

WESTERN OUTPOST NEWS



SPRING 2015 ISSUE

St Mary's Outpost the
'Train of Knowledge'

St Marys Veterans Centre

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



In This Issue

	Page
VVAA St Marys Outpost President's Report.....	1
St Marys RSL Sub-Branch Report	3
The Long Tan Cross	4
From the State Desk	6
Fishing Report	8
Outpost Computer Classes.....	9
The Outpost Education Report	10
St Marys RSL Sub-Branch Report - Vietnam Veteran's Day	11
Northern Territory News 1988 - A Salute to our Veterans	12
VP Day - Seventy Years On	14
St Marys RSL Women's' Auxiliary.....	16
DVA Facts Made Easy	17
Congratulations - Tony Fryer	18
Hours of business for Pension Officers Interviews	20
St Mary's Governor King Day Club Report.....	22
Nepean Wives of Vietnam Veterans Women's Support Group	22
"Red Lead" - The Cat That Knew	26
Vietnam Veterans Memorial - Canberra	27
List of Advertisers	28
VVAA Outpost and St Marys RSL Sub-Branch Committee Lists.....	29



Various places throughout the 'News'



DEADLINES FOR PUBLICATION

Summer 2015.....23 November 2015

Autumn 2016.....22 February 2016

Winter 2016.....20 May 2016

Spring 2016.....26 August 2016

Articles of a general nature may be submitted at anytime, please send to:

john.davison@optusnet.com.au

Correspondence to:

**VVAA St Marys 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

Facebook: facebook.com/stmarysoutpost

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

Web: Log on to: vvaastmarys.com.au OR

Google: St Marys RSL Sub Branch

Phone: 9623 6555

VVAA St Marys Outpost President's Report

Another busy quarter; since my last report I have had pleasure in attending an ARVN wreath laying ceremony and laid a wreath on your behalf, Sam Vecchio and George Perrin went along in support. This ceremony was held at Memorial Park Canley Vale, the event was very well attended by veterans in ARVN uniform and very colourful Vietnamese ladies in national dress.

Closer to home, I am pleased to report on the very successful VV Day Commemorative service, we had an estimated 250 people which is up on last year. I must make mention of the St Marys Club Limited, the 1/15 Lancer Band Group and Catafalque Party, the 5th Engineer Regiment, RSM Mark Grigg for the Table Ceremony, other serving members and all our own members for the fantastic support in the organisation and running of this event; thank you, one and all.

The Springwood VV Day March was attended by a contingent of at least 14 of our own members, it was very well organised with good public participation. It was particularly good to see about 100 representatives of the Vietnamese Community made up of veterans and ladies in national dress; for those who couldn't attend the Springwood March, a U-Tube video has been posted on our web site under Past Events.

The Rooty Hill RSL Vietnam Veterans dinner was a great night with 4 tables filled by our members and partners, all in all, well worth our support.

Professor The Honourable Dame Marie Bashir AD CVO, was guest speaker at The St John of God Richmond, Remembrance Service which was attended by about 40 members and partners from The Train, as usual an excellent lunch was provided and gave an ideal opportunity to catch up with old mates.

In closing, I would like to draw your attention to the fact that we have had quite a few of our members in and out of hospital, if you know of a member in hospital please pass on the information to the welfare team.

Tony Mullavey
President
VVAA - St Marys Outpost



Marching at Springwood



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ST MARYS RSL SUB-BRANCH REPORT

When you receive the Outpost News it seems ages since you received one, but when you have to write a report the time comes around so fast. But here goes.

It has been a very busy time since the last Outpost News, we have had many services. All of these services have taken a lot of work and it adds to our secretary's work and to his credit he has as usual done a great job. Many of his duties go un-thanked, but from me thanks to Tony and the other members of the Sub Branch Management Committee.

We have lost one of our hard workers, Russell. He has moved to Cairns and his duties have been taken over by Sam Vecchio. I would like to thank Russell for all of his hard work.

We had our first dinner dance which went well, as usual it could have been better if we had more members attend. But as the old saying goes "you can lead a horse to water, but you can't make him drink".

It was good to see all of our members who attended the service out at St John Of God. As usual the service and catering was up to their high standard. Well done.

The month of August has been a very busy one for us as we have all of the Vietnam Veterans services. Starting with the Rooty Hill Long Tan Dinner, I think all who attended had a good time. Then there was the Springwood March. Our members were down on past years, but overall the attendance was very good. Then to finish off the services there was our Veterans Service at the St Marys RSL, a joint service between the RSL Sub Branch and the Vietnam Veterans. As normal it was well done thanks to the two Tony's for achieving this. By the time these three services are over, I feel serviced out. I would not miss them, but they do take their toll.

We have the Cooee March in St Marys on the 8th November. Hope to see a big turnout down at Victoria Park to show their support, for the effort these men have put in to celebrate this event.

Well boys it is coming to that time of year when you have to open your wallets, let the moths out and start buying Christmas presents.

As normal, I hope you all are keeping well and keep up the good work.



