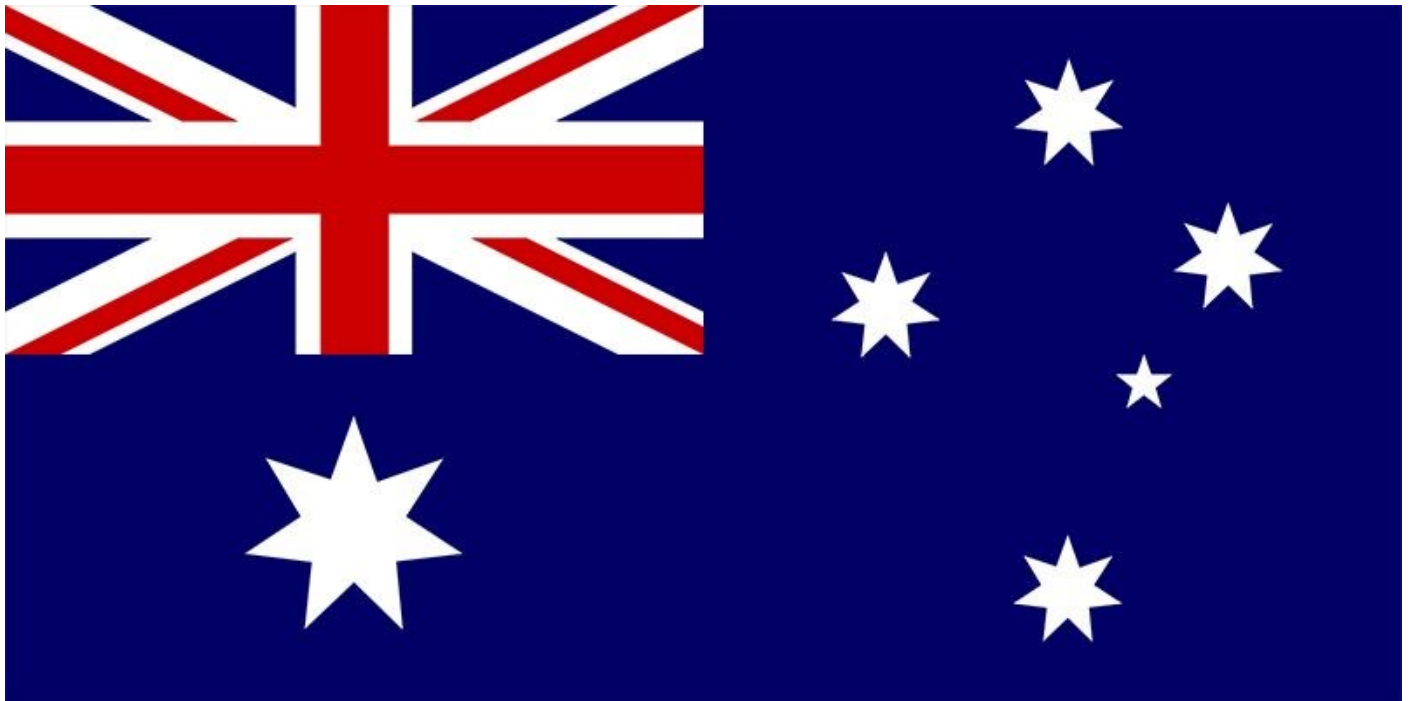


Keeping in Touch

SUMMER EDITION 2023

AUSTRALIA DAY ~ JANUARY 26



**NOTICE TO MEMBERS OF AGM TO BE HELD 10.00AM
13 FEBRUARY 2023 ~PAGE ~ 3 ~
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PROGRESS REPORT INTO DEFENCE AND VETERANS'
SUICIDES PAGES ~ 18 & 19 ~**



Official Newsletter of:
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Keeping in Touch

From the president's desk...

Hello everyone.

