

WESTERN OUTPOST NEWS



AUTUMN 2018 ISSUE

St Mary's Outpost the
'Train of Knowledge'

St Marys Veterans Centre

St Marys Outpost - VVAA
and St Marys RSL Sub-Branch



ANZAC DAY

2018



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DEADLINES FOR PUBLICATION

Winter 2018.....	15 May 2018
Spring 2018.....	17 August 2018
Summer 2018.....	9 November 2018
Autumn 2019.....	16 February 2018

Articles of a general nature may be submitted at anytime, please send to:
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Google: St Marys RSL Sub Branch

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ST MARYS VIETNAM VETERANS OUTPOST

PRESIDENT'S REPORT

Our AGM was held on Sunday 25th February 2018, all positions were declared vacant and apart from the Vice Presidents positions were filled un-opposed, an election was conducted for Two Vice Presidents from the four nominations; elected were George Perrin and Uwe Schoenherr.

We, as a Veterans Welfare Organisation have a collective duty of care, to ensure that we remain viable for the benefit of all existing and future veterans and their families. The point I am making is that we will need to look deeper into the future of the Train and its Welfare Operations. One very good idea is the grouping of different associations under their individual banners, but having their HQ's located at the Train.

ATDP... (Advocacy Training and Development Program)

Last year I expressed my concerns about the uncertainty surrounding a new pension and welfare system that was to come into effect on July 1st 2017. This was introduced by a member of the ATDP/DVA; unfortunately the many questions and answers that followed did nothing to alleviate the concerns of our membership.

By understanding that the requirements of the ATDP was in fact a "Fait Accompli", our highly regarded and greatly experienced Pension and Welfare Officers took up the challenge and explored all the ATDP requirements to get accreditation for existing staff and future recruits.

Due to their timely actions, the conversion and accreditation of former TIP qualified pension and welfare officers has proceeded without any problems. If any member is of a mind to become a pension or welfare officer, please be aware that it is a simple online process under the guidance of a mentor.

Portal...

I am happy to report that our pension officers increased usage of the DVA electronic portal, has had the effect of speeding the submission of claims and subsequent acceptance of some claims within a 24 hour period. The Portal also automatically collates information that is required, and necessary, for our BEST FUND submissions. Currently, we are still preparing some claims long hand, which are quite slow by comparison to using the electronic Portal, paper submissions which are dependent on the postal service, and, the DVA's subsequent handling of inbox paper submissions, is obviously the much slower option. This long hand method also affects the submission of our BEST FUND account as it requires a manual collation of data, which then has to be added to the Portal data for a combined submission.

I offer my congratulations to our Pension and Welfare team for their dedication and professionalism, in what for them, was a trying year.

My sincere thanks go out to all members for your continuing support in all things relevant to the Trains Successful Operation.

In conclusion, I would like to take this opportunity to thank everyone who attended the AGM and re-elected most of last year's executive unopposed, it was in effect, a show of hands in favour of the harmony and enthusiasm that is quite evident within our ranks.

Tony Mullavey
President

THE RIGHT MIX: YOUR HEALTH AND ALCOHOL

Using the clinical evidence base for 'motivational enhancement' as a central design feature, DVA has recently redesigned its online alcohol management website – The Right Mix: Your Health and Alcohol. The Right Mix has been popular in delivering the message about maintaining a healthy balance between alcohol consumption, diet and exercise.

Content of the website aligns with research on the effects of alcohol on someone's health, including the increased risk of cancers, other health problems and the risk of injury from drinking above the recommended low-risk guidelines.

The new website also uses cognitive behavioural therapy (CBT) self-help strategies to promote behaviour change

Using the interactive tools, patients can quickly measure how much they drink, compare their drinking habits against low risk levels and find out how much exercise is needed to burn off the kilojoules. The website also enables patients to develop an action plan with goals tailored to their individual motivations. They can also track their progress using data collected through the companion ON Track with the Right Mix.

The ON TRACK with The Right Mix app helps patients track the number and type of drinks they consume; track the amount of money spent; and review the impact to their health and wellbeing by showing the amount of exercise required to burn off the alcohol kilojoules consumed. The app helps to track drinks quickly and easily. The drinking data can then be viewed on the phone, uploaded to The Right Mix website or emailed to their treating clinician.

Clinicians can draw on The Right Mix website to complement a patient's treatment regime, and help their patient to:

- ◇ Measure alcohol consumption, compare their usage against low risk levels and provide strategies to help reduce and manage consumption in the future
- ◇ Recognise and align beliefs and expectations surrounding low risk drinking
- ◇ Develop a CBT self-help action plan
- ◇ Commit to change their behaviour and motivate and empower them to achieve their set goals.

The Right Mix website can be accessed from the At Ease portal. The ON Track with the Right Mix app is free to download from the iOS App Store and Android Google Play.

Downloaded from ...

www.dva.gov.au/providers/news-health-professionals/right-mix-your-health-and-alcohol

The US Army announced today the formation of a new 900-man elite fighting unit, called the United States Redneck Special Forces (USRSF).

These Mountain boys will be dropped off in Iraq, with plenty of cold beer, ammo and weaponry. They have been given only the following facts about ISIS:

- 1 The season opened today.
- 2 There is no limit.
- 3 They taste just like chicken.
- 4 They hate beer, pickups, nude women, country music and Jesus. AND
- 5 They are directly responsible for the death of Dale Earnhardt.

The Pentagon expects the ISIS problem in IRAQ to be more or less over by next Friday.





St Marys RSL sub-Branch 2018 ANZAC Services

All in the community are invited to join with members of our sub-Branch in our annual March and Services to commemorate this, the Centenary of Armistice.

ANZAC SUNDAY MARCH AND SERVICE – 22nd April 2018.

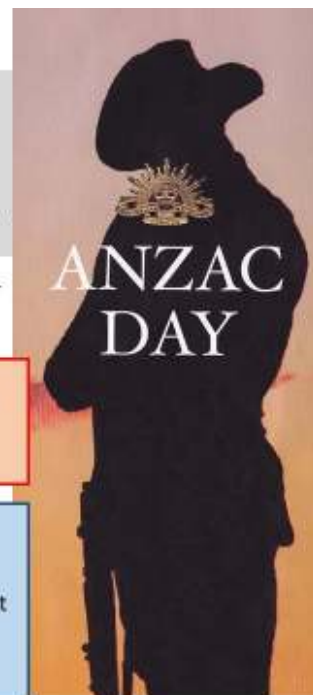
March: Queen Street to Victoria Park. Assemble at corner Queen St and Charles Hackett Dve at 2.00pm. Step off 2.30pm. All local groups are welcome to participate.