The Scene at Springwood - Vietnam Veterans' Day

The Long Tan Cross

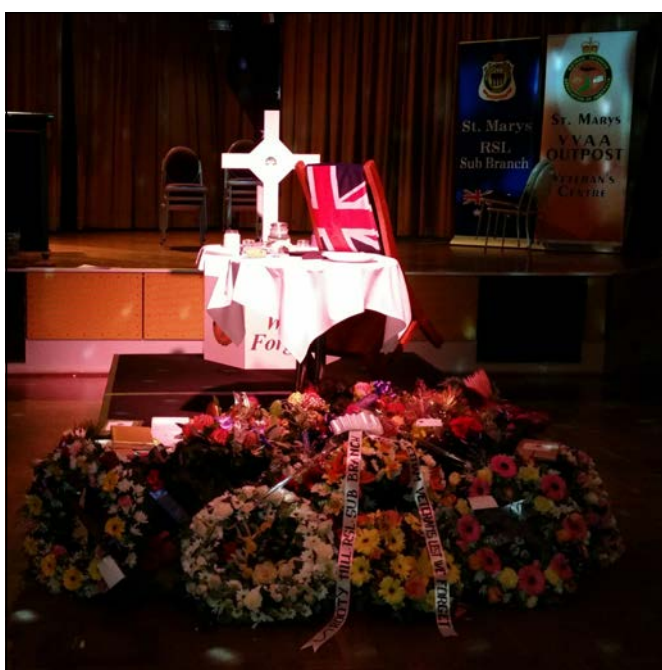


The concept to commemorate the battle of Long Tan with a memorial cross and a dedication ceremony was decided at a meeting in late 1968 at HQ 6RAR in Lavarack Barracks Townsville.

The meeting involved the Commanding Officer, Lt Col D M Butler; the second-in-command, Major L D Johnson; and the adjunct, Captain M J Harris. The need for this contingency plan had been given impetus by a recent presentation of an United States of America Unit Citation (Army) to D Company 6RAR by the Australian Prime Minister.

This idea was carried to Vietnam with the Battalion and was committed to an operational plan at 6RAR-NZ (ANZAC) Battalion Headquarters in Nui Dat Vietnam, in July and August 1969. It was executed by the Battalion on the third anniversary of the battle as described in the battalion history.

The Cross was designed and constructed by 'Pioneers' from the 6RAR-NZ (ANZAC) Battalion's Assault Pioneer Platoon and the construction work was overseen by Sgt Allan McLean.



Vietnam Veterans Day
St Marys RSL
and
St Marys Veteran Centre



***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.

A judge was interviewing a woman regarding her pending divorce, and asked, "What are the grounds for your divorce?"

She replied, "About four acres and a nice little home in the middle of the property with a stream running by."

"No," he said, "I mean what is the foundation of this case?"

"It is made of concrete, brick and mortar," she responded.

"I mean," he continued, "What are your relations like?"

"I have an aunt and uncle living here in town, and so do my husband's parents."

The judge said, "Do you have a real grudge?"

"No," she replied, "We have a two-car carport and have never really needed one."

"Please," he tried again, "is there any infidelity in your marriage?"

"Yes, both my son and daughter have stereo sets. We don't necessarily like the music, but the answer to your questions is yes."

"Ma'am, does your husband ever beat you up?"

"Yes," she responded, "about twice a week he gets up earlier than I do."

Finally, in frustration, the judge asked, "Lady, why do you want a divorce?"

"Oh, I don't want a divorce," she replied. "I've never wanted a divorce. My husband does. He said he can't communicate with me."



From The State Desk

Well here we are more than half way through the year with Vietnam Veterans day come and gone for 2015. Next year as we all know marks the 50th Anniversary of Long Tan with this year being the 50th Anniversary of the commitment of combat troops to Vietnam in the form of the First Battalion Group who were to serve with the 173 American Airborne Group.



ARVN Dinner

As is usual this particular time of year is extremely busy for yours truly. I attended the ARVN Dinner on Friday night prior to the 18th of August. This night again proved to be a successful and enjoyable evening. The Vietnam and ARVN Community made all veterans who attended not only feel welcome but also as very special and honoured guests. We were wined and dined in fine style and lauded as being almost super heroes which I must add that none of us feel like. Ask most Diggers and they will all tell you that they were just soldiers (sailors or airmen) doing a job to the best of their ability.

On the Saturday morning a wreath laying ceremony was held at "Friendship Park Memorial" Canley Vale. Once again the community went out of it's way to make the Uc Dai Loi feel very welcome and honoured guests.

I then attended the Blue Mountains March on the Sunday. This time I gladly was not there as a State Representative but as an ordinary member of the St Marys Vietnam Veterans Outpost. This I thought was going to relieve me of any duties for the day and just let me enjoy the march. Even being elected (read drafted) as Right Marker did not spoil the day for me. Other than getting the march away on time (which never seems to happen) the Blue Mountains Vietnam and Allied Forces Association do it extremely well.

