

Keeping in Touch

WINTER EDITION 2023

**WOMEN IN THE AUSTRALIAN
DEFENCE FORCE**



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Keeping in Touch

From the president's desk...

Hello again everyone,

Winter is upon us again. I hope this finds you in good health and you are keeping warm and cosy.

One thing is certain when you age, time does not stand still. The year is half over and I am still thinking about getting over Christmas.

We had a successful ANZAC day this year, without any real problems. The number of people attending both our Dawn Service and ANZAC Service were well up on the previous Covid years which was very pleasing, and the schools were all involved with excellent numbers. We thank you all for your attendance. I would also like to thank all people and organisations involved for helping us during this particularly busy time.

Our Sub Branch has continued with our charter to help all Veterans and their families, and we have seen an increase in the numbers requiring assistance. Our Sub Branch is one of the few now with an active group of Advocates still able to work with Veterans and DVA.

The training required to become an Advocate is extensive over a two-year period and this has led to a decline in number of people willing to commit themselves. Our Advocates do the same course as those working at DVA albeit without the monetary gains. One reason we have the increase in numbers requiring help can be put down to the low numbers of Advocates available elsewhere. I am not sure of the reason our authorities are making it so difficult for volunteers to help others in our society.

Mentioning difficulties, we have been trying for some time to get the brick walls each side of our building repaired, sealed and cement rendered. Our problem is we cannot get a tradesman interested in doing the job. If anyone reading is interested, please contact us here at the Sub Branch.

The saga of War Crimes continues to hover over us. In the news now is the conviction of Ben Robert-Smith in the Civil court. Most of the media outlets are reporting he has been convicted of War Crimes; however, this is not the case. Ben has not been convicted of any crime. The civil



court does not have the same interpretation of law as that of the Criminal court and most of the evidence presented in the Civil court would not be allowed in the Criminal court.

The injustices this group of SAS soldiers, who were fighting for our country, has had thrown at them keeps building. One high ranking official has stated in public that they are unlikely to ever face court now because of the media attention the group has received making it almost impossible to have an unbiased jury.

One other matter involving the 17 SAS members reported is an attempt by the military to Administratively dismiss the members involved from the service. This was not successful after it was pointed out they had not been convicted of any crime and would have been illegal to discharge them. The military has then since tried to discharge them on medical grounds and while this has also been challenged, some personnel have been discharged.

*That's about it for this Kit, keep well, warm & safe.
The Price of Liberty is Eternal Vigilance*

Bill Noble BEM ~ President

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DATES TO REMEMBER

Monday ~ 10/07/23~ Monthly Meeting at 10.00am
Toronto Diggers Club

Monday ~ 14/08/23~ Monthly Meeting at 10.00am
Toronto Diggers Club

Monday ~ 11/09/23 ~ Monthly Meeting at 10.00am
Toronto Diggers Club

WOMEN IN THE AUSTRALIAN DEFENCE SERVICES

Today~ The role of the Australian women during war and conflicts have evolved over the past century. Today women are serving at the forefront of the Australian Defence Force (ADF), in peace operations and combat support duties.

Past History~ During the Boer War and World War 1, Australian women served as nurses and doctors and performed a wide range of voluntary war work but, were unable to join the armed forces. At the beginning of World War II the Australian Army Nursing Service, which had formed in 1903, was still the only women's service. As the war progressed the need for women to play a wider role saw the formation of the Women's Auxiliary Australian Air Force and by the end of WWII more than 27,000 had enlisted, the Women's Royal Australian Naval Service also enlisted some 2000 by the end of WW2 and the Australian Women's Army Service by the end of WW2 had 24,100 enlisted.

The medical services also expanded, with the creation of the Royal Australian Air Force Nursing Service, Women's Royal Australian Navy Nursing Service and Australian Army Medical Women's Service. Australian women also served in a variety of voluntary organisation's such as the Red Cross, Australian Comforts Fund and National Emergency Service. With more than a million men in the armed forces and a manpower shortage on the home front, women were also urged to take up factory, agricultural and transportation work, once the domain of males.

The dramatic expansion of women's roles at all levels of society during World War II which led to a wider acceptance of women's abilities and particularly within the defence forces and well as work carried on outside this field. At the outbreak of World War II only about 640,000 women were in paid workforce mostly in clothing and food manufacturing industries.

In January 1942 the Government established the Manpower Directorate to register all childless women between the ages of 18 and 45 years and direct them into the manufacture of aircraft and munitions and into a variety of essential occupations that were previously the domain of men. The Australian Women's Land Army was also established during this time where about 3,500 women, mainly from the city, undertook rural labour freeing up the men and producing crops and the like for servicemen's rations.

Australian women were deployed overseas during the Korean and Vietnam Wars, and today are fully integrated into the ADF and can

Continued from page 4...../

serve in war zones, in all but close combat positions.

The roles by women outside the services during World War II have also continued: women travel into war zones as artists, journalists, and aid workers.

The women and others at home, volunteered for such organisations as Legacy and the Red Cross and raised their families or worked on other duties while they waited for their loved ones to return from the front line.



