

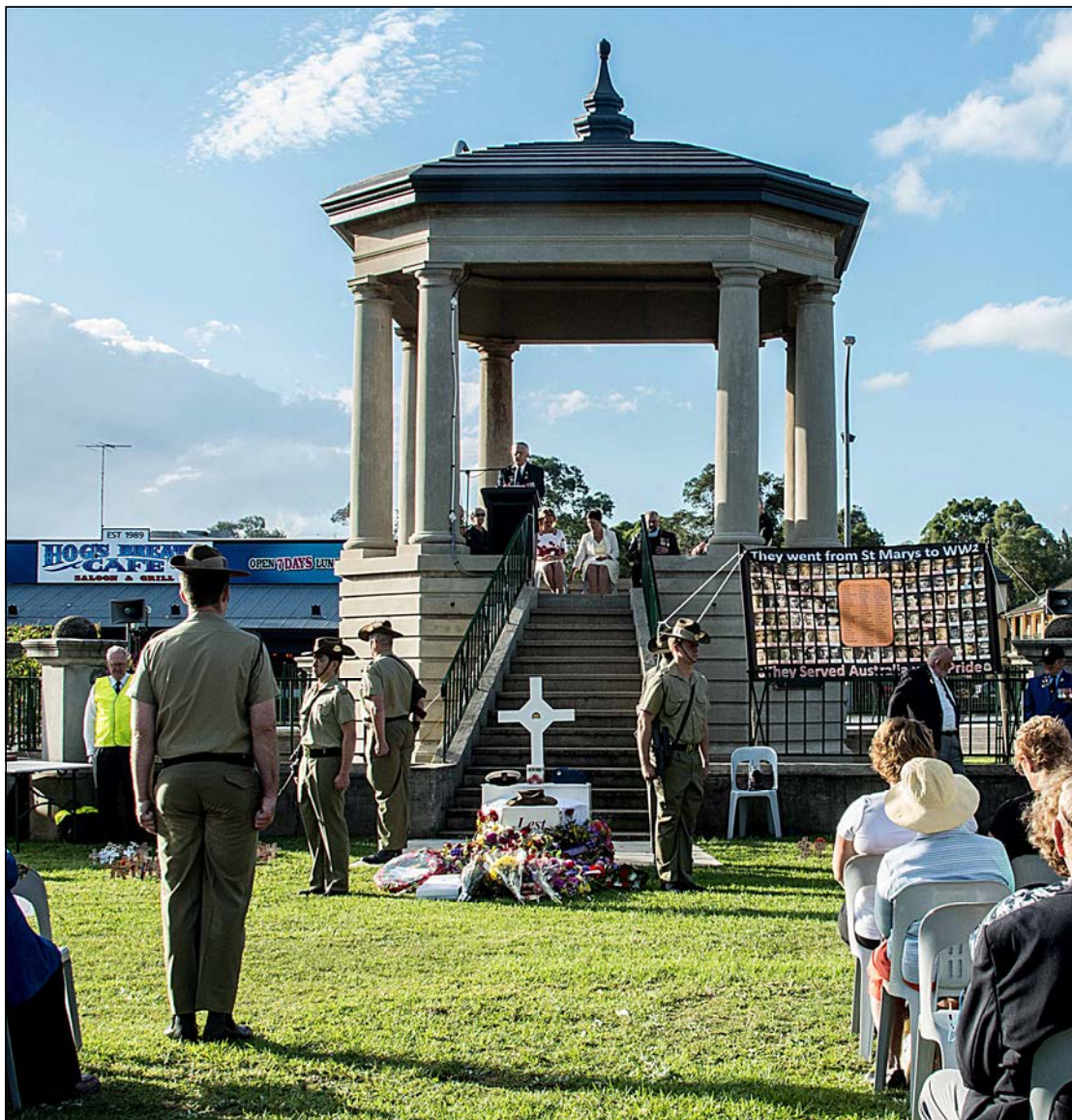
WESTERN OUTPOST NEWS



WINTER 2015 ISSUE

St Mary's Outpost the
'Train of Knowledge'

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



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DEADLINES FOR PUBLICATION

Spring 2015..... 24 August 2015
 Summer 2015.....23 November 2015
 Autumn 2016.....22 February 2016
 Winter 2016..... 20 May 2016

Articles of a general nature may be submitted at anytime, please send to:
john.davison@optusnet.com.au

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

Google: St Marys RSL Sub Branch

Phone: 9623 6555

VVAA St Marys Outpost President's Report

April was a very busy month, with ANZAC Day and the Centenary Commemorations, we had in excess of 6,000 people attend the Dawn service. Congratulations go to all involved in the preparations for the service, our members and the members of the RSL Sub-Branch, worked tirelessly to make the service a success.