Tuesday saw me at the Cenotaph in Martin Place for the annual ceremony conducted by the NSW Vietnam Veterans Association. Under the guide of the associations new co ordinator of ceremonial activities CSM Ms Carol Ward (Rtd) we again ran a successful ceremony with the Governor General Hurley was present to give the main address. Carol had arranged for a very professional ceremony to be held and this time we were prepared for any inclement weather with Marquees set up for the dignitaries. Although they were not used I believe we should continue with the cover as it can quite often get wet in late August and Martin place can be a nasty place to be if the rain comes. Our only problem is we may need to seek some form of sponsorship for the day as the cost of both audio, marquee and seat hire to together is well in excess of what State Branch can afford with out some form of income on top of the little we receive from membership subs.

Tuesday evening I was back at my favourite Vietnam Veterans Day celebration and that of course is the Outpost ceremony held in conjunction with St Marys RSL and the St Marys

Club Ltd giving such great support to the Vietnam Veterans of St Marys allowing such a great ceremony to be held each year.

On the national front it is of interest to note that the new rules governing Vita Insurance and its coverage of both Welfare and more importantly pension officers will affect The Train and all other ESO outlets in NSW. This is that new trainee pension officers will have to have concluded a period of “On The Job Training” at an ESO with an approved mentor overseeing the trainee and approving his work load prior to the applicant proceeding to TIP Training. Also every pension officer will need to be recertified by doing refresher courses covering All REPATRIATION ACTS before they can be considered to be competent enough to be accepted as a pension officer. This is something our TIP Co-Ordinator/Training Officers such as Ewe is at the Train to stay on top of as this could conceivably affect our Best Claims as well as making the ESO liable for any legal action bought against the pension officer.

Greg Cant
State President



Martin Place



Long Tan Dinner

FISHING REPORT

Fishing Report for August 2015.

Well we left home at 5am. in the morning, arriving at Clark Point Reserve still in total blackness thankfully the council has lighting over the BBQ's, so breakfast was no great problem, bacon and egg rolls being the order of the day.

We set about solving the problems of the world, as we waited for the sun to show its head, but that was not to be, as daylight came it brought the cold, it was freezing, at one point I saw 3 penguins trying to light a fire to keep warm, jackets stayed on almost all day, to make matters worse the fish did not come out to play.

Except for John Barlow and Richard Andrews, no one caught fish, John said he caught two Leatherjackets but they were so far apart, he had thrown the first one before the second was caught, which also went back as he did not have enough a meal, no one saw John's fish, so Richard Andrews catch of Toad about 10 inches long got the nod as best fish.



Hunters Hill Council put on the Sculpture By The Sea, for our entertainment and we all had a good look them, at least while we were moving around we were keeping warm. The Red Back Spiders, The Sea Gulls and the Boat Skeleton, were excellent, but some had me guessing, the shovel with the dead Sea Eagle on the top of the handle, well enough said.

The day didn't look like getting warmer, in fact it looked like rain was coming, so we had lunch and headed home, and thanked God for car heaters.

Station Master Reno

HMAS BRISBANE. (DDG 27 – D41)

At 1000 Monday 19th October, 2015 at the Australian War Memorial in Canberra a Plaque remembering the crews of HMAS Brisbane will be dedicated into the Naval Memorial Garden Wall.

All ex HMAS Brisbane crew members are cordially invited to attend this dedication ceremony.

Suitable smart casual clothing with medals.

It will be 14 years to the day the ship was decommissioned from the Australian Fleet.

NOTE

Accommodation / travel / meals / drinks to be self arranged.

(Mecure Hotel is offering a deal quote: **HMAS181015**)



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.**

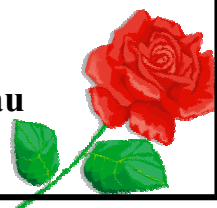
The Tuesday and Wednesday classes are informal and we teach mixed classes from the 'beginner' to the more experienced and retired seniors wanting to familiarise with current software and learn to use the Internet to send E-Mails and carry out research & other technology related issues.

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

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VVAA ST MARYS OUTPOST EDUCATION PROGRAM REPORT

This edition I have chosen to submit a collage of photographs taken to commemorate Vietnam Veterans Day

Lest We Forget

Vin Cosgrove OAM



Pte Paul Andrew Large - KIA - Battle of Long Tan commemorated at Last Post Closing Ceremony Vietnam Veterans' Day 2015.



Vietnam section Roll of Honour, Australian War Memorial



Warrant Officer Keith Payne VC. Medals displayed in the Hall of Valour, Australian War Memorial.



Wreaths and tributes laid at the National Memorial VV Day 2015.



ST MARYS Commemorative Service for Vietnam Veterans Day



The Service was attended by a crowd of around 250 and commenced in the RSL Club auditorium soon after 5.00pm to the solid sound of a Huey helicopter to gather attention. After the Catafalque Party from 1/15 Royal NSW Lancers mounted, the Cenotaph was laid. This entailed the 'Table Service for the Missing' (conducted by the RSM and Sappers from 5 Engineer Regiment) supported by candles to represent the 3 Services. Guest Speaker, Lt. Commander Stafford Lowe, reminded attendees of the extraordinary activity of the Navy's Helicopter Flight in South Vietnam.

Organisers were very impressed with the larger attendance from local school students, along with our local State MPs (Prue Carr and Tanya Davies), Penrith Councillors (Greg Davies and Jackie Greenow) and representatives of the ARVN. The Sunset Station Singers and the Lancers Band were involved during the Service and both provided a bracket of appropriate music as entertainment after the Services while attendees enjoyed the buffet supper and refreshments.