The Newcastle Beacon was formed about three years ago following the finding of a great need for first responders for veterans and their families, as well as other emergency department personnel across Newcastle and the Hunter, they are independent of government and employers and its formation is unique to the area.

Navigating support services alone can be overwhelming for anyone in crisis, but the Beacon believe they have the **Specialised Team** and Volunteers to assist them in their work. They have formed a network of organisations, professionals, specialised staff and highly trained volunteers to support them in this work, which include social workers, welfare officers and advocates. Their combination of professional skills and lived experience enables them to meet the needs of veterans and first responders with the right resources, knowledge, skills and compassion.

Their office is upstairs at TPI House, 76 Cowper Street, Wallsend
open 9.30am to 2.00pm Monday to Friday

Drop in for a cuppa or a chat or ~ [email:newcastlebeacon.org.au](mailto:newcastlebeacon.org.au)

REFLECTION

As I sit here reflecting on my life and on all the people I've lost! I think to myself, maybe being a tour guide wasn't the job for me

IRISH WEDDING

At an Irish Catholic wedding ceremony, the priest asked if anyone had anything to say concerning the union of the bride and groom. It was their time to stand up and talk, or forever hold their peace.

The moment of utter silence was broken by a young beautiful woman carrying a child. She started walking toward the pastor slowly.

Everything quickly turned to chaos.

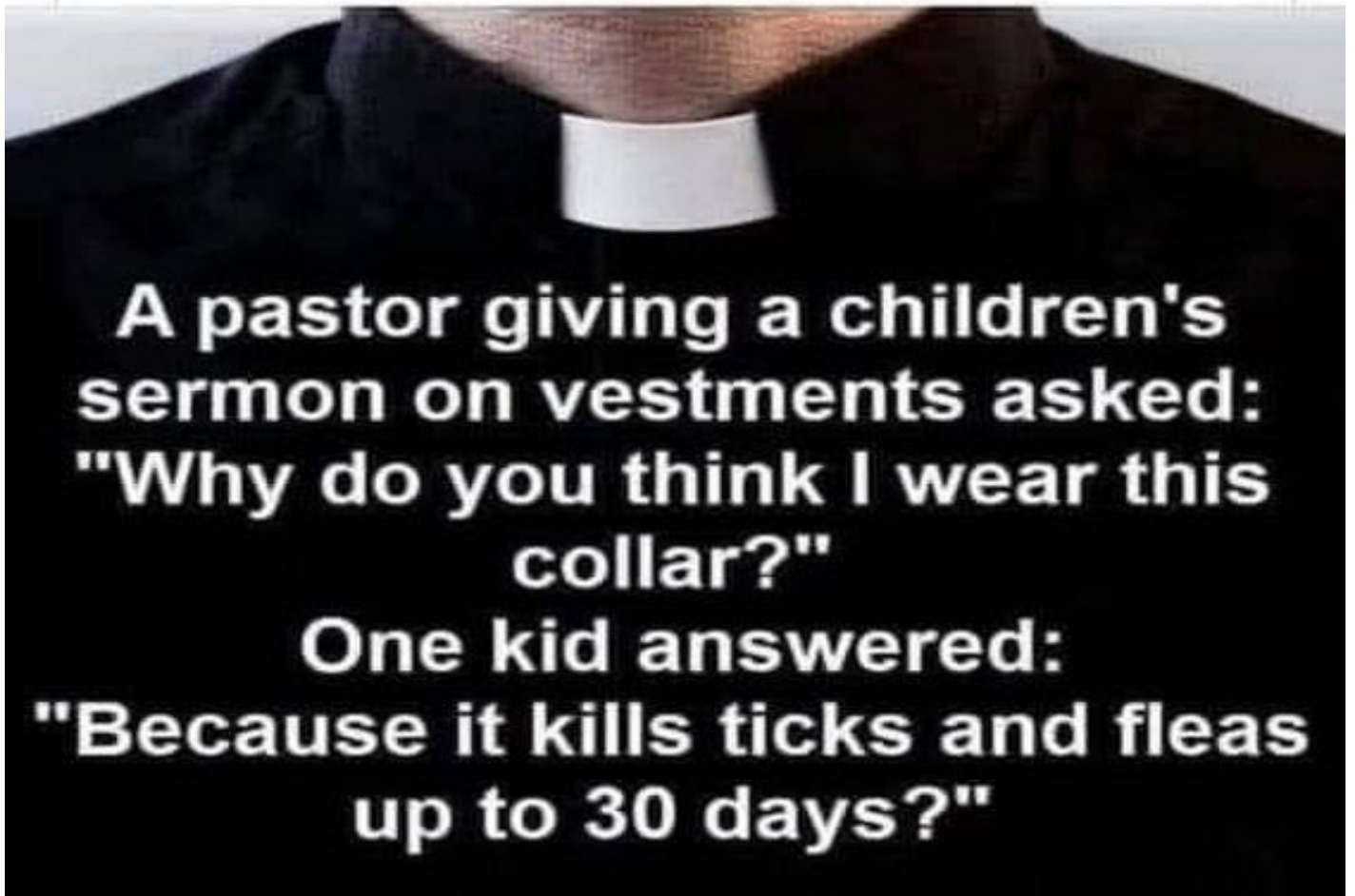
The bride slapped the groom.

