

# WESTERN OUTPOST NEWS



**SPRING 2014 ISSUE**

St Mary's Outpost the  
'Train of Knowledge'

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



<b><u>InThisIssue</u></b>	<b>Page</b>
VVAA St Marys Outpost Presidents Report .....	1
Christmas Party for Welfare & Pensions Officers .....	2
Vale - Gary Fizzell .....	3
St Marys RSL Sub-Branch Report.....	5
The Outpost Education Report.....	6
I Had a Job to Do - Gary's Story .....	7
Farewell to Gary Fizzell from the Education Team.....	8
Train Washers & Fishing Report .....	9
St Marys RSL Bowling Club .....	11
St Mary's Governor King Day Club .....	12
St Marys RSL Sub-Branch Communicating Better .....	13
Incredible WWI Tribute.....	14
Welfare Report.....	16
St Marys Outpost Computer Training & Aussie Banner & Flags .....	17
Blacktown and Districts TPI Social & Welfare .....	18
Heavenly Celebrations Funerals .....	18
Nepean Wives of Vietnam Veterans Women's Support Group .....	19
Hours of business for Pension Officers Interviews.....	20
Welcome Aboard, CDTSgt. Nicolaidis .....	21
Western Hire Cars.....	22
Veterans Health Week .....	23
Western Sydney Sports Medicine Centre .....	24
St Marys RSL Club .....	25
DVA Facts Made Easy.....	26
Pulse Health .....	27
St Marys RSL Youth Club .....	28
VVAA Outpost and St Marys RSL Sub-Branch Committee List.....	29

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# **VVAASTMARY'S OUTPOST** **PRESIDENTSREPORT**

## **End of Financial Year Report**

So we come to the end of 2013-14 financial year. This year has brought about many changes at the "Train" with the sudden loss of Gary Fizzel being one of the most unexpected events to hit us out of the blue. We are still trying to adjust to the loss of Gary who was such an integral part of this unit.

Our final figures are in for the year and as can be seen our men and women of the Pensions and Welfare Departments have really been hard at it again

Kilometres Travelled	Hospital Patients seen	Home Visits Undertaken	Funerals Conducted
21,500	4,946	439	59

## **Pensions Department**

Total Claims Submitted	Interviews Undertaken	Veteran Review Boards Attended
461	746	27

For the first time in some years we have had the mileage under taken by our welfare and pensions people recognised under the "Best Funding Scheme". Senator Ronaldson made this one of his core pledges prior to the last election and I am happy to report that the Treasurer did not cut this from the budget.

It used to be said that Australia rode on the sheep's back and in the 1940's to late 60's this was probably so. However it is very safe to say that Australian Society rides on the shoulders of the Volunteer.

I know even in my own case that I am putting in more hours per month now than I did just prior to my retirement with PTSD. This of course does not impress my wife too much as I tend to be away from the home front too much. The difference of course between the two situations is that now I don't have to get up each day to go to work to meet budgets and sales figures etc to ensure that I got paid each month and kept my job. Today I get up without the worry of earning a living but just look forward to assisting people gain the benefits that they are entitled to.

## **New Directions for the Train**

We have had a number of other Ex Service Organisations join us at the Train under signed "Memorandums of Understanding".

To facilitate the merging of all of these different associations and to create an environment that is friendlier to all, and possibly more desirable for younger ADF (Ex or Serving) members to join, we are starting up a new "Cover All" organisation that will be responsible for best claims etc. Members of the Train will not need to do anything as you will be automatically covered under this new organisation.

We will hopefully by the middle of September to early October have a face book page up and running promoting our organisation and eventually a new web page linked to our current page.

The DVA are in the process of implementing a new system known as the ESO Portal.

Greg Cant

President



## Christmas Party for Welfare & Pension Officers

Hi All,

Please don't forget our Xmas Party on Saturday the 29th November, 2014.

Quite few haven't confirmed that you will be attending.

A caterer has been booked and again this year we can keep the costs down to \$15 per head.

I think it is important for us to get together once a year socially so that our partners can interact with all the Welfare and Pension Officers.

We would like to start at about 1100 hrs till whenever.

Again please bring your own drinks.

The venue is the same as last year in Cook Parade Neighborhood Centre Cook Parade (next to tennis courts) St Clair.

Please let Di and Myself know if you will attend.

Please let us know ASAP.

Kind Regards John And Di Foeken.

0409 329 688

tubbie39@bigpond.net.au



## Vale Gary Fizzell : a true serviceman

By Tony Fryer and Greg Cant

ON Monday 26th May, without warning, a special person was taken from our community. Gary Edward Fizzell had died suddenly.

The ex-Service community lost a man whose post-Service life was devoted to help his fellow ex- military colleagues in their quest for understanding, advice, empathy, support and camaraderie.

Gary knew .... ex-Service personnel are more comfortable if they can confide in other ex-service persons.

