

# WESTERN OUTPOST NEWS



**SUMMER 2015 ISSUE**

St Mary's Outpost the  
'Train of Knowledge'

## St Marys Veterans Centre

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



LEST WE FORGET



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### **DEADLINES FOR PUBLICATION**

Autumn 2016.....22 February 2016

Winter 2016..... 20 May 2016

Spring 2016..... 26 August 2016

Summer 2016..... 18 November 2016

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

john.davison@optusnet.com.au

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\*\*\*\*\*

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# **St Marys Vietnam Veterans Outpost**

## **President's Report**

Another year has passed us by, makes me wonder where the year has gone.

The past year has seen a lot of activity at "The Train". In April we commemorated 100 years since the landing of Gallipoli, in conjunction with St Marys RSL Sub-Branch and St Marys RSL Club Ltd. This event was attended by in excess of 4000 people which included a large number of school children. It was great to see so many taking part in this Service.

Other Services that were held such as The Boer War, Vietnam Veterans Day and Remembrance Day, were all well attended with a higher than expected patronage which was good to see.

The Train was well represented at many other functions during the year. We attended several functions held by our Vietnamese counterparts "The ARVN" who hold the Australian Soldiers in very high esteem. The Springwood Vietnam Veterans Day march held on the Sunday prior was well attended by our members, there was a large contingent of the Vietnamese community dressed in national dress which made it a colourful event.

The death of Ken Prevost who was a long serving welfare officer of about 15 years, made us all realise our own mortality. Ken went about his work at Hawkesbury Hospital in a quite unassuming way, he would see a lot of Veterans and War Widows and he would always take the time to discuss their needs and concerns. Because of his dedication Ken was highly regarded and liked by all the staff at the hospital, as well as all of us at St Marys Outpost. He will be sadly missed by all who knew him.

During the last 12 months, we have had a number of new volunteers, for welfare, pensions, train washers and for the office. Our thanks goes to these people who have stepped up and given their time. There is still opportunities for anyone who wishes to volunteer their time.

I would like to acknowledge all the other members of the "Outpost" who go about their work and give their time without a second thought, the "Train" Washers and maintenance crew under the guidance of our Station Master, the Pension and Welfare officers, the Education Team and computer training people. I would also like to thank everyone else who helps keep the harmony and camaraderie in the Outpost.

I would also like to thank all our sponsors for their support over the past year, as without their support we would not be able to function in such a successful manner. We look forward to your continued support in the future.

A reminder to all members, our AGM will be held on Sunday 28<sup>th</sup> February, 2016 at 10:30 am for an 11:00 am start in the Northern Room of St Marys RSL Club. All positions will be declared vacant and nomination forms will be available from the "Outpost" nominations close on 12<sup>th</sup> February, 2016.

I would like to thank my executives and members for their support over the past 12 months.

Wishing you all a very Merry Christmas and a safe and prosperous New Year.

Tony Mullavey  
President  
VVAA - St Marys Outpost





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**VVAA ST MARY'S OUTPOST**  
**ANNUAL GENERAL MEETING**  
**SUNDAY 28<sup>th</sup> FEBRUARY 2016**

VVAA St Mary's will hold the AGM  
on Sunday 28<sup>th</sup> February 2016 at 11.00am  
in the St Mary's RSL Northern Room  
\*\*\* followed by a BBQ, all are welcome.

The AGM shall include:

Confirmation of the Minutes of the preceding AGM;  
Reports from the Executive concerning the preceding year;  
Consideration of any Notices of Motion received;  
Election of Office Bearers;  
Election of Outpost Auditors and Solicitor;  
Election of Public Officer.

Note 1: Copy of proceedings to be lodged with the Department of Fair Trading within 21 days of the AGM

Note 2: A quorum at the AGM shall consist of at least three (3) Executive/Committee Members and (7) Seven Ordinary or Associate members.

**Nomination forms for all positions** are available at the "Train" and will be accepted up to and including

Friday 12<sup>th</sup> February 2016 at 12 noon.

Tony Mullavey  
President



# Coo-ee March Centenary and Re-enactment

St Marys 8<sup>th</sup> November 2015



The Coo-ee re-enactment group left Gilgandra on 17<sup>th</sup> October and completed their journey by participating in the State's Remembrance Day Service in Martin Place on 11<sup>th</sup> November, after marching almost 700kms. During their entry to Sydney, they slept at the Penrith Paceway on Saturday 7<sup>th</sup> November (as the original March had done) & continued the following morning accompanied by the Federal Member for Lindsay, Fiona Scott to Victoria Park, St Marys for breakfast (again as the original March had done). At Victoria Park, they were greeted by bagpipes, 5<sup>th</sup> Light Horse Assoc., around 40 local Scouts and Cubs and many other school children and residents who gave them a rousing "Coo-ee" on entry to the park.