The groom's mother fainted.

The groomsmen started giving each other looks and wondering how best to help save the situation.

The priest asked the woman, "Can you tell us why you came forward? What do you have to say?"

The woman replied, "We can't hear in the back."



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'Vietnam Veterans Day'

The [Vietnam War](#) was Australia's longest military engagement of the 20th Century.

The [Battle of Long Tan](#) was a significant moment in Australia's war in Vietnam. This occurred on the 18th August 1966, in a rubber plantation near the village of Long Tan, Australian soldiers fought one of their fiercest battles of the war. The men of Delta Company, 6th Battalion Royal Australian Regiment, faced a force of some 2000 North Vietnamese and Viet Cong troops. The battle was fought in wet and muddy conditions during a heavy tropical downpour. By the end of the day, 17 Australians had been killed in action and 25 were wounded, one of whom died a few days later. This was the largest number of casualties in a single operation since the Australian Task Force had established its base at nearby Nui Dat the previous April. Hence the date being cemented in history as Vietnam Veteran's Day

On this day, we commemorate all the battles fought by Australians in Vietnam, from large-scale operations to platoon and section-level encounters. We remember the sailors of the Royal Australian Navy who supported land operations, and members of the Royal Australian Air Force who served in combat and transport roles.

It's a day when we recognise all who served in Vietnam.

We honour those veterans who: -lost their lives during battle :- returned home wounded, ill or injured :- lost their lives in the years since they returned :-still carry the physical and emotional scars of their service.

We also pause to reflect on the impact of service on our veterans' families.

This day is commemorated by the Newcastle and Hunter Region Vietnam Veterans Inc. normally on a Saturday closest to the actual date, however, this year because of a large Memorial Service happening in Canberra on the 18th, to make the 60th Anniversary of Australia's commitment to the Vietnam War.

Newcastle have decided to bring their commemoration day forward to be held at the Vietnam Memorial Civic Park, Newcastle on Saturday the 12 August in Civic Park, Newcastle commencing at 1600hrs.

PENSIONS REPORT

Our Pension Officers/Advocates have remained busy with pension claims and inquires.

Between them at present they are looking after some 35 plus veterans/Service people who they are representing, which in total refers to some 70 plus various claims.

All are at varying stages and with the huge backlog of claims (about 40,000) at present being handled by DVA as stated in the recent release of evidence given by the Secretary of DVA during the Hearing by the Royal Commission into Veteran/Service Personal Suicides

Non-liability health care is still available to Veterans under VEA and MRCA for Mental Health and Cancer plus some other conditions.

For a list of any new or amended conditions and those conditions under review can be found on the Repatriation Medical Authority (RMA)

Web site www.rma.gov.au then look under "What's New"

Statements of Principles (SoP) are continually being reviewed by members of the RMA or on request. A review of conditions can also be requested by those interested in a particular condition

Regards ~ Pensions

Our Advocate and Pension Officer's are on duty in these sub-Branch offices on Wednesday between the hours of 9.30am and 12 midday.

Other times by appointment only.

Phone 4959 3699

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

Last Post

Sotiris (Sid) ANGELOUPOULOS ~ ARMY ~ 2nd June 2023

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AUSTRALIAN DEFENCE FORCE CHIEF ANGUS CAMPBELL RENEWS CALLS TO STRIP MEDALS FROM AFGHANISTAN WAR VETERANS

*Exclusive by defence correspondent Andrew Greene
Posted Wed 24 May 2023 at 5.02am*

Defence Chief Angus Campbell has launched a fresh attempt to remove awards from some soldiers who had held command positions in the Afghanistan War, following damning findings of the Brereton inquiry.

The ABC can reveal General Campbell in recent days has written to several current and former Australian Defence Force members, informing them their honours for distinguished and conspicuous service on warlike operations could soon be cancelled.

In formal correspondence to a small group of Afghanistan veterans, the Defence Chief declares his “consideration of your command accountability is now closed” and revealed he had referred the matter to the Defence Minister Richard Marles.

“It is then for the Minister to independently determine whether he accepts the assessment in my letter after considering the relevant information including your response,” the general writes.

“If he is of the view that your award should be cancelled, the minister will make a recommendation to the governor-general. The governor-general will then make a decision.”

When releasing the findings of the Brereton inquiry in November 2020, General Campbell initially announced he had accepted a recommendation to remove the meritorious unit citation from the Special Operations Task Group (SOTG) following revelations of alleged war crimes.

Several months later, then-defence minister Peter Dutton announced he would overturn the recommendation, allowing around 3,000 SOTG personnel who served between 2007 and 2013 to keep their citations.

Last month General Campbell indicated “work was continuing” on possible **internal disciplinary action** related to failures of command accountability during the Afghanistan war when **alleged** war crimes occurred.

Veterans Groups are furious

Veterans groups have reacted furiously at the latest attempt to revoke honours awarded from Afghanistan war, demanding the Albanese government again overrule the defence chief.