Service at Victoria Park: following the march, commencing after 2.45pm.

DAWN SERVICE – Wednesday 25th April 2018.

The annual **Dawn Service** will commence at 5.00am at the RSL War Memorial in the grounds of St Marys RSL Club. Two large screens will show the Service live.

NOTE: Breakfast arrangements in the Club after the Service have been changed from past years. Members, their immediate families and the sub-Branch's invited guests should proceed directly to the Auditorium. [For all others, a Breakfast will be available for purchase in the BBQ area.]



Blacktown and Districts TPI Social and Welfare Club

Blacktown and Districts TPI Social and Welfare Club meets on the First Thursday of each month (except January) at the Blacktown RSL Club. Meetings start at 1:00 pm

The Club is open to all TPI Veterans (including Veterans under the MRC receiving the Special Rate of Disability Pension), and welcomes their Carers and Friends.

To join the Club a Veteran must be a subscribing member of the TPI Association of NSW Ltd.

Apart from the Monthly Meetings the Club arranges at subsidised cost, a function, generally each month, which could be a Bus Trip, Luncheon, BBQ.

The Club's Welfare Officers also keep in contact through Hospital and Home visits to those who cannot make the Meetings.

A Newsletter is also distributed to all members, either by email or by 'snail mail'

For further Information, please contact the Hon Secretary: John Davison at
mobile: 0411737446 or email: john.davison@optusnet.com.au



ST MARYS RSL SUB-BRANCH

PRESIDENTS REPORT FOR 2017

2017 was both a sad year and a productive year, sad because we lost a greater number of Sub-Branch members and people associated with this Sub-Branch than ever expected. Their friendship, their impact and input to this Sub-Branch and the memories we have of them will always remain with us. May they rest in peace.

This Sub-Branch was very busy in fulfilling RSL aims and objectives last year and continues to do so this year, despite the distractions at State Branch. We have achieved these aims and objectives by: -

- looking after the welfare of our Sub-Branch members by holding regular meetings, social media access, welfare account, welfare and pension services.
- by looking after the welfare needs of serving and ex-service members of the Australian Defence Force,
- by supporting selected struggling sub branches, access to welfare and pension services, assistance through the Outpost Support Centre, and involvement with the Australian Forces Overseas Fund.
- also, by promoting the objectives of the RSL within local community with the Colin Shepherd OAM Memorial school scholarships, assistance to schools for excursions to points of military/culture, and school, Rehab and aged care facilities commemorative services, and
- provide relevant and accessible opportunities for all in our community to commemorate those ADF members lost or injured in the service of Australia to attend ANZAC, Vietnam Veterans, and Remembrance Day Services.

To summarise, some of the many activities we have carried out last year are as follows:

- 1 Conducted more than 20 Anzac presentations/services at local schools and Aged Care facilities, plus additional school activities and presentation nights, and our 15th year of the very successful Colin Shepherd OAM Memorial school scholarships.
- 2 We twice assisted in packing 2,400 care parcels for AFOF, and presented them a cheque for \$9,000.00 as a donation.
- 3 Continued our support of our 5 country Sub-Branches, and visited Grenfill, Uralla and Gilgandra Sub-Branches. We will be visiting Bundanoon Sub-Branch in April this year.
- 4 The executive and the committee attended many commemorative services such as Governor Phillip, Hellenic Anzac service, VP Day, Kokoda Track 75th Anniversary (together with our annual donation to assist maintain the Track Walkway), 21 and 202 Army Cadet Units' parades (together with individual donations to assist their endeavours), 5 Engineer Regiment activities and parades (including donation and presentation of performance trophies), plus participated in the NSW Government WW1 Soil Collections. Sub-Branch members also attended the dedication service of the new National Boer War Memorial at Canberra.

- 5 Anzac Day Services where well attended once again with more people taking part in both services, special thanks to Dr Chamberlain for being our guest speaker on the Sunday, and of course our very special guests, daughters of Reg Saunders – (Glenda, Dorothy and Judith plus Summer, Billy and Briana, grandchildren of Reg) for coming to our services.
- 6 Vietnam Veterans Day – conducted in conjunction with the VVAA St Marys Outpost, this was also a very good day. Well done to George Perrin and his committee for organizing this event, the limited-edition stamp and postcard to commemorate the 50th anniversary of the battle of Suoi Chau Pha and Colonel Vo as guest speaker. All this was very appropriate and made the day.
- 7 Remembrance Day service at Kokoda Park – This day would have to be our biggest and best Remembrance Day ever, with an attendance of over 200 and a good turn out of Patrons and Politician's, schools, the local community, and of course our Sub-Branch members.

On a sad note, Sub-Branch member Jack Turner passed away, and on the 29th of December we farewelled Jack with an RSL Tribute service with a good number of Sub-Branch members in attendance, Mervyn Smart has also passed away, his funeral was held on the 8th of February, with Ted Fish, David Cuff, George Pernin and I representing the Sub-Branch.

26th of January – Ted Fish was awarded, the Order of Australia Medal, for services to Veterans and their Families. A long over due and deserving honour has been bestowed on him, well done Ted.

Former member and President of the Pozieres Remembered Association, Mr Barry Gracie, sent this Sub-Branch a letter of thanks, this was for all the support and friendship he was given whilst he was travelling the east coast of Australia, while he was raising money for the Memorial park in France. Along with this letter was a Certificate of appreciation, which includes the dedication of a Rose Garden within the memorial park. To St Marys RSL Sub-Branch

14th of February - 15 Sub-Branch members attend the unveiling of a plaque commissioned by the Penrith City Council to replace the original plaque that was stolen many years ago, and dedicated to the former ADI munitions workers, at Lang Park St Marys.

Also on that day at our February General Meeting, Tony Fryer was presented with a Certificate of Appreciation from RSL NSW and and this Sub-Branch for all the hard work and dedication to his position as Honorary Secretary and Veteran community at large, Congratulations Tony.

In closing I would like to thank the following people and groups:

First of all, our Patrons for their ongoing support, all our local schools, the St Mary RSL Club Ltd, 5/8 ER, 21 ACU, 1/15th RNSW Lancers, SUR (Piper), St Marys LAC, Jasmine Tiatia and the Erskine Park HS concert band, Fiona Harkins and singers from Cambridge Park HS, the St Marys RSL Sub-Branch Executive and Committee, and every Sub-Branch member who in any way helped make the year the success it was.

