

Keeping in Touch

AUTUMN EDITION 2021

Goffet Park Toronto
Lest We Forget



ANZAC DAY TORONTO FORMAL PUBLIC COMMEMORATIONS
CANCELLED DUE TO COVID19 RESTRICTIONS AND IN ACCORDANCE
WITH RSL NSW STATE BRANCH INSTRUCTIONS ~ ~ Pages 3 & 5
SUICIDE AND THE MENTAL HEALTH OF CURRENT AND FORMER ADF
PERSONNAL
AND
THE UNIQUE NATURE OF MILITARY SERVICE Pages 14 & 15
100th ANNIVERSARY OF THE RAAF.....Pages28 to 33



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Keeping in Touch

From the Presidents Desk



Hello everyone.

After last year I thought this year would be the beginning of the normalisation process in getting the country and community back on an even keel. With COVID-19 infections down to virtually nothing it's still evident everyone is still on edge, just waiting for something to happen. Let us hope the inoculation process in operation now, will work & we can get this thing off our backs.

ANZAC this year has been affected again. We have had a couple of meetings with Police & council on how ANZAC will proceed and as a result of those meets we will not be having a march. We will however be holding a revised Dawn Service (6am) & a Main Service (11am) in Goffet Park, weather permitting. The NSW government put out a statement saying we could have an ANZAC day, the problem being the interpretation of that statement by local authorities. That interpretation made the cost of having a march and open service prohibitive as well as the fact we haven't enough people to fill the positions required. Place on top of that, the time required to train and register those people as COVID inspectors before ANZAC Day was insufficient. I have informed the authorities our services will be members only services and that releases most of the authority requirements. In doing that it also takes away the requirement for us being responsible for the general public if they come to our services. We cannot stop the public from attending a public park and to put it bluntly, we have no wish to stop them attending. After State allowed the running of the Gay Mardi gras you have to question why any restrictions have been placed on the holding of ANZAC services.

Social media has had some remarks directed at us for not having a normal ANZAC service. I can tell you all, it's a total fabrication as well as being defamatory. I must also inform you we have no more association with the Diggers Club, it being a separate entity to our organisation. The Diggers Club is also commonly known as the RSL Club which is a spin off from the time we did actually own the club. This ended in 1993 when the State RSL directed all Sub Branches to divest themselves from owning RSL Clubs. The proceeds from that sale then went towards buying the building we now occupy. The Diggers Club is a business and run the same as any other club in NSW. We have a good friendly relationship with them which we hope to maintain. The Toronto RSL Sub Branch is a Charity, a Not For Profit organisation and we rely on our investments to support us and our donations to serving and ex serving members & organisations. We don't have any other income and in particular from poker machines as indicated in social media directed at us.

One of our long serving committee members, Ron Savage, communicated to us he has terminal cancer and very little time remaining. Ron has been an active member of the Sub Branch, spending a great deal of his time to keep the branch running smoothly and as an Advocate acting on behalf of many veterans. I thank Ron for his service & dedication, we will miss him and we are thinking of him & his family in these troubling times.

As I write this report the rain has been tumbling down relentlessly and flooding occurring all along the east coast. I hope all are safe and well & if any members require assistance please don't hesitate to contact us at the Sub branch. We will do all we can to help.

That's about it for this KIT, keep well & keep safe.

The Price of Liberty is Eternal Vigilance

Bill Noble BEM

President



THERE WILL BE A SHORT DAWN SERVICE AT 0600HRS (6AM) RSL EXECUTIVE ~ RSL MEMBERS & PADRE OFFICIATING ONLY. NO FORMAL MARCH OR PUBLIC SERVICE DUE TO GOVERNMENT AND RSL NSW STATE BRANCH DIRECTIONS. SERVICE TO BE HELD IN GOFFET PARK BRIGHTON AVENUE, TORONTO

THERE WILL BE A FURTHER-SHORT SERVICE AT 1100HRS (11AM) ~ AGAIN IN GOFFET PARK, EXECUTIVE ~ RSL MEMBERS & PADRE ONLY. SAME RESTRICTIONS APPLY WITH NO FORMAL PUBLIC GATHERING.

SOME MISCONCEPTIONS ABOUT THE DAY..PAGE 5

Ollies Bistro

\$12 LUNCH*

MONDAY-SUNDAY 11.30am-2.00pm

STEAK SANDWICH w/ CHIPS

CHICKEN SCHNITZEL w/ CHIPS & SALAD

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Peri Peri Chicken - Bacon, Baby Spinach, Cheese & Peri Aioli

Supreme - Pepperoni, Capsicum, Red Onion, Nap Sauce & Cheese

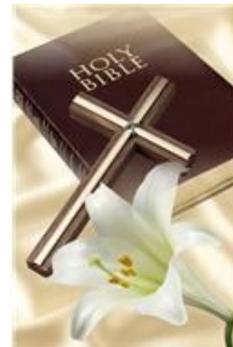
Veg - Baby Spinach, Mushroom, Feta, Red Onion & Cheese



* \$14.00 for Non Members, subject to change. Not available on Public Holidays, Mother's Day, Father's Day or any other day as deemed by the Club.

Toronto Diggers

CHAPLAINS CORNER



Greetings! Happy Easter! This time last year we were in lockdown because of the COVID 19 pandemic. This year although different again we will be able to gather in Remembrance on Anzac Day. **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, mate ship, and sacrifice, continues to have meaning and relevance for our sense of national identity.

As we remember we live with hope. Early in April we had Holy Week and began Easter. Jesus suffered on the way to the Cross and on the Cross. We have a God whom intimately knows our suffering and a God whom where mercy, love, forgiveness and grace is freely given. However, in the resurrection we have even more hope. We have the hope of eternal life.

Here is a prayer for Anzac Day:

Lord God, help us this day to remember the sacrifice of the first ANZACs, Australian and New Zealander, and the generations of men, women and children who have died in the cause of liberty and peace.

Help us to remember those who still bear the physical and mental scars and disabilities of their service.

Help us to remember the widows, girlfriends, boy-friends, parents and orphans and all those who waited in vain for the return of a loved one.

Help us to remember the mateship, agony, courage and compassion of war service, but save us from ever glorifying the horror and tragedy of war.

