Keeping in Touch autumn edition 2024 VILLERS-BRETONNEUX



VIETNAM HEROES FINALLY RECOGNISED ~ Pages ~ 11 ~12 - 13 - 14 ~

VILLERS BRETONNEUX MEMORIAL ~ Pages 18 ~ 19 ~



Official Newsletter of: Toronto RSL sub-Branch PO Box 437 Toronto 2283 rsl2283@bigpond.net.au 02 4959 3699 www.torontorslsubbranch.com









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Keeping in Touch

From the Presidents Desk

Hello again everyone. ..



Here we are again contemplating another winter, although the weather lately has been exceptional, very pleasant, not to hot and not cold.

ANZAC day this year which fell during school holidays turned out to be excellent commemoration for both the Dawn Service in Goffet Park, followed by breakfast in the Digger Club. Then later the main service which was proceeded by the usual march by the diggers and others, down The Boulevarde to the Cenotaph in Goffet Park. There were comments concerning the attendance at both commemoration regarding the crowd as being excellent, if not better than the pre-covid days.

The inquiry into veteran suicide has started to finalise its investigations, with the outcome of those investigations to be released in the near future. There are many who are waiting to see the results and the recommendations produced as a result, of the hundreds of people who attended and presented their case at the various sittings around the country. After the report is released and all interested entities have studied the outcomes, the effectiveness of the investigation will depend on the recommendations being implemented. We have to make sure our authorities take note of the actions required and set in motion methods and rules to ensure they are actioned and not just bury the report because it may be politically sensitive, as has been done with many other enquiries in the past.

I have over the years had the opportunity to talk to many of our younger veterans about the problems they have encountered after leaving the service. One common trend was the difficulty they had in assessing what skills their training gave them and where they could find suitable work to put those skills in action. You, as a veteran put in a similar situation when you exited the service, will understand as you more than likely had a similar experience. I believe we older Vets had training that was easier to identify with civilian practices because it was relevant to the work

being done by them at the time. That made it easier for us to blend in, and because our training was extremely good and very broad, made our life far easier when we did find work. Our modern Vets have been trained with a singular purpose field and a narrow experience band. They then get extra training as the situation or need arises on a case by case basis. From what they told me, anything to do with work in the outside world was not talked about and in reality only mentioned just prior to their discharge. Perhaps because their trainers had never worked outside themselves and could not relate.

Throughout the world several conflicts are still in progress that have the capability to involve us even to a greater degree that we are involved at present. Our military leaders are at present spending a great deal of their time defending themselves or their subordinates from actions or events not entirely of their making. This is then taking them away from their primary job, that of leading and training our defence force. The modern media has a lot to do with the problems associated with our defence force, those in service are an easy target and one that is unable to respond. Modern media is based on sensationalism. The more impact it creates the better it is for them and the truth is never set in high esteem. When it comes to the defence of our country we don't need the distraction of journalists who seem to think a story is more important and they have the right to print whatever they like without thinking of the consequence. Our military leaders are obliged to follow the directorates from our Government, they deserve protection from direct confrontation and the media should be made to direct enquiries elsewhere.

For those of you who are members of our Sub-branch we need to know if you wish to continue that membership. For those members who are in regular contact ignore this request, if you have not had contact with us within the last twelve months, I ask you to do so. Of the 150 members on our books only fifty have been in contact and this makes it difficult for us to upgrade the records State require. Just a telephone call on Monday, Wednesday or Friday morning or email anytime is all that is required.

Once again I hope you are all in good health and I wish you well.

The Price of Liberty is Eternal Vigilance

Bíll Noble BEM Presídent

PENSIONS REPORT

At present our Pension Officers and Advocates have been quite busy with 64 veterans submitting claims which in total relate to approximately 160 individual claims.

There are 4 matters that are currently under review by the Department.

So as you can see our Officers have not been idle dealing with the high demand. Considering at present we only have one Advocate, and two others who are trained in Pension Officers working full time.

There are some minor adjustments to the Pension Area SUPERFICIAL CHANGES MADE TO PENSION OPERATIONS:-Roger Priest is moving away from initial claims and handling that responsibility to Phil and Rod who are now both Qualified ADTP Advocates.

This will allow Rodger to concentrate on Level 3 Advocacy and mentoring for the area.