With your support this year, hopefully it will be as good as last year.

Ron Blakely
President



ST MARYS RSL WOMEN'S AUXILIARY



For more information contact:

Honorary Secretary – Kerry Squires

Email: kerrysquires@gmail.au

The Ladies Axillary held their election on 14th March, 2018 and the following were elected:

- | | |
|-------------------|-----------|
| ◇ Joan Miller | President |
| ◇ Kerry Squires | Secretary |
| ◇ Pauline Winmill | Treasurer |



Cnr Great Western Highway &
Rupertswood Rd, Rooty Hill 2766
(02) 9625 2222



Minchinbury Community Hospital has been providing expert rehabilitation and nursing care to the local community for the past 10 years.

Our highly qualified and talented visiting Specialist Surgeons provide specialist care including:

- Ophthalmic Surgery
- ENT Surgery
- General Surgery
- Orthopaedic Surgery
- Dental Surgery
- Plastic Surgery
- Gastroscopy & Colonoscopy procedures



Physiotherapy & Hydrotherapy

Minchinbury Community Hospital offers inpatient and day patient personalised rehabilitation services to suit your needs. Our team of caring professionals are here to assist patients reach their individual goals and work in conjunction with their families to meet any of their concerns.

Contact our friendly Administration team for more information on (02) 9625 2222.



DVA Gold & White Cards are accepted as payment with a GP referral

Minchinbury Community Hospital offers a bus pick-up and drop-off service at minimal cost for day rehabilitation, just another way for us to make it easier to look after YOU!
www.mhsminchinbury.com.au



DVA facts made easy

RECEIVE THE BENEFITS YOU DESERVE

THAT TRAIN Have you ever thought, what is the real function of "That Train", just sitting there on the Corner of Hall Street and Mamre Road, St Marys?

The brainchild of a small but dedicated group of Vietnam Veterans in association with St Marys RSL, saw a need to establish an All Services Welfare and Drop In Centre staffed by qualified non government consultants who could assist and advise all veterans and dependents with the very confusing formal applications that are required by DVA.

Free, Confidential help in all things DVA and much more....

- * War Widow/Widowers Pensions
- * Medals
- * Children's' Education
- * Scholarships
- * Bereavement
- * Transport
- * Hospital Visitation
- * Military Themed Funerals

We also have....

- * Social Events
- * Computer Classes
- * Outings

Why not drop in and have an informal chat about your needs and concerns.

MICHAEL JOHN FITZGERALDSOLICITOR

Level 8

65 York Street Sydney 2000

Phone: 9283 2500 or 0419 440 990

FAX: 9283 2600.
ABN 18095746334



I was sitting at the computer the other day, drafting my will, and I called out to my wife, "When I die, I'm going to leave everything to you, my love!" She shouted back, "You already do, you lazy sod!"



VVAA ST MARYS OUTPOST

EDUCATION PROGRAM REPORT

A brief report considering the school year for 2018 is just beginning to take shape.

Last year over 140 hours of presentation time was delivered to schools. A similar booking pattern is expected for 2018. Its worth noting that originally the Outpost Education Program (OEP) focused on senior students in metropolitan west educational settings from government and non government organisations. 13 years on the program is delivered to schools across Sydney and the surrounding suburbs, country schools west of the ranges and south of our nation's capital including a close association with the Australian War Memorial.

While the OEP is featured on the VVAA St Marys Outpost website the majority of enquiries/bookings come via teacher organisations and history faculty networking.

The OEP presentation continues to focus on 'Australia's involvement in the Vietnam War 1962 to 1972 and the impact of that war on veterans and their families', while also offering a range of associated student focus material necessary to accommodate those schools who choose to study/investigate/ research other aspects of the Vietnam War Topic eg The Cold War.

To date 30 schools have booked the 2018 program. This includes schools who have utilised our program for the past 13 years, e.g. Erskine Park High, Gilgandra High and Bede Polding College and new schools/colleges to the program e.g. The Kings School Parramatta and St Ignatius College Riverview. Many of the OEP schools have utilised the program across 10 years.

For Vietnam Veterans and their families significant commemoration programs across this year will focus on the 50th Anniversary of the Battles of Coral and Balmoral at our National Vietnam Memorial in Canberra (May 13). Also, the permanent acquisition of the Long Tan Cross by the Australian War Memorial will be highlighted Vietnam Veterans Day (August 18). No doubt the 50th Anniversary of the Tet Offensive will also feature in the minds of those veterans who were involved in that historic period of the Vietnam War story.

Considering the bigger picture of Australian Military History, 2018 will be a pre-eminent year for veterans and their families and older Australians as we remember and commemorate the centenary of the WW1 Armistice; the final commemoration program for the centenary of ANZAC.

Guest speakers are again required for school ANZAC Commemorative Services. ANZAC Day 2018 falls during the NSW Schools Term 1 vacation period therefore many schools/colleges conduct their services during the last week of Term 1 (9-13 April) and the first week of Term 2 (1-4 May).

Please contact me (45782296 or vincosgrove@gmail.com or the Outpost Secretary if you wish to have your name and contact details added to the Outpost Guest Speaker list for 2018. The Guest Speaker list is provided to schools who request a speaker. Schools then deal directly with the Outpost member of their choice.

Vin Cosgrove OAM JP
VVAA Outpost Education Program



The LONG TAN CROSS - now permanently displayed at the Australian War Memorial in Canberra.
(Education Program Visit with Monaro High School.)

**IF YOU, OR A VETERAN YOU KNOW,
IS FEELING**



**THEN IT'S TIME FOR A CHAT WITH OUR WELFARE OFFICERS
VISIT THE VETERANS CENTRE, LOCATED IN**

“THAT TRAIN”

CNR MAMRE ROAD and HALL STREET ST MARYS



THE BEST TIME TO ACT IS NOW!

Sister Mary Ann, who worked for a home health agency, was out making her rounds visiting homebound patients when she ran out of gas.

As luck would have it, a service station was just a block away.

She walked to the station to borrow a gas can and buy some gas.

The attendant told her that the only gas can had been loaned out, but she could wait until it was returned. However, Sister Mary Ann was on the way to see a patient, so she decided not to wait and walked back to her car.

She looked for something in her car that she could fill with gas and spotted the bedpan she was taking to the patient! Always resourceful, Sister Mary Ann carried the bedpan to the station, filled it with gasoline, and carried the full bedpan back to her car.