Our welfare team conducted two ANZAC services at nursing homes for their residents and also a service was held at Westmead Rehabilitation Hospital. A service was also held for the Governor King Day club, along with ANZAC services for 26 schools in our area.

About 30 of our members also sold ANZAC badges at seven different locations on behalf of St Marys RSL Sub-Branch, raising much needed funds for our welfare fund.

During the last month, I attended the Vietnam Veterans National Congress at Seymour Victoria with Sam Vecchio and Greg Cant. Congress was very informative with the main result being Senator Ronaldson, Minister for Veterans Affairs, announcing the repatriation of the 25 Vietnam Veterans KIA and buried at Terendak. The Senator stressed that their remains will only be returned if their families or next of kin want them returned, he also emphasised that no pressure should be applied by Ex Services Organisations to the Families if they don't want the remains returned to Australia.

The Memorial Walk looks great with more improvements being added. A Huey helicopter has been placed on a large pedestal, next to the Luscombe bowl, they call it "Huey on a Stick" a new artillery piece has also been added and at the far end the four Victoria Cross recipients have also been added. Stainless steel garbage bins have been placed along the walk with seats nearby for people who need to rest along the walk. The committee informed me that they have applied for an APC from the Vietnam Era, the Defence Force is currently disposing of these APC's.

Tony Mullavey
President



M113 Armoured Personnel Carrier
as used in Vietnam, this photo taken at Puckapunyal



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ST MARY'S RSL SUB-BRANCH REPORT

ANZAC Sunday March and Service – 19th April 2015.

At 2.30pm in Queen Street, a record number of groups commenced the annual march to Victoria Park for our annual Sunday Service for ANZAC. More than 20 schools unfurled their banners with good representation from all, and joined with a strong representation of community and sporting groups to support the St Marys RSL Sub-Branch, Youth Club and Women's Auxiliary. Led by the St Marys Brass Band and 5th Light Horse Association, and completed with the St Marys Pipes and Drums Band, the March took over the CBD for 30 minutes while it proceeded under Police escort to Victoria Park, where our ANZAC Address guest speaker, Major General Warren Glennly took the salute as the March passed the rotunda.



After mounting the Catafalque Party by 5th Engineer Regiment and placing focus headdress on the Cenotaph, In setting the focus for the subsequent Commemorative Service, representatives of 30 local schools who participated in a related project conducted by the Sub-Branch to research the lives of 162 local WW1 volunteers, placed decorated crosses in a set formation; the schools and the St Marys Historical Society and Penrith City Library were then presented with a copy of the published collated research in book-form.

Major General Glennly's ANZAC Address was most informative and was followed by the usual prayers and Hymns (led by the St Marys Brass Band supporting the Sunset Station Singers) and the moving poem 'Not a Hero' recited with feeling by Jeremy Blades, School Captain of



Wollemi College, Werrington. A moving Tribute Ceremony and Benediction helped to complete a successful Service (along with 400 imaginary doves!).



All-in-all, it was estimated that more than 1,000 attended the Service, and the post-Service refreshments at St Marys RSL Club was also well attended.

Photos by Nic Peters.



The Sub-Branch Report on the Dawn Service appears on Pages 14-15.



***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.



Getting a Hairdryer Through Customs.

A young woman on a flight from Ireland asked the Priest beside her, 'Father, may I ask a favour?'

'Of course, child. What may I do for you?'

'Well, I bought my mother an expensive hair dryer for her birthday. It is unopened but well over the Customs limits and I'm afraid they'll confiscate it. Is there any way you could carry it through Customs for me? Hide it under your robes perhaps?'

'I would love to help you, dear, but I must warn you, I will not lie.'

'With your honest face, Father, no one will question you.'

When they got to Customs, she let the priest go first. The official asked, 'Father, do you have anything to declare?'

'From the top of my head down to my waist I have nothing to declare.'

The official thought this answer strange, so asked, 'And what do you have to declare from your waist to the floor?'

'I have a marvelous instrument designed to be used on a woman, but which is, to date, unused.'

Roaring with laughter, the official said, 'Go ahead, Father. Next please!'

REPORT FROM THE STATE PRESIDENT

Since my last report to you we have seen the Annual Budget come and go along with the VVAA National Conference.

The only good news out of the budget was the Government dropping the indexing of pensions in line with CPI only. I applaud this, but don't get me wrong I am not thanking Tony Abbott. It was the obstructionist Green, Pup and Independent Senators along with the Labour Senators that carried this day for us.