After speeches (farewell from the area, from Fiona Scott and a message from the Mayor via Cr Jackie Greenow and a piece of history related by Mrs Lorraine Stacker (Penrith City Library, Information Officer) came a brief Service. During the Service, a wreath was laid by the politician dignitaries and a single Poppy (from Poppy Park earlier this year) was laid bearing the name of Sam Luke, a 38yo labourer who joined the Coo-ee March at St Marys and was subsequently KIA in France in 1917; the Poppy was laid by Dorothy Seale, a descendant of the Luke family, accompanied by RSL President Ron Kelly and Paul Mann from the Coo-ee Re-enactment March.

Following the Service the St Marys & Mt Druitt Rotary Clubs cooked and provided a delicious breakfast before the Coo-ees departed to the east while a small flock of pigeons was released to show them the way. The event was attended by an estimated 200 locals including students from half-a-dozen schools, and was very well received by the Coo-ees.

Regards  
Tony Fryer  
Honorary Secretary  
St Marys RSL Sub-Branch



## ST MARYS RSL SUB-BRANCH REPORT

That time of year has come again, time to have a break to come back refreshed for next year.

We have undertaken quite a few services and events through the last few months, beginning with Remembrance Day. Ron Blakeley did a great job running the service and was ably assisted by both members of the train and Sub Branch. Tony Fryer has done well in getting the members of the Sub Branch involved in the services and other duties.

We also had the Cooee March arrive in St Marys and the service and breakfast held in the park was well run by Frank, he also did a great job. We have had positive feed-back from many sources and they were all praising the event and the running of it. The marchers were full of praise and very most appreciative.

Again the scholarships winners in the Colin Sheppard Awards were presented with their awards at a function at the club. As normal the feed-back from all at the presentation was positive. One school was not present, that was Gilgandra and we have members going to the Gilgandra to present their awards at the end of year school awards ceremony.

The Children's Christmas party has come and gone again as usual a great job was done by Sammy and Kitty and all the helpers. The effort put in by these people is appreciated by most members, but there is always a few who always complain.

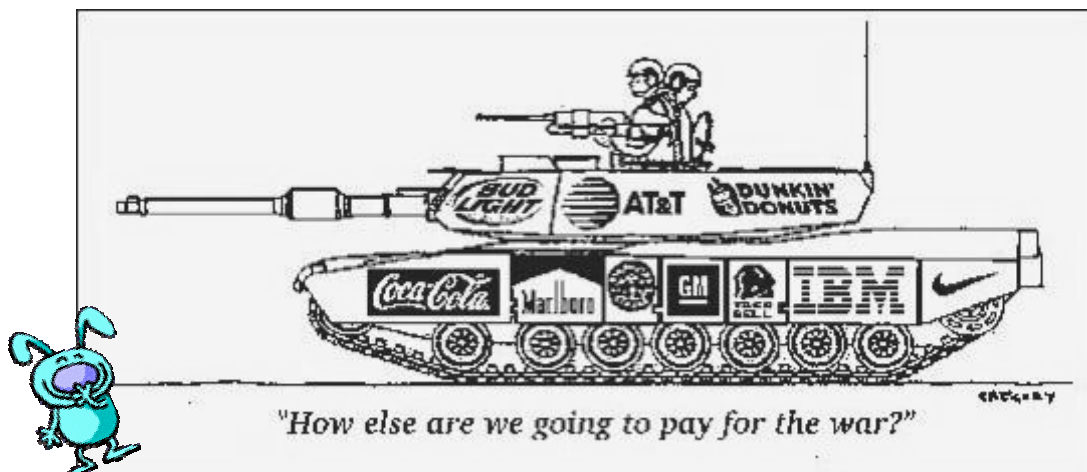
The last Sub Branch meeting for the year will be held on the 9<sup>th</sup> December, we then break till February. Next year will be the 3<sup>rd</sup> year of the election of the committee, but we still have the AGM to ratify other positions.

On behalf of the committee I would like to thank all those who have assisted us throughout the year, without your help we could not function.

