

Keeping in Touch

SPRING EDITION 2022

REMEMBRANCE DAY 2022



***REMEMBRANCE DAY 11th OF THE 11th Page 3
INTERIM REPORT ~ ROYAL COMMISSION INTO
SUICIDES IN THE ADF Pages 5 to 7
HANDS OFF THE AUSTRALIAN WAR MEMORIAL
Page 13***



Official Newsletter of:
Toronto RSL sub-Branch
PO Box 437 Toronto 2283
rs12283@bigpond.net.au
02 4959 3699
www.torontorslsubbranch.com





Veterans,
do you want to get in shape?
Visit us at our clinic in Toronto,
we'd love to see you there!

Your local DVA provider for:

Physiotherapy
Occupational Therapy
Speech Therapy
Mental Health

58 Victory Parade, Toronto
Phone: 4959 2211

Barbara King
Funeral Director Pty Ltd

*In a time of need turn to someone you can
trust. Ph. (02) 4973 1513*



Pre Arranged Funeral Plan in
Association with



**Funeral
Planning
Australia**

barbarakingfunerals.com.au



**Hunter Nursing
Pty Ltd**

*Qualified staff for all your
Nursing and Home care
needs provided in your
home.*

4959 6711



PO Box 1028 Warners Bay

TORONTO NEWSAGENCY

GIFTWARE AND STATIONERY SUPPLIES

**66 The Boulevarde
Toronto 2283**

Locally owned newsagency on Lake
Macquarie

We have everything you need
Stationery, Giftware, Handbags, and
more!

Arup and Shubhra

toronto.newsagency@outlook.com
www.torontonewsagency.com
(02) 4959 1092





Keeping in Touch

From the president's desk..

Hello again everyone.

I opened my winter report commenting about how cold it had been, it's still chilly however my focus has been diverted by the constant rain. It has been a very long time since we've had such a lengthy, wet period we are enduring now. It is hard not to think of those on the land, managing these conditions and having the worry of securing an income. They remind me of our military personnel who take what comes and then deal with it.



Still in the news is the Ukraine war. Almost every night on the news we see the result of bombing and general fighting with people being cast aside with lives lost. Reading what people in the know are saying, they believe Putin is losing the war, however no one really knows how stable the man is. For a person to have such weaponry and power under his command and not be stable in mind is something the whole world should be concerned with. We can only hope the people in Russia understand what the result of a bad decision will mean and act accordingly. It could be argued what is happening in Russia now is why Communism doesn't work. When no-one can debate the consequences of a decision or rule, the likelihood of a flawed plan will proceed. When you don't have a means to release pressure, the vessel will blow. We can only hope this does not escalate further.

Authorities have released the first of the findings of the Royal Commission into suicide of ex and serving military personnel. I have not been able to get a copy yet to read, so cannot comment on the result so far. What is of concern is an item published in our local paper where a person in authority has stated the report will probably not be acted upon because it's "too complex". I find it hard to believe that that person would think an enquiry of that nature would not be complex.

Cont.....Page 4/ ³

Page..3/

Might the true reason be what it will cost both monetarily and time be more to the point and that will be a further injustice.

At the last general monthly meeting of our Sub-branch the subject of membership was discussed. In particular, having our younger generations involved more, in the way the RSL operates. It is well known the thought processes of our younger generations have changed from the way our Sub-branches have operated in the past.

They have a lifestyle more family orientated and little time to spare to be involved in organisations such as ours. There is no doubt they are entitled to join the RSL and within our Sub-branch very welcome to join us. It is with this thought in mind we are endeavouring to start some activities to encourage these people to become involved with us and what we need to do to help them become involved.

Our first goal will be a communication process to inform and get some feedback. From that we can organise a get together, be it a lunch, dinner, or social gathering just to get something started. We can only try, an organisation such as the RSL is too good an organisation to let fall away, and the only way to stop that is for the younger generations to continue with it.

The NSW, state RSL will be holding its annual State Conference in Newcastle at the end of October. The past two conferences, scheduled also in Newcastle, were disrupted by COVID, and were conducted with the aid of computer. While this may be amazing technology, I could not get any of our Sub-branch members interested, and this included myself, to sit in front of a computer for two days to become involved in the conference. This year we can attend in person, to us older people a much more enjoyable way to have a conference.

I wish you all the best and hope you remain healthy and safe.

