

RESPECTING, SUPPORTING AND REMEMBERING OUR VETERANS AND THEIR FAMILIES

REVEILLE

VOL 101, SEPTEMBER 2022

THIS

SPORTING LIFE

How sport gave Peter Rudland a new outlook on life after injury



A SOLDIER'S KIT: THEN AND NOW

ROYAL COMMISSION INTERIM REPORT



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RSL LifeCare remains true to its mission – to provide peace, security and care to veterans and all seniors.

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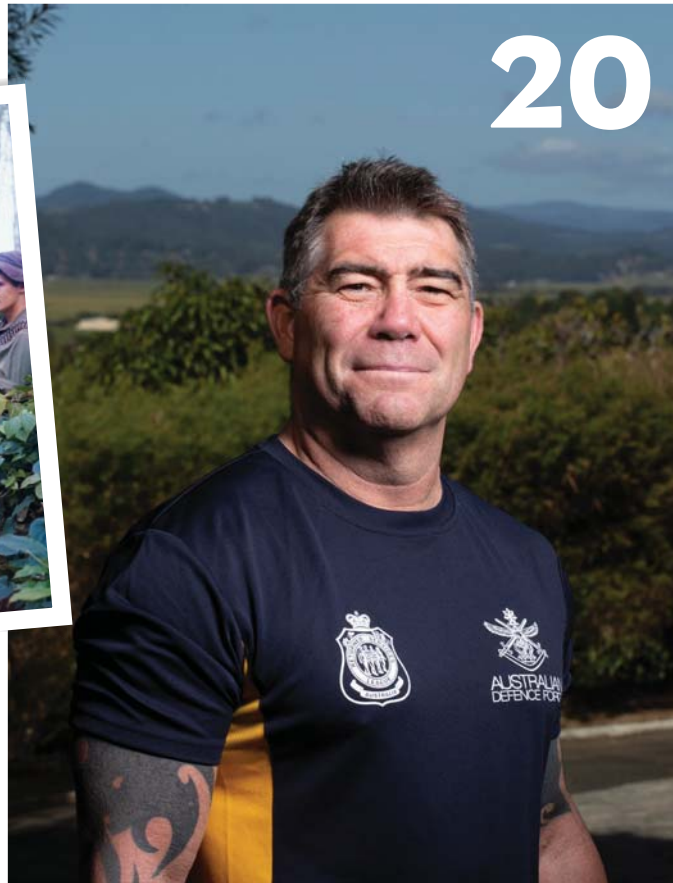
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- Retirement Living
- Residential Aged Care
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RSL
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Sport through the ages.



**RAY JAMES OAM
PRESIDENT,
RSL NSW**

"I am proud to watch the League working together and taking action at a state and national level. This level of collaboration is building a robust organisation that will be around for generations to come."

The RSL continues to engage with the important work of the Royal Commission into Defence and Veteran Suicide, which has just completed its Hobart hearing block and released its interim report.

The response from the RSL has been national and unified, demonstrating its commitment to ensuring the issues examined at the Royal Commission are addressed. The RSL has been present at all hearing blocks, has engaged with the Royal Commission's stakeholder consultation process, and recently provided the Royal Commission with an interim submission to inform its reporting.

Evidence presented at the commission points to the need for greater resources and improved access to support for veterans and their families, particularly support that addresses suicide and veteran wellbeing. The RSL is working hard to lobby the government to commit to these changes.

In August, we collectively donated \$3.1 million to our partner charity RSL LifeCare Veteran Services, which represents a 40% increase YOY. I thank all sub-Branches that have recognised that if we work together, we can achieve significant results in support of veterans and their families, and in promotion of RSL initiatives.

Throughout September, representatives from ANZAC House and RSL members will be present at ADF Transition Seminars in Sydney, Wagga Wagga and Shoalhaven. These seminars present a critical opportunity for us to connect with current serving members and communicate how the League can offer mateship and camaraderie, employment services and advocacy now and into the future.

I am looking forward to meeting face-to-face with delegates at the AGM and Congress in Newcastle this October. For the first time, any member who wishes to observe the proceedings can tune in online to hear important updates from the RSL National President, the Chief of the Defence Force, the Department of Veterans' Affairs, and more.

Finally, I am proud to watch the League working together and taking action at a state and national level. This level of collaboration is building a robust organisation that will be around for generations to come. I encourage every member to think about how you can contribute to securing the future of the RSL.



JON BLACK
CEO, RSL NSW

At the last face-to-face RSL NSW Congress in 2019, delegates overwhelmingly supported the need for a new direction, a sentiment that underpinned the subsequent Strategic Plan. We are to remain a member-based charity, and delegates wanted more done to recruit new members.

Goal 3 of the plan is about growing membership, and I'm pleased to report that since we introduced free membership and an online application process, we welcomed over 1500 new members by the end of June this year. The average age of new members has also dropped by more than six years since online membership was introduced.

The challenge now is for sub-Branches to foster these generally younger members who are seeking new and different things from their membership, such as engagement with veteran families and camaraderie

through family-friendly events, sport and recreational activities.

I congratulate the Lower North Coast and Eastern Metropolitan Districts for embracing the successful Sport and Recreation Program pilot. Delegates attending Congress have been invited to take part in inter-sub-Branch bowls, walking football and trivia competitions to find out what the program is all about while engaging with fellow members from across the state.

As our Strategic Plan suggests, if we work together and deliver locally we will become stronger and can be the leading and coordinating ESO, ensuring our veterans and their families are the centre of what we do and who we are. Members can review our progress on the implementation of all the Strategic Plan's initiatives on our website.



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

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MEMORANDUM OF UNDERSTANDING SIGNED

RSL NSW is on the verge of signing an MoU with RSL and Services Clubs Association (RSL & SCA) and ClubsNSW to deliver the best outcomes for veterans, their families and local communities.

Most RSL and Services Clubs and some ClubsNSW member clubs have historically been related or entwined with RSL sub-Branches, and the MoU intends to restore that mutual connection. The MoU's strategic objectives call for the organisations to commit to a variety of actions, including:

- ✓ Encourage clubs to maintain an affiliation with RSL NSW where there is a historical link.
- ✓ Advocate for joint membership of current serving and ex-service personnel of both sub-Branches and clubs.
- ✓ Generate mutual support across membership and community engagement.

✓ Improve governance within each organisation where there is an affiliation between a sub-Branch and club.

✓ Actively engage younger veterans, their families and the community, through social, physical and employment initiatives.

✓ Jointly manage media, governmental, and public policy issues between clubs and sub-Branches that have the potential to impact the RSL and associated brands.

✓ Promote the unique roles of RSL sub-Branches and clubs in communities.

After the MoU is signed in late August, the parties will convene a joint working group to manage its implementation.



STRATEGIC PLAN 2021-2026
Learn more about RSL NSW's intention to reassert itself as the leading advocate for veterans - and how you can get involved.



RSL NSW DONATES \$3.1 MILLION TO RSL LIFECARE

RSL NSW's sub-Branches have donated \$3.1m to RSL LifeCare Veteran Services, supporting life-changing services for veterans. This substantial contribution is almost a 50% increase on last year's \$2.1m donation to RSL LifeCare.

The donation was made possible by ANZAC House, RSL NSW sub-Branches and Auxiliaries throughout the state, and will support the delivery of veteran health, housing, employment, DVA advocacy, financial and wellbeing support.

Between July 2021 and June 2022, RSL LifeCare Veteran Services:

- Provided \$825,872 in financial assistance including \$485,000 in disaster assistance.
- Assisted 177 veterans experiencing homelessness.
- Helped 944 veterans to lodge 3,106 DVA claims.
- Facilitated 57 veterans or partners receiving employment assistance.

The donation comes after RSL LifeCare and RSL DefenceCare merged their range of services for veterans and their families under the one banner: RSL LifeCare Veteran Services.



As outlined in the RSL NSW Strategic Plan 2021-2026, RSL NSW intends to connect veterans and their families to services by providing collaboration and support, and foster greater awareness about RSL NSW initiatives that help veterans.

Presentation of the donation cheque occurred at a ceremony in August, which also saw veterans share their stories of accessing life-changing services and support.

Sub-Branch members at the event also met representatives from RSL LifeCare Veteran Services and learnt more about the importance of sub-Branch donations to support veterans and their families.

▲ RSL NSW President Ray James and RSL LifeCare Veteran Services Executive General Manager David Anderson at the Riverina Veteran Wellbeing Centre, which is supported by donations from RSL NSW and its sub-Branches.



Support the vital work done by RSL LifeCare Veteran Services to help veterans and their families by encouraging your sub-Branch to make a donation.



ADF MEMBER & FAMILY SEMINARS

The League has a presence at ADF Member and Family Transition seminars throughout September across the state, and sub-Branches have an opportunity to engage with fellow veterans, encouraging awareness of and participation in RSL NSW sub-Branch activities. RSL NSW will join RSL LifeCare Veteran Services at the seminars to promote services and support including the RSL Employment Program.