Cheers
Tony Fryer



Clockwise:
The Catafalque Party, A section of the Crowd,
The Lancers Band and the Cenotaph.

NORTHERN TERRITORY NEWS

EDITORIAL, APRIL 25 1988

Quote ...

They shall grow not old,
as we that are left grow old,
Age shall not weary them,
nor the years condemn.
At the going down of the sun,
and in the morning,
We will remember them.

A SALUTE TO OUR VETERANS

These simple but moving lines in memory of our war dead will be recited at hundreds of cenotaphs through Australia and New Zealand today.

They are so much part of our history and traditions that without them Anzac Day would be empty.

Today they remind us of the men and women whose ultimate sacrifice has made possible our continuing existence as one of the freest and best societies on earth.

And while we join veterans everywhere in bowing our heads for a silent minute in memory of our dead, it is fitting that on this bicentenary Anzac Day we pay special respect to the 500 Australians who died in Vietnam and to the 42,000 soldiers, airmen and navy personnel who served there.

It was a war no one wanted, least of all those who were called to serve. But it was a war that had to be fought because the issue then, according to those in power, was liberty versus tyranny, freedom against totalitarianism.

Many people did not recognise it as such. They saw it in extraordinarily simplistic terms. It was a case of foreign intervention into the internal affairs of Vietnam. Worse, we were the puppets of "American imperialism".

As a result there was a huge backlash, street demonstrations and protests against the war.

When the Vietnam veterans came home they found themselves rejected by a nation which did not care or was ashamed of the war.

It was a time when it was fashionable to give our Vietnam, and other, veterans a hard time. Thankfully that disgraceful episode is behind us.

Also, ironically, our Vietnam veterans were the only Australian troops in our history who returned defeated, but never having lost a battle. Not a single Australian was captured during seven years of war, not a single unit was forced to surrender, not a single action was lost. Australians, in the revered Anzac tradition, established a unique reputation among allies and enemy alike for discipline and bravery.

But none of those things was even mentioned at home, much less recognised. Their generation wanted to forget the war and get on with the business at hand, which, in the late 1960s and early '70s, was mainly the pursuit of affluence. Life was altogether too good to bother with small things like the problems of a few war veterans.

Victim

As a result the Vietnam veteran became a victim of peace just as he had been a victim of war. They had to wait until October last year for recognition of their service. The Sydney Welcome Home parade when more than 100,000 people lined the streets for a rapturous reception had many grizzled veterans unashamedly crying.

The wait was long but the final welcome home worthwhile.

Today let us remember not only those who served with such distinction, but also their families – their wives, children and girlfriends.

Let us understand the unspeakable sadness that those who are left endure with the loss of a loved one.

The *Northern Territory News* and the *Sunday Territorian* salute all our veterans today with a very special mention for those who served so honourably and with such distinction in Vietnam.

Welcome home.

... End Quote

The above Northern Territory News item came to my attention when downsizing files and prompted some reflection on the past 28 years since the Sydney Vietnam Veterans' Welcome Home Parade 1987.

As our Vietnam Veteran numbers diminish it is illuminating to reminisce on our post Vietnam journey.

Lest We Forget

Vin Cosgrove

Outpost Education Program

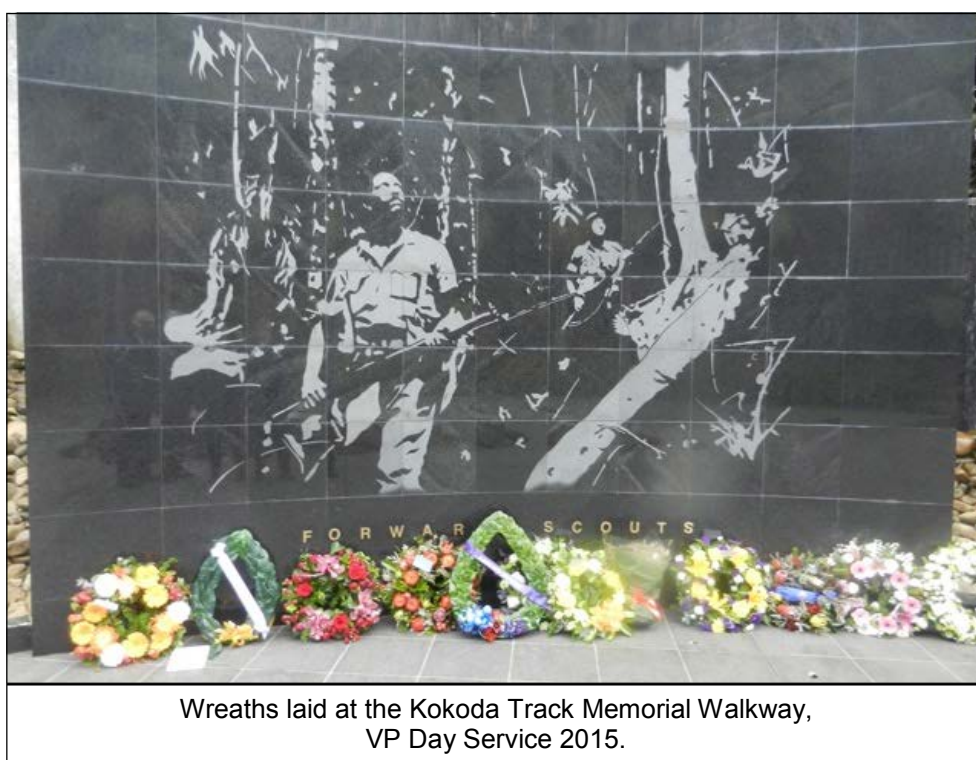


Photo courtesy "Welcome Home"
Jack Thurgar and Charles Wright,
CPP Communication Ltd.

