

WESTERN OUTPOST NEWS



April 2012 ANZAC Issue

St Mary's Outpost the
'Train of Knowledge'

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



St Marys RSL March and Dawn Service

The Pre-ANZAC Sunday March will be held on Sunday 22nd April 2012 stepping off from Coachmans Park Queen St Marys at 2.30pm, assemble at 2.00pm. The Dawn Service on 25th April will be held at St Marys RSL at 5.30am followed by breakfast at the RSL - All Welcome.

IN THIS ISSUE

	<u>PAGE</u>
A Word From The RSL Sub-Branch	3-4
St Marys RSL Sub-Branch Report	5
Outpost Education Report	6-7
Sydney West Integrative Clinical Health (SWICH)	8
St Marys Governor King Day Club	9-10
Vietnam Veterans Education Centre (VVEC)	11
VVAA & St Marys RSL Sub-Branch Website Info	12
St Marys RSL Bowls	13
Rooty Hill RSL Update	14
Type 2 Diabetes Info	15
“Sock It To ‘em Diggers	16
St Marys RSL Club	17
Nepean Wives of Vietnam Veterans; Carbon Tax Offsets Report	18
Computer Classes & ABN Banner and Flag Co.	19
Oakshott Welcomes Opposition Support for Veterans	20
Welfare Refresher Course	21
Outpost Hours of Operation For Pension Claims	22
Women In Combat	23
An Aspirin a Day Can Make Your Brain Bleed	24
The Pompeii of the Western Front	25
Booked Car With Driver - Report on Complaints	26
Some recent Book Publishing's	27
The Fall of Singapore WWII	28
Rapid Plumbing Solutions	29
Tribute to Nancy Wake “The White Mouse”	30
VVAA & St Marys RSL Sub-Branch Committee	31

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Google: St Marys RSL Sub Branch

Phone: 9623 6555

Notes and Thoughts From The Outpost President Greg Cant

Monthly Feature: The Australian Flag:

This last March, members of the Royal Australian Air Force presented Mr. Harry Kirkman with an Australian Flag that has been flown on “Active Service” in Afghanistan. The flag was also accompanied by a Certificate of Authenticity. The presentation was made in appreciation of the work that Harry had performed at RAAF Base Richmond as an ESO. Harry then Re-Presented the flag to the St Marys VVAA Outpost for permanent display. The RAAF also presented St Marys with a copy of the Certificate of Authenticity to frame and mount alongside the flag.



Receiving The Flag & Certificate From Harry

It appears that the age of Aquarius is still not doing us much good around the ‘train’.

Mr Paul Devine is currently in hospital having toes amputated due to diabetes problems. This shows again that this rather benignly sort of disease in in fact an insidious killer if not properly monitored.

At the time of writing, Tony Briffa’s lovely wife Georgina, is in hospital receiving radiation therapy and our prayers go out to both her and Tony for a speedy and happy resolution to her illness.

(Continued next page)

The VVAA State Council AGM was held at St Marys RSL last month. Long standing President Mr. Clive Mitchell-Taylor stood down and did not re-nominate for President as he is relocating to Qld later this year to be closer to his Grand-children.

Prior to the State elections of course, we held our own branch AGM and elections. It was good to see in excess of fifty members turn up. I do believe that making this a family day and inviting all members of the family along for a 'Post AGM' BBQ and get-together is the way to go and we shall certainly continue this on as it gives us all the chance to get back together after the Christmas break.

A recent decision in the Family Court may have ramifications for all of us, either in the near future for ourselves or even right now with our aged parents.

A story published in the 'Seniors News' by Kirsty Stein stated that a High Court ruling in WA showed that the courts had the rights to make rulings in regards to the distribution of a couples assets when they were separated by aged care arrangements. The WA case involved an 89 year old wife and a husband of 87 who have been married and shared a home since 1971.

The wife is hospitalised with Dementia and the husband visits her up to three times a week, and has set aside funds for her care should they be needed. The Court has said that although the husband did not knowingly abrogate his care of his wife, and although no attempt was made or intended by either party to split or absolve the marriage the physical separation by illness meant that most of the normal marital relationships have ceased to exist.

As they had both signed Power of Attorney across to their children of previous marriages and the wife's children were now asking for a change of care arrangements and a \$300,000 bond, this was going to mean that the husband was going to have to sell the family home. Both parties have now been asked to make further submissions. Council of the Ageing national chief executive, Ian Yates, has said he is shocked at the decision and is awaiting further developments.

On Ageing: Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true, I love to hear them say: 'You don't look that old'.

A Word from the RSL Sub-Branch



Greetings to all, and I hope you continue to find value in this publication. Well done to Gary Fizzell for continuing to put the magazine together. This is the primary way we can get information out to all our members (particularly those who are unable to join with us at our monthly General Meetings or do not have access to our website), so its level of importance to your Sub Branch executive is enormous. It takes a lot of effort to gather the content and assemble it for publication, and we are very grateful that Gary continues with such a splendid job.

We are well into 2012 and now have our ANZAC Commemorative Services just around the corner. We have started the year with a change to our Executive, with Gary needing to take a break; Ron Kelly moving up to take the reins, Tony Fryer filling the Secretary role and Ron Blakely joining as Assistant Secretary. Our Treasurer (Ted Fish), and Vice Presidents (John Foeken and Terry Burn) were not allowed to leave their positions!

Planning for ANZAC is well underway. Our annual march to Victoria Park (on Sunday 22nd April) has been approved by the authorities. If you are marching, please be at Coachmans Park (cnr. Queen St. & Charles Hackett Dve.) by 2pm, marching off under Burke Rogge's control at 2.30pm. If you are unable to march and would like to participate, we have limited vehicle assistance available. Please contact Tony Fryer (0414 557 692) before the 22nd if this is for you. To all members, please bring your family and neighbours. Refreshments will as usual be available after the Service back at the St Marys RSL Club.