The Price of Liberty is Eternal Vigilance

BILL NOBLE BEM
President



**REMEMBRANCE
DAY
GOFFET PARK
SERVICE TO
COMMENCE AT
1045hrs
(10.45am)**

~ GOFFET PARK ~

Remembrance Day 2022 will be held in Goffet Park by the staff of the Toronto RSL sub-Branch with a short service in memory of the fallen which will include a wreath laying ceremony

The public are invited and welcome to attend if they so wish

This year is the first COVID free year since the Pandemic and

we thank anyone in attendance for paying their respects to our past fallen.

LAST POST

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

*Ernest James FARRELLY ~ March 2022 ~ ARMY
(Notified in July 2022)*

*Thomas Neil HALL ~ 28th September 2022 ~ RAAF
(Neil was aged 100 years)*

Lest we forget



Ollie's Bistro

\$15.00 LUNCH*

Weekdays only!

Steak Sandwich w/Chips

Pizza

Margherita, Hawaiian, Pepperoni

Grilled Chicken Salad

w/ mixed leaf, cherry heirloom tomatoes, flaked almonds,
Baby spinach, red onion & a mango mayonnaise dressing

Beef Sausages

w/ mashed potato, sauteed peas & onion gravy

Chicken Schnitzel w/Chips & Salad

Toasted Turkish Melts

Peri Peri - chicken, bacon, baby spinach, cheese & peri aioli

Supreme - Pepperoni, capsicum, red onion, nap sauce & cheese

Vegetarian - baby spinach, mushroom, feta, red onion & cheese

Ham, cheese & tomato

250g Lunch Rump available

w/ your choice of Chips & Salad or Vegetables

\$17.9 members

\$19.9 non members

*\$17.00 for Non Members, subject to change.

Not available Weekends, Public Holidays, Fathers Day, Mothers Day
or any other day as deemed by the Club



INTERIM REPORT ~ ROYAL COMMISSION INTO SUICIDES

On the 11th August 2022 the Royal Commission delivered their Interim Report to the Governor-General, and it was tabled the same day in parliament.

The Royal Commission in Chapter 3 of their Interim Report made preliminary observations about a range of matters.

These re:

1. suicide prevention and wellbeing
2. data and suicide prevention
3. coronial matters
4. families
5. ADF culture
6. transition from the ADF
7. a possible body to follow this Royal Commission

Further into this report, the Commission has reported that they have so far found that the claims system is complex and difficult to navigate which has resulted in veterans waiting for long periods of time to receive a decision about their claim. As of the 31st May 2022, DVA stated that they had a backlog of some 41,799 claims waiting to be allocated to a decision maker.

Following this find by the Commission they recommended the following:

- The Australian Government and DVA should eliminate the backlog by the 31st March 2024. (**“How many more could or will fall through the cracks before this date”**)
- The Australian Government should resource DVA to implement a program of work aimed at improving the administration of the DVA claims. The allocation of these resources to DVA should not be offset by reductions in other resourcing of DVA
- Further, DVA should ensure that efforts to reduce the back log do not reduce the quality of decisions made about claims, and do not adversely affect veteran’ experiences of the claims process
- Also, DVA’s report to the Government should ensure the future funding of the backlog of future needs, and the Government should use this advice to inform the departmental funding it provides to DVA
(**Immediately or as soon as possible**) ———-Cont...Page 8

- DVA should ensure that efforts to reduce the backlog do not reduce the quality of decisions made about claims, and do not adversely affect veteran' experiences of the claims process

Further Recommendations:

The Australian Government should develop and implement legislation to simplify and harmonise the framework for veteran' compensation, rehabilitation and other elements.

To the end:

- By no later than the 23rd December, 2022, the Australian Government should;
- a) accept or reject recommendations made by the Productivity Commission in its report, *A Better Way to Support Veterans*, that relate to reframing the legislative framework
- b) if it rejects Productivity Commission recommendations adopt alternatives that will achieve similar better levels of harmonisation and simplification of the legislative framework, and
- c) identify and decide all other policy questions relevant to designing a harmonised and simplified framework.
- By no later than 22nd December 2023, the Australian Government should complete drafting of the legislation
- By no later than early 2024, the Australian Government should present to Parliament, and seek passage of its Bill for the proposed framework
- If the legislation is passed, the Australian Government should ensure that, by no later than 1st July 2025, the new legislation has fully commenced and is fully operational (**Again this is a time factor, 2022 through to 2025 ~ "How many more could or will fall through the cracks before this date".**)

Further:- The Royal Commissioner's also expressed concerns in their Interim Report about inadequate legal protection for persons who may want to engage with the Commission. These include, but are not limited to, serving members who intend to stay in the ADF and have concerns about the impact their disclosure of sensitive information may have on their career/s.

