

WESTERN OUTPOST NEWS



December 2011 Issue

**St Mary's Outpost the
'Train of Knowledge'**

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



Vietnam Veterans Day 18th August 2011 - Photo Nic Peters

In This Issue

	<u>Page</u>
VVAA St Marys Outpost Presidents Report & AGM Notice	3-4-5
St Marys RSL Sub-Branch AGM Notice & Report	6-7
Ripples Hydrotherapy Centre	8
Health Matters	9
St Marys Youth Club Ballroom Dancing Competition	10
Fuzzy Wuzzy Angels Flag Raising Ceremony/Unveiling Statue	11
Website Information	12
St Marys RSL Bowling Club	13
Rooty Hill RSL News	14
Outpost Education Report 2011	15
Remembrance Day 2011 - Salute to L/Cpl Luke Gavin	16
St Marys RSL Club News	17
St Marys RSL Club AGM Review	18
Computer Classes & Aussie Banner & Flag	19
St Marys RSL Sub-Branch School Scholarships Results	20-21
Outpost Pension Claims Advice on Timings	22
Traumatic Brain Injury - Iraq & Afghanistan	23
Historical Feature - The Sinking of Ferry <i>Greycliffe</i>	24
St Marys Governor King Day Club News	25
What Happens To Your Partner When You Die	26-27
Heavenly Celebrations Funerals	28
Rapid Plumbing Solutions	29
Michael Fitzgerald -Solicitor & Some Jokes	30
Committee	31

Correspondence to:
VVAA St Mary's Outpost Veterans Centre
PO Box 3049,
South St Mary's NSW 2760

PHONE: 9833 4700

Fax 9833 4022

Web Page: vvaastmarys.com.au

Email: vietvet@tpg.com.au

St Marys RSL Sub-Branch Email: stmsub@tpg.com.au

Web: Log on to: www.vvaastmarys.com.au/StMarysRSL_Sub-Branch

OR Google: St Marys RSL Sub Branch

Phone: 9623 6555 or 0418 114 976

VVAA ST MARYS PRESIDENTS REPORT NOVEMBER 2011

Well our year is fast coming to a close as the Christmas Season is only 4 weeks away at the time of writing.

It is prudent to advise you all at this point that we will be closing the "Train" pm the 15th December this year and re-opening on the 16th January 2012. This is except of course for Tubbies group of "Welfare Merry Men" I am unsure of the full movements of Reno and his "Train Washer" crew and suggest that if you are part of that elegant bunch of reprobates that you check in with the Station Master to see if he has any plans and advise him as to your availability.

During the last month or so, the Guys and Dolls around the "Train" have been particularly busy with **Veterans Health Week (VHW)**, and a BBQ at Bunnings North Penrith on the October long weekend conducted to raise funds to assist "Operation Caribou".

Although this BBQ only raised a little over \$600.00 this was due to very poor weather on the day and it also being the middle day of a long weekend. However, we figured it was a good start to assist with their fund raising, and hopefully, with the assistance of Group 90 we will get another one or two better days next year when we can get a bit more funding to assist the boys looking after these two Caribou aircraft.

VHW was a little disappointing again this year. Our Train members, Sam Vecchio and Bob Harper put in an enormous amount of work to be badly let down by DVA who spent no money on advertising or promoting the event in the Western suburbs at all as far as we could see. With the result that the only attendees at the event were all St Marys RSL or Train members.

On the plus side the Train is looking spic and span with the painters all but finished sprucing up the joint.

The Fisho's have also finished the year on a high note with the second of the annual Hawkesbury River days plus the second Kiama outside trip. Numbers for the Hawkesbury were down against the early year trip, but this was due to a number of members being off on holidays. Some good catches were made on both days with Flathead of course being the mainstay in the Hawkesbury

(continued next page)

And a mixture of flathead and leather jacket at Kiama. As a plus to the Kiama trip we sighted a pod of whales less than 100 yards away from the boat.

If anyone wants to join the fishing club just see Reno and he will be only too happy to fill you in on it. I can promise you a great day out.

As usual boys and girls keep a watch on our website for breaking news and the latest from our many sub-groups.

Regards To All,

Greg.

Some shots of the VHW, photos compliments of Sam Vecchio.