For a full list of any new conditions being investigated go to the RMA website at www.rma.gov.au and look under "What's New".

* * * * * * * * * * * * * * * * *

Our Advocate and Pension Officers are on duty in these sub-Branch offices each Wednesday between the hours of 9.30am and 12 midday. Other times by appointment only:-Phone 4959 3699

IRISH

Mick and Paddy were on a plane Halfway through the flight, Mick said, "Paddy if this plane would turn upside down, do you think we'd fall out?" Paddy says, "Nah Mick, we'd still be friends"

DATES TO REMEMBER

PLEASE NOTE NEXT MEETING:- Monday ~ 08/04/24 ~ 10am at Diggers Club ~ Remember Daylight Saving Ends 07/04/24

Monday ~ 13/05/24 ~ Monthly Meeting at 10.00am Diggers Club

Monday ~ 10/06/24 ~ Monthly Meeting at 10am Diggers Club

HAVE YOU EVER CONSIDERED MAKING A BEQUEST OR

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CHAPLAINS CORNER

Happy Easter & Abundant Blessings to you all!

Easter was early this year and Anzac Day nearly upon us. What can the Easter story bring to Anzac Day?



The journey to Easter Sunday begins with the Lord's Passion and Death. Jesus paid the ultimate sacrifice for the sins of us all and then in his resurrection 3 days later— we have eternal life. Our Anzacs knew sacrifice, all our returned service personnel know sacrifice with the scars they carry. Jesus knows this pain intimately and can carry your burdens. Prayer is simple way to carry your burdens to Jesus. You can talk to him like a mate, but know he gets it, he hears you and through him you are loved and your loved ones are raised with him.

Though Spirituality is not always expressed through religious beliefs or practices. My role as Chaplain is not to convert you but to journey with you where ever you are in life, the ups and the downs.

Anzac Day is a time to honour the memory of those courageous men and women who sacrificed their lives in service to their country. It is the day on which we remember Australians who served and died in all wars, conflicts, and peacekeeping operations. The spirit of Anzac, with its human qualities of courage, friendship, and sacrifice, continues to have meaning and relevance for our sense of national identity.

At this time we remember all our Australian men and women who served in War and peacekeeping operations.

I look forward to being present with you all on ANZAC Day.

Peace be with you all. Reverend Melanie Phone:-0488 413 186 Email:-parishpriest@torontoanglicans.org.au







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Page 9/

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LAST POST

The following members and comrades have passed away since our last issue

John Willian CALLTON ~ RAN ~ 17.02.2024



VIETNAM HEROES TO BE AWARDED NEW MEDALS FOR WAR GALLANTRY

(Sydney Moring Herald, Sydney 30th January 2024 by Tony Wright)

Kevin Wheatley and Ron Swanton are finally to be duly feted.

Dasher Wheatley, was just 28, had four children of his own back in Australia. He wouldn't – couldn't – allow a terrified three year old Vietnamese child to die alone, caught in vicious crossfire between Viet Cong and South Vietnamese soldiers. He ran to the little girl, scooped her up and used his own body to shield her from the bullets tearing through the air from all directions.

It has taken almost six decades for his act of astonishing bravery to finally receive official recognition, which can be revealed only now. Australia's Defence Honours and Awards Tribunal has recommended, in a finding published today, the Warrant Officer Kevin Dasher" Wheatley and his mate, Warrant Officer Ron "Butch" Swanton, who died together in 1965, should be both honoured with the Medal for Gallantry for actions, long overlook, they took during the Vietnam War.

Swanton is to be recognised for trying to carry, under fire, a wounded Vietnamese soldier across an open paddy field before being mortally wounded himself.

A military official had earlier dismissed the idea of granting a medal to Swanton because "whilst his actions could be described as 'courageous', these actions are what all service personnel are expected to perform in an attempt to preserve the life of a wounded comrade".

The Tribunals findings mean Wheatley would become one of the most decorated soldiers in Australian military history. He has been awarded, posthumously the Victoria Cross and the US Silver Star, America's third-highest decoration for valour in combat. The former Republic of Vietnam appointed Wheatly a knight of its National Order and awarded him the Military Merit Medal and the Cross of Gallantry with Palm.