I note the Vietnam Veterans Federation at Granville have still not picked a new President. May be Tim McCombe had shoes that are just too big to fill and they should lower their sites a bit. God knows I would hate to try and nominate someone to do the same work as Tim did, as well as Tim did it.

My self and Vice President Sam Vecchio attended the VVAA National conference last week. Each of the three eastern sea board states has to host this event in turn and wear most of the cost.

As the cost of these events continues to rise and the states (unlike sub branches) have very little income. All they have is subs from sub branch memberships which is drying up year by year and any corporate donations. The decision has been made to examine the feasibility of moving the annual conference to Canberra. In this way each state can at least fly in directly (which was not the case with 3 of the last 4 conferences) and then expenses will be left up to individual states for accommodation etc. while the actual cost of conference and the venue can be divided between all states (depending on membership).

I have to admit however that this was the best conference I had attended so far in that there was no back biting or fighting going on. It was also a pleasure to finally see the Vietnam Veterans Wall of Remembrance in Seymour. It is certainly everything people say it is. Not only must we commend the business that got behind this project but we must also commend the Victorian Government for its involvement. (See pictures on page 1.)

It is noteworthy that the Victorian Government has also earmarked monies in next year's budget to assist Victorian Viet Nam Veterans return to Nui Dat for the 50th Anniversary of Long Tan.

I travelled to and from Seymour by XPT and all though it is a long trip I must admit it was a comfortable one having two seats to myself all the way down and then getting a 3 seat Day Cabin to myself coming back so that I was able to stretch right out and snooze a while.

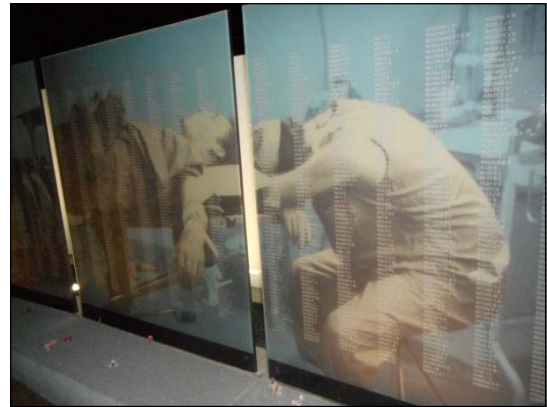
Unfortunately our pension department is a man down at present as Garry Luscombe has left us for greener pastures. It was taking Garry 2 hours each way to get to and from work and I guess that that was always going to be too much. Garry has now joined an independent ESO working out of the Northern Beaches and I guess we all wish him well. It is Garry's intention however to remain a member of the Sub-Branch and the "Train"

Till next time boys and girls I will see you all at the Branch and General meetings.

Greg Cant



Vietnam Veterans Memorial
Seymour, Victoria

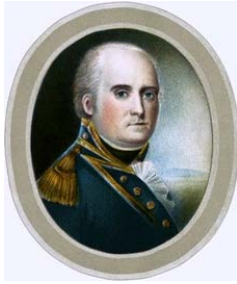


Students from Monaro High School with their tribute

See the Education Report on page 12



Pool of Reflection - Australian War memorial



ST MARY'S GOVERNOR KING DAY CLUB

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



Since our last letter we have had a new volunteer join us, a dedicated lady that travels from the city by train to join us each Wednesday.

We have had three new members join our party and we are averaging 36-37 each meeting and still have room for more new members, SO if you have someone at home who would like to enjoy company each Wednesday they would be most welcome.

The cost is \$4.00 each day which includes morning tea, lunch and good company.

We have had a number of the members away sick and even in hospital, we wish them a speedy recovery and return to us soon. Sadly, we lost one of our original members, Mrs Ivy Stevens, Ivy joined us in our second week and attended each Wednesday until recently. She was 94 years young. On a brighter side, we recently helped celebrate Mrs Marg Moir's 95th Birthday and she is still going strong.

We had an Anzac Service and Mr Sam Vechio was our guest who came and spoke to our members and was warmly welcomed.

We have had guest speakers out to entertain the members, had BBQ lunches, and our volunteer ladies have kept us hunger free with their sandwiches, soups and hot meals, not to mention our trip out for lunch.

We are still looking for assistance to help out each Wednesday morning for about hour from about 8:30 am to help set up.

Many thanks to the Ladies Auxiliary, the Sub Branch, the RSL Club and Train for their continuing support each month.