Dianne and I would like to wish all members of the Sub Branch, the Train, the Vietnam Vets, the RSL Ltd and the Ladies Auxiliary a very Merry Christmas and a Happy New Year and hope 2016 brings you nothing but happiness.



Ron Kelly  
President  
St Marys RSL Sub Branch



# From The State Desk

## VVAA - NSW

### Internal review

St Marys VVAA Outpost has provided NSW State Council with a fully functional office including phone Wi-Fi filing and storage facilities. This has finally given State Council a permanent home to work from and importantly at no cost and in fact with some cost savings. Our new state phone number 02 9676 1818 is a dedicated State Council line that is manned by the St Marys staff when State Council are not in. The office we work from is also large enough for the St Marys Secretary Mr. Sam Vecchio to use and as Sam is also a State V.P. and this is also to our advantage.

### Ryde City Sub Branch

Unfortunately our old war horse Len Schultz is not in the best of health and as there are no volunteers to take on executive roles at Ryde City VVAA we are forced to watch the sub branch go into voluntary close down as of the 1<sup>st</sup> January 2016. I attended the Ryde City general meeting on the 10<sup>th</sup> of October along with Sam Vecchio, representing St Marys Outpost. It was fully explained to members what would happen regarding this closure. A letter is currently being forwarded to ALL paid up and Life members outlining the closure and providing them with a full list of the sub branches in NSW, their contact details and contact name details. A recommendation is made in the letter that they give priority thought to St Marys as this is the closest sub branch physically to the Ryde District, however they have been informed that the final decision rests with each individual as to their sub branch choice. AS a Sub Branch Ryde City General meeting voted unanimously to nominate St Marys Outpost as their preferred "Like Organisation" as per our constitution to transfer all funds and all other items to on closure. This is except for their "Welfare Fund" which a special ATO license must be held by the organization that accepts these funds to hold. The St Marys Outpost does not hold such a license and has no wish to apply for one as this could jeopardize the St Marys RSL Sub Branch Welfare Fund that currently covers 90% of St Marys members, it was therefore decided that this fund would be transferred to Macarthur Sub Branch which has the necessary license. A Christmas/Close down lunch will be held for all members in December.

### Executive

We are becoming more active since being able to settle into our new home. I am particularly happy with the work being done with 21 Platoon Recruit Training Battalion Kapooka where the NSW VVAA are sponsors is going well. We need and get a lot of assistance here with Des Davey and his troops at Wagga Wagga. I will be going for the 5th November to attend the Platoons "Our Challenge Day" and will be assisted by the Wagga Wagga Sub Branch. Pam and Andy Forsdike will go down for the march out ceremony on the 13<sup>th</sup> November.

All executive members were of course heavily involved with the Vietnam Veterans Day. All ceremonies went off exceptionally well, but I should make special mention of the Martin Place Ceremony. With the NSW Governor General making his maiden speech to us which in fact was a repetition of the speech he gave 4 days before at the Blue Mountains March. In it he paid special note and respect for all Vietnam Veterans as it was us he said that carried on the ANZAC Tradition. He was trained in Duntroon by Viet Vets and when he got to his first unit 1 RAR his commanding officer RSM platoon sergeant and Quarter Master were all Vietnam Veterans.

Apart from this there has been Reserve Forces Day, Legacy Week, Battle for Australia Day, VP Day as well as a number of other Vietnam Veteran Days such as was held at Springwood by the Blue Mountains Vietnam Veterans and Associated Forces Group, St John of God Hospital Nth Richmond and Cootamundra RSL Vietnam Veterans Stone laying ceremony and of course Remembrance Day



where I was invited to lay a wreath at the Chatswood RSL Ceremony. All of these ceremonies were attended by one or more members of State Council

As the NSW VVAA is also Patron to 21 Platoon Recruit Training Kapooka we attempt where possible to attend the main ceremonial occasions there. Secretary and VP Pam and Andy Forsdike attended the last march out parade for 2015. Unfortunately the parade had to be abandoned half way through as Wagga Wagga was hit with the largest electrical storm in living memory. Pam and Andy duly christened their new motor home by getting bogged in the Kapooka car park and needing a tow to get out.

We have continued our close working relationship with the Vietnamese Community and particularly the Ex Service members. At last count I had attended two formal Dinner Ceremonies this half, two Memorial Ceremonies and have a third Dinner engagement coming up in December as a fund raiser for wounded and immobilized Vietnam Veterans.