We remember with thanksgiving, those who made the supreme sacrifice for us in times of war. We pray that their offering of their lives may not have been in vain.

May your grace enable us this day to dedicate ourselves to the cause of justice, freedom and peace; and give us the wisdom and strength to build a better world. 'Amen'

Peace be with you all.

Reverend Melanie

Phone:-0488 413 186

Email:-parishpriest@torontoanglicans.org.au

HAVE YOU EVER CONSIDERED MAKING A BEQUEST OR INCLUDING THIS SUB BRANCH IN YOUR WILL

May we encourage you to think of us when making a bequest or when you are making your will. Your memorial gift will help us towards our goal; to look after the welfare needs of veterans, their widows and their dependents on a continuing basis at no cost to them.

DISCLAIMER: This newsletter is produced for the membership of the Toronto RSL Sub Branch and complimentary copies are also distributed to interested parties. It is written with care, in good faith and from sources believed to be accurate at the time of writing. However, readers should not act, nor refrain from acting, solely on the basis of information in this newsletter about financial, taxation or any other matter. Readers, having regard to their own particular circumstances, should consult the relevant authorities or other advisors with expertise in the particular field. Neither the Toronto RSL Sub Branch, nor the management committee nor editorial staff accept any responsibility for actions taken by readers.

ANZAC DAY ~ I have been reading a number of posts by various residents from Toronto & surrounding areas that the Toronto RSL sub-Branch is not conducting a formal public MARCH and SERVICE in Toronto because they are refusing to spend the money which is being quoted by some as being \$70,000.

I have no IDEA where this figure came from but let me assure you it is not going on only because of the reasons as mentioned on page 3. of this K.I.T.

Some posts/statements which also relate to paragraph one (1) of this response is that the RSL sub-Branch is rich, obtaining their money from the sale of Alcohol & Poker Machines,. This allegation is that far from the truth the statement is unbelievable.

For those people who cannot tell the difference between the Toronto Diggers Club & the Toronto RSL sub-Branch, let me explain.

The Toronto RSL sub-Branch is a NOT FOR PROFIT organisation, Governed by the Constitution, Rules and Directions RSL NSW State Branch. We exist firstly for the Welfare of the Veterans' and their Families. We also organise, stop and reflect on important days in OUR Calendar, such as ANZAC Day, Remembrance Day., etc. The sub- Branch is run wholly by Volunteers.

Toronto Diggers Club is a business and has nothing to do with the running of the sub-Branch in their day to day activities and or commemorations.

The sub-Branch has utilised the Diggers Club at various times for such things as preparing the ANZAC Day Breakfast, which I might add, the sub-Branch budgets for each year and fully pays for it. Also at times we have utilised the Diggers Club for meetings especially now during this time of COVID restrictions. with our own meeting room not being large enough.

EDITOR: .

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MEMBERS

There are a number of members still to renew their membership payments/fees for 2021 and under the instructions/rules set down by RSL NSW State Branch your membership ceased forthwith on the 1st January 2021.

This is a friendly reminder from your sub-Branch of the overdue fees.

**Ron Mitcherson
Secretary**

THREE BROTHERS

An Irishman goes into a bar in America and orders three whiskeys. The barman asks: "Would it be better if I put all three shots in one glass?"

The Irishman replies, "No! I have two brothers back at home, so every time I come into a pub, I order a shot for them both."

The following week the Irishman returns to the same bar and orders just two whiskeys.

The barman asks, "Did something happen to one of your brothers?" "Oh no," replies the Irishman, "I just decided to quit drinking"

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KEEPING IN TOUCH EDITORIAL STAFF

Ron Mitcherson : Bill Noble BEM

Trustees: Garry Coleman, Brian Staples J.P.,
Ron Savage J.P.

LAST POST

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

.Desmond Charles McMEEKIN ~ ARMY ~ 06/01/2021

James GILLARD ~ ARMY ~ 12/01/2021

Leslie Ernest FIELDING ~ ARMY ~ 10/02/2021

Lest we forget



THE NEWCASTLE BEACON

Who we are: Newcastle Beacon brings together a network of organisations, professionals and volunteers with the common goal of supporting first responders, emergency department personnel, veterans and their families in Newcastle and the Hunter.

Our specialised team of staff and high trained volunteers include social workers, welfare officers and advocates and community members with lived experience of service. This essential combination of professional skills and lived experience enables us to understand and meet needs, as we bring together resources, skills, knowledge and compassion to support those who serve and their families.

Our mission is to strengthen our community by working together to enhance the physical, mental and social well-being of those who have served in the Australian Defence Force, Emergency Services Departments and their families.

How we help: Navigating support services alone can be overwhelming for someone in crisis. Newcastle Beacon aims to simplify the process of getting help by acting as a one-step shop for support.

Services Available Include: Mental/allied help, crisis support, family/carer support, children's programs, peer support, legal/financial. education/employment, advocacy welfare, social/community engagement, yoga, tai chi and mediation groups, specialised referral pathways, men's shed, community garden and café.

Who we serve Newcastle Beacon is committed to taking care of those who serve or have served on the front line for our community, including: Australian Defence Force/Veterans, Police, Ambulance, Fire and Rescue, all other emergency services including Hospital Emergency Personnel

If needed, we look forward to seeing you at the space we proudly share with Hunter Multicultural communities between the hours of 9.30am and 2pm Monday to Friday, even its just for a chat, at:- 2a Platt Street, Waratah NSW 2298.

Other times by appointment:-

Phone: (02) 4960 8248 Mobile: 0455 120 880

Email: newcastlebeacon@gmail.com



Evacuees from Mallacoota on board HMAS Choules' landing craft arriving at HMAS Cerberus, Victoria, during Operation Bushfire Assist 19-20.
Photo: PO Nina Fogliani

AFTER 50 years' service, Army is set to embark on replacements for its littoral fleet, releasing an invitation to register for the delivery of enhanced amphibious vehicles to industry in late January.

While it's unlikely the LARC-V will markedly change shape, the LCM-8, which is also being replaced under the \$800 million program **Land 8710-1**, is likely to change significantly, according to DG Platforms Brigadier Jeremy King

With more than 50 years of service under the belt of each platform, Brig King said their replacements, due to be introduced into service from 2026, would bring amphibious capabilities into the modern era. "The LCM-8 replacement will see a fundamental change to Army littoral operations," Brig King said.