**UWE
Getting his Blood
Pressure checked**

**Paul
Getting
'something'
checked**



VVAA ST MARY'S
ANNUAL GENERAL MEETING
26th FEBRUARY 2012

**VVAA St Mary's will hold the Annual General Meeting on
Sunday 26th February 2012 in the **RSL Youth Hall at 11.00am
followed by a BBQ**

The AGM shall include:

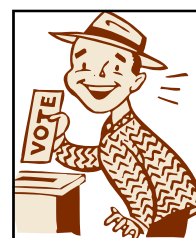
- *Confirmation of the minutes of the preceding AGM**
- *Reports from the Executive concerning the preceding year**
- *Consideration of any notices of motion received**
- *Election of Office Bearers & Committee**

**Note 1: Copy of proceedings to be lodged with the Department of
Fair Trading within twenty-one days of the AGM**

**Note 2: A quorum at the AGM shall consist of at least three
executive/committee members and seven ordinary or associate
members.**

**Nomination forms are available at the 'Train' and
will be accepted up to and including Friday 17th
February 2012.**

Greg CANT
President



**** You will be advised accordingly if venue changes**



NOTICE OF AGM - ST MARYS RSL **SUB-BRANCH**

The RSL Sub-Branch AGM will be held on **Wednesday 8th February** which will be preceded by the monthly meeting; all members will be advised by letter calling for nominations for the committee, so if you feel you have something to offer and have the time to spare, don't be afraid to nominate.

I would like to see more Sub-Branch members who are not actively involved in any committee, either at the Outpost or the RSL, becoming involved, because it seems the same handful of members are fulfilling multiple roles which seems to be a bit unfair and sometimes difficult to manage.

The role of a committee person is not demanding, we have only two meetings per month i.e. Management & General Meeting; apart from that we organise a number of Commemorative Services and we have a panel of three on the Scholarships committee. As you can see all it requires is commitment and not a great deal of time.

Gary Fizzell
President





St Marys RSL Sub-Branch Presidents Report

This is the last newsletter for the year and from a Sub-Branch perspective it has been a fairly uneventful year. Unfortunately the same cannot be said for our rising fatalities in Afghanistan, it has been a dreadful year. The latest in early November being: Captain Bryce Duffy 26; Cpl Ashley Birt 22; L/Cpl Luke Gavin 27; once again bright young men in their prime of life. I have difficulty with the Press calling it “Murder” when in fact these soldiers were on Active Duty, whether they were killed in what I would call “Unfriendly - Friendly Fire” the cause of their death should still be Killed In Action (KIA). What do you think?

I spoke about the soldiers attitude towards the Afghanistan Conflict in the last issue of the newsletter and the general Public reaction as well. The Daily Telegraph published a very sad interview with L/Cpl Gavin not long before he was unfortunately killed; he said in that interview how proud he was to serve and whilst he and his wife did have some reservations about his deployment, he still felt he had an obligation and duty to be over there, the thing he most missed was his “Kids”.

Our condolences to the family and friends of these three fine soldiers.

The next point I would like to discuss is one which might be classified as a “Political Statement” We seem to be getting told by Governments, regardless of which political Party we follow, on how to run our lives - almost bordering on totalitarian. “Political Correctness” is getting out of hand, it seems we can’t say anything or do anything which might upset somebody; we often hear the catchphrase: **“Political correctness has gone mad”** but who is doing something about it? No one! Practically every day we read in the press another example of this stupidity.

Our forefathers fought in several wars for our freedom in this country which includes freedom of speech; freedom to choose our ‘path in life’ and everything else we enjoy today. If it were possible for those diggers to return to the present day, I wonder what they would be thinking. They would possibly say something like: **“God help us what are these people doing to themselves, what did we die for?”**

That’s it from me for this year, enjoy your Christmas (am I allowed to say that?) and have a Happy New Year (or is that Happy Holiday?).

Gary Fizzell - President



Are you looking to lose weight and have a change in lifestyle?
Or do you specifically have any of the following conditions?

Arthritis
Osteoporosis
Diabetes
Cardiovascular dis-
ease
Obesity

Multiple sclerosis
Stroke
Parkinson's disease
Musculoskeletal inju-
ries
Low back pain

PTSD
Cancer recovery
Depression

Anxiety
Fibromyalgia

Then the Exercise Physiologists at Ripples Hydrotherapy Centre can offer you unlimited supervised exercise sessions that are designed specifically for you. The exercise sessions can be completed in our Hydrotherapy pool, gym or heated swimming pool. These facilities are located at Ripples St Marys Leisure & Hydrotherapy Centre premises on Charles Hackett Drive St Marys.

To be eligible for this exercise program you need to have been issued by DVA with a Gold or White Card. Once you have this card, make an appointment with your doctor and complete a **"Veterans' Affairs Request/Referral from Local Medical Officer (D904)"**.

Now you are ready to make an appointment with our Exercise Physiologist David, located at the Ripples Hydrotherapy Centre and create a positive change to your life.