Continued from Page 12...../

“Peter Dutton threw this out straight away in the last government when it was put before him,” says Martin Hamilton-Smith, the national president of the Special Air Service Association.

“I Think Australians, veterans and their families are now going to wait and see whether the current government is going to stand with the veterans and their families or stand with the general who’s looking increasingly isolated.”

Mr Hamilton-Smith, former SAS soldier and South Australian politician, has also suggested General Campbell should also consider handing back his Distinguished Service Cross (DSC) as a sign of leadership.

“General Campbell was one of the veery commander in 2011/12 of all the Australians in Afghanistan – on the back of the fighting effort of the SAS and Commandos he was awarded a DSC but he’s not offering that – he’s not offering that onto the table.

Steve Pilmore from the Commandos Association has also criticised General Campbell’s recent actions, saying no action should be taken until allegations have been dealt with in courts.

“This has dragged on for so long and I’m sure it’s causing havoc in the families of some people when they are probably dealing with some fairly major circumstances that came of five, six, seven, eight (or) nine trips to Afghanistan.”

In a statement, the Defence Department told the ABC the defence chief had considered the command accountability of personnel who held command positions in Afghanistan and presented his findings and recommendations to the minister.


“As it is ongoing, and to protect privacy and support the welfare of our people, Defence will not comment on the circumstances of individuals,” the spokesperson said.

A spokesperson for Defence Minister Richard Marles confirmed he was “Considering the recommendations” from the defence chief and “seeking advice as appropriate”.

SOME ALLEGED DEFINITION:- 1/ Accused but not yet proven and convicted. 2/ Supposed or so called. 3/ Stated as a fact but without any proof. 4/ Declared but not proven and/or doubtful or suspect. 5/ Mere allegations is not evidence and is not equivalent to proof.



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UPDATE ON ROYAL COMMISSION INTO DEATH INTO VETERANS AND SERVICE PERSONNEL

25 May 2023

The Chair of the Royal Commission into Defence and Veteran Suicide says senior leaders in Defence must adopt a more urgent approach to addressing suicide within their ranks.

Commissioner Nick Kaldas made the remarks on the final day of the Royal Commission's ninth public hearing block in Perth, which focused on leadership, accountability and organisational culture. Commissioner Kaldas noted the evidence seemed to suggest no systematic analysis of suicide deaths or behaviours had been developed by Defence to ensure the mental health and wellbeing of its people.

"We are yet to find sufficient evidence of urgency in responding to these complex issues holistically – even with this Royal Commission on foot," Commissioner Kaldas said.

The seven-day public hearing heard evidence of a study that analysed 57 reports into the suicide deaths of serving ADF members between June 2016 and June 2022 – and that the Inspector-General of the ADF had taken, on average, 600 days to release individual inquiry reports into each of those deaths.

"The evidence presented during this hearing again raises serious questions as to whether leadership within Defence has been taking adequate and timely action in relation to responding to the very real and pressing issues of suicide and suicidality within its ranks," Commissioner Kaldas said.

He revealed a closed session of the Royal Commission provided "valuable insight" into issues relating to the Special Air Services Regiment (SASR) based at Perth's Campbell Barracks.

Commissioner Kaldas was also critical of Defence for allocating more resources to a taskforce set up to assist the Royal Commission with its inquiries, than to running its newly-created Mental Health and Wellbeing Branch. He said it was "not clear what, if anything, has been achieved practically to combat suicide or promote wellbeing" during the branch's first seven months in operation.

The Royal Commission was established in July 2001 to examine the high rates of suicide and suicidality within the Defence and veteran community, as well as entrenched cultural and systemic issues contributing to this national tragedy.

The inquiry will next sit in Adelaide, from 17 July, and in Melbourne, from 28 August.

Chaplain's Corner



The heart of the chaplain's 'spiritual' role is assisting members to find congruence in their sense of self and the intersecting storylines of their lives, including their military service story. It is a journey of accompanying people or 'coming alongside' people. Whether you are a person of faith or not, Chaplains can still provide spiritual and emotional support. We are not here to convert people to Christianity, that is not our role. Our role is to simply accompany and provide support along the journey, and for the people with faith we accompany them in faith with rituals and prayers as required. We have 'pastoral addresses' at our ANZAC and Remembrance Day Services, they speak to the human story within us all. The shared story, the shared humanity, with reference to God and ending with a prayer.

When journeying with others who have served our country, the stories I hear are sacred. In 2021 I was extremely fortunate to help with the Toronto Private Hospital in their Anzac Day ceremony too. This is where I met Peggy who gave the ANZAC address. Listening to Peggy's story in the ANZAC Address of her becoming a RAAF servicewoman at the age of 20 (that's 78 years ago) was nothing short of amazing. Peggy knew what she wanted to do, and she never let anyone convince her otherwise including all the men that made it difficult for her. She went on to train pilots in how to conduct daily inspections on the aircraft. Despite her courageous story she reminded everyone to take care of our returned service men and women, having her dad and husband return home from war with no help, she recognised the lack of care for them. Peggy wants us to ensure that our returned service men and women are well cared for, and she believes that this is also crucial moving forward.