"It's called the Independent Landing Craft (ILC) and the 'I' is there for a reason – so it can project out into the region, without needing to be transported," he further stated.



A LARC-V lands with soldiers of 2RAR during the amphibious assault at Fog Bay in the Northern Territory for Exercise Talisman Sabre 2015.
Photo: Sgt Mark Doran

"It will carry everything up to, and including, a tank, and with Army bringing heavier vehicles into service it will match those payloads."

The intention is to launch the ILC from Darwin and Townsville into the near region to support forces operating in littoral and riverine environments.

Brig King said the approach to market for the ILC would occur later this year, with the LARC-V replacement request being released earlier, in part because of its inherent complexity in meeting both the on-road and on-water requirements and standards. "It's not a car and it's not a boat, it's a bit of both," he said.

Cont.....from Page 12.....It's not a trivial body of work that we're asking industry to do. There are trade-offs everywhere, with few, if any, suitable off-the-shelf options available."

Defence Minister Linda Reynolds said the new vessels would deliver on the objectives set out in the *2020 Force Structure Plan*.

She said they would allow defence to "remain engaged with regional security partners", support humanitarian assistance missions in the Indo-Pacific region and quickly and effectively deploy domestically.

"We saw the importance of Army water transport on Operation Bushfire Assist 19-20, evacuating Australians to safety off beaches and delivering much-needed supplies," Senator Reynolds said.

Brigadier King said they were looking forward to partnering with Australian industry to design, build and manage the new watercraft.

"If these platforms operate for 50 years like the last ones, it's imperative we get the designs right and build a relationship with whoever is chosen as the supplier," he said.

"Soldiers are going to get a much more capable vehicle than what they have now with these new platforms."

DATES TO REMEMBER

Monday ~ 12/04/21 ~ Monthly Meeting at 10.00am

**Sunday ~ 25/04/21 ANZAC Day Service's
Page ~ 3**

Monday ~ 10/05/21 ~ Monthly Meeting at 10.00am

**Monday ~ 21/06/21 ~ Monthly Meeting at 10.00am
Due to the Queen's Birthday falling on the 14th
June 2020**

SUCIDE AND THE MENTAL HEALTH OF CURRENT AND FORMER ADF PERSONNEL AND THEIR FAMILIES

Today there is rising awareness about suicide and the protection of vulnerable members of our community. More than ever before we are asked to look out for our mates, to recognise poor mental health and encourage anyone in need of help to seek support and treatment as early as possible.

Too many of our fellow Australians take their own lives and the defence and the veteran community is not immune. While service in the Australian Defence Force (ADF) is usually a positive experience for most, **the Unique Nature of Military Service** can have a serious impact on the mental health of current and former ADF personnel and their families.

Help is available 24/7 on 1800 011 046.

THE ABOVE IS AN EXTRACT FROM THE NEWSLETTER "NATTER" PRODUCED BY THE NSW BRANCH OF THE DEFENCE FORCE WELFARE ASSOCIATION (MARCH 2021) AND REPRINTED WITH THEIR APPROVAL BY TORONTO RSL SUB-BRANCH FOR USE IN THEIR PUBLICATION 'KEEPING IN TOUCH.'

AS IS THE FOLLOWING EXTRACT WHICH IS ALSO PRINTED IN THE SAME EDITION

THE UNIQUE NATURE OF MILITARY SERVICE

How it could affect returning veterans - its purpose and effect:

ADF personnel are required by way of a properly executed and legal order, and without question, to take up arms and defend Australia from its enemies using lethal force at the risk of their lives and wellbeing.

Moreover, failure by ADF personnel to comply with such orders or to act dishonestly in the face of the enemy makes them liable to severe criminal sanctions.

Once entering military service, the relationship of obedience is established, requiring the surrender of their right to life and security by placing responsibility for their preservation in the hands of others. In no other activity or vocation within democratic state does the relationship of obedience to the authority of the State in the face of danger to life or bodily damage exist. No matter what the danger, the clear duty is to the military

Cont.....page15/

Cont frompage.14/ mission and to play his part or her part in its achievement, obedience is required. The most adject coward, most terror stricken fainthearted, has no alternative but to expose him or herself to life -threatening danger if so ordered. When danger is on the battlefield there is nowhere to go, morally or physically. The danger must be faced, and the consequences accepted, whatever they may be.

**The above are excerpts from a Keynote Address by Brig Kerry Mellor (Rtd) that is the genesis of the DFWA campaign to have **

PENSIONS REPORT

At present our Pension Officers and Advocates have been quite busy with 14 cases running for veterans and the like.

There are: 20 matters at present underway.

1 matter that is 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, one Pension Officer (full time) and one part time.

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”.

A number of investigations have been finalised and SOPs determined and details of these will be published and mentioned in our Keeping in Touch as they come to hand.

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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**

KOOKIES MORSELS

Malaysian Prawn Curry

Oil spray, 1 x 3 sec. spray	1 medium onion, finely chopped
2 garlic cloves, crushed.	1 tsp grated ginger
2tbsp panang or other paste	270ml can reduced fat coconut cream
half a cup of fish stock	600g uncooked prawn, peeled deveined
2 bunches choy sum	
150g snow peas, halved diagonally.	

Lightly spray a non-stick wok or deep frypan with oil over medium-high heat. Stir-fry onion, garlic and ginger 2-3 minutes until onion has softened.

Add curry paste. Stir-fry 1 minute until fragrant. Add coconut milk and stock and bring to the boil. Reduce heat and simmer 2-3 minutes until sauce has slightly thickened.

Add prawns. Cook 2-3 minutes until prawns are just cooked through. Add Choy Sum and Snow Peas. Cook further 1-2 minutes until vegetables are tender.

Serve as is or over Rice or Noodle. *Bon appetit*

+++++

Pad Thai Beef Rissoles ~ Salad ~ Dipping Sauce

Rissoles

200g dried flat rice stick noodles	500g beef mince
1tbsp fish sauce	2 eggs, lightly beaten
½ cup panko breadcrumbs	2 cloves garlic, crushed
2 spring onions	

Cont.....page 17/

Kookies Morsels Cont....