VP DAY - 70 YEARS ON

All those who experienced the first VP Day on the 15th August 1945 were certainly aware of the historical significance of the end of the most devastating war in human history. Amongst the euphoria of the day, many must have wondered about the future and what it held for them, their country, and indeed the whole world. Seven decades later, we can now reflect on how history unfolded and how the sacrifices made to secure the peace provided a wonderful dividend for the post war generation.

- * The massive upheaval of the Second World War meant that the Great Depression, so strongly felt in Australia, was at last over.
- * Australia was to enter decades of strong economic growth and secure family life.
- * Australia's scientific and manufacturing capability was strengthened by the necessities of a war which had seen Australia close to being cut off from overseas help and assistance.
- * Tens of thousand from war-torn Europe would soon make Australia their home in the mass migrations of the 1950s and 60s'. In more recent times Australia has become a more diverse society accepting new citizens from all parts of the globe.
- * Though maintaining close ties with Great Britain, Australia turned increasingly to the major Pacific region military power the United States of America.



- * The first decades following the end of the War witnessed the demise of mighty European empires. In our region the Dutch left what is now Indonesia, the British granted independence for Malaya and what is now the Republic of Singapore, and even as late as 1997, the return of Hong Kong to China. The jewel in the British crown, India, became a sovereign nation after a painful partition to create a separate Pakistan. France reluctantly gave up French Indo

China after a bitter war which set the scene for a much larger conflict - the Vietnam War.

- * Our despised wartime foe, Japan, became an important trading partner and regional friend.
- * The Atomic age, with its terrible weapons, was ever present in the minds of world leaders and thoughtful citizens alike.
- * Decades of concern would accompany a very different war - the Cold War - a time when major power blocks competed for territory as well as the hearts and minds of societies throughout the developed and developing world.
- * At various times, the Cold War would hot up to involve Australians in savage regional wars such as the Korean and Vietnam conflicts.
- * The United Nations, though more effective than its pre-war predecessor, the League of Nations, would not always be effective in preventing conflict, but would none-the-less provide a base for supporting advances in such areas as health, education, peacekeeping and aid in times of natural disasters.

(Courtesy Kokoda Track Memorial Walkway news, 2015 edition)

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I said to the wife, "Get me a newspaper".
"Don't be silly", she said. "You can borrow my iPad".
That spider never knew what bloody hit it!





ST Marys R.S.L. Women's Auxiliary

ABN 518 565 192

President – Joan Miller

joanmiller53@bigpond.com

Vice Presidents –Noelene Foyle

Kerry Squires

Hon. Treasurer- Amanda Smith

Honorary Secretary

Michelle McCallum

14 Reindeer Place

Werrington NSW 2747

Phone: 9673 3484

Email: macka152@tpg.com.au

St Marys RSL Women's Auxiliary was well represented at the Vietnam Veterans day celebrations held at the Club on Tuesday the 18th August with President Joan Miller laying a tribute on behalf of the Ladies.

Our shopping trip in July was very well supported with a full bus of anxious ladies out to score a bargain at one of the discount shopping outlets, which they did.

It was sad to hear the passing of Michelle's mother, Kay Van Overdyk after a long illness, Kay was a staunch supporter of the Auxiliary and has been a member for 17 years and our condolences go out to Michelle and her family.

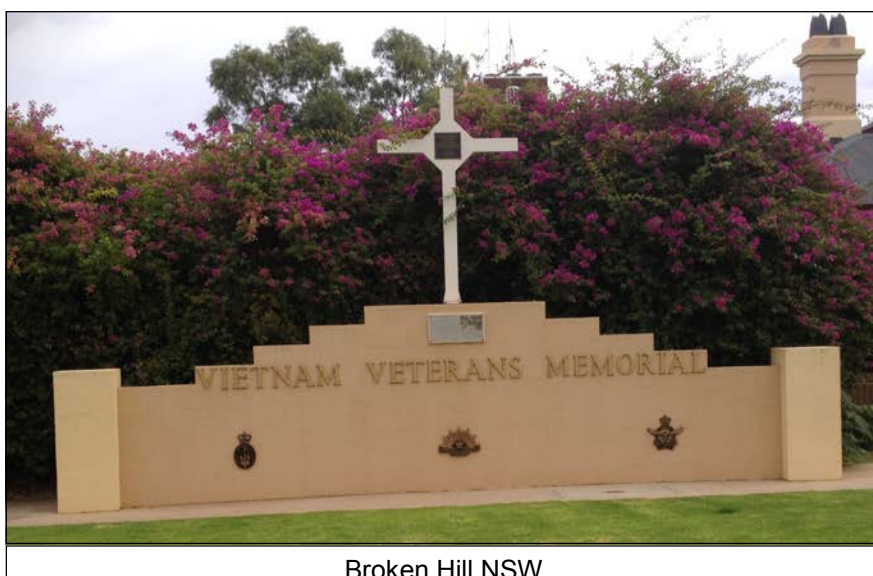
Our next big event is the St Marys Spring Festival on the 5th September and not forgetting our Mad Hatter Luncheon on the 28th October.