Wheatley and Swanton died together, beside a paddy field on the 13 November 1965. Wheatley refused to abandon Swanton, who was dying, knowing they were about to be killed by the Viet Cong. It was for this that Wheatly was awarded the Victoria Cross.

CONT.....P 12/

His previous acts of bravery that year are now being recognised after a long campaign by Chris Hartley, a man who describes as a friend of the Wheatley family.

Hartley met Wheatley's son, George Wheatley, in Nowra at a 2017 function in honour of those who had been awarded the Victoria Cross and the George Cross. Hartley said he learnt from George Wheatley of the family's long years of financial and emotional pain after Dasher's death. He was told the Australian military invoked an old policy that prevented the family receiving the US Silver Star because it was a foreign award. Wheatley, in fact, had been operating alongside US forces in Vietnam, and his name is honoured in the US Special Forces Hall of Fame.

Hartley set out to track down the missing Silver Star, which was eventually presented to the family by the US embassy in Canberra in 2022. Learning of other recommendations for awards that the Australian military had denied, Hartley gathered evidence in Australia, the US and Britain that persuaded the awards tribunal that the historical honours and awards reviewing officer was wrong to deny Wheatley's and Swanton's eligibility for the Medal of Gallantry.

Wheatley's rescue of the little girl was one of the examples that swayed the appeal tribunal. It was May 28, 1965, and Wheatley – a warrant officer second class of the Australian Army Training Team Vietnam was acting as an advisor to the South Vietnamese Forces, which meant he regularly found himself fighting the Viet Cong.

He was a tough knock about fellow who had spent most of his adult years soldiering and he got the name "Dasher" from his exploits on rugby union fields.

On this day he found himself pinned down in a shallow ditch next to a road by a hamlet named Vav Van in Quang Tri Province. Gunfire poured onto his position from both a battalion of Viet Cong to the north and an Infantry battalion of the Republic of (South) Vietnam from the south, backed by armoured personnel carriers firing 50 calibre rounds.

Nearby a Vietnamese mother and three young children huddled by the road. "As the fired increased in intensity the woman and the children became terrified", reads the text of and old official recommendation for a bravery award. "One of the children, a girl about three years old, broke away from her mother and ran, crying and screaming towards the road. Cont..... P/13 Warrant Officer Wheatley, with complete disregard for his own safety and fully exposing himself to the heavy fire from the south, leapt to his feet and ran to overtake the child. He scooped the child in his arms, and shielding her with his body, returned to the cover of the road bed."

The recommendation for Wheatley's gallantry to be recognised in the form of a Mention in Despatches went nowhere. Wheatley was overlooked by the Australian Army too, for another act of great courage three months later, on August 18, 1965. He was advising a South Vietnamese Army battalion during an assault on a Viet Cong village when the troops with him, "stopped advancing" while the Viet Cong withdrew up a slope. Wheatley set off alone under heavy fire in pursuit of the enemy. Emboldened by Wheatley's example, the South Vietnamese unit commander rallied his troops, who followed Wheatley and routed the Viet Cong.

During this action, Wheatley earned the lasting gratitude of a US marine, Jim Lowe. Lowe later recounted in his book A Jarhead's Journey that he was about to be shot by a Vet Cong fighter when Wheatley killed the gunman. Lowe afterwards named his son "Dasher'.

The last acts of both Wheatley's and Swanton's lives on November 13, 1965 remain among the most unimaginably brave and ultimately most desolate moments in the war. With an entire company of the Viet Cong closing in, Swanton tried to carry a wounded South Vietnamese soldier across an open paddy field while Wheatley provided covering fire.

But Swanton fell, shot in the chest or abdomen. Wheatly used his radio to call for assistance and an air strike and ran out to carry and drag Swanton several hundred metres to the nearest stand of trees. Two South Vietnamese medics told Wheatley that Swanton was dying, and both pleaded with him to leave his mate and save himself, he refused to abandon Swanton.

The last medic to leave reported seeing Wheatley, out of ammunition, pull the pins of his last two hand grenades and stand, waiting for the Viet Cong who were only metres away. Wheatley and Swanton were found the following morning, dead from numerous gunshot wounds to the head.