Cont from Page.....16/

Salad

2 large handfuls of bean sprouts ¼ iceberg lettuce shredded
1 carrot peeled into ribbons 1 long red chilli sliced thinly
½ bunch coriander, leaves 2tbsp crushed peanuts
lime wedges to serve.

Dipping Sauce

2tbsp tamarind paste 3tbsp fish sauce
3tbsp brown sugar 1tbsp oyster or soy sauce
Squeeze of lime juice, to taste

For the rissoles, cook the noodles to packet instructions, drain well. Using scissors roughly cut and place in a large bowl. Add the remaining ingredients and mix well to combine. Take heaped tablespoon amounts of the mixture and roll into balls, flatten slightly to resemble rissoles.

Cook the rissoles in batches in a large frying pan over a high to medium heat, turning occasionally until brown and cook through. Cover cooked rissoles with foil to keep warm until required.

Salad, mix the ingredients in a bowl and set aside.

Sauce, combine ingredients in a bowl or jug and mix well.

Serve the rissoles with the salad on the side, sprinkle over crushed peanuts, then drizzle the sauce over the rissoles.

P.S. If you have left overs in the fridge to use the following day, you may need to make some more sauce.

THE IRISH

Paddy is on his walk through town without his dog which Billy, his pal thought was very unusual. So after seeing this Billy asked Paddy, "Where is your dog Paddy?" He says, I had to have him put down." "Was he mad or something?" asks Billy and Paddy replies, "No, but he wasn't too pleased."

A sobbing Mrs Murphy approaches Fr O'Grady after mass. He says, "So what's bothering you?" She replies, "Oh, Father, I have terrible news. My husband passed away last night." The priest says, "Oh, Mary, that's terrible, did he have any last requests." "Certainly father," she replied, "He said: Please Mary put down that damn gun."



Joel Fitzgibbon MP
FEDERAL MEMBER FOR HUNTER



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As ANZAC Day approaches, we reflect on the many who have given their lives for our nation, and all those still living with the consequences of war. This year we should all spend more time thinking about the many Australian Veterans who have tragically taken their own lives. This is a shocking problem we must do more to address.

In his excellent book *Failures of Command – the death of Private Robert Poate*, shattered dad Hugh Poate has given a heartrending account of the experiences of three families devastated first by avoidable tragedy, then by inexplicable and inexcusable interference in their search for answers, accountability, justice, and closure.

Every field of collective endeavour has its own culture. Every industry, every profession, every institution, every political party. That is also true of military forces. Indeed, defence culture is particularly unique and changing it, may be an important part of addressing Veterans' suicide.

The uniqueness of Defence culture is not surprising. In that organisation, employees are trained in the use of lethal force and can be legally authorised to use it. They are programmed to deploy into operations from which they may never return. To take risks; to protect their mates, or to improve the odds of mission success.

Theirs is a warrior culture and is one to be respected and supported. We can expect this culture to push the bounds of human morality and so many other of societal norms. None of this is unique to Australia.

More senior ranks are called upon to make strategic decisions and make judgement calls which can pose great risk for service personnel and civilians alike. This is high pressure stuff.

We accept the special nature of the work of our military personnel and therefore, expect and tolerate a culture which is necessary for the effective protection of our country and its people. A culture crucial to the success of military operations and the welfare of our troops.

For me, this tacit approval of a culture we would not otherwise tolerate is justified. There could be no effective force without it. And of course, our enemies, are not likely to be so disadvantaged.

Hugh Poate has gone to great lengths to show us, what we might expect when the “special” status we extend to our men and women in uniform is abused, either by those delusional enough to believe the ends justify the means or by those who know better but are determined to do whatever it takes, to avoid accountability for poor decisions or behaviour.

Actor Jack Nicholson’s quote, “***you can’t handle the truth***” in *A Few Good Men*, alerted us in one timeless scripted line, how dangerous the betrayal of our trust can be. That is why Hugh’s contribution is so important.

Indeed, Hugh’s work is important for many reasons. Some of them obvious, some not so.

First, by driving cultural change, it will save lives. Civilian lives, and the lives of defence personnel. If properly responded to, *Failures of Command* should also enhance our success on the ADF recruitment front. We need to reassure the parents of young Australians that the Defence culture is one which ranks the safety and welfare of our troops as its highest priority.

Properly responded to, Hugh’s book can help to restore public confidence in the ADF in the wake of a string of incidents over many years, including most recently, the findings of the Brereton inquiry which published allegations which should never have been made public, in the absence of a statement from Government in defence of the overwhelming majority of soldiers who have done no more than put their lives on the line for their country.

Those allegations should not have been made public without accompanying Government recognition, that in Afghanistan, we pushed our troops beyond the limits of human tolerance. Without the appropriate recognition that we drove them to a psychological zone in which I suspect, differentiating between right and wrong became a difficult task. As can be the case in war.

But I make another point about the merits of Hugh’s book which may not be so obvious. In Australia decisions to deploy our troops and assets into overseas operations are made by executive government. May that long be the case.

But I fear it may not be long the case if sufficient community trust and support for that arrangement is not maintained. This should be of great concern to those of us who understand that it is not possible to have fully informed deliberative parliamentary debates on these sensitive questions.

Readers of Hugh’s book will be shocked by the failures which led to the death of these three Australian heroes. They’ll be even more shocked to read what Defence was willing to do, in its attempts to deny the families the answers, justice, and closure they were understandably so desperately searching for. Culture change will be one important part of addressing our unacceptable rate of Veterans’ suicide.

If my team or I can assist, please don’t hesitate to contact us on 4991 1022 or by email: joel.fitzgibbon.mp@aph.gov.au

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Labor



Donald Trump was visiting a primary school in Perth and visited a grade four class.

They were in the middle of a discussion related to words and their meanings.

The teacher asked Mr Trump if he would like to lead the discussion on the word 'tragedy.' So he quickly asked the class for an example of a 'tragedy'.

One little boy stood up and offered: "If my best friend, who lives on a farm, is playing in the field and a tractor runs him over and kills him, that would be a tragedy."

"No," said Donald , "that would be an accident."

A little girl raised her hand: "If a school bus carrying 50 children drove off a cliff, killing everyone, that would be a tragedy."