GET INVOLVED

Sub-Branch members are encouraged to nominate volunteers to attend and liaise with ADF personnel. Scan the QR code to learn more about the sessions.

Join RSL NSW

No fees, simple
sign-up, open to
serving members
and veterans



There should be no barrier for any current serving member or veteran of the ADF to join RSL NSW. That's why we've made membership fee-free.

Members receive:

- > A membership badge
- > *Reveille* magazine
- > Access to RSL services and support
- > Connection to community
- > Mateship and connection to others who have served
- > Opportunity to volunteer and support veterans and coordinate commemorations

Join instantly now.

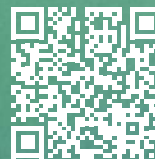


Scan code
to learn more



The RSL NSW Congress and AGM will be held at the Newcastle Convention and Exhibition Centre on Monday 31 October and Tuesday 1 November 2022. This year, Congress is open to delegates and alternate delegates, with an option for virtual attendance, which includes voting rights.

An initiative of the RSL NSW Strategic Plan 2021-26 will be launched at Congress: the Member Recruitment Toolkit. The toolkit is designed to encourage engagement with and recruitment of members, and include a variety of helpful tools to accomplish that, including promotional material and merchandise ideas.

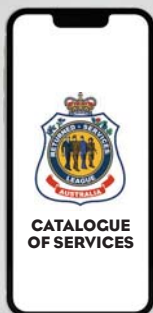


Registration for delegates to attend Congress are now open. Scan the QR code to find out more.

+ The Member Recruitment Toolkit is in addition to the Member Recruitment Guide, which was included with this issue of *Reveille*.



CATALOGUE OF SERVICES INTRODUCED



RSL Australia, on behalf of all state branches, is introducing a Catalogue of Services to help veterans and their families access vital support.

The Catalogue of Services is an initiative of the RSL NSW Strategic Plan 2021-26, and partly funded by RSL NSW, the first State Branch to launch the Catalogue.

It will connect veterans to services provided by the RSL and other ex-service organisations (ESOs) across Australia.

RSL sub-Branches are an important support service in the Catalogue. By completing the RSL NSW sub-Branch Support and Wellbeing Survey, sub-Branches can help the RSL provide this much-needed Catalogue of Services to every current serving member of the ADF, veterans and their families.

Members are encouraged to ask their sub-Branch executive whether the sub-Branch has completed the survey.

VETERAN SERVICES & POLICY COMMITTEE UPDATE

RSL NSW is supported in strategic decisions by committees, including the Audit and Risk Committee, the Young Veterans Committee and the Veteran Services and Policy Committee (VSPC).

The VSPC looks at the issues that the League takes to governments and other stakeholders to advocate on behalf of veterans and improve veteran services.

Some of the recent advocacy activities pursued by the VSPC in conjunction with ANZAC House and RSL Australia include:

- Advocated for an increase in Veterans' Home Care funding, which subsequently saw the Federal Government announce additional funding of \$70.6 million.
- Lobbied for an extension to the Provisional Access to Medical Treatment program. The Federal Government recently committed \$33 million to extend the program.
- Called for the expansion of the DVA Psychiatric Assistance Dog Program, which matches highly trained dogs with veterans diagnosed with PTSD to support them through their clinical recovery.
- Pushed for all Reservists to be covered by non-liability healthcare provisions.
- Working to secure demand-driven funding for the Department of Veterans' Affairs.



LADY WOODWARD CUP NOMINATIONS OPEN

Sub-Branch Auxiliaries are invited to enter the 2022 Lady Woodward Cup competition. The cup is awarded to the Auxiliary that achieves the highest score across three categories: fundraising, supporting the local veteran community, and engaging with the local community. The cup will be presented at the RSL NSW Congress in October 2022.

Auxiliaries can nominate by downloading and completing the application form, and submitting it via email by 30 September.



Download form: bit.ly/ladywoodward

Submit via email: support@rslnsw.org.au

Veteran Wellbeing Centres



We're for veterans

More than 1200 veterans and serving personnel have died by suicide over the past 20 years – veterans need our help, and they need it now.*

RSL NSW is seeking Federal Government support for the establishment of permanent Veteran Wellbeing Centres in key areas to connect with a spoke network of 340 RSL sub-Branches.

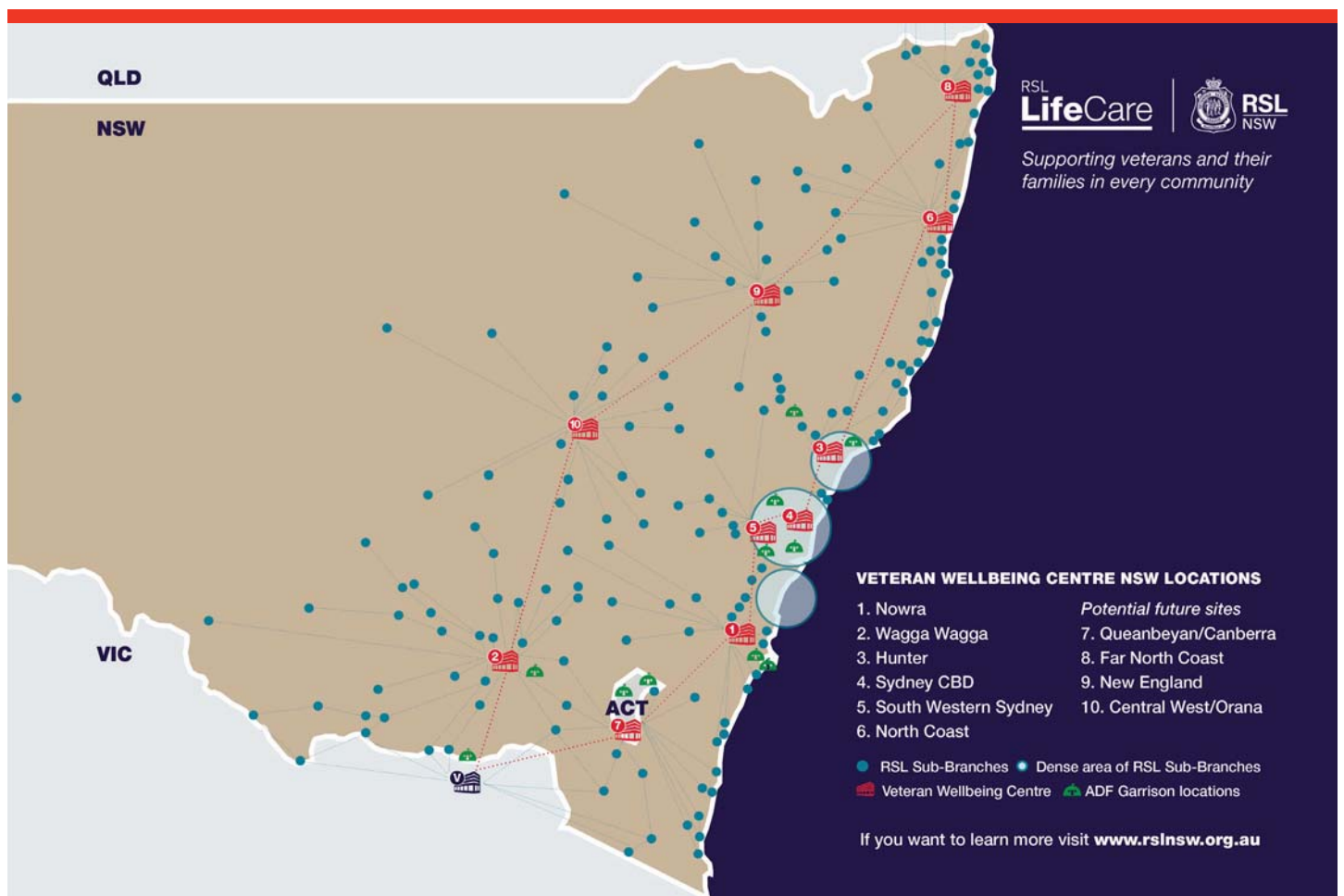
We have already established two Veteran Wellbeing Centres in regional

areas, and more are in the planning stages. To support the establishment of these centres in your region, please contact support@rslnsw.org.au to find out how you can get involved.

Veteran Wellbeing Centres are a joint strategic initiative of RSL NSW and our charity partner, RSL LifeCare. Find out more in the RSL NSW Strategic Plan 2021-26.



Scan code to learn more about the Veteran Wellbeing Centre model.



INTERIM REPORT: RECOMMENDATIONS & EVOLUTION

The Royal Commission into Defence and Veteran Suicide Interim Report delivers 13 urgent recommendations – and a milestone opportunity to address a devastating problem in our community.



