

RESPECTING, SUPPORTING AND REMEMBERING OUR VETERANS AND THEIR FAMILIES

# REVEILLE

VOL 97, SEPTEMBER 2021

## "I had no preparation for outside life"

Catherine McGregor on the support veterans need and why they aren't getting it



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A NEW GENERATION

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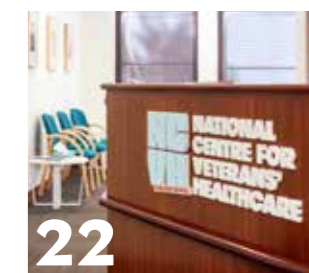
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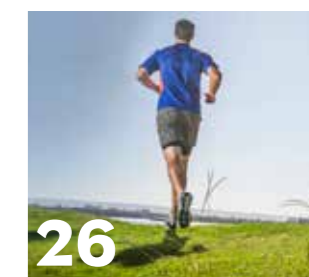
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**RAY JAMES OAM  
PRESIDENT,  
RSL NSW**

**"It will be critical for the League and RSL DefenceCare to continue to offer support to those affected by this extensive public enquiry."**

**A**s I write this report a great number of our members are in lockdown. Many are not able to see family members, go to work, visit friends or access face-to-face support at sub-Branches. Many are in need of help — as are many veterans in our communities.

Considering RSL NSW is one of the largest ex-service organisations, we must demonstrate how we deliver services to all veterans, not just members. While face-to-face camaraderie is important, the League is more than a monthly meeting followed by a roast dinner and a beer. Veterans need us to be visible to the veteran community 24 hours a day, seven days a week, and I call on you to consider how you are making yourself visible to veterans now.

Failed military campaigns and operations have boiled down to poor strategy and communication. Members of RSL NSW have access to more information than ever before, yet I still hear that sub-Branch meetings are not addressing the strategic direction of the organisation. I'm calling on District Councils and sub-Branch Executives to do more to keep veterans

informed about the 'big picture' and to update member contact information in the sub-Branch portal so that our members don't miss out on critical information distributed by RSL NSW.

The Royal Commission into Defence and Veteran Suicide was established on 8 July and an interim report is due by 11 August 2022. The three appointed Commissioners are very experienced, and have a difficult and important job ahead of them. It will be critical for the League and RSL DefenceCare to continue to offer support to those affected by this extensive public enquiry. It is also likely that the RSL, considering its charitable purpose is to support veterans and their families, will be called to give evidence.

The team at ANZAC House is working hard to ensure the 2021 State Congress and AGM in December go ahead safely. Please check Circulars for information on whether these will be in-person or virtual. In the meantime, please consider how you can get involved in Veterans' Health Week 16-24 October to promote wellbeing and mateship.



**JON BLACK  
CEO, RSL NSW**

**T**he pandemic has highlighted the role of RSL members in supporting veterans isolated from services and support. It's vital that we ensure the League can continue to do this into the future.

The Strategic Plan 2021-26 that we developed together will reinvigorate RSL NSW to be relevant and strong. We don't need 4,000 other charities to support veterans and their families — the RSL has the ways and means to do this.

'One RSL, delivering locally' is the catchcry. If we do not work as one to change, our membership numbers will continue to decline, and RSL NSW will disappear.

RSL NSW once had more than 200,000 members, which declined to 50,000 by 2010 and has now halved again. Younger veterans don't want to attend meetings, and don't understand what we stand for or do to help veterans and their families.

Attracting new members is a key goal of the Strategic Plan. We need to collectively mobilise our resources to reach younger veterans, and demonstrate what the RSL stands for and does.

We are and should remain a grassroots organisation, backed by a respected brand, purpose and values. If we apply our collective resources as envisioned in the Strategic Plan, we will reach every community.

You may be aware the RSL and the Australian Legion of Ex-Servicemen & Women are considering merging. I welcome their members to the RSL where, with the benefit of hindsight, they should already have been.

I also look forward to telling you more about the Aggregated Investment Model and Contributions Pool via Circulars and email in October.



**THE RETURNED AND SERVICES LEAGUE OF AUSTRALIA (NEW SOUTH WALES BRANCH)**

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# \$2.1 MILLION DONATION FOR VETERAN SUPPORT

RSL NSW recently announced a \$2.1 million donation from 76 sub-Branches to assist RSL LifeCare in delivering its life-changing support programs for veterans and their families.

RSL NSW President Ray James was joined by sub-Branch representatives to present the donation.

In 2020, RSL LifeCare:

Provided **\$525,609 in financial assistance**, including \$324,305 in disaster assistance

Assisted **107 veterans experiencing homelessness**

Helped 505 veterans to lodge **1567 DVA claims**

Provided **310 counselling sessions**

Made **474 virtual or socially distanced visits** to veterans

and family members at homes, hospitals or nursing homes

Lodged **173 new Veterans' Review Board (VRB)** appeals

Completed **244 Alternative Dispute Resolution mediation** discussions

Represented veterans at **57 full VRB hearings**

Assisted veterans and their partners to **secure employment**

**Promoted mindfulness and wellbeing** by facilitating horse-handling programs

This latest \$2.1 million donation will fund LifeCare to continue to deliver this vital support.

"We have already seen increased need for support services in the first half of 2021, and we expect this to continue

with the pressure of COVID-19 restrictions, the Royal Commission and more," RSL NSW CEO Jon Black said. "We are pleased to be in a position to support RSL LifeCare with the assistance of generous RSL NSW sub-Branches."

"I commend the leadership and members of those 76 sub-Branches who made the decision to support this important cause," Mr James said.

"The sub-Branches are truly embracing our ethos of 'One RSL' in supporting veterans and their families beyond the borders of their local communities."



**Find out more and see the contributing sub-Branches.**



RSL LifeCare's vital services support thousands of veterans every year, including at the Nowra Veteran Wellbeing Centre.

## QUEEN'S BIRTHDAY HONOURS



Congratulations to all RSL NSW sub-Branch members who were recognised this year.

Peter John Bennetts, Urunga

Reginald James Chard, Chester Hill

Sandra Dawn Lambkin, Tamworth

Lee Harvey Stockley, Rose Bay

David John Taylor, Pennant Hills

Brian Turner, Katoomba

Anthony Louis Walker, Portland

Brian Norman Warren, Goulburn

Robinson George Wilson, Toukley



## RSL NSW ANNUAL CONGRESS & AGM

The 2021 Congress is scheduled for 6-7 December, and will be held either at the Newcastle Exhibition and Convention Centre or, as a result of COVID restrictions and safety considerations, virtually. Registration will provide attendance to either the in-person or virtual event. Sub-Branches will be kept informed of any changes and updates via Circular and the RSL NSW website.

## On this day

**3 SEPT**

**1939**  
PM Robert Menzies announces the beginning of Australia's involvement in WWII.



Australian War Memorial / 001347

**SEPT-OCT**

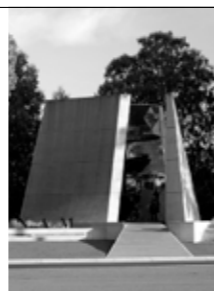
**1943**  
Operation Jaywick: Disguised as Malay fishermen, members of Special Operations Australia raid shipping in Japanese-occupied Singapore harbour.



Australian War Memorial / 04421

**3 OCT**

**1992**  
Dedication of the Australian Vietnam Forces National Memorial.



Bidgee / CC BY-SA 2.5 au / wiki commons

**10 NOV**

**1964**  
Selective conscription starts: 15,381 young Australian men served in Vietnam under the National Service Scheme.



Australian War Memorial / COL/67/0109/VN

**11 NOV**

**1918**  
German leaders sign an armistice to end WWI.  
**1941**  
Australian War Memorial opens.



Australian War Memorial / 086841

**19 NOV**

**1941**  
HMAS Sydney (II) sinks with its entire 645-strong crew off the WA coast.



State Library Victoria



## VETERAN WELLBEING CENTRE FOR WAGGA WAGGA

**R**SL NSW and its partner charity RSL LifeCare are establishing a veteran wellbeing centre in Wagga Wagga for Riverina-based veterans and their families. RSL NSW and RSL LifeCare have requested Australian Government assistance with the establishment and operation of a permanent facility, and RSL LifeCare will identify fit-for-purpose temporary premises to expedite delivery of social services and support to veterans and their families.