"I'm afraid not," explained Trump . "That's what we would call great loss."

The room went silent. No other child volunteered. Donald searched the room.

"Isn't there someone here who can give me an example of a tragedy?"

Finally at the back of the room, Little Johnny raised his hand. The teacher held her breath. In a quiet voice Johnny said: "If the plane carrying you was struck by 'friendly fire' and blown to smithereens that would be a tragedy."

"Fantastic!" exclaimed Donald , "That's right. And can you tell me why that would be a tragedy?"

"Well," says Johnny, "It has to be a tragedy, because it sure as hell wouldn't be a great loss and you can bet your sweet ass it wouldn't be an accident either!"



PRICELINE PHARMACY

*Suppliers of all your prescriptions,
medical supplies, beautician products,
and advice, come in and talk to our
friendly staff for help* **Page 21**



Greg Piper MP

Member for Lake Macquarie



We will always remember them

It's hugely disappointing that this year's ANZAC Day commemorations will again be impacted by the ongoing Covid-19 pandemic.

But on the other hand, it's incredibly heart-warming to know that Australians will still come together and mark the day in their own unique way.

To see people standing in their suburban driveways to greet the ANZAC Day dawn this time last year was perhaps one of the most inspiring and proudest moments in our history.

To see families, many with young children, lighting their streets with candles, and with random neighbours blaring The Last Post from a bugle or speakers, is something that I will never forget. I was so proud of the spirit shown by our community – a spirit that was born by the original Anzacs.

It was the type of pride, endurance and mateship that our Anzacs were famous for, along with the willingness to stare down adversity and protect the common good.

I know that some local services will still be going ahead this year and I'm hoping to attend as many as possible, but we also know they will still be a bit different due to public health protocols.

Some local marches have been cancelled, and most of the services can only be attended by invited guests, but I know our broader community will still be there in spirit, and in some cases in person, to keep that Anzac light burning.

Our Anzacs, and indeed all our current and ex-service men and women, should know that this community will never forget them. We will never forget your sacrifices. We will never forget your efforts to keep us safe in a country we all love so much. Thank you.

Lest We Forget.

I have again produced an annual Anzac Day booklet which will be delivered to all local homes in the week leading up to Anzac Day.

This year's booklet features a wonderful story on former Flight Lieutenant Ronald Baines, told through the eyes and words of his son Richard who lives at Rathmines.

After Ron's plane was shot down by the Germans in 1942, he literally came down in a minefield and became a Prisoner of War.

His story is a remarkable one, highlighted by his role in The Great Escape, which of course became a Hollywood blockbuster.

The booklet also highlights some significant battles, such as Kapyong (Korea) and Long Tan (Viet Nam) which have milestone anniversaries this year.

If you don't get yours, or would like additional copies, please phone my office and I'll mail one out.

It should be noted that the Australian Defence Force also marks a number of milestone anniversaries this year.

The Australian Army and Royal Australian Navy both formed on March 1, 1901, so therefore marked 120 years of service last month.

The RAAF also marked its 100th year of service on March 31, with ceremonies around the country, including locally at Williamstown.

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



92 Victory Parade, Toronto NSW 2283

email: lakemacquarie@parliament.nsw.gov.au 
facebook.com/GregPiper1MP

Electorate Office 4959 3200
www.gregpiper1.com



Nasho's News

Westlake Macquarie
National Servicemen's Association



Welcome to Autumn.

Friday 11th Dec. we held a short meeting followed by our Xmas luncheon at The Diggers Club which was attended by 32 members and wives, it was a great afternoon of friendship, lucky door prizes for all the ladies.

Mon 14th The RSL sub-branch held their meeting at The Diggers Club followed by their Xmas luncheon and most of our members attended.

We held our February meeting at The Diggers Club and as we have started doing, again following with lunch with our wives.

March was our AGM and the election of officers, the officers stood down and Lyle Constable conducted the election, President, Secretary, Treasurer & Vice President remained the same with one new committee member being John Taylor. Following the meeting as has now become the custom we adjourned to the Club for lunch.

Our Nasho Day was arranged to be held at Goffet Park, but with the rain being so severe we approached The Diggers Club and were granted use of the function room. It was a good ceremony as we had The Rifle re-enactment group for our catafalque party as we had arranged a small Cenotaph to post the Guard at. We also had a Piper, Bugler and with the CO'S from TS Tobruk & 316 Air Force cadets in attendance, along with Bill Noble BEM, President of the Toronto RSL sub-Branch.

I have drawn up a program and arranged our Annual Anzac ceremony with Toronto Masonic Lodge and we have the same group joining us as we had for our Nasho Day ceremony, we should have about 50 attending which is always a great night.

Our Memorial in Goffet Park is looking quite dull, and we will have to give it a clean and polish.

Our members Lyle Constable and John Taylor are going on a rally with their Car Club to Temora and surrounding areas for a week tour. We wish them a safe and enjoyable trip.

There is still several members and wives on the sick list, our President Gordon is having a bad time with health problems, Bob Locking is having mobility problems, Brian Smith's wife Noelene is in hospital for a serious operation & David Laidlaw is not well. I am not aware of any others, but I feel sure there may be and if that is the case we wish them a speedy recovery.

Bruce Robberds

Honorary Secretary

Exercise in cooperation for air and sea power



A pair of Air Force F35-A Lightning aircraft conduct a flypast over HMAS Hobart during Exercise Tasman Shield Photo: Petty Officer BT Matchett

Air and maritime assets came together for integrated high-end warfighting training as part of Exercise Tasman Shield 21, from February 22 to March 12.

HMAS *Hobart* worked closely with Air Force aircraft, as an integrated joint force, to enhance maritime air defence procedures and demonstrate interoperability through simulated air-maritime missions off the east coast of Australia.

HMAS *Kuttabul*'s Fleet Air Liaison Officer Wing Commander Sam Thorpe said the exercise was the culmination of a significant focus of air-maritime integration work between Air Force and Navy over the past 12 months.

"Exercise Tasman Shield has enabled an outstanding force generation opportunity for our aircrew, operators and ships warfare officers, to exercise the joint force in complex maritime air defence and high threat scenarios," Wing Commander Thorpe said.