So, keep well and healthy

Co-ordinator: Wal Charwood

Address all correspondence:

Co-ordinator

PO Box 3168

St Marys South NSW 2760

Watch for this character in the next edition
of
OUTPOST NEWS





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.**

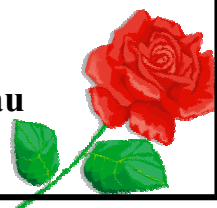
The Tuesday and Wednesday classes are informal and we teach mixed classes from the 'beginner' to the more experienced and retired seniors wanting to familiarise with current software and learn to use the Internet to send E-Mails and carry out research & other technology related issues.

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

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FISHING REPORT

Fishing Report for March 2015.



March was our first boat trip on the Hawkesbury River, 13 men went along and 2 boats were required. Breakfast of a curry and mince was the first order of the day, then on to the boats and off to do battle the monsters of the deep.

The day was perfect; water conditions were good, just what was needed to catch a boat load of fish, now if that's all that was needed they would call it catching not fishing, but never the less some good legal fish were caught, and on our boat Greg Cant caught a beautiful Flathead, Uwe also caught a bigger one than Greg, but tried to lift it, it just gave a shake of its head and good-bye Uwe.

A lot of just under size Snapper were caught and put back; Ron Kelley was the only one on our boat land a legal Jew fish, for those of you that fish I believe that the legal size of Jew has increased from 450mm to 70mm.

It would pay all who fish to get onto the fisheries web sight and check all changes to bag limits and sizes

Fishing Report for April 2015.

April's trip was to Clarke Point Reserve, and there was a good roll up, the weather was good but the wind was bitter, it kept blowing and was quite cold. As usual, the first order of the day was breakfast a real good bacon and egg roll, coffee and solves all the problems of the world until the sun was well and truly up.

We then went to what we call our spot, men dispersed all round the harbour foreshore, to do there utmost to catch fish, I for one was hard pressed to catch a cold let alone anything living.

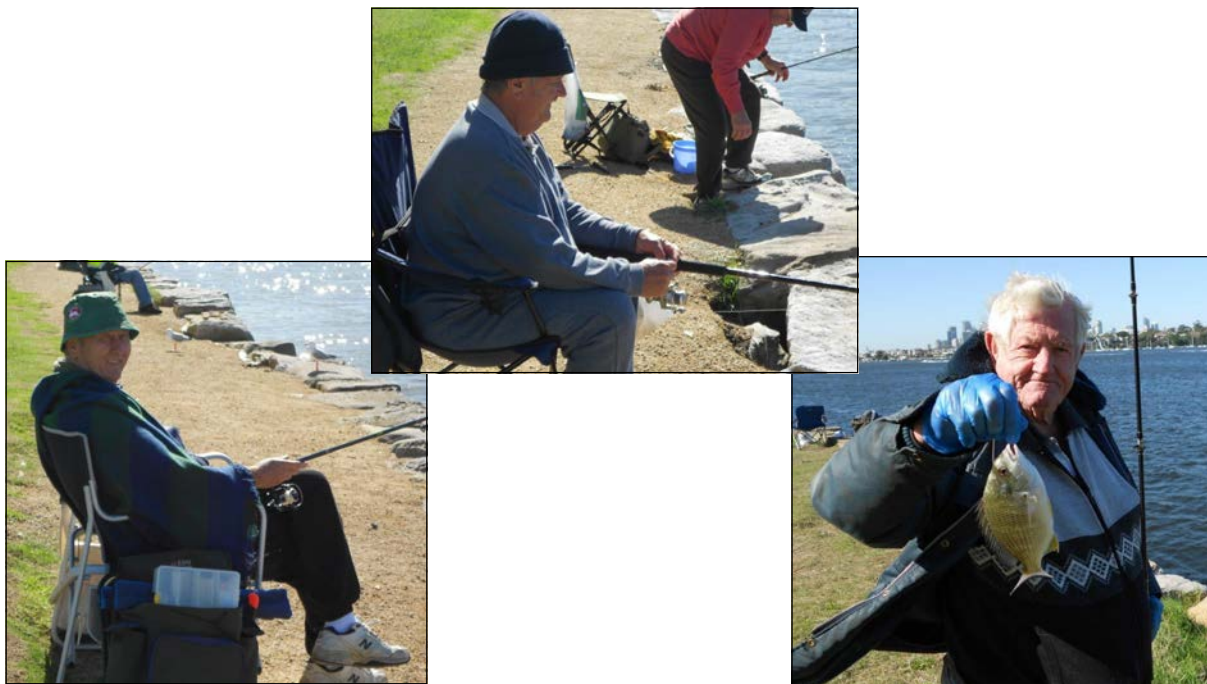


it was one of those days when a good time was had by all, but the fish were the winners, they were well feed and not to many were caught, and certainly none that were legal.