Our Dawn Service at the guns this year promises to be a beauty. Surely it won't rain again like last year! Everyone will have a clear view of the Service via a specially prepared large screen hanging off the carriage, facing in towards the car park. Again, breakfast will be available in the club afterwards. So, again, bring your family and neighbours. With the big screen, we can now satisfy a crowd three times as big as we have in the past.

Hot on the heels of our important ANZAC Commemoration, we will again conduct our Boer War Commemorative Service. This will occur at the guns on Boer War Day, Sunday 27th May commencing at 11.00am. All members are encouraged to join in to pay homage during this important occasion.

Our Pensions and Welfare services continue to be available through the dedicated teams located in the Train (at the VVAA Outpost). If you have any condition which you feel relates back to your military service, please visit them (Monday, Tuesday, Wednesday or Friday). For any Welfare issue, always make John Foeken (0409 329 688) your first call. If you have an overnight hospital-stay planned, again, please let John know so we can assist where needed & get a fruit basket (or similar) to you.

Finally, please continue to monitor your Sub Branch website -(http://www.vvaastmarys.com.au/StMarysRSL_Sub-Branch/) - to stay up on matters of interest and to contact your Executive.

Ron Kelly - President

VVAA St Marys Outpost **Education Team Report**

The Outpost Education Team (E-Team) project commenced in August 2004 and this year will be the start of our 8th year of operation. The E-Team 2011 Report in the December issue of the Western Outpost News covered the activities and achievements for that year.

The following statements outlining the E-Team's total achievements over its 7 year period of operation may be of interest to those who like to consider the worth of this project as part of the 'Big Picture' of St Mary's Outpost achievements.

The E-Team has:

1. Delivered 326 Year 10 presentations of 2 hours plus duration to a combined total of more than 32,000 students.
2. Provided 144 ANZAC/Remembrance Day guest speakers to schools with a combined total of more than 75,000 students.
3. Attracted over \$39,000 in donations to the Outpost reflecting schools appreciation of E-Team programs and consequently, our activity requires no funding from the Outpost; we are also not funded by Government Grants.

By any measure these outcomes are significant and help to enhance the veteran image and values what the Outpost seeks to promote as part of our history and heritage.

Activities surrounding the implementation of a National History Syllabus continued throughout 2011 and will be ongoing this year. No doubt you have kept abreast of reports through the media.

One significant change for NSW schools this year is that the School Certificate Assessment has been abolished. This change may impact on the degree of emphasis placed on the Vietnam War era by schools. Time will tell.

I expect that the majority of schools who have utilised our programs in the past will do so again.

(Continued next page)

If you have unwanted memorabilia from the Vietnam War stashed in the shed to add to our E-Team kit it would be greatly appreciated.

The E-Team has displayed a variety of memorabilia in the St Mary's Historical Society rooms as part of their 2012 ANZAC Theme. The rooms are open on Wednesday and Saturday between 10.00am—2.00pm. I encourage you to view our display.

Thank you to all members who support our project throughout the year.

Vin Cosgrove
E-Team Coordinator



Education Team Display Of The Vietnam War
As Part of the St Marys Historical Societies Project Covering All Conflicts
Since the Boer War

Sydney West Integrative Clinical Health

Hydrotherapy Centre
Charles Hackett Dr,
St. Marys NSW 2760
Ph: (02) 9833 3075
Mobile: 0451 829 794
Email: ehsan.hamdy@bigpond.com



Dear Veteran,

This letter is to let you know that as a Veteran, you are entitled to a specifically tailored health and exercise program to address any health concerns you may have, including:

- Pain in lower back, neck, shoulders, hips, knees
- Muscle pain, cramps, and muscle fatigue
- Blood pressure, Diabetes and high cholesterol
- Overweight and related concerns
- Heart disease and other heart conditions
- Emphysema, Asthma, and other respiratory conditions
- Many other chronic, long-term health conditions

These health and exercise programs are DVA approved and totally **FREE** for **DVA Gold or White card** holders with a **D904** referral from your GP. And we have access to facilities including:

- Hydrotherapy pool
- Private consult and exam rooms
- Full gym for aerobic and weights exercise

Simply call:

(02) 9833 3075 (reception) or **0451 829 794** (direct number)
and ask to speak to **Ehsan**.

St Mary's Governor King Day Club News.

Well, we started back on the 18th January, it was very slow for the first couple of weeks, this was probably because of the school holidays and the Grandparents baby sitting duties. We all know about the demands for families who are trying to make the best of their jobs and asking for help so they can manage the bills. Let's face it we have all been there at some time.

We had most of our members back by the end of January - thankfully.

We are now running with a new committee, Alan Greenwood did not stand for re-election this year due to other commitments and he will be missed, however, a composite co-ordinating committee was formed namely: Michael Riley, Wally Charlwood and Dianne Kelly assisting. Paul Hibbard and Debbie Burn looking after the guest speakers and entertainers each month of this year ably assisted by Wally and his contacts. Miriam Yousef is now looking after the catering with the help of Debbie and Dianne, thanks for taking it on girls, otherwise it may have meant some of the men would have to hone up and start doing things they have not done in years!!.

On Australia Day, Margaret Nolan set all the tables with an Aussie theme with Eucalyptus bushes on each table along with Flags & Kangaroo's. Pat Charlwood made Billy tins from baked bean cans with Aussie flags on the outside; tea bags and sugar was also provided, everyone was most appreciative of their efforts.

Our guest speakers were very different for the start of the year with three attending. The first was the Reverend Kilkarey - one of the Executive Officers from Rookwood Cemetery. His stories about the cemetery were very enlightening and he held the audience in the palm of his hand all the way with very few interruptions from the audience.