Our Auxiliary meet on the second Wednesday of the month at 11am in the St Marys RSL Club.

At present the Auxiliary has 16 members, and new members are more than welcome.

For more information contact: President - Joan Miller or Honorary Secretary - Michelle McCallum.

Kind Regards
Michelle



Broken Hill NSW



DVA facts made easy

RECEIVE THE BENEFITS YOU DESERVE

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

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

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

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

We also have....

- * Social Events
- * Computer Classes
- * Outings

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ABN 18095746334**



Congratulations



Thursday 27th August – As well as helping cook the monthly breakfast at the train, Tony Fryer is recognised for his dedicated service to the Veterans Outpost and the St Marys RSL Sub-Branch receiving a New South Wales Government **Community service Award**.

Tony received his Award from Tanya Davies MP (Member for Mulgoa and Outpost Patron).

Everyone associated with the Veterans Outpost and the RSL Sub-Branch join with your colleagues in congratulating you Tony on this well deserved Award





Penrith / Warragamba / Erskine Park

- Do you have foot, knee or back pain?
- Do you have trouble reaching your feet?
- Would you like a second opinion?

Did you know that if you have a DVA Gold Card that you are eligible to see a Podiatrist?

At Sole Solution Podiatry we treat all lower limb conditions in many returned service men and women and are recommended providers of actively serving defence members.

We can help with:

- General Foot Care
- Blood Flow Testing
- Orthopaedic Footwear Referral
- Foot, Knee and Back Pain Assessment and Treatment
- Diabetes Assessment
- Orthotics
- Massage

Please call us on 47362211 to schedule an appointment

A True Aussie

This morning I was in luck and was able to buy two boxes of "VIC BITTER" cheap at the local Bottle Shop. I placed the boxes on the front seat and headed back home.

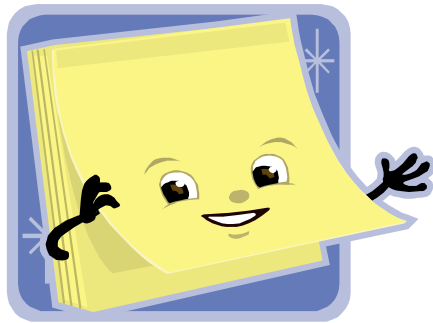
I stopped at a service station where a drop-dead gorgeous sheila in a short skirt was filling up her car at the next pump.

She glanced at the two boxes of beer, bent over and leaned in my passenger window, and said in a sexy voice,

"I'm a big believer in the barter system, handsome. Would you be interested in trading sex for beer?"

I thought for a few seconds and asked, "What kind of beer 'ya got?"





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

Pension claims at the 'Train' are now carried out on Monday, Tuesday, Wednesday, Friday between the hours of 9.00am 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

Community Information

Minchinbury Community Hospital

Do you suffer from any of the following conditions?

- Arthritis
- Anxiety
- Musculoskeletal injuries
- Obesity
- Diabetes
- Cardiovascular Disease
- Depression
- Stroke
- Parkinson's Disease
- Osteoporosis
- Fibromyalgia
- Post traumatic stress disorder
- Multiple sclerosis
- Cancer recovery
- Food Allergy
- Low back pain

Your Physiotherapy & Hydrotherapy may be covered by your Health Fund with **NO OUT OF POCKET EXPENSES!** Ask us how? Ph: 02 9625 5555.

Minchinbury Community Hospital is currently running the EPC service! Contact us for more details.



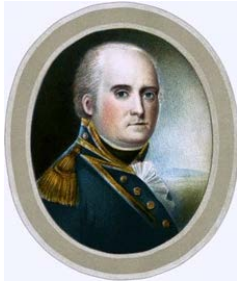
Minchinbury Community Hospital can offer Medicare and Workcover NSW approved supervised treatment sessions PLUS provide clinically necessary exercise physiology treatment for entitled DVA clients upon referral from their GP. The individualised programs can be completed in our Hydrotherapy pool and Gym. For any further information please contact us on (02) 9625 2222.

BOOM BOOM !!

A government survey has shown that 91% of illegal immigrants come to the Aussie so that they can see their own doctor.

Due to the current economic crisis, Greece is cancelling all production of Humus and Taramasalata. It's a double dip recession.





ST MARY'S GOVERNOR KING DAY CLUB

Sponsored by St Marys RSL
Sub-Branch

“ An RSL Service to the Community”



Here we are gone past half way through the year and now looking forward to Christmas.