After lunch we packed up and headed for home before the traffic started.

Fishing Report for May 2015.





Clarke Point Reserve was the fishing destination for May, 8 men venturing along to battle that elusive monster of the deep, the fish. As always breakfast was the first order of the day, bacon, sausages and tomato gravy toast and coffee, and the usual UN. Meeting, before fishing starts.

Then off we went to fish, Tony Fryer was walking around with a blanket around his shoulders looked like a old American Indian, ended up being called Pock-a-Penis.

For the most part fishing was slow, not too much being caught, the exception to the rule again was Phil Parsons with a reasonable catch of Leather Jackets. It's a good thing we take all our food with us, otherwise we would all go hungry, except for Phil, even doing the loaves and fishes bit, we still would have come up short.

Still a good day was had by all, and after lunch we packed up and headed for home as usual before the work traffic started.

Station Master Reno



VVAA ST MARY'S OUTPOST EDUCATION PROGRAM REPORT

No doubt you know that from 2014 to 2018 Australia is commemorating the sacrifices and impact on our nation of WW1. This war remains our most costly conflict in terms of deaths, casualties and psychological trauma. It touched the lives of nearly every Australian family and community. It still does.



Along with 127,000 other Australians I attended the recent Dawn Service at the Australian War Memorial (AWM) in Canberra commemorating the centenary of the Gallipoli landing. Later in the day, along with family, I placed poppies next to the names of three great uncles – Killed in Action WW1 – on the Roll of Honour. The sense of connecting to these three young men and commemorating their sacrifice was very moving.

In preparation for this four year period of specific commemorations for the 59,330 fellow Australians Killed in Action and the thousands wounded physically and mentally the Australian War Memorial has completely revamped the WW1 Galleries. The new galleries capture the horror and heroism of war in a way beyond words. If you haven't visited the AWM in recent months, please plan to do so. The experience is quite overwhelming. A visit will re-enforce the notion that we should remember not to glorify war but to honour the almost incomprehensible sacrifice of so many young lives.

Thank you to Outpost members who visited educational settings and joined teachers and students for ANZAC Services over the commemoration period. The presence of veterans at school services is always greatly appreciated and adds significantly to their programs of remembrance.

Recently the annual Education Program visit to Monaro High School in Cooma was conducted. The school presentation and visit to the AWM with students to experience the Post 45 Galleries, specifically the Vietnam Gallery, and take part in a short, solemn service around the Tomb of the Unknown Australian Soldier in the Hall of Memory was most memorable. Student conduct was exemplary, befitting the occasion. Students and staff are always appreciative of the visit and extend a warm welcome.



This was our 9th year of visiting Cooma. Over that period, overnight accommodation, B & B costs for our Education Program presenters has been complimentary, courtesy of the Nebula Motel, 43 Bombala Street, Cooma, proprietors Jenny & Jeff Mort. From all Outpost members I offer sincere thanks to Jenny & Jeff for their generosity to our visiting members and for their support of the Outpost Education Program to Monaro High students across the years.



For those who may not be aware, the Australian War Memorial conducts a Last Post Closing Ceremony each afternoon commencing at 4.55 pm. The evening program, implemented by AWM director, Dr Brendan Nelson has been in operation for around two years now and daily attracts large gatherings of veterans, service family members, school children and visitors from across Australia and around the world.

The service commemorates specifically one of the fallen whose name appears on the Roll of Honour. These services are beautiful occasions where family members from different generations can gather to commemorate a relative, lay a wreath at the Pool of Reflection or simply place a poppy to honour the words 'Lest We Forget'.

Last year my family participated in Last Post Closing Services for two uncles Killed in Action during WW2. I recommend this evening program to Outpost members who have relatives listed on the Roll of Honour. For further information please go to the AWM website. Note there is already a long list of people making applications for a service so anticipate a significant waiting period for the allocation of a ceremony date.

I was fortunate to be present at the AWM Last Post Closing Ceremony recently for Corporal Cameron Baird VC MG. This ceremony was attended by Corporal Baird's parents, brother and service family, three of our living VC recipients, Keith Payne, Ben Roberts-Smith and Daniel Keighran. Also the Governor General Sir Peter Cosgrove, Prime Minister Tony Abbott, Minister for Veterans Affairs Michael Ronaldson, Chief of Army Lieutenant General David Morrison, Returned Services League President Ken Doolan, Australian War Memorial Director Doctor Brendan Nelson, along with many other notable Australians. It was both an honour and a privilege to attend the commemoration service for our 100th VC recipient.