If you would like any additional information, please call Ripples Hydrotherapy Centre on (02) 9833 3075.

Health Matters

Stress Shrinks Your Brain: Suffering from stress for long periods of time can shrink the brain - and it can even cause dementia, researchers claim. Chemicals released by the body during prolonged stress are toxic to brain tissue, they found.



Types of stress linked to the condition include that suffered by those who were in loveless marriages, dead-end jobs and Post Traumatic Stress (PTSD) situations. The research suggests chemicals called corticosteroids, which aid the “fight or flight” response, can kill off brain cells if the concentrations remain high over long periods.

The hippocampus, a part of the brain involved in forming memories is particularly susceptible. The discovery first came about after doctors treated Wall Street bosses for PTSD after September 11 attacks (9/11).

Brain scans showed that the executives’ hippocampuses had shrunk to the size of those of elderly people suffering from dementia.

Friends For Longer Life: Forget dark chocolate and a glass of wine - it’s friends and family, an active brain, and a “purpose” that are the real secrets to longevity.

A survey of 20,000 older Australians has found having friends and family nearby was the top tip to living a longer and happier life.

This was followed by “meaningful work” or “doing what you love” keeping your brain active and “being healthy”.

The NSW Trustee and Guardian survey found 40 per cent of older Australians considered themselves happy and 73 per cent ate a fairly balanced diet.

So it seems that those that attend the ‘Train’ and do some “meaningful work”, attend the BBQ’s, enjoy the company of friends and family, Don’t stress out, be happy in your marriage, will live a long and happy life!!

See, coming to the ‘train’ is good for you.....

ST MARYS RSL YOUTH CLUB **BALLROOM DANCING** **COMPETITION**

Report: Gary Fizzell

On Sunday 31st October I attended the above competition at the Blacktown RSL Club at the invitation of the Organiser/Instructor Skye Drew.



It was a bit of an 'eye-opener for me because I was surprised to see the auditorium full of participants from many of the RSL Youth Club's in and around the area. As you can see from the photo many of the young people participating went to a great deal of expense, I imagine, with their outfits; even the really young boys and girls looked brilliant. It was great to experience some of the old time dances such as the Quick Step, various Waltzes etc, which I haven't seen for many a long year.

Skye invited me to present many of the Certificates and Trophies throughout the day which I readily accepted, it was certainly a pleasure to do so. Everybody was very courteous and helpful and it was very pleasing to see, particularly the youngsters, really taking an interest in the dance.



**Joshua & Nicole from
St Marys Youth Club
Receiving
Their Trophy from
Gary**

**Members of the St Marys
RSL Youth Club Ballroom
Dancing.**

**This photo was taken after
they had performed in the
competition and changed
into their youth club
uniform**



The Tablet Accompanying this sculpture reads:

**Kokoda Day 3 November 2011
Dedicated to the Fuzzy Wuzzy Angels who carried vital supplies forward and our casualties to the rear and without whose contribution, the Battle for Kokoda would not have been won.**

Note

St Marys RSL Sub-Branch made generous contributions to the project & appears on the Tablet.



Flag Raising Ceremony & Unveiling of Fuzzy Wuzzy Sculpture

On Thursday 3rd November 2011 Gary and Ted Fish attended the above ceremony at the Kokoda Track Memorial Walkway Concord; it was my first visit to the Memorial and Ted managed to show me part of the way around the 'Track' - it was pelting down rain so we could only go a short distance, however, I was most impressed with what I saw and will certainly do the full walk in the near future.

The ceremony was a Flag Raising Ceremony for 'Kokoda Day' and was attended by members of the families of the original Fuzzy Wuzzy Angels from PNG including the chief of the village. A dedication Ceremony was then held to unveil the Bronze Sculpture which is a tribute to the Fuzzy Wuzzy Angels who had saved so many lives during WWII. Unfortunately no Government has ever given these fine courageous people any recognition.



**Our Secretary
Ron Kelly,
Attended a
Ceremony
earlier in the
week with the
Fuzzy Wuzzy
Angels**

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

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

St Marys RSL Bowling Club

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

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

Social Bowls Programme

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

Contact the Bowls Office via Club Reception on 9623 6555



Bowling Club Greens and Function area.



ROOTY HILL RSL: Live Music & Entertainment In Sydney.

Rooty Hill RSL boasts one of the best live music and entertainment in Sydney. We have live bands and the best local and international shows. We bring a wide array of events and gigs each month.

The genres of entertainment we serve vary from Pop, Rock, Country, variety shows and comedy productions. Check out the Rooty Hill Web site for up to date info on all entertainment.

