported, however, there are historians and others who believe otherwise. Japanese survivors have told of the last moments of the sinking and verify it, one of them even paid tribute to the ‘brave Australians’.

If you Google Montevideo Maru, there is heaps of reading on the sinking, there are DVD’s available also. The more you read the more intriguing the whole disaster becomes. The only way to put a closure to the mystery is to find the ship, which is claimed to be over 3 klms deep and photograph it like the recent discovery of the ‘Centaur’



Montevideo Maru

St Marys RSL Bowling Club

The bowling club invites all members and visitors to utilize the excellent facilities available with our two greens, spacious bowls lounge and function room. We have a great social bowls programme and free coaching for those interested in starting out. Bowls are available from the club, so there is no cost outlay to start your new pastime.

We also have a strong representation in both male and female pennant teams (representative) which is available to any member to enter. You don't have to be a champion bowler to play pennants. So come along and join in the fun.

Social Bowls Programme

Tuesday	Any Pairs	9.30am Start
Wednesday	Any Pairs	10.30am Start
Thursday	Ladies Bowls	9.30am Start
Friday	Mens Pairs	1.00pm Start
Saturday	<u>Free Coaching</u>	10.00am – 12 noon
Saturday	Any Pairs	1.00pm Start
Sunday	Turkey Trots(mixed Bowls)	9.30am Start

Contact the Bowls Office via Club Reception on 9623 6555



Bowling Club Greens and Function area.



A 'New Beginning' For Rooty Hill RSL

2010 is shaping up as an exciting year at Rooty Hill RSL, with many of our long term developments coming to fruition. These new developments will all be completed by the middle of the year, still with no debt, placing our club in an enviable position for the future and ensuring the clubs financial security. The first major change for 2010 will be within our hotel. Since it opened in 1992 it has become a landmark in the region and seen many people visit during its 18 year life, however, it is now tired and with a number of new competitors in the region, simply offering the club as the main attraction to stay is no longer a major point of difference.

As the current franchise agreement was coming to an end the Board was able to consider a number of Brand and refurbishment options and, after much deliberation, have decided to position the hotel at a level that exceeds the quality of any other club in Australia.

From 1st January 2010 we start the \$4 million refurbishment of the Hotel to take it to the four star Novotel Sydney, Rooty Hill. The upgrade will see a considerable change in the quality of service, room furnishings and comfort on offer and add value to the precinct as a destination. The Novotel Sydney, Rooty Hill will further extend our appeal throughout NSW, Australia and travelling from overseas for inbound tour groups.

As the year progresses there will be another important milestone in the Club's history when our new 34 lane 2010 AMF Bowling and M9 Laser Skirmish complex opens for business. This complex will be the first of its kind operated in conjunction with a club, its size and product offerings will add to our diversity and reasons to visit Rooty Hill RSL.

We look forward to a successful 2010

We fix computers
We build computers

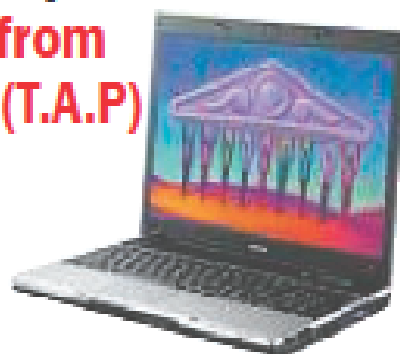
TAKE HOME LAYBY
No interest ever – conditions apply

NEED NEW COMPUTER or LAPTOP

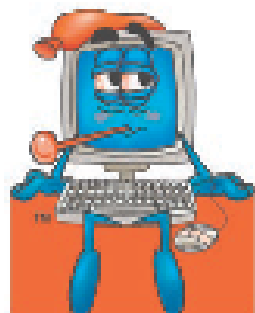
For any purchase over \$1,000 pay a 25% deposit and pay the balance direct from your bank account over 15 months and take your new computer or laptop home with you the same day (to approved purchasers).



New laptops
deposit from
\$312.50 (T.A.P)



New computer packages
deposit from \$270.00 (T.A.P)



Computer
Paramedics

77A ROOTY HILL ROAD NORTH, ROOTY HILL
9625 7038 www.computerparamedics.com.au **Open 7 Days**

Press Report 10/03/10

Migrants must obey new laws.

New migrants from all ethnic backgrounds will have to demonstrate a unified commitment to Australia under new state laws. For the first time multiculturalism legislation will also talk about “shared values” after changes were approved at a State Cabinet meeting.