Story Jon Black, CEO, RSL NSW

THE COMMISSIONERS



**Nick
Kaldas APM**



**The Hon James
Douglas QC**



**Dr Peggy
Brown AO**

The Royal Commission into Defence and Veteran Suicide Interim Report included very little discussion of ex-service organisations (ESOs) or the role of ESOs. It focused, instead, on legislative reforms that would enable information gathering through the remainder of the Royal Commission, simplify veterans' access to entitlements, enable the Department of Veterans' Affairs (DVA) to clear a backlog of claims and process future claims in a timely manner, and improve access to information for current and former Defence personnel as well as their families.

The RSL will continue to work with the Commissioners, other ESOs and stakeholders to address the urgent needs of the Defence community, including serving members, veterans and their families.

We support the Commission's calls for legislative reforms that simplify and standardise veteran entitlements, and its recommendation that the Federal Government and DVA take urgent and immediate steps to fix problems with the processing of claims for veterans.

The Commission also proposes additional protection for those engaging with the Royal Commission, and reforms to improve access to information. Providing support for veterans and their families who engage with the Commission through the RSL NSW Royal Commission Office, we've seen firsthand the need for this, and support the measures the Commission proposes.

We're listening

The Royal Commission reports that it's heard from 208 witnesses at hearings, and our »

ROYAL COMMISSION TIMELINE

19 April 2021

Prime Minister announces the Government will establish a Royal Commission into Defence and Veteran Suicide.

24 May 2021

RSL NSW and RSL Australia make a detailed submission to inform the Terms of Reference, including a call for an interim report with urgent recommendations.

8 July 2021

Royal Commission into Defence and Veteran Suicide established.

representatives have been present at all of those hearings. As well as listening to testimony, we have been engaging with local Defence personnel and veterans gaining insights to help us improve and evolve services and support for veterans and their families.

We are actively participating in the Royal Commission's Stakeholder Reference Group, which allows the Commissioners to hear directly from key representative stakeholder groups about the needs of our community.

What we are hearing from veterans, their families and other witnesses reinforces the findings of 21 previous inquiries and reports since 2007, and more than 335 recommendations from these inquiries.

It's clear that the required reform will be difficult, but it is necessary to get it right

to improve the wellbeing of veterans and their families.

Opportunities to improve

During this process, we have identified evolutions that will help us better meet the needs of veterans and their families, and taken steps to address some of the findings of the Commission's earlier hearings. Each of these benefits veterans and their families, supported by a range of ESOs with the RSL committed to a leading role.

Ongoing, sustainable funding: The RSL is lobbying the Federal Government to provide guaranteed and sustainable needs-based funding to ESOs. This would allow ESOs to undertake long-term, research-based, innovative projects and programs that address

deep-rooted issues and risk factors for suicidality, while promoting lifetime wellbeing for veterans and their families.

Catalogue of services: RSL is leading a national, novel initiative, in collaboration with other major ESOs, to create an app-based catalogue of veteran services. The app will provide easy access to information about a wide range of services that support veterans and their families, based on the user's location, and may be used by veterans, their families or within sub-Branches to recommend local resources.

Veteran Wellbeing Centres: RSL NSW has established two Veteran Wellbeing Centres (VWCs) in key garrison towns, Nowra and Wagga Wagga, and more are being planned. VWCs focus on health and wellbeing, and are welcoming hubs for veterans and their families, connecting them to a range of services including transition, employment, health and social support. 

ROYAL COMMISSION TIMELINE

29 November 2021

Public hearings begin in Brisbane. RSL representatives have attended all public hearing days and provided support to witnesses.

11 August 2022

Interim Report presented to the Governor-General, tabled in Parliament and published.

18 October 2022

Hearings to resume in Darwin, followed by Wagga Wagga.*

*Scheduled hearing blocks are subject to change



THE INTERIM REPORT INCLUDES 13 RECOMMENDATIONS:

1

Simplify and harmonise
veteran compensation
and rehabilitation
legislation

2

Eliminate the
claims backlog

3

Improve the
administration of the
claims system

4

The Department of
Veterans' Affairs to
provide advice on its
funding needs

5

Remove the
Department of Veterans'
Affairs Average Staffing
Level Cap

6

Increase protections for
persons engaging with
this Royal Commission

7

Provide exemptions
from parliamentary
privilege

8

Limit public interest
immunity claims

9

Improve administrative
release of information

10

Co-design information
to increase awareness
of redactions for
access requests

11

Embed trauma-
informed practices for
information access

12

Encourage
up-to-date consent for
information access

13

Co-design education
on information access
mechanisms

17 June 2024

Final report and
recommendations due.

RSL NSW has been working closely with its national network, states and sub-Branches to provide ongoing support to veterans and families throughout the Royal Commission, and we will continue to do so. If you require support, please contact the RSL NSW Royal Commission Office.



submissions@rslnsw.org.au



0499 441 291

TOGETHER WE STAND



Colin Flatters joined the RSL 55 years ago; Malcolm Trowell has been there just 12 months. But together, they're building a sport and recreation program for members of the Maroubra RSL sub-Branch.

As told to Lachlan Haycock





Colin Flatters

Colin 'Col' Flatters first joined the RSL more than half a century ago after serving in Vietnam, and has been the President of the Maroubra RSL sub-Branch since 2014. He was awarded an OAM in 2019 for service to veterans.

I first joined the RSL in 1967 when I came back from Vietnam. I had joined the army hoping to become a sergeant one day, and was posted to Malaya for two years in the early 1960s. I spent several years at Holsworthy and a year in Townsville before being posted back to Vietnam in 1971, where our battery was involved in the Battle of Long Tan. That was an interesting time.

After coming back to Australia, I was commissioned as a lieutenant and posted all over the place — to Holsworthy, Townsville, Queenscliff, North Head in Manly, and even back to Vietnam. After leaving the army in 1993, I joined the Maroubra RSL sub-Branch. I joined the committee in 1995, became secretary in 1998 and was elected president in 2014. This is my ninth, and probably final, year as president.

The majority of our members, like me, are getting a bit long in the tooth. We're starting to get a few younger members,

but a few years ago we also decided we would have Affiliate members. Malcolm, who has been an Affiliate member of the sub-Branch for about a year now, is always looking for something to keep himself occupied. When RSL NSW launched the Sport and Recreation Program pilot, we were prepared to give it a go if people were interested, so Malcolm and a couple of other Affiliate members looked into it. They've been working with the program manager at RSL NSW, Jen Reynolds, to make it work.

People like Malcolm and a few of his cohort are still relatively young and they have energy — they've demonstrated that by getting involved in the program. Malcolm also has some financial experience and an interest in the IT side of our

operations. I appreciate the fact that we have someone who's showing leadership in that area. That's starting to rub off on other members, who volunteer to support him in what he's trying to achieve. From my point of view, that's exactly what we need.

We've already held our first event, a morning walk from Maroubra Junction to the beach, which was quite successful. Once we have a couple more, I think it will be even more successful. It does command some interest, and a marquee that RSL NSW provided us draws people's attention. We've even had interest from members at a couple of other sub-Branches to get involved.

The pilot ends in November, and we hope to garner sufficient interest to continue with the program with our own resources. It's not an expensive operation for us, so I hope the program becomes more popular and we'll be able to continue it after the end of the pilot.

We think the program will encourage our members to participate in the future. It's been a positive thing for our sub-Branch. If we don't pursue it, we'll never know. »

"People like Malcolm and a few of his cohort are still relatively young, and they have energy. From my point of view, that's exactly what we need."

— Colin Flatters



Malcolm Trowell

Malcolm Trowell is an Affiliate member of the Maroubra RSL sub-Branch. He and three other members have worked with Col to organise the Sport and Recreation Program pilot for the sub-Branch.

I've only been with the Maroubra sub-Branch for 12 months. In my early days, I was always pitching ideas for projects I might be able to work on. Most of the sub-Branch members are getting to the latter part of their life, and you have to convince them their life isn't over.

When the Sport and Recreation Program came up, I thought it could add value to the sub-Branch, its members and, to a broader extent, our community. There's a group of us; three other people work with me. We want to organise activities that aren't strenuous or about competition, so we can get people out and socialising together.

We put together a draft program that was [submitted] to the sub-Branch. We were a bit ambitious at the start and wanted to do a lot of things, and we've been slowly chipping away at that. We have approval for snooker at the Matraville sub-Branch, plus Pilates, cards and darts within our own sub-Branch in Maroubra. We've also looked at doing indoor bowls in Malabar.

We planned monthly walks and weekly Pilates, whereas snooker, when we get to that, we thought would be fortnightly. The biggest hiccup we've had is that some members explained to me that if they got on the floor to do Pilates, they'd never get up. So we're looking for an alternative — it could be a physio

class, it could be tai chi. I'm always thinking outside the box.

The program has generated fairly wide interest — at our walk the other week, people from Matraville and Paddington RSL sub-Branches turned up. We're also starting to get a bit of buy-in from our sub-Branch members, who now contribute their own views and ideas — that's really the fantastic part of it.

The proof of the pudding will be in the response to our next event. It's important to get more people involved, to contribute to supporting veterans and their families.