In addition, some serving and ex-serving ADF members may consider themselves constrained from telling the Commission about their lived experiences due, for example, to those experiences occurring on operational sensitive activities.

Cont.....Page 9

Their report also recommends that the Australian Government design legislative amendments that provide protections for these cohorts to allow the Commission to receive information potentially vital to the fulfillment of its terms of reference.

Upcoming Royal Commission Hearing

The next hearing (block 7) will be held in Darwin between Tuesday 18th October and Thursday 27th October 2022. Hearings will be conducted at the Hilton Darwin.

Anyone wishing to make a submission to the Commission can do so on the Commission's website. The Commission will accept submissions until the 13 October 2023.

More information is available on the [Royal Commission website](#).

MEMBERS ~ DATES TO REMEMBER

**MONDAY ~ 10/10/22 MONTHLY MEETING AT 1000HRS
~ TORONTO DIGGERS CLUB**

**MONDAY ~ 14/11/22 MONTHLY MEETING AT 1000HRS
~ TORONTO DIGGERS CLUB**

**WEDNESDAY ~ 11/11/22 REMEMBRANCE DAY
COMMENCING AT 11.00AM IN GOFFET PARK
PUBLIC WELCOME**

**MONDAY ~ 12/12/22 MONTHLY MEETING AT 1000HRS
~ TORONTO DIGGERS CLUB**

TORONTO RSL SUB-BRANCH. WHAT WE CAN DO FOR YOU

A message to Retired AND Serving ADF members

Toronto RSL Sub-Branch is in the main street of Toronto, across the road from the Diggers Club. It is an ALL-VOLUNTEER organisation that has the capability to provide significant support to veterans, current serving Defence members and their families. The committee consists of a broad range of retired Defence personnel, including Vietnam veterans through to recently retired ADF veterans.

While the RSL was originally established to support only returning veterans from conflict, the RSL of today is very different. All current and former members of the ADF are welcome to join the Sub-Branch at no cost. There are many services provided by Toronto RSL that are available to all veterans, serving personnel and their families.

Toronto RSL provides support to individuals, conducts monthly meetings, publishes this magazine, sponsors local events, conducts memorial services and supports local cadet units. The monthly meetings held on the 2nd Monday of each month allow members to stay up to date with issues/developments affecting them personally or as part of the RSL community. The meetings also allow veterans with similar experiences to get together for a chat and tell stories about times past and present.

The release of the interim report on veteran's suicide identified many of the issues that this sub-branch is assisting in rectifying. The interim report made 13 recommendations that include simplifying current legislation for veterans, fix the delays in the DVA claims process and ensuring that the ADF provides timely access to ex-serving members records so that they can submit claims.

One of the services that this sub-branch provides is the support to veterans, current serving members and their dependants with Department of Veteran Affairs (DVA) claims. While MYGOV and other online support is available, many of the claims currently being rejected or held up for more information are due to errors by the claimant when submitting the initial claim. The advocates at Toronto RSL Sub-Branch are trained in the Advocacy Development and Training Program (ADTP) and can provide advice on what forms to complete and what information is required prior to submission of any claims.....**Page11**

This not only improves DVAs ability to process their claim, but it also reduces wait time and, in many cases, improves the claimants Result.

Any DVA enquiries can be sent direct to pension@rsl2283.com.au

Another service the Toronto RSL Sub-Branch provides is Welfare support.. Part of this welfare service is a visits officer who is available for members and their families who are hospitalised, bedridden or just looking for a chat. Contact details are below for any member who wishes a visit from our visits officer.

Toronto RSL is open Monday – Wednesday — Friday from 0900 – 1200 but on most days you will find a member of the sub branch in the office.

An answering service is also available if no one is in the office and a return call will be made as soon as possible from one of the Sub-Branch office holders. We can be contacted on 0249593699 or rsl2283@bigpond.net.au.

UP TO DATE PENSIONS REPORT

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.

Review of conditions can also be requested by those interested in a particular condition

Pensions

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

NEWCASTLE ARMOURY



*“NEWCASTLE ARMOURY IS A
LICENSED FIREARMS DEALER,
WE BUY AND SELL ~ NEW AND
USED FIREARMS, AMMUNITION,
RELOADING COMPONENTS AND
GUN RELATED ACCESSORIES”*

NSW FDL: 411930229
2/78 SEVENTH STREET, BOOLAROO NSW 2284
PHONE: (02) 4958 2378
WWW.NEWCASTLEARMOURY.COM.AU

Hands off the Australian War Memorial

The Chairman of the Council of the Australian War Memorial recently declared that "the Memorial's governing council had decided that they would have a much broader, a much deeper depiction and presentation of the violence committed against indigenous people, initially by the British, then by pastoralists, then by police and then by Aboriginal militia".