RSL LifeCare Board Chair Mark Dickson said he anticipates the wellbeing centre will be operational by October this year.

Modelled on the federally funded Veteran Wellbeing

Centres such as the recently opened facility in Nowra, the Wagga Wagga centre will deliver a range of support services, including physical and mental health, advocacy, education, employment, housing and financial assistance.

“The local veteran community asked for these services,” said RSL NSW CEO Jon Black. “The Wagga Wagga sub-Branch stepped up to engage with and listen to its veteran community, not just members, and sought the support of ANZAC House to respond to the community’s needs. We’re pleased to have the capacity and resources to dedicate to delivering this project to support Riverina veterans and their families.”



**This second veteran wellbeing centre for NSW demonstrates what more than 340 RSL NSW sub-Branches can achieve together.**

**It is one of several recent developments against the RSL NSW Strategic Plan, including progress towards the establishment of a national database of support services, endorsed for use by the Department of Defence and the Department of Veterans’ Affairs.**

**The small ANZAC House team has established a Program Office as detailed in the Strategic Plan, which will oversee and coordinate the concurrent implementation of multiple strategic initiatives.**

## Royal Commission: support and assistance

We’ve established the RSL NSW Office to support the veteran community, and to help provide the strongest response to the Royal Commission into Defence and Veteran Suicide.

### The Office will:

- > Circulate information and updates
- > Assist veterans with drafting submissions
- > Support individuals preparing for and following appearances
- > Provide financial support
- > Assist RSL NSW-related entities with drafting submissions
- > Collate and draft the RSL NSW submission
- > Collaborate with RSL Australia
- > Monitor response and progress in implementing recommendations



### ELECTION REVIEW – HAVE YOUR SAY

As part of the RSL NSW Election Review project, which is evaluating our election processes to ensure they are meeting the current and future needs of the organisation and members, RSL NSW is seeking member feedback on the 2020 RSL NSW Board Election.



**Please scan the QR code, left, to answer a short questionnaire about your experience.**

### Reach out for help:

✉ [submissions@rslnsw.org.au](mailto:submissions@rslnsw.org.au)

☎ 0499 441 291

✉ RSL NSW Office for the Royal Commission:  
Level 11, 175 Pitt Street, Sydney NSW 2000

👤 Contact your fellow veterans at your local RSL NSW sub-Branch

Scan code to learn more





# CA-16 WIRRAWAY

**Andrew Bishop, a third-generation pilot, on the plane that taught RAAF pilots to fly.**



Story Jonathan Bradley

It was an act of prescience: in 1935 the Chief General Manager of BHP, Essington Lewis, toured Europe and concluded that war would soon break out on the continent. In such an event, Australia would need a modernised aircraft industry.

The answer came in the form of the Commonwealth Aircraft Corporation (CAC), a consortium of some of Australia's principal industrial companies.

"You would imagine that it was a government corporation, but it was actually a private company, which saw the storm clouds of war forming," explains Andrew Bishop, Chief Engineer at the Temora Aviation Museum, which hosts one of the few working models of CAC's

first plane, the locally produced CA-16 Wirraway.

Envisaged as a fighter, the Wirraway would become a victim of circumstance.

"By the time it got into production, the rapid advances in aviation technology meant that it was pretty out of date as a fighter by 1939, when they were able to produce them," says Bishop. "So in Australia, we used them as what we call an advanced trainer."

But even if the Wirraway did not prove a decisive weapon of war, its role in preparing RAAF pilots and its status as a milestone in local manufacturing affirm its place in the history of Australian aviation. »



**"My grandfather was an instructor on these during the war. It feels weird when you're cruising along, thinking, 'My grandfather was doing this in 1944'."**

ANDREW BISHOP, CHIEF ENGINEER, TEMORA AVIATION MUSEUM

 Manufactured <b>755</b>	 In production <b>1935-39</b>	 Basic weight <b>1,811kg</b>	 Maximum weight <b>2,991kg</b>	 Cruise speed <b>250km/h</b>	 Maximum speed <b>354km/h</b>	 Crew <b>2</b>	 Range <b>1,160km</b>	 Length <b>8.48m</b>	 Ceiling <b>23,000ft</b>	 Wingspan <b>13.11m</b>	 Machine guns <b>2</b>
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# 5 TOP FACTS: CA-16 WIRRAWAY



**1 CUSTOM DESIGN**  
“It was manufactured here,” says Bishop. “The engine is an American-designed Pratt & Whitney, but we bought the rights to them and manufactured them here. CAC also built the engines.” Although the Wirraway was a locally manufactured version of the US-designed NA-16 aircraft, CAC introduced variations when it was built here.

**2 ALL ABOUT RESPECT**  
Pilots of the Wirraway were required to learn to fly in a disciplined manner — an experience that pilots of overseas equivalent models that improved on the design did not have. “They developed that aeroplane a lot further and made it a lot easier to fly,” Bishop says. “But I would suggest in doing so, the product of that training probably wasn’t as good as what came out of the training on a Wirraway. If you imagine, it’s probably a bit like learning to drive in an automatic car versus a manual. [The manual] is a bit more mechanical. It’s a bit more clunky and you probably learn a bit more because of that.”

**3 TOP PERFORMANCE**  
Maintaining a 1930s-era plane in 2021 means using some 21st century technology. “About 10 or 12 years ago, we went through and had all the magnesium alloy castings re-manufactured in a more suitable, modern material,” Bishop says. The maintenance crew also relies on 3D scans and computer numerical control machining to keep the aircraft in flying condition.

**4 ARMAMENT**  
Two forward-facing, fuselage-mounted .303-inch Vickers machine guns synchronised to fire through the propeller. Provision for two 227kg bombs and two 113kg bombs if no observer carried.

**5 TRAINING UP**  
The Wirraway was a vital step between basic training aircraft, such as the de Havilland Tiger Moth biplane, and the frontline planes of the day. “The Wirraway isn’t a very friendly aeroplane,” says Bishop, who, as a pilot and engineer, can speak from experience. “Some people view that as a shortcoming. However, in its role as an advanced trainer, I’d suggest [its] unfavourable characteristics actually made it a superior trainer.”

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This article discusses veteran suicides and other issues that may impact veterans. If any of this raises issues for you, don't go through it alone.

# CATHERINE MCGREGOR

faced the challenges of transitioning to civilian life twice. She shares how the ADF can help reduce the decades-long issue of veteran suicide.



Story Chris Sheedy

## "I had no preparation for outside life"

**T**hose transitioning out of the Australian Defence Force will likely face a serious and potentially overwhelming challenge, says Catherine McGregor. And she should know. Having held positions in the Australian Army and Royal Australian Air Force, Catherine has transitioned out to civilian life twice.

In fact, she credits part of her latest success in civilian life — she's now a broadcaster and writer, hosts her own television show called *The McGregor Angle* on Sky News, and facilitates advocacy training with the RSL — to her experience of discharging once before, as well as having survived a drug and alcohol addiction.

None of her success, however, comes from assistance through official channels.

"I love the ADF and I always will," Catherine says, "but in neither case was my separation from the military entirely satisfactory, nor on my own terms. Each time I left without much support in terms of a formal transition process." »

◀ RSL NSW member Catherine McGregor is a staunch advocate for veterans' rights.

Image: Gary Ramage



The first time Catherine left was in 1981. As an infantry officer she was downgraded after injuring her knee. She immediately saw the writing on the wall.

“They waived my Return of Service Obligation and handed me a document,” Catherine recalls. “There was no transition process or anything like that, and I ended up on the pavement.

“Fortunately, I had employment prospects and it was fine. I certainly felt no grievance. But I had no preparation for outside life at all. I landed on my feet and got a decent job, and I got on with my life. That is what postured me for success the second time around.”