The year 2022 is about to end, how quickly it has passed. A year for RSL members & veterans that has been interesting if not a little different with COVID still rearing its ugly head, the inquiry into “Veteran Suicides” gaining momentum, the war crimes inquiry continuing and changes to the NSW RSL still underway. Just recently another ugly event rising into obscurity, where SAS soldiers have been requested to return the medals, they earned while fighting in Afghanistan. The question must be asked, what has happened to “due Process,” no one is yet to be charged let alone guilty of the crimes suggested. Those people earned the medals they were awarded and to suggest they hand them back is ridiculous as well as immoral. It has also been suggested the Commander of the ADF should return his medals because there are questions on the validity of the case in awarding them. It will be interesting to watch the follow up in the coming year.



Those of you who have been keeping up with the news coming from the Russian/Ukraine war will have noted how modern warfare is changing again. Missiles and drones are playing a major part, both in keeping airpower in control and grounded weapons very mobile. To stay still for too long is almost certain disaster. Tanks, the weapon very much feared on operations in Europe in the past have also been hammered. Mainly due to drones and missiles, however initially the way in which they operated, driving along roads in convoy and not being able to leave the roads because of the muddied fields the main cause of heavy losses. Add to this a moral and lack of training problem with the Russian troops, away from home and winter setting in. As you all know our Subbranch does not run on its own, we

have a very hard-working group behind the scenes keeping things rolling. Our Advocates Roger Priest, Phil Robinson, Rodney Smallwood & Peter Keane, Secretary Ron Mitcherson, Treasurer Garry Coleman, Vice President Brian Besley, Trustee's Brian Staples, Garry Coleman & Roger Priest, Visitation Welfare Officer Russell Gilbert. We also have a couple of helpers Dave Davies, & Lynne Robinson. I thank them all for their help and generosity in giving their time to keep this Subbranch functioning.

Because of the age of a lot of members not all Subbranches continue to do the things they did years ago, we have managed to continue mainly because of the efforts of those mentioned above. How long this lasts will depend entirely on getting new & younger membership. However, for the time being we will continue to do what we can.

May I take this opportunity to wish you all a merry Christmas and a very safe and happy new year.

The Price of Liberty is Eternal Vigilance

BILL NOBLE BEM ~ President

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.

COULD THIS EVER HAPPEN ~ THINK ABOUT IT

**Do women ever sit there and think
“My man sure knows a lot, maybe I should just
be quiet, sit here and listen to him.”**

**TO ALL MEMBERS OF THE TORONTO RSL SUB
BRANCH ~ AS STATED BELOW ~ ON MONDAY THE
13 FEBRUARY 2023 THE ANNUAL GENERAL
MEETING IS TO BE HELD. CONTACT SUB-BRANCH
PRIOR FOR NUMBERS AND LOCATION
THIS IS AN ELECTION YEAR AND WE WILL AGAIN BE
ASKING MEMBERS TO STEP FORWARD AND
NOMINATE FOR POSITIONS.
THERE HAVE BEEN VERY FEW PEOPLE WILLING TO
UNDERTAKE THIS TASK IN THE PAST AND WE AS
YOUR EXECUTIVE AND COMMITTEE BELIEVE IT'S
ABOUT TIME SOME OF YOU STEPPED FORWARD.
THIS PLACE HAS BEEN RUN BY THE SAME PEOPLE
FOR MANY YEARS NOW AND IF YOU WANT US TO
KEEP OUR CHARTER AND REMAIN A STAND ALONE
SUB-BRANCH WE NEED SOME MORE VOLUNTEERS.
NOMINATIONS FOR POSITIONS CAN BE RECEIVED
PRIOR TO THE MEETING BY EMAIL OR MAIL IF YOU
SO WISH. Email: secretary@rsl2283.com.au or
Secretary, P.O. Box 437, Toronto 2283 NSW**



DATES TO REMEMBER

**Monday ~ 09/01/23 ~ Monthly Meeting at
10.00am**

**Monday~ 13/02/23 ~ 10.00AM ANNUAL
GENERAL MEETING CONTACT
SUB-BRANCH PRIOR FOR LOCATION
AND NUMBERS FOR ATTENDANCE**

**Monday~13/03/23~Monthly Meeting at
10.00am**

CHAPLAINS CORNER

2023 has arrived, may we embrace it with courage and love.