Well this is the end of a fairly turbulent year for me health wise so I am looking forward to a better start to 2016.

On behalf of the State Council can I wish all the St Marys VVAA members a **VERY MERRY** and **SAFE CHRISTMAS** and hope to see you all back next year.

Greg Cant  
President VVAA NSW



Wreath Laying - Chatswood Park

## FISHING REPORT

Wednesday the 18<sup>th</sup> November, saw the fishing group set off on the year's last fishing day.

Leaving home at 5 am the drive was uneventful, arriving at Brooklyn around 6 am we had breakfast of curried mince, which went down real well thanks to John Barlow's cooking skills.

That done we waited for the staff to arrive so we could get the boats and be on our way.

Off we went, our boat named Humpty and Fitzie's was Dumpty, well named, by the end of the day I know I felt like a boiled egg.



The day was hot to say the least, with a hot wind blowing and a bit of chop on the water, but we soldiered on; we all fished hard; but the fish were not playing. For the days effort our boat caught four throw-backs but to show his skill Ron Kelly caught the only legal fish on the boat and I believe it was the best fish of the day; a bream of 27 centimetres ..... of course it was the bloke on the net that really landed it.

With no fish about, we left for home a little earlier, we thought we would miss the traffic on Pennant Hills Road. Well an accident on the M2 turned a normally one hour trip ended up for me just over two hours, I got home and could not get enough water in. I felt like a 5 day camel in an 8 day desert.

The next fishing day will be the 3<sup>rd</sup> February 2016. All are welcome - if you intend to come fishing would you please let me know the Monday before, for catering preposes.

To all, have a Happy and Safe Christmas, hope to see all of you at the Train next year.

Stationmaster  
Reno.



*"Oh what a tangled web we weave ..."*



### 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

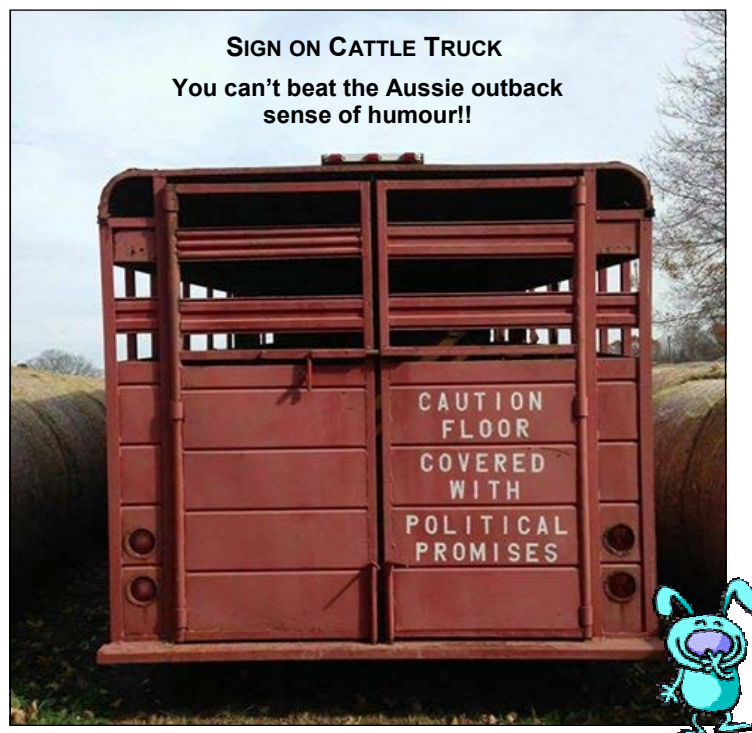
Wednesday: 9.00AM - 12.00 pm (Ladies Class)

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**







## ST MARYS Remembrance Day - 2015



An estimated 200 attended our Remembrance Day Service at 10.40am on Wednesday 11<sup>th</sup> November 2015 at our Guns War Memorial under overcast but dry conditions.

Vice President Ron Blakely MC'd the Service with special poems read by Treasurer Ted Fish ('Taking a Stand'), Greg & Kerrie Davies (who authored and read their poem 'The Lucky One') and Margaret Dallimore-Pianko ('The Simple Poppy').

5 Engineer Regiment again supported us well by providing an efficient Catafalque party, while 1/15 Royal NSW Lancers band provided our Bugler, Gavin Lukin.

Twelve local schools joined our regular Tribute Ceremony so that our memorial area was awash with floral arrangements. Pleasant after-service refreshments and buffet were available in the Club auditorium.