There followed John Anderson on the 14th March he was from St Johns Ambulance; John spoke at length about such things as Asthma, Epilepsy and of course, First Aid. Again the members were very attentive to everything that was said.

On the 27th March **Senior Constable Kylie Chang** from St Mary's Police spoke about Home Invasion, Handbag safety issues, Safe Driving for the elderly and how to report crimes to the Police.

(Continued next page)

SC Chang was asked lots of questions from the members and she was very helpful with her information, she remained in the hall talking and taking questions for over two hours, so there was obviously a great deal of interest there.

As mentioned earlier Alan is still overseas trying to get into Tibet, China and other countries, his full itinerary looks doubtful.

We all went to Panthers Leagues Club for Seniors Day and had a great feed of Chinese food and everyone commented about how good the food was. Mick, Wally and Frank manned a table for the day and were asked lots of questions about volunteering, but only one person seemed keen - no follow-up received as yet.

Unfortunately, we lost **Robbie Backstay** several weeks ago, he has gone back to TAFE to try and get more experience for work and we may not return: he was not shy about helping the members and he was a very happy person and provided lots of laughs, we will miss him.

Robert Heriot is our new bus driver and he also likes doing the job and eager to help out with all other tasks. Our next outing will be the Henry Lawson Club where we will be treated to Morning Tea and a BBQ lunch. Everyone is looking forward to this day as well.

- **Sick Parade: Ivy Stevens** was admitted to hospital for a few weeks but we are happy to advise that she is home again and feeling a lot better now.
- **Miriam Yousef** has been unwell due to shoulder problems, she expects to have an operation soon, hopefully Miriam will be 'fit and well' soon and back working as hard as always

It is normal for us to have several members away on any given week, given that most of them are over 90 and still come along as much as they can, it shows that they really appreciate the work that we do for them.

A special thanks from Wally and Michael to all the volunteers.

Vietnam Veterans' Education Centre (VVEC)

The Prime Minister Julia Gillard and the Minister for Veterans' Affairs, Warren Snowdon, launched the Australian Government's commitment of \$3.3 million towards a world-first education centre honouring Vietnam veterans.

The VVEC will be a centre for both education and commemoration. It is not a traditional museum but will use multimedia technology to tell the story of the Vietnam War. The VVEC will also be accessible via the internet. The purpose of Australia's funding contribution is to ensure that when Americans remember and learn of the Vietnam War, they will also remember and learn of the significant contribution that Australian servicemen and women made there.

Established in 1979, the Vietnam Veterans' Memorial Fund (VVMF) is dedicated to preserving the legacy of the Vietnam Veterans' Memorial in Washington, DC, promoting healing and educating about the impact of the Vietnam War. Authorised by Congress, its most recent initiative is building The Education Centre. The two story underground building will be adjacent to the Vietnam Memorial 'The Wall.'

Now that US funding plans and building plans are well advanced, detailed Australian planning for the VVEC was commenced in 2012. DVA will consult widely with the Vietnam veterans' community, principally through Ex-Service Organisations, the Prime Minister's Advisory Council, the Ex-Service Round Table and the VetAffairs newspaper.

Ex-Service Organisations wishing to stay abreast of developments are invited to register their interest at VVEC@dva.gov.au providing name and contact details, including email address of a point of contact.

Further information is available at <http://buildthecenter.org/>

Australia's Vietnam veterans are encouraged to contribute their stories through the following link:

<http://www.buildthecenter.org/component/content/article/166.html>

Two New and Important Websites for Members

Two new websites has been established for the VVAA St Marys Outpost and the St Marys RSL Sub-Branch; they will be constantly updated with information to keep you in touch, they are interactive so that you can send emails direct to us with comments or suggestions.

You will find similar information on both sites, mainly to do with Pension and Welfare. Present and Past Newsletters can also be found on both sites in colour.

Listed below under each of the logos is what you would find on each of the web pages:



Executive

**Presidents Message
Advocate/Pension Officer
Welfare
Health
Drop In Lounge
Train Washers
Education Team
Computer Classes
Fishing Club
Sunset Singers
Up Coming Events
Past Events
Present/Past Newsletters
VVAA NSW Newsletters
RSL Sub-Branch Website
How It All Began
The Outpost Train
VVAA National Contacts
Links
Contact Us
www.vvaastmarys.com.au**



**Home
Welfare
Advocate/Pensions
Commemorative Services
Present/Past Newsletters
Health
RSL Social Guild
RSL Women's Auxiliary
RSL Youth Club
St Marys VVAA Outpost
Governor King Day Club
History of the RSL Sub-Branch
Past Exec. RSL Sub-Branch
Links
Contact us**

[Www.vvaastmarys.com.au/StMarysRsl Sub-Branch](http://www.vvaastmarys.com.au/StMarysRslSubBranch)

**Easy Log In
Google St Marys RSL Sub Branch**

St Marys RSL Bowls

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.

