

Keeping in Touch

WINTER EDITION 2018



**AN AUSTRALIAN SOLDIER ARMED WITH A
M60 MACHINE GUN ~ VIETNAM**

The Korean War Pages 12 To 15

Vietnam Veterans Day 2018 Page 32



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Keeping in Touch

From the president's



Winter has arrived with a vengeance and it is not expected to get any better. However every day you wake up is a plus, so why whinge.

I will commence this edition by paying tribute to our brave men and women of the ADF serving in different parts of the world today working along side our Allies in a combined effort to keep the world safe from Terrorism and other forms of violence.

There were even wars before WW1 (however following WW1) it was considered to be the war to end all wars due to the terrible loss of life on both sides; but alas this was not the case, as the wars continued on and as I stated at the start of this paragraph it is still going on today.

However a change of subject, in May this year Secretary Bill, Treasurer/ Trustee Garry and I travelled to Albury for the 2018 RSL NSW Annual State Congress. Although a lot of issues were dealt with there are still some matters unattended to and there is to be an Extraordinary RSL State Congress to be called later in the year with a date and place to be fixed. This Congress is to address a number of matters that State withdrew due to some matters being challenged as to the wording of the motions. I am sure they are seeking legal advice on these matters.

On a lighter subject, we have not had a welfare function/trip for our members this year as I and other executives and committee members have been quite busy with RSL matters bearing in mind all the negative news coming out of State Branch over money issues, etc.

So members, keep your eye out in the next issue which comes out in October and we will combine whatever we do with a bit of a Christmas celebration. I believe it is paramount that these welfare functions/trips carry on as anyone that has served being a veteran or an ex-service person understand and confide in each other and generally would speak freely about their experiences, which I believe is a release of whatever tension they are experiencing in the

That's about it for me this issue. So until next time Keep safe and healthy.

The Price of Liberty is Eternal Vigilance

Ron (Mitcho) Mitcherson

President

***Invitation to attend ~ Cooking for one or two
(or as we call it C4, 1 or 2)***

Any idea how to de-frock an onion, take the woodiness out of asparagus or make a nutritious meal without using a can opener??????

Well it's time you joined the C4, 1 or 2 ~ even if you know, join us and have five Thursday 's in a row of fun, comradeship & maybe learn something new. All are welcome. Previous applicants have had fun and learnt things that they thought they already knew from the classes.

Yes, we are off again for the 15th year of C4, 1 or 2 at Toronto.

When ~ Starts Thursday 16th August

Time ~ 1000hrs

Cost ~ \$40.00 per head, pay on day one or keep us out of the RED and pay before. Price includes food, how to produce a nutritious meal, how to cook it and even get to eat it. Plates and cutlery supplied.

Where d'ya get it, Toronto RSL Drop in Centre, 48 The Boulevard Toronto. (above Shazam Bridal Salon)

How ~ Phone and register with the Toronto RSL sub Branch on 4959 3699, email: jonhandley1@optusnet.com.au or Jon Handley, phone 4023 8276.

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CYANIDE

A nice, calm, and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, “I would like to buy some cyanide.”

The pharmacist said, “Why in the world would you want cyanide?”

The lady replied, “I need it to kill my husband.”

The pharmacist’s eyes got big and he exclaimed, “Lord have mercy! I can’t give you cyanide to kill your husband. Absolutely not! You CANNOT have any cyanide!”

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist’s wife.

The pharmacist looked at the picture and said, “You didn’t tell me you had a prescription.”

I NEVER ARGUE

Patron: Wing Commander (r'td) RAAF John Hulbert

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Ron Mitcherson : Bill Noble BEM : Paul Kelly

THE INFANTRY MAN

By Jon M Nelson

I've been shot at and I've been stabbed
And I've been nearly burned alive.
Yet somehow through all of this,
I have managed to survive.

I've been tortured and left for dead,
And I've felt the excruciating pain.
After all the horror that I've seen,
It's amazing that I'm not insane.

I've had the enemy locked in my sight,
I had been trained to shoot to kill.
I could lay in the mud and rain for days,
Yet you wouldn't see me as I was still.

I always control the battlefield,
And I will always lead the way.
I move stealthily to the target,
Whether it is at night or day.

I've lost my friends and comrades,
And yet I still have to carry on.
The battle is never really over,
Even for the ones that are gone.

I've held my buddy in my arms,
And slowly watched him die.
The sights I've seen are so bad,
That they have made me cry.

I've walked for many endless miles,
And never been able to rest.
I have received many battle scars,
And earned the medals on my chest.

After all the hell that I have see,
Many times I thought I was a goner.
I am the last line of Defence,
And I'll risk my life with honour.

***As published in the July
2018 issue of the Vietnam***

A woman walked by and asked two men what they were doing as they were looking up and down a pole. Sven said, "We are both engineers and we're supposed to find out the height of this flag pole. But we don't have a ladder."

The woman took a spanner from here handbag, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her handbag, measured the pole and announced, "Twenty one feet, six inches," and walked away.

One engineer shook his head and laughed, "A lot of good that does

GRANDMAS

A doctor had been seeing an 80 year old woman for most of her life, and he finally retired. At her next check up, the new doctor told her to bring in a list of all the medicines that had been prescribed for her. As the doctor was looking through these his eyes grew wide as he realised Grandma had a prescription for birth control pills. The doctor said, "Mrs. Smith, do you realise these are birth control pills?" She replied, "Yes, they help me sleep at night." The doctor said, "Mrs Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!" She reached and patted the young doctor's knee and said, "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old Granddaughter drinks. And believe me it definitely helps me sleep at night," **Ya gotta love Grandmas!**

BIOLOGY CLASS

Students in an advanced Biology class were taking their mid-term exam. The last question was, "Name seven advantages of Mother's Milk." The question was worth 70 points or none at all. One student was hard put to think of seven advantages. He wrote:

- 1) It is a perfect formula for the child.
- 2) It provides immunity against several diseases.
- 3) It is always the right temperature.
- 4) It is inexpensive.
- 5) It bonds the child to mother and vice versa.
- 6) It is always available as needed.