Peggy is right, it is imperative that we take really good care of our returned service men and women. May we listen deeply to their needs and advocate for them.

Peace be with you,
Reverend Melanie Whalley
Toronto RSL Sub-Branch Chaplain



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Troops return after training Ukrainian recruits.

3 JULY 2023

The soldiers of rotation two of Operation Kudu touched down on Australian soil in time for Territory Day, greeted by their families and friends at RAAF Base Darwin.

They arrived in the south of England in April, joining partner nations for the UK-led and based training program for Ukrainian Armed Forces recruits.

Under the command of Major Sam Hand, the training provided by the soldiers of rotation two played a pivotal role in advancing the capabilities of the Ukrainian military to support their national defence following Russia's illegal invasion.

“Our soldiers have demonstrated exceptional dedication and skill throughout their deployment in the UK,” Major Hand said.

“Their contributions to Operation Kudu have been instrumental in strengthening and supporting the Armed Forces of Ukraine – we are immensely proud of their achievements.”

During their deployment, the soldiers were visited by Victoria Cross recipients Corporal Dan Keighran and Corporal Mark Donaldson, who shared their personal stories of bravery and resilience.

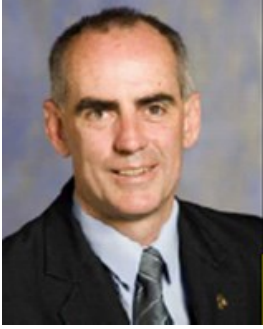
“Our encounter with Corporal Keighran VC and Corporal Donaldson VC was incredible,” Major Hand said.

“Their visit provided invaluable motivation and encouragement to the team, and we certainly saw the inspiration reflected in everyone's spirit – everyone dug a little deeper that day.”

Also greeting the soldiers at Darwin was Commanding Officer of the 5th Battalion, The Royal Australian Regiment, Lieutenant Colonel Chris Gilmore, who expressed his admiration for the soldiers' achievements.

“The success of rotation two of Operation Kudu is a testament to the excellent foundation from rotation one, as well as the professionalism and dedication of our troops,” Lieutenant Colonel Gilmore said.

“Our soldiers' efforts in the UK have contributed to regional security and will have no doubt a lasting impact on the soldiers of the Ukrainian Armed Forces – we are immensely proud of their accomplishments.”



Greg Piper MP
Member for Lake Macquarie



LAKE MACQUARIE CROWDS OUT IN LARGE NUMBERS FOR ANZAC DAY 2023

After missing out last year (thanks to a bout of COVID) and COVID lock downs affecting us in previous years, I was relieved and grateful to be able to attend the ANZAC day services at Speers Point, Dora Creek and Rathmines Memorial Park this year.

ANZAC day is such an important day for our nation and for the Lake Macquarie community. It was wonderful to see our community out in large numbers this year, taking the time TO reflect and to remember all our service personnel, both past and present, and the sacrifices they have made to Australia.

I was absolutely honoured to be re-elected as the State Member for Lake Macquarie in March this year. This year we saw a record number of independent members being elected to State Parliament, with a minority Labor Government. The makeup of the New South Wales Parliament this term provides independent members, including myself, a great opportunity to progress important issues for each of our electorates.

I am also extremely proud to have been unanimously elected the 58th Speaker of the NSW Legislative Assembly when Parliament sat for the first time on 9 May. Whilst there is a lot to do in the Speaker role, the Lake Macquarie electorate and the broader Hunter Region will always be my priority and my office is always available for you to contact with any issues.

A reminder that the deadline for applications for the 2023 Seniors Travel Card is 30 November 2023. The regional seniors travel card provides eligible seniors living in regional, rural and remote areas of

Continued from page 21...../ NSW with a \$250 prepaid card to help ease the cost of travel. You can use the card at certain retailers to pay for pre-booked NSW TrainLink regional trains and coaches, fuel or taxis. Applications can be made through the Services NSW website. Make sure you get your applications in before 30 November 2023.

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

Again, thank you all for your support, I am honoured to represent the Electorate of Lake Macquarie a further 4 years. 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,



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DAUGHTERS TEXT TO DAD

Daddy, I'm coming home to get married soon, so get your cheque book ready. LOL. As you know I'm in Australia and he's in the U.S. We met on a dating site, became friends on Facebook, and had long chats on Whatsapp. He proposed to me on Skype and now we have had a 2-month relationship through Viper. Dad, I need your blessing, good wishes, and a really big wedding. Lots of Love, Lilly.

DADS TEXTED REPLY

My dear Lilly, Like WOW! Really! Cool! Whatever!...I suggest you two get married on Twitter, have fun on Tango, register for your stuff on Amazon and pay for it through Paypal. And when you get fed up with this new husband, sell him on Ebay. Lots of Love, Dad.

MYSTERY

A guy stuck his head into a barbershop and asked the barber, "How long before I can get a haircut?" The barber looked around the shop full of customers and said, "About 2 hours." The guy left.

A few days later, the same guy stuck his head in the door and asked, "How long before I can get a haircut?" The barber looked around the shop and said, "about 3 hours." The guy left.