The purpose of the War Memorial is to honour the thousands of Australian men and women who died in the defence of this nation and its values.

This proposal is contrary to the charter of the Memorial as expressed in the Australian War Memorial Act 1980 which defines its functions as to maintain the memorial in remembrance of Australians who have died on or as a result of active service, or as a result of any war or warlike operations in which Australians have been on active service. It is not a generic history museum.

There is no doubt that violence was committed against Aborigines as a result of colonization but it does not fall into this remit. Supposed colonial wars, the very existence of which is highly contested, have nothing to do with our defence tradition.

This proposal, which attacks and denigrates the very foundation of our nation, is highly offensive to the large majority of veterans who survived our wars and more so to those who did not - those to whom the Memorial is dedicated.

I ask concerned citizens to join me in opposing this divisive proposal.

**Peter O'Brien
Lieutenant Colonel (rtd) and Vietnam veteran
peterobrien2@bigpond.com**

A COUPLE OF QUICK ONES

**My senior relatives liked to tease me at weddings, saying things like,
"You'll be next!" They stopped once I started doing the same to
Them at funerals.**

**As I get older, I remember all the people I lost along the way.
Maybe my budding career as a tour guide was not the right
choice.**

**Apparently light travels faster than sound, that is why some peo-
ple appear bright until you hear them speak.**

SYMPATHY

**A ringer, who just moved to the NT from QLD walks into a bar and orders
three pots of XXXX. He sits in the back of the room, drinking a sip out of
each one in turn. When he finishes them, he comes back to the bar and
orders three more.**

**The bartender approaches and tells the ringer, "You know, a pot goes flat
after I draw it. It would taste better if you bought one at a time."**

**The ringer replies, "Well, you see, I have two brothers. One is in NSW , the
other is in SA. When we all left our home in QLD we promised that we'd
drink this way to remember the days when we drank together. So I'm
drinking one beer for each of my brothers and one for myself."**

The bartender admits that this is a nice custom, and leaves it there.

**The ringer becomes a regular in the bar, and always drinks the same way.
He orders three pots and drinks them in turn. Then one day, he comes in
and only orders two pots. All the regulars take notice and fall silent.**

**When he comes back to the bar for the second round, the bartender says,
"I don't want to intrude on your grief, but I wanted to offer my
condolences on your loss."**

**The ringer looks quite puzzled for a moment, then a light dawns in his
eyes and he laughs.**

"Oh, no, everybody's just fine," he explains.

**"It's just that my wife and I joined the Church and I had to quit drinking,
but it hasn't affected my brothers."**



MEET YOUR LOCAL AGENTS _____

DAVID WESTERMAN AND BRONWYN IRELAND

D: 0428 482 767

B: 0413 485 282

CALL ANYTIME TO BOOK YOUR UP TO DATE MARKET
APPRAISAL OR FOR ANY ADVICE ON YOUR PROPERTY NEEDS

Altitude.

Toronto Hotel



74 Victory Parade, Toronto NSW 2283

ESTABLISHED 1887

Phone: (02) 4959 1033 • Fax: (02) 4950 4804

B♦I♦S♦T♦R♦O

12 at \$13

Lunch Menu

Children's Menu

Something special for everyone.

All meals are cooked to order by our qualified and passionate staff.

Open 7 Days

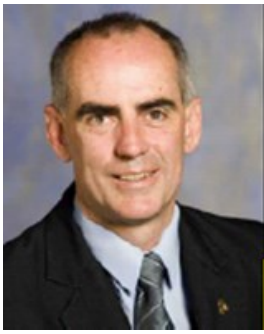
Lunch & Dinner

Mega Meat
Raffles
Thursdays



Beer
Garden

The Dining with a million dollar view.



Greg Piper MP

Member for Lake Macquarie



Cost burdens eased for RSL sub-Branches

You might be surprised to learn that amid all the garbage going on within the government ranks over the past few months, the Parliament has actually managed to pass some significant legislative reform.

One which didn't get a lot of media attention back in May was the RSL NSW Amendment Bill 2022 which will enable RSL sub-Branches to improve their governance and accountability, and reduce expenses.

In layman's terms, the reform means that governance structures can be modernised and simplified, and considerable expenses can be reduced for sub-Branches seeking to become an incorporated body.

Until now, that has been an expensive process for sub-Branches trying to focus on their charitable endeavours to support returned servicemen and servicewomen.