And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test he wrote:

- 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it. **He got an A.**

Politics - I TOLD MY SON, "YOU WILL MARRY THE GIRL I CHOOSE."

HE SAID, "NO." I TOLD HIM, "SHE IS BILL GATES' DAUGHTER." HE SAID, "YES."

I CALLED BILL GATES AND SAID, "I WANT YOUR DAUGHTER TO MARRY MY SON."

BILL GATES SAID, "NO." I TOLD BILL GATES, "MY SON IS THE CEO OF THE WORLD BANK."

BILL GATES SAID, "OK."



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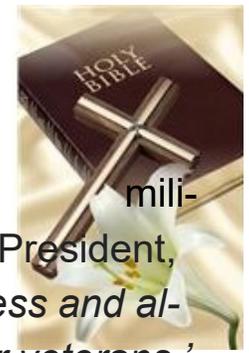
David Westerman

0428 482 767

CHAPLAINS CORNER

Keeping in Touch July 2018

I've been reflecting for a while on the issue of mental health in military personnel and ex-service personnel. DVA's Deputy Shane Carmody, said '*incidents of anxiety, post-traumatic stress and alcohol abuse are on the rise, particularly among younger veterans.*' This is a worrying fact.



mili-
President,
stress and al-
younger veterans.'

I'm sure we're all aware that numerous initiatives have been put in place to help military personnel and veterans to be aware of and improve their mental health and wellbeing. However it seems that the biggest problem is the stigma attached to mental disorders. Let's face it no one likes to admit to any kind of weakness; but people seem to be far more afraid of admitting to mental health illness - it is embarrassing. It is also not well understood in the wider community. Most people are not aware that mental illness is usually caused by factors beyond a person's immediate control.

That being the case, I'm not suggesting that mental health issues are incurable; the truth is there are many medications and therapies that can and do help people to live healthy and happy lives again. In the meantime we can all do something to help those suffering with poor mental health:

Companionship – spend 'agenda-free' time with them;

Listen – give the gift of silent listening [don't try to 'fix' them];

Compassion – walk beside them, share what they feel, cry with them;

Encouragement – affirm your love and care for them, offer truthful positive comments;

Practical Help – make a cup of tea, provide a healthy meal, go for a walk with them;

Human touch – a hug or a firm encouraging hand on the shoulder can do wonders;

Tap into your spiritual resources - pray with and for them, offer small verses of scripture that could be used as a mantra when things are tough, help them to join or re-join the local church and **go with them.**

The Lord your God has chosen you... because God loves you. [Deuteronomy 7.6b-8]

God is with you. God will not fail you or forsake you... [1Chronicles28.20]

The Lord is my shepherd; I shall not want...God restores my soul. [Psalm 23.1-2]

I have come that you may have life and have it to the full. [John 10.10]

Peace I leave with you; my peace I give to you... do not let your hearts be troubled and do not be afraid. [John 14.27]

I am convinced that...nothing can separate us for the love of God in Christ Jesus our Lord. Romans 8.38-39

Do not be anxious about anything ...[Philippians 4.6]

I am not, for one second, suggesting that I am qualified to offer mental health advice, however as your '**God-Botherer**', I am qualified to suggest ways we can bring Christ into our lives. Each of the suggestions above is simply about offering Christ's compassion and love to those in need. I know that the God, who loves us and cares for us, wants what is best for us and is with us at all times.

May the peace of God which passes all understanding, guard your hearts and your minds in Christ Jesus.

Blessings *Rev. Julie*

Phone: 4959 8108

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217Army Cadet Unit (ACU)

3rd Quarter Report



Hello All and welcome to winter.

217ACU Lake Macquarie has been very active over the last few months, from ANZAC Ceremonies to National Adventure Training Award; we have done very well in supporting and participating in these activities. To summaries these activities, I have listed them below:

NSAA Day

Recruit Weekend – joined with 21BN at Singleton Army Base and able to have opportunity to speak to 5BDE Commander

NSAA/Masons ANZAC Service and ANZAC Church Service

ANZAC Day Services – Toronto Dawn, Ryhope, Speers Point Dawn, Teralba and Toronto March/Day

National Adventure Training Award – Canberra, Cadets from all over the nation and from New Zealand completed challenges in order to achieve the award and had the opportunity to speak with Australia's Governor General, Sir Peter Cosgrove. CDT CPL L. Maher attended and achieved the award.

21BN Live Shoot - Singleton

Queen's Birthday Parade – Canberra

21BN WTSS Shoot – Williamtown

The activities for 217ACU over the next few months are varied and are outlined below:

NSW BDE Promotion Courses – Singleton

Term 3 Camp – Pre-AFX – Singleton

NSW BDE Training Weekend – Holsworthy

21BN Competition Day – Morisset

Annual Field Exercise (AFX) – Singleton

We have seen several promotions over the last few months and we have our first Cadet Under Officer in two years. In addition to all of these activities and achievements, in late February this year, I was honoured to receive a Bronze Commendation, presented by AAC Commander for NSW AAC BDE, COL B. Casey for my effort and positive attitude at the January 2018 Promotion Courses.

217ACU appreciates the support of all of our sponsors and hope you all have a safe winter.

Kind regards

Yvonne Fuller

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The Korean War

"Fatherland: Liberation War"; 25 June 1950 – 27 July 1953

A war between North Korea (with the support of China and the Soviet Union) and South Korea (with the principal support of the United States). The crisis in Korea originated in the closing phases of the Second World War, when control of the Korean peninsula, formerly occupied by Japan, was entrusted to the Allies. The United States and the Soviet Union divided responsibility for the country between them at the 38th parallel. By mid-1950, tensions between the two zones had escalated. On 25 June a North Korean army crossed into the southern zone and advanced towards the capital, Seoul. The war began on 25 June 1950 when North Korea invaded South Korea following a series of clashes along the border. The United Nations, with the United States as the principal force, came to the aid of South Korea. China came to the aid of North Korea, and the Soviet Union also gave some assistance to the North.