Catherine re-entered the Army prior to moving to the Air Force, and had much of the basic but essential knowledge civilians take for granted, which is typically alien to those in the ADF.

She knew how to get a Medicare card, for example. She knew why private health insurance was important. She knew all the things that sometimes confound those who leave the military.

Catherine’s second transition came as a result of an altogether darker experience. She’d served her nation proudly, including three deployments to Timor-Leste and commanding the Australian Army Training Team in

that same region. Then, just prior to the release of the Brereton Report, she’d been clued in to its findings.

“A very senior former Special Forces officer told me what was in that report,” she says. “I found it impossible to serve in that chain of command after what I heard from that individual. So I walked out the door.

“I probably would have served until my compulsory retirement age. I may have even gone on a bit longer if there was something to engage me. But I chose to leave with great sadness and with no fanfare. So neither of my departures was as I would have liked them to be.”

### Identity matters

Catherine says she has been blessed with “some incredible allies and patrons” who have made her civilian life a lot easier. Such supporters and mentors, she says, are simply not available to the average digger. Hence her concern for others who transition to civilian life.

One clear challenge of transition is loss of identity. Catherine, for example, had come from a family of defence members. Her father served in New Guinea with the Second Australian Imperial Force. Her grandfather was an Officer of the First AIF, serving on the Western Front with the 21st and 24th Battalions of the Second Division.

For Catherine, the sense of military identity was deeply baked into her family, into her »

Image: Gary Ramage



**“I chose to leave with great sadness and with no fanfare”**

**“IN ONE DAY, OUT THE NEXT”**

**Adrian Sutter, Coogee Randwick Clovelly RSL sub-Branch**

**“At the end of 2011, I was in the Army one day and out the next,” Adrian says.**

He’d recently returned from Afghanistan when his sister was diagnosed with cancer.

“The hierarchy in my Unit, 1RAR, was very soldier-welfare focused. They saw my sister’s case as something that needed attention and signed me off quickly to get a compassionate posting,” he says.

“That went through at a Unit level. I moved to Newcastle, then three months later I got a letter from Canberra saying the posting was denied and to go back to Townsville.

“My goal was to be in the Army for life,” he says. But he had to stay in Newcastle with his family.

Through Swiss 8, the charity he founded for combat veterans, surveys on transition and the key factors for mental health decline have found four categories of loss: community, routine, identity and purpose.

“That was very similar, if not identical, to my experience.”

childhood. For others, that same identity might first be felt upon or soon after enlistment.

The military prides itself on building a sense of comradeship, family and unity. When that is suddenly removed, the results can be crippling.

“The method of separation does matter,” Catherine says. She recounts a conversation with Darren Chester — when he was Minister for Veterans’ Affairs and Minister for Defence Personnel — in which he criticised the ADF for “putting broken people out on the street”.

“He was very angry that the Department of Veterans’ Affairs was inheriting the problem,” she says. “He said the ADF hierarchy is not fulfilling its part of the contract with the soldier in that, even if they’re a discipline problem and get an administrative discharge, you don’t just cast them aside.”

It’s not just administrative discharge and disciplinary problems that see soldiers cast aside with little support. Medical discharges too — which correlate with higher rates of suicide — are characterised by the same lack of support and loss of identity.

“If they’re medically discharged, you break some kid’s heart who thought he was going to go to the Special Air Service regiment and be a HALO parachutist, but instead bombs out of an infantry battalion with a bad injury,” Catherine says.

Image: Gary Ramage

## “The current legislation is a bin fire ... At the moment it’s only making law firms rich”



“The ADF has to show a bit more emotional intelligence and not put people on the street until their medical and mental health is stable.”

Catherine says she has seen good officers who are still in touch with former members personally trying to make sure those members don’t get lost in the maze after their discharge.

“That’s the way good officers behave,” she says. “Dealing with the DVA can be daunting, especially if the veteran has mental health issues. If they don’t walk into secure employment pretty quickly, they can lose their sense of security and meaning.”

### The 18-month window

Discharging people who are exhibiting ideation of suicide, Catherine says, is “irresponsible”.

The first time she left the ADF, Catherine began abusing drugs and alcohol. This was partly due to a loss of military identity and partly to her gender dysphoria. She recalls the period as one that almost killed her.

It has been 31 years since she last drank alcohol or used unprescribed drugs, but she still recalls the pain and loneliness of living with suicidal tendencies.

“There’s a window of about 18 months after separation that is very dangerous in terms of suicide, marital breakdown and substance abuse,” Catherine says.

“This is whether the person has been deployed on active service or not. There’s been a misleading portrayal that everyone who commits suicide has been outside the wire in Afghanistan. That’s simply not the case.”

Such issues can be brought on by leaving, sometimes unexpectedly, the tight-knit ADF team.

“If they haven’t got a job to go to, they sometimes lose their way,” says Catherine, who helped assemble hundreds of case studies for the Royal Commission into Defence and Veteran Suicide.

“That’s when the alcohol abuse creeps in. Other issues can start to evolve; they might end up with »

### “I FINALLY FEEL A BIT BETTER”

#### Oliver Andrews

**“I wasn’t getting better. The culture in my Unit was very much ‘if you ain’t fit, you ain’t shit’,” Oliver Andrews says of his discharge from the ADF in 2018.**

Oliver had joined the Reserves in 2009 and deployed to the Solomon Islands for peacekeeping for five months before transferring to the regular Army in 2013.

He injured his back in a 2015 training accident.

“I could never get back to being fully fit,” he remembers now. “I went from being one of the top performers to not being able to do anything.”

“Then, my mental health got on top of me — depression and anxiety crept in. At the same time, someone developing a coffee shop on base had the not-very-bright idea of staffing it with injured diggers. So we were stuck in this

echo chamber of toxicity. But it means I now make a great coffee!”

In 2018, Oliver was attached to the Soldier Recovery Centre in Adelaide, and says it was a saving grace.

“It offered respite from everything that had been going on, and through that I attended StoryRight, a one-day communication workshop that reminded me of my self-worth outside the Army,” Oliver says.

“Thanks to that, when I got out I wasn’t too far off the beaten path, although I was still in a pretty dark place. Now, three years later, I finally feel a little bit settled, as if things should be okay.”

**"I wish I could do it all over again with the maturity and knowledge about life that I have now"**



marital breakdown. They can lose their way at a human level and go into a very dark place."

**Systemic problems must be fixed**

It's almost unbelievable that the ADF and DVA don't share data, Catherine says.

When an individual discharges from the ADF, one of the first things they have to do if they need support from the DVA is prove they were in the ADF or deployed to a specific region — basic ADF personnel information.

"For any soldier, and especially one who's traumatised and therefore not in terrific shape, that process is destructive," she says. "With all of the heel dragging and delays, these veterans are on a short fuse and just can't deal with it."

When they're finally through that process, they're typically offered unsatisfying levels of support, Catherine says.

So how can the ADF help resolve the decades-long issue of veteran suicide?

The statistics are frightening — over the past few decades, more veterans and servicepeople have died by suicide than at war or in war-like operations. On average, one ADF veteran dies by suicide every two weeks.

"The ADF and DVA need to have a common database for a start," Catherine says. "And every individual should have an exit plan mapped out from the day they enlist."

Her next point aligns with RSL NSW's strategic goals: "RSL NSW needs to be on every base."

Catherine suggests getting a badge on every individual as they leave the Army, "so they can become a member and stay in touch with their tribe".

There must be an overhaul of legislation affecting veterans' entitlements, particularly leftovers such as repatriation legislation from the old Veterans' Entitlements Act.

"The current legislation is a bin fire," Catherine says. "The government needs to reform veterans' entitlements with legislation to be interpreted beneficially towards the veteran."

The legislation must also be made more accessible to those under it.

"At the moment, it's only making law firms rich," Catherine argues. "For veterans, it's too complex, too harsh, and in my view, it's punitive. It's overly complicated legislation, especially if your service covers more than one of the Acts. Mine embraced three Acts. Some of the younger people span two distinct pieces of legislation, meaning it's an absolute nightmare to navigate."