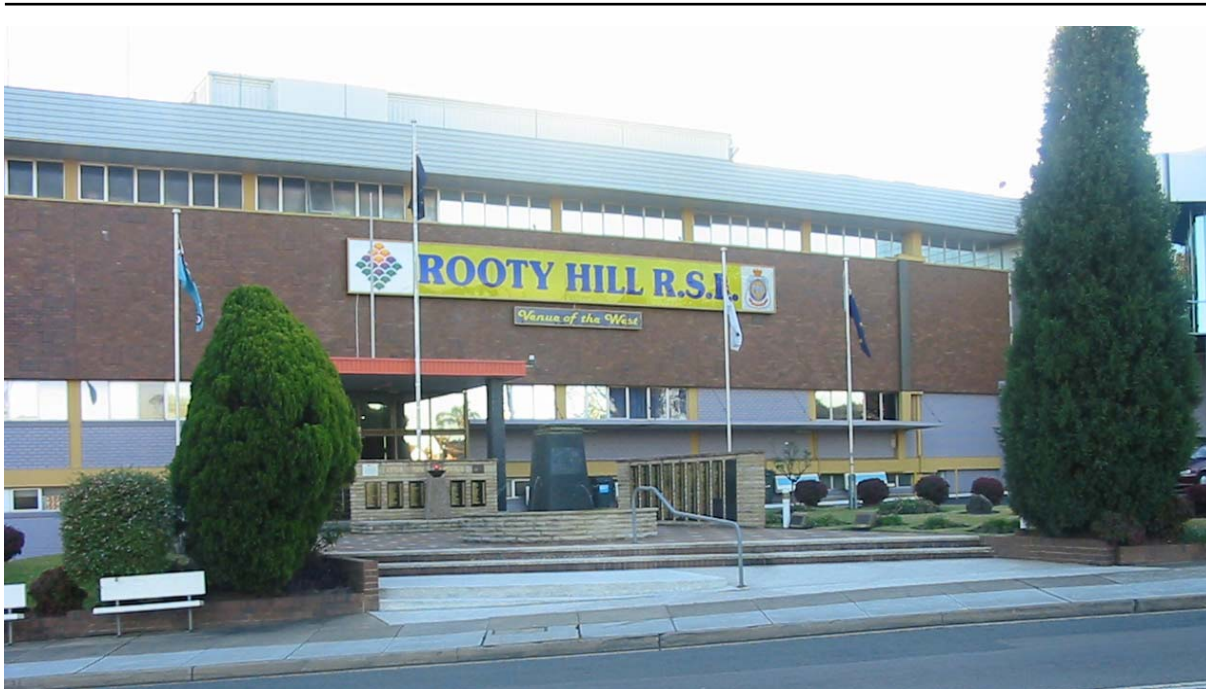
Social Bowls Programme

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.
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Rooty Hill RSL is a great place for a night out particularly if you are looking for a good feed to start out with, here are some of the eateries:

ZEST Wok n' Grill - Dining in Sydney: This restaurant has a fabulous range of seafood , large juicy steaks, hot and fresh delights from the Wok, a range of fresh pasta and a whole lot more.

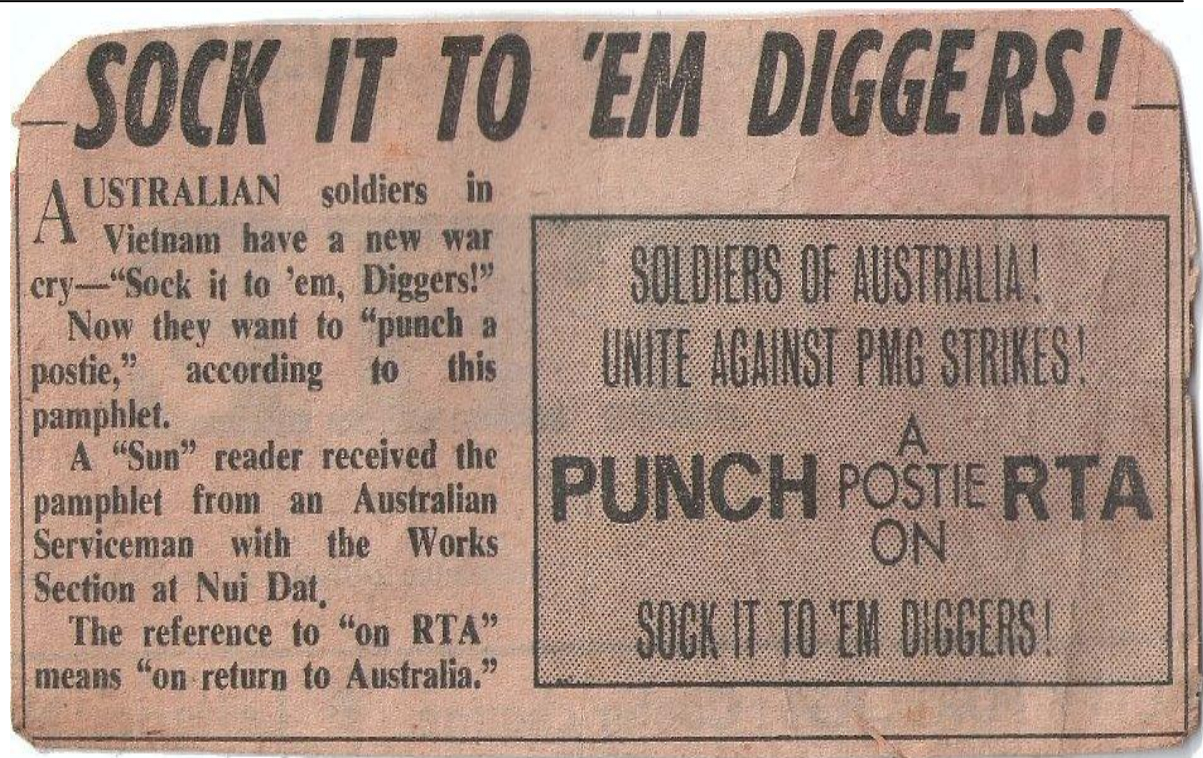
Zest Wok n' Grill prides itself on the service given to its customers. One of our guarantees is that if you come into the restaurant for lunch Monday to Friday and your meal is not ready in 15 minutes then we will refund the entire cost of the meals right then and there, no questions asked.

Stardust Café: The Café is the ideal venue for catching up with friends day or night in a comfortable and friendly environment; it is open till late from Wednesday through to Sunday and offers a large selection of light meals, hot and cold beverages and delicious sweets. The Stardust Café is the ideal location for a quick snack before attending some of the great entertainment.