Seeking absolutely no notoriety, Gary worked tirelessly and selflessly over many years to provide facilities and services for any Australian who wore (or had worn) a military uniform. His quest for an efficient and effective 'Veterans Centre' at St Marys was constantly uppermost in his mind and in his actions.

Gary's support of military and ex-military personnel grew out of his own exemplary service in the Australian Regular Army (ARA).

This began as a nineteen year-old National Serviceman, called up in 1956 to do his country's bidding. On conclusion of his National Service commitment he chose to remain in the Army, transferring to the ARA in August that same year.

For the next eighteen years Gary continued his commitment to service in the Army and saw active service overseas in Malaya (1958-1961 two and a half years) and Vietnam (1966-67). In both of these assignments he worked in various Signals units gathering and conveying military intelligence. In Vietnam, in August 1966, he and his unit monitored the movement of the enemy forces converging on Australia's newly established base at Nui Dat and provided this intelligence 'up the line', however its authenticity/accuracy was overridden by 'other' intelligence; hence the 'surprise' encounter that developed into the Battle of Long Tan.

He progressed through the ranks, eventually to Warrant Officer Cass 1. Regimental Sergeant Major at the Scheyville Officer Training unit where he and other Regular Army staff trained selected National Servicemen to become Officers in the Army. This was a posting that he was very proud of. He was in that posting at the announcement of the end of National Service. He recalled with humour the fact that the very next day at his morning parade call, very few of the students fronted up ... most had gone home.

On 13th August 1974 Gary's career in the Army ceased. He joined civilian life, spent valuable time with his brother Colin (who also had completed a career in the Army). He met David and they have had a close friendship ever since. Gary worked for many years as a Taxi driver before getting involved, around the turn of the Century in the ex-Service community at St Marys.

(Continued next page)

It was here that Gary devoted his time to provide assistance, firstly to the many Vietnam Veterans who came to the door of The Train (the Vietnam Veterans Association), then subsequently to those returning from other theatres (Iraq, Afghanistan, Timor, etc) and to anyone else who wore a uniform and needed assistance in welfare issues or in preparing claims for the effects of Service- related illness, accidents or diseases.

No one frequented The Train more often than Gary! It seemed he was there eight days a week. It was there that he formed a close bond with the many who came to him for counsel, for advice, for guidance. Gary was always able to 'solve the problem' or refer it to someone who could, or simply lend a good ear as a 'sounding board'.

His endeavours to provide the best service possible was reflected in the various processes and systems he instituted along the way. His efforts to ensure ongoing funding from a variety of sources has ensured that the important work of The Train can continue. His support for the various groups within The Train was unending this included the 'Trainwashers' (members of The Train who come along every Thursday morning to trim the turf, manicure the hedges, vacuum the offices, wash the locomotive and carriages, and generally maintain the premises), Welfare and Pension teams, Education and Computers.

After 'running' The Train for several years Gary decided that the local RSL Sub-Branch could do with a bit of a work-over so he became President there and brought his usual 'RSM-style' efficiency to the task. Gary established a functioning Sub-Branch office where members can come and seek assistance on Sub-Branch matters. His efficiency and foresight was very timely as local ANZAC Commemorative Services began to attract growing interest from the community: numbers attending meant that all had to function like clockwork. His planning for such commemorative functions was meticulous. For example, he introduced the large video screen at the Dawn Service to ensure that all attending could see the detail of the Service as it occurred. This move proved invaluable as numbers have grown to about 4000 attending (2014).

While operating as RSL President he still maintained his ever-helpful presence at The Train in the unofficial role of 'Office Manager'. His influence never left.

His attitude, efficiency and general work with the ex-Service community was recognised when the St Marys RSL Club Ltd elected him as a Club Director where he continued his team contribution.

Gary will be sorely missed by all he came in contact with.

Thank you Gary for your friendship, your help and the enormous work you did for the ex-Service community in St Marys. Your Service has been very much appreciated, admired and will not be forgotten.

**Your legacy at The Train will continue in your honour.**





## St Marys RSL Sub-Branch Presidents Report - July 2014

On the 22nd July our Sub Branch had a visit from the State RSL Auditor, as we thought we did not have any worries, we received a clean bill of health.

Tony and Chris represented the Sub Branch at State congress and the results are as reported at the June Sub Branch Meeting.

St Marys RSL held its Boer War Day at our Cenotaph on 25th May, it was attended by 56 persons, Our Catafaique Party comprised of students from Colyton High School Trade School. Banjo Patterson Poems were read by a Colyton Student and a local Army Cadet. The day went well due to good organisation. We would like to have more members attend next time.

The Social Club has had its Christmas in July outing at Berowra, I was unable to attend due to grandkids soccer games in Canberra, but I was lucky to get Burke to go in my place. From all reports the day was a success. We are all looking forward to the Strictly Ballroom outing in September.