**An excellent final day**

General Sir Peter Cosgrove, when he was Chief of Army, once told Catherine that it's important to make sure your last day in the Army is a good one, because it's the one you'll take with you for the rest of your life.

"There's great truth in that," Catherine says. "It's about good, effective closure. It's also about ensuring that others who are leaving have an excellent final day, which really means treating them as a human being."

"Too often, people are thrown out and they hit the pavement hard. Having a farewell with your mates and getting the plaque and the handshake and whatever else is part of that rite of passage is really important."

Why is this missing, then?

"I think it's a lot to do with various functions being outsourced," Catherine says. "That bean-counting approach has meant combat brigades still have a strong sense of identity but others do not. People often deploy as individuals to work in a coalition headquarters, for example, rather than in a team."

It's not all bad, Catherine concludes. But it can be a lot better. She cites the time she spends getting to know veterans via her work with ESOs and her advocacy as a highlight of her veteran experience.

"I love the ADF. I've served in two services, but I think your heart never leaves the Australian Army, especially infantry people. I worship the ground they walk on — they're some of the greatest human beings I've met."

"Whatever shortcomings I've identified, would I do it over again? Yes. I wish I could do it all over again with the maturity and knowledge about life that I have now." 🌹

**"ANZAC DAY WAS REALLY HARD"**

**Michael Borg, Griffith RSL sub-Branch**

**"When I was in Sydney I stayed fairly closely connected with mates from my Unit, which was also in Sydney. But when I moved to Griffith, that made things really hard," says Michael Borg.**

Michael served from 1995 to 2001, across Army Reserves and regular Army, and saw operational service in Timor-Leste. He's now part of the Rural Fire Service in Griffith.

The greatest impact of transition has been the loss of his Unit.

"This year ANZAC Day was really hard. I didn't have any of my old Unit around. I did the parade in town, but then had nobody to go for drinks with," he says.

"I knew this year would be hard because a few mates moved away. It's not deeply emotionally upsetting. It's just that normally on ANZAC Day when you're in service, you're with your mates. But when you transition, you still need to have people around you."



**The initiatives that will place Wellbeing Support Officers on bases across NSW are part of the RSL NSW Strategic Plan 2021-26. Find out how your sub-Branch can help support the Strategic Plan.**

# A HAND UP

**Veteran Geoff Evans and National Centre for Veterans' Healthcare RSL NSW Liaison Officer Bronte Pollard navigate medical care together.**



Story Chris Sheedy

**V**eteran and CEO of Disaster Relief Australia Geoff Evans had been seeing pain specialists for a decade by the time he was introduced to the National Centre for Veterans' Healthcare (NCVH) at Concord Hospital by volunteer RSL NSW Liaison Officer Bronte Pollard.

Geoff sustained spinal injuries in a bomb blast in 2010, during his second deployment to Afghanistan, and transitioned out of the military in 2012.

"I'd heard there was a veterans' health service being established in Sydney, but I wasn't aware of NCVH until I met the RSL Liaison Officer," says Geoff, a member of the Malabar sub-Branch.

"I was first introduced in February 2021, and I discovered a truly exceptional service."

The care process at NCVH begins with a holistic assessment of physical and mental health, which Geoff hadn't seen together previously. After that initial assessment, a multidisciplinary team has a case conference about each individual. This is followed by appointments with other specialists at the NCVH, before the veteran is referred to specific, experienced providers in their local community who can respond to the veteran's unique needs.

Although he'd been seeing specialists for years, Geoff is now plugged into a new level of expertise and care.

"Yes, I have my own pain specialists. But because of the multidisciplinary approach at the NCVH, looking at whole-of-person and whole-of-life, and seeing where everything interconnects and how they can assist, it was an exponential step forward in my own healthcare," Geoff says.

"One of the most memorable parts of the experience was at the very beginning, just the fact that the centre is incredibly welcoming to veterans. It operates in a way that reduces your anxiety. It's the first medical centre I've walked into and been offered a cup of coffee, for example."

### Home to help

"I'm extremely well versed in the veterans' sector," Geoff says. "Despite that, I still needed the »

### What does the NCVH offer?

The patient and their family, in partnership with the centre's case manager, are at the centre of the NCVH model of care. Four medical disciplines surround that core partnership:



**PAIN MANAGEMENT**



**DRUG & ALCOHOL MEDICINE**



**PSYCHIATRY**



**REHABILITATION MEDICINE**

In addition, allied health specialities include:

- Psychology
- Physiotherapy
- Exercise physiology
- Dietetics
- Occupational therapy
- Diversional therapy
- Social work



RSL Liaison Officer's assistance to access care. Bronte's access and knowledge meant I was seeing leading specialists within a week of our first conversation."

Bronte, who served in the Royal Australian Navy during the 1980s, discharged in 1990 then married and moved overseas. He was disengaged from the military community after his transition out and during his time overseas, until he saw a need to help.

"When we got back, I just felt like I wanted to help with what I saw was happening to veterans and members when they returned from deployment," Bronte says.

They were not receiving the care he felt they deserved. He joined the RSL in 2014 and has been re-connected to the community since then.

Bronte's role at the NCVH predominantly involves working with case managers to link veterans to services such as claims and advocacy support, social connectedness, financial assistance and more.

"My role typically is to use my connections and knowledge to help link veterans with non-clinical services," Bronte says.

"RSL LifeCare is a very big resource for me. I meet with the veteran to determine what they're looking for and then refer them to a service that's going to best suit their needs."

Assistance filling out online forms or taking the veteran to the supermarket can be enormously helpful, Bronte says.

"Often the simplest things are the most powerful," he says.

"A rural veteran staying at our onsite accommodation, Fussell House, may be a little overwhelmed. They're away from what they know. So I'll take them down to Woolies and just chit-chat with them, break the ice. It's just a little thing, but it helps them get settled. That's hugely important, particularly as they're potentially a little bit anxious. It's a circuit-breaker."

### Simply be there

When the volunteer role was being developed, one essential was identified: simply be there for the veterans. It was important to be visible and available, even if just for a chat, a coffee or to wander the aisles.

"There's one veteran I'm assisting who is very quiet, shy and reclusive," Bronte says. "He can sometimes have a hard time talking to people he doesn't know. But he and I have had some great chats, and I know that helps to put him at ease."

"I'm so proud that RSL NSW committed to having a presence. It goes to the core of what we do and is a powerful opportunity for us to make a real difference in the lives of the veterans in need. Whether I'm having a brew with a veteran, going shopping to Woolies, or helping them in any other way, seeing that look on their face when they're feeling safe and relaxed is the reason I do this."

### Who's eligible for care?

All ex-serving members of the Australian Defence Force with at least one day of continuous, full-time service are eligible for referral to the NCVH. There is no cost associated with receiving treatment and services there.

"The centre's service covers four main medical streams — rehabilitation medicine, drug and alcohol, pain management and psychiatry — and that's all case managed. Then there's the Allied Health Services. Specialists at the NCVH have the ability to refer to the hospital, too," Bronte says.

"One of the huge benefits for veterans with complex medical needs is they can go to one site and, potentially on the same day, see a number of specialists and have various tests done. They're not having to run all over the place for weeks on end."

While the NCVH doesn't offer long-term care, it ensures veterans experience a holistic assessment and class-leading treatment and advice, followed by a care plan and referrals to experienced local practitioners.

"The medical and other professionals at the centre are exceptional," Geoff says. "We're really lucky to have them." 🇺🇸



## FUSSELL HOUSE

### A veteran's home away from home

**S**ome veterans travel from far and wide to visit the NCVH. Once they arrive, there's a very special place for them to stay.

On 27 November 2008, Lieutenant Michael Fussell from the Sydney-based 4th Battalion, Royal Australian Regiment (Commando), serving with the Special Operations Task Group in Afghanistan, was killed when an improvised explosive device was detonated. He was just 25 years old.

Fussell House honours the memory, life, service and sacrifice of Lt Fussell, accommodating veterans from regional and interstate areas when they're visiting.