Thank you to all who took the time to pay tribute to those Australians who gave their lives in battle so we can enjoy the freedoms of today's Australia.

Cheers

Tony Fryer









## *A Different Christmas Poem*

The embers glowed softly, and in their dim light,  
I gazed round the room and I cherished the sight.

My wife was asleep, her head on my chest,  
my daughter beside me, angelic in rest.

Outside the snow fell; a blanket of white  
transforming the yard to a winter delight.

The sparkling lights in the tree I believe  
completed the magic that was Christmas Eve.  
My eyelids were heavy, my breathing was deep,  
secure and surrounded by love I would sleep.  
In perfect contentment, or so it would seem,  
so slumbered, perhaps I started to dream.

The sound wasn't loud, and it wasn't too near,  
but I opened my eyes when it tickled my ear.  
Perhaps just a cough, I didn't quite know,  
Then the sure sound of footsteps outside in the snow.  
My soul gave a tremble, I struggled to hear,  
and I crept to the door just to see who was near.

Standing out in the cold and the dark of the night,  
a lone figure stood; his face weary and tight.  
A soldier, I puzzled, some twenty years old,  
perhaps a Trooper, huddled here in the cold.  
Alone in the dark, he looked up and smiled,  
standing watch over me, and my wife and my child.

"What are you doing?" I asked without fear,  
"Come in this moment, it's freezing out here!  
Put down your pack, brush the snow from your sleeve,  
you should be at home on a cold Christmas Eve!"  
For barely a moment I saw his eyes shift,  
away from the cold and the snow blown in drifts.

To the window that danced with a warm fire's light  
then he sighed and he said "It's really all right;  
I'm out here by choice. I'm here every night."  
"It's my duty to stand at the front of the line;  
that separates you from the darkest of times.

No one had to ask or beg or implore me,  
I'm proud to stand here like my father's before me.  
My Grandpa died in Europe on a day in December."  
Then he sighed, "That's a Christmas 'Gran always remembers."  
I've not seen my own son in more than a while,  
but my wife sends me pictures, he's sure got her smile.  
Then he bent and he carefully pulled from his bag  
a bulky item an Australian flag.

I can live through the cold and the being alone,  
away from my family, my house and my home.  
I can stand at my post through the rain and the sleet;  
I can sleep in a foxhole with little to eat.



I can carry the weight of killing another,  
or lay down my life with my sister and brother.

Who stand at the front against any and all,  
to ensure for all time that this flag will not fall."  
"So go back inside," he said, "Harbour no fright,  
your family is waiting and I'll be all right."

"But isn't there something I can do, at the least,  
"Give you money," I asked, "or prepare you a feast?  
It seems all too little for all that you've done,  
for being away from your wife and your son."  
Then his eye welled a tear that held no regret,  
"Just tell us you love us, and never forget.

To fight for our rights back at home while we're gone,  
to stand your own watch, no matter how long.  
For when we come home, either standing or dead,  
to know you remember we fought and we bled.  
Is payment enough, and with that we will trust,  
that we mattered to you as you mattered to us."

**Author Unknown**



***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).

# VVAA ST MARYS OUTPOST

## EDUCATION PROGRAM REPORT

Eleven years on, the Outpost Education Program continues to attract a full calendar of secondary school bookings.

Across 2015 over one hundred hours of presentation time was delivered to a total of just on four thousand senior students.

These figures and outcomes confirm that the Vietnam War topic continues to be a popular study area for students and teachers. Some schools have varied their study programs because of the Centenary of Gallipoli this year and other Western Front Battle Commemorations over the next three years.



WW1 and WW2 History are also very significant and popular study and research topics for schools. It is worthy of note also that junior school students are exposed to aspects of our military history laying the foundation for more mature study and understanding of our ANZAC heritage, values and beliefs later in their school years.

As in previous years donations to the Outpost from schools engaging the Education Program cover all administration and running costs of the program and leave a healthy sum to support other Outpost programs. Significantly, accounting records show that the Education Program has attracted \$82,000.00 (approx) in donations across eleven years of operation.

Included with this edition of Western Outpost News is an article published on the Norwest Christian College website commenting on a recent presentation by the Outpost Education Team to their senior students. These complimentary comments are the norm for all presentations and help explain why around 55,000 senior students across the years have benefited educationally through their involvement with this program.