But Australian Defence, military and political figures prevaricated about how—or—whether—to honour Wheatley. Swanton was overlooked altogether. Cont.....P/14 One defence official claimed Wheatley had thrown away his rifle and radio set while trying to rescue Stanton, and could have faced disciplinary charges had he survived. Defence Minister Allen Fairhall referred to an obscure document from World War 1 that allegedly suggested a Victoria Cross only to an act that led to victory. Finally, when Prime Minister Harold Holt sought royal approval for the award, Queen Elizabeth 11 personally intervened to insure the citation made no mention of an abandoned rifle so there "should be no doubt left in anyone's mind that [Wheatley's] action was of the exceptional quality required for a Victoria Cross".

Wheatley's family flew to Canberra in early July 1967 where his son George, then 13, was presented with the Victoria Cross by governor-general Lord (Richard) Casey. But life delivered little but upheaval to Wheatley's widow' Edna, who was just 26 when her husband was killed. She faced down the government and the military when she was told that Australia did not bring home its war dead.

Edna Wheatley was sacked as a barmaid by a Sydney suburban RSL club when she protested and that sparked such a outcry of sympathy that prominent media figures and community supporters helped her raise enough money to pay for the return of her Dasher. Within a year the Australian Government reversed itself, and ever since, it has brought home the bodies of Australians killed in conflicts.

Anti-war protestors, however, showed little mercy. They slashed red paint on the family home. The invective "baby killers" was shouted – darkly iconic, given Dasher's efforts to save a little Vietnamese girl. Edna then moved her four children down the NSW South coast, seeking peace and privacy. But when she could no longer afford to insure her husbands medal she put them up for sale which brought a surge of protest from the RSL and Public. Media Tycoon Kerry Stokes stepped in and paid most of the \$160.000 for them and donated them to the Australian War Memorial.

THE TRIBUNAL'S FULL FINDINGS CAN BE FOUND AT:-

defence-honourstribunal.gov.au



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A BIT MORE

Paddy is at the airport with a sack over each shoulder and when he is stopped at customs, they find that both sacks are full of mobile phones.

When Paddy's asked why, he said, "Well, while I was on my travels in America, I got a phone call from Mick and he told me that he is starting up a jazz band and could I bring him back two saxophones."

ANOTHER IRISH

Paddy goes on a First Aid Course, The instructor asks;

"What would you do if your child swallowed the front door key?"

Paddy replies, "Climb through the window!!"

(DON'T SHOOT ME) I PROMISE NO MORE

Paddy was at the bus stop when Mick pulls up in his car, he asks, "Want a lift Paddy?"

Paddy says, "Better not Mick in case I miss my bus."

KIT COVER : ~ HISTORICAL INFORMATION

This memorial stands within <u>Villers-Bretonneux</u> <u>Military Cemetery.</u>

Access to the tower at the memorial will be restricted during bad weather conditions.

The names are engraved on the memorial in order of battalion, then alphabetically under rank.

Villers-Bretonneux became famous in 1918, when the German advance on Amiens ended in the capture of the village by their tanks and infantry on 23 April. On the following day, the 4th and 5th Australian Divisions, with units of the 8th and 18th Divisions, recaptured the whole of the village and on 8 August 1918, the 2nd and 5th Australian Divisions advanced from its eastern outskirts in the Battle of Amiens.

The memorial is the Australian National Memorial erected to commemorate all Australian soldiers who fought in France and Belgium during the First World War, to their dead, and especially to name those of the dead whose graves are not known.

The Australian servicemen named in this register died in the battlefields of the Somme, Arras, the German advance of 1918 and the Advance to Victory. The memorial stands within Villers-Bretonneux Military Cemetery, which was made after the Armistice when graves were brought in from other burial grounds in the area and from the battlefields.

Both the cemetery and memorial were designed by Sir Edwin Lutyens and George Hartley Goldsmith

The memorial was unveiled by King George VI on 22 July 1938.

CONT.....P 19/

DISCOVERY OF REMAINS AND ADDITIONAL COMMEMORATIONS

Of the 10,982 names displayed at the unveiling of the Villers-Bretonneux Memorial the burial places of many have since been identified and this continues to this day; 6 of these being among the significant discovery of 250 burials which culminated in the first new Commission cemetery in 50 years being dedicated in July 2010 at Fromelles (Pheasant Wood) Cemetery.