The conflict was also a product of the Cold War between the Soviet Union and the United States, Korea was split into two regions with separate governments. Both claimed to be the legitimate government of all of Korea, and neither accepted the border as permanent. The conflict escalated into open warfare when North Korean forces—supported by the Soviet Union and China—moved into the south on 25 June 1950. The United Nations Security Council authorized the formation and dispatch of UN forces to Korea, to repel what was recognized as a North Korean invasion. Twenty-one countries of the United Nations eventually contributed to the UN force, with the United States providing around 90% of the military personnel.

This was a war that nobody wanted to have. In the aftermath of the Second World War (1939-1945), communities were still coming to terms with the devastation which that conflict had caused, and the millions it had killed. Yet only five years after the end of this war, another was to break out, and again Australia would commit its forces. It was the Korean War. Over **17,000 Australians** served as part of the United Nations (UN) multinational force, of which 340 were killed and over 1,216 wounded.

After the first two months of war, South Korean and U.S. forces rapidly dispatched to Korea were on the point of defeat, forced back to a small area in the south known as the Pusan Perimeter. In September 1950, an amphibious UN counter-offensive was launched at Incheon, and cut off many North Korean troops. Those who escaped envelopment and capture were forced back north. UN forces rapidly approached the Yalu River—the border with China—but in October 1950, mass Chinese forces crossed the Yalu and entered the war. The surprise Chinese intervention triggered a

Australian troops participated in two major battles in 1951. On the evening of 22 April, Chinese forces attacked the Kapyong valley and forced South Korean and New Zealand troops into retreat; other UN troops, including Australians, were ordered to halt the attack. After a night of fierce fighting, during which their positions were overrun, the Australians recaptured their positions and stalled the Chinese advance, at a cost of only 32 men killed and 53 wounded. For their contribution to this action, 3 RAR was awarded a US Presidential Citation.

The second major battle for the Australians was Operation Commando, an attack against a Chinese-held salient in a bend of the Imjin, a river running north-south that crosses the 38th parallel just above Seoul. Here the Commonwealth Division, including the Australians, had two key objectives: Hills 355 and 317. The attack began on 3 October, and after five days of heavy fighting the Chinese withdrew. 20 Australians were killed in the battle and 89 were wounded.

It was in this battle on the Imjin River the 1st Battalion of the Gloucestershire Regiment were fighting and eventually overrun by a continuous wave of Chinese infantry. Almost all the Regiment were taken prisoner and among them was their Adjutant, Captain Anthony Farrar-Hockley DSO., MC. He eventually was one of the few who made it to the armistice in 1953 to be “traded” on a one for one release.

Capt. Farrar-Hockley wrote the book “The Edge Of The Sword” after arriving back in England in which he described in detail the treatment he and other prisoners received while in custody. The Chinese were ruthless with prisoners and gave no thought to the articles protecting prisoners, using them as political tools to aid their cause to disrupt peace talks. Deprivation, beatings, forced long marches and confinement were common, the wounded left to treat their wounds themselves with little or no medical supplies. Their uniforms stolen from them at capture and then supplied with clothing worn by peasants as replacement and inadequate for the conditions the prisoners forced to live in. Prisoners were subjected daily to propaganda to convert them to communism and made to write confessions for acts they never committed and then charged for those offences.

Capt. Farrar-Hockley escaped 5 times over the time he was imprisoned only to be recaptured attempting to get back to Allied territory. He also had several bouts of Berri Berri, almost dying of the condition during one escape but saved by a Korean farming family and nursed back to health. The family was betrayed and executed and Farrar-Hockley taken back into custody to un-

objected to the noise and refused to allow the NCO to have another attempt. His fifth escape attempt was really just that as he didn't have the strength the conditions required of him.

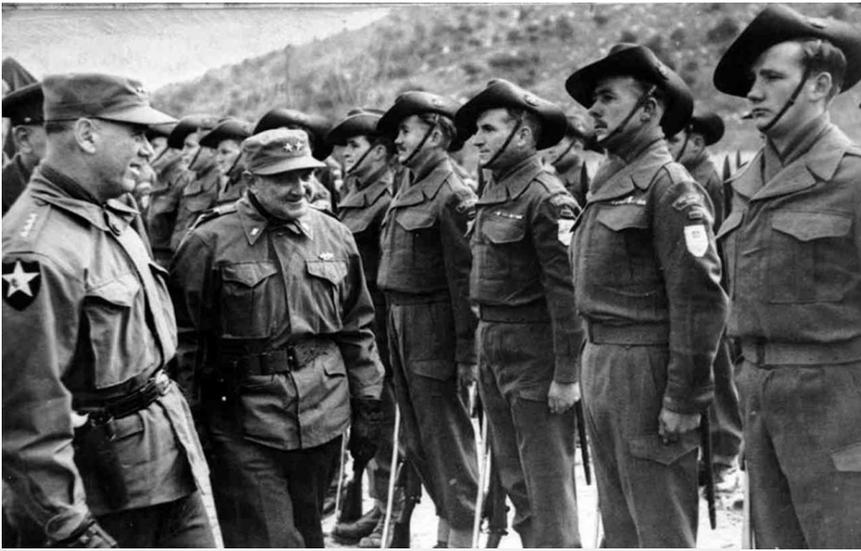
During this period, which saw Seoul change hands four times, the last two years of fighting became a war of attrition, with the front line close to the 38th parallel. The war in the air, however, was never a stalemate. North Korea was subject to a massive bombing campaign. Jet fighters confronted each other in air-to-air combat for the first time in history, and Soviet pilots covertly flew in defence of their communist allies.