Lest We Forget

Vin Cosgrove OAM



Cameron Baird's family (centre) gather with dignitaries for Last Post Closing Ceremony



Cameron Baird's family commemorating his sacrifice at the Pool of Reflection - 3 VC recipients present - Daniel Keighran, Keith Payne (seated) and Ben Roberts-Smith



ST MARY'S RSL SUB-BRANCH REPORT

ANZAC Dawn Service – Saturday 25th April 2015.



An estimated 6,000 plus participated and enjoyed a contemporary delivery of the annual ANZAC Service at the Guns Memorial, St Marys RSL Club. A team of around 40 Sub-Branch members worked together to conduct a Service with added features to enhance its importance. Thank you to all who played a part to make it happen successfully. After conducting a 'piquet' over the equipment through the Friday evening, the audio-visual contractors commenced with a range of appropriate You Tube video clips from 4.50 am, leading to a commencement of the official Service at 5.30 am. The Flag Party comprised a New Zealand flag and the Australian Red Ensign to reflect the Australian flag that was carried ashore at Gallipoli. This complemented the focus headdress placed by the Ladies Auxiliary onto the Cenotaph and Remembrance Candle lit by Superintendent Greg Peters, NSW Police St Marys Local Area Commander. Further local focus was attracted through the description of the Poppy Flows stemming from the 25 Pounder Cannons, cascading to the ground to envelop the formations of crosses to represent many named individuals who left St Marys 100 years earlier to serve our Nation in WW1; then on to the new banner at the Bugle Stand – the faces of 95 of those local WW1 participants.



The Service continued along usual lines with a welcome from President, Ron Kelly and the usual prayers and Hymns (led by the St Marys Brass Band supporting our singer, Fiona Harkins of Cambridge Park High School) and a moving poem 'Not a Hero' recited with feeling by Mark Pirotta, Vice-Captain of Wollemi College, Werrington.

The Tribute Ceremony was special as expected and completed surprisingly and appropriately by a remembrance Haka performed by members of the Under 19 St Clair Comets Rugby League Club.

The Benediction was delivered with true feeling by our Chaplin, Rev. Mark Jenkins; all joined in full volume for the National Anthem and the Service was appropriately concluded with the release of four white peace doves to carry our message of hope for peace to the four corners of the world.



After the Service, the organisers were stunned at the tsunami of onlookers who streamed into the Memorial enclosure to get a closer look at the focus icons and banner.

A selection of photos is accessible on the Sub-Branch website: <http://www.vvaastmarys.com.au>

If you would like to be involved in assisting to plan and co-ordinate the 2016 ANZAC Commemorative Services, please contact Sub-Branch Honorary Secretary, Tony Fryer.



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: Maureen 0418 253 199 or Maree 0411 679 230

Aloha from Hawaii,

Our group have enjoyed another successful year so far. We have had a speaker, Liz Madden, from the Public Trustee's department come and give a great presentation on Wills, Guardianship and Power of Attorney.

We celebrated Mother's Day with a BBQ at Trench Reserve Penrith with 15 ladies in attendance, the weather was perfect, and of course the sausages were cooked to perfection by Sandra and Maureen.

At our May meeting Michelle Latham was guest speaker and was very informative. She also gave out sample bags, unfortunately there were no free coffins available.

Many of our members are on holidays with Maree, Barbara and Maureen and Carmela in Hawaii, Judy in the USA, Susan down the South Coast, Dawn off for three months around Australia, Anne in Coffs Harbour, Rhonda and Margaret in the Hinter Valley.

Our cancer morning tea will be held on 18th June this year with the proceeds going to the Nepean Cancer Clinic, Mount Druitt Palliative Care Unit and the Look Good Feel Better organisation. The time of this morning tea is 10.00 am in the Youth Club Hall and the cost is \$10 each. It would be great to see you all there.

In August we will be attending our Winter Retreat to Leura.

Maureen Clements

Money has different names!!!

In temple or church, it's called a donation.

In marriage, it's called a dowry.

When you owe someone, it's a debt.

In court, it's a fines.

Employer to workers, it's a salary.

To children, it's an allowance.

When you offer after a good service. it's tips.

Illegally received in the name of service, it's a bribe.

The question is, "when a husband gives money to his wife, what do we call it???"

Answer: Money given to your wife is called DUTY, and every man has to do his duty because wives are not DUTY FREE.

In school, it's a fee.

In divorce, it's called alimony.

When you pay the government, it's a tax.

Civil Servant retirees, it's a pension.

Master to subordinates, it's wages.

When you borrow from bank, it's a loan.

To kidnappers, it's a ransom.