The School Scholarships entries are due in next month. A bit of reading and marking required again by the panel. The Presentation Night will be held on the 20th November, lets not forget Sub Branch members are invited.

The Christmas Party will be held on the 30th November, any payments or enquiries see Sam at the train.

We have been receiving very good reports on the Corridor of Honour. If anyone has any memorabilia and would like to loan or donate it please see Tony Fryer. We need additional photos or equipment to enable us to rotate it around.

The Coo-ee March re-enactment is under way and we are working with Penrith RSL Sub Branch and other interested in preparation to support the march as it passes through the Penrith, St Marys areas on the 7th and 8th November 2015. More information will be passed on as the event nears.

The time has come around again, where the Committee members are invited to attend Performing Arts Concerts and Year 6 Presentation nights at the local schools.

Until next time  
Ron Kelly  
President Sub Branch



### Understanding Engineers

The graduate with a science degree asks, "Why does it work?"

The graduate with an engineering degree asks, "How does it work?"

The graduate with an accounting degree asks, "How much will it cost?"

The graduate with an arts degree asks, "Do you want fries with that?"

## VVAA ST MARYS OUTPOST EDUCATION PROGRAM REPORT

The Outpost Education Program diary for the first half of 2014 notes:

- \*Annual Outreach Program to Gilgandra High School including a visit to Parkes High School completed February.
- \*Annual Outreach Program to Monaro High School Cooma and accompanying Monaro students to the Australian War Memorial for a commemoration service at the Tomb of the Unknown Australian Soldier in the Hall of Memory followed by a walk through the Vietnam War Gallery with students and teachers completed May.
- \*26 metropolitan student presentations delivered in government/non-government educational settings including Independent, Anglican, Catholic and Jewish colleges.
- \*3 Community Group sessions delivered involving Probus and War Widows Guild members.
- \*A private visit to the Vietnam Veterans Commemorative Walk in Seymour and the National Vietnam Veterans Museum in April to attend the conference titled 'Phantoms: Australia's Secret War in Vietnam'.
- \*School/College donations to the Outpost in appreciation of Education Program student presentations and teaching syllabus support given to school studies to date 2014 totals over \$8,000.00.
- \*17 schools/colleges supported with Anzac Service Guest Speakers.
- \*Education Program bookings for Term 3 and 4 proceeding.



Students participating in the Education Program



# It was scary, but I had a job to do.

By Marissa Georgopoulos

Article run in the Nepean News on the late Gary Fizzell as their ANZAC tribute in 2012 and run again as a Memorial to Gary in June 2014.

RETURNED soldiers of war who share their stories allow us to hear the experiences our defence forces faced as they were away protecting our nation. Gary Fizzell of the St Marys branch of the Vietnam Veterans Association is a man with an intriguing story to tell.

During his time serving as an Australian soldier that spanned for 18 years, Gary had experienced two theatres of war by the time he reached his 20s. He spent 1966-1967 in Vietnam and 1958-1961 in Malaya.

Gary said that his two terms of service were “entirely different.

“When I was in Malaya it was quite an easy job for me because I was with the intelligence unit and I used to be a radio intercept operator it was mainly intercepting radio transmissions from certain countries who were involved with the cold war,” Gary explained.

“Vietnam was different. When I was there I was with a squadron that first went over at the beginning of the Vietnam War for us in 1966, that was when the taskforce went over to Vietnam and that’s when we first set up the base at Nui Dat.”

Gary provided communications for the taskforce as he was with the signal squadron.

“We had forward notice of what was going to happen at the battle of Long Tan, we knew something was happening because we were monitoring the North Vietnamese radios as they moved towards the Long Tan rubber plantation.”

On the night before the 17th August, the taskforce base was mortared by the North Vietnamese Army and Gary and his men were amongst it all.

“It was scary but you just had a job to do and when you’ve got mortar bombs dropping on you all you can do is keep your head down anyway. I was a troop sergeant so I had to make sure that the men under my control got into their trenches and got their helmets on because there’s very little you can do, they dropped these mortar bombs from about 2km away. The artillery sent shells back and they actually decimated those groups that were mortaring us. The battle of Long Tan happened as a result of that mortaring,” Gary said.

Thankfully none of their troops were lost but 18 Australian men were killed. After interrogating prisoners, it was discovered that the North Vietnamese army had rehearsed the attacks to take out the Australians but fortunately for our men, they were unsuccessful and the reality set in.

“When I do talks to the schools which we do this time of the year, I usually say to them that If they’d had have been successful I wouldn’t be standing here now talking to you, there’s no doubt that we’d have been annihilated because we weren’t ready for an attack,” Gary said.

The troops were preoccupied with setting up their army life with barbed fences, trenches and overhead protection.

As Australians continue to realise and acknowledge, it is the overall effect of war that harms the brave men who fought to save the country.