Until now the Community Relations and Principles of Multiculturalism Act stated all institutions and people had to “respect and make provision for the culture, language and religion of others”.

Community Relations Commission chairman Stephen Kerkyasharian said the law change would create a new definition of multiculturalism.

“We’re not telling people to change their religion, we’re not telling people to all look the same,” he said.

“There are some things where we have to be all the same. Those things are the way we obey the law and the way we demonstrate our commitment to Australia. “What this change does, it says that while we accept that Australians have different languages, backgrounds, they may speak different languages at home, they may have different religions, different ethnic groups, the bottom line is we have some common values.

“As Australians we have a commitment to this country.”

He said the laws of Australia would now be recognised above people’s cultural backgrounds.

Australia V Taliban

A large group of Taliban soldiers are moving down a road when they hear a voice call from behind a sand-dune: “One Australian soldier is better than ten Taliban”.



The Taliban commander quickly sends 10 of his best soldiers over the dune whereupon a gun battle breaks out and continues for a few minutes, then silence.

The voice then calls out, “One Australian is better than a hundred Taliban soldiers”. Furious, the Taliban commander sends his next best 100 troops over the dune and instantly a huge gunfight commences. After 10 minutes of battle, again silence.

Finally one wounded Taliban fighter crawls back to the sand dune and with his dying words tells his commander, “Don’t send any more men, it’s a trap. There’s two of them”.

Repatriation Benefits List

The following is a list of products, that are available on a Doctors prescription, for Repatriation Patients.

Skin Care:

Q V Bath oil, Hamilton's Body Wash, Sorbolene and Glycerine cream, Calmurid cream, Pinetarsol solution.

Hair Care:

Sebitar Shampoo, Sebi Rinse Conditioner, Nizorai Shampoo, Selsun.

Sun Care:

Hamilton's 15+ Cream Lotion, and Solarstick, Ego Sun Sense 30+, Aquasun.

Oral Hygiene:

Savacol Mouth Wash, Aquae Spray for Dry Mouth.

Allergies:

Telfast, Claratyne Zyrtec, Phenergan, Drixine Nasal Spray, Beconase Nasal Spray, Rhincort Nasal Spray.

Cough Mixture:

Senagar & Ammonia, Durotuss Fibre Supplements & Laxatives, Nucolox, Normacolo, Metamucil, Coloxyl with Senna, Senokot, Glycerine Suppositories.

Dressings:

Micropore Tape, Cutifilm Plus Waterproof Dressings, Melolin Dressings, Handy Bandages, Cotton Wool. Betadine Antiseptic, Solugels, Barrier Creams, Disposal Gloves, Prantal Powder.

Anti Fungal Agents:

Lamasil Cream, Canesten Cream, Loceryl Nail Paint.

Haemorrhoidal Treatments:

Proctocedyl Ointments & Suppositories, Anusol.

Ear Preparations:

Ear Clear for Wax, Waxsol, Ceromol Ear Drops.

Vitamins & Minerals:

Calcium (Cap sup Tablets, Caltrate), Vitamin B1 (Betamin), Magnesium Tablets (Mag-Min), Accomin Liquid Tonic.

Joint Pain and Arthritis:

Metsal Cream or Liniment.

Sexual Health:

Viagra, Cilais, Caverject.

Pain:

Aspirins Cartia, Astrix Capsules, Cardiprin, Paracetamol, Ibuprofen.

Weight Loss:

Optifast, Xenical.

Note: Check with your GP, as the list changes from time to time.

GST & Cars

Am I Eligible To Purchase A Car GST-FREE?

You are eligible to purchase a car GST-FREE if you are an eligible:

- disabled veteran and you intend to use the car for your personal transportation for a period of two years or until you use the car to travel 40,000 kilometers from the date you purchase it, or
- person with a disability and you intend to use the car for your personal transportation to or from gainful employment for a period of two years or until you use the car to travel 40,000 kilometers from the date you purchase it.

You cannot purchase a car GST-FREE if you are not an eligible disabled veteran or eligible person with a disability, for example, an eligible person's spouse, carer or family member cannot purchase a car GST-FREE, or purchase a car in joint names with another person.

If you are eligible to purchase a car GST-FREE and you purchase a vehicle that is NOT a car, for example, a truck or a van, the vehicle will NOT be GST-FREE.