"This exercise has demonstrated Air Force's resolve to strengthen our collaboration with Navy, in particular, the seamless integration of the highly capable air warfare destroyer, HMAS *Hobart*, into the maritime air defence environment."

Air Force platform integration included an E-7A Wedgetail, P-8A Poseidon, KC-30A Multi-Role Tanker Transport, F-35A Lightning II, F/A-18F Super Hornet, F/A-18A/B Hornet, EA-18G Growler, Hawk 127 lead-in fighter, contracted LR35 aircraft, No. 3 Control and Reporting Unit, No. 114 Mobile Control and Reporting Unit, and a number of supporting ground personnel.

Cont....Page 26/

Cont....from Page 25/ F-35A Lightning II Pilot Flight Lieutenant Sam, from No. 3 Squadron said a highlight of the exercise was working with the HMAS *Hobart* crew.

“This type of training is truly unique and incredibly valuable, as it allows us to increase our understanding of each other’s systems and doctrine so that we can better integrate in complex environments,” Flight Lieutenant Sam said.

“It was great to see the Navy’s capabilities and how they can complement our integrated force in the maritime defensive counter air role.”

Exercise Tasman Shield 21 was a force generation and collective training activity conducted in a domestic environment covering large force employment and maritime defensive counter air, with the support of Navy’s HMAS *Hobart*.

It also provided important force generation training for Air Force personnel, with many undergoing squadron level category upgrades and proficiency assessments.

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Four worms were placed in four separate test tubes:

1st in beer

2nd in wine

3rd in whiskey

4th in mineral water

The next day, the teacher shows the results:

The 1st worm in beer, dead.

The 2nd in wine, dead.

The 3rd in whiskey, dead.

The 4th in mineral water, alive and healthy.

The teacher asks the class:

- What do we learn from this experience?

And a child responds:

- Whoever drinks beer, wine and whiskey, does not have worms.

 Send it to your friends so they do not have worms     

100th ANNIVERSARY OF THE RAAF

31ST MARCH 2021

Although the Royal Australian Air Force Celebrates their birthday on the 31st March 2021 the actual consent was given by King George V1 on the 13th August, 1921.

However, in March 2021 throughout various States all over Australia wherever an Air-Force Base is situated, Birthday Celebrations have taken place or are taking place with parades and/or fly pasts of current and past planes of the RAAF.

Before moving into the 21st Century a bit of history from whence the RAAF came from and the path they took getting there.

The Australian Flying Corps (AFC) was the branch of the Australian Army responsible for operating aircraft during World War I, and the forerunner of the Royal Australian Air Force (RAAF). The AFC was first established in 1912, though it was not until 1914 that it began flight training.

In 1911, at the Imperial Conference held in London, it was decided that aviation should be developed by the various national armed forces of the British Empire. Australia became the first member of the Empire to follow this policy. By the end of 1911, the Army was advertising for pilots and mechanics. During 1912, pilots and mechanics were appointed, aircraft were ordered, the site of a flying school was chosen and the first squadron was officially raised. On 3 July 1912, the first "flying machines" were ordered: two Royal Aircraft Factory BE2 two seat tractor biplanes and two British-built Deperdussin single seat tractor monoplanes. Soon afterward, two pilots were appointed:-Henry Petre on 6 August and Eric Harrison on 11 August.

On 22 September 1912, the Minister of Defence, Senator George Pearce, officially approved formation of an Australian military air arm. Petre rejected a suggestion by Captain Oswald Watt that it be established in Canberra, near the Royal Military College, Duntroon, because it was too high above sea level. Petre instead recommended several sites in Victoria and one of these was chosen, at Point Cook, Victoria, on 22 October 1912. Following this decision two days later, on 24 October 1912, the government authorised the raising of a single squadron.

Upon establishment the squadron would be equipped with four aircraft and manned by ".four officers, seven warrant officers and sergeants, and 32 mechanics" who would be drawn from volunteers already serving in the Citizen Forces. On 7 March 1913, the government officially announced formation of the Central Flying School (CFS), it was named the "Australian Aviation Corps, although that name was never widely used, however it was the first Official and only Military Aviation Base in Australia. The Central Flying School came into existence, hence the newly established Australian Aviation Base was formed at Point Cook which became the forerunner and the birth of our Pioneering Arm of the RAAF of today.

It was equipped with two flying instructors and five flimsy training aircraft. From this humble beginning Australia became the only dominion to set up a flying corps for service during the First World War. Known as the Australian Flying Corps (AFC) and organised as a corps of the Australian Imperial Force (AIF), its four-line squadrons usually served under the orders of Britain's Royal Flying Corps. AFC units were formed for service overseas with the Australian Imperial Force (AIF) during World War I. They operated initially in the Mesopotamian Campaign. The AFC later saw action in Palestine and France. A training wing was established in the United Kingdom. After using the older style planes against the enemy during the early part of WW1 with them, the enemy, having superior planes such as Fokkers and Aviatiks, the allies were at a great disadvantage, however, when the AFC acquired the newly equipped Bristol Fighters, the allied airmen began to gain the ascendancy by the end of 1917.



Cont.....30/

ONE OF THE FIRST BI-PLANES THE ALLIES FLEW AGAINST MUCH SUPERIOR ENEMY AIRCRAFT IN WW1 WERE 2 SEATER BE2cs PLANES, THEN SOPWITH CAMELS. A PHOTOGRAPH OF THAT AIRCRAFT APPEARS AT THE BOTTOM OF PAGE 29



AUSTRALIAN WAR MEMORIAL

E02661

Above are Officers of A Flight, No. 4 Squadron, (AFC) Australian Flying Corps, in flying gear.

THE RAAF MOVING FORWARD TO THE PRESENT DAY.

The Royal Australian Air Force (RAAF), officially formed on the 30th March 1921, (however, the official consent for the name RAAF was given by the KING George V1 on the 13th August 1921), is the present day the aerial warfare branch of the Australian Defence Force (ADF). It operates the majority of the fixed wing aircraft, although both the Australian Army and Royal Australian Navy also operate aircraft in various roles.

It directly continues the evolution tradition of the Australian Flying Corps (AFC), formed in 1912 as a pioneering corps that helped lay the groundwork for today's RAAF and made a significant contribution to Australia Civil Aviation.