Reflecting on Christmas 2022 – however you are feeling as we enter 2023 always remember that first Christmas over 2000 years ago was difficult, hard and messy too. Jesus was born into a messy world. One that found Mary giving birth where animals are normally housed. A world that had no room for Jesus, he was born on the margins. On the margins of Bethlehem and he comes into the world on the margins of society. To give us all hope. Our hope lies with the Christ Child.

Whether your Christmas was what you expected or not. This year we have learnt to not take our time here on earth for granted. To make each moment count, even when we can't gather with everyone we love. Our hope lies in the love we share with each other this Christmas and that right there is the works of the Christ Child within us.

Trusting you all a very Merry Christmas and a Happy New Year!

Peace be with you,

The Reverend Melanie Whalley

LAST POST

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

Gordon GARDINER ~ 26th October 2022 ~ ARMY

Lest we forget



Aussie Bush Etiquette is recognised throughout the civilised world but we all need to be reminded from time to time.



In General:

1. Never take an open stubby to a job interview...
2. Always identify people in your paddocks before shooting at them.
3. It's tacky to take an Esky to church.
4. If you have to vacuum the bed, it's time to change the sheets.
5. Even if you're certain you're included in the will, it's rude to take your ute and trailer to the funeral.

Eating Out:

1. When decanting wine from the box, tilt the paper cup and pour slowly so as not to bruise the wine.
2. If drinking directly from the bottle, hold it with only one hand.

Entertaining at Home:

1. **A centrepiece for the table should never be anything prepared by a taxidermist..**
2. Don't allow the dog to eat at the table, no matter how good his manners.

Personal Hygiene:

1. While ears need to be cleaned regularly, this should be done in private, using one's OWN ute keys.

2. Even if you live alone, deodorant isn't a waste of money.
3. Extensive use of deodorant can only delay bathing by a few days.
4. Dirt and grease under the fingernails is a no-no, it alters the taste of finger foods and if you are a woman it can draw attention away from your jewellery.

Theatre/Cinema Etiquette:

1. Crying babies should be taken to the lobby and picked up after the movie ends.
2. Refrain from yelling abuse at characters on the screen. Tests have proven they can't hear you.

Weddings:

1. Livestock is a poor choice for a wedding gift.
2. For the groom, at least, rent a tux. A tracksuit with a cummerbund and a clean football jumper can create a tacky appearance.
3. Though uncomfortable, say "yes" to socks and shoes for the occasion.

Driving Etiquette:

1. Dim your headlights for approaching vehicles, even if your gun's loaded and the roo's in your rifle sight.
2. When entering a roundabout, the vehicle with the largest roo bar doesn't always have the right of way.
3. Never tow another car using panty hose and duct tape.
4. When sending your wife down the road with a petrol can, it's impolite to ask her to bring back beer too.



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

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

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

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

TORONTO RSL SUB-BRANCH ~ OFFICE BEARERS

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Hon. Treasurer: Garry COLEMAN

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

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or any other day as deemed by the Club



PENSIONS REPORT

Our Pension Officers have been very busy of late with some 43 clients with a number of varying cases , totalling around 120 which are at present are at various stages with the Department of Veterans' Affairs.

They also have 2 VRB (Veteran Review Board) appeals underway.

They have had in the past month 6 successful cases.

When the RMA meet they discuss many issue as far as making amendments to the Statement of Principals (SoPs) etc., all the time; so if you think you have a genuine claim for Service in the ADF you can check for any new decisions made by the RMA on their website under "What's New".

<http://www.rma.gov.au>

* * * * *

However: If it is felt that you have a case for Service in the ADF or believe you are entitled to a War Widow and/or Widower Pension, feel free to contact one of our Pension Officers/Advocates who will be more than happy to assist you with your claim.