For further particulars contact the VVAA St Mary's Outpost 02 9833 4700

**MICHAEL JOHN
FITZGERALD - SOLICITOR**



**Level 8
65 York Street Sydney 2000**

Phone: 9283 2500 or 0419 440 990

**FAX: 9283 2600
ABN 18095746334**



Computer Training Classes

Computer Classes are conducted at the Vietnam Veterans Train at the St Mary's RSL Club in Mamre Road St Mary's as follows:

Tuesday: 9.00 am - 12.00pm
12.00pm - 2.00 pm

Wednesday: 9.00AM - 12.00 pm (Ladies Class)

Thursday: 9.00 am - 11.00 am

Thursdays class Digital Photo manipulation using Photoshop Elements 5, only 5 students at a time. **Bookings essential.**

The Tuesday and Wednesday classes are informal and we will teach mixed classes from the 'beginner' to the more experienced and retired seniors wanting to familiarise with current software and learn how to use the Internet to send E-Mails and carry out research.

Aussie Banner & Flag Co. Pty Ltd (ABF Signs)

Boats, Banners, Awnings, Vehicles Factories, Shop Fronts, Magnetic Signs, Illuminated Signs, Computer Vinyl Signs.

**Banners & Bunting
Flags (National, Corporate, School)
Exhibitions & Street Banners.**

1/20 Hall Street St Mary's 2760

Contact: Tom Bell 0418 447 389

Phone: 9623 2937

Fax: 9623 2934

ausban@pnc.com.au

The Heart Foundation: Enjoy Healthy Eating.

If you have high blood cholesterol, you can help to lower it by making changes to your eating habits. It is most important to change the types of fats you eat; particularly reducing your intake of saturated and trans fat. Foods high in saturated fat include fatty meats, full fat dairy products, butter, most deep fried take-aways and commercially baked products such as biscuits and pastries.

Healthy eating is also about enjoying foods from a variety of different food groups. Try to base your eating pattern on the following healthy eating guidelines to help reduce your blood cholesterol level:

- Use margarine spreads instead of butter or dairy blends.
- Use a variety of oils for cooking - some suitable choices include canola, sunflower, soybean, olive and peanut oils.
- Use salad dressings and mayonnaise made from oils such as canola, sunflower, soybean and olive oils.
- Choose low or reduced fat milk and yoghurt or 'added calcium' soy beverages. Try to limit cheese and ice-cream to twice a week.
- Have fish (any type of fresh or canned) at least twice a week.
- Select lean meat (meat trimmed of fat and chicken without skin). Try to limit fatty meats including sausages and delicatessen meats such as salami.
- Snack on plain, unsalted nuts and fresh fruit.
- Make vegetables, and grain-based food such as breakfast cereals, bread, pasta, noodles and rice the major part of each meal.
- Try to limit take-away foods to once a week. Take-away food include pastries, pies, pizza, hamburgers and creamy pasta dishes.
- Try to limit snack foods such as potato crisps and corn crisps to once a week.
- Try to limit cholesterol-rich food such as egg yolks and offal e.g. liver, kidney and brains.

entertainment

Live "Band Karaoke"

Wednesday 3rd of March,
6:30pm – 10:00pm

Over 18's

Each week for 10 weeks

You have a chance to **WIN \$500**,
record your own music CD
plus much much more!!!



Lounge Entertainment

Live entertainment in the
Lounge Area
Friday & Saturday Nights

food

Terrace Café Specials

Check Board for daily specials!

Monday Rump 200g = \$7.70

Tuesday Roast = \$6.60

Wednesday Schnitzel = \$8.80



Sunday Raffle

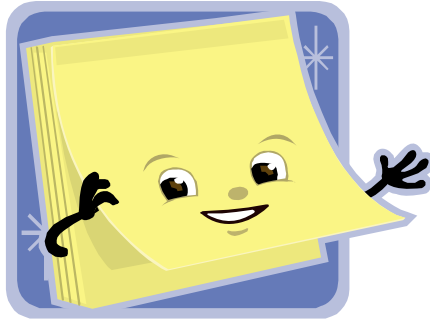
Major Prize \$100 store card
with MC Music & Trivia from 4pm
Over 30 Hampers to be won!
Easter Raffle

St Marys R.S.L

For the information of members and their guests.
Mamre Road, St Marys
(02) 9623 6555
www.stmarysrsl.com.au

Is Gambling a problem for you? G-Line (NSW) is a counselling service call 1800 633 635.
We support Responsible Service of Alcohol

2015/11/04/08



IMPORTANT MESSAGE REGARDING DAYS OF OPERATION FOR PENSIONS AT THE VVAA ST MARYS OUTPOST

Pension claims at the 'Train' are now carried out on Monday, Tuesday, Wednesday, Friday between the hours of 9.30am to 1.00pm, however, these timings are flexible depending on availability of Pension Officers.