The fighting ended on 27 July 1953, when an armistice was signed. The agreement created the Korean Demilitarized Zone to separate North and South Korea, and allowed the return of prisoners. However, no peace treaty has been signed, and according to some sources the two Koreas are technically still at war, engaged in a frozen conflict. In April 2018, the leaders of North and South Korea met at the demilitarized zone and agreed to sign a treaty by the end of the year to formally end the Korean War. As a war undeclared by all participants, the conflict helped bring the term "police action" into common use. It also led to the permanent alteration of the balance of power within the United Nations, where Resolution 377—passed in 1950 to allow a bypassing of the Security Council if that body could not reach an agreement—led to the General Assembly displacing the Security Council as the primary organ of the UN.

Korea was a place that few Australians knew much about, until 1950. From 1950-53, 17,000 Australians in the Army, Navy and Air Force fought, defending South Korea from the Communist force of North Korea. After the war ended, Australians remained in Korea for four years as military observers. Since then, Australia has maintained a presence, discharged by the Australian Military Attaché.

Australia's involvement in the Korean War won much praise from other nations. Awards and decorations given to Australians during the war totalled 615, while awards given to Australians by other countries numbered 173. Australia also gained many political and security benefits, the most important being the signing of the ANZUS Treaty with the United States and New Zealand.

The cost of the war in Korea was immense, particularly for its people. The attempt by the Communist North to unite Korea under its rule had been stopped, but it had killed more than two million people, and turned many Ko-



**AUSTRALIAN SOLDIERS—KOREA—SPENT ARTILLERY SHELLS
AUSTRALIAN SOLDIER FIRING HIS WEAPON—NTH KOREAN POW'S
THE 38TH PARALLEL— DEVASTATION OF THE KOREAN LOCALS**

KOOKIES MORSELS

WINTER ~ SOUP TIME

CHICKEN AND VEGETABLE SOUP

3 Tbsp. extra virgin olive oil
Sea-salt flakes & freshly ground black pepper to season
3 carrots, sliced into 1 cm thick rounds
2 celery sticks, sliced into 1cm thick pieces
1 brown onion, finely chopped
10 whole black peppercorns
6 sprigs Thyme
3 litres water
6 chicken thigh cutlets
4 cloves garlic, smashed
1 fresh bay leaf (or 2 dried)
1 sprig rosemary
Add 5 heaped tsp chicken stock & stir AD-
DITIONS: 2 cups baby spinach leaves GAR-
NISH: 1 handful flat-leaf parsley leaves, roughly chopped

Place 1 Tbsp. of the oil in a large, heavy based saucepan over a medium-high heat. Add vegetables and cook, stirring occasionally, for 8 minutes or until just tender and slightly browned. Transfer to a bowl and set aside.

To same pan, add remaining oil. Once hot, add chicken and cook, turning once, for five minutes or until lightly browned on the outside. (Chicken will not be cooked at this stage) Return vegetables to the pan, add herbs and spices. Pour in liquid, add chicken stock, stir. Cover with lid and cook over a medium heat until simmering. Reduce heat to low and simmer for one and a half -hours or until chicken is fall-apart tender.

Remove pan from heat. Remove chicken and transfer to a chopping board. Set aside for ten minutes to cool. When cool enough to handle, shred chicken meat off the bone. Discard bones. Finely chop chicken. Return pan to a low heat and add chicken.

Stir in additions. Bring to a simmer and cook for 15 minutes. Season, ladle into serving bowls and top with garnish. Serve with rolls or slices of sour dough Vienna loaf sliced and make cheese toasties.

PREPARATION TIME: 10 Minutes ~ COOKING TIME: ONE AND A HALF HOURS ~ Serves 4

CREAMED RICE

1 litre (4 cups) milk
1 teaspoon vanilla extract
Fresh blueberries to serve
half cup uncooked white medium grain rice

1 third of a cup castor sugar
Fresh strawberries to serve
Fresh mint sprigs to garnish
Honey (optional) to serve

Combine milk, sugar and extract in a medium saucepan, stirring over medium heat until sugar dissolves. Bring mixture to a simmer, add rice.

Cook partially covered over low heat, stirring occasionally for 40 minutes or until rice is tender and creamy. Serve warm or cold with mixed berries, if desired. Garnish with mint and a drizzle of honey (optional).

Preparation: 0.05 ~ Cook: 0.45 ~ Serves 4

Bon appetit

**SO WHEN IS THIS
OLD ENOUGH TO KNOW BETTER
SUPPOSED TO KICK IN?**

DATES TO REMEMBER

Monday ~ 09/07/18 ~ Monthly Meeting at 10.00am

Monday ~ 13/08/18 ~ Monthly Meeting at 10.00am

**Saturday ~ 18/08/18 ~ Vietnam Veterans Day
Newcastle March and Commemorative Service
~ All Welcome ~**

THE HON
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Shadow Minister for Rural & Regional Australia | Spokesperson for Country Caucus



Emily Dowswell ~ Media Adviser ~ M: 0400308129 ~ E:
emily.dowswell@aph.gov.au

I thank all those who work hard to keep the sacrifices and memories of those who have served our country alive and to assist those still suffering the effects of war. Lest We Forget.

My office can assist you with a range of Federal Government matters including Veterans' Affairs. Please call my office if you would like a free Veterans' Information Kit which contains useful information about payments and services available to Veterans and their families. I can also provide free Pensioners and Seniors Kits which features information on pension rates, deeming rates and the income and assets tests.

I have enjoyed meeting and assisting people this year at a number of Community and Seniors Forums I have hosted throughout the Hunter electorate. Keep your eye on the letter box and the local paper for information on upcoming Community Forums.