(Continued next page)

“Blokes that were in my squadron have committed suicide since coming back. It’s not nice to hear because you get to know people extremely well when you are in the army and particularly in theatres of war.

“Some of the blokes who committed suicide I knew very well, they served with me and they were good soldiers and in at least two of the instances they were the sort of people that I never thought would commit suicide but they did.

“What happens in those situations affects different people in different ways. It’s the psychological part of it that you can’t do a lot about.”

Thank you Gary, for providing some insight into the realities our very brave soldiers faced.



**Lest we forget.**

#### FAREWELL - GARY EDWARD FIZZELL

*Good fortune provided Gary’s company on the Education Program visit to Monaro High School and the Australian War Memorial visit just prior to his sad passing. His involvement in, contribution to and support of the Outpost Education Programs across ten years or so will be greatly missed.*

*During his last visit to the Australian War Memorial Gary recited the Ode with students in the Hall of Memory and placed a wreath near the Pool of Reflection during the Last Post Commemorative Service. Very fitting military involvements for an old soldier/ex-RSM just a few days away from departing for the 'big parade ground in the sky'.*

*Gary certainly enjoyed school visits, involvement in school commemorative services and helping individual students with study and research assignments. His advocacy for the Education Program within the management and organisation of the Outpost was greatly appreciated.*

*Conversation over a meal and a couple of beers on the Cooma trip provided the opportunity to thank Gary for all that he contributed to the program across the years; not knowing that this school visit would be his last.*

*Farewell and thank you again Gary.*

*Vin Cosgrove and the Education Team...*

## Train Washers and Fishing Report.

Both the Train Washers and Fishing group are still going strong.

### Train Washers

The 'Washers' get together every Thursday morning and do the general maintenance, around the Train. With the coming of Winter, the work load has been reduced as the grass and hedges don't grow as fast, but a little bit of work still has to be done. Winter is more a social get-together at the Train on Thursdays, so if you find yourself with nothing to do on any Thursday then please come down and join in.



*'Trainwashers Morning Tea – Kevin's 80<sup>th</sup>'*

The 'Washers' meet every Thursday from 7-30 am and go through to about 10-00 o'clock in the morning ... morning tea included ... all are welcome.

The 'wood-welders' and 'spectators' are progressing with the Monday morning 'home improvements' projects at the Train. Current projects include the new wall in the Computer Carriage to enable the Veteran Review Board video conferencing to be more effective. The new 'gun carriage' or 'recoilless rifle' (we're not too sure exactly what it's called now) is close to finish; at the time of writing, it was getting a lick of paint before having the undercarriage attached.



*'Gun Carriage takes shape – Reno and 3 Johns'*

### Fishing.

The fishing day is the first Wednesday of the month. We leave home at 5 in the morning and our usual fishing spot is Clarke Point Reserve, but that can be changed once in a while - as for our next run, which is to Brooklyn for the half-yearly boat hire.

The fishing day is also a social day, with everybody trying hard to get that elusive monster, but it is mostly 'monsters 1; fisherman nil'. We start with 'to-die-for' BIG breakfast and a good chat, fish till morning tea time when we solve the troubles of the world, then fish again till a sumptuous BBQ lunch, talk, then pack up and go home ... before all the work traffic gets on the road.

(Continued next page)



*'Fishing – lunch break'*

The fishing group do eight land-based (at Clarke Point) and two boat trips on the Hawkesbury River each year. There also two trips on a charter boat, both of which are separate to the normal fishing trip, and only go ahead if sufficient numbers there to make the cost bearable.

If you wish to come fishing, could you please contact Reno on 0409819041 so sufficient catering can be arranged beforehand.

All fishing trips are alcohol-free; coffee and tea are provided but if you want something else you must bring your own.

### **And now something total different.**

Legacy Day is coming up it is the first Friday in September – that is, Friday the 5<sup>th</sup>. This is a major fundraiser to enable Legacy to carry on their tremendous work in assisting the widows and children of those killed in Service.

Can you spare 2 or 3 hours? You don't need to be a 'car salesman' – the badges virtually sell themselves and, besides, you'll be with others who have experience.

**If you can help sell badges for a couple of hours (between 8am and 4pm) please phone Reno NOW on 0409819041.**

Reno.

## **THANK YOU**

Sincere thanks to the following magnificent local organisations for recent generous support of Welfare and maintenance at The Train:

Bunnings Minchinbury

Heavenly Celebration Funerals

We at the VVAA St Marys Outpost and St Marys RSL Sub-Branch are truly indebted to these and other organisations which continue to enable us to provide worthwhile services locally to Australia's military and ex-service personnel in need.



"It is only when you see a mosquito landing on your testicles that you realise there is always a way to solve problems without using violence."

## **StMarysRSLBowlingClub**

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 freecoaching 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.

### **SocialBowlsProgramme**

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

**Contact the Bowls Office via Club Reception on 9623 6555**



Bowling Club Greens and Function area.