When I first came on board, I was unsure if it would work out. But where I am today, I can see that Col is an advocate for what we've been trying to do. He's very positive towards the sub-Branch. Even if Col retires from being President next year, he will never lose his active involvement in this sub-Branch.

To him, this is something that he's grown and he will want to manage. I think Col is a great contributor to the RSL in total. To me, he's a great person to be working with. 🍷



Like the sound of what Colin and Malcolm worked together to achieve in Maroubra? Find out more about the RSL NSW Sport and Recreation Program pilot – scan the QR code.

During RSL State Congress, sub-Branches and members will face off at a bowls night. Which regions will make the finals? Which team will take home the glory? Tune in via social media to follow the action and find out.



INSTAGRAM



FACEBOOK

Health insurance you can depend on



For almost 70 years, Defence Health has been providing great value health insurance, specially tailored for Defence families.

Defence Health has always been not-for-profit and all for members – with better service, more satisfied members, and more back in benefits.

The COVID-19 pandemic has blown out the public hospital elective surgery waiting list, with the peak industry body forecasting it may take more than two years to clear the backlog. But with private hospital cover, patients can get the treatment they need almost immediately, by a doctor of their choice.

And extras cover helps fund the important general treatment – such as dental, physio, optical and podiatry services – that Medicare does not cover.

Most people don't think about their private health insurance until they need it. And when that time comes, you want to know you're with a fund you can depend on. A fund that puts people before profits.

For the third year running, Defence Health has been named Major Private Health Insurer of the Year (in the not-for-profit and restricted category) in the 2021 Roy Morgan Customer Satisfaction Awards.



This year the fund has also taken out the overall award category – Private Health Insurer of the Year.

On hearing the news, Defence Health CEO, Gerard Fogarty said, “When our members turn to us, they can trust we have their needs at the heart of everything we do. Their health and wellbeing are what we're here for.

“It's amazing to receive the award in the not-for-profit category again. But to take out the overall award category really caps it off,” he said.

The Roy Morgan single source customer satisfaction survey is compiled from in-depth interviews with more than 60,000 people around Australia. In 2020 and 2021, Defence Health scored a clean sweep in the Major Private Health Insurer of the Year (not-for-profit or restricted category) for monthly wins.

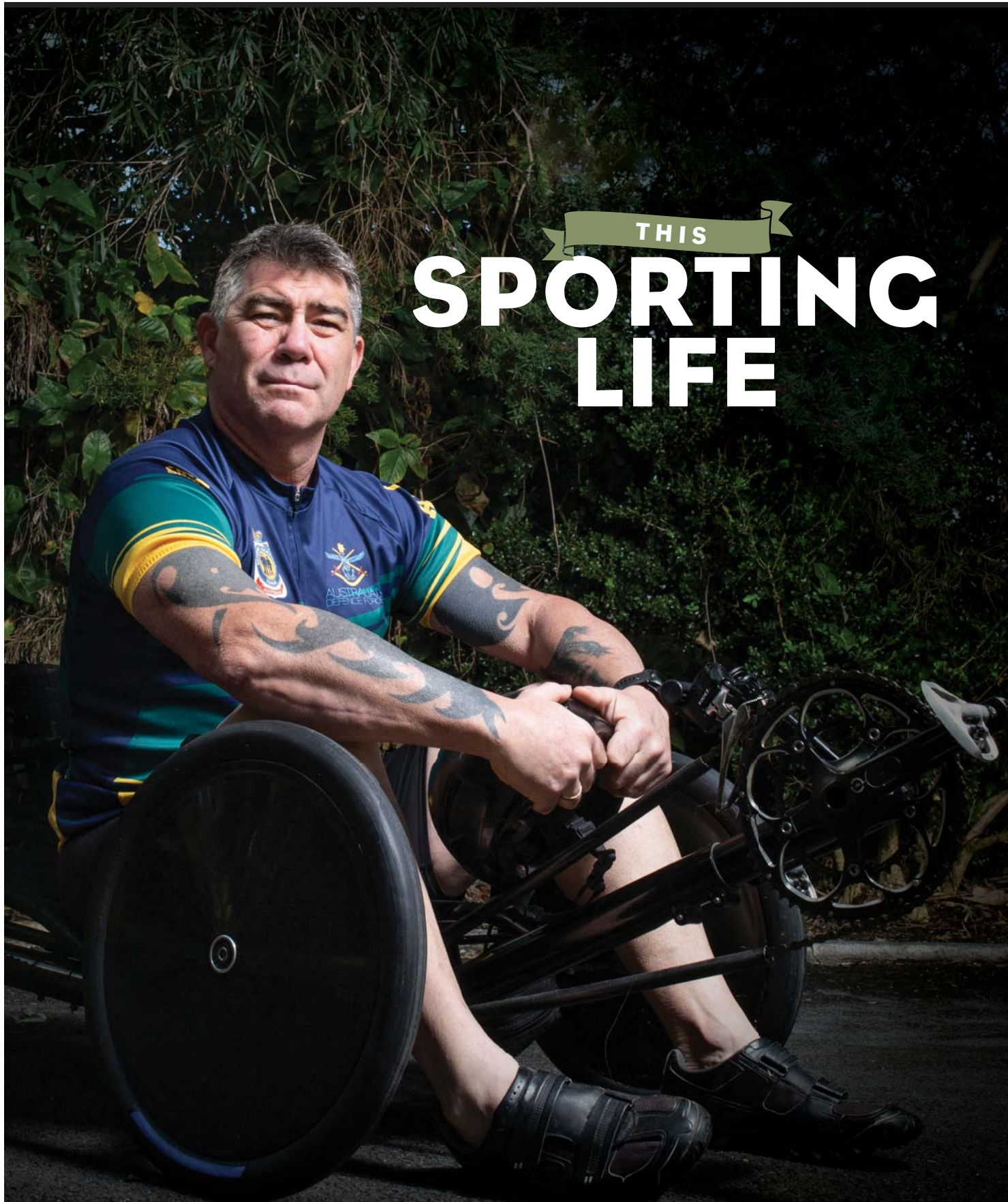
Defence Health has a range of hospital cover – from Basic Plus through to Gold, as well as exclusive hospital and extras packages for serving Defence couples and families.

If you're looking for a health insurer you can trust, it makes sense to check out Defence Health.

Discover Defence Health today.

Visit defencehealth.com.au or call 1800 335 425





THIS
**SPORTING
LIFE**

Sport and physical activity can do wonders for self-esteem and helps build community for young veterans and their families.



Story Chris Sheedy



PETER

Seven years before transitioning out of the ADF, Peter Rudland was in a terrifying Black Hawk helicopter crash in Afghanistan that claimed the lives of three Australian commandos and one American soldier.

The accident left the Platoon Sergeant with massive internal injuries and most major bones broken. His leg was impaled by his own rifle.

Rudland says the most powerful influence on his recovery, outside the miracles of modern medicine, has come from sport.

“Before the crash I’d been heavily into running,” he says. “I got into running in my 30s and pretty much ran wherever I went. I then took up triathlon and was building towards an IronMan event in 2010.

“Then around 2013, during my recovery, my unit sent me to Canada on a rehab trip, where I was introduced to snow sports. I’d never had anything to do with the snow and I was quite excited about it.”

As he recovered, Rudland struggled to find out whether and how someone with his level of injury could participate in sport. In Canada, he learned all about adaptive sports.

“It was amazing,” he says. “I really enjoyed it. I learned to sit-ski in Canada with some of the coaching staff, who were just amazing. I loved it. I was really interested and felt my competitive edge coming back.”



Rudland learnt to sit-ski in Canada, an experience which he says reinvigorated him after his significant injury.

Two years later, he attended an American pre-selection camp for the Warrior Games, which further opened him up to competition. At the same time, he was introduced to recumbent cycling and similarly fell in love with that. »

“I’m quite a competitive guy anyway. That’s part of the reason I spent my career in Special Operations. I always wanted to do things bigger, harder, faster. And sport is about competition.”

— Peter Rudland



Photography by Russell Shakespeare

At his first Invictus Games, Rudland laughs, he came “dead last” in every event he entered. But that didn’t matter. He was doing something he loved, meeting new people, making new friends and finding new purpose.

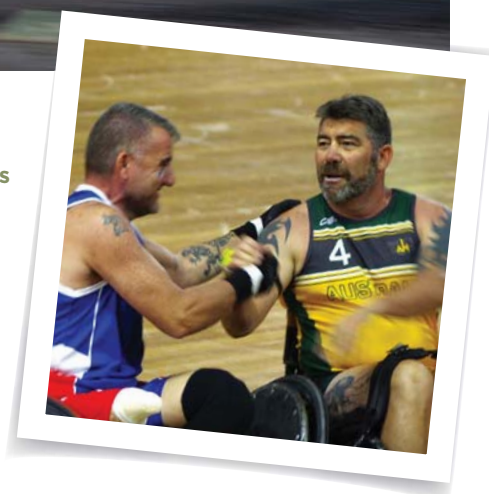
Plus, he was getting better at these new, adaptive sports. When he attended the Invictus Games as co-captain, Rudland won gold medals. And all the while his recovery was accelerating thanks to his new interests.