Anyone wishing to see a particular Officer should phone the office first to ensure they will be in attendance.

Veterans attending the 'Train' for the first time to start a claim should allow for at least two hours for the interview as initial interviews can be time consuming.

Interviews are carried out on a 'first in first served' basis

No Pension claims are carried out on Thursdays, this being kept clear for administration and maintenance.

Press Release 17 March 2010 - First Fromelles Soldiers Identified

Greg Combet, Minister for Defence Personnel, Material and Science, and Alan Griffin, Minister for Veterans' Affairs, today announced the results of the first Joint Identification Board, held to identify the soldiers recently reburied in Fromelles.

"Of the 250 soldiers found, I am pleased to announce that 203 have been identified as Australians, and that 75 of these have been positively identified by name," said Mr. Combet.

"Each of the 250 sets of remains that were found have been analysed using all available historical, anthropological, artifact and DNA evidence. For those who have been identified so far, DNA proved to be a key piece of the identification puzzle. I am also pleased to say that we have strong reason to believe that more identification could occur in the future."

"All but one of the soldiers have been reburied in individual graves in the purpose-built Fromelles (Pheasant Wood) Military Cemetery. The final soldier will be laid to rest at a dedication ceremony on the 94th anniversary of the Battle of Fromelles on 19 July 2010." Mr. Griffin said.

"It is fantastic that we are able to present the names of these brave Australian soldiers to the nation and restore their identity to relatives. The Battle of Fromelles was the bloodiest 24 hours in Australian history with 5,533 Australian soldiers killed, wounded or missing." said Mr. Griffin

More than 1300 Australian soldiers died at Fromelles and have no known grave.

Nepean Wives of Vietnam Veterans Women's Support Group Inc.
This is a non-profit community based support group for wives of
veterans. The group meet on the second Thursday of each month at
10.00 am at the
St Mary's RSL Youth Club Hall.
Phone: Cherryl Mullavey 9625 9363

St Mary's RSL Sub-Branch **School Scholarships**

The Colin Shepherd School Scholarships is an initiative of St Marys RSL Sub-Branch. The scholarships are awarded each year to Year 10 students from selected schools and are provided to financially assist the successful students in their upcoming scholastic endeavours for Years 11 and 12. A range of military-related topics is provided for interested students to choose from, then complete an assignment/essay - no restrictions are placed on use of media (e.g. DVD, powerpoint, audio, traditional boards and essays, etc). Scholarship entries are 'judged' by appointed members from St Mary's RSL Sub-Branch who look at presentation, content/accuracy, comprehension and the fullness of opinion provided. The following entry was submitted by a student from Colyton High Trade School; the theme was an interview with a returned Vietnam Veteran from the VVAA St Mary's Outpost, Jeff Perry.

Through the eyes of a Digger.

To the Australian soldier it was not about sinning the war, but rather winning the battle to stay alive during their tour of duty in Vietnam. Some probably thought they would return home as nothing had changed, but this was not to the case. The lives of the men who fought in Vietnam would never be the same, but thankfully, for most, their wounds would heal over time.

The defence of our country has always primarily been in the hands of young Australians , some as young as 19 years old. The Vietnam War was no exception.

I was privileged enough to talk to one such veteran, **Jeff Perry**, who not only gave up his time, but delved deep into his past to give me and other young readers a sense of what these brave diggers sacrificed, so that we can live freely in Australia today.

CB: Can I start by asking you where you were born and where you grew up?

Jeff Perry: I was born in Camperdown Children's Hospital in Sydney and lived in Gympsea Bay until the age of ten. I moved to Salisbury in Qld with my family. We moved there because of my mother's health. I stayed there until the age of 17 and then I moved back to Sydney.

CB: Do you have any brothers and sisters?

JP: Yes a brother and a sister.

CB: What was your occupation when you were younger?

JP: I worked at Parker Pens in Sydney as a stores clerk. I was 17 when I started working there.

CB: What year did you join and how long were you in the Army for?

JP: I joined the Army in 1966 and I was in it for a total of three years.

CB: Can you tell me was there any special sort of training provided to the young men, to prepare them for war in Vietnam?