A week later the same guy stuck his head in the shop and asked, "How long before I can get a haircut?" the barber said, "about one and half hours." The guy left.

The barber turned to his friend and said, "Hey Bob, do me a favour, follow that guy and see where he goes. He keeps asking me how long he has to wait for a haircut but never comes back."

A little while later Bob returned to the shop laughing hysterically. The barber asked, "So where does he go?" Bob wiped the tears from his eyes and said, "Your house!"

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Standing up for Hunter

Our Veterans have given so much for our country, and in return, they deserve to be looked after. As a government, it is our responsibility to make sure that when our service men and women return home, they are supported to help them to live the best life they can.

One of the ways veterans can be supported to live their best life is through access to education and employment.

Last month in the Parliament, the opposition stood up and accused the Labor Government of not supporting Veterans after the maintaining Incapacity Payments for Veterans Studying Pilot Program reached its completion. But make no mistake, this government supports veterans and their families completely and unconditionally.

The maintaining Incapacity Payments for Veterans Studying Pilot Program was established with the aim of encouraging veterans to undertake full-time education as part of their rehabilitation program, by maintaining their incapacity payments at the level of their prior salary at 100 per cent while participating in such full-time education, to enhance their employment prospects.

We did what the previous government did not do, despite saying they would, and extended this program until 30 June 2023.

In making this extension, it was made clear that it was only until 30 June, and in February 2023, all Pilot Program participants were advised again that it would end on 30 June 2023 .

It is also important to note that the end of this Pilot Program will not affect other forms of education assistance from the Department of Veterans' Affairs and it will not prevent veterans from continuing their studies.

What it will mean is after 45 weeks on the Incapacity payment at 100% of their previous earnings, a veteran's Incapacity payments will decrease to 75 per cent of their previous earnings, just as is the case for Veterans not in the Pilot Program.

We want to help veterans and their families, but it is vital to make sure that the help that we are providing is effective and having a real impact in assisting veterans.

In extending the pilot program we were able to look at how effective it is. Approximately 600 veterans of approximately 6,000 eligible veterans took up the opportunity through this Pilot Program since 2018.

This means that the take up rate was about 10%, which is similar to the proportion of veterans that were undertaking full-time study as part of a rehabilitation program before the Pilot Program. While this Pilot Program has benefit for recipients, the reality is that it has not achieved significant improvements to veteran employment prospects when compared to eligible veterans who did not take part in the Pilot Program. It would be irresponsible of any government, and it would not be fair on veterans to allocate money and resources to a program which does not adequately provide the assistance which is needed.

We have committed to other measures aimed at supporting veterans including a \$24 million Veteran Employment Program which seeks to build on existing initiatives to raise awareness, highlight the benefits of employing veterans and veteran families, provide support to businesses to attract, recruit and retain veterans, and provide support to translate veterans' military skills and experience for the civilian workplace.

The skills of our veterans are so valuable, and it is important that employers know this. It will also develop pathways for vocational education and qualification provides, as well as universities, to recognise and give credit for skills learnt and experience gained through defence service.

Kind regards



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Nasho's News

Westlake Macquarie
National Servicemen's Association



The winter chill is on with very cold nights.

Our first Anzac service was our annual service at the Masonic Lodge Lake Macquarie which Bruce Robberds had set up and the director of ceremonies was Stephen Brown. There were 80 people in attendance. Special guests were Captain Yvonne Fuller 217 Army Cadets, Squadron Leader Paul Moro (with beard)-NSW National Servicemen's State President Greg Mawson, Vice President George Sachse and Newcastle President Jim Raine. It was a very big program. Catafalque Party Sergeant Frank Williams Sergeant Robert Newton and lance corporal Sam Dhnaram. The Colour Party Sergeant David Herbert with John Taylor, Ted Hyland, Brian Jones and Howard Trevethan. After the service everyone was invited downstairs for supper and refreshments. There were raffles and several speeches, a very good night was had by all.

Our AGM was next on our agenda. The Returning Officer was Allen Black. The new committee is President Gordon Maxwell Vice President Allen Black, Secretary Bruce Robberds, Assistant Secretary Allen Black Treasurer Des Gill. Committee Kevin Hargrave, John Taylor, John Sterland and Janice Hargrave. Patron John Doig (Major r'td) Chaplain Rev. Tony Lang (Major r'td)

The Anzac Services was conducted by President in Goffet Park, with Secretary Ron Mitcherson on sick parade.

Nasho's assisting with the flags were Bruce Robberds, Alf Sulman, Dave Herbert and Howard Trevethan. It was a long procession and with a lot of schools attending marching to the Brass Band. After the service the New Zealand contingent paid their respects and joined in the service with readings and the like and finished with the performance of the Haka.

The bi-monthly outing was at Boolaroo Bowling Club and 25 turned up. It was a real gossip lunch all getting around mixing which we have not done due to covid.

At our June meeting we decided on going to Rathmines Bowling Club for lunch in July. A social group of older members had lunch at the Windsor Castle Hotel and had a lovely day. 12 people attended coming from Singleton, Raymond Terrace, Bulahdelah, Fishing Point, Carey Bay and Booragul.