I know that RSL NSW President Ray James had been lobbying for this change because more and more sub-Branches are wanting to become incorporated bodies. He told me this new law will allow those sub-Branches to move forward and pump more of their charitable funds into supporting veterans and their families, and that's obviously a great thing.

It's hard to believe it's 80 years since the Japanese submarine attack in Sydney Harbour.

There was a special 'star ceremony' commemorative service held in Hyde Park on May 31 to mark the 80th anniversary of the attack which sunk HMAS Kuttabul and killed 21 men on that day in 1942.

I'm pleased that the memory of those servicemen is still honoured and remembered. We should never forget that time when war came to our doorstep, and the sacrifices that our armed forces made to protect us and defend those attacks.

It was a significant moment in our history, and we remain forever grateful to those who protected our nation from further attack.

In a similar vein, it was great to see so many pausing to mark Victory in the Pacific Day last month.

It's now 77 years since the Japanese surrender. In the preceding years, of course, which many still regard as the greatest atrocity committed against Australians during WWII, thousands of Australian and British personnel were held as prisoners of war in Singapore and Sandakan.

Such an ordeal is hard to comprehend these days, and while Australian casualties and deaths were enormous, we remember that this war effort was instrumental in keeping the major battles of WWII away from our shores.

It's estimated that fewer than 3000 Australians who served during WWII are still alive today, but we remember them all, always.

LEST WE FORGET.

As always, I hope you're all in good spirits and good health.

Don't forget, if you require any assistance with any State-related issue don't hesitate to give me a call on 4959-3200.

Best regards,

92 Victory Parade, Toronto NSW 2283

email: lakemacquarie@parliament.nsw.gov.au



facebook.com/GregPiper1MP



twitter.com/GregPiperMP

Electorate Office 4959 3200

www.gregpiper1.com

CHAPLAINS CORNER

As we prepare for Remembrance Day, we are reminded of the sacrifice of our defence force personnel and our veterans. We are sincerely thankful for your service. We acknowledge the sacrifice is great and pray for all who struggle this day with grief and mental health. It is mental health month (October) and your wellbeing is important.




In the eyes of God you are loved more infinity than you can imagine. No matter where you have been or what you have done or what you have experienced in life. God loves you.
You matter. I care without judgement too.

Our hope is in the Lord.

Peace be with you.
Reverend Melanie Walley
Toronto Anglican Church
(02) 4959 8108


CREIGHTONS
FUNERAL SERVICE


PALMDALE
LAWN CEMETERY & MEMORIAL PARK



EX-SERVICEMEN DISCOUNT OFFER

Mention this advert to receive discount:

- **10% Off** the Professional Fee at Creightons Funeral Services
- **10% Off** Palmdale Memorial Sites

We also invite you to enquire about our pre-paid options, these discounts will also apply.

Visit and explore the facilities at Palmdale Memorial Park. Tour around our numerous gardens, Defence Memorial and spacious chapels that are fitted with the latest in audio-visual technology. With all facilities located onsite, know you are in safe hands with our friendly teams.

 **1300 130 955**

 **creightonsfuneralservice.com.au**



PRICELINE PHARMACY

*Suppliers of all your prescriptions,
medical supplies, beautician products,
and advice, come in and talk to our
friendly staff for help* Page 20



Last week in Parliament I had the great honour and privilege of giving my first speech. This is a speech that tells of your journey into politics and what drives you. Below is a small extract

coal miner to represent the Labor Party in the Federal Parliament. The first was Joseph Cook, who represented the seat of Lithgow and went on to be Prime Minister.

I left school when I was just 15 and was lucky enough to get an apprenticeship as a fitter and turner. This gave me a great start in life.

Representing Australia on the world stage is an incredible honour, and I feel very privileged to have represented Australia since 1998. I have competed in World Championships, World Cups, Oceania Championships, and national championships where I have won over 50 National titles. I have represented Australia at 5 Olympic Games and 4 Commonwealth Games. I have won 3 Commonwealth Games gold medals and 3 bronze medals.

I started work in the mining industry in 2009. I began working as a line borer, travelling all around the state, before landing a full-time position at Mount Thorley Warkworth. It was an opportunity to drive something that I really could say was bigger than me. In the 7 years I spent working at Mount Thorley Warkworth, I was a union delegate, a dispatch officer, a trainer, and an operator.

The Hunter is such a dynamic electorate, stretching from Wyee Point at the southern tip of western Lake Macquarie, Australia's largest coastal saltwater lake, working its way around the back of the Wollombi State Forest, all the way to Sandy Hollow, across to Muswellbrook, and down to Cameron Park, Edgeworth and Glendale taking in major towns such as Morisset, Toronto, Cessnock and Singleton.