GET IN CONTACT:

Electorate Office

3 Edward Street, Cessnock NSW 2325
P (02) 49911022 | F (02) 49912322

Parliament House

R1 48, Canberra ACT 2600
P (02) 62774550 | (02) 62778556

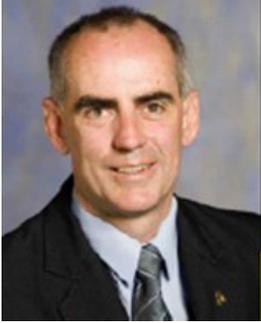
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Website: www.joelfitzgibbon.com.au Email: joel.fitzgibbon.mp@aph.gov.au

A senior citizen drove his brand new Corvette convertible out of the dealership. Taking off down the road, he floored it to 80 mph, enjoying the wind blowing through what little gray hair he had left. "Amazing," he thought as he flew down I-94, pushing the pedal even more. Looking in his rear view mirror, he saw a Police car behind him, lights flashing and siren blaring. He floored it to 100 mph, then 110, then 120. Suddenly he thought, "What am I doing? I'm too old for this," and pulled over to await the Police Officer's arrival. Pulling in behind him, the Police Officer walked up to the Corvette, looked at his watch, and said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason for speeding that I've never heard before, I'll let you go."



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Greg Piper MP

Member for Lake Macquarie



I'm pleased to advise that applications are invited from Vietnam Veterans across NSW to attend the 2018 Premier's Reception held in their honour at Government House in August.

The reception, to thank veterans for their service in the Vietnam War, has been hosted by the Premier of NSW every year since 1995.

The Vietnam War was Australia's longest engagement of the 20th century. Almost 60,000 Australians fought in the war and 500 lost their lives.

I encourage all veterans to apply to attend this year's reception, which will be held in commemoration of the Battle of Long Tan.

While it is open to all, veterans who have not attended past receptions will be given precedence in the ballot draw.

Hosted by Premier Gladys Berejiklian and NSW Governor David Hurley, the reception will be held on 11 August 2018 from 2:30pm – 4:00pm at Government House, Sydney.

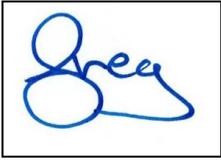
In other local news, a full-scale Service NSW office will be located at Toronto, signalling a massive win for western Lake Macquarie communities which have fought for several years to have government services restored in their area.

Our community has been fighting for these services since Toronto's old RTA office was controversially closed almost three years ago.

It also means that more government services will be available here. While we'll get back the old RMS services we lost including vehicle and boat registrations, driver licencing and testing, we'll also get access to 40 other agencies such as Births, Deaths and Marriages. While I thank the State Government for listening, I more importantly don't want you to forget, if you

stood up and made a stand on this issue, and if anyone in the community concerns about any other State Issue I invite them to contact me or my Toronto office.

Regards



92 Victory Parade, Toronto NSW 2283

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

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**Have you ever
Listened to someone for a
While and wondered**

**Be Careful when you follow
the masses**



Nasho's News

Westlake Macquarie

National Servicemen's Association



.Winter is now upon us so look after yourselves. Lake Macquarie Lodge held and Anzac Service on 15th April, 2018 in the Lodge with National Service, Army, Navy and Air Force Cadets, also assisted by the Army Re enactment Group

60 people attended and a good night was had by all.

At the dawn service for Anzac Day on 25th April, 2018 6am in Goffet Park it started out fine then a slight shower. The Anzac Day 11am march was postponed due to heavy rain and was held in the Toronto Diggers, being slightly overcrowded.

We lost two more members, Jim Hunstone 5th March, 2018 and Ron Hughes 6th April, 2018.

Bunnings Rules and Regulations meeting for barbeques was attended by Bruce and myself. Bunnings Barbeque was held on 27th May, 2018. Was a different day to last year, being a fine day we ran out of food and had to purchase more. A good result was had and an application is in for another Barbeque.

Our A.G.M. was on the 16th April, 2018 and the new committee is:

Gordon Maxwell President

Brian Smith and Allan Black Vice Presidents

Bruce Robberds Secretary

Des Gill Treasurer

John Doig (Major) Patron

Committee: Kevin Hargrave, Brian Jones, Alf Sulman, and Gordon Gardiner.

On 21st May, 2018 at our meeting, Paul O'Brien thanked the members for a donation to Christians Against Poverty (CAP). He introduced Margaret Padgett

from (CAP)) who addressed the meeting and advised the work that CAP carries out. She very kindly supplied morning tea for the members present. The members then made personal donations.

The Newcastle N.S.A.A. hosted a combined meeting at the Water board Bowling Club. Greg Mawson from Gosford Branch suggested we could organise a combined bowls day. Gosford is holding the next combined meeting 24th August, 2018 at Gosford R.S.L. 10.30am.

Our trailer was taken to Wickham for repairs on the struts to be re gassed. We had much trouble finding our way through the railway line due to light rail construction. Bruce said he would never go back to Newcastle again. We are going to get the struts fitted on the back at a later date. This will eliminate the piece of pipe.

**During labor,
the pain is so
great that a
woman...
can almost
imagine what a
man feels like
when he has a cold.**



**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

The old is new again...



L~ R Chris Kemper, ALTC Bandiana, ACOMM George Thomas, ARTC, Kapooka and REP Kristian Kemper, also at ALTC.

Although the Everyman's and Everywoman's are not officially Defence members, we have since 1940 been brought into the Defence Family. On the many operations over the intervening years, and the long and demanding exercises that Defence members have undertaken, the Everyman's and Everywoman's REPs have been there alongside of them, always ready to offer help and support.