(Continued next page)

JP: The first thing you have to understand is that we were broken down and taught to have no emotions. We were stripped of all feelings and made to feel as though we were the 'lowest of the low'. They thought this was necessary so that we could be 'lean mean fighting machines'.

CB: When did you go to Vietnam to fight for your country and how old were you?

JP: I went to Vietnam in October 1966, when I was 19 and served there for a total of seven months.

CB: How did your family react to the news that you were going overseas to fight?

JP: They were all very proud of me. My father and grandfather had both fought in previous wars. My mother, although very proud, cried a lot.

CB: What battalion were you in and approximately how many men would have been in this battalion?

JP: The fifth battalion which was known as the 'Tigers'. Each battalion consisted of between 800 and 900 men.

CB: What were the living conditions like in Vietnam?

JP: In the camp we slept on stretchers in tents and there were 4-5 men to a tent. When we went on patrols we had to sleep on the ground in the bush. The food was much worse than 'hospital' food, especially when it came to being out in the bush because then you couldn't even light a fire, so we ate everything cold. All water had to be sterilized by boiling and we had special tablets to put in it.

CB: What special hygiene rules did the men have to follow?

JP: It was most important to look after ourselves. We had special powder to put on our feet to keep them dry and we took tablets to protect ourselves against diseases which were spread by mosquitoes. Showers were a luxury especially after operations for weeks at a time. All our clothes (greens we called them) were thrown onto a big pile and burnt. This was because these clothes were nearly rotten from wearing them for so long in such high, humid conditions. To prevent disease we never wore singlet's or underwear to allow as much air as possible circulate around our bodies.

CB: What would you say was the saddest thing about being involved in the war?

JP: I would have to say the saddest thing was seeing my comrades (who were all very brave) under fire.

CB: Did you sustain any injuries during your time in Vietnam?

JP: Yes, I was injured and suffered severe chest wounds by an enemy mine and one of my 'mates' was killed.

CB: Did you come home straight away as a result of this injury?

JP: No, I remember the MedEvac plane was full so I spent two weeks in an American hospital and then I spent another two or three weeks at camp recuperating. It was in May 1967 that I came back to Australia on the HMAS Sydney.

CB: Did you leave the Army when you arrived home?

JP: No, after my recovery I remained in the Army for a further two years. During this time I was posted to Canungra Jungle Training Centre as a teacher and mentor to troops bound for Vietnam.

CB: Can you tell me what happened on the day you left the Army?

JP: I could not get a flight back to Qld to see my family until the next night, so I went to my cousins place to have a few drinks and it was then that I noticed a young woman. Two days later I took her to the pictures and the movie we saw was called 'After the Fox'. We were married 2 years later. We celebrated our 40th wedding anniversary earlier this year.

CB: After leaving the Army did you return to your old job?

JP: No, I didn't go back to Parker Pens. I actually went for a job at the Sydney County Council a few months later.

CB: After you returned home and had left the army, were the 'after effects' of the war felt by you straight away?

JP: The feelings of anguish came and went as you got older. I would have to say that it was extremely difficult, but life went on and I think you just tried to put it into the back of your mind.

CB: Did you receive any kind of help when you returned home from the war in Vietnam?

JP: No, there was no help of any kind available at that time. They trained you to go to war and 'fight' but they didn't help you when you came home. I just had to cope the best way I could and try to live a 'normal' life.

CB: Did you suffer from Post Traumatic Stress Disorder (PTSD)?

JP: Yes, drinking became a huge problem for me and I also put a lot of weight on. As I look back over the years I did not suffer alone; my family definitely noticed the changes in me and I would have to say they suffered as well. It affects not only 'you' but everyone around you. Many marriage breakups were caused by veterans suffering with PTSD as well as suffering ongoing nightmares and depression.

CB: What were your thoughts when they announced that the Vietnam War was over?

JP: I was a bit saddened by people's reactions and comments in regards to our involvement in the war. Some even said that Australia lost the war, but as far as Veterans are concerned 'we achieved what we set out to do'.

CB: Is it painful for you to talk about what you went through in Vietnam?

JP: I still have memories but they are not as painful anymore. In 1995 I helped to set up the St Mary's Outpost with Paul Devine and some of the War Veterans and I go around to the local schools on a regular basis to talk to students about Vietnam, I find that helps, and the children are keen to listen and learn.

CB: Jeff, I appreciate you taking the time to talk to me today. You are an inspiration to listen to, you and your fellow veterans should be very proud of your efforts as I am sure your family is.