Southern Terrace Bar & Coffee Shop: The perfect place for you to relax with family and friends; its location purposefully tucked away to give you plenty of room to sit and catch up.

Why not try some of our freshly prepared sandwiches, delicious cakes and coffee, or something from our hot food menu.

“The Surprises Are Endless At Rooty Hill RSL”



And The Posties Replied:

WARNING TO DIGGERS: Melbourne: The Australian Postal Workers Union (APWU) Federal Secretary, Mr George Slater, today warned any Australian troops in Vietnam who might be planning to punch a postie on return to Australia that a lot of Australia's 5000 postmen were commandos in World War II.

Some postmen held boxing titles, he said, and the union had the highest percentage of returned servicemen of any union in Australia. At least two APWU members had the Victoria Cross.

Mr Slater called the "punch a posties" posters - which have been put on noticeboards in Australian Army camps in South Vietnam - deplorable smear sheets. He said he was disgusted about them.

The Assistant Director of Army Public Relations in Sydney, Lt Col John Bennett, said that the posters were examples of "Digger Humour"

(I am sure many of you remember the above after the Posties & Waterside Workers Strikes back then)

Type 2 Diabetes **A Serious But Manageable Condition**

(Source: Australian Diabetes Council)

Diabetes is a name given to a group of conditions where there is too much glucose (sugar) in the blood. Glucose essentially comes from carbohydrates that we digest in our diets, for example, Bread, Potato, Milk and Fruit. Blood glucose levels are moderated and maintained by a variety of hormones, one of which is insulin which opens the pathway to allow the glucose out of the blood and into the cells for energy.

Type 2 diabetes occurs when the body does not produce enough insulin and when the insulin that is produced doesn't do its job properly. Type 2 diabetes is largely lifestyle-related and it is the most common form of diabetes, affecting about 85% or more of all people with diabetes. Whilst it usually affects mature adults, an increasing number of young people and even children are being diagnosed with the disease.

Some symptoms can go unnoticed for years because the condition can develop slowly over time, but some of the classic symptoms that would usually be reported include:

- **Tiredness:** This is related to insulin resistance in the body, which stops the cells from getting glucose to provide energy;
- **Increased Urination:** Higher than normal blood glucose levels in the body cause the kidneys to try and assist by excreting the excess glucose in the urine;
- **Increased Thirst:** If you're going to the toilet all the time, the body gets the sensation to try and replace that fluid;
- **Blurred Vision:** Higher than normal blood glucose levels cause the water filled humour in the eye to swell and that can throw out the very fine optics in the eye;
- **Slow Healing Cuts & Sores:** Higher than normal blood glucose levels provide an environment for infections to take hold and normal immune responses may be hindered;
- **Tingling or Numbness in the Feet:** Due to damage to nerves from higher than normal blood glucose levels.

TAB FACILITIES

Sports Bet

FOX Sport

SKY Channel

TERRACE CAFE

Check Board for Specials

Open Daily for Lunch & Dinner

Serving Light Meals, Snacks, Sweets & Coffee

Monday

Bingo 11.30am

Rock & Roll Dancing 7-10pm

Tuesday

Bingo 7.30pm

Thursday

Bingo 11.30am

Texas Hold'em Poker 6.30pm

DJ Stuart plays 60's, 70's & 80's in the Lounge
and **MEMBER'S BADGE DRAW**
\$3000-\$5000 From 7pm

FRIDAY

Bingo 11.30am

DJ Stuart In Lounge 8pm -12.30

Saturday

Meat Run 4-6pm

Duo in Lounge Area 7.30pm-Midnight

Live Band in Audi 1st Sat/Month

Sunday

Raffle, Trivia & Music 4-8pm

ST MARYS RSL CLUB

"The Place To Be"

FORTUNA Chinese Restaurant

Open for Lunch at Noon & Dinner at 5pm (Except Mondays)

www.stmarysrsl.com.au

Is gambling a problem for you? G-Line (NSW) is a confidential, anonymous & free counseling service.
FREECALL 1800 633 635

Carbon Tax Offsets. Household assistance payments of between \$190 and \$374 will be paid to the veteran and ex-service community to financially compensate for the impact of the carbon price tax. This payment will be paid to eligible service pensioners; seniors supplement recipients, war widows and widowers, disability pensioners, permanent impairment recipients and wholly dependent partners (under MRC Act 2004).

Following the up-front payment, from March 2013, ongoing assistance will be provided through either fortnightly or quarterly payments of between \$7.40 and \$20.90. A service pensioner on the single rate will receive \$250 upfront in May or June 2012 and after March 2013, \$13.50 in ongoing fortnightly payments. Pensioner couples will receive \$190 upfront each and from March 2013, \$10.20 ongoing per fortnight. For a veteran on a disability pension, payments will depend on the rate of pension. Veterans receiving up to 100% disability pension will receive \$132.00 upfront and \$7.40 per fortnight ongoing, while a veteran on Special Rate (TPI) will receive \$374 upfront in June 2012 and \$20.90 per fortnight from March 2013. Veterans on a disability Pension and the Service pension receive both payments.

Children of veterans and members receiving payments under children's education schemes will also receive assistance and will receive two lump sum payments in June 2012 and 2013, with ongoing assistance commencing 1 January 2014.

(Ed. *Subject to confirmation*)

Nepean Wives

of Vietnam Veterans Women's Support Group

This is a non-profit community based support group for wives of veterans and are part of the VVAA St Marys. The group meet on the second Thursday of each month at 10.00 am at the

St Mary's RSL Youth Club Hall.