FREE Entertainment - Live Music: The Fred Chubb lounge is a great place for meeting friends and socialising in ultimate comfort. The best party cover bands hit the stage every Friday and Saturday night and we have new Party Rock/Pop artists every fortnight on Thursday nights.

Country Music is featured regularly at the Rooty Hill RSL, check the web site for forthcoming artists and performances.

VVAA St Marys Outpost Education End of Year Report 2011.

December 2011 marks seven years of operation for the Outpost Education Program. This pro-active program has been specifically designed to address NSW Board of Studies requirements for schools studying/researching Australia's involvement in the Vietnam War.

The ongoing success of this project is evident by the number of schools utilising the E-Team presentation as part of their yearly teaching program. More information and photos of our activities are available through the Education link on the VVAA St Mary's Outpost Website.

Team outcomes for this year include:

** 57 presentations involving 46 school visits (30 Government, 16 Non-Government) completed with a total of approximately 5425 Year 10 students.

** 26 ANZAC Day/Remembrance Day Service guest speaker appointments attended involving approximately 12000 junior/senior students.

** 9 Individual student interviews given.

** 3 Community group presentations delivered.

** A total of \$10304.00 donated to the Outpost in appreciation of E-Team involvement in school programs.

Sincere thanks to the following 17 veterans/wives who were directly involved with our presentations throughout the year. **Ron Blakely; Greg and Judy Cant; John Collyer; Vin & Nancy Cosgrove; Bill Cox; Bob & Lucy Devaise; Ted Fish; Gary Fizzell; Tony Fryer; Maree Johnson; Tony Mullavey; Jeff Perry; John & Joanne Stanford.**

Also, special thanks to all Outpost members for their ongoing support for this proactive, student/veteran interactive program. Christmas wishes will be sent to all schools utilising our programs. Early bookings currently being received indicate another busy year ahead for 2012.

Merry Xmas and Happy New Year to all Outpost Members and their families.

**Students from
Our Lady
of the Rosary**



Remembrance Day 2011

St Marys RSL Sub-Branch saw more than 70 people of all ages attend the special November 11th Service held at the Club's Cenotaph.



The Sub-Branch President, paid special tribute to the latest soldiers Killed in Action in Afghanistan, **Captain Bryce Duffy; Cpl Ashley Birt and L/Cpl Luke Gavin (pictured).**

Luke originally came from our local area - St Clair, where he grew up and attended school; as a youngster Luke played football with St Clair Junior Rugby Club and was known as a gifted player.

The President went on to say: **“This is a very special day for us all, not only are we remembering those who fought and died in Wars on far off shores, but were touched with the tragic loss of these three fine young soldiers in the most tragic and unforeseen circumstances where a rogue Afghan National Army Soldier cut them down with machinegun fire”.**

L/Cpl Gavin was stationed in Townsville prior to deployment and we understand his young family is also residing there. He was farewelled at Queensland's Lavarack Army Barracks in a private ceremony.

The St Marys RSL Sub-Branch President and members Salutes these fine young men.

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: Cherryl Mullavey 9625 9363

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

The St Marys RSL Club AGM - Points to Ponder

Compiled by Gary Fizzell

The Club had it's AGM on Monday 7th November at 7.00pm. It was a disappointing turnout, I suppose because it was at night, (Yeah I know, a lot of people don't like going out at night), plus all the other excuses. However, it would not hurt for some members to support the Club that supports them throughout the year.

The Club required an attendance of 20 members to go ahead with the AGM and luckily 22 turned up, pretty poor for a total membership of almost 8000.

In this financial climate it is important to know first hand, where the Club is heading, how financial it is, can we ride out any changes by the Government and so on. Members need to show some interest in these changes.

The **General Manager Michael Weizel**, said in his Report:

- “Overall 2010/11 was a satisfactory operating period in an economic climate which has shown reduced consumer spending.
- A real concern for this club and the hospitality industry as a whole is the looming “Wilkie Deal” mandatory pre-commitment legislation.
- As a result a KPMG study shows that in NSW alone a 30% revenue downturn for clubs would result in a loss of \$820million from the NSW economy and force the closure of clubs. More than 11,500 jobs would be lost in NSW alone.
- That with the increasing operating cost associated with the carbon dioxide tax, the next few years will be a test for our club and the industry. The success of our club can only continue with your continued support and patronage.
- I can assure you that our current directors and management are working together to ensure growth and stability for our club.

I wish to compliment the Board of Directors, my Management and Staff for their work and support.”



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

St Marys RSL Sub-Branch: Colin Shepherd Memorial School Scholarships 2011

Once again this year, hundreds of Year 10 students in six high schools were offered the opportunity to compete for school scholarships in a program conducted by St Mary's RSL Sub-Branch in conjunction with teachers from the schools involved.