## **St Mary's Governor King Day Club**

**Sponsored by St Marys RSL Sub-Branch**

**"An RSL Service to the Community"**



**July 2014**

Since our last letter, we have had a new volunteer join us as well as two new members. Our average attendance is now 34 a week and we still have room for more new members, SO, if you have someone at home who would like to enjoy Company each Wednesday, they will be most welcome.

We have had a number of our members away sick and even some in hospital, we wish them a speedy recovery and get back to us soon.

On Wednesday 7<sup>th</sup> May we celebrated Mothers day with a luncheon at Kemps Creek Bowling Club. We had 33 members attend and it was a great day.

Wednesday 21<sup>st</sup> May, along with members of Penrith Valley Day Club, 51 of us travelled to Petersham and visited the Egyptian Room. This was a great day, travelling down by bus. We were greeted and soon appreciated by morning tea then the grand tour and explanation of the frieze surround this magnificent room.

Our thanks to the members of the United Supreme Grand Chapter for their assistance in organising this trip

We had a visit from a member of the Human Services, who spoke about the rights of Pensioners. This proved very interesting and many questions being asked by our members. Even to the fact that he has been asked to return and speak further.

On the 16<sup>th</sup> July, a representative of the Trustees and Guardian Group and she spoke about "Wills and the Power of Attorney". Again this proved very interesting, many questions being asked at the completion of the talk.

Thanks to our ladies, Miriam, Debbie, Janet, and Pat that look after us and keep the catering going and attending to our members.

The BBQ which was purchased is proving quite a hit, the Oldies enjoying luncheons, many thanks to Mick, Frank, Aziz, Allan, Robert and Kelvin for their cooking skills.

Many thanks to the Ladies Auxiliary, for their continuing support each month.

On the 27<sup>th</sup> August we will be joining Penrith Valley Day Club to celebrate their first birthday.

Co-ordinators: Wal Charlwood  
Mick Reilly

Address all correspondence:  
Co-ordinator  
PO Box 3168  
St Marys South NSW 2760



# *St Marys RSL Sub-Branch*

## *Communicating Better*

As an RSL Sub-Branch, we recognise the need to be more flexible in the ways we communicate to provide information, services and support to all members. In a nutshell, we are continually improving the ways we can communicate with all members more effectively.

We would like to do this in a couple ways:



We are looking to establish an opportunity for those members who have other priorities which may prevent them from attending our monthly General Meeting, to still remain in contact with the Sub-Branch flow of information and general support and camaraderie.



This will take the form of **asociallybasedgroupwhomaychooseto meetinavarietyofways**, for example, at family picnics and/or through the use of common social media such as Facebook and/or Twitter, etc.

These alternate ways of 'getting together' are not meant to prevent such members from also attending the usual monthly General Meeting should they choose, nor from participating in any of the usual social events that are conducted through the Sub-Branch.

While its method of operating is being developed with 'younger' members in mind, the 'young-at-heart' members are also welcome to participate. That is, members of this group will be equally regarded with all other members of our Sub-Branch.

Occasionally we receive information that may be of an urgent nature or at least relating to an event that may be about to occur before we can verbally advise members at the next General Meeting. We DO have a **GroupE-Mail** list of about 40 members that has been established for a couple of years now. This list is very useful in disseminating information to those members, however we recognise that many more of our members are now more familiar with computers and have their own email addresses or at least have access to one.

In addition to making it easier for your Sub-Branch Executive to contact you, another advantage of having email contact is that, if you have a question on a Sub-Branch or related matter, you can send an email to the Sub-Branch address at any time. Your Executive look at emails whenever in the office ... that's usually 2 to 3 times a week, so we can generally respond to any email queries within a few days.

We would like to enlarge the current list of email contacts within our membership. Therefore we ask that, if you are a member of the St Marys RSL Sub-Branch and do NOT currently receive emails from us, or have recently changed your email address and not told us, would you please send an email to the RSL Sub-Branch NOW. Once we receive YOUR email, we can add your address to our Group E-Mail list for future electronic mail-outs.



**Please sendyouremailto'stmsub@tpg, and includeyourfullname in the Subject and/or Body of the email, so we can identify exactly who you are.**

Be aware that most Sub-Branch initiated emails you receive will be from the Assistant Secretary's own home address – that is, Ron Blakely's email address is 'rjb176@hotmail.com'.

If you are not a member of St Marys RSL Sub-Branch, but may be eligible to do so, please send an email or phone the Secretary (Tony Fryer – 0414 557 692) to discuss joining and enjoying the facilities of the RSL.

# Incredible WWI Tribute In London Looks Like A River Of Blood... But Look Closer!

By Steve Rushing

AUGUST 2, 2014

World War I, known at the time as the Great War, was thought to be the war that would end all future wars. All sides suffered an incredibly high number of needless deaths and the war devastated an entire generation. In fact, the sheer amount of destruction and death has only been eclipsed by World War II.