In the 1940's when we began our welfare and ministry work, our REPs were immediately issued Defence uniforms and brought into "the family". Recently the ADF decided to lay aside the King Gees we have worn for the last 12 years and re-issue the camouflage, or DPCU, uniforms. Our welfare and caring role means the ADF personnel view us as "one of them". We do not have distinctive patching as you can see in the photos, and all our REPs are proud to wear the EWS Crest because of all it has meant for the last 78 years and continues to mean to this day to so many ADF personnel. It is great Defence still wants us around for both domestic and overseas service. We are now asking for your support as we continue to support the men and women committed to the well-being of our nation.

TAKEN FROM THE JUNE 2018 ISSUE OF EVERYMAN'S NEWSLETTER

PENSIONS REPORT

Assistance dog trial to help tackle veteran mental health

The Federal Government is putting veterans first with an innovative trial of assistance dogs for veterans.

La Trobe University in Victoria will partner with the Department of Veterans' Affairs (DVA) in conducting a \$2 million trial of post-traumatic stress disorder (PTSD) assistance dogs for veterans, Minister for Veterans' Affairs Darren Chester announced on the 30th May 2018.

"I am pleased to announce that DVA has engaged La Trobe University, in partnership with the Centre for Service and Therapy Dogs Australia, to undertake the trial of assistance dogs for veterans with PTSD as a supplement to clinical treatment," Mr. Chester said.

"La Trobe is a leader in research involving our best friend and is the home to Australia's first dedicated human-dog interaction laboratory. Dogs are great company, good fun, loyal friends and anyone who has had a dog knows they can be incredibly beneficial for your wellbeing.

"The trial will be a considered process that takes into account the specific needs of the participating veteran - such as determining the most appropriate breed and temperament of dog, and the bonding process between the dog and participant."

Mr. Chester said "work would commence on the detailed design phase of the trial, including the process for veteran recruitment. Selection of participants will commence early in 2019, with dog or puppy selection taking place after that."

"Following the matching and suitability process, there will be a period of approximately 18 months for the initial dog training and the bonding process, prior to the placement of the dog with the participant on a permanent basis. It is expected that up to 20 participants will take part in the trial," Mr. Chester said.

Unlike pet or companion dogs, assistance dogs are specially trained to perform 'tasks' that contribute to the clinical recovery goals of the individual. The assistance dog will be integrated as part of a clinical care plan involving the veteran and their mental health clinician.

"Of course, throughout this trial, the welfare and safety of the veterans and of the dogs will be paramount."

La Trobe Deputy Vice-Chancellor Professor Keith Nugent said that the University, in consultation with DVA, veteran mental health and industry experts, will establish and apply best practice protocols to guide the training, selection and monitoring of participants and assistance dogs.

"This world-first approach to assisting people with PTSD will see our researchers working alongside industry experts in assistance-dog training. Our students and staff will also play an integral role in this process. We expect this project to make a meaningful difference to the lives of our veterans," Professor Nugent said.

Mr Chester said the assistance dog trial was just one of the new initiatives to strengthen the Turnbull Government's commitment to veterans' mental health and wellbeing.

"This trial involving DVA and La Trobe University will include consultation and the active participation of veterans through the design and delivery of this program.

"We are putting veterans and their families at the centre of everything we do, and this trial is an important tool in our efforts to support those who have served our nation in uniform."

At present our Pension Officers and Advocates are still quite busy with various cases still running. As well as that they are retraining under the New ADTP system which is to take over from the original TIP program.

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.

**Our Advocate and Pension Officer's are on duty in the sub-Branch office Tuesday and Wednesday between the hours of 9.30am and 12 midday. Other times by appointment only.
Phone 4959 3699**

PADDY

Paddy died in a fire and was burnt pretty badly. So the morgue attendant needed someone to identify the body. His two best friends, Seamus and Sean were sent for.

Seamus went in and the mortician pulled back the sheet. Seamus said, "Yup, he's burnt pretty bad. Roll him over." So the mortician rolled him over, Seamus looked and said, "Nope it ain't Paddy."

The Mortician thought that this is kind of strange and then he brought Sean in to identify the body.

Sean look at the body and said, "Yup, he's burnt real bad, roll him over." The mortician rolled him over then Sean looked down and said, "Nope, it ain't Paddy."

The mortician asked, "How can you tell?" Sean said, "well Paddy had two a*ss holes."

The mortician said, "What? He had two a*ssholes?"

**AS PRINTED
IN THE**



**VIETNAM
VETERANS
NEWSLETTER**

Joint Media Release - Prime Minister, Minister for Defense, Minister for Defence Industry & Minister for Finance - The Hunter class - defending Australia and securing our shipbuilding sovereignty

29 June 2018 (Media Release)

The Turnbull Government will deliver one of the world's most advanced anti-submarine warfare frigates, create 4000 Australian jobs and secure a local naval shipbuilding industry for decades to come.

The frigates, to be designed by BAE Systems and built by ASC Shipbuilding, are central to our plan to secure our nation, our naval shipbuilding sovereignty and create Australian jobs.

BAE's *Global Combat Ship – Australia* will provide our nation with one of the most advanced anti-submarine warships in the world - a maritime combat capability that will underpin our security for decades to come.

The Future Frigates, named the *Hunter* class, will be built in Australia, by Australians, using Australian steel.

This \$35 billion program will create 4,000 Australian jobs right around the country and create unprecedented local and global opportunities for businesses large and small.

The *Hunter* class will begin entering service in the late 2020s replacing the eight Anzac Frigates, which have been in service since 1996.

The Turnbull Government is committed to give our military the potent naval capability it needs.

Naval Shipbuilding Sovereignty

The Future Frigate program is one of Australia's most significant investments in military capability.

It provides a unique opportunity to not just strengthen, but guarantee Australia's naval shipbuilding sovereignty.

The next generation of frigates will be built by ASC Shipbuilding at the Osborne Naval Shipyard. ASC Shipbuilding, currently wholly owned by the Commonwealth, will become a subsidiary of BAE Systems during the build. This ensures BAE Systems is fully responsible and accountable for the delivery of the frigates and ensures the work will be carried out by Australian workers and create Australian jobs.