The 19-room facility was built at Concord Hospital thanks to a \$6.7 million contribution from the Commonwealth Government.

With single, twin and family accommodation; common living, kitchen, dining and laundry spaces; and an enormous, architect-designed outdoor and barbecue area, it's a space for veterans and their families to relax.

Although it has only been open for a few months and has been affected by COVID-19 restrictions, veterans have connected, found a common spirit of belonging and discovered powerful friendships.

**Find out more: [ncvh.com.au](http://ncvh.com.au)**



RSL NSW currently supports Bronte Pollard as a part-time volunteer Liaison Officer. To access assistance email Bronte, or visit the RSL NSW website to find out more about eligibility and download a referral form. Scan the QR code or use the URL below.  
 NCVH-Liaison@rslnsw.org.au  
[rslnsw.org.au/find-help/national-centre-for-veterans-healthcare/](http://rslnsw.org.au/find-help/national-centre-for-veterans-healthcare/)

# HOW TO GET MOVING

**Veteran Health Week runs 16-24 October, with the theme 'Get moving'.**



**T**hrough October, Sydneysiders will likely gain a little more freedom, and those outside of Sydney might take even greater steps towards normalcy. Wherever you are for Veterans' Health Week, make the most of the precious patch you're able to get moving on. Here's a few ideas for ways to get moving at home or close to home, without gym access, and on your own or with just one other person.

### It's a dance off

You're going to feel silly. If you need to, call it first aid training and start out by getting into the CPR rhythm with *Staying Alive*. Trust us, you'll be cutting it up and clapping along with Pharrell in no time.

And it'll be good for your health! Researchers from Oxford University found a few years back that the endorphin release that comes from dancing can increase pain tolerance and emotional bonds.<sup>1</sup>

Other studies have found that in addition to a little mood-boost, dance can reduce stress, aid in the development of new neural connections, and improve cognitive skills.<sup>2</sup>

### Virtual races

The jury's been in for a while on this one – running can extend life. One study found that even those that ran just 50 minutes a week were less likely to die from cardiovascular disease or other causes, while an earlier Danish study identified a 2.5-hour per week 'sweet spot' for running to increase longevity.<sup>3</sup>

Download a collaborative fitness app like Strava or Fitbit and set daily challenges for yourself and your mates. Who can keep up a daily 10km for the whole week? Who's done the fastest 5km? Who can log the greatest total distance for the week? Who's drawn the most creative track while they're pounding the pavement?

If you're competing just against yourself, try to find a new running route each day – it'll bring some fun even if you're only allowed an out-and-back 10km within your LGA.

**DID YOU KNOW?**  
Adults aged 18-64 are meant to do between 1.25 and 2.5 hours of serious physical activity each week (or twice as much moderate activity), as well as strength exercise a couple of times.

### Mix it up

If you just can't face pounding the same pavements or using the community weight machine at the local park much longer, mix up your exercise routine by grabbing a mate for some quick games every couple of days.

There's not much like kicking a ball as high as you can and getting under a great catch. Or slogging a few out of the park (aka into the sides of the cricket nets). You're sure to get a good run around at the same time – so those health benefits of running are all yours too.

### REFERENCES

- 1 [rsbl.royalsocietypublishing.org/content/11/10/20150767](http://rsbl.royalsocietypublishing.org/content/11/10/20150767)
- 2 [hms.harvard.edu/news-events/publications-archive/brain/dancing-brain](http://hms.harvard.edu/news-events/publications-archive/brain/dancing-brain)
- 3 [health.harvard.edu/blog/running-health-even-little-bit-good-little-probably-better-201407307310](http://health.harvard.edu/blog/running-health-even-little-bit-good-little-probably-better-201407307310)

## TAKE UP A SHORT SPORT

Shortened forms of your favourite sports are a great way to build the exercise habit in civvie life while balancing the job, the family and everything else. Here are some short team sports and events to look forward to.



### 20/20 cricket

Juggling kids and work? All-day cricket is probably unlikely. All-weekend cricket is definitely off the cards. A 20/20 game though will only go for about two hours on a weekend or a weekday evening in summer – if the organiser runs a tight ship.

Got a bit more time on your hands? Play your cards right, and you could get in a couple of games with a barbecue in between on a weekend, and a nets session or two during the week.

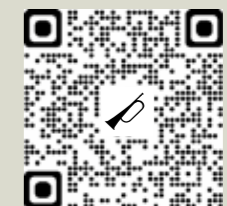
Check out Last Man Stands to join a local competition and climb the global rankings (there's something in knowing you're number 74,930 with the bat in the world), or just get a casual game going among your mates. [lastmanstands.com](http://lastmanstands.com)



### Parkrun

Every Saturday morning, groups around Australia notch up 5km in local parks.

The official line of Parkrun is 'there's no time limit and no one finishes last' but if you're the competitive type you're in luck – from the more than 721,000 finishers there are records to beat for the fastest male and female participants.



**PARKRUN IS COMING!**  
Join Team Veteran and participate in RSL NSW Veterans' Health Week Parkrun. [parkrun.com.au/groups/29137](http://parkrun.com.au/groups/29137)



# REACHING OUT: GROWING TOGETHER

**A complete mindset change saw a boost in new members for one local sub-Branch.**



Story Tess Durack



**W**hen Lieutenant Colonel Nick de Bont transferred from the North Bondi RSL

sub-Branch to Forestville, the veteran, reservist and current Commanding Officer of the Sydney University Regiment stood up to introduce himself. It's a formality for which one minute is allocated.

"He spoke for a bit more than a minute," says sub-Branch Vice-President Sandy Howard.

Nick, who'd seen his former sub-Branch make several changes to attract younger members, had a confronting message for the members of Forestville – which President Bob Lunnon describes as 40% aged 70-80 and 40% aged 80-90.

That message?

"Get out there and get involved with younger people," says Sandy. It was a rallying call that challenged the mindset of sub-Branch members.

"There's a norm that exists in all the members – they're comfortable," says Bob. "They're not going through the challenge of what the younger veterans are going through, with all the issues



of mental health and caring for young families."

There was frustration among those members as well.

"There was an obvious problem being put in front of us, and we didn't feel there was any way of making immediate contact with those in need," Sandy says.

The challenge aligned with the RSL NSW motto of 'working together, delivering locally' and with the RSL NSW Strategic Plan, which includes a focus on new members under 50. Forestville had already been working to match its initiatives with those in the strategic plan – and the sub-Branch was eager to meet this challenge as well.

To deliver locally, Forestville sub-Branch would have to reach out. And that's exactly what it's doing with the Reaching Out program: working to connect with former and serving members of the ADF who reside in the sub-Branch's catchment area, and to support projects that provide a welfare benefit to members and the wider service community.

There are now 10 people on the Reaching Out committee along with three Wellbeing Support Officers (WSO). It is, says Bob, a group of "very thoughtful, active, creative people". Here are some of the initiatives and activities that are helping members support their local veterans and families, and bringing younger members to the sub-Branch.

← **Lieutenant Colonel Nick de Bont had a confronting message for Forestville sub-Branch.**

## 1

### Reaching for a new date to commemorate

"The RSL has changed and grown vastly since its formation at the end of WWI and since soldiers were excluded when they returned from the Vietnam War," says Sandy. To encapsulate that change, Bob describes how the VP Day luncheon, held every year on 15 August, will this year be known as the Commemoration luncheon.

It will acknowledge significant dates across the Korean and Vietnam wars, the Borneo and Malay campaigns, peacekeeping missions, Iraq and Afghanistan, and other campaigns.

This change recognises the veterans who've served more recently and are serving still, as well as their families, alongside those WWII vets traditionally recognised on VP Day.

It's an important symbolic shift to demonstrate the sub-Branch's commitment to inclusivity and embracing younger members moving forward.



## 2

### Reaching veterans' young kids

The Australia My Country (AMC) competition is fast becoming a favourite event in the sub-Branch's calendar.