Since it ended, all countries involved have held memorials to remember their fallen dead who sacrificed their lives for the good of their country. This fact is all the more so in England, where nearly a million people lost their lives. What they've done to commemorate their fallen soldiers is truly beautiful, while also helping us understand the true scope of these soldiers' sacrifice. Even a hundred years later, we should not forget their incredible acts of heroism.



The moat that surrounds the Tower of London has long stood empty and dry. But now, what may look like gushing blood from its very walls, is actually something beautiful.

This summer, the moat has been filled with 888,246 red ceramic poppies, one for each British and Colonial soldier who perished during World War I.





For the past few weeks, a team of 150 volunteers has been placing red ceramic poppies one by one around the Tower. The last poppy will be symbolically planted on the last day of the installation: November 11, Armistice Day.



Each evening, the Last Post will be sounded and a selection of names of the dead read out loud. It's stunning and sobering commemoration that befits the Great War.



Regardless of why their countries went to war, we should never forget the selfless acts of these brave men. Please share their story, and help remember their lives, by forwarding this far and wide.



We don't often put in a Welfare Report as we do the same thing every Tuesday.

For those who are not aware of what our Welfare Group does, let me explain:

We have at this time 20 Welfare Officers who perform a number of duties including visiting Hospitals, visiting Nursing Homes, visiting Rehabilitation Hospitals, and Home Visits; attend and conduct RSL Funerals. Approximately 450-500 DVA Clients are visited each month.

Because, at times our Welfare Officers need to take a break, it means that at times, we are not able to visit all our DVA Clients.

### **We are therefore looking for people to join our group of Welfare Officers.**

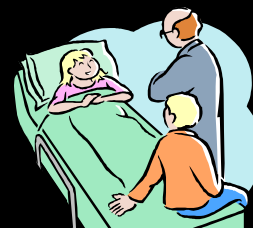
Most of the Hospital visits are carried out on Tuesday mornings so to volunteer, a commitment has to be made to be available every Tuesday; but the rewards outweigh any inconvenience this causes.

If you interested please contact me and I will explain in more detail what is involved in being Welfare Officer.

H J Foeken JP

0409 329 688

tubbie39@bigpond.net.au



### **BUDGET CUTS**

The AMA has weighed in on Joe Hockey's proposed changes to Australia's health services. The Allergists voted to scratch them, but the Dermatologists advised not to make any rash moves. The Gastroenterologists had a sort of a gut feeling about it, but the Neurologists thought he had a lot of nerve. The Obstetricians felt he was labouring under a misconception. Ophthalmologists considered the ideas short-sighted. Pathologists yelled, "Over my dead body!" while the Pediatricians said, "Oh, Grow up!"

The Psychiatrists thought the ideas were madness, while the Radiologists could see right through them. The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing. The ENT specialists didn't swallow it, and just wouldn't hear of it.

The Pharmacists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter...." The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea. The Anesthetists thought the ideas were a gas, but the Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the a@%\$&\*+s in Parliament!



### **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.

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

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**Contact: Tom Bell 0418 447 389**

**Phone: 9623 2937**

**Fax: 9623 2934**

**ausban@pnc.com.au**





***Blacktown and Districts TPI  
Social and Welfare Club***

Blacktown and Districts TPI Social & 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](mailto:john.davison@optusnet.com.au).

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

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.

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**Email: [michelle@heavenlycelebrations.com.au](mailto:michelle@heavenlycelebrations.com.au)**

**Web: [www.heavenlycelebrations.com.au](http://www.heavenlycelebrations.com.au)**





## **NEPEAN WIVES OF VIETNAM VETERANS REPORT**

When my husband was diagnosed with PTSD, we were relieved to have a name for what was effecting our family. When DVA classified him as a TPI, he said that now our son and I would be looked after. I thought at the time, that really nothing had changed, I still felt isolated and had a feeling that I was walking on egg shells. I decided to do something about it. There had to be other women out there that are experiencing the same issues.

I hosted a morning tea and invited some wives of other veterans. On the 15<sup>th</sup> November 1999, 12 wives met for morning tea. Wow, what an eye opener that was. We seemed to be married to the same man! We talked, cried and felt safe amongst people who understood, without judging. From that one morning tea, we soon blossomed to 45 members and many friendships were made. Fifteen years later we are still supporting each other, with members coming and going, new groups starting and continuing to form new friendships.

We meet the second Thursday of the month, at St Marys RSL Youth Centre, from 10am to 12noon. At the meetings we have speakers, demonstrations, discussions and social time. We meet in a safe and confidential environment with others who are understanding and caring.

Some members attend monthly dinners, retreats twice a year and bus trips. Making friends through the group, gives us an opportunity to have someone to have a coffee or attend a movie with.