Cont from Page....21/....

The electorate is 10,640 square kilometres and I have 128,832 bosses that reside in the Hunter electorate. The Hunter has been the powerhouse of the NSW energy and export market for well over a century, and will continue to be for centuries to come. At the moment, our radiational industries such as mining, energy, horse studs, farming and tourism are doing well.

Tourism is a massive part of the Hunter economy. From the regattas and families holidaying around the beautiful Lake Macquarie, to the world-famous golf courses, restaurants and boutique breweries scattered throughout the Hunter, to our world renowned horse studs in the Upper Hunter, home to champions like Winx, Home Affairs and So You Think.

My message to the whole Hunter electorate – in a changing world is, I will always be up front and I will always have your back.

You can read my full speech on my website at [www,DanRepacholiMP.com](http://www.DanRepacholiMP.com) or contact my office for a copy on 4991 1022.

Dan Repacholi MP

Federal Member for the Hunter

Toronto West Tyre Service ~ Phone (02) 4959 3738

- **All Brands of New Tyres**
- **Batteries**
- **Mechanical Repairs**
- **Authorised Inspection Station**



**31 Nicholson Street
Toronto West 2283**

OPEN: Mon to Fri 8am to 5pm ~ Sat: 8am to 12 midday

TORONTO'S OLDEST TYRE SERVICE



217Army Cadet Unit (ACU)

SPRING REPORT 2022



1 Hello Readers!

2 What a whirlwind this winter has been. 217 ACU has been involved with many activities over the last few months and we are geared up to take on the new challenges of Spring.

3 In July, 217 ACU sent CDTLCPL Kody Deppeler and CDTLCPL Alessandro Perrazolo to the NSW AAC Brigade Promotion Courses where both Cadets were successful in completing the Corporal Leadership Course. Congratulations!

4 August was full of 21 AAC Battalion activities where 217 ACU was able to send a group to RAAF Base Williamtown to conduct a simulated weapons shoot. 217ACU also hosted the 21 AAC Battalion Competition Day, where all Units in the Battalion competed in Drill and Team Sports for the day. While 217 ACU did not top these activities, it was a great opportunity to mix with the other Units and have some friendly fun.

5 It was also at this activity that CDTWO2 Cooper Smith was appointed the 21 AAC Battalion Regimental Sergeant Major (RSM) and he now has the responsibility and leadership for our Hunter/Central Coast Region. He is the 4th person from 217ACU to hold a Battalion position in the last 8 years. During September, it was all about getting down and dirty in the Field. Mid-month we travelled to Singleton Military Area and conducted a field skills camp. Cadets learnt about daily routines, health and hygiene, navigation, first aid and working as members of a team in this field environment. This was all in preparation for the Annual Field Exercise held during the first week of the Spring school holidays. While wet, Cadets made the most of the activity and participated in living in the field for a week and experienced activities at the School of Infantry like the over-water and over-land obstacle courses, abseiling and more.

6 Future activities include plans to assist the community for Remembrance Day, however nil requests have been received at this stage. We are conducting a Lance Corporals course to promote leadership qualities in our junior cadets. We are planning a big trip down to Young in Southern Slopes NSW to team up with 200 ACU in participating in their Dine-In function and End of Year Parade.

Thank you for your continued support and patience.

Kind regards

Yvonne Fuller

CAPT (AAC)

217 Army Cadet Unit (ACU)

Officer Commanding (OC)

Mobile: 0409 310 713

Unit email: 217acu@armycadets.gov.au

OFFICE PERSONAL

Patron: Wing Commander (r'td) John Hulbert

Chaplin: Reverend Melanie Whalley

President : Bill Noble BEM

Vice Pres: Brian Besley

Hon. Secretary: Ron Mitcherson

Hon. Treasurer: Garry Coleman

Visitation Officer: Russell Gilbert

Pensions Officers: Roger Priest: Phil Robinson: Rodney Smallwood: Peter Keane J.P.

Webmaster: Brian Staples

KEEPING IN TOUCH EDITORIAL STAFF

Ron Mitcherson : Bill Noble BEM

TRUSTEES:

Garry Coleman, Brian Staples, Roger Priest



Nasho's News

Westlake Macquarie
National Servicemen's Association



Welcome to "Spring"

It's great weather for the garden but it's very damp underfoot. With the weather the way it is, everything appears to be travelling in slow motion and will probably remain that way until the sun returns and we get back to a normal way of life for Spring.