We are still looking for volunteers to assist with the early morning setting up of our room, if you are free and can spare an hour from about 8.30am it would be appreciated.

The winter months have taken its toll with a goodly number being absent with colds and flu, however we are still maintaining good attendances. Our membership continues to grow, we now have an average of 38/40 members attending each Wednesday.

Guest speakers have included Diabetes adviser and a funeral director who was very interesting to say the least.

We welcome back Alan Greenwood who has been travelling all over the world including Iceland. Michael Reilly is also back home for a while after his travelling around the Southern States in his caravan.

Bob McCallum is our new Bus Driver and we welcome him to our fold.

Again, our thanks to the RSL Sub Branch, RSL Club, The Train and especially the Ladies Auxiliary for their continued support

Co-ordinator: Wal Charlwood

Address all correspondence:

Co-ordinator

PO Box 3168

St Marys South NSW 2760

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 Marys RSL Youth Club Hall.

Phone: Maureen 0418 253 199 or Maree 0411 679 230



John McDougal heard about a doctor who charged ten pounds for the first consultation but only three pounds for every subsequent visit. So he walked into the doctor's surgery and announced, 'Here I am again, doctor.'

'Just keep up the treatment I prescribed last time,' said the doctor, who was also a Scotsman.

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.

The human body has 7 trillion nerves.
My husband manages to get on every bloody one of them!





**ARE YOU
RECEIVING
EXERCISE
PHYSIOLOGY
SERVICES?**



**WESTERN SYDNEY
SPORTS MEDICINE CENTRE**



Australian Government

Department of Veterans' Affairs



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

Gym based exercises

Hydrotherapy

Pilates

Increase balance and mobility

Diabetes management

Reduce and manage injuries

**Western Sydney Sports Medicine Centre
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(02) 4732 4497
www.wssmc.com.au**

WELCOME to 2015:

- | | | |
|-------------------------|-------------------------|-------------------------------|
| • Our Phones – Wireless | • Cooking – Fireless | • Cars – Keyless |
| • Food – Fatless | • Tires – Tubeless | • Dress – Sleeveless |
| • Youth – Jobless | • Leaders – Shameless | • Relationships – Meaningless |
| • Attitudes – Careless | • Babies – Fatherless | • Feelings – Heartless |
| • Education – Valueless | • Children – Mannerless | • Country – Godless |

We are SPEECHLESS, Government is CLUELESS
And our Politicians are WORTHLESS !

I'm scared – witless & this is "Priceless".





ST MARYS RSL WOMEN'S AUXILIARY

For more information contact:

President - Joan Miller Email: joanmiller53@bigpond.com

Secretary - Michelle McCallum Email: macka152@tpg.com.au



ST MARYS RSL WOMENS AUXILIARY

WISH TO INVITE YOU
TO OUR

MAD HATTERS LUNCHEON

DATE:

28 October 15

TIME:

11:00 for 12:00 lunch

WHERE:

St Marys RSL Club, Auditorium
Cnr Hall & Mamre Rd St Marys

COST:

\$25.00 per person

A buffet offering cold meat and salads, tea and coffee.

RSVP:

1 October 15 to Secretary Michelle McCullum
14 Reindeer Place, Werrington NSW 2747 – 9673 3484

**THERE WILL BE RAFFLES, WHITE ELEPHANT
TABLE AND A LUCKY DOOR PRIZE FOR THOSE
WHO WEAR A HAT.**



Remembering 1942

THE CAT WHO KNEW



HMAS PERTH III - FFH157

During a visit to Sydney by HMAS Perth III, FFH 157, my nephew, a Chief Petty Officer onboard, gave me a guided tour of the ship, particularly poignant for me having served in HMAS Perth II, DDG38. During the walk round the ship I noticed red cat paw prints on ladders, along passageways

and on the bridge, so I asked my Nephew what it was all about and he explained that it was in memory of "Red Lead" the cat that had gone down on HMAS Perth when it was sunk in the Sunda Strait, and has been adopted as the ship's unofficial mascot. This seemed something I should follow up on as there was no mention of the cat when I served on Perth II. After some investigation the following came to light, and this is the story of a little black kitten with a very special job: mascot of the warship HMAS *Perth*.



"Red Lead" - the mascot

At the beginning of 1942, HMAS *Perth* and its crew were famous across Australia. Only the year before it had been fighting the Italian Navy in the Mediterranean Sea. HMAS *Perth* also evacuated thousands of war-weary Australian troops from Greece.

Now HMAS *Perth* and its crew of over 600 men were back in pacific waters where they were needed for a very important task - to stop the Japanese advance across south-east Asia. They left Sydney in January 1942, stopping off at Fremantle on the way.

It was perhaps, at this time that *Perth's* animal mascot Red Lead, joined the ship. We know it was only a kitten in February 1942. Some accounts relate that he knocked over a tin of red lead paint and needed a serious clean-up afterwards, hence acquiring his name. What a place for a little kitten to explore! There were the sailors' quarters with their swinging hammocks, the wide, wooden deck, towering masts, the round signal lamps and deep in the bowels of the ship the growling engines. But Red Lead's favourite spot was curled up in the captain's cabin. The new captain, Hec Waller, always had a moment to spare for the playful kitten.