Phone: Cheryl Mullavey 9625 9363



Computer Training Classes

Computer Classes are conducted at the Vietnam Veterans Train situated at the St Marys RSL Club in Mamre Road St Marys as follows:

Tuesday: 9.00 am - 12.00pm

Wednesday: 9.00AM - 12.00 pm (Ladies Class)

Thursday: 9.00 am - 11.00 am

Thursday classes teach Digital Photo manipulation using Photoshop Elements 5, only 5 students at a time. **Bookings essential.**

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

WE URGENTLY NEED A TRAINER FOR OUR WEDNESDAY CLASSES TO ASSIST BETWEEN 9am - 12 Noon.

For more info call Keith 9833 4700 or email vietvet@tpg.com.au

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

**Oakshott Welcomes Opposition Support For Veterans.
Oakshott Independent—Media Release. 5 March 2012.**

Independent Lyne MP Rob Oakshott has welcomed Opposition Leader Tony Abbott's pledge today to support fairer indexation of veterans' pensions. Mr Oakshott, who lodged a notice of motion on military pension changes late last year, said Mr Abbott's promise in Bendigo today would be welcomed when the matter was debated on the floor of Parliament.

It is the second time the Independent MP has tried to get the federal government to index military pensions in the same way aged and service pensions are indexed.

"I welcome Mr Abbott's support and am more than happy for him to back my motion - or to introduce his own," Mr Oakshott said. "This is an issue that affects tens of thousands of Australian veterans who were prepared to make big sacrifices to defend our nation, our sovereignty and our freedom. The least we can do in return is to consider a fairer system of indexing their pensions in retirement," said Mr Oakshott, who is seeking to have the Military superannuation pension increased twice annually by the greatest of either the CPI or the Pensioner and Beneficiary Living Cost Index (PBLCI).

"Defence service is unique in our Public Service in that service men and women put their lives in danger while on duty and therefore the circumstances of their families also are put at risk," Mr Oakshott said.

The motion before the parliament reads:

- (1) recognises the:
 - (a) Involvement of Australian service men and women in war and peace keeping operations; and
 - (b) role of family, friends and community networks in supporting those Australians who have served in our military; and
- (2) Calls on the Government to:
 - (a) consider increasing the Military Superannuation and Benefits Scheme Pension twice annually by the greatest of the CPI, PBLCI and the MTAW; and
 - (b) do this in recognition of the unique circumstances of Military service compared to all others within the public service.

(Ed: "we'll see - hope he is fair dinkum)

Welfare Refresher Course

On 28/29 March 2012 the RSL held a Welfare Refresher Course at the St Marys RSL Club, it was designed to hone the skills and knowledge of qualified TIP trained officers. In attendance were: Instructors - Leanne Galayini & Garth Wheat; welfare officers Pam Forsdike (Secretary VVAA State Branch), Geoff Talbot, Ourimbah RSL, Tom Jenkins, VVFA Granville, the remainder were officers from VVAA St Marys Outpost.

The course covered a wide range of information necessary for the Welfare Officers to continue with their work. In the case of the St Marys group, they cover a wide range of hospitals & nursing homes in the greater Western area as well as the Rehab units at Minchinbury and Westmead hospitals.

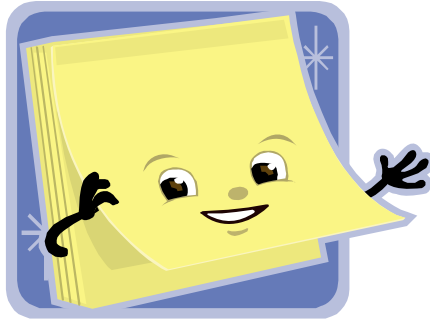
St Marys Outpost has 18 Welfare Officers and most of them attended this worthwhile course and praised the two instructors, Leanne and Garth, for their expert knowledge and presentation.

It is a shame, according the President of the Outpost, Greg Cant, that similar courses are not held for Pension Officers.

Sam Vecchio
Secretary - St Marys Outpost



**The Course members with Instructors:
Leanne Galayini second from left front row & Garth Wheat first on the left Second
Row**



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.

Women In Combat

Greg Sheridan, Foreign Correspondent For the Australian Newspaper wrote an article “**Women Have No Place In Combat**” - everyone has their own opinion on this topic; a contribution by pupils on the subject at the St Marys RSL Scholarships recently brought some very thought provoking comments. Many women are losing respect in the community for wild drunken and disorderly behaviour, street fighting, being abusive, involving themselves in car chases etc, it seems as though they are eager to copy the bad behaviour of men; now the ‘political correct’ mob also want them to go into combat.

Some comments made by Mr Sheridan in his article stated: “It is bad for women, bad for society and bad for the military. It will make our military less effective, and less respected, and it will make women less respected as well”.

“It is almost certainly a sign that the Gillard Government has more or less stopped taking defence seriously. This is a very, very bad decision . The government’s claim that the military chiefs support it is meaningless. The chiefs support what the government tells them to support. That’s what civilian control of the military means.”

“Our special forces in Afghanistan hunt and kill Taliban and Al-Qaida members. It is morally right for them to do so in a just war and, within the laws of war, they are permitted, indeed required, to be extremely violent and lethal. This new ruling expecting women to do this defies all common sense”.

“Do we want women to participate in unisex, professional boxing matches with men? If not, why not? Professional boxing is much less demanding, and much less violent, than fighting the Taliban. This is a kind of war on all tradition and all accumulated wisdom, that while everyone accepts that men and women are equal, we must also now accept the manifest nonsense that they are exactly the same.”