(Editors Note) This interview had to be slightly edited due to lack of space, however, it did not effect the 'flow' of the dialogue. Photos with the article could not be copied.

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NOTICE
KIDS OF VETERANS

The kids of veterans now have a web site with all the information on joining and updates on activities, you can also email Leanne:

Web: veteranskids-nsw.ning.com

Email: kidsofveterans-nsw@hotmail.com.au

Heavenly Celebration Funerals believe that families want honest and comprehensive answers regarding their funeral arrangements. Our funeral home Web Site provides you with vital information to help relieve some of the burdens of this difficult time.

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Freedom Taxation Services supports the VVAA St Mary's Outpost

If You Have a De facto Relationship:

If you have a de facto relationship and live with your partner you can be paid the couples rate.

A de facto relationship is where two people who are not married are living together (or usually live together) and are members of a couple. A de facto relationship can be between people of the same-sex or opposite sex. You are considered to be a de facto partner if your relationship is registered under certain prescribed State and Territory laws that provide for registration of relationships. If your relationship is not registered, some of the factors we consider when deciding whether two people are living in a de facto relationship are whether you:

- think of yourselves as a couple;
- Share financial and household responsibilities;
- Undertake joint social or leisure activities;
- Appear as a couple to the general community.

If you have a de facto relationship and do not live with your partner it is important to note:

- If you separate for personal reasons, the veteran retains the service pension but the partner loses eligibility and will need to find alternate income support or apply for a Centrelink pension.
- If you and your partner have to separate because one or both of you is too frail or ill (including mental illness) to stay at home and the separation is likely to continue indefinitely, you will both be paid at the singles rate. Let us know as soon as possible that you are living apart because of ill health so that we can increase your pension promptly.
- If you or your partner have been assessed as requiring respite care and it is for at least 14 consecutive days you may both be paid the singles rate. Let us know within 3 months that you or your partner have entered approved respite care for payment to be made at the singles rate.

Note: For further information contact Department of Veterans' Affairs (anywhere in Australia) on 133 254 or for local NSW residents: VAN Parramatta 02 9893 9892.

ANZAC DAY SERVICES
St Mary's RSL
2010

DAWN SERVICE
25th April 5.30 am

BREAKFAST SERVED IN
THE CLUB AFTERWARDS
CLUB OPENS 4.30 am

ANZAC SUNDAY MARCH
18th APRIL
FORM UP IN QUEEN ST
2.00pm - STEP OFF at
2.30pm

St Mary's RSL Sub-Branch
Corner Mamre Road and Hall St.

The RSL Sub-Branch monthly meeting is held the second Wednesday of each month at 6.30 pm in the auditorium, refreshments provided.

St Mary's RSL Sub-Branch Committee

President:	Gary Fizzell	0418 114 976
V/President:	Terry Burn	0407 834 499
V/Pres:	John Foeken	0409 329 688
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Ron Kelly	0411 543 719
A/Secretary:	Tony Fryer	0414 557 692
Committee:	Greg Cant	0425 208 622
	Michael Wiesel	02 9623 6555

VVAA ST MARY'S OUTPOST COMMITTEE

PHONE: 02 9833 4700 FAX 9833 4022

President:	Greg Cant	0425 208 622
V/President:	Uwe Schoenherr	0414 063 957
Secretary:	Brian Abson	
Treasurer:	Ted Fish	02 9833 4700

Management Committee Comprises:

The Executive plus:

Reno Ciantar Vin Cosgrove (Education Co-ord)
Terry Burn John Foeken JP (Welfare Co-ord)
John Mulherron Neville Wood
Tony Mullavey Keith Woolfenden
John Taylor A/Sec. Tony Fryer
Burke Rogge Gary Fizzell

This newsletter is produced and printed at the VVAA St Mary's Outpost in association with the St Mary's RSL Sub-Branch. it is provided free of charge to members of both associations. Views and statements made within the magazine are not necessarily the views of the St Mary's RSL Sub-Branch or the VVAA St Mary's; the Editor and the organizations are not giving legal, accounting or other professional advice and therefore do not accept any responsibility for the accuracy of the opinions or information contained in the magazine. We believe that the sources are accurate at the time of publication. Care should be exercised by readers who attempt to use this publication as a source of reference material for any purpose other than its intended use, which is light informative reading on topics of interest for the veterans of both associations.

Gary Fizzell - Editor

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