As she was pouring the gas into her tank, two Protestants watched from across the street.

One of them turned to the other and said, 'If it starts, I'm turning Catholic.'



CURRENT REPATRIATION BENEFITS FOR GOLD CARD VETERANS AS OF 01 JANUARY 2018

*Here is the list of Pharmacy Medications available to Gold Card Veterans - but let me say that when you go to your doctor make sure you take the list with you as he/she may not be aware of all these medications being available to Veterans under the RPBS scheme; if you should have any problems ask your Doctor to contact **DVA Pharmacy approvals on 1800 552 580** for an Authority.*

REPATRIATION BENEFITS LIST

(The following is a list of products, that are available on a Doctors prescription, for Gold Card Repatriation Patients)

SKIN CARE:

Sorbolene and Glycerine Cream, Calmurid Cream, Pinetarsol Solution, Hamilton Skin Therapy Wash, QV Bath Oil; **QV Cream ~ (DVA Authority required).**

HAIR CARE:

Sebitar Shampoo, Sebi Rinse Conditioner, Selsun;
Nizoral Shampoo, ~ (DVA Authority required).

SUN CARE:

15+ Cream, Lotion, and Solarstick, Ego Sun Sense 50+, Aquasun.

ORAL HYGIENE:

Savacol Aquae Spray for Dry mouth.

ALLERGIES:

Telfast, Claratyne, Zyrtec, Phenergan, Drixine Nasal Spray, Beconase Nasal Spray, Rhincort Nasal Spray, Sudafed, Demazin Tablets.

COUGH MIXTURES:

Senagar & Ammonia, Durotuss.

FIBRE SUPPLEMENTS & LAXATIVES:

Nucloxx, Normacol, Metamucil, Coloxyl with Senna, Senokot, Movicol powder sachets, Glycerine Suppositories.

DRESSINGS:

Micropore Tape, Cutifilm Plus Waterproof Dressings, Melolin Dressings, Handy Banages, Cotton Wool, Betadine Antiseptic, Solugels, Barrier Creams, Disposable Gloves, Prantal Powder, Bactroban Cream or Ointment.

ANTIFUNGAL AGENTS:

Lamasil cream, Canesten Cream, Loceryl Nail Paint,
Hydrozole Cream ~ (DVA Authority required).

HAEMORROIDAL TREATMENTS:

Suppositories, Anusol; **Proctocedyl Ointment ~ (DVA Authority required)**

EAR PREPARATIONS:

Ear Clear for Wax, Waxsol, Ceromol Ear Drops,

EYE DROPS:

Ircal Eye Ointment, Refresh Tears Plus 15 mil.

VITAMINS & MINERALS:

Calcium sup Tablets, (Caltrate), Vitamin B1 (Betamin), Magnesium Tablets (Mag-Min),

Accomin Liquid Tonic, OsteVit-D – **Vitamin D ~ (DVA Authority required),
–Multivitamins (DVA Authority required).**

JOINT PAIN & ARTHRITIS:

Metsal Cream or Liniment, Arthro-Aid (Glucosamine). Osteomol 665 Paracetamol (*replaces Panadol Osteo Tablets*), **Voltaren Emulgel ~ (DVA Authority required),
Fish Oil Capsules 1000mg ~ (DVA Authority required).**

SEXUAL HEALTH:

Viagra, Cialis, Caverject.

PAIN MANAGEMENT:

Asprins - Cartia, Astrix Capsules, Cardiprin, Paracetamol, Ibuprofen, Panamax Co, Panadeine Forte.

WEIGHT LOSS: Xenical;

Optifast, Needs to be recommended by a Dietician & DVA Authority required

VARIOUS:

Nicorette Patches (Quit Smoking), Vermox, Imodium, Gastro-Stop, Ural Sachets (Urinary Alkalinizer).

** Always check with your GP, as this list changes from time to time. (You could have been paying full price for any of these items without realising you could have them on a prescription, thereby reaching the Safety Net of **\$384.00** sooner. Remember after your **60 prescriptions per annum, at \$6.40 each** your prescriptions are free.)*

*Some Pharmacies are charging discounted scripts at **\$5.40** each, be aware if you take the discounted price you will need to accrue **\$388.80 (72 scripts)** to reach the Safety Net,*

Mensa Conference...

Some years ago, there was a Mensa convention in San Francisco.

Mensa, as you know, is an international organization for people who have an IQ of 140 or higher. Several of the Mensa members went out for lunch at a local cafe.

When they sat down, one of them discovered that their salt shaker contained pepper, and their pepper shaker was full of salt.

How could they swap the contents of the two bottles without spilling any, and using only the implements at hand? Clearly ~ this was a job for Mensa minds!

The group debated the problem and presented ideas and finally, came up with a brilliant solution involving a napkin, a straw, and an empty saucer.

They called the waitress over, ready to dazzle her with their solution.

"Ma'am," they said, "we couldn't help but notice that the pepper shaker contains salt and the salt shaker contains....."

But before they could finish, the waitress interrupted, "Oh - sorry about that."

She leaned over the table, unscrewed the caps of both bottles and switched them.

There was dead silence at the Mensa table.

Reminds me of our various governments.

Political minds complicating every simple solution



DARWIN AND RETURN APRIL – MAY 2017

PART 4

An adventure by Ross Pearson, known to you all as a member of the Veterans Outpost,

Ken and I fuelled up at the Hi Way in and our next stop overnight would be Katherine. We stopped at Mataranka before getting there and had a cup of coffee in the garage. While in the having our cuppa we kept asking each other would our bikes be okay unattended.



At Katherine we camped at the Riverview Tourist Village, west of town, on the road to Kununurra. After setting up we walked to the hot spring which was about half a kilometre away. I'd been in them before and they are very refreshing, not hot just warm. As with the times I'd been before there were a lot of people there.

Back at camp I rang Don and got the news that he was trying to hunt down a drive shaft. The cost of taking the bike back to Alice was \$1800, \$3 a kilometre by two. Thanks to NRMA Premium Care. Don worked on his bike in the Caravan Park he was in.

Ken and I had an ideal camp at Katherine, good grass, we had power and we were close to the amenities.



Don's shattered universal

Power meant I could use my kettle to make cups of tea and was able to fill my thermos. Even so we had a steak sandwich and chips for tea. I had flavoured milk. We didn't have far to go the, 205km Adelaide River, where we were staying for two days one being ANZAC Day. There was no rush to get going so we went to town, Ken wanted to do some shopping, I had a cappuccino while I waited. We went to the shopping Mall. I made sure everything was tied down and locked on the bike and trailer. Katherine is a rough town, very much like Bourke and Wilcannia. We were in the saddle again and on the move by 1000.