The scholarships have been running for a number of years thanks to the generosity and understanding of the Sub-Branch members. The total value of scholarships is \$30,000 divided into \$5,000 per school. The students receive \$2500 (1st); \$1500 (2nd) \$1000.00 (3rd). The funds are provided to the student's school to be held in trust and used to cover purchases of materials and/or equipment to assist them with their studies. The use of funds is governed by a specific set of guidelines contained in a Deed of Agreement, co-signed by each school Principal and the Sub-Branch Trustees.

Each year, school representatives and the Sub-Branch agree a set of assignment topics from which the students may choose. There is no restriction on which media must be used to complete the assignment, so long as it can be accessed by the judges for assessment. The judges from the Sub-Branch in 2011 were Gary Fizzell, Ron Kelly and Tony Fryer.

The Deed of Agreement stipulates that the topics must have Military context which are chosen to enhance a young person's understanding of a historical Australian military incident or situation and to elicit some thought and their opinion on the topic. This years topics were:

*****Explore the role and history of the Royal Australian Navy.** Provide details of your understanding about the life of an Able Seaman (Gunnery) on board a RAN ship today, in an operation, include your thoughts and opinions about "Life in Australia's Navy" i.e. is this a life for you?

*****What is the role of Australia's Army Reserve (A-Res) forces?** Explain the general commitment a person makes when joining & detail the types of jobs men and/or women can undertake at some of the Army Reserve units located in Western Sydney. Would you join the A-Res, and why?

(continued next page)

***** Australia - A Republic? (National Flag & National Anthem)** . A lobby group pushing to change Australia's flag predicts it will be successful within 5 to 10 years. AusFlag's campaign to remove the Union Jack is backed by several prominent Australians. AusFlag predicts Australians will soon vote to become a republic and are likely to want a new flag as well. Should Australia consider becoming a republic? Discuss the pros and cons. If Australians chose at a Referendum to become a Republic, what would be your opinions regarding a change to the Anthem and Flag?

***** Women in The Services.** The role of women in the services have changed dramatically in the past few years in that they have moved away from the traditional role of yesteryear and, for example, now carry out some combat duties in the Army and fly combat missions in the RAAF as well as serving on ships in the RAN. Explore the role of women in all Australian Military Services. Give your opinions on providing opportunities for women in all or only selected combat roles.

Results for 2011:

A presentation awards function was held on 24th November where individual scholarship winners were announced. Judges were pleased to see that the general quality of entries received (being the top entries from each school - as judged internally by each school's staff) were of a high standard - some were considered exceptional. The winners were:

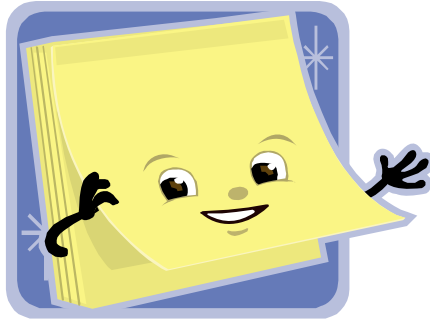
	1st	2nd	3rd
Erskine Park High	Lara Rowley - Republic	Emily Lucas - Republic	Teresa Garbo - Republic
St Clair High	Jeannette Merjane - Women	Madison Le-Merton - RAN	Katherine Gajo - RAN
Gilgandra High	Catherine Priestley - Republic	Laura Mathieson - RAN	Stephanie Frewin - Women
Emmaus Catholic	Matthew Holt - A-RES	Elwyn Burnett - Republic	
Cambridge Park High	Reeja Nasir - Women	Jay Keys - Republic	Inga Jon - RAN
Colyton High	James Minella - Republic	Steven Chand - Women	Jake Moir - RAN

The RSL Sub-Branch judges thank the individual school's teachers for their involvement in promoting the scholarships, particularly in the selection of topic choices, and then conducting the program within their school. This effort and the efforts of the students entering the competition, is extra to the curriculum work the students undertake in Year 10.

**Congratulations to the students who have won
this years scholarships.**

Tony Fryer - Scholarship Coordinator.





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.

Traumatic Brain Injury (TBI) & Mild TBI (MTBI)

Blast injury to the human brain may cause the whole spectrum of TBI from mild TBI to severe brain injury with brain swelling, intracranial haemorrhage and penetrating injury. The circumstances of the blast exposure and premorbid personality will determine the mix of psychological and physical injury. The pathological mechanisms of blast injury to the brain are well understood from animal and human research. Mild TBI (concussion) in soldiers deployed in Iraq and Afghanistan is strongly associated with affective symptoms such as depression and PTSD, and physical health problems.