Several schools who annually engage the Outpost Education program also encourage their senior students to support Legacy, particularly through badge selling across Legacy Week. A photo of three willing badge sellers from Bede Polding College working with Outpost members accompanies this report, along with a photo of teachers from Castle Hill joining in the role play/dress up segment of school presentations. Not just the students enjoy dressing up!

A special thank you to all members of the Outpost who have supported the Education Program across 2015 and a happy, healthy, enjoyable Christmas to all Vietnam Veterans and their families. Around about fifty years on since your 'tour of duty'. Well done those men and women!

Vin Cosgrove OAM  
Outpost Education Program



# LEGACY



*Caring for the families of those who served their country*

*Legacy grew out of the ashes of World War I when a group of returned servicemen banded together, taking up a "legacy of care" for the welfare of families of their fallen comrades.*

*Since then Legacy has "Kept the Promise" to well over a million people and 90 years on still supports around 90,000 families of current and former Australian Defence Force personnel.*

*Our servicemen and women must know that if they pay the price of diminished physical or emotional health, or if they give their life in the defence of Australia, Legacy will look after their families.*

*Legacy's work is as relevant today as it was after WWI so to ensure Legacy's vital work continues, helping Widow/ers, partners, children and people with a disability we ask the public to donate generously during Legacy Week.*

*Legacy thanks you for your support.*

**Eric Easterbrook**  
President  
Sydney Legacy





## 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

It has been an enjoyable but busy year for our Ladies who have worked tirelessly over the past 12 months enjoying each others company and raising money for our veterans.

During the year our ladies have raised over \$3500.00 through our Spring Festival Stall, Weekly Raffles and the Mad Hatters Luncheon.

Our fund raising efforts over the ANZAC celebrations saw us raise over \$1300.00 on behalf of the Returned Soldiers.

We have enjoyed bus excursions to Vacluse House, the Japanese Gardens, shopping trips and the Brigadoon at Bundanoon and represented at the ANZAC Celebrations, Vietnam Veterans Day and the Cooee March.

Currently we have 3 new ladies waiting to join the Auxiliary

We would also like to take this opportunity to thank our Patrons, Mr Michael Weizel, St Marys RSL Club General Manager and Mr Michael Beach of Guardian Funerals for their generous and gracious support and assistance throughout the year.

Our ladies are in the final stage of planning their Christmas run to the Governor Phillip Hospital, at Lemon Grove along with suitable gifts from Santa for our veteran to brighten up their day.

Finally on behalf of our ladies I would like to thank the Community at large who have supported our Auxiliary over the past year and wish each and every one of you a Very Merry Christmas and a Safe and Prosperous New Year.

For more information on the Women's Auxiliary please contact: President - Joan Miller or our Secretary - Michelle McCallum (details at top of page).

Joan Miller  
President

How about one of the best "put downs" of the year. After a Remembrance Service the Army and Navy Vets were taking the rinse out of a "Raafie", calling him a 'blue orchid', 'Cinderella service', all the usual nonsense, etc. Finally this poor bloke had taken enough and he turned round look at the group of Veterans and quietly said:

"Don't forget, Cinderella had two ugly step sisters".







# 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.

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- \* Scholarships
- \* Bereavement
- \* Transport
- \* Hospital Visitation
- \* Military Themed Funerals

We also have....

- \* Social Events
- \* Computer Classes
- \* Outings

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

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**Level 8  
65 York Street Sydney 2000**

**Phone: 9283 2500 or 0419 440 990**

**FAX: 9283 2600  
ABN 18095746334**





## Recent RSL Sub-Branch Activities

### School Library Donations.

All 32 schools in the St Marys area received a \$500 donation during November/December to extend their Library purchases thanks to the generosity of St Marys RSL Sub-Branch members via the Memorial Fund. School captains and representatives attended morning teas at two host schools (Blackwell Public and Emmaus College) to receive their cheques.



### Colin Shepherd OAM School Scholarship Presentations

On Thursday evening 19th November, the St Marys RSL Sub-Branch conducted its 13<sup>th</sup> annual Presentation Night for awarding scholarships to Year 10 students who competed in this year's activity. We are pleased that the Program continues to attract student competitive attention, thanks to the keen work of the interested teachers at each school. The eighteen scholarships on offer (for a total of \$30,000) attracted students across six schools - Cambridge Park High School, Colyton High School Trade School, Emmaus Catholic College, Erskine Park High School, Gilgandra High School and St Clair High School. Scholarship monies are held by the student's school administration and monies spent under their control for educational purposes only. Students must complete a piece of work on a topic selected from a broad range set by the Sub-Branch in conjunction with the teachers. The work can be artistic, written or electronic.