All these discoveries are now commemorated by individual headstones in the cemeteries where their remains lie and their details recorded in the relevant cemetery registers; their names will be removed from this memorial in due course.

Time has also revealed more names not previously notified which have now been added to this memorial and register.

There are now 10,711 Australian servicemen officially commemorated by this memorial and named within the register.

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Standing up for Hunter

It has been a big month in the area of veteran's affairs with the Minister, the Hon Matt Keogh, busy at work making many announcements that I hope will benefit our veterans in the Hunter. Across the entire Hunter region, there are over 22,000 veterans. Every one of these veterans will be able to receive better support after the announcement that that a Veterans' and Families' Hub will be developed in Maitland. While this is not in the Hunter electorate, I hope that its impact will be wide reaching, and I am sure that it will offer great support to veterans near and far. Following an extensive process, Maitland has been identified as the most suitable location to develop the Hub, as it is central to the Singleton Military Area, Bullecourt Barracks, and RAAF Base Williamtown. It is great to see the Veterans' and Families' Hub network expand into the Hunter. Our veterans gave their all for our country, and they deserve as much support as we can provide them. So, it is great news that that this Hub is in the Hunter, but it is only the beginning of the Government's \$46.7 million commitment to deliver ten new Veterans' and Families' Hubs across the country. In other news in Veterans Affairs, the Albanese Government has released exposure draft legislation which will simplify and harmonise the century old veterans' entitlements, compensation, and rehabilitation system. It is no secret that the current system has issues which need to be fixed. Currently, the system is difficult to understand and complex to administer. The Royal Commission into Defence and Veteran Suicide found the system was "so complicated that it adversely affects the mental health of some veterans and can be a contributing factor to suicidality." This cannot be allowed to continue.

There are a range of changes being proposed by this draft legislation which are all aimed at simplifying the veteran compensation system, with all claims to be considered under a single Act. We welcome feedback and submissions from the veteran's community and the public on this draft legislation. More information on the proposed legislation changes, and opportunities to provide feedback can be found here – www.dva.gov.au/legislationreform.

Submissions close on 28 April 2024. As we lead into Anzac Day, it once again comes time for us to gather as a nation and remember those who have made the ultimate sacrifice for our nation. This year, tragically, April 25 will have an all too personal touch for so many of us in the Hunter as we remember Lance Corporal Jack Fitzgibbon who passed away while completing a training exercise on March 7. This Anzac Day, we will all come together to remember Jack, and to support one another as our community continues to grieve the ultimate sacrifice made by one of our own in service to his country. Rest in Peace Jack and thank you for your service. If you or anyone else you know needs assistance, please do not hesitate to contact my office. My door is always open. Me and my staff will always do our best to make sure that you get the support you need.

Kind regards

Dan Repacholi MP *Federal Member for Hunter 3 Edward Street PO Box 526 Cessnock NSW 2325 Phone: 49911022 Email: Dan.Repacholi.MP@aph.gov.au*



Greg Piper MP

Member for Lake Macquarie



ANZAC Day has always held a special significance to me as it does for many Australians. Many in the Lake Macquarie Community will have relatives who landed on the shores of Gallipoli in 1915 or who left their homes and families to answer the call of duty in World War 1 or the too many other conflicts that followed.

Only last week I heard from Lake Macquarie resident Ros Burston. Ros' father Reg Haley served in World War II as an AIF Provost with the 2/8 Australian Infantry battalion 6th Division. Reg served in Greece, North Africa and New Guinea during the war.

Provosts were reconnaissance men performing scouting missions behind enemy lines to gain intelligence for the Allied troops. Provosts were literally the first men in and the last men out.

Reg's troop was amongst the first Australian soldiers to land in Greece. Along with his colleagues he chose the roads, marked the danger points for transport drivers, guarded bridges, selected bivouac spots and found water points, preparing the way for the Allied troops that followed. Many provosts did not come home, luckily Reg did, coming home to live a long and happy life in the Hunter with his family.

In our busy world, ANZAC Day provides us the opportunity to stand as a community and to reflect, pay tribute and honour the brave men and women, like Reg, who served and sacrificed for our nation. It allows us the opportunity to remember the values our Australian and New Zealand Army Corps exemplify – mateship, courage, resilience and compassion. These values should continue to guide us as individuals, as a community and as a nation today.