Since the beginning we have extended our activities to a craft group, which meets each Tuesday from 1pm to 4pm. We have a volunteer teacher that has been with us for over ten years. Members welcome community members to the group, where we share ideas and talents.

Our first quilt hangs in the office of VVFCs. Premature and still born babies have received tiny knitted bonnets, booties and wraps. We sew turbans for the Cancer clinic at Nepean Hospital as well as knitting beanies and scarves for the patients, and for our servicemen and women serving overseas. We also collect and send parcels of goodies to areas in conflict.

An exercise group was started and continues to attract new members and community members. We are currently organising an aqua class, which will run from Emerton Pool. More information soon. This group meets on a Tuesday from 11am to 12noon.

We have some great cooks in our group, which has proved to increase our fundraising activities. Our last "Morning Tea for Cancer", raised over \$8,000.

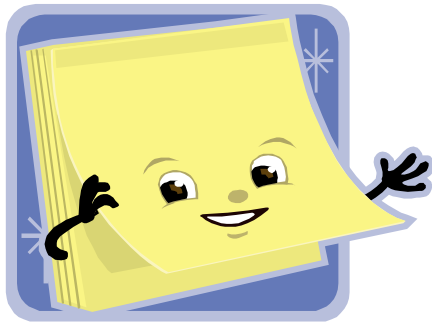
Wives of Veterans from all conflicts are welcome, though the majority of our current members are wives of Vietnam veterans. For more information please call our secretary; Maureen on 0418253199 or Maree on 0411679230.

Remember; "Happy wives equals happy lives".

### ***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***



**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

## Welcome Aboard, CDTSGT. Nicolaidis

Introducing our newest and youngest member, CDTSGT Theodore Nicolaidis aged 17 who is currently a serving member of the Australian Army Cadets based at Timor Barracks, Dundas.

He joined the Army Cadets in November 2011 quickly rising to the rank of Platoon Sgt and is now fully qualified for CDT under Officer (CUO). Presently, he is carrying out the duties of both PL Sgt and Unit 2IC.

CDTSGT Nicolaidis was appointed Escort to the Colours at the 2013, 22 Cadet Battalion Parade held at Victoria Barracks. He also carried the Australian National Flag on our pre Anzac Parade in 2013, at that time he made it known that one day he would like to command the St Marys Pre Anzac day march; following discussions with Burke Rogge and Tony Fryer, permission was granted to allow him to act as an understudy to our Parade Commander Burke Rogge.



Sunday the 13<sup>th</sup> April was a busy day for him as prior to joining the St Marys pre Anzac Day march he had already carried out the duties of Catafalque Guard Commander at Merrylands RSL

By the glowing comments made by some of the Veterans, it appears that the idea to inject young blood into our organisation has been given the thumbs up by members.

Theodore is a year 12 student at Mitchell High school Blacktown and was happy to be chosen as a participant at a recent Vietnam Educational school visit by Vin Cosgrove; one thing seems to stand out.

He likes involvement.

Kindest regards  
George Perrin. 14/4/2014

Some catch words:

Welcome Aboard. Young Blood Keeping the Spirit Alive



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### **Still Trying to Understand Engineers**

Two engineering students were biking across a university campus when one said, "Where did you get such a great bike?"

The second engineer replied, "Well, I was walking along yesterday, minding my own business, when a beautiful woman rode up on this bike, threw it to the ground, took off all her clothes and said, "Take what you want."

The first engineer nodded approvingly and said, "Good choice. The clothes probably wouldn't have fit you anyway."



# VETERANS' HEALTH WEEK



**Building on the strengths  
of the Veteran Community**

## 13–19 OCTOBER 2014

- |              |   |
|--------------|---|
| <b>EVENT</b> | <b>"A Nutritional Walk in History"<br/>Healthy Cooking Demonstration &amp;<br/>walking guided tour of historical<br/>Parramatta Female Factory/Girls Home</b> |
| <b>DATE</b>  | <b>Tuesday 14 October 2014</b>  |
| <b>TIME</b>  | <b>10am - 3pm</b>   |
| <b>PLACE</b> | <b>Mens Shed - 1 Fleet St North Parramatta</b>  |
| <b>RSVP</b>  | <b>by 6 October 2014</b>  |

**brianwalters@dodo.com.au or  
sam.vecchio@bigpond.com**

[www.dva.gov.au/vhw.htm](http://www.dva.gov.au/vhw.htm)



**Australian Government  
Department of Veterans' Affairs**



## ARE YOU ENTITLED FOR CLINICALLY NECESSARY TREATMENT WITH AN EXERCISE PHYSIOLOGIST?

**DVA gold card and white card holders with a D904 referral from their GP will be eligible for treatment with our Accredited Exercise Physiologists.**

Our EP's can help with one on one treatment sessions;

Gym based exercises

Hydrotherapy Pilates

Increase balance and mobility

Diabetes management

Reduce and manage injuries

Prevention of chronic disease/illnesses



Our Exercise Physiologist's also run a group based exercise class for people with Type 2 Diabetes. Our Back on Track Program runs under a "Type 2 Diabetes Group Allied Health" referral from your GP.