Pine Creek is only 92km from Katherine, situated off the Highway on the western side, and as we had only just over another 100km to go we stopped there for a rest. As was the other days the weather now was extremely warm and when you stopped you looked for shade. Pine Creek was no different. We stayed in the park, rest area for about three quarters of an hour.

In the 1870s gold was found at Pine Creek, and as a result there was a gold rush there, and a few mines opened up. In the 1890s there about 15 mines in town, some of the old machinery from these mines can be seen in the park on the northern side of town. In 1985 open cut gold mining started, but is now closed, and the mine has been filled with water. The water is non drinkable because of the arsenic in it. The open cut can be seen from a lookout. When we got on our bikes and started heading out to the Highway, I noticed Richard coming into town. He didn't see me at first so I chased him down. He wasn't going to stop there but needed fuel. Lucky for us, so we were three again. We spent another hour there, having a bit of lunch, catching up on what had happened to Don's bike.

Richard said he left Don at Barrow Creek waiting for the truck to come, he didn't want to stay at there but pushed on to Wauchope. Col also left Don and rode back to Alice, not wanting to ride in the dark.

We continued on to Adelaide River where we went to the camping area behind the hotel. On booking into the camping ground we were asked if we a in a bike club or wearing colours.

Apparently in the Northern Territory you can't ride as a group if you are. The area we were given was good plenty of green grass and close to the amenities. We were there fairly early in the afternoon, so were lucky with the area we were given, by late afternoon all camping sites had been filled.

We heard from Don that he was on his way and would most probably get to Darwin on Friday and could he book another room for him. He had got a drive shaft and universal from Munich in Perth. He ordered it on Monday 24th and it arrived in Alice Wednesday morning. He and Col put his bike back together that morning and were on the road heading north by 1100. Not bad going.

We settled in and then went for a dip in the pool. Talked to other travellers in the pool and discussing places and things we'd been to and done.

For tea that night we went to the hotel, as did most of the people in the camp and many others.

We had accommodation booked at the Alatai Holiday apartments in Darwin for 4 night from the Thursday, but because Richard was having trouble with his bike and Don and Col were lagging behind us, we rang and cancelled Don's unit and added the Wednesday to ours. They had live music, a couple of singers which weren't too bad to listen to. I had a buffalo burger for tea. It wasn't cheap at \$17.50, but came with chips and salad. A real meal.

The next morning we were up at 0415, ANZAC Day, and walked the kilometre to the War Cemetery for the Dawn Service due to start at 0530. I was surprised by the number of people there. I learned later there were about 3,000 present. That was why the camping area was full. Most were there for the Service. A lot drove the 120kilmetres down from Darwin then returned for the March there. It was a good and moving Service.

After the service we walked back to our camp then walked to the Showground where they had breakfast on for \$5. The Showground was a good 2 kilometre walk, but we were lucky in that a person from Darwin stopped and gave us a lift. We spent most of the morning with him and his partner. There was another camping ground there and we noted it was full too. At 1015 two Airforce planes coming from a flyover in Darwin flew low overhead for us. They were returning to Tindal Airbase, just south of Katherine. Even though we were told they were coming it was very hard to get photos of them. They were over and gone in about 10 seconds.

It was a hot walk back to camp, and in the heat seemed a lot further back than what it was going to the Showground.. We spent the afternoon having a doze and in the pool. That afternoon there were only a couple of caravan travellers were still in the park, it seemed that most had come there for the Service.

I was glad that when we were arranging the trip and contacting ken, he suggested being at Adelaide River for ANZAC Day. I settled for a can of peaches for tea that night. It had been a good day and even though we rested in the afternoon, we were early to bed.

Part 5 in the next issue

OCEANOGRAPHY ACCORDING TO CHILDREN

- ◇ This is a picture of an octopus. It has eight testicles. (Kelly, age 6)
- ◇ Oysters' balls are called pearls. (Jerry, age 6)
- ◇ If you are surrounded by ocean, you are an island. If you don't have ocean all around you, you are incontinent. Mike, age 7)
- ◇ Sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend any more. (Kylie, age 6)



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Donald Trump is walking out of the White House and heading toward his limo, when a possible assassin steps forward and aims a gun.

A secret service agent, new on the job, shouts "Mickey Mouse!" This startles the would be assassin and he is captured.

Later, the secret service agent's supervisor takes him aside and asks, "What in the hell made you shout Mickey Mouse?"

Blushing, the agent replies, "I got nervous. I meant to shout "Donald duck!"



BATTLE OF THE BISMARCK SEA - CONFLICT & DATES

by Kennedy Hickman

The Battle of the Bismarck Sea was fought March 2 - 4, 1943, during World War II (1939 - 1945).

Forces & Commanders

Allies

- Major General George Kenney
- Air Commodore Joe Hewitt
- 39 heavy bombers, 41 medium bombers, 34 light bombers, 54 fighters

Japanese

- Rear Admiral Masatomi Kimura
- Vice Admiral Gunichi Mikawa
- 8 destroyers, 8 transports, approx. 100 aircraft

Battle of the Bismarck Sea - Background:

With defeat looming in the Battle of Guadalcanal, the Japanese high command began making efforts in December 1942 to reinforce their position in New Guinea.

Seeking to shift around 105,000 men from China and Japan, the first convoys reached Wewak, New Guinea in January and February delivering men from the 20th and 41st Infantry Divisions. This successful movement was an embarrassment to Major General George Kenney, commander of the Fifth Air Force and Allied Air Forces in the Southwest Pacific Area, who had vowed to cut off the island from re-supply.



Assessing the failures of his command during the first two months of 1943, Kenney revised tactics and embarked on a rapid training program to ensure better success against maritime targets. As the Allies set to work, Vice Admiral Gunichi Mikawa began making plans to shift the 51st Infantry Division from Rabaul, New Britain to Lae, New Guinea. On February 28, the convoy, consisting of eight transports and eight destroyers assembled at Rabaul. For additional protection, 100 fighters were to provide cover.

To lead the convoy, Mikawa selected Rear Admiral Masatomi Kimura.

Battle of the Bismarck Sea - Striking the Japanese:

Due to Allied signals intelligence, Kenney was aware that a large Japanese convoy would be sailing for Lae in early March. Departing Rabaul, Kimura originally intended to pass south of New Britain but changed his mind at the last minute to take advantage a storm front that was moving along the north side of the island.