Cont....Page 31/

The RAAF of today provides support across a spectrum of operations such as air superiority, precision strikes, intelligence, surveillance and reconnaissance, air mobility, as well as space surveillance, and humanitarian support.

The RAAF took part in many of the 20th century's major conflicts. During the early years of the Second World War a number of RAAF bomber, fighter, reconnaissance and other squadrons served in Britain and with the Desert Air Force located in North Africa and the Mediterranean. From 1942, many RAAF units were formed in Australia, and fought in South West Pacific Area. Thousands of Australians also served with other Commonwealth air forces in Europe, including during the bomber offensive against Germany. By the time the war ended, a total of **216,900** men and women served in the RAAF, of whom **10,562** were killed in action.

Later the RAAF served in the Berlin Airlift, Korean War, Malayan Emergency, Indonesia–Malaysia Confrontation and Vietnam War. More recently, the RAAF has participated in operations in East Timor, the Iraq War, the War in Afghanistan, and the military intervention against the Islamic State of Iraq and the Levant (ISIL).

The RAAF has **259** aircraft, of which **110** are combat aircraft.

THE WOMEN'S AUXILIARY AUSTRALIAN AIR FORCE

The RAAF established the Women's Auxiliary Australian Air Force (WAAAF) in March 1941, which then became the Women's Royal Australian Air Force (WRAAF) in 1951. The service merged with the RAAF in 1977, however, all women in the Australian military were barred from combat-related roles until 1990. Women have been eligible for flying roles in the RAAF since 1987, with the RAAF's first women pilots awarded their "wings" in 1988. In 2016, the remaining restrictions on women in frontline combat roles were removed, and the first two female RAAF fast jet fighter pilots graduated in December 2017. Air Force has implemented several programs to assist women who choose a pilot career. Entry to the Graduate Pilot Scheme is open to women who are currently undertaking a Bachelor of Aviation (BAv). Once qualified, women pilots are able to access the Flying Females Mentoring Network. Men and women are

Cont.....Page 32

required to undergo the same basic fitness tests to become a pilot; however, the standards are different for age and gender. For some roles, the requirement cannot be adjusted for safety reasons.



THE LATEST ACQUISITION BY THE RAAF

The F-35A Lightning II is the Australian Defence Force's first fifth-generation air combat capability. It is a highly advanced multi-role, supersonic, stealth fighter which will meet Australia's requirements to defeat current and emerging threats.

The F-35A is at the forefront of air combat technology. Its advanced sensors and data fusion will allow it to gather more information and share it with other Air Force aircraft, Navy ships and Army units quicker than ever before. This will greatly enhance the Australian Defence Force's situational awareness and combat effectiveness. In addition, to greatly enhanced situational awareness, the F-35A provides its pilots with significantly higher levels of lethality and survivability in combat.

Australia has committed to 72 F-35A aircraft for three operational squadrons at RAAF Base Williamtown and RAAF Base Tindal, and a training squadron at RAAF Base Williamtown.

Cont....Page 33/

The first F-35A aircraft was accepted into Australian service in 2018, with the first arriving in the country in December that year

The first F-35A squadron, No. 3 Squadron, will be operational in 2021. All 72 aircraft are expected to be fully operational by 2023.

About the aircraft

The F-35A is characterised by:

- a low observable design
- internal weapons and fuel carriage
- advanced radar
- electro-optical and infrared sensors
- advanced voice and data link communications, and
- the ability to employ a wide range of air-to-surface and air-to-air weapons.

It is the most suitable aircraft to replace the ageing F/A-18A/B Hornets.

The RAAF is running a nationwide program of carefully selected events and initiatives following public consultation in 2015/2016 that the RAAF says will implement:

- 1. Honour the service and sacrifice of our people over the past 100 years.**
- 2. Engage the Australian community and demonstrate today's highly capable force and;**
- 3. Inspire young Australians to consider a career in the Air Force or aviation industry**

**CONGRATULATIONS RAAF ON
YOUR 100th ANNIVERSARY**



217 ARMY CADET UNIT (ACU) KEEPING IN TOUCH REPORT FOR JANUARY 2021



1. Hello Readers!
2. January saw three cadets from both 217 and 229 ACU's complete the online training for the Junior Leaders Course and completed the practical components in mid-March. February has us starting the new year at the Unit and updated Training Program. 229 ACU is continuing their parade night's with us with a more permanent solution in the works.
3. The unit has begun recruiting efforts to build the program back up from the mess of 2020, starting with Charlton College early in February and liaison is occurring for Lake Macquarie High and Hunter Sports High for Term 2.
4. The State restrictions around ANZAC Ceremonies has put a damper on planned services in our area this year and at this stage South Lake Macquarie RSL Sub-Branch has the planning and finances to conduct their ceremonies on ANZAC Day.
5. At the NSW AAC Commander's Conference held at RAAF Base Richmond in late February, I humbly accepted the CAPT (AAC) Bonny Forbes Memorial Perpetual Trophy which is not always awarded every year. I received the acknowledgement in response to my efforts to plan and manage the online junior leaders course via online means which had never been done in NSW before. I would like to thank MAJ (AAC) Phillip Mitchell from 200 ACU Young for the nomination, support, mentoring and partnership to get the course off the ground while we were both busy running our individual units during the strict COVID -19 restrictions.**Cont.....Page35/**

I would also like to take the opportunity to welcome MAJ (AAC) Jarryd Horn back to 21 AAC BN but in his new role of Commanding Officer for the Hunter and Central Coast region.

In more good news, the Commander AAC has approved for us to conduct activities outside our parading locations under the provisions of additional safety precautions and administration. We are able to support local activities with these procedures in place. Currently we are planning an activity to Canberra in conjunction with 234ACU Maitland and a field weekend at Singleton in early September.

Have a safe and happy festive season and thank you for your continued support and patience.

Thank you for your continued support and patience.

Kind regards

Yvonne Fuller

CAPT (AAC)

217 Army Cadet Unit (ACU) ~ Officer Commanding (OC)

Mobile: 0409 310 713 ~ Unit email:

217acu@armycadets.gov.au

IT'S A SEASON FOR THE IRISH

“Is that the Ballycashel Echo Newspaper?” asks Mick over the telephone, “How much would it be to put an ad in your paper?”