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### **Only an Aussie can make you feel like a Woman**

A plane passed through a severe storm. The turbulence was awful, and things went from bad to worse when one wing was struck by lightning.

One woman lost it completely.

She stood up in the front of the plane and screamed. 'I'm too young to die.'

Then she yelled, 'If I'm going to die, I want my last minutes on earth to be memorable! Is there anyone on this plane who can make me feel like a WOMAN?'

For a moment there was silence. Everyone stared at the desperate woman in the front of the plane. Then the man from Australia stood up in the rear of the plane.

He was handsome, tall, well built, with dark brown hair and hazel eyes. Slowly, he started to walk up the aisle, unbuttoning his shirt as he went, one button at a time. No one moved. He removed his shirt.

Muscles rippled across his chest. She gasped... Then he spoke .....

**'Iron this -- and then get me a beer.'**





## **ST MARYS RSL CLUB CORNER MAMRE ROAD & HALL STREET**

**If you are planning one of life's magical moments, looking for somewhere to host your next business function, or just planning a party for your family and friends, then leave it to us to organise everything you need for that special day.**

**St Marys RSL & Ex-Servicemen's Club has a range of fantastic function facilities to suit most needs. Let our experienced and dedicated staff ensure that your most special of days is truly memorable. At St Marys RSL Club we will ensure that every aspect of your Wedding is planned to perfection with a variety of flexible menus and packages to suit any budget and spectacularly refurbished rooms.**



**Perfect for Meetings, Conferences, Seminars, product launches and exhibitions, St Marys RSL Club is the ideal venue for your next business event with:**

- **120 person capacity conference room**
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**We offer you only the best in professionalism and attention to detail. St Marys RSL & Ex-Servicemen's Club has the room perfect for all occasions, including:**

- **Birthdays & Family Reunions**
- **Retirements & Social Events**
- **Themed Parties & Special**

**For further particulars call us on 9623 6555**



# 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
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- Transport
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- 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.

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**FAX: 9283 2600**

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**Do you live with any of the following conditions?**



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require a referral form and a  
D904 referral form from your  
Doctor.**



**Westmead Rehabilitation  
Hospital  
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Merrylands NSW 2160**

**88 333 555**

# ST MARYS RSL YOUTH CLUB

## ACTIVITIES FOR ALL

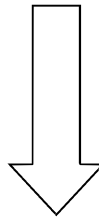
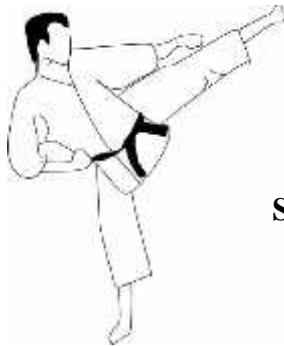


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KARATE 0417 285 128

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**ST MARYS RSL YOUTH CLUB  
(NEXT TO RSL CLUB) CNR  
MAMRE RD & HALL ST ST  
MARYS 2760**

### Upcoming Events for Karate

National All Styles tournament on 24<sup>th</sup> August

### Upcoming events for Boxing

Mid August have 2 boys competing in Golden Gloves tournament

### Upcoming events for Judo

August- Sydney Open Tournament - Homebush

Kind regards

Cheryl Lynch-Gardner

### Still Trying to Understand Engineers

Two engineers were standing at the base of a flagpole, looking at its top.

A woman walked by and asked what they were doing.

"We're supposed to find the height of this flagpole," said Steven, "but we don't have a ladder."

The woman took a wrench from her purse, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her pocketbook, took a measurement, announced, "Twenty-one feet, six inches," and walked away.

One engineer shook his head and laughed, "A lot of good that does us. We ask for the height and she gives us the length!"

Both engineers have since quit their engineering jobs and are currently Parliamentarians



**StMary'sRSLSub-Branch**  
**CornerMamreRoadandHallSt.**

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**.

**StMary'sRSLSub-BranchCommittee**

President:	Ron Kelly	0408 684 276
V/President:	Terry Burn	0407 834 499
V/Pres:	John Foeken	0409 329 688
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Tony Fryer	0414 557 692
A/Secretary:	Ron Blakely	0411 131 849
Committee:	Greg Cant	0425 208 622
	Michael Wiesel	02 9623 6555

**VVAASTMARY'SOUTPOSTCOMMITTEE**  
**PHONE:0298334700FAX98334022**

President:	Tony Mullavey	0416 231 993
V/President:	Greg Cant	0425 208 622
Secretary:	Sam Vecchio	02 9833 4700
Treasurer:	Ted Fish	02 9833 4700
Assistant Treas.	George Perrin	02 9833 4700

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 organisations 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.

John Davison - Editor

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