I was unable to travel with the members and their wives to the Bonnells Bay Hotel but apparently from all reports they all had a good time and a great meal with the recommendation of returning in the future.

Our next outing was at the Gunya Hotel, Belmont which was also an excellent experience, the meals were great and so large that people were sharing them between two. We'll definitely be going back. Des and Kim Gill were not in attendance as Des's mother had recently passed away. Our condolences go out to them.

Our Secretary Bruce was kept busy with the passing of Queen Elizabeth 11, Queen of Australian attending to Flag Duties at our Memorial Goff et Park.

NSW National Servicemen's A.G.M. was held at Lakemba, the first held for a couple of years. The meeting was opened by George Sachse, Vice President, due to the passing of our President Ron Brown earlier in the year.

Following the election, the new President elect was Greg Mawson who then took the Chair and continued the meeting. Greg has already attended to all emails of NSW National Servicemen's Association and Affiliates Inc., as well as having up to date records of all club names, emails, phone numbers.

Dennis Moran who is now permanently in a wheelchair remained as Secretary reporting that he is quite capable of doing the job.

I noticed that most of the Nasho's have some affect of aging taking into account that we were called into Service in the 1950 and 60'. It was noticed that quite a lot of them had aides to assist them getting about such as canes, walkers and even wheelchairs.

Cont.....Page 26/

Newcastle's National Servicemen's Combined CLUBS Meeting is on the 14th October at North Lambton Waterboard Bowling Club, we expect a bigger crowd there this time, as we have no bushfires or maybe no floods in the area.

As far as our members go, Bruce Robberds and friends are off to the Australian GP at Phillip Island.

There are numerous illnesses amongst our members and their wives at present. Gordon Gardiner is home from hospital and as well as can be expected. Noeline Smith is also out of hospital.

Here's hoping that the rain stops, the ground dries up so that we can all get on with "Spring" before it becomes "Summer".

Best wishes to all.

Regards
Gordon Maxwell
President

KOOKIES MORSELS

STICKY SOY GINGER CHICKEN

(Kids or Adults)

12 chicken drumsticks	100ml light soy sauce
100ml honey	2 star anise
1 cinnamon stick	2 cloves garlic, crushed
1 tbsp finely grated ginger	2 tsp sesame seeds, slightly toasted

Preheat oven to 200c. Place the chicken in a large roasting dish. Combine soy, honey, anise, cinnamon, ginger, garlic and a third of a cup of water, drizzle over chicken.

Roast for 45 minutes, basting and turning often, until chicken is cook through and sauce is reduced.

Serve as finger food or with a side salad

Serves 4 to 6

Bon appetit

Kookies Morsels Cont....

Spring ~ BBQ Time

(Not with all this rain)

LEMON AND CHILLI FISH SCHNITZELS

1 cup corn flakes 2 tbsp chopped dill
2 tsp grated lemon zest 1 tsp dried chilli flakes (to taste)
4 x 150/200g firm white fish fillets (e.g. Cod, Snapper pin-boned)
half cup mayonnaise oil for shallow frying
lemon wedges to serve

In a large bowl, combine crumbs, dill, zest and chilli. Pat fish fillets dry with paper towel. Brush mayonnaise over each piece of fish. Press into crumb mixture to coat. Place on a tray and chill 20 minutes.

RADISH AND DILL SALAD

1 baby gem lettuce, torn 2 zucchini, sliced using a mandolin
2 red radishes, sliced using a mandolin
quarter cup extra-virgin olive oil
2 tbsp lemon juice 1 tbsp chopped dill

In a large serving bowl, combine lettuce, zucchini and radish. When ready to serve toss combined oil, lemon and dill through. Season.

In a large frying pan, heat oil on high. Cook fish 3-4 minutes each side until golden and cooked through. Drain on a paper towel. Serve fish schnitzels with salad and lemon wedges.

Serves: 4

Bon appetit

Why I Mow My Own Yard...

Lee Trevino: a true story....



One day, shortly after joining the PGA tour in 1965, Lee Trevino, a professional golfer and married man, was at his home in Dallas, Texas mowing his front lawn, as he always did.

A lady driving by in a big, shiny Cadillac stopped in front of his house, lowered the window and asked, "Excuse me, do you speak English?"

Lee responded, "Yes Ma'am, I do".

The lady then asked, "What do you charge to do yard work?"

Lee said, "Well, the lady in this house lets me sleep with her".

The lady hurriedly put the car into gear and sped off.

Hobart-class guided missile destroyer HMAS Sydney strikes a land target with a Harpoon surface-to-surface missile during Exercise Pacific Vanguard 2022.