But Red Lead had little time to settle into its new home. On 27 February, HMAS *Perth* joined a fleet of British, Dutch and American ships to stop a Japanese naval convoy from landing on the island of Java. The fleet was hopelessly outnumbered and one by one, the Allied ships were crippled, sunk or forced to withdraw. The sound of firing ack-ack guns and the shouting of the men surrounded the kitten! Japanese planes zoomed over ahead - there was no safe place to hide, except its one special place, Captain Waller's cabin. There it firmly stayed until the Captain gave orders to withdraw from the battle. Embattled but not defeated the warship steamed back to the harbour.

Back in the safety of the harbour, Red Lead somehow knew it would not survive another battle like that. It was time to find another job and another home. Quietly and stealthily it crept down the gangway. "Where do you think you are going?" yelled out one of the sailors



HMAS Perth
Modified Leander Class Light Cruiser

and scooped up the little kitten, returning it to the deck. Foiled, Red Lead tried again and again. Three times in total, the kitten tried to leave the ship but to no avail. Some of the sailors looked at the unhappy cat and shook their heads - this was a bad omen. The official log at the end of the day read "Red Lead, ship's kitten, endeavoured to desert, but was brought back on board, despite vigorous protests."

Red Lead was right that things would not improve. The next day HMAS *Perth* and USS *Houston* sailed for the south coast of Java and met a large fleet of Japanese ships.

After a desperate battle, on March 1st 1942, the *Perth* was sunk.

Over 350 men (including Captain Waller) and one little black kitten went down with the ship.
John Davison

VIETNAM WAR MEMORIAL-CANBERRA

“They gave theirs today so that
We may have our tomorrow”

Inspired by ancient standing stones, the memorial is constructed of three twisted, tapered and inclined stelae rising from a triangular shaped base, surrounded by a moat.

To the front is a ramp inviting entry to the interior, a place for contemplation and remembrance with an altar showing the three Service badges.

The rear wall has a photo-engraving depicting combat troops awaiting helicopter lift-off. The right hand stela has 33 phrases typical of the Vietnam era.

Above is a suspended ring of granite blocks – one hollowed out and marked with a gold cross, contains a scroll with the names of those who died.

Outside are three flagpoles representing Navy, Army and Air Force, while three memorial seats commemorate those six members listed as Missing in Action.

The bodies of all of these, L/Cpl Parker and Pte Gillson 1 RAR, L/Cpl Gillespie RAAMC, Pte David Fisher 2 & 3 Sqns SAS, FLGOFF Herbert and PLTOFF Carver 2 sqn RAAF, have now all been recovered from their resting places in Vietnam and repatriated to Australia and returned to their families for interment in their respective States.



ST MARYS RSL YOUTH CLUB

ACTIVITIES FOR ALL



BOXING

0425 302 432

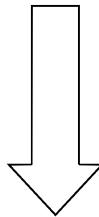
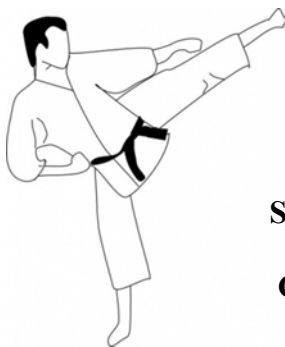
JUDO

0403 218 871

KARATE

0417 285 128

GENERAL ENQUIRIES 0451 144 797



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

Here is a truly must see.

The ADFA ED team have put together this brilliant web site

<https://vietnam.unsw.adfa.edu.au/>

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Western Hire Cars	15
Michael John Fitzgerald - Solicitor	17
Sole Solution Podiatry.....	19
Minchinbury Community Hospital.....	21
St Marys RSL Bowling Club.....	23
Western Sydney Sports Medicine Centre.....	24
St Marys RSL Womens Auxiliary.....	25
St Marys RSL Youth Club.....	28

The “**Outpost News**” expresses its grateful appreciation
to all the advertisers that support this publication.

St Marys RSL Sub-Branch
Corner Mamre Road and Hall St.

The RSL Sub-Branch monthly meeting is held the second Wednesday of each month at 6.30 pm in the auditorium, refreshments provided. The office is open most mornings between 10.00am-12noon and can be contacted on **9623 6555**.

ST MARYS RSL SUB-BRANCH COMMITTEE

President:	Ron Kelly	0408 684 276
V/President:	Ron Blakely	02 9623 6555
V/President:	Frank Lawton	02 9623 6555
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Tony Fryer	0414 557 692
A/Secretary:	Ron Blakely	0411 131 849
Committee:	Tony Mullavey	0416 231 993
	Michael Wiesel	02 9623 6555

ST MARYS VETERANS CENTRE COMMITTEE
PHONE: 02 9833 4700 FAX 9833 4022

President:	Tony Mullavey	0416 231 993
V/President:	Uwe Schoenherr	0414 063 957
V/President:	Burke Rogge	0412 369 107
Secretary:	Sam Vecchio	0418 247 325
Treasurer:	Ted Fish	02 9833 4700
Assistant Sec.	Graham Breckell	0488 775 325
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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