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ST Marys R.S.L. Women's Auxiliary ABN 518 565 192		
President – Joan Miller Vice Presidents –Noelene Foyle Kerry Squires Hon. Treasurer - Amanda Smith		Honorary Secretary Michelle McCallum 14 Reindeer Place Werrington NSW 2747 Phone: 9673 3484

Our fund raising efforts over the ANZAC celebrations saw us raise over \$1300.00 on behalf of the Returned Soldiers and I would like to thank the Ladies for their efforts and the Community at large for their support.

Our monthly meat raffle raised over \$190.00 and again thank all for your continued support.

Coming up our Ladies will be attending the View Club for their 47th Birthday Luncheon on the 24th June and the Cabra Vale Diggers Ladies Auxiliary for their Happy 90th Birthday Luncheon on the 23rd June.

Should any Lady wish to join our merry group please contact either Michelle or Joan or any member of the Auxiliary.

Michelle's Email: macka152@tpg.com.au

Joan's Email: joanmiller53@bigpond.com

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- Do you have trouble reaching your feet?
- Would you like a second opinion?

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- 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

Teacher says, "OK class, I'd like you all to tell me what you need at home.

Susie says, "We need a computer".

Wendy says, "We need a car".

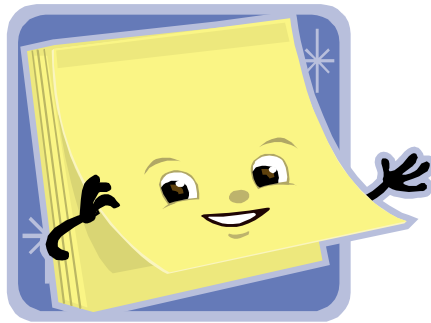
Johnny says, "We don't need anything Miss".

Teacher says, "Come on Johnny, everyone needs something?"

"No Miss, my sister came home with her new Pakistani boyfriend and said she's in the family way.

So me Dad said : "Well 'That's all we bloody need!"





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 9.00am 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.



A boy asks his granny, 'Have you seen my pills, they were labelled LSD?'
Granny replies, bugger the pills, have you seen the dragons in the kitchen?!



RICHLY DESERVED LIFE MEMBERSHIP OF THE RSL.....

A E FISH

For many years now, one of our St Marys Sub-Branch members has gone 'above and beyond' on behalf of all members of the Sub-Branch and the RSL movement in general.

Ted Fish joined the RSL in 1997 and, since moving to St Marys a few years later, has been the 'go-to man' for anything to do with finances and general RSL issues. This is due to his civilian career background and training in the finance industry. He has been Honorary Treasurer ever since 2004 and, prior to that, was Honorary Secretary and Vice President, each for one year. He continues to be a Trustee of the Sub-Branch and of the Memorial Fund. As Trustee and Treasurer, Ted has guided our Sub-Branch finances with solid control and advice; his budgeting skills have ensured security of the Sub-Branch financial resources into the future. In addition, he spends some of his 'spare' time as Treasurer of the Youth Club, Minutes Secretary & Auditor of the Women's Auxiliary and Auditor of the Governor King Day Club.

Ted regularly MC's some of our Commemorative Services and the annual Presentation Night for our scholarships to Year 10 students from local High Schools (the Colin Shepherd OAM Memorial School Scholarship Program).

He initiated our Sub-Branch's move to provide support to struggling country sub-branches - Gilgandra initially, and now Chatsworth-Iluka, Uralla, Bundanoon and Grenfell Sub-Branches. Ted's advice to executive in those various sub-branches has been warmly received and generally acted upon.

In 2013, Ted was prominent in the design and construction phases of our 'Corridor of Honour' and was MC for the official opening.

He is regularly involved actively with the Welfare Team's activities while it delivers its wide-ranging services to many hospitals and rehab centres across Western Sydney and the RSL Funeral Service component at funerals of ex-service personnel.

Ted Fish has made an enormous contribution to the RSL Aims and Objectives within the St Marys district ... and continues to do so. Members of our Sub-Branch believe that recognition via the award of Life Member of the RSL is well deserved.



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.

“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.”





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.



UNIT 2/51 YORK ROAD, PENRITH NSW 2750

PH: (02)4732 4497

WWW.WSSMC.COM.AU

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

Mensa, as you know, is a national organization for people who have an IQ of 140 or higher.

Several of the Mensa members went out for lunch at a local cafe. When they sat down, one of them discovered that their salt shaker contained pepper, and their pepper shaker was full of salt. How could they swap the contents of the two bottles without spilling any, and using only the implements at hand? Clearly - this was a job for Mensa minds.

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

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

"Ma'am," they said, "we couldn't help but notice that the pepper shaker contains salt and the salt shaker." But before they could finish the waitress interrupted, "Oh - sorry about that."