This front provided cover through the day on March 1 and Allied reconnaissance planes were unable to locate the Japanese force. Around 4:00 pm, an American B-24 Liberator briefly spotted the convoy, but the weather and time of day precluded an attack.

The next morning, another B-24 spotted the Kimura's ships. Due to the range, several flights of B-17 Flying Fortresses were dispatched to the area. To help reduce the Japanese air cover, Royal Australian Air Force A-20s from Port Moresby attacked the airfield at Lae.



Japanese transport under aerial attack in the Bismarck Sea, 3 March 1943

Arriving over the convoy, the B-17s began their attack and succeeded in sinking the transport *Kyokusei Maru* with the loss of 700 of the 1,500 men on board. B-17 strikes continued through the afternoon with marginal success as the weather frequently obscured the target area.

Tracked through the night by Australian PBY Catalinas, they came within range of the Royal Australian Air Force base at Milne Bay around around 3:25 am. Though launching flight of Bristol Beaufort torpedo bombers, only two of the RAAF aircraft located the convoy and neither scored a hit. Later in the morning the convoy came into range of the bulk of Kenney's aircraft. While 90 aircraft were assigned to striking Kimura, 22 RAAF Douglas Bostons were ordered attack Lae through the day to reduce the Japanese air threat.

Around 10:00 am the first in series of closely coordinated aerial attacks began.

Bombing from around 7,000 feet, B-17s succeeded in breaking up Kimura's formation, reducing the effectiveness of the Japanese anti-aircraft fire. These were followed by B-25 Mitchells bombing from between 3,000 and 6,000 feet. These attacks drew the bulk of the Japanese fire leaving an opening for low-altitude strikes. Approaching the Japanese ships, the Bristol Beaufighters of N°30 Squadron RAAF were mistaken by the Japanese for Bristol Beauforts. Believing the aircraft to be torpedo planes, the Japanese turned towards them to present a smaller profile.

This maneuver allowed the Australians to inflict maximum damage as the Beaufighters strafed the ships with their 20 mm cannons. Stunned by this attack, the Japanese were next hit by modified B-25s flying at low-altitude.

Strafing the Japanese ships, they also made "skip bombing" attacks in which bombs were bounced along the surface of the water into the sides of enemy vessels. With the convoy in flames, a final attack was made by a flight of American A-20 Havocs. In short order, Kimura's ships had been reduced to burning hulks. Attacks continued through the afternoon to ensure their final destruction.

While the battle raged around the convoy, P-38 Lightnings provided cover from Japanese fighters and claimed 20 kills against three losses. The next day, the Japanese mounted a retaliatory raid against the Allied base at Buna, New Guinea, but inflicted little damage. For several days after the battle, Allied aircraft returned to the scene and attacked survivors in the water. Such attacks were viewed as necessary and were partially in retribution for the Japanese practice of strafing Allied airmen while they descended in their parachutes.

Battle of the Bismarck Sea - Aftermath:

In the fighting at Bismarck Sea, the Japanese lost eight transports, four destroyers, and 20 aircraft. In addition, between 3,000 and 7,000 men were killed. Allied losses totaled four aircraft and 13 airmen. A complete victory for the Allies, the Battle of the Bismarck Sea led Mikawa to comment a short time later, *"It is certain that the success obtained by the American air force in this battle dealt a fatal blow to the South Pacific."* The success of Allied air power convinced the Japanese that even strongly escorted convoys could not operate without air superiority.

Unable to reinforce and re-supply troops in the region, the Japanese were permanently put on the defensive, opening the way for successful Allied campaigns.



An A-20 Havoc flown by Lt John Solac pulls up after his attack on the Japanese transport Taiyei Maru

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TUESDAY

- Bingo 7.00 pm (electronic pads available)

WEDNESDAY

- Monthly Raffle 7pm 2nd Wed of Month

THURSDAY

- Bingo 11.30 am
- Texas Hold'em Poker 7 pm
- **MEMBER'S Badge Draw** \$3000-\$5000 from 7 pm

FRIDAY

- Bingo 11.30 am
- CLUB BRASHS—Playing Retro Music 8 pm-12 am

SATURDAY

- Meat Run RAFFLE 4-6 pm
- Rock'n'Roll Bands, Shows and Lounge Music 7.30 pm - Midnight
**** Check **"WHAT'S ON BOARD"** for Details ****

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A police recruit was asked during the exam,
'What would you do if you had to arrest your own mother?'
He answered, 'Call for backup.'





January 2018

This last year has gone so quickly with a lot of ups and downs, we have lost some long serving volunteers Marie and Aziz have retired after about 25 years of volunteering.

Don Watters our treasurer passed away this year and left a big hole, which we are still finding hard to fill.

We have had a lot of outings, dinners, entertainers and speakers which everyone enjoys. And we hope to improve on it next year.

We ended 2017 with our annual Christmas gift giving in that we manage to put together 6 gift baskets with all amounts of goodies, thanks to the generosity of the RSL Sub Branch which gave a donation of money to offset the loss of raffles, and the gifts from members of the sub branch and our own patrons who gave money and goods, every one managed to receive a present.

The following week we had our Christmas party in the northern room, catered by the club, who put on a fantastic spread for us.

I would like to thank the RSL Club LTD for all the help they have given us this year.

The volunteers had their Christmas night in the Chinese restaurant at the RSL Club another good night.

We started this year with our first General meeting where all positions were declared vacant and a new committee was elected I have stood down from the committee this year but I will help with all other duties

The following were elected.....

Gail James Co-ordinator
 Alan GreenwoodSecretary
 Arthur RossTreasurer/Bus Driver

All other committee members are the same as last year.

Our first meeting this year we had some bad news in that it looks like we might lose the bus, Arthur is trying to source some other transport

Michael Reilly
 Outgoing Co-ordinator

Please Address all correspondence to our new Co-ordinator.....

Gail James
 PO Box 3168
 St Marys South NSW 2760



Nepean Wives of Vietnam Veterans, Women's Support Group

Autumn Report

As we say goodbye to summer, and move into the cooler months, our group will celebrate 18 years. Looking back, many things have changed. At the start, many of our husbands had not been diagnosed, and not on any medication. As wives we were confused as to what was happening to our families, where did this attitude come from? How can this be contributed to the Vietnam War.