Best wishes to all

**Gordon Maxwell
President**



217 ARMY CADET UNIT WINTER EDITION



Hello Readers!

217 ACU has once again been busy involved with Community and Defence based activities.

The Easter Holidays was eventful with 217 ACU involved in several ANZAC Ceremonies in the Lake Macquarie Area. The Cadets made us proud and conducted themselves in an honourable manner that the occasion deserves.

In June, we were invited to visit RAAF Base Williamtown to conduct weapon familiarisation training at the simulation centre. During this event CDTWO2 Powell achieved a grouping of 57.1mm for 20 rounds at a target 100m away. The cadets then went on to visit Fighter-World next door and had the opportunity to stay overnight on the Base. The next day the Cadets planned and conducted an Urban Navigation using public transport to visit several key sites in Newcastle, including Fort Scratchley and Newcastle Museum. The cadets had a fantastic time and are keen for our next activity.

During the June activity, we were able to gain the support of CAPT (AAC) Margo Lowe from the Regimental Support Unit (RSU) attached to NSW AAC BDE HQ. LT COL (AAC) Andrew Dick - current Assistant Commander for NSW AAC BDE attended to present CAPT (AAC) Lowe with her 15 year Service Medal. It was a very special moment for all attending.

In July, NSW AAC BDE HQ is holding Promotion Courses at Holsworthy and 217 ACU is sending CDT CPL's Kody Deppeler and Alessandro Perazzolo to attend the Sargent Leadership Course. In addition, CDTWO2 Luca Powell, LT (AAC) Phillip Arthur and CAPT (AAC) Yvonne Fuller will be supporting as Instructional and Support staff for the Corporal Course.

Future activities include a First Aid Course held by 25 ACU Erina in

Continued for page /27.....

late July, 21 AAC BN's Competition Day at Morisset High in late August and preparations for the NSW AAC BDE Annual Field Exercise (AFX) held in September holidays.

Please keep safe and thank you for your continued support and patience.

Kind regards

Yvonne Fuller

CAPT (AAC)

217 Army Cadet Unit (ACU)

Officer Commanding (OC)

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THE JUMBER

Jack, a handsome man, walked into a sports bar around 9:58 pm. He sat down next to this blonde at the bar and stared up at the TV as the 10:00pm came on. The news crew was covering a story of a man on a ledge of a large building preparing to jump.

The blonde looked at Jack and said, "Do you think he'll jump?"

Jack says, "You know what, I bet he will." The blonde replied, "Well, I bet he won't." Jack placed \$30 on the bar and said, "You're on!"

Just as the blonde placed her money on the bar, the guy did a swan dive off of the building, falling to his death. The blonde was very upset and handed her \$30 to Jack, saying, "Fair's fair... Here's your money."

Jack replied, "I can't take your money, I saw this earlier on the 5 o'clock news and knew he would jump."

The blonde replies, "I did too; but I didn't think he'd do it again."

Jack took the money.

KOOKIES MORSELS

PEA AND HAM SOUP

(WINTER WARMER)

(I know everyone has their own recipe, but this one is mine)

2 tbsp olive oil 1 large onion, halved and chopped
2 carrots, peeled, halved and chopped
3 sticks celery, trimmed and chopped
3 garlic cloves, crushed 2 cups green split peas
1 Ham Hock, about m800/900g (ask your butcher to cut it)
2 litres chicken stock (I used Continental ready-made)

Rinse peas under cold water.

In a large saucepan add oil and bring to a medium heat. Add celery, carrot, onion, garlic and cook for about 5 minutes, stirring occasionally, until the onion goes soft, don't let the onion burn. Add the peas, hock and stock, and bring to the boil, then reduce heat to medium low and cook for 2 to 2 and a half hours or until the hocks are tender and the meat is falling off the bone

Remove the hock from the soup and set aside to cool. When cool remove the meat from the hock and coarsely chop into chunks and set aside. Blend the soup with a stick blender, or in stages in a blender until smooth.

Once blended return chopped meat from the hock to the soup in the pan and return to stove and reheat on medium high for about 5 minutes.

Delish – Serve with Crusty Bread

Serves 4 plus (Suitable to Freeze) Bon Appetit

Kookies Tip:- I Personally always attend the Deli Department in one of the bigger stores and buy a small handful of chopped ham and cook this long with the soup from scratch, so that it's blended into the soup base as well. for extra taste. Absolutely Delish.

KOOKIES MORSELS

SLOW COOKER POOR MAN'S STEW

500 g minced beef
2 large potatoes, chopped
1 cup frozen green beans
2 cups beef stock
1 tsp dried thyme
salt and pepper to taste.

2 large carrots, chopped
1 large onion, chopped
2 cloves garlic, minced
1 tbsp paprika
2 x240 cans of diced tomatoes

(If you don't have a modern slow cooker where you can brown the minced in the same bowl)

You will need a frying pan to brown the mince, over a medium heat. Drain off any excess fat. Then in a slow cooker, combine the cooked beef, carrots, potato, onion, green beans, garlic, diced tomatoes, beef stock, paprika, thyme, salt and pepper.