“I’m quite a competitive guy anyway,” he says. “That’s part of the reason I spent my career in Special Operations. I always wanted to do things bigger, harder, faster. And sport is about competition.

▲ **After sit-skiing came recumbent cycling, the next step in Rudland’s sporting journey post-injury.**

“Plus, let’s be brutally honest, the Defence Force is about competition. It was good to get that feeling back while I was doing something I really enjoyed. That’s why I embraced it so much and that’s why opportunities presented themselves to me fairly early. People saw the purpose sport gave me and they recognised my value through that sport.”

Rudland still works with Invictus Games in a mentoring role, and manages equipment for teams and athletes. Along the way he has travelled the world, met countless people and even spoken to Federal Parliament.



▲ **Rudland competed at the Invictus Games as co-captain, winning gold with his team.**

“It put me in a position of leadership again, a position of responsibility,” he says. “That element of leadership, plus the competitiveness and mateship, was very good for me. It helped me to find my happy place again.”



RAY

Building camaraderie

Knowledge around the wellbeing benefits of sport is not new. What has changed is the application of this knowledge in an organised and measured way by RSL NSW.

RSL NSW President Ray James has considered team and individual sport a vital part of his lifestyle and development over several decades. Even as a 15-year-old recruit at HMAS Leeuwin, his life was shaped by physical activity.

“I’d been very involved in rugby league and boxing in Ayr, where I’d come from in North Queensland,” James says. “In the Royal Australian Navy (RAN), I was introduced to rugby union and continued boxing.”

Sport was of great benefit to him then, as it still is now, because it gave him a sense of belonging and connection.

“There’s a camaraderie that builds up when you play in any of the services,” James says. “That camaraderie went right through my military and policing career and I still have friends from those times, today.”

James still plays rugby in a Golden Oldies tournament and is also part of an RAN ‘Old Salts’ rugby team.



▲ In the Navy, James was introduced to rugby union.

“We play a rugby match each year, just for a get-together,” he says. “It’s never about winning or losing. It’s about coming together with friends. It’s not as much about the game but is instead about the camaraderie after the game. »



▲ James plays rugby in a Golden Oldies tournament and is part of a Royal Australian Navy ‘Old Salts’ team.



▲ For James, playing rugby means more than a game of sport - it also builds camaraderie among friends.

“Whether you were in the Navy, Army or Air Force, you were used to being in an environment where people looked after each other. You were often in another town or another country, but it felt okay because you always had like-minded people watching your back. They were people similar to you, people with the same ideas and the same feelings.”

“The need for that great community stays with you for your whole life. It’s something you miss as a veteran. Sport and other activities, particularly with other veterans, help to bring it back.”

“The need for that great community stays with you for your whole life. It’s something you miss as a veteran. Sport and other activities, particularly with other veterans, help to bring it back.”
— *Ray James*

SPUR EQUINE PROGRAM: HEALING THROUGH HORSES

One of the most unique and powerful wellbeing programs offered by RSL LifeCare Veteran Services is the Spur Equine Program, designed by veterans for veterans.

Various offerings are available, including horse handling and riding courses, and horseback treks. Often, veterans who have completed courses return to Spur Ranch as volunteers.

Working with horses has long been recognised as a mindful healing experience that offers participants a level of calm and confidence. Spur Ranch provides a safe space for veterans to focus and heal, develop new levels of resilience, and enjoy social interaction.



Scan the QR code to find out more about the Spur Equine Program.



Photography by Pennie Looker, Spur Ranch - RSL LifeCare Veteran Services



ARTHUR

Having fun, saving lives

One initiative helping to bring veterans together is the RSL NSW Sport and Recreation Program.

The pilot program, which is currently being run in the Eastern Metropolitan District and the Lower North Coast District, is about much more than simply having fun.

Dr Arthur Chapman, President of the Nabic RSL sub-Branch, says without any hint of exaggeration that sport and exercise saved his life.

“I used to smoke a lot, drink a lot of alcohol, and I tried to commit suicide. Then I went to an exercise physiologist who got me into CrossFit, and my life turned around. Exercise became my medicine.”

Chapman is now offering that same gift to others as he rolls out the Sport and Recreation Program to veterans and their families in his local area, including for members of the Nabic RSL sub-Branch and in conjunction with neighbouring sub-Branches.

Activities on offer include gym sessions, Zumba, Pilates, tennis, yoga, nature walks, walking football, trivia nights, lawn bowls, tai chi, archery, kayaking, mini golf and darts.

“We’re all rubbish at darts,” Chapman smiles, “but we have so much fun.” »

ARTHUR'S TOP TIPS FOR SUB-BRANCH SPORT SUCCESS

Nabic RSL sub-Branch President Dr Arthur Chapman, who has doubled membership numbers with his management of the Sport and Recreation Program, shares his tips for success.

#1

KEEP UP ENGAGEMENT.

“Use social media and be consistent. Post once a week, sharing the event and the contact details. If it’s slow for a week or two, don’t give up. Consistency is everything. When a few people come along, ask them to invite more.”

#2

KEEP AN EAR TO THE GROUND.

“Once you start meeting interested people, ask them what sorts of activities they’d enjoy. Shape your offerings around them. Some might like a walk and a coffee on a Friday. Some might like fishing on the weekend. Always seek new ideas.”

#3

MAKE IT FUN.

“Most importantly, make every activity and event fun so that everyone wants to have a go. Don’t make it serious or competitive. Put finger food out, make sure everyone feels welcome, and make laughter a priority.”



▲ Nabic and Wingham RSL sub-Branches went head-to-head in a game of darts.

More important than the specifics of the activities themselves, Chapman says, is the fact that entire families can be involved, from young children to elderly grandparents. Activities are supervised and adapted for all age groups.

“Obviously, the physical side of what they’re doing is good for people’s minds and moods,” he says. “Serotonin levels rise because people are not just hanging around their houses, watching daytime movies. They’re getting out, sucking in fresh air and networking. They’re having coffee with like-minded families, discovering common interests and building friendships.”

How has the pilot program performed so far? Membership of the small NABIAC RSL sub-Branch doubled during the first eight weeks, and continues to rise.

By this measure, it has been a roaring success.

▼ **Nabiac and Wingham RSL sub-Branches also participated in a joint session of lawn bowls.**



JENNIFER

Family-friendly activities

When she returned from a tour of the RSL NSW sub-Branches participating in the program, Program Manager Jennifer Reynolds’s body was aching from all the physical challenges.

Those activities included an exercise physio class, a Pilates session and a nature walk.

“Actually, the place I felt it most was in my face – in my cheeks,” Reynolds says. “They were hurting from smiling so much. I’ve not had so much fun in a long time.”

The Sport and Recreation Program pilot, which was launched in March 2022, is a key component of the 2021-2026 Strategic Plan and supports the League’s goal to grow its membership, encourage members to support peers and

have fun, and help all veterans and their families in need.

“Our research tells us that our veteran community wants and desires activities that include their families,” Reynolds says.

“We also know that in the age group in which we’d like to see membership increase – younger veterans – the preference is for healthy and fun activities that can be undertaken as an individual or a group, rather than team-structured activities.

“As people are time poor and have many commitments within their family network, they want to be able to show up, often with their family, participate, have a whole lot of fun, then go about their day.”

More than a game

The doubling of membership numbers at Nabiac sub-Branch, Reynolds says, is clear evidence that anything is possible. If such demand comes from a relatively sparsely populated, rural region, imagine what is possible across the state.

▼ **Standings for the RSL Sport and Recreation Program pilot are available on the RSL NSW website.**





▲ Wauchope RSL sub-Branch organises Fun Monday walks each week.

The values of those running the program are vital to its success, Reynolds says.

“Arthur has shown an openness to trying different ideas and listening to the veterans to take on their suggestions,” she says. “He always wants to make sure everybody from the entire veteran family group enjoys themselves, and I think that’s an important ingredient for success.”

And success really is important, considering the bigger picture of veteran wellbeing.

“The first thing we hope to achieve through this program is to increase social connection among our wider veteran community and to establish and deepen relationships,” Reynolds says.

“The magic is in the social connection, in the positivity and happiness that come as a result of connecting to others that deeply understand you, all in a completely welcoming environment.” 🍷

HOW TO MAKE SPORT FOR EVERYONE

An ‘adaptive’ sport or activity is one that has been made more inclusive to a broader group of participants with a range of physical abilities, Jennifer Reynolds says.

For example, walking football brings an entirely new, and much larger, cohort into soccer by removing the need for some of the more demanding physical elements.

“Adaptive sport is taking any sport and changing how it is played,” Reynolds says. “It’s

about engaging in activities that everyone can do, focusing on physical inclusivity.

“Or it might simply be about a variety of competition levels, or no competition at all.”