It was like we were all married to the same man! Their issues were very similar and some Veterans even called it a crock that was until they found themselves in the same situation. The bad dreams, restlessness and bursts of anger, became the norm. The family walked on egg shells, not to cause any blow ups. Our friends didn't understand. Before we knew it we were alone, isolated and confused. When the husbands were accepted as TPI, they felt better as the family will be ok.

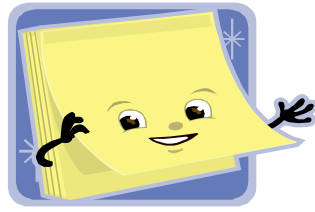
Medication was prescribed and things seemed to settle down. Issues still continued for the Veteran, though they could begin to function in their daily life. But, for the women nothing had changed. They had a name for the problem and medication to manage it. The wives found themselves alone and socially isolated. Some gave up their employment to care for their partners.

Joining the wives support group, gave them an avenue to speak with others that understood. To share with women that listened and didn't try to fix things. They made new friends, had someone to go for a coffee, see a movie or just have a chat. Tears were shed, when we realised that each other understood and cared.

Meeting as a group, we found that we could keep each other informed about different issues that affect us. We had speakers and trainers come along to our meetings. Outings are arranged, as well as a respite week twice a year. We started an exercise group and a craft group. Soon members were busy, having found they are not alone.

Our meetings continue to keep the members up to date of changes with DVA and other government agencies. We continue to support our troops through packages of thanks, as well as supporting our local cancer centre. Our aims and objectives remain the goals that continue to steer our group.

We continue to support our members.
Maree Johnson JP.
President.



IMPORTANT MESSAGE REGARDING DAYS OF OPERATION FOR PENSIONS AT THE ST MARYS VETERANS CENTRE

Pension claims at the 'Train' are now carried out on Monday, Tuesday, Wednesday, Friday between the hours of 9:00 am to 1:00 pm, 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



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ANZAC Day - An Overview

For over a century now, in the dark hours before daybreak each April 25, Australians and New Zealanders have gathered at dawn vigils to commemorate those who served and died in wars.

The Memorial Day shared by both nations occurs on the anniversary of the ANZAC forces landing in Gallipoli in 1915, at the onset of World War I. But the observance does not mark a decisive victory. Rather, Gallipoli was a prolonged failure for the Allies.

Australia had only been part of the British Empire for 13 years - and New Zealand for seven - when World War I broke out, and together the countries created the Australian and New Zealand Army Corps (ANZAC) to fight for the Allied Forces. The new troops joined with other allies in the attempt to capture the Gallipoli Peninsula in Turkey, a strategic position that would come with the ability to open the Dardanelles Strait. The breach in the fortifications of Turkey, a German ally, would let the Allies move into Constantinople.

The invasion did not succeed. Turkish troops waged battle with the ANZAC forces for eight months, during which over 8,700 Australians and 2,700 New Zealanders died.

"In an age when armored landing craft were practically unknown, British, French and ANZACs went ashore in a flotilla of paddle steamers, trawlers, yachts and river tugs," TIME later explained. "Scarcely a naval gun boomed to soften up the Turkish beaches before them: the warships at Gallipoli were too busy transporting the troops. The result was carnage."

The soldiers' sacrifices and dedication to the cause roused admiration back home.

"Although the Gallipoli campaign failed in its military objectives," explains Australia's Government, "the actions of Australian and New Zealand forces during the campaign left a powerful legacy."

People therefore held patriotic events in Australia and New Zealand, and as far away as Egypt and England, on the one-year anniversary of the landing, marking the first ANZAC Day as a half-day holiday in 1916. (That's why 2005 was the 100th ANZAC day, even though the military campaign had taken place 101 previously.) In the 1920s, Australia began recognizing the day as a commemoration for all 60,000 citizens who died during World War I, and every state observed it officially for the first time in 1927. The same transition from celebration to memorial happened in New Zealand.

By 1941, the traditions were well-established when TIME wrote of the day:

"In the big continent down under, the scattered cities and distant towns celebrate yearly with prayers, parades and boutonnières of wattle Australia's most important holiday, Anzac Day. Australians like to recall that it was on April 25, 1915, when Australian and New Zealand troops landed at Gallipoli, that the youthful nation 'first got into trouble.'"

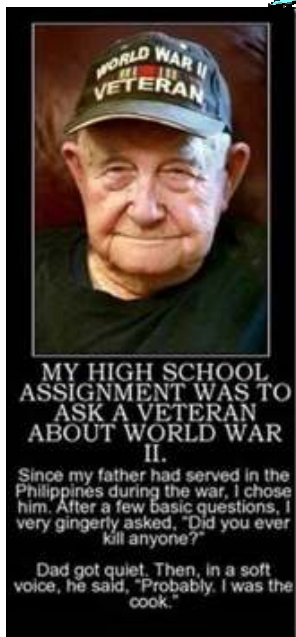
In later years, for example during World War II, the memory of Gallipoli-as observed on ANZAC Day-was used as a rallying cry to keep fighting even in the bleakest of circumstances.

Now, the dawn vigils are standard, marking the time the soldiers first landed in Gallipoli. People also hold marches, memorial services and play plenty of games of two-up (an Australian game of chance). This year, remembrances are again scheduled at memorials in New Zealand and Australia, as well as across the world - including the Gallipoli Peninsula itself.

Excerpts from an article by
Julian Zorthian
written 25th April 2016



A Dawn Commemorative Service
at Balgal Beach in Australia on Anzac Day in 2007.



This is one of the best.

From The London Times: A Well-Planned Retirement
Outside England's Bristol Zoo there is a parking lot for 150 cars and 8 buses.

For 25 years, its parking fees were managed by a very pleasant attendant. The fees were for cars, \$1.40 and for buses about \$7. Then, one day, after 25 solid years of never missing a day of work, he just didn't show up; so the Zoo Management called the City Council and asked it to send them another parking agent.

The Council did some research and replied that the parking lot was the Zoo's own responsibility. The Zoo advised the Council that the attendant was a City employee. The City Council responded that the lot attendant had never been on the City payroll. Meanwhile, sitting in his villa somewhere on the coast of Spain (or some such scenario), is a man who'd apparently had a ticket machine installed completely on his own and then had simply begun to show up every day, commencing to collect and keep the parking fees, estimated at about \$560 per day - for 25 years. Assuming 7 days a week, this amounts to just over \$7 million dollars!

And no one even knows his name.



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 - 12:00 pm

Wednesday: 9:00 am - 12:00 pm (LadiesClass)

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 and other technology related issues.