Stir everything together and cook on low for 7-8 hours or on high for 3-4 hours.

(KOOKIES HINT: This stew is also a great time for emptying out the crisper as you can include other vegetables and or spices, but don't overdo it)

Serve with crusty buttered bread or toasted garlic bread.

Bon Appetit

Serves 4

Serve with Crusty Bread

STUPIDITY

Everybody has the right to be stupid, it's just that some people abuse the privilege.

ALCOHOL

"Drinking responsibly" MEANS "Don't spill it."

Security HMAS Anzac enforces United Nations Council sanctions against North Korea

13 JUNE 2023

Royal Australian Navy (RAN) frigate HMAS *Anzac* has completed its deployment on Operation Argos as part of a routine regional presence deployment.

Australia supports the enforcement of United Nations Security Council (UNSC) sanctions through the deployment of Royal Australian Air Force (RAAF) maritime patrol aircraft and RAN surface vessels.

HMAS *Anzac*, with its embarked MH-60R Seahawk helicopter, has monitored and deterred illegal ship-to-ship transfers of sanctioned goods in the region.

Since 2018, Australia has deployed RAAF maritime patrol aircraft on 11 occasions and RAN vessels on nine occasions in support of the operation.

Quotes attributable to Chief of Joint Operations, Lieutenant General Greg Bilton:

“Australia is committed to enforcing United Nations Security Council sanctions on North Korea until it takes concrete steps towards denuclearisation.

“We regularly deploy ADF assets on Operation Argos to monitor and deter shipments of sanctioned goods alongside close partners including Canada, France, Germany, Japan, New Zealand, Republic of Korea, the United Kingdom, and the United States.

“These deployments demonstrate Australia’s commitment to nuclear non-proliferation and upholding the international rules-based order.”

Quotes attributable to Commanding Officer HMAS Anzac, Commander David McPherson:

“The dedication of hard working sailors and officers aboard the frigate during Operation Argos demonstrates Australia’s continued commitment to regional security and stability.”

“We are proud to have successfully contributed to the ninth iteration of the RAN’s support to Operation Argos on behalf of Australia.”

“Team *Anzac* conducted monitoring and surveillance at sea in response to illicit maritime activities using a range of the ship’s advanced sensors, and the embarked MH-60R Seahawk maritime warfare helicopter, which is equipped with world-leading anti-surface and anti-submarine warfare capabilities.”

RAAF GO LOW LEVEL FLYING FOR EXERCISE GLOBAL DEXTERITY 2023

Author - Flight Lieutenant Greg Hinks

The return of Exercise Global Dexterity during April and May had people across NSW, Queensland and our Pacific neighbourhood looking to the skies and seeing an unusual sight: three C-17 III Globemasters from Australia and the United States flying low in close formation.

Exercise Global Dexterity is a biannual training exercise with 36SQN at RAAF Base Amberley and the United States Air Forces (USAF) 535th Airlift Squadron, based in Hawaii. The crews work together flying day and night missions in low-level formations, conducting airdrops and air-to-air refuelling.

Mateship and a strong partnership between the two nations were on show with air and ground crews mixed to strengthen working relationships on the ground and in the air.

RAAF C-17 pilot Flight Lieutenant Dan White flew multiple missions shoulder-to-shoulder with his American counterparts and sees the importance of integrating and streamlining systems and training.

“While we operate on the same checklists and flight manuals, it’s a great test for when we get in the aircraft together. So if an operation or humanitarian aid disaster relief mission happens at short notice, we can operate as a mixed American and Australian crew,” Flight Lieutenant White said.

“The flying has been a mix of standard day trainers and parachute drops, and we’ve also had the chance to do some formation flying, which we don’t get to do that often.

“Being able to launch three C-17s with mixed crews in a three-ship airdrop mission, with some low-level thrown in, is quite extra ordinary.”

The two air forces also collaborated with the Australian Army Special Forces unit, 2nd Commando Regiment and 176 Air Dispatch Squadron with parachute and airdrops.

A highlight for USAF Major Jeremy Smith, 535th Airlift Squadron,

Hawaii, was flying through different terrain across Australia and landing in Papua New Guinea; helping improve readiness to operate in the Indo Pacific region.

“In Hawaii we typically fly over water to avoid the terrain around the islands,” Major Smith said.

“In Australia it’s awesome. We’re able to fly over some challenging terrain, low-level and through valleys, but it also allows us to go a lot faster than we do in the United States.

“It’s awesome that we get a chance to do this and build these relationships that we take forward. We’re able to leverage these connections that we build to help operations – and it doesn’t end here with Exercise Global Dexterity.”

This was the fifth iteration of Exercise Global Dexterity with both countries working on the next, to be held at RAAF Base Amberley later this year.

REMEMBRANCE DAYS FOR THIS QUARTER.

3rd July Reserves Forces Day

27th July Korea Veterans Day

15th August Victory in the Pacific (VP) Day

18th August Vietnam Veterans Day

31st August Malaya and Borneo Veterans Day

7th September Battle for Australia Day

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