An adaptive sports event available in most regions across Australia – and around the world – is Parkrun, a free, weekly 5km run, jog or walk. It’s inclusive, has no time limit and is only as competitive as you want it to be.



RSL has partnered with Invictus Australia and Open Arms to support Parkrun’s Team Veteran. Scan the QR code to find out more and join 600 Team Veteran Parkrun members.

HOW TO GET INVOLVED

How does a veteran or their family take advantage of the RSL NSW Sport and Recreation Program? Right now, for those in the pilot regions of Eastern Metropolitan and Lower

North Coast, there’s a calendar of activities on the RSL NSW website’s Sport and Recreation page. This information will expand as the program does, to cover other districts.



Use the QR code to learn more. Otherwise, get in touch with your local sub-Branch to speak with them about ways that they can start planning an activity.



rslsw.org.au/get-involved/rsl-nsw-sport-and-recreation-pilot

A SOLDIER'S KIT THEN & NOW

Soldiers have served in the Australian Army for more than a century — and what they wear has changed a lot during that time.

THEN

Tony Fryer served as a national serviceman in the Vietnam War. After basic training, he underwent selection for the Royal Australian Armoured Corps (RAAC). He was later sent to the 3rd Cavalry Regiment in Holsworthy to undertake pre-embarkation training, a crew commander's course, and other skill development programs.

Tony then flew to Vietnam aboard a Qantas flight — whose crew was nicknamed the Skippy Squadron — and spent the final seven months of Australia's combat personnel presence in the war on the ground. His role for much of this time was vehicle crew commander.

A few months after arriving, the troops began their withdrawal, but Tony stayed on as a driver of an M113 Medium Reconnaissance Vehicle, an armoured personnel carrier soldiers called the 'Beast'.

Tony returned to Australia and discharged from the army in March 1972. But that wasn't the end of his involvement in the ADF. He spent the next 15 years in the Army Reserve, joining the 1st/15th Royal New South Wales Lancers, based in Parramatta. As part of the Lancers, he rose through the ranks to eventually become a lieutenant.

He is now the Secretary of St Marys RSL sub-Branch, and does pension and advocacy work at the St Mary's Vietnam Veterans' Outpost.

1. Tony (R) and a fellow soldier in Vietnam. Their general-purpose boots, which contained a built-in metal plate, were designed to provide extra protection against booby traps. 2. Tony today.



JUNGLE GREENS

A Vietnam soldier's standard field uniform consisted of a cotton shirt and pants combination known as 'jungle greens'. Made of lightweight cotton, the jungle greens of the Vietnam conflict were an improvement on the comparatively heavier fabric of earlier eras.



TONY REMEMBERS...



TANK SUITS

"In Armoured Corps, we generally worked in tank suits, which are a kind of overalls. We had the option of tank suits or our greens, which were the regular shirt and trousers. We'd have our greens on during the day. On colder nights, it was nice to have the tank suit on, because it was a bit warmer."



HEADWEAR

"I would always wear a black beret. We didn't use the slouch hat in Armoured Corps. At one point, they issued us with an American helmet with in-built headphones and microphone. It was very uncomfortable and you couldn't hear much outside the helmet. I used the Australian-issue headphones, which let you hear what was going on around you as well as listen to the radio traffic."



RATIONS

"In tanks and armoured personnel carriers, we didn't use the personal dixies (small mess tins) as much as infantry did. But we'd have similar rations. We'd split 30-man ration packs between us, and sometimes we'd get some dehydrated supplementary." »

NOW

Times change, conflicts end and begin, and the uniform worn by Australian Army troops evolves.

Although still recognisably belonging to the same force as the one that fought in Vietnam decades earlier, the uniform of the modern-day soldier has evolved in a number of significant ways.

The late 1980s saw the jungle greens of the Vietnam era replaced by a new Disruptive

Pattern Camouflage Uniform, or DPCU. Characterised by a pattern of colours, the uniform was designed with the contours and colours of Australia's natural terrain in mind.

In recent years, the DPCU has been progressively phased out and replaced by a new and improved version of the uniform – the Australian Multicam Camouflage Uniform (AMCU).

Further improvements are always being made.

SOLDIER'S COMBAT ENSEMBLE
The SCE consists of various articles of protective and performance enhancing equipment, including a tiered combat helmet and an integrated load carriage and body armour system, which provides protection without significantly restricting manoeuvrability.

AUSTRALIAN MULTICAM CAMOUFLAGE UNIFORM (AMCU)

There are two main AMCUs: a barracks and a field variant. The standard AMCU consists of five tones: greenish sand, orange-brown, brown, leaf green and dark green.



FIELD

The field variant has knee pads and additional pockets on the leg. The fabric is thicker too, and the midriff of the shirt is plain, while the arms are covered with the standard camouflage.



BARRACKS

The barracks variant of the uniform has pockets on the front as well as on the sleeves. Troops wear a unit patch on one sleeve and the Australian flag on the other.

Images: © Commonwealth of Australia, Department of Defence Image Library



BOOTS

The black leather general purpose boots of the Vietnam era have been replaced by high-quality brown leather field boots. These days, troops are allowed to purchase their own boots if they wish.



SERVICE DRESS

The ceremonial uniform, or service dress, was overhauled in 2016, returning to a brown khaki colour closer to what was worn during the world wars and interwar years. Gone are the big balloon pants — modern dress uniforms are fitted in the legs and no longer high in the waist, and are made from high-grade wool that allows the body to breathe.



RATIONS

These days, most rations are 'boil in a bag' and require water before consumption. Ready-to-eat rations don't need rehydration but weigh more, which can be critical in a high-intensity environment. Modern rations have been designed with high-calorie intake in mind and contain lots of variety, such as condiments, lollies and chocolate.



< Vince Williams with Forestville primary school students.

Primary school students from Forestville and surrounds participated in the Forestville RSL sub-Branch's annual 'Australia My Country' poetry,

art and musical composition competition.

This year's theme invited participants to incorporate into their presentations

the 1942 attack on Sydney Harbour by the Japanese. Awardees were presented with prizes and certificates by veteran Vince Williams.

Father Bill Stevens is presented with his certificate of appreciation by the Entrance Long Jetty RSL sub-Branch.



ENTRANCE LONG JETTY DECADES OF SERVICE

The Entrance Long Jetty RSL sub-Branch committee presented Father Bill Stevens with a certificate of appreciation upon his retirement, in recognition of his dedicated service to the sub-Branch. Bill has been an "integral part" of

ANZAC Day, Remembrance Day, War Widows and Coral Sea services for the past 23 years, joining the dedications of memorials at schools and retirement facilities in the local area.

He has also donated sand gathered from the beach at Gallipoli, and other items, to the sub-Branch's military museum.





NORFOLK ISLAND ONE FINAL FLIGHT

For a short while, Norfolk Island was a proud host to a World War II-era P-51 Mustang en route from New Zealand to the Australian mainland.

Adults and children alike gathered for a tarmac visit organised at short notice by the Norfolk Island RSL sub-Branch, which saw WWII veterans Ralph Weslake and Ralph Holloway join the general public for the viewing.

Manufactured in the USA in 1945, the aircraft was initially flown by the RAAF prior to being shipped to California, and later sold to a private owner in New Zealand. After two decades across the ditch, the Mustang finally returned home to Australia, sold to an aircraft enthusiast and restorer in Victoria.

During WWII, Norfolk Island regularly provided servicing and refuelling services to aircraft flying north from New Zealand to air bases in New Caledonia and the Solomon Islands.



▲ Ralph Weslake and Ralph Holloway standing proudly before the P-51 Mustang.



Vale, Walter 'Wal' Williams OAM, who was a prisoner of war during WWII.

PITTWATER A POWERFUL LEGACY

Dozens gathered at Pittwater RSL sub-Branch to remember Walter 'Wal' Williams, who died aged 99. Wal, who was awarded an Order of Australia in 2021 for services to veterans and their families, served in the army for six years, most of that time as a prisoner of war.

Mourners heard an incredible tale of survival, hearing how Wal's battalion joined the defence of Singapore in February 1942

before becoming POWs and held in Changi Prison. He was then transported to work on the Burma Railway for over a year, and later moved to Japan for a period of further hard labour.

Wal returned to Australia on 10 October 1945, his 23rd birthday, and discharged the following year. In later life, he petitioned to have a plaque installed at Mona Vale Headland to commemorate those soldiers lost at sea.

The funeral was attended by about 70 people, including RSL NSW President Ray James.



▲ John King (L) is awarded his RSL Life Membership by Max Lewis, President of the Hunter Valley District Council of RSL sub-Branches.

HUNTER VALLEY LIFE MEMBERSHIP

John King of the Hunter Valley is another recent recipient of their RSL Life Membership.

Max Lewis, President of the Hunter Valley District Council of RSL sub-Branches, presented the award at Maitland City Bowling Club in recognition of John's extensive contribution to the Hunter Valley veteran community.