We must never forget the legacy of our ANZACs and the sacrifices they made for our country. We must always remember the horrors our ANZACs faced, the cost of war and we must strive for peace and understanding, wherever conflict arises in our world.

LEST WE FORGET

As always, I hope this newsletter finds you all in good spirits and good health.

If you require any assistance with State-related issues such as housing or health or any State department, don't hesitate to give me a call on 4959-3200.

Best regards,

www.gregpiper1.com



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FIRST ROYAL AUSTRAIAN NAVY OFFICERS ASSIGNED TO US VIRGINIA CLASS SUBMARINES

18 APRIL 2024

Three Royal Australian Navy officers will be assigned to US Virginia class submarines based at Pearl Harbor in Hawaii after graduating from their submarine training in Groton, Connecticut.

Lieutenant Commander James Heydon, Lieutenant Commander Adam Klyne and Lieutenant William Hall are the first Royal Australian Navy officers to graduate from the Submarine Officer Basic Course (SOBC), following their studies at Naval Nuclear Power Training Command and Nuclear Power Training Unit in South Carolina.

The officers have now completed the US Navy's 15-month nuclear submarine training pipeline with the SOBC being the last step.

Over the last two months, the trio trained alongside US Navy sailors, learning the fundamentals of operating nuclear-powered submarines (SSNs).

Lieutenant Commander Heydon, Lieutenant Commander Klyne and Lieutenant Hall will now serve as division officers on Virginia class submarines, leading a team of highly trained US submariners.

At Groton, the Royal Australian Navy officers experienced the same training as US Navy officers entering the submarine force. Their training at the SOBC involved the hands-on experience needed to safely operate Australia's future conventionally-armed SSNs.

The number of Royal Australian Navy personnel training across the US will increase to over 100 in the next 12 months.

FURTHER INFORMATION RELATING TO THIS LATEST NAVY

MEDIA RELEASE IS UNDER AUSTRALIAN GOVERNMENT

NEWS AND EVENTS

defence@media.gov.au





Hello Readers!

As previously mentioned in our last report, NSW Brigade has been Directed by National that activities outside our Unit Locations will not be approved for the first six months of 2024. This may have an affect in our ability to support the community at this time, we express our apologies.

However, we have received approval for limited participation in ANZAC Services around the Lake Macquarie Area. You will find 217ACU at the Dora Creek's Dawn Service, Teralba's Morning Service and Toronto's March and Service. We encourage all members of the community to join a local service to commemorate our Service People and sacrifice they made for our Country.

Thank you for your continued support and patience.

Kind Regards,

Yvonne Fuller CAPT (AAC) 217 Army Cadet Unít (ACU) Unít emaíl: 217acu@armycadets.gov.au





Welcome to our summer report, things are very quiet as a lot of our members and their wives are not doing well, health wise, it could be something to do with our age bracket.

Our outing for January was to be at the Mooney Mooney Club but was cancelled due to booking arrangements. Toronto Royal Motor Yacht Club was selected for the outing. This turned out to be the last day for the Restaurant contract and it ended up like a celebration. 20 filled the table and the three people having birthday were presented with cards for the occasion, a very good day was had by all.

March 12 was our National Servicemen's Day which was very hard to work due to new rules and regulations. Bruce Robberds was doing the program but has had a very bad dose of what seemed like the Flue for several weeks. The program was altered several times and was changed on the day as 3 were not able to come. Our day was saved by the Trumpet player Patricia O'Hearn who did an excellent job. Special thanks to (Lt R'td) David Herbert who acted as MC with all the rushed changes handled on the day. After the service we went to the Toronto Hotel for lunch. Newcastle National Service Club attended both functions with us.

The combined National Service Club's meeting was held by Newcastle National Service Club on the 15th of March at Wallsend Diggers Club, Tuggerah Lakes club (NSAA) has closed and is a social group now. It was very interesting to hear what different clubs were doing. John Sterland went to his usual 2 weeks at the Sydney Royal Easter Show. Our AGM was held on the 9th of April with no changes and our next outing is to Harrigan's Hotel at Cameron Park on the 14th of May. Wishing good health to all.