Cambridge Park HS	Ewan Kellett	Lei Falculan
Colyton Trade SHS	Eilene Tuala	Amanda Singh
Emmaus Catholic College	Caitlin Webb	Madisen Carling
Erskine Park HS	Jessica Carter	Sunshine Sealtiel
Gilgandra HS	Brianna Edwards	Chloe Bunter
St Clair HS	Alyssa Harris	Neerja Antony Rajah



All the Winners



# Sole Solution Podiatry

**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.

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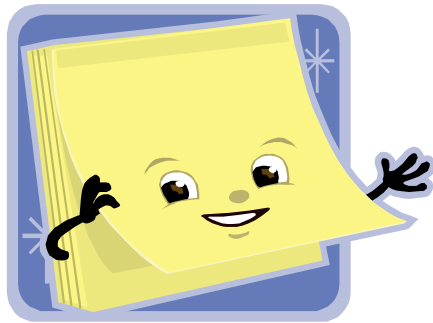
- General Foot Care
- Blood Flow Testing
- Orthopaedic Footwear Referral
- Foot, Knee and Back Pain Assessment and Treatment
- Diabetes Assessment
- Orthotics
- Massage

Please call us on 47362211 to schedule an appointment

Sandy was drinking at a pub all night. When he got up to leave, he fell flat on his face. He tried to stand again, but to no avail, falling flat on his face. He decided to crawl outside and get some fresh air to see whether that would sober him up. Once outside, he stood up and, sure enough, fell flat on his face. So, being a practical Scot, he crawled all the way home. When he got to the door, he stood up yet again, but fell flat on his face. He crawled through the door into his bedroom. When he reached his bed, he tried once more to stand upright. This time he managed to pull himself to his feet but fell into bed. He was sound asleep as soon as his head hit the pillow.

He woke the next morning to his wife shaking him and shouting, "So, ye've been oot drinkin' as usual!" "Why would ye say that?" he complained innocently. "Because the pub called an' ye left yer wheelchair there again!"





## **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.**



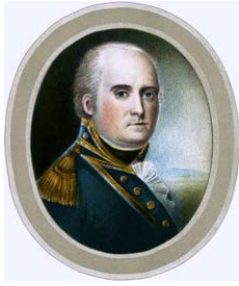
Minchinbury Community Hospital can offer Medicare and Workcover NSW approved supervised treatment sessions PLUS provide clinically necessary exercise physiology treatment for entitled DVA clients upon referral from their GP. The individualised programs can be completed in our Hydrotherapy pool and Gym.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

The graveside service just barely finished, when there was massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance.

The little old man looked at the pastor and calmly said,  
“Well, she's there\*.”







## ST MARY'S GOVERNOR KING DAY CLUB

Sponsored by St Marys RSL  
Sub-Branch  
“ An RSL Service to the Community”



November 2015

We have had a busy three months what with our eleventh birthday, BBQ at the RSL Club, Mad Hatters Day, courtesy of the Ladies Auxiliary, attended Remembrance Day Service and numerous speakers attending to talk to our members.

We had a visit from the Pennant Hills United Village Choir, there were 15 singers in the group and mostly of the older generation, but entertaining.

There has been an amount of sickness in the Club Family which has kept a few away and we hope that they are back on their feet and join us in the coming year

Membership continues to grow, and at present have 42 members. The average attendance is 35/38. However, if Mum and or Dad is at home doing nothing, bring them along, we have plenty of room for more members.

Our Christmas Luncheon was a trip down the Hawkesbury River on the paddle boat which was very well received. This outing was partially financed by the Christmas Raffle and we would like to thank all those who contributed to our Christmas Raffle. It was quite successful, financially.

My many thanks to the volunteer ladies who have been providing us with the morning teas and luncheons. The men who have been a tower of strength, setting up and cleaning up before and after our meetings, and to the members who keep turning up week after week

I point out that the Governor King Day Club is unique in as much, that there are more male volunteers than there are ladies and I don't think many Day Clubs can say that.

To the Members of the St Marys RSL Sub Branch, the St Marys RSL Club Management and Members, the Vietnam Veterans Association, Ladies Auxiliary and all associated clubs thank you for the support that has been given during the past twelve months.

The members and volunteers of Governor King Day Club hope that you have a great Christmas and New Year and above all, keep healthy and return next year, bigger and brighter.