It cannot be concluded that bomb blast causes PTSD and depression by psychogenic means alone. The emotional shock of the blast and the circumstance surrounding it may be enough in some cases to explain the PTSD and depression. However, there is emerging evidence that parts of the brain injured in blast TBI are concerned with regulation of emotions and judgement and this organic component of brain injury may contribute to the onset of PTSD and depression.

In assessing the contribution of TBI to PTSD, affective disorders and cognitive impairment following blast exposure, contemporaneous history, examination and imaging data (where available) is essential. Duration of coma, persistent headache and post-traumatic amnesia are particular features of TBI concussion which should be documented. It is difficult to differentiate the symptoms of severe stress from those of mild TBI and PCS as there is a great overlap. This is also made more challenging by retrospective accounts of injury. Having a record of the circumstances of the blast, and the immediate clinical and performance picture after blast is important in identifying a TBI. Persistent symptoms are more likely in the patients diagnosed with mild TBI following blast injury compared with the civilian population of mild TBI and compensation claims and litigation are also higher in patients with persistent concussional symptoms.

In relationship between mild TBI and blast injury awaits further elucidation, but there is evidence that a concussion has both physical and psychological components, the former possibly diminishing in contribution to the overall pattern of disability as time passes. There is likely a synergistic interaction between the physical and psychological components of blast injury in promoting disability.

This is an overview summary of a conference in Canberra 14th and 15th October 2011.

Dr Rod Bain - RSL NSW State Vice President.

Historical Feature - The Sinking of The Ferry “*Greycliffe*”

Greycliffe left Circular Quay, Sydney’s main ferry terminus, at 4.15pm on Thursday 3 November 1927, with 120 passengers on board, including school children returning home. The ferry stopped at Garden Island to pick up dock workers, and then resumed its journey on a course that would have taken it just North of the lighthouse near Shark Island. Its remaining intended stops were to be Nielsen Park, Parsley Bay, Central Wharf (near The Crescent), and Watsons Bay. On roughly the same course, however, was the Union Steamship Company’s outward-bound trans Pacific Royal Mail Steamship 7585 ton *Tahiti*, three times the size of *Greycliffe* which was ahead and to the right of the *Tahiti*.

At about half-way between Garden Island and Bradleys Head, *Tahiti*’s bows struck *Greycliffe* midships on its port side. The small ferry was pushed around perpendicular to the large steamer’s bow and momentarily was pushed along. The ferry began to overturn, and was broken in two, and the steamer sailed through the ferry, which sank immediately. Passengers who were sitting outside had an easier chance to live, while those inside the two cabins - a ladies-only saloon, and a smoking room for men - were trapped. A number of other boats on the harbour witnessed the collision and rescued survivors from the water.

Several days later, smashed hull sections were towed to Whiting Beach near Taronga Zoo and divers looked for missing bodies. Seven of the forty killed were under the age of twenty, including a two-year old boy who died along with his grandparents. Most of the victims came from the ferry’s intended destination, the small Sydney suburb of Watson's Bay.

Ironically on the 18th August 1930, the steamer *Tahiti* en-route from Wellington NZ to Rarotonga, Cook Islands, was abandoned at 2.28am some 460 Miles from Rarotonga. She sank at 4.42pm the same day. The passengers and crew were transferred to the steamer *Ventura* which, together with the Norwegian Steamer *Penybryn*, was standing by to render assistance.



RMS TAHITI

St Marys Governor King Day Club

Well another three months has come and gone and the Day Club is still firing on all fours. We have picked up two new members and four volunteers recently, they being: Dee Clarke, Elaine Marshall, Debbie Burn, Dianne Kelly, Annette McAll and our new bus driver Rob Heriot. All have settled in well and doing a fine job.



The Club has had some great entertainment in the recent months none better than the Blacktown Country Music Club who entertained us on our 7th birthday, which went down really well. Many thanks to the Management and Staff of the St Mary's RSL for providing the venue and meals, it was all good.

Unfortunately the Sub-Branch has decided to review funding to the Day Club for 2012. Wally Charlwood and I attended the Sub-Branch Management Committee Meeting on 31 October; there was some lengthy discussion on Day Club finances and fund raising, resulting in a few tacit agreements. This has led the Club to seek funding from other sources. One being a BBQ at Bunnings Castlereagh on 6th November which raised over \$1200.00 for the Club; many thanks to all the volunteers who helped us out that day it was very hot and they worked tirelessly throughout the day. We hope to stage a couple more during 2012 and we will be looking for some more volunteers to assist. When or if, I get some dates, I will promulgate these to all with the hope that we can recruit a few more staff.