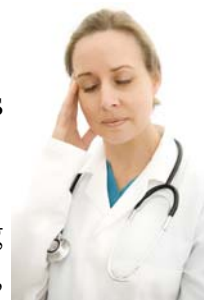
“Domestic violence, in Australia as in all other societies, is overwhelmingly carried out by men against women. This is for two reasons. Men are bigger than women and they are much more aggressive. One of the ways of civilising humanity is by teaching men to control their aggression. Part of the training of civilisation is the understanding by men that they owe special obligations of courtesy and protection towards women”

(I must agree with Mr Sheridan)
(Gary Fizzell)

An Aspirin a day can make your brain bleed.

Doctors should stop prescribing aspirin to ward off heart attacks in people without heart disease.

Giving aspirin raises the risk of dangerous stomach bleeding while having no effect on deaths from heart problems or cancer, according to the UK study.



Thousands of people who had not had a heart attack or stroke are currently prescribed low dose aspirin in line with medical guidelines because their doctors consider them at high risk of heart attack. In addition, healthy middle-aged people - the so-called ****worried well**, regularly take aspirin brought over the counter at pharmacies in case it does some good.

Taking aspirin daily is shown to cut the risk of repeat heart attacks and stroke by up to a third, but there is debate whether aspirin has the same benefit in patients who have never suffered an attack.

The latest study, a review of nine clinical trials involving more than 100,000 people who did not have a history of cardiovascular disease, found the risk of internal bleeding from aspirin outweighed any benefits to the heart.

Half of the people took aspirin and half took an inactive substitute for an average of six years. Taking aspirin daily or every other day cut the risk of heart attacks and strokes by 10 percent. There were reductions in death from heart attacks or stroke. However, the benefit was offset by a 30 percent increase in internal bleeding in the stomach or brain caused by aspirin.

****** Some people in reasonably good health think that by taking medication it will assist in 'keeping them well' when in fact it could have the reverse effect as mentioned above. It is always wise to consult your GP before purchasing over the counter medication or using someone else's - what's good for Goose is not always good for Gander.

Another tip: when prescribed medication from your GP make sure you understand what the prescription is for and don't be afraid to ask about any side-effects, most medications have side effects which may cause dizziness/drowsiness etc and although the packaging might carry precautions on using certain drugs, not a bad idea to ask the GP.

The 'Pompeii' of the Western Front.

Archaeologists find the bodies of 21 tragic World War One German soldiers in perfectly preserved trenches where they were buried alive by an Allied shell.

Men were killed when a huge Allied shell exploded above the tunnel in Eastern France in 1918, causing it to cave in. Engineers find trench network 18ft beneath the surface near the town of Carspach while excavating for a new road. Scenes likened to Pompeii after skeletal remains found in same positions the men had been in at the time of the collapse.



1918 Perfectly preserved trench

The entombed men were part of a larger group of 34 who were buried alive when a huge Allied shell exploded above the tunnel in 1918, causing it to cave in.

Thirteen bodies were recovered from the underground shelter. But the remaining men had to be left under a mountain of mud as it was too dangerous to retrieve them

Nearly a century later, French archaeologists stumbled upon the mass grave on the former Western Front in Eastern France during excavation work for a road building project.

Many of the skeletal remains were found in the same positions the men had been in at the time of the collapse. A number of soldiers were discovered sitting upright on a bench, one was lying in his bed and another was in the foetal position having been thrown down a flight of stairs.

As well as the bodies, poignant personal effect such as boots, helmets, weapons, wine bottles, spectacles, wallets, pipes, cigarette cases and pocket books were also found. Archaeologists believe the items have been so well preserved because hardly any air, water or lights had penetrated the trench. The archaeologist leading the dig, said: "It's a bit like Pompeii, everything collapsed in seconds and is just the way it was at the time. Here, as in Pompeii, we found the bodies as they were at the moment of their death".

(Another tragic story of the futility of war)

Booked Car With Driver - Complaints (BCWD)

Following a number of complaints from members regarding the poor service provided by DVA Booked Car With Driver (BCWD), a meeting was arranged with Mr. Brent Morgan, Director of transport (DVA), Mr. Tim Hollingsworth, NSW Manager of Transport (DVA), Mr Stuart Palmer, Chief Operations Manager of Premier Cabs. They met with the following members of the Outpost: Greg Cant, Sam Vecchio, Gary Fizzell & John Foeken.

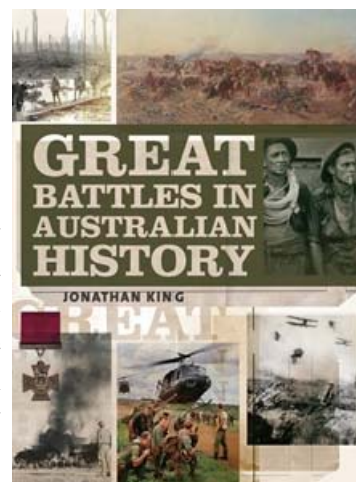
St Marys VVAA compiled a list of the complaints and distributed them to the members of the meeting. Brent acknowledged that the list formed the basis of changes to be made to the system. The meeting lasted approximately 4 hours with the following outcomes:

- DVA have a 1300 550 455 number to call, this is the only number that goes direct to DVA Transport for bookings. In addition, from May this year, it is anticipated that members will be able to book direct transport “on line” - details regarding this on line feature will be promulgated when we receive the details from DVA.
- Brent has assured us that if members use the system correctly, over time, hopefully within a couple of months the system will work more efficiently and the number of complaints would be expected to drop.
- Members and War Widows living in outlying areas such as Warragamba, who are not very well serviced by Cabs/Hire Cars would have special arrangements put in place to accommodate their circumstances.
- Premier Cabs are putting in place a system whereby a fleet of trained and accredited drivers would be allocated DVA Transport as part of their Corporate Client list.
- When making a booking and you have specific requirements regarding your health and require assistance by the driver, you must give these details to the operator so that the driver knows about these requirements when **he receives the booking.**

The Booked Car With Driver system can only work if we do our bit to make it work; in the meantime DVA has requested us to continue documenting complaints so that they (and us), can gauge if the system is working.