She leaned over the table, unscrewed the caps of both bottles and switched them. There was dead silence at the Mensa table.

Reminds me of the Government, solutions would be so simple, but the brilliant minds have to make the situation difficult.

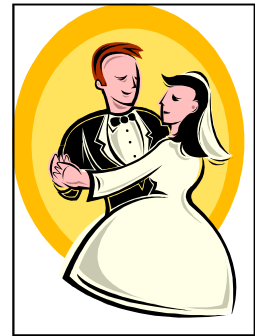


ST MARY'S RSL CLUB

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 sit 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
- Full range of audio visual equipment
- A variety of flexible menus and packages to suit
- Excellent car parking facilities
-



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 Celebrations

For further particulars call us on 9623 6555

St Marys RSL Sub Branch Southern Highlands Tour, April 2015

On an overcast Saturday morning on 11th April, forty members and partners gathered for a coach tour to the Southern Highlands of NSW.



Our coach departed on time at 0700 and away we went for our first destination, Mittagong, where morning tea was taken.

We then proceeded to Bundanoon, arriving at 0915. We were there for the annual Brigadoon Highland Festival. After some confusion about parking of the coach, we were directed to park with the other coaches outside the park on the roadway.

This turned out to be a positive as we were in a good position to watch the parade of Scottish Pipe and Drum Bands, and clan tartans, before we went into the park.



Enjoying the Highland Games



Once inside the park members were free to roam and watch the events on show. This included the massed bands march, Highland dance and games. The Highland Games were essentially a display of strength by some very big men.

Our Sub Branch support Bundanoon RSL Sub Branch, whose premises are located within the park. Members of Bundanoon invited us to luncheon, where their president Robert Williams presented our president Ron Kelly with a limited edition leadlight representation of a Flanders Poppy & mirror. Mr. Williams expressed Bundanoon's gratitude for the support given, and Ron responded with positive comments regarding the way the resources have been used.

At the conclusion of the Games, members boarded the coach and we travelled to Bundanoon, where we were accommodated at the Berida Manor, a very nice place.

A very good three course dinner was the fare for the evening, taken in a very convivial atmosphere. Following dinner members retired early after a very big day.

A hearty breakfast on Sunday morning was had, and it was needed. The day began with a visit to Fitzroy Falls, with morning tea there.

A short trip back to Bowral, where members made a beeline for the local confectionary shop, and the newsagent.

Then the coach proceeded to the ghost town of Joadja. Lunch was taken before a very interesting tour of the ruins of the former shale oil works, and the old whisky distillery. Our guide presented a very good commentary on all aspects of what went on in Joadja's heyday.

On to the coach again and destination home.

A very good, enjoyable weekend ended with our arrival back at the club premises at 1645 hrs.



TPI - TRAVEL ON THE GREAT SOUTHERN RAIL (INC THE GHAN)

Advice has been received through the TPI Association that [Great Southern Rail](#) is in the process of being sold by its UK based owners, Serco Group plc, to Australian owned Allegro Funds. The business of Great Southern Rail will continue to be developed with the change of ownership and specifically, no change to the entitlements of concession holders, including TPI's, will result from the change in ownership.

Also of note is the statement in the 2014 Federal Budget announcing that the funding for concessions on Great Southern Rail journeys will cease from 1 July 2016. This impact of the cessation of this concession beyond that date is still being assessed. All relevant stakeholders will be advised of the outcome once the impact for concession holders has been determined.

The TPI Association have further advised that this issue will be discussed at its next Committee meeting – more to follow!!

Hint - those planning to travel via Great Southern Rail to either Perth or Darwin may well need to do so before 1st July 2016.

See also

DVA Factsheet IS152 – Great Southern Railway Special Veterans Travel Concession

ST MARYS RSL YOUTH CLUB

ACTIVITIES FOR ALL



BOXING

0425 302 432

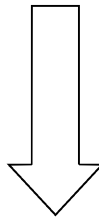
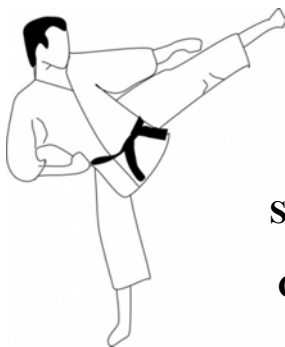
JUDO

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

St Mary's RSL Sub-Branch
Corner Mamre Road and Hall St.

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

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V/President:	Frank Lawton	02 9623 6555
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Tony Fryer	0414 557 692
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VVAA ST MARY'S OUTPOST COMMITTEE
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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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