Open to children in Years 3-6 at some 20 schools in the catchment area, AMC encourages children and families to research military history and create an artwork or written piece in response to a theme.

The winning entries are celebrated on a presentation day and cash prizes awarded.

Two years ago Forestville sub-Branch also introduced a Remembrance Day Education Grants Program to support eligible students entering Year 7 with the costs of school uniforms and computer equipment as they transition to high school.

These kinds of initiatives help cultivate the sub-Branch's connections to the community, showing people a path to the RSL they might not otherwise have taken. »

# 3

## Reaching serving members on base

The Reaching Out initiative is nurturing relationships with three local units, HMAS Penguin, 7Bty 9Regt RAA and 2/17 RNSWR by developing three Wellbeing Support Officers as points of contact.

“It used to be that we would wait for people to come to us at the sub-Branch,” says Bob. “Now we have to be in their territory. We have to be actively involved in their community.”

Forestville’s new membership officer Peter McAskill is committed to transforming from office-based efforts to community-focused initiatives.

“On Anzac Day,” says Bob, “he went around to all the service members in uniform who attended the Dawn Service and talked to them about the sub-Branch — and they were all in that cohort of 50 and younger. He actively approached them and ended up getting six new members.

“That’s part of the mindset change: we’ve got to go to them, we can’t expect them to come to us.”

# 4

## Reaching Clearance Divers in need

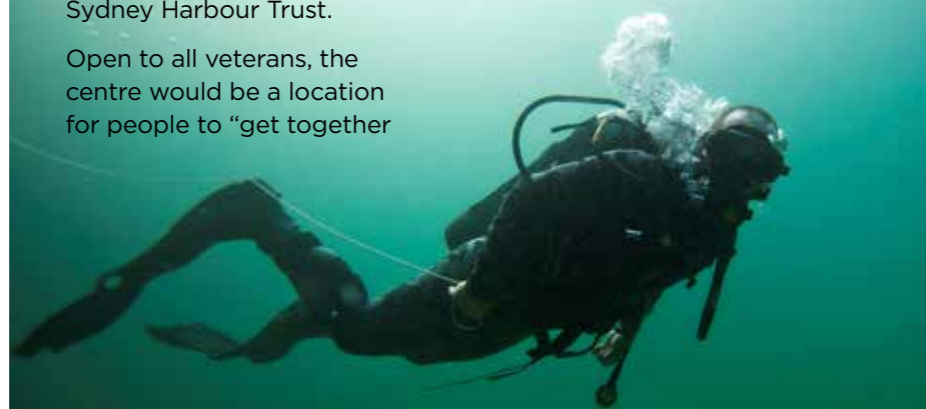
The sub-Branch is supporting a project initiated by Navy Clearance Divers with the Mosman RSL sub-Branch to promote a veterans’ ‘shed’ in the Mosman area. It would be located at Chowder Bay with the hope that a long-term lease would be granted by the Sydney Harbour Trust.

Open to all veterans, the centre would be a location for people to “get together

and share ... their experiences in common,” says Sandy.

While only in the early stages, the project provides hope.

“Connecting and hope are critical to this group, the Clearance Divers,” says Bob. “In the past few years they’ve lost three CDs to suicide, so there will be an emphasis on that group, but everybody is invited — it will be inclusive.”



Defence media

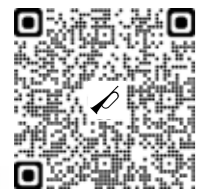
# 5

## Reaching busy partners



“We’re trying to help people where help is not available from another source,” says Sandy. As Nick de Bont pointed out: many young veterans are extremely busy. Between work, service and families, it’s not easy to find time to come into the sub-Branch. But this doesn’t mean they don’t need support.

“If one parent is on deployment,” says Sandy, “and the other gets sick, they might need help cleaning or might need the lawns mowed. And that’s the sort of thing we can help with.”



### REACH OUT FROM YOUR SUB-BRANCH

Only 3,000 RSL NSW members are under the age of 55. The RSL NSW Strategic Plan is working to change that — and just like Forestville sub-Branch members, you can help support the veterans in your community and revitalise your sub-Branch. Scan the QR code to find out how.



# Get moving

## Veterans’ Health Week 16-24 October

Whether you play, throw or run, walk, ride or roll, get moving this Veteran Health Week.

- > Organise a lawn bowls or golf day
- > Cycle to work each day for the week
- > Go for a kayak, swim, surf or ride
- > Try out a meditation, yoga or pilates class
- > Host an outdoor barbecue with backyard cricket
- > Register in ‘Team Veteran’ for a Parkrun near you



## Join Team Veteran

700,000+

Aussies have finished more than

10 million

Parkruns, in 422 locations around the country.

Find out more and register: [parkrun.com.au](http://parkrun.com.au)



Register in ‘Team Veteran’ at your local Parkrun to connect with the wider veteran community each week. Run, walk, or roll - everybody is welcome.

Contact **Veteran Sport Australia** for assistance to coordinate an event in your community by emailing [support@veteransport.org.au](mailto:support@veteransport.org.au)

Contact the **RSL NSW team** to promote your event on the RSL NSW website by emailing [marketing@rslnsw.org.au](mailto:marketing@rslnsw.org.au)





## URALLA HONOUR ROLL REPATRIATED

Story Russ French, President, Uralla RSL sub-Branch

Approximately 100 Uralla men served in WWI and were recorded on honour rolls produced by wood workers or stone masons on behalf of the community. Made from native timbers and marble, with hand-painted decorations, flags and each member's name and honours, the rolls were hung in prominent positions. One of these beautiful tributes was hung by the congregation of St David's Presbyterian Church in 1920, dedicated by Captain

Chaplain R. West-Scott alongside a photographic display of 51 soldiers. When the congregation of St David's dwindled, the church building and many of its fittings were sold to collectors or moved, and the honour roll and other historical items were loaned to the newly opened Military Museum in Uralla until the museum was closed and its contents auctioned off in 2013. Collectors from around the country attended the auction,



▲ Celebrating the return of the honour roll with MP Adam Marshall (third from right).

◀ The St David's honour roll is a fine piece of art, made from marble and terrazzo, ornately decorated, and inscribed with the names of those who served.

and every item sold, including the St David's honour roll, which went to a privately owned military museum and ended up in Birdsville. In early 2021, the director of McCrossin's Mill Museum, Kent Mayo, was alerted to an auction taking place in Toowoomba, Queensland, with the St David's honour roll among the items listed. After talks with local state MP Adam Marshall and the auctioneer, it was apparent the only way to get the honour roll back was to bid at the auction. Mr Marshall's office contacted Uralla RSL sub-Branch President Russ French, and while the MP's office sought support from the state government, the sub-Branch helped mobilise the community to support the repatriation of the honour roll. In February, sub-Branch member Jim Swales (whose father's name is on the honour roll), along with his wife and a Uralla Historical Society member, attended the

auction in Toowoomba. The auctioneer, sympathetic to their story, had arranged for the honour roll to be moved up to the first item. After several bids, the hammer finally fell — the St David's honour roll would return to Uralla. On 31 March, Mr Marshall came to see the honour roll and to present a grant from the NSW Department of Premier and Cabinet to cover the purchase and transport costs. Uralla and the sub-Branch are thrilled to have this piece of history back in our possession, and we will remain custodians of this fabulous monument. It will be mounted in the foyer of the Uralla Memorial Institute, which also houses the RSL sub-Branch meeting room, where it can be viewed by all of the Uralla community.

➤ Centenarian Merv Tickle was aboard the HMAS Moresby, at sea off Timor, to witness the signing of the Instrument of Surrender on 11 September 1945.



National Archives of Australia A1838, 376/1

## MAROUBRA VETERAN CELEBRATES 100 YEARS

WWII veteran and Maroubra sub-Branch member Merv Tickle celebrated his 100th birthday with fellow members, his daughters Pat and Carolyn, and local dignitaries in Little Bay. During WWII Merv served in the Army and Navy on HMAS Moresby and HMAS Goulburn, and witnessed the signing of the Japanese Instrument of Surrender off the coast of Timor on 2 September 1945, the same day it was signed in Japan. Merv believes he has had a fortunate and adventurous life, travelling extensively with his wife Audrey (now deceased), including taking many cruises. The couple survived the sinking of the ill-fated Soviet cruise liner MS Mikhail Lermontov off the coast of New Zealand in 1986.