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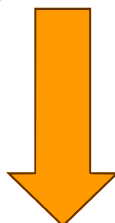
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ST MARYS RSL BOWLERS CLUB

The bowlers 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



World's Shortest Fairy Tale.

Once upon a time, a bloke asked a girl "Will you marry me?"

The girl said, "NO!"

And the man lived happily ever after and went fishing, hunting and played golf a lot and drank beer and farted whenever he wanted.

THE END





THE DEMISE OF JACK TAR (AUTHOR UNKNOWN)

The traditional male sailor was not defined by his looks. He was defined by his attitude. His name was Jack Tar. He was a happy go lucky sort of bloke. He took the good times with the bad. He didn't cry victimisation, bastardisation, discrimination or for his mum when things didn't go his way. He took responsibility for his own sometimes, self-destructive actions.

He loved a laugh at anything or anybody. Rank, gender, race, creed or behaviour, it didn't matter to Jack. He would take the piss out of anyone, including himself. If someone took it out of him he didn't get offended. It was a natural part of life. If he offended someone else, so be it. Free from many of the rules of a polite society Jack's manners were somewhat rough. His ability to swear was legendary.

Jack loved women. He loved to chase them to the ends of the earth and sometimes he even caught one (less often than he would have you believe though). His tales of the chase and its conclusion win or lose, is the stuff of legends.



Jack's favourite drink was beer, and he could drink it like a fish. His actions when inebriated would, on occasion, land him in trouble. But, he took it on the chin, did his punishment and then went and did it all again.



Jack loved his job. He took an immense pride in what he did. His radar was always the best in the fleet. His engines always worked better than anyone else's. His eyes could spot a contact before anyone else's and shoot at it first. It was a matter of personal pride. Jack was the consummate professional when he was at work and sober. He was a bit like a mischievous child. He had a gleam in his eye and a larger than life outlook.


He was as rough as guts. You had to be pig headed and thick skinned to survive. He worked hard and played hard. His masters tut-tutted at some of his more exuberant expressions of joie de vivre, and the occasional bout of number 9's or stoppage let him know where his limits were.


The late 20th Century and on, has seen the demise of Jack. The workplace no longer echoes with ribald comment and bawdy tales. Someone is sure to take offence. Whereas, those stories of daring do and ingenuity in the face of adversity, usually whilst pissed, lack the audacity of the past. A wicked sense of humor is now a liability, rather than a necessity. Jack has been socially engineered out of existence.

What was once normal is now offensive. Denting someone else's over inflated opinion of their own self worth is now a crime.....



"AND SO A CULTURE DIES."







Allan Duncan is a retired detective sergeant and qualified negotiator with 23 years experience in the NSW Police Force. He is also the co-founder and present councillor of the Hawkesbury Police and Emergency Services post traumatic stress disorder (PTSD) support group. Having been a resident of the Hawkesbury for 45 years, Allan is familiar with the local area and since entering real estate has sold millions of dollars worth of real estate. He recently achieving equal first in a major sales competition in NSW.

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A man is driving along a highway and sees a rabbit jump out across the middle of the road. He swerves to avoid hitting it, but unfortunately the rabbit jumps right in front of the car. The driver, a sensitive man as well as an animal lover, pulls over and gets out to see what has become of the rabbit.

Much to his dismay, the rabbit is the Easter Bunny, and he is DEAD .

The driver feels so awful that he begins to cry.

A beautiful blonde woman driving down the highway sees a man crying on the side of the road and pulls over.

She steps out of the car and asks the man what's wrong.

"I feel terrible,!" He explains, "I accidentally hit the Easter Bunny with my car and KILLED HIM."

The blonde says, "Don't worry." She runs to her car and pulls out a spray can.

She walks over the limp, dead Easter Bunny, bends down, and sprays the contents onto him.

The Easter Bunny jumps up, waves its paw at the two of them and hops off down the road.

Ten feet away he stops, turns around and waves again, he hops down the road another 10 feet, turns and waves, hops another ten feet, turns and waves, and repeats this again and again and again and again, until he hops out of sight.

The man is astonished. He runs over to the woman and demands:

"What is in that can? What did you spray on the Easter Bunny?"

The woman turns the can around so that the man can read the label.

It says.. "Hair Spray. Restores life to dead hair, and adds permanent wave."



I AM THE FLAG OF AUSTRALIA.

My name is "Southern Cross."
I fly atop tallest buildings.
I stand watch in Australia's halls of justice.
I fly majestically over institutions of learning.
I stand guard with power in the world.
Look up and see me.

I stand for peace, honour, truth and justice.
I stand for freedom.
I am confident.
I am arrogant.
I am proud.

When I am flown with my fellow banners,
My head is a little higher,
My colours a little truer.
I bow to no one!

I am recognized all over the world.
I am worshipped - I am saluted.
I am loved - I am revered.
I am respected - and I am feared.
I have fought in every war for 100 years.

I was there at Gallipoli, the trenches of Turkey, World War 2, Korea and Vietnam know me.
I'm presently in the mountains of Afghanistan and the hot and dusty deserts of Iraq
and wherever freedom is needed.
I led my troops, I was dirty, battle worn and tired,
But my soldiers cheered me and I was proud.

I have been burned, torn and trampled on the streets of countries I have helped set free.
It does not hurt for I am invincible.
I have been soiled upon, burned, torn and trampled in the streets of my country.
And when it's done by those whom I've served in battle - it hurts.
But I shall overcome - for I am strong.

I have borne silent witness to all of Australia's finest hours.
But my finest hours are yet to come.
When I am torn into strips and used as bandages for my wounded comrades on the battlefield,
When I am flown at half-mast to honour my soldier,
Or when I lie in the trembling arms of a grieving parent
at the grave of their fallen son or daughter, **I am proud.**



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to all the advertisers that support this publication.

St Marys 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 MARYS RSL SUB-BRANCH COMMITTEE

President:	Ron Blakely	02 9623 6555
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Treasurer:	Ted Fish	02 9623 6555
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ST MARYS VETERANS CENTRE COMMITTEE
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John Davison - Editor

PHOTOS FROM PAPUA-NEW GUINEA—
SEE EDUCATION REPORT SUMMER 2017



Popondetta Memorial
for Buna, Gona and
Sanananda Battles



Sanananda Beachhead Invasion by Tour Party



Popondetta Air Field



'Museum' at Sanananda



Native Welcome at
Sanananda Beach
(Japanese Invasion Point)



War Relics collected by
Natives for Display in
Sanananda Museum



and Souvenirs a'plenty