In the seas off the tropical island of Guam, five nations have again combined to test their maritime warfare skills during Exercise Pacific Vanguard 2022, with the Royal Australian Navy (RAN) achieving successful missile firings.

The guided-missile destroyer HMAS *Sydney* and the Anzac-class frigate HMAS *Perth* joined ships and aircraft from the Royal Canadian Navy, Japan Maritime Self-Defence Force, Republic of Korea Navy and the United States Navy for the biennial integrated air and missile defence exercise. During the exercise, *Sydney* successfully struck a land target with a Harpoon surface-to-surface missile.

Meanwhile, *Perth* also successfully engaged an airborne target with an Evolved Sea Sparrow Missile.

The week-long exercise commenced with an opening ceremony on board the JMSDF Ship *Izumo* attended by commanding officers from all participating nations.

Australian Task Group Commander and Commanding Officer *Sydney*, Commander Andrew Hough, addressed the opening ceremony and later discussed the importance of integrating with like-minded partners for high-level training exercises.

“Operating with JMSDF Ships *Izumo*, *Takanami* and *Takashio*, ROKN Ships *Sejong the Great* and *Munmu the Great* and HMCS *Vancouver* during Pacific Vanguard has been a fantastic opportunity for *Sydney*’s crew to test their ability to integrate with partner navies,” Commander Hough said “We welcome every opportunity to demonstrate and test our ships’ advanced combat capabilities and build on our reputation as a trusted and professional partner.” **Cont.....Page 30**

“We are always keen to show our friends and allies that we can work with multiple partners, a variety of ships and aircraft and demonstrate our ability to respond together to challenging threats.

“It was especially satisfying for *Sydney*’s ship’s company to prove our ship’s Harpoon surface-to-surface missile capability against a land target, joining other ships in the fleet that have previously fired the missile.

“I congratulate every member of the team for working so well together, and with our partners, to achieve this milestone.”

The ships’ participation in Exercise Pacific Vanguard 2022 was part of a regional presence deployment, following hot on the heels of multilateral air and ballistic missile defence training in Exercise Pacific Dragon.

Other RAN ships also recently participated in Exercise Rim of the Pacific 2022 – the world’s largest naval exercise – as part of a regional presence deployment.

Five RAN ships across two task groups have been conducting regional presence deployments throughout the Indo-Pacific region over recent months.

During their deployments the ships and their embarked ADF units have undertaken joint exercises and other engagements with Australia’s regional partners.

Regional presence deployments demonstrate Australia’s commitment and engagement with the region. These deployments play a vital role in Australia’s long term security and prosperity by protecting Australia’s interests, preserving a rules based order, enhancing cooperation and relationships with regional partners and allies and developing capability and interoperability.



Naval ships from the Royal Canadian Navy, Japan Maritime Self-Defence Force and Republic of Korea Navy sail in formation alongside HMA Ships *Sydney* and *Perth* during Exercise Pacific Vanguard. Photo: Leading Seaman David Cox



MULLIGAN PODIATRY

THE FOOT HEALTH SPECIALISTS

BULK BILLING EASY ON-SITE PARKING
HOME VISITS AVAILABLE

**BULK BILLING IS AVAILABLE TO ALL DEPARTMENT OF VETERANS AFFAIRS
AND MEDICARE ELIGIBLE REFERRALS**

PH: 02 4959 3034

32 Jindalee Street, Toronto

Mulliganpodiatry.com



Heritage Listed
WWII Seaplane
Base 1939-61

Group Tours of the
base and our
memorabilia can be
arranged by
appointment

3 different sized function
rooms for hire for any
function.

*Club Meetings
*Engagements *Weddings
*Reunions *Birthdays
*Seminars

Fully air-conditioned ~ Licensed Bar
~ Sporting Lounge with
2 pool tables, darts, video games and Jukebox.
Bistro open Tuesday - Sunday
Lunch 11:30-2pm Dinner 5:30-8pm



Former Officer's
Mess of the RAAF

Weekly Raffles and
Members Draw

Friday on sale 6pm
drawn 7pm
Sunday on sale 5pm
drawn 6pm

Bowls Activities



Mens, Ladies &
Mixed Bowls



www.rathminesbc.com.au

1 Stilling St, Rathmines NSW 2283 Ph:49751955



**A beautiful cemetery and crematorium for our community
A dedicated Veteran, Services and Family Remembrance Garden
A special place for ex-service men and women to lie at peace with their families**

**For further information, call into our
office or telephone for an appointment.**



**405 Cessnock Road, Ryhope NSW • Phone 02 4950 5727
www.lakemacqauriememorialpark.com.au**