▼ Sub-Branch President Alan Wright, Life Member John Bridle and RSL NSW CEO Jon Black.

## DEE WHY LIFE MEMBERS

John David Bridle, OAM, RFD, was recognised for his service to RSL NSW when he was awarded Life Membership by RSL NSW CEO Jon Black. Born in the UK, John served full-time and part-time in the Australian Army from 1963 to 1982, retiring with the rank of major. He has previously been awarded an OAM for his service to his community, including 10 years as Secretary for the Dee Why RSL sub-Branch.



**WOONONA BULLI** Throughout NSW's COVID-19 restrictions, the committees and volunteers at many sub-Branches continued to help their communities — including the Woonona Bulli RSL sub-Branch's Compensation and Welfare Advocates Peter Pioro (pictured), Ann Pioro, Jim Christensen, and Greg Jones.



## Dining with History

Strangers' Restaurant overlooking the beautiful Domain, provides a rare opportunity for the public to experience fine dining at NSW Parliament House in Sydney.

Visitors to the building can witness key moments in the history of Australian politics by exploring the unique collection of historic artefacts and rotating art exhibits. Tours are available on Monday and Friday from 1:30pm.

The seasonal menu allows you to discover the wonderful flavours of local delicacies and award-winning wineries from across the state. Bookings are essential.



### SET LUNCH

**3 Course Lunch \$72 pp**  
Monday to Thursday  
12pm - 3pm

Sparkling Wine  
Entree, Main & Dessert  
Tea & Coffee



### HIGH TEA

**High Tea \$55 pp**  
Every Friday  
12pm - 3pm

Selection of  
Sweet & Savoury items  
Tea & Coffee

Bookings can be made online or by calling 02 9230 2124  
Gift Voucher are also available

Strangers' Restaurant  
E: [sales.catering@parliament.nsw.gov.au](mailto:sales.catering@parliament.nsw.gov.au)  
[www.parliamentarycatering.com.au](http://www.parliamentarycatering.com.au)

# BEYOND FUNDRAISING

How to harness the power of your Auxiliary.



Story Pauline James OAM, RSL NSW Auxiliaries Coordinator

I encourage all Auxiliary members to speak with their sub-Branches about how they might assist operations beyond fundraising.

The Wellington Auxiliary Coordinator, for example, is helping the sub-Branch Secretary with administration tasks; the Peshurst Auxiliary has coordinated raffles and a walk-a-thon; and Jenny Leech of Toukley RSL Auxiliary has more than 1000 masks that I have sold to sub-Branches. All funds have been donated to RSL DefenceCare to

assist in providing ongoing services and support to veterans and their families in NSW.

In the June issue of *Reveille* I mentioned that Castle Hill's Auxilliary had been reinvigorated. Now I'm delighted to share the news that three more have followed suit: Bulahdelah, Coffs Harbour and Old Bar.

I look forward to seeing what they achieve.

Pauline (right) presents a 'Thank you for your service' Quilt to Leeton RSL Auxiliary Vice President Heather Whittaker.



## + LADY WOODWARD CUP

I encourage all RSL Auxiliaries to compete for the annual Lady Woodward Cup. This award honours the Auxiliary that has raised the most funds for the ANZAC Appeal, Poppy Appeal and RSL DefenceCare. Contact me via email for more information: [auxiliaries@rslnsw.org.au](mailto:auxiliaries@rslnsw.org.au)



## WINGHAM'S RAFFLE

Wingham RSL sub-Branch Auxiliary raised \$1592 from its Christmas in July raffle, which will be used to assist local sub-Branch projects and members.

## LIFE MEMBERS

Congratulations to the Auxiliary members who have been awarded Life Membership this year for their dedication to assisting veterans and their families.

- Patricia Perry
- Linda Whiedon
- Grace Franks
- Sally-Ann Maslen
- Yvonne Bleach
- Patricia Buttenshaw
- Mair Fullerton



# “LEST WE FORGET”

Remembering the service and bravery of those who have served our country.

## NAVY



- ADAMS, DW A25234
- ALLEN, FW 39427
- ALLEY, RW S5631
- ANDERSON, GW S125219
- BAIN, K R122021
- BARNES, M R59985
- BARR, JF 25625
- BEAZLEY, WR R29485
- BIRKINHEAD, P R96435
- BLAKE, GH 31987
- BOARDMAN, KJ R59272
- BOWMAN, RL L149319
- BRANLEY, PJ R45429
- BRENNAN, AC R96130
- BRENNAN, ON 28741
- BRILL, LW S8000
- BROWN, RD S6683
- BUBEAR, WT S6789
- BUCKLEY, WL R121743
- BURT, RA T59994
- CABAN, PJ R138598
- CADDEN, LP 35957
- CAMPBELL, JB R34989
- CLINTON, LE R109181
- COGAN, TJ S10099
- COLE, JV R62002
- COLLING, NL R62003
- CONNOR, AR R46369
- COOPER, RT S/6536
- COPELIN, KJ R37528
- CRAWFORD, KR S7414
- CROWE, WL B4997
- CURTIS, RA R36272
- DALE, A S8735
- DAVISON, VJ S11065
- DELANEY, KR O102806
- DOENAU, DJ S/4880
- DONNELLY, F R36107
- DOWNES, CC R59138
- DUNCAN, JA 2521
- FARLEY, DH R53964
- FARMER, PR R104291
- FARRAWELL, E R38678
- FERNLEY, R R48665

- GARDEN, JA 9524
- GEDLING, DF R63604
- GEER, KE R62364
- GEORGE, EP R46122
- GLYNN, MW R62752
- GUTHRIE, GM R66092
- HANCOCK, MC R46393
- HAZEL, KJ 45933
- HEATHCOTE, RE S8810
- HOUGH, CW R49401
- HOURN, G 123891
- HUNTER, AP 37712
- HUTCHISON, JR R65226
- HYBINETT, HA R53589
- JANSSON, FJ 23112
- JONES, GE H1828
- KEMP, JP F4374
- KIERNAN, AR R36580
- KING, RG 165512
- KIRBY, KS S6083
- LACE, RG R45828
- LANDERS, WJ R108906
- LAWTON, F R65138
- LEE, MS C103037
- LEMMON, RJ 96206
- LINES, E 847883
- LIVINGSTON, JR PM6335
- LOOBY, JD R36313
- LUCAS, TT 124158
- MACKAY, WR S9103
- MANDER, TN R59450
- MARKMANN, M R52522
- MAY, CF 27957
- MCANDREW, JI R39986
- MCCABE, GM R51103
- MCCANN, JE S9845
- MCDONALD, RG R54792
- MC GEE, DJ R35388
- MORRISON, AF R35049
- MOSS, AL R30200
- MOTUM, ML R46177
- NELSON, GJ R54799
- NORTON, DV 2067
- PARKINSON, JR 22849
- PASCOE, LA R46628
- PETERSON, L 74807
- PIERSON, RN R42282

- POLO, RJ R93420
- RAMSAY, DE 34523
- REID, CA O966
- ROACH, RW R42565
- ROSS, GH R107196
- ROYAL, JD 32214
- SARGANT, RE R105161
- SCOTMAN, HW R44997
- SIMPSON, NS 111687
- SIMPSON, RH 45635
- SMITH, RM R36345
- SMITHERS, LB S9898
- SMYTH, JD S103988
- STEVENS, RA O1112
- SUTHERLAND, DG R55567
- TIMBS, JJ 1167
- TOWNSEND, EW S9828
- TUCK, GD R37670
- TURNER, A R96297
- VERNON-ROGERS, BH 0130830
- WALKER, A R94539
- WAY, WG R46092
- WEBSTER, JP S10544
- WELCH, FE R38469
- WILLIAMS, JT R28988
- WILSON, E 1284