Co-ordinator: Wal Charlwood

Address all correspondence:

Co-ordinator  
PO Box 3168  
St Marys South NSW 2760



Just had the local copper here to deliver 17 fines for trespassing and peeping.  
Apparently, "Neighbourhood Watch" isn't what I thought it was !!

## 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!



## ***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***



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A young Army officer was severely wounded in the head by a grenade, but the only visible, permanent injury was that both of his ears were amputated.

Since his remaining hearing was sufficient, he remained in the Army. Many years later he eventually rose to the rank of Major General.

He was, however, very sensitive about his appearance. One day the General was interviewing three servicemen who were candidates for his headquarters staff. The first was a Captain, a tactical helicopter pilot, and it was a great interview. At the end of the interview the General asked him, 'Do you notice anything different about me?'

The young officer answered, 'Why, yes, Sir, I couldn't help but notice that you have no ears.' The general was displeased with his lack of tact and threw him out. The second interview was with a Navy Lieutenant, and he was even better. The General then asked him the same question, 'Do you notice anything different about me?' He replied sheepishly, 'Well, sir, you have no ears.' The General threw him out also.

The third interview was with an old Sergeant Major, an Infantryman and staff-trained NCO. He was smart, articulate, fit, looked sharp, and seemed to know more than the two officers combined. The General liked this guy, and went ahead with the same question, 'Do you notice anything different about me?' To his surprise the Sergeant Major said, 'Yes, sir, you wear contact lenses.'

The General was very impressed and thought, 'What an incredibly observant NCO, and he didn't mention my ears.' He asked, 'Sergeant Major, how do you know I wear contacts?'

'Well, sir,' the soldier replied, 'it's pretty hard to wear glasses with no f\*\*\*\*\*g ears.'





## Unless You've Been a Soldier

by Clive Sanders



Unless you've been a soldier,  
You just won't understand.  
The things that we have seen and done,  
In the service of our land.  
We have trained to live in combat,  
To cope with awful sights,  
That shouldn't be seen by anyone  
And keep you awake at nights.

We don't discuss the wounds we have,  
To the body or the mind.  
We just put our hurts behind us,  
And turn our memories to blind.  
We are proud we served our country,  
And remember those we lost.  
For the freedom that you have today,  
They paid the awful cost.



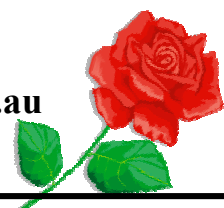
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## SAILOR

Have you stood on a bridge at midnight  
Not a bridge over a rippling stream  
But the bridge of a warship steamer  
Deep laden and slim of beam

Have you gazed out into the darkness  
With rain blinding spray and sore eyes  
Cursing the fate that brought you  
To a race with so poor a prize

Have you sweated in a red hot galley  
Over a pot of Irish stew,  
Cursing the three bell dinner  
And waiting for a good hot brew



Have you toiled deep down in the bilges  
Deep 'neath the lubber line mark  
Where the engines grind out their horse power  
And the stokers spew in the dark

If you have, then you'll understand me  
And the story I'm trying to tell  
Of men who leave home love and comfort  
For a modified form of hell

You think it's all plain sailing  
On beautiful tropical seas  
Basking on deck in the sunshine  
And fanned by a gentle breeze



But no, they sweat to the sun in  
the tropics  
And they freeze to the bone at the poles  
Facing nature's mighty wrath  
Hungry for human souls

So if tonight your window panes rattle  
And you complain that you cannot sleep  
Think of the life these sailors lead  
Out on the raging deep.



For these are just poor mortals  
Drifting in life's human stream  
Who fight and win their battles  
Nightmares to you, if you dream.

These are the men ordained by God  
That the words of your prayer may come true  
"Give us this day our daily bread"  
And give the poor sailor his due.

**Author Unknown**



# ST MARYS RSL YOUTH CLUB

## ACTIVITIES FOR ALL



BOXING

0425 302 432

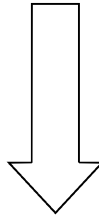
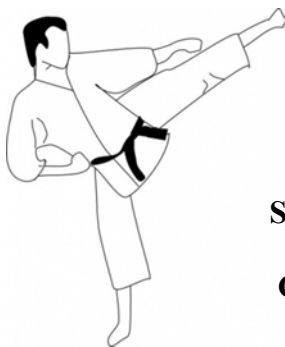
JUDO

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**

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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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