John was the Secretary of the former Weston RSL sub-Branch for 13 years and Secretary of Hunter Valley District for seven years.



MOREE ANZAC MURAL

An ANZAC mural commemorating service members both past and present now adorns the main street of Moree.

Members of Moree RSL sub-Branch, including Senior Vice President John Williams and sub-Branch trustee John Tramby, attended the unveiling of the mural, which was painted by Tim Bowtell.

COROWA CENOTAPH RESTORED

The Corowa War Memorial Cenotaph has been restored ahead of its centenary celebrations.

Located in the Corowa town centre, the stone cenotaph and clock tower feature plaques and honour rolls for those who served in the two world wars. As part of the restoration, the clock's face was repainted, upgraded dials installed and a new interior mechanism manufactured.

The Corowa RSL sub-Branch partnered with

Federation Council to organise the restoration, after the council received a \$10,000 grant from the NSW Office for Veterans Affairs under the NSW Community War Memorials Fund.

"This ceremony will provide us with the opportunity to open the memorial to all service men and women who have made sacrifices for our country and freedom," Anthony Dunne OAM, Secretary of the Corowa RSL sub-Branch, told the *National Tribune*.



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*CDC NSW acknowledges the Traditional Custodians of the land our services reach
and pays respect to Elders past, present and emerging.*



◀ L-R: Bettina Franklin, Bill Burns, Geoff Robinson, Jackie Perring and Graham Pickering.

WINDSOR & DISTRICT JOINING FORCES

The 1st Oakville Scout Group visited the Windsor and District RSL sub-Branch for an evening of presentations and a Q&A. Members of the group were awarded badges recognising acts such as visiting a veteran or participating in ANZAC Day commemorations.

“The group of enthusiastic young Cubs and Scouts kept the executives on their toes with some very thoughtful and interesting questions,” Leon Walker, Honorary Secretary of the Windsor and District RSL sub-Branch, told the *Hawkesbury Gazette*.

The 1st Oakville Scout Group visiting the Windsor and District RSL sub-Branch.



AUXILIARY

MUDGEES AUXILIARY PATRON

Jackie Perring, the Vice-President, Treasurer and Auxiliary Coordinator of the Mudgee RSL sub-Branch, was presented with her RSL Life Membership.

Jackie has been a member of the sub-Branch

for 30 years, providing representation at ANZAC Day and Remembrance Day commemorations, schools and nursing homes.

She is also a long-standing member of the sub-Branch’s auxiliary, and was previously elected Auxiliary Patron in recognition of her service.



AUXILIARY

CASINO LETTER FROM THE QUEEN

Hazel Slaney, aged 100, was made a life member of the Casino RSL sub-Branch Auxiliary.

Upon reaching the milestone, Hazel received letters from the Queen, Governor General, Prime Minister and other members of Parliament.

"LEST WE FORGET"

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

NAVY



- BAYLISS, GJ O1672
- BROOKS, BP R63820
- BUCHANAN, KC R54067
- BUCKMAN, N R45312
- BUHL, CP S6400
- BURGESS, JF R27423
- CANTLEY, WT R44627
- COLLINGS, PF R104284
- CRAWFORD, K 7942NS
- CREED, JC CJX549514
- DAVIS, LJ R55615
- DUNCAN, HF S8758
- DYER, J CMX563792
- EMANUEL, BK R39883
- EVANS, GP R38341
- FREARSON, RW R44650
- GLOSSOP, AA R36436
- GRIBBLE, BV R47628
- HAGAN, AG S117575
- HILL, JR R59692
- HILL, BG O530
- HILLMAN, DJ 122168
- HOLMAN, RW O96050
- HUDSON, CE WR1718
- HUMMERSTON, TJ R108996
- INMAN, AP R103608
- IVES, GE R49906
- JAHNSEN, BJ R51730
- JONES, DJ R63542
- KANE, DA R53625
- KENTWELL, AK R52400
- KERMODE, JC S7636
- KERRIGAN, KH R54734
- KIMBLE, H A100603
- LEONARD, JG S/8900
- LESLIE, WB R39325
- LEWIS, AE 45678
- LLOYD, MG 44653
- MACLACHLAN, AW R59053
- MACNAMARA, KR R46414
- MALIN, AS 36811
- MARTAIN, L R52314
- MAYNE, RS 8582

MCDOWELL, RK R66666
MC GEE, DJ 35388
MCKINNON, M R53201
MCPHEE, DW 50129
MCRAE, GA F3958
MCRORIE, AK 23694
MILNE, GG CJX 639525
MOONEY, KJ R29744
MUSGRAVE, JA R50229
NALDER, CJ 1923
NIXON, ER S9925
O'CONNOR, JA 311459
O'DONOVAN, CJ R29806
O'SULLIVAN, EA R62299
PARKS, KJ R47319
PARRY, ML R46334
PAYNE, KJ R42709
PERRY, RL R106701
PHILLIPS, PD R111563
PLUMMER, CG R51192
PORTER, GA R55057
PRICE, RC S7924
PURNELL, BJ 23256
REDAELLI, R S10158
REECE, WB R38589
RICHARDSON, BW PA5130
ROBINSON, BW R42636
ROY, AM S9895
SAUNDERSON, RH R93591
SELL, RW R55137
SLICK, PW S126696
STANLEY, RW R29372
STEELE, KA S8101
TARANTO, P R38885
THOMAS, WJ R94331
TOWELL, RS R64154
TWIGG, RJ R45913
TUDOR, J C/SMX771675
VIDLER, P R54310
WAKEFIELD, J O2216
WHITEHURST, HL R36651
WIGGINS, KJ R49762

ARMY



AGENT, CL 2/10674
ALEXANDER, JD NX190788
ANDERSON, S NX82946
ANDERSON, NF QX63181
ANSON, JR NX138983
ARCHER, FW NX179046
BASSFORD, JR 2792419
BEATTY, KJ NX190013
BEDFORD, TM 8228624
BEDNARZ, AP 2784441
BENNETT, GH NX205845
BERGAN, RG 2755244
BERRY, PI TF150147
BIRD, J H 235044
BLAZLEY, P R 2794132
BOURKE, J E NX106806
BRACKENREG, BA 2/139972
BREEZE, A N4256261
BROCKENHUUS-SCHACK,
O 44573
BROWN, HG 28229
BROWN, GW A3165869
BRUCE, M 25258
BUCHANAN, GC 3795889
BYRNES, K 2788638
CALVERT, PJ 235149
CAMPBELL, GA 228617
CARTER, AG NF410133
CATTS, JH NX140631
CHARNOCK, HJ N464382
CHIN, RJ NX38064
CLARKSON, J 230327
CLUCAS, LB NX60134
CONDOLEON, N NX203421
CORNALL, NB N237888
COURTNEY, CE 243267
COURTNEY, ER VX21683
COVENTRY, VM NX44560
CROOK, EL NX502257
CROSBIE, R NX109489
CROSS, RJ 2/3927
DALEY, JG N283519
DARK, WJ 2785754

DART, JR 279512
DAVIS, JF QX23152
DAY, RG 2786336
DEAN, BJ 215827
DOHERTY, KJ 224606
DUGDALE, HJ N25774
DUNCAN, HF S8758
DUNN, RG NX139129
EDWARDS, MK N236088
ELLISON, GM 2147430
ESTREICH, JG 1202787
EVANS, HM 53754
EVES, GE NX205345
FAWBERT, KO NX132649
FITTLER, RJ 2793681
FOLKES, BP 2790542
FRANCIS, GC NX101413
FRASER, A VX501522
FRASER, PJ NX100090
FRY, NV NX502030
FRYER, FE NX156830
GOULDER, SF NX115083
GRENFELL, BJ NF479047
GROVES, PW 279039
GUY, KB NF464900
HACKETT, PJ O314292
HANIGAN, M NX191043
HAWKE, DJ 243447
HAYS, NG NX164580
HILDER, GR N75601
HILLY, W NX102885
HOCKAM, GJ 2786681
HOCKMAN, GJ 2786681
HOOPER, RJ 6952
HOOPER, GA 3791238
INGOLD, RA N190673
JACKSON, SL QX40253
JENSEN, MT 23244
JONES, DJ 37559
JONES, MI 215202
JONES, AV NX147424
JONES, WJ A36497
JOSH, WH N104152
KEEN, KH 2100819
KENNEDY, PM NX206063
KIDD, GR 235296