We intend to hold our AGM on 7th December 2011 because I will be overseas for the first three months of 2012 - climbing the big hill in Tibet. I hope to get to the base camp unless I run out of breath. (eat your heart out Sir Edmund) I also hope that we find a new co-ordinator for this period and in fact for the next few years, but if not, I am sure the current batch of volunteers can hold the Fort while I am gone. They are a highly trained and efficient outfit.

I would like to make a special mention of Ron Blakely and his good wife for the generous donations they have given to the Club for our Xmas hampers, they are very much appreciated along with all the other people that have supported this worthy cause. Our last day at the Club for 2011 will be 14 December and we will resume on Wednesday 18 January 2012. A Happy and Prosperous Xmas & New Year from all the members and volunteers of the Day Club.

From your friendly (assertive not aggressive) co-ordinator.

Allan Greenwood

What Happens to Your Partner When You Die?

When it happens it can be a minefield working things out, consider this checklist and save the hassles when the time comes; some issues you should consider:

Financial Matters: Banks require notification of a death as soon as possible. If you have joint accounts you will be wise to check its status with the bank. Not a bad idea to have your own credit cards. Don't forget to notify the Department of Veterans Affairs.

Wills & Power of Attorney: Everyone should have a legal & current Will and a completed Power of Attorney. Keep them in a safe place the location of which, should be known to each partner and ideally, the Executor of the Will. Keep them updated!!

Funeral Arrangements: Some Veterans would be happy to be put into a cardboard box and buried in the garden - well you can't!! Each partner should know the other's choice of funeral arrangements, write them down and kept preferably with the Wills, this can save a lot of angst with other family members when the time comes.

DFRB/DFRDB/MSBS BENEFIT: Upon notification of death these entitlements are generally paid:

- **DFRB:** A lump sum equal to seven pays (14 weeks) of the difference between the deceased (old) and the surviving partner's (new) pension, plus the commencement of a fully CPI indexed pension (being five-eighths of the deceased's old pension) paid fortnightly.
- **DFRDB:** A lump sum equal to seven pays of the difference between the deceased's (old) and the surviving (new) pension, plus the commencement of a partial CPI indexed pension. In outline, the new pension is five eighths of the deceased's full old pension as if he/she had not commuted his/her benefit when leaving the Service. The value of that additional part is 'frozen' and the part relating to the deceased's previous fortnightly pension is CPI indexed. The pension is paid fortnightly.
- **MSBS:** these benefits are quite different from those above and are calculated on an individual basis upon application.

(continued next page)

Veteran Entitlements: Your partner may be entitled to benefits from DVA but to apply they will need documentation and proof of their partner's Defence Service. If you already have the necessary documentation, once again, gather it together and keep in a safe place. Check with DVA regarding Gold Card, War Widows and Pension entitlements or Legacy where applicable.

The House: After a required period of time (usually 28 days) a house in joint names should be transferred to the surviving joint owner upon application to the relevant Titles Office.

Club & Association Membership: Make a list of organisations of which you are a member, along with membership numbers, phone numbers and addresses. All the deceased's memberships will need to be cancelled.

Contracts: The current trend towards contracts to mobile phones, internet, security systems and the like can cause problems. These may have to be paid out in full. Make sure your partner knows all relevant Passwords etc.

Routine Household Bills: Many people leave the 'Bill Paying' to one person which can present a problem if the deceased person's death is sudden. Make sure that all Bills, direct debits etc are noted, this will prevent distress to the surviving partner.

Documents: Your partner will require a copy of your Will, Service Record, Medical Docs, Psych Report Death Certificate and Marriage Certificate. Not a bad idea to have several copies of the Death Certificate noted as a 'Certified True Copy' by a JP.

Tax Returns: If paying Tax make sure you contact the Australian Tax Office and, where necessary lodge a final Tax Return.

Extra Handy Hint: During this difficult time the partner might like to keep a record of all business phone calls etc made after the partner's death. In the fog of grief, memory can be faulty and a record of calls and decisions made will be very useful. Note the time of call, name of person/business calling, their number and purpose of the call and what decision was made. Not a bad idea to also keep a log of relatives and friends who called as well.

Not all contingencies are covered here, however, use this as a guide to begin with, it will get you thinking in the right direction.

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

At Heavenly Celebration Funerals, we pride ourselves on providing quality products and dignified service at an affordable cost. We understand that the emotional and financial burdens can be overwhelming and our goal is to alleviate as much stress as possible during this time.