**Some Recent Book Publishings:
Great Battles in Australian History
By Jonathan King (\$35)**

Great Battles in Australian History tells the story of the forty most remarkable conflicts involving Australians through the eyes of the great heroes who were there. Alongside them, we can ride a horse into battle to save a wounded bugler in the Boer War; charge up the cliffs with the ANZAC's at Gallipoli to help forge the legend; ride history's last great cavalry charge with the legendary Light Horse; shoot Japanese planes down as they bomb Darwin; beat off Hitler's Desert Fox, Rommel, with the 'Rats of Tobruk'; escape from a Viet Cong ambush in a tropical downpour, or slide down a rope from a helicopter into the jaws of a Taliban attack in Afghanistan. Many of these great warriors won the Victoria Cross; some died winning it.



As historian Jonathan King takes us to the battlefields of long ago and then on a roller-coaster ride right up to the war in Afghanistan, he brings history alive, laying bare the significance of each battle.

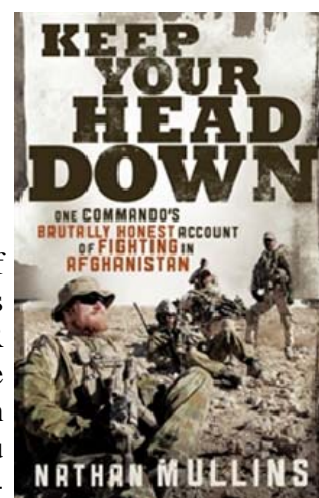
Despite the heroics and the glory, the devastation that war wreaks is inescapable. This book serves as a tribute to all the Australian servicemen and women who have fought selflessly for their country over the last two centuries.

ANZAC stood and still stands for reckless valour in a good cause, for enterprise, resourcefulness, fidelity, comradeship and endurance that will never admit defeat.

Charles Bean.

**Keep Your Head Down: One Commando's
Brutally Honest Account Of Fighting In
Afghanistan - by [Nathan Mullins](#) (\$25)
*Overview from Borders Books***

Nathan Mullins volunteers to go to Afghanistan as a member of the Second Commando Company. In Uruzgan province his company is the only military game in town. In **KEEP YOUR HEAD DOWN** Nathan talks frankly and amusingly about the warrior culture, the hearts and minds campaigns and the adrenaline buzz of being in a firefight and under attack that keeps you coming back for more. Survival means learning to read the signs - who is friend and who is foe, and he and his mates save the lives of children and villagers caught in the cross fire or by the treacherous roadside bombs (that wouldn't be there if it were not for the presence of the soldiers).



Remembering The Fall of Singapore.

At 8.30pm on 15 February 1942, Australia's vulnerability to the advancing Japanese forces was suddenly and irreversibly increased when the British fortress of Singapore was surrendered. 15000 Australians were taken prisoner of war during the surrender, 1700 were killed defending Singapore before the surrender.

Singapore was a British garrison, dubbed the 'impregnable fortress' in SE Asia. In spite of repeated requests from Australia to reinforce Singapore's defences to protect Australia's position, Allied commanders in Europe were more focused on containing Hitler than the Japanese threat to Australia on the other side of the world. The Australian 9th Division which was formed in England was busy defending the Empire in the 'Siege of Tobruk' and El Alamein.

The Fall of Singapore precipitated the swift movement of Japanese forces through the Indonesian archipelago and ultimately, to the bombing of Darwin on 19 February 1942 as well as intense bombing on the North & West Coast of Australia over a period of approximately 18 months.

At least a third of the Australian Prisoners of War captured by the Japanese died whilst in captivity through cruelty and starvation, many are commemorated in the Kranji War Cemetery in Singapore as well as Thailand and Burma.

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Tribute to WWII Heroine - Nancy Wake AC GM

Born in New Zealand, Nancy moved to Australia at an early age and was educated in Sydney. In 1937, she met wealthy French Industrialist Henri Edmond Fiocca whom she married on 30 November 1939.



Nancy Wake—1945

She was living in Marseille, France when Germany invaded. After the fall of France in 1940, she became a courier for the French Resistance and later joined the escape network of Captain Ian Garrow. In reference to her ability to elude capture, the Gestapo called her the “White Mouse”. The Resistance had to be very careful with her missions. Her life was in constant danger, with the Gestapo tapping her phone and intercepting her mail.

By 1943, she was the Gestapo’s most wanted person, with a 5 million-franc price on her head. When the network was betrayed that same year, she decided to flee Marseille. Her husband, Henri Fiocca, stayed behind where he was later captured, tortured and executed by the Gestapo.

Nancy tried several times unsuccessfully, to enter politics in Australia, eventually moving to London where she died on 7th August 2011 aged 98 at Kingston Hospital.

**MICHAEL JOHN FITZGERALD
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ABN 18095746334**

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. The office is open most mornings between 10.00am-12noon and can be contacted on **9623 6555**.

St Mary's RSL Sub-Branch Committee

President:	Ron Kelly	0408 684 276
V/President:	Terry Burn	0407 834 499
V/Pres:	John Foeken	0409 329 688
Treasurer:	Ted Fish	02 9833 4700
Secretary:	Tony Fryer	0414 557 692
A/Secretary:	Ron Blakely	0411 131 849
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:	Tony Mullavey	0416 231 993
Secretary:	Sam Vecchio	9833 4700
Treasurer:	Ted Fish	9833 4700

Management Committee

The VVAA St Marys Outpost Management Committee meets each month at the 'Train' to discuss important points relevant to the proper management of the Outpost, which will then be raised at the Bi-Monthly General Meeting.

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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