The Commonwealth of Australia will retain a sovereign share in ASC Shipbuilding while BAE manages the program. At the end of the program the

a highly skilled workforce and the associated equipment.

By the conclusion of the frigate build, ASC Shipbuilding will be a strategic national asset capable of independently designing, developing and leading the construction of complex, large naval warships.

This does not affect the Offshore Patrol Vessels, Air Warfare Destroyers, or the sustainment of the Collins Class submarines and will not preclude ASC

Australia to invest in RMAF Base Butterworth

25 June 2018 (Media Release)

- Australia will upgrade facilities at the Royal Malaysian Air Force Base Butterworth used by the Australian Defence Force, as part of our long-standing commitment to regional security.

Minister for Defence, Senator the Hon Marise Payne said the \$22 million investment will ensure Butterworth remains fit for purpose well into the future.

“Australian Defence Force personnel have had a presence at Butterworth for 60 years and the investment reflects the ongoing importance of the base to Australia and Malaysia,” Minister Payne said.

“Around 50 ADF personnel are hosted at RMAF Butterworth by Malaysia and this can increase to up to 350 during exercises.

“The upgrades to the facilities at the RMAF Butterworth will begin with a detailed assessment, which will be done in consultation with Malaysia.”

The announcement was made at the inaugural Malaysia-Australia High Level Committee meeting on Defence Cooperation held at RMAF Butterworth today with the Malaysian Minister of Defence, His Excellency Tuan Haji Mohamad bin Sabu.

“It is fitting that we are able to agree to this investment as we celebrate the 60th Anniversary of Australia’s presence at the Base this week. It represents a strong commitment to further strengthen the Australia-Malaysia defence partnership and our enduring ties,” Minister Payne said.

During the meeting, Australia also committed to:

- continue to support the development of Malaysia's Urban Combat Training facility;
- increase the number of Defence scholarships offered to Malaysia for study in Australia each year from five to eight; and
- provide further F/A-18 spare parts to assist with the sustainment of Malaysia's fleet.

"These initiatives will further strengthen Australia and Malaysia's strong and long-standing Defence relationship, which is based on longstanding people-to-people links, shared interests and shared values."

Army's next armored fighting vehicle



Media Release March 2018) The Australian Government has announced that the next generation of Army's combat reconnaissance vehicles will be built by Rheinmetall.

The armoured vehicles will deliver improved firepower, protection, mobility and communication systems to ensure our soldiers can fight, win and survive while operating in an ever-changing threat environment.

Army's next generation of fighting vehicle will be more capable than any other vehicle Army has operated. These vehicles will have digital warfare and information networking capabilities that will provide operational commanders with advanced knowledge and understanding of the battlefield.

This bigger and better protected armoured fighting vehicle will provide Australian troops with increased firepower and protection on the battlefield in the decades ahead.

The Department of Defence completed a comprehensive tender process over three years, during which the vehicles were rigorously and extensively tested across Australia.

The process was designed to secure the best outcome for Defence. Rheinmetall's Boxer was assessed as the most capable vehicle for Australia.

As part of the LAND 400 Phase 2 project Rheinmetall will deliver 211 Combat Reconnaissance Vehicles with the first vehicles ready for training in 2020.

Rheinmetall's Boxer will replace Army's current reconnaissance vehicle, the Australian Light Armoured Vehicle (ASLAV) that has been in service since 1996

**SOMETIMES I SIT QUIETLY
AND WONDER WHY
I'M NOT IN A MENTAL ASYLUM...
THEN I TAKE A LOOK AROUND AND
REALIZE
MAYBE I ALREADY AM.**

**I PREFER NOT TO
THINK BEFORE
SPEAKING
I LIKE TO BE JUST AS SURPRISED
AS EVERYONE ELSE BY
WHAT COMES OUT OF MY MOUTH**

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"Vietnam Veterans Day 2018" Newcastle
the Saturday 18 August 2018

To all members and guests, especially Vietnam Veterans, please note that this year our day actually falls on a Saturday and will be commemorated on that day. Members that attend our monthly meetings will be kept up to date as to the event and others who can't get here they should contact the Vietnam Veterans Office at Wallsend on 4951 2666 on either Monday or Thursday between the hours of 0900 hrs and 1330 hrs, for details.

However; to start there will be a march to the Vietnam Veterans Memorial in Civic Park and those wishing to participate are to line up in Layman Street, Newcastle just prior to 1540 hrs as that is the step off time.

Service to commence at 1600 hrs sharp, duration approximately finishing at 1700 hrs.

Notification of attendance and whether or not laying a tribute a must.

Dress: Coats and Medals to be worn /women if issued medals to be worn.

Following Service; thence for those who are interested and have paid to Wallsend Diggers Club for the Vietnam Veterans Dinner Dance 1830 hrs for 1900 hrs.

COST MEMBERS: \$35 per head

NON-MEMBERS: \$40 per head

Entertainment: Music/Band

"The Vietnam War"

The Vietnam War was Australia and New Zealand's Longest Conflict, (until the Afghanistan war which commenced in 2001 and continues to this day) it lasted 10 years during its time, from 1962 to 1972. An initial commitment of military advisors (AATTV) grew from 30 military advisors in 1962, and increased over the following decade to a peak of 7,672 Australian Personnel following the Menzies Government's April 1965 decision to upgrade the military commitment to South Vietnam's Security. By the time the last personnel were withdrawn in 1972, the Vietnam war had become Australia's longest war, and was only recently surpassed by Australia's long term commitment to the War in Afghanistan. (as previously stated)

It currently remains Australia's largest force contribution to a foreign conflict since the Second World War and was also the most controversial in Australian society since the conscription controversy during the First World War. Although initially enjoying broad support due to the concerns about the spread of communism in Southeast Asia, a vocal and anti-war movement developed in response to Australia's programmed of conscription.