Phone: 02 9623 6656 0418 250 242

Email: michelle@heavenlycelebrations.com.au

Web: www.heavenlycelebrations.com.au

Is There Baseball In Heaven?

Two old men had been best friends for years, and they both live to their 90,s when one of them suddenly falls deathly ill. His friend comes to visit him on his deathbed, and they're reminiscing about their long friendship, when the dying man's friend asks. "Listen, when you die, do me a favour, I want to know if there's baseball in heaven".

The dying man said, "We've been friends for years, this I'll do for you."
And then he dies.

A couple of days later, his surviving friend is sleeping when he hears his friend's voice. The voice says: "I've got some good news and some bad news. The good news is that there's baseball in heaven."

"What's the bad news?"

"You're pitching on Wednesday"



PLUMBER – DRAINER – GAS FITTER

- HOT WATER INSTALLATIONS & REPAIRS
- BLOCKED DRAINS
- BURST PIPES
- KITCHEN & BATHROOM RENOVATIONS
- WATER SERVICE REPLACEMENT
- SEWER REPLACEMENT
- GUTTERS & DOWNPIPES
- GAS INSTALLATIONS & REPAIRS
- RAIN WATER TANKS

PROUDLY SUPPORTING OUR SERVICE MEN AND WOMEN.

10% DISCOUNT

If you mention this ad



ALL PLUMBING REPAIRS
NO JOB TOO BIG OR TOO SMALL

 **1800172743**

www.rapidplumbingsolutions.com.au

Solar Hot Water

Replace your existing hot water system with an energy efficient solar hot water system

from as little as **\$35 per week¹**

- > FREE hot water from the sun!
- > Massive rebates still available.
- > Supply and installation of all makes and models.
- > No interest ever. Layby option available²

¹Based on a standard base model and installation over 18 months, after rebates and incentives. Prices, rebates and incentives are subject to change without notice. ²Subject to approval. ³Not available in conjunction with any other offer. Conditions apply.

Trade in your old unit for a **\$100 discount³**



For specialist advice, sales and installations call Rapid Solar Hot Water for an obligation free quote

1800 1RAPID

1800 172 743

www.rapidplumbingsolutions.com.au

ABN: 33 035 756 510 Lic No: 189931c

RAPID SOLAR
Hot Water

ALL AREAS

Scott Mahboub - Director
Rapid Plumbing Solutions. P.O. Box 8258, Werrington County NSW 2747
Mobile: 0424 744 274 FAX: 0247 294 132
info@rapidsolutions.net.au
Licence # 189931c

Jokes:

A man goes to see the Rabbi. "Rabbi, something terrible is happening and I have to talk to you about it"



The Rabbi asked, "What's wrong?"

The man replied, "My wife is poisoning me"

The Rabbi, very surprised by this, asks, "How can that be?"

The man pleads, "I'm telling you, I'm certain she's poisoning me, what should I do?"

The Rabbi then offers, "Tell you what. Let me talk to her, I'll see what I can find out and I'll let you know"

A week later the Rabbi calls the man and says, "I spoke to her on the phone for three hours. You want my advice?"

The man said 'Yes' and the Rabbi replied, "Take the poison"

A man goes to a shrink and says, "Doctor, my wife is unfaithful to me. Every evening she goes to Larry's bar and picks up men. In fact, she sleeps with anybody who asks her! I'm going crazy. What do you think I should do?"

"Relax" says the Doc, "Take a deep breath and calm down. Now, tell me exactly **where is Larry's Bar?**"

**MICHAEL JOHN FITZGERALD
SOLICITOR**



**Level 8
65 York Street Sydney 2000**

Phone: 9283 2500 or 0419 440 990

**FAX: 9283 2600
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:	Gary Fizzell	0418 114 976
V/President:	Terry Burn	0407 834 499
V/Pres:	John Foeken	0409 329 688
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Ron Kelly	0411 543 719
A/Secretary:	Tony Fryer	0414 557 692
Committee:	Greg Cant	0425 208 622
	Michael Wiesel	02 9623 6555

VVAA ST MARY'S OUTPOST COMMITTEE

PHONE: 02 9833 4700 FAX 9833 4022

President:	Greg Cant	0425 208 622
V/President:	Uwe Schoenherr	0414 063 957
Secretary:	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

If Undelivered Return To:
VVAA St Mary's Outpost
PO Box 3049
South St Mary's NSW 2760

Print Post Approved
PP255003/06083

**PRINT
POST**

PP255003/06083

**POSTAGE
PAID
AUSTRALIA**

VVAA ST MARYS MEMBERSHIP RENEWAL NOW DUE