“Five Pounds and inch,” a woman replies. “Why? What are you selling?”

“A ten foot ladder,” said Mick before slamming the phone down.

Royal Australian Air Force joins United States and Japan for Exercise Cope North 21

Media Release 5 February 2021



U.S. Air Force, Japan Air Self-Defence Force and Royal Australian Air Force aircraft fly in formation during a photo exercise at COPE North 20, (last years COPE North exercise) at Andersen Air Force Base, Guam, Feb. 19, 2020

The Royal Australian Air Force (RAAF) has deployed two aircraft and approximately 170 personnel to Guam to enhance trilateral interoperability with the United States and Japan as part of Exercise Cope North 21.

Exercise Cope North is a long-standing combined military exercise which aims to improve combat readiness, develop humanitarian assistance procedures, and build common understanding between the United States, Australia and Japan.

Group Captain (GPCAPT) Nathan Christie, Australian Commander for Exercise Cope North 21, said the exercise had proven to be an effective way to strengthen the trilateral military partnership, and increase the complexity of combined activities.

“More than 2000 military personnel and approximately 95 aircraft from the Royal Australian Air Force, United States Air Force, United States Navy, United States Marine Corps and the Japan Air Self-Defence Force are scheduled to participate in this exercise,” GPCAPT Christie said.

Australian personnel are drawn from across Air Force with elements of Surveillance and Response Group, Air Mobility Group, and Combat Support Group participating.

ContPage 37/

Cont..from Page 42/..

““An E-7A Wedgetail Airborne Early Warning and Control aircraft, KC-30A Multi-Role Tanker Transport, and a Contingency Response Squadron have also deployed to the exercise.

“The first week will focus on humanitarian assistance and disaster relief exercises and strike mission training, while the second week will focus on air combat tactics and large force employment training.”

The Exercise Cope North 21 scenario will develop coalition procedures in humanitarian assistance and disaster relief and air power missions, including air superiority, close air support, Interdiction, electronic warfare, tactical air mobility, and airborne command and control.

The health and safety of all Australian Defence Force personnel on exercise is paramount.

There are a range of measures in place that ensure the risk of contracting COVID-19 are minimised. A COVID-19 response plan has been agreed to by all nations participating in Exercise Cope North.

Mitigation measures include all RAAF personnel returning a negative COVID-19 test result before deploying on the exercise, restricted movements and only necessary interactions with other participants. Other COVID Safe behaviours, such as regular temperature checks, mask wearing and physical distancing will also be implemented.

To ensure the safety of the Australian community, all ADF personnel returning from overseas are required to complete mandatory state or territory quarantine, in line with other returning Australians. Their release from quarantine is contingent on the testing requirements of the jurisdictions they isolate in.

The exercise was held at Andersen Air Force Base from 3rd to 19th February 2021. This is the eleventh time Australia participates in Exercise Cope North.

A couple of fallacies (old mother's tales)

The following were related to us older generation while growing up – most were False and I will “So say the experts at Harvard University” however finish with one that which actually cannot be proved either way and believe it to be True.

- 1.~ In 1967, US television manufacturer General Electric warned customers that some of their TV sets were emitting harmful x-rays and told customers to keep a safe distance, resulting in the belief that sitting too close to the TV would damage your eyesight. However, subsequent TVs were built with fewer rays, and today, LCD and Plasma screens contain none. You can still strain your eyes if you stare at a screen for too long, but the same can be said for anything that requires focusing up close, such as reading a book or staring at a tablet. **FALSE.**

- 2.~ Knuckle cracking causing arthritis, this was probably first said to stop someone's annoying habit, but there's no evidence that cracking your knuckles results in arthritis. So say experts at Harvard Medical School in the US, who reviewed studies comparing rates of arthritis amongst those who do and don't do it. The sound occurs when gas bubbles form in the fluids between your joints, the cold might stimulate them and by a sudden movement are released. Which occurs in any joint within your body. **FALSE**

- 3.~ Being cold gives you a cold, your parents probably used this to convince you to wear a coat as a child, but it turns out that living in the Arctic makes you no more likely to catch a chill than living in Australia. In fact the cold may stimulate the immune system, studies show. The myth likely stems from a period when fevers couldn't be treated, so temperatures were used by way of explanation. However, there is a correlation between cold weather and colds, according to research published in the journal Critical Care. **Cont.....Page 39/**

Continued from Page.....38/

.If your body's core temperature gets too low, you can end up with hypothermia, which lowers your immunity and makes you more susceptible to viruses. So the cold can indirectly lead to a cold, but it doesn't cause it. **FALSE.**

4.~ **Chicken Soup Can Cure Cold:-** This Soup, which is often called 'Jewish penicillin' is commonly consumed by cold and flu sufferers and has been praised by Jewish scholars for its health-restoring abilities for centuries. And there's some truth to it. The broth of various vegetables and chicken bones cook for hours, which causes the release of health boosting minerals zinc, calcium and magnesium into the liquid. Medical experts have various theories as to how the soup actually relieves cold systems, including its heat helping to clear a blocked nose; its zinc content helping to shorten the duration of a cold; the hot eater keeping you hydrated; and the soups anti-inflammatory properties helping to alleviate systems. So, while it not a cure as much, it can actually help you feel better. So, until proven otherwise it is declared to be: **TRUE.**

IRISH AGAIN

Paddy goes into as bar and orders seven shots of tequila and one Pint of Guinness. The barman lines up the shots and goes to get the Guinness.

When he comes back with the pint, all the seven shots are gone.

The barman says "Wow! You sure drank those fast."

Paddy explains, "You would drink fast too if you had what I had."

The barman asks, "What do you have?"

Paddy reaches into his pocket and says, " Fifty Cents."

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It was a program to assist and help with your overall health, in improving things, such as balance, strength, etc. It was also a meeting place to also get to meet new friends, have social outings, cups of coffee together., etc.

Open to all if you were Over 50.

The programme is not new and had been running for over 10 years. So, if and when we can possibly resurrect the program Pamela will be informed and if she is still available and you feel up to it, we will only be too happy is supporting this program again.

If this occurs you can contact the
Toronto RSL sub-Branch for full details.

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