KOHLHOFF, M 22563768
LEE-MARTIN, N N391479
LESLIE, PG 57121
LEWIS, FB NX120851
LINDWALL, JW NX114119
LITTLEFAIR, KR N461285
LONG, LS NX191249
LONGFORD, GC 2788035
MADELEY, E CJX752004
MAHONEY, PA 2792261
MALONEY, WF N243847
MANUEL, RC WX16833
MARRIOTT, DJ 2303711
MARTIN, RG A25185
MAUGER, BC 2790451
MAXTED, RW 215650
MAXWELL, JA 219344
MCATEER, BJ 17884
MCCORMACK, BJ 27245
MCLEAN, DJ 2791238
MCNAMARA, FW NX179160
MCNEILL, JC NX69965
MCTACKETT, RD NX149994
MEEHAN, MR NX500600
MILES, WJ 2783755
MILLIS, JT NX44997
MONCK, LA NF455945
MUNRO, GE NX505240
MURRELL, GE 217300
NAVAS, GG 2793162
NEVILLE, RB 215695
NEWMAN, FK NX195289
O'CONNOR, JA 311459
ORFORD, M NF464217
ORROCK, CN NX157649
O'TOOLE, FA N444046
OVINGTON, RW N351628
PACKMAN, NA NX177860
PASKE, B NF440702
PATTINSON, NE 61710
PAVLAKIS, JV N445647
PEMBROKE, AT 1/70031
PENN, RM CNX719329
PETCHELL, HI 58824
PHELAN, PW 2784870
PREEN, KB NX207776

PRESSNELL, WD VX125682
PRESTON, JLC VF509611
RAE, M NF45052
REDGRAVE, KR 27281
REED, JC CJX549514
RULE, AH VX82738
RUMING, B NX112555
SALMON, C VX51592
SATTLER, KR N171132
SCHOFIELD, AJ 2767642
SEARLES, WT N151930
SENINI, EJ 2276648
SERBUTT, GC 2788891
SHARP, RJ 2160864
SHREEVE, VC NX91716
SKEEN, JC VFX94819
SKEERS, NG NX170443
SKIEN, PR 1734344
SMITH, RG NX152790
SMITH, DA 27150
SMITH, GS 279259
SPITERI, RJ 2783834
STANLEY, R NC36762
STEPHENSON, BI NF463597
STOCKTON, G 2276733
STONE, WW N222700
TALBOT, AM NX179667
TEAGUE, RJ 222831
THORPE, K NFX146470
TRAIL, FJ 3411621
TREVITHICK, AR VF515186
TRIGGS K O N442822
WATSON, CA 2117505
WEBB, L NF451791
WEBSTER, RJ NX174300
WEROURA, JM 8540711
WESTBURY, OE N23356
WHEWAY, ER 213344
WHIPP, JP NX162145
WHITBY, WA NX41526
WHITBY, WA NX41526

WILD, JF 29522
WILLIAMS OAM, WG
 NX57223
WILLOUGHBY, LJ JX436491
WILSON, RJ NX169559
YATES, JS N481493
YOUNG, JD NX101270
ZORBAS, J 2713155

RAAF



ANDERSON, JM 351138
BALSARINI, NJ 439245
BALSTAD, MV A120455
BARNES, FP 167550
BATHGATE, FJ A117500
BATKIN, KA 163235
BECK, AJ A21389
BEDFORD, ED 162005
BIDDINGTON, W O217052
BRADY, KP 433226
BRIEN, JJ 84891
BROOK, D 138634
BROWN, NJ A117135
BRYANT, TH 432476
BURROWES, CN 435866
BURTON, GA 161890
CARROLL, JR 432751
CHAPPELL, BW 439565
CLARKE, MM 105705
COURT, MR 444781
COX, JD 109840
CRICHTON, G 439570
CRITHARY, AP 137161
CUNNINGHAM, NI 101114
DAVIS, KE 130538
DAWSON, GJ A223667
DELANEY, RL W223133
DICKEY, RA A215339
DIXON, SJ 99704

DORNEY, CL 217827
DUNCAN, WJ 8184860
DYSON, LC 62365
EYLES, N 443870
FORTESCUE, N 449359
GREATREX, AR 35126
GRIFFIN, RJ 161803
HACKETT, PJ 314292
HALLIDAY, WJ A221027
HANDCOCK, M 67035
HANRATTY, P A113207
HARDY, DR A15768
HAWES, LJ A21105
HERFORD, KR 444441
HICKMAN, RJ 1499152
HUGHAN, GA A319266
JONES, WJ A36497
JONES, GA 235882
KELK, AH A218592
KERR, JK 445387
KEWLEY, FA 12729
KIDD, ML 109093
KINLAY, GT 34933
LAFFAN, JE 432212
LAWSON, KA 68736
LE CORNU, FD 171018
LEONARD, WE 139135
LEWIS, ED 178198
MACKELLAR, RC 411160
MCCLELLAND, HR 421610
MCDONALD, DG 431572
MCGRANE, MM 435173
MCGREGOR, M 136186
MIGUS, J A222535
MORGAN, RJ A313368
MURRAY, A 66785
NASSIM, MA A55372
NELSON, PA W110828
NEVILLE, DL 225859
NORTON, RP O48120
NOTT, LC 161847

PEARD, EH 131196
PETHERBRIDGE, R 167151
PORCHE, GJ 127702
PRICE, EW 161081
QUINTRELL, WR 48612
REES, DR 118687
REIS, BL 120264
RIVERS, WB 22108
ROBINSON, JR 74114
ROOTS, AC 164349
SAFFHILL, GW A311308
SANDOW, DV 417317
SEARLES, WT 432378
SECRET, RG A14971
SEMKEN, GP A32484
SEWELL, JB 167181
SHARP, RJ 2160864
SIMMONDS, RJ O1062
SIMPSON, RF 162262
SLATTERY, NR O11803
SMITH, DJ 37064
SMITH, NE 422763
SMITH, ED 444269
SMITH, CR A229828
STANLEY, RW R29372
STEGMAN, NS 98330
TAPP, J 432907
THOMAS, BA 49436
TIDYMAN, LW 2904807
TUDOR, J SMX771675
TURNER, HT 130065
WARBURTON, L 421777
WATTS, ED 109703
WEBB, SK 33192
WHITE, C 2216470
WIGGINS, RM 62600
WILKINSON, WA 165602
WRIGHT, JS 131445
WYLD, WI 93402

The information contained in the Last Post has been provided by DVA and RSL members. Where possible we have attempted to provide all service details. We regret any missing information.



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TOUR DESK: 02 9230 3444



TUG OF WAR

VIETNAM 1970/1971

It's not only recent veterans who have realised the benefits of sport and physical activity. In this photo, soldiers serving in Vietnam engage in another battle, a game of tug of war, while off-duty.

The photographer, Bruce Keith Chapman, served with 3 Cavalry Regiment from 3 September 1970 to 9 June 1971.

Fund the future

Commemoration. Mateship. Advocacy.

As vital now as they were in 1916.

As important now as they will be in 2036.



The future of RSL NSW is not assured. Mobilising the combined resources of sub-Branches is critical to supporting veterans and their families, and ensuring the RSL brand is recognised and respected by the whole community, so the community knows who we are, what we stand for and what we do.

That's why we have launched the RSL NSW Strategic Plan which includes a new funding model for the future. Colloquially called the 'Pooled' funding model, it has two parts: the Aggregated Investment Management Service and the Veteran Support Fund.

Invest in the future of the League in NSW.



“My Future Fund experience showed me the value of alignment of purpose with the pattern of investing and spending to achieve an organisation’s objective.”

David Murray AO, is the Inaugural Chair of the Australian Government Future Fund Board of Guardians.

David acted in an advisory capacity to the selection process of the competitive market tender. He provided insight into the assessment of risk, governance, and other qualitative factors on the selection of the preferred investment manager for RSL NSW and its sub-Branches.

Please contact Patrick Regan at Morgan Stanley on **(02) 9775 2902**

Scan the QR code to read about the funding model on the RSL NSW website.





**VETERAN BENEFITS
— AUSTRALIA —**

**Our Mission is to provide
ease of access, speed
of access and the best
quality services to
Veterans nationally**

WHO WE ARE

Veteran Benefits Australia started out with a mission to support returning Veterans. We're a brand that brings a long list of allied health services and offerings for Veterans to access, easily and efficiently.

Our aim is to provide Veteran-centric care, which means that we work with YOU as the focus. The Team coordinates with you and brings proactive support rather than waiting to react to situational issues. 'Proactive rather than Reactive'

Working with a team of health professionals and former Veterans we have an intimate knowledge and understanding of the barriers and road blocks that veterans may face in accessing the health care they deserve and are entitled to receive.

SERVICES WE WORK WITH:

We help Veterans access:

- ▶ Exercise Physiology
- ▶ Nutrition and Dietetics
- ▶ Financial Services
- ▶ Physiotherapy
- ▶ Podiatry
- ▶ Psychology and Mindfulness

Plus we have a dedicated support team of former servicemen and women and skilled professionals who can support veterans in accessing:

- ▶ TPI
- ▶ Compensation Claims
- ▶ Coordinated Care Plans

We are able to assist with cutting through the red tape and jargon that so often acts as tripwires to many Veterans accessing the services they need and are entitled to.

We understand the systems and we want to ensure that you do too!

Scan me for more information!



HOW TO REACH US!

Email: admin@veteranbenefitsaustralia.com
Or visit: www.veteranbenefitsaustralia.com