The withdrawal of Australia's Forces from South Vietnam began in 1970, under the Gorton Government, when 8 RAR completed its tour of duty and was not replaced. A phased withdrawal followed, and by the 11 January 1973 Australian Hostilities in Vietnam ceased. Nevertheless, Australian Troops from their Embassy Platoon remained deployed in the country until the 1 July 1973, Australian Forces were deployed briefly in April 1975, during the fall of Saigon, to evacuate personnel from the Australian embassy. Approximately 60,000 Australian served in the war; 521 were killed and more than 3000 were wounded.

It was in April 1966 that the 1st Australian Task Force (1 ATF) was established in the Phuoc Tuy Province, based at Nui Dat. 1 ATF consisted of two (and later in 1967 three) battalions, of troops and later a squadron of armored personnel carriers (APC's) from the 1st APC Squadron and a detachment of the Special Air Service Regiment (SASR) as well as various support services under the command of the 1st Australian Logistic Support Group (1 ALSG) based in Vung Tau. A squadron of tanks were added in December 1967.

The RAAF Contingent was expanded, growing to include three squadrons ~ No. 35 Squadron, flying Caribou STOL transports, No. 9 Squadron flying UH1 Iroquois battlefield helicopters and No. 2 Squadron flying Canberra bombers, which were based at Phan Rang Air Base in Ninh Thuan Province, the Canberras flew many bombing sorties, and two were lost, (the bodies of the pilots of those two Canberras have now been located, transported to Australia and buried with full Military Honours) while the Caribou transport aircraft supported anti-communist ground forces and the Iroquois helicopters were used in troop lift, medical evacuation and as gunships from their base at Vung Tau in support of 1ATF. At its peak it included over 750 personnel.

During the war RAAF CAC-27 Sabre fighters from No. 79 Squadron were also deployed to Ubon Air Base in Thailand as part of Australia's SEATO commitments. However, the Sabres took no part in the actual hostilities against North Vietnam and were withdrawn in 1968.

The Royal Australian Navy (RAN) also made a significant contribution, which consisted of destroyers on six monthly rotations on the gun-line in a shore bombardment role, the RAN Helicopter Flight Vietnam, and a RAN Clearance Diving Team, The aging aircraft carrier HMAS Sydney, after being converted into a Troop ship, was used to convey the bulk of the troops to South Vietnam.

Female members of the Army and RAAF nursing services also served in Vietnam from the outset, and as the force grew, the medical capability was also expanded with the 1st Australian Field Hospital established at Vung Tau on 1 April 1968

From an Australian perspective, one of the most famous engagements in the war with the enemy was the battle of Long Tan which took place on the 18 and 19 August 1966, during the battle D company from 6 RAR, despite being heavily out-numbered, fought off a large enemy assault of regimental strength, 18 Australians were killed and 24 wounded, while at least 245 Viet Cong were killed. It was a decisive Australian victory and is often cited as an example of the importance of combining infantry, artillery, armour and military aviation. The battle had considerable tactical implications as well, being significant in allowing the Australians to gain dominance over Phuoc Tuy Province. Although there were other large scale encounters in later years, fundamentally 1 ATF was not challenged again.

There were two other major battles Australians were involved in and that were the battles of Fire Support Base Coral and Fire Support Base Balmoral, however, again the Viet Cong were pushed back with many losses.

There were many other battles in Phuoc Tuy Province and although some

Australian and New Zealanders served throughout South Vietnam in a variety of roles under the term of ANZAC.

The Vietnam war was the first major conflict widely seen by people 'back home' watching television. The coverage fueled the anti-war protest movements that provided the context for the decision by the Australian and New Zealand governments to withdraw their forces in 1972.

The anti-war protests and general unpopularity of the war left a burning legacy for many Vietnam Veterans. There had been much resentment amongst Vietnam Veterans at the perceived lack of recognition of their service. On the 3 October 1992 the Australian Vietnam Forces National Memorial was dedicated on Anzac Parade in Canberra. Five years earlier 25,000 veterans of the Vietnam War had participated in the Welcome Home Parade in Sydney. A similar parade was organised in Wellington in 1998 but it was called Tribute08, held during Queens Birthday 2008, (public holiday) which provided the occasion for New Zealanders to fully acknowledge their Vietnam Veterans. For the veterans themselves such occasions provided a time for reunions as well as a long personal step from their war service to recognition as veterans. But for some this has never eventuated and I believe it never will.

ED's NOTE: Even today we get together with our brothers in arms who we served with and bearing in mind our ages these meetings now occur each year at various locations around Australia and my group either meet for a long week-

**Don't confuse my
PERSONALITY
with my ATTITUDE...
~ My PERSONALITY is who I am. ~**

LAST POST

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

Victor John PAUL ~ RAAF ~ 14/02/2018

Ronald John HUGHES ~ ARMY ~ 31/03/18

John Oatley CROSS ~ RAAF ~ 28/09/2017
(Informed on the 11/06/2018)

Lest we forget



'ZEST FOR LIFE'

Active Over 50's Exercise Classes

Your local sub-Branch runs two classes per week under its
“Zest for Life Program”

A light exercise program at 8.00am on Tuesday of each
week under the watchful eye of Advanced Exercise Pro-
fessional Pamela Glover.

The class runs for about 40 minutes to 1 hour.

Cost: \$5.00 per session

So if you feel that a little “Exercise” can help with your
overall health, improving things, such as balance,
strength, etc., come along and sign up. You will also get
to meet new friends who have social outings, cups of

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Friday & Saturday 9.00am - 12.00am

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Wednesday - Saturday 5.30pm - 9.00pm

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Bonus Draw Thursday Night 7.30pm - 8.30pm
Sunday at 12.30pm

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(Tickets on sale 11.15am, drawn 12.30pm)

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Saturday Drop Off from 8.30pm