## ARMY



- AKED, AM NFX200161
- ANDERSON, KR NX502812
- ANDERSON, PB 2795343
- ANDERSON, R WX500386
- ANSTEE, NJ 2/7745
- ATKINS, HR NX97579
- ATKINSON, EP NF451781
- BAILEY, HW 2782560
- BAILEY, WJ NX143469
- BALDWIN, K NX128970
- BANNERMAN, B 2781433
- BARBER, R NX501350
- BARKER, EV 29939
- BARNES, VG NX157728
- BATLEY, DA N176214
- BEAL, ST NX98573

- BLACK, HW NX171576
- BOHMER, RF NX125191
- BOSTOCK, NL 14284
- BOW, KG NX156733
- BRADLEY, GA 2/4878
- BRECKENRIDGE, B 2122147
- BRITTEN, TJ 235268
- BROOKS, CW 8424306
- BROOKS, CW NX500438
- BROUGHTON, JT 2782654
- BROWN, B 2765392
- BROWN, MV QX31751
- BROWN, PR 218106
- BUDDEN, PJ VF511722
- BULL, PJ 289385
- BUNT, PJ 2797824
- BURGESS, EW NX44921
- BURLING, TF NX155985
- BUTLER, DM 57006
- CAFARELLA, T V517561
- CAHILL, BE 214724
- CAMPBELL, CJ NX192018
- CARMADY, R 2799049
- CARPENTER, RH N203600
- CARRUTHERS, E 2/702081
- CARTER, DA 3803115
- CHADWICK, TE SX1963
- CHARLESTON, R NX124975
- CHARLTON, JH 2788349
- CHEADLE, JK N480485
- CHOLSON, NJ NX202848
- CLEWS, GA 211623
- COCHRANE, RC 214071
- COLEMAN, KC 2790328
- CONNOR, AM QX5378
- COOPER, GJ 2781322
- COSTELLO, EA NX129420
- COTTAM, JW NX191861
- COWIN, GR 2109641
- CRAIG, SJ 4411058
- CRAMPTON, JT NX134982
- CROCKER, NT NX167094
- CROSSLEY, R NX83660
- DAND, RC NX86411
- DARMODY, MJ 3787624
- DE KASTE, A 120123
- DEEN, RS 2/4750



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 DIXON, RR NX18304  
 DONNELLY, JF 2791894  
 DRURY, M NX102679  
 DULHUNTY, PW NX154976  
 DYNAN, JJ NC40429  
 ECCLESTON, CJ NX192566  
 ELLIOTT, NL 2412099  
 ELVERY, GL NX95591  
 FAIRJONES, S NF410159  
 FALCONER, WN 235966  
 FARDELL, EF NX181018  
 FERNS, R NX147450  
 FERRIS, HE NX106987  
 FIELDING, LE 213121  
 FIFIELD, BJ NF480134  
 FLETCHER, JV NX112182  
 FORD, EJ NX36986  
 FORREST, BM 2754870  
 FREEMAN, E NF444282  
 FRITH, JL NX180300  
 FULLER, LE 3/5342  
 GARNER, MS 38643  
 GAUNT, AR VFX138762  
 GEDDES, S NX152363  
 GIBSON, R NX147059  
 GIBSON, RG 3794278  
 GILLARD, JS HX38973  
 GODFREY, PF NX206707  
 GOLDTHORP, KJ NX157364  
 GORDON, LM NX68815  
 GRANT, RI 215555  
 GUTHRIE, L 2782072  
 HALSEY, GM NF392028  
 HAMILTON, AD 223747  
 HANBURY, HR 5/900126  
 HANNAN, J NF465949  
 HARDY, J 2/748406  
 HARMER, GK 2790474  
 HARRIS, RA 17777  
 HAVET, PA 232530  
 HAYMAN, MW 215417  
 HEALEY, EM NF410468  
 HELINSKI, Z 2789224  
 HICKMAN, AW NX170713  
 HINCHCLIFF, AB NX143545  
 HOARE, EB 3/4039

HOLDEN, BD 2277162  
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 HOLM, JW 2/7334  
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 HOMER, AR 2791101  
 HORGAN, R 2792455  
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 HOWES, JG 2790568  
 HOWISON, LJ NX119888  
 HUNTER, PJ 18114  
 HYDE, TJ 16351  
 JAMES, NR NX78066  
 JEFFERY, AH NX32584  
 JEFFERY, GJ 2793093  
 JOHNSON, KC 215949  
 JOHNSTON, AT N6484  
 JONES, BG 2784888  
 KAAD, FP NX89868  
 KAMINSKI, SJ 228794  
 KENSEY, PG 251418  
 KILGOUR, KC NX119697  
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 LAWRENCE, NL NF465338  
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 LUCK, DC 2/7359  
 LULAND, KJ NX174628  
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 MARKS, LK 6/991  
 MARTIN, ST 2790806  
 MCANDREW, BS NX505239

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 MCGUIGGAN, D 214722  
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 MCMURTRIE, SA N463109  
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 MILLS, BJ NX207460  
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 MORRIS, MP NX173821  
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 TREZISE, EJ 2950016  
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 TURNER, R NX503974  
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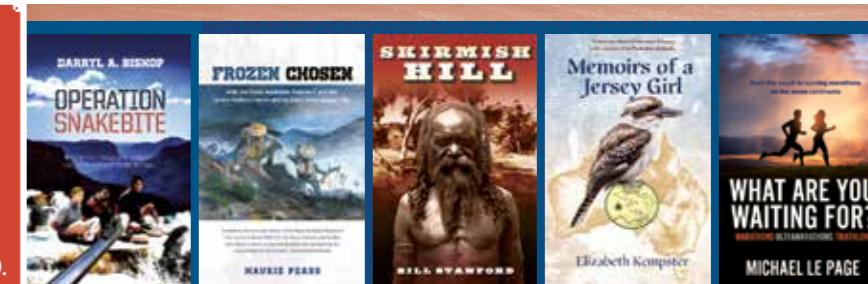
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This program is delivered in NSW by RSL LifeCare, the partner charity of RSL NSW.

For full details and eligibility criteria, visit: [www.rslaustralia.org/employment](http://www.rslaustralia.org/employment)



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Rates include free parking (on or off site), light continental breakfast, and unlimited wi-fi.

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A GLEAMING TRIBUTE HONOURS  
OUR ANZAC HEROES

# LEST WE FORGET

MEN'S RING



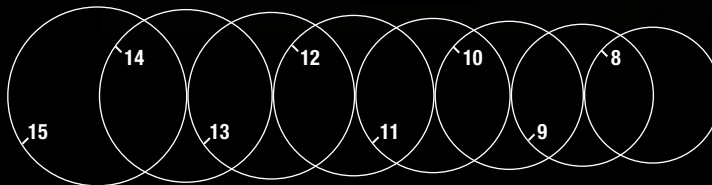
- Sides feature finely sculpted soldiers symbolising the Anzac spirit



- Reverently engraved with "We will remember them"
- Expertly cast and plated in gleaming 24K gold
- Poignant tributes set within genuine onyx



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Place one of your own rings on the chart and find a circle that is completely covered by your ring (a simple band works best for accurate measuring). Write your size on the coupon below. Men sizes range between 8-15.

In the eternal struggle for freedom, Australia's armed forces have proudly answered the call of their country. Now, you can show your pride for a hero who served with the Lest We Forget Men's Ring, an heirloom-quality creation which keeps the spirit of remembrance and the courage of our heroes with you in elegant, gleaming style.

Finely hand-crafted, our exclusive design showcases a raised-relief rising sun and a digger near the grave of a mate within an inlay of genuine black onyx. The message "Lest We Forget" calls to you respectfully in the gleam of 24K gold. Each side of the ring shows a digger from Australia and New Zealand fully sculpted saying a silent prayer for the fallen. With the words "We will remember them" engraved on the inner band, the ring serves as a reminder of our heroes' courage and commitment to our great nations and the freedom we all cherish so dearly.

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