Gordon Maxwell Presídent

KOOKIES MORSELS

THAI RED OR GREEN CURRY AND PRAWNS

(a míld Curry)

1 x 400ml can coconut milk3 Tbsp curry paste1 Lemongrass bruised1 Tbsp Maple Syrupzest of 1 lime plus juiceHandful of basil1 medium Brown onion, roughly choppedHandful of basil1 red or green capsicum chopped into chunks100g green beans, topped and tailed1 zucchini sliced1 Tbsp olive oilBunch broccolini cut into bit size pieces240g green deveined prawn, tails on

- 1. Cut up the vegetables
- 2. Then in a large pot or frypan add oil, then the onion and sauté until softened, add the curry paste and cook for about 1 min. Add the coconut milk and bruised lemongrass with a pinch of salt and pepper. Bring to a simmer and simmer for about 5 minutes.
- 3. Now add the capsicum, beans, zucchini and broccolini, zest of the lime and maple syrup. Then simmer for a further 5 minutes.
- Finally add the prawns and basil then simmer for a further 5 minutes or until the prawns are cooked. Remove lemongrass, discard.
- 5. Serve curry on a bed of Rice.

Note: If you require your curry hotter, try extra Thai Curry (red or green) or even further, cut up some fresh chillies in the initial cooking stage.

Serve with cooked Rice.

I cheated and used 2 minute Rice, I believe the quality of them these days is excellent, Jasmine, Basmati, Brown, whatever.

BOOST IN ABILITY TO STRIKE FROM AFAR ~ DEFENCE MEDIA NEWS

Long-range strike capabilities and advanced targeting systems will receive \$28 billion to \$35 billion in the coming decade under the 2024 Integrated Investment Program.

The largest portion, \$12 billion to \$15 billion, will go to bolstering Navy's sea-based strike capability, including the acquisition of Tomahawk cruise missiles.

These will arm Hobart-class destroyers, Hunter-class frigates and, potentially, Virginia-class submarines, allowing them to hold targets at risk at longer ranges.

The funding covers Evolved Sea Sparrow Block II, SM-2 and SM-6 missiles to intercept airborne threats, along with continued integration of the Naval Strike Missile for use against heavily protected targets.

RAAF's air-launched strike capability also received investment for the F/A-18F Super Hornet, P-8A Poseidon and F-35A Lightning II to be equipped with more advanced weapons.

Funding for development of hypersonic missiles could give Super Hornets the ability to attack targets at longer ranges.

Army's acquisition of land-based long-range fires are also covered in the investment program.

This includes accelerated and expanded acquisition of 42 High Mobility Artillery Rocket Systems for Army's first long-range fires regiment.

These will fire the Precision Strike Missile that can engage potential adversaries more than 500km away.

Funding also covers Army's Guided Multiple Launch Rocket System munitions, along with new radars to extend sensor and command and control networks.



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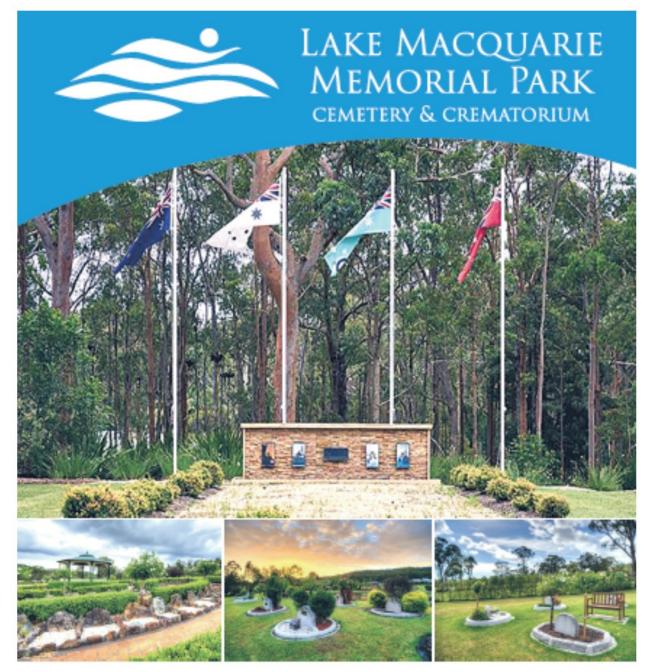
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