Pension Officers are on duty in these sub-Branch office's on Wednesday between the hours of 9.30am and 12 midday.
Other times by appointment. Phone 4959 3699

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 dependent's on a continuing basis at no cost to them.



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THE NUN....A man was in New York on a business trip and decided to head to a bar for a drink. Standing outside the bar was a nun holding a tin cup. As the man threw a few bucks into her cup the nun launched into a long tirade about the evils of alcohol. She went on and on about how alcohol was tearing apart the fabric of society, how it was the root of all the city's problems.

Slightly annoyed at having to listen to the nun, the man told her, "Listen, sister, I work hard for my money and sometimes at the end of a long day I like a drink or two. That doesn't make me a bad person. I have a wife I idolize and two wonderful kids at home. I provide for my family, I volunteer my time to several local service clubs and I contribute regularly to various charities. Yet you stand here and condemn me just because I drink the occasional glass of scotch!"

The nun was slightly taken aback and replied, "I see your point my son and I apologize if I offended you, but alcohol is such a powerful demon that all who consume it are doomed..." "Look there you go again," said the man, "How can you make such a sweeping statement. Have you ever even TRIED alcohol?" "Of course not!" gasped the nun, "The evil alcohol has never touched my lips."

"Do you really think that one glass of booze can change you from a devout nun to some kind of evil degenerate?" "Well, I really don't know ..." "I'll tell you what, come into the bar with me and I'll buy you a drink. One drink. I'll prove to you that "evil" is not inside the glass, it's inside the person."

"Oh I could never be seen going into such a den of inequity, it's out of the question. However, your comment about evil residing in the person rather than the glass is quite intriguing. I must admit you've aroused a curiosity in me." "Well let's go inside and settle this"

"No, my son, I could never enter such a place... but how about this. Take my tin cup with you and fill it with this "scotch" you mentioned. Bring it out to me and I'll try it." "You're on!" said the guy.

The nun removed all the change and handed him the tin cup. He went into the bar and said to the bartender, "Two scotch on the rocks, and could you put one of them in this tin cup please"

The bartender sighed and said, "Is that darn "nun" out there again!?!"

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USS Mississippi visits Western Australia

Media release
28 NOVEMBER 2022

Release content

Australia welcomes the USS *Mississippi* and its crew to Fleet Base West, HMAS *Stirling*. The Virginia Class submarine is in Australia for a routine visit to provide respite for the crew. The visit reflects the ongoing strength of Australia's alliance with the United States and builds on previous visits of nuclear-powered submarines from our AUKUS partners. Since 1960, Australia has hosted over 285 visits by UK and US nuclear-powered vessels with over 1840 total days in port. The USS *Mississippi* is the second US nuclear-powered vessel to visit Australia in 2022, following a visit by the USS *Springfield* in April.

Quotes attributable to Deputy Prime Minister, the Hon Richard Marles MP:

"I had the opportunity to tour the USS *Mississippi* as part of my visit to Pearl Harbour in Hawaii last month, alongside US Defence Secretary Lloyd Austin. "It is a pleasure to welcome the crew to Western Australia this week, for this routine visit."

"Their stay in WA will provide those on board with much needed respite as they continue to ensure a secure and prosperous Indo-Pacific."

Quotes attributable to Chief of Navy, Admiral Mark Hammond, AM RAN:

"After a busy year operating with the US Navy across the Indo-Pacific, it's a privilege to welcome our friends to Western Australia."

"We value every opportunity for our Navies to interact, train, and operate together. Australia and the United States have a proud history of working together in peace and war, it is a privilege to be able to support this enduring friendship."

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Dan Repacholi MP
FEDERAL MEMBER FOR HUNTER



Standing up for Hunter

A GOOD START BUT THERE IS MORE TO DO

November of last year was the first opportunity that I had as Member for Hunter to attend Remembrance Day services right across the electorate. These services were a credit to the hard work put in by the many RSL personnel right across the Hunter.

I also had the honour of rising in the House of Representatives to recognise the contribution that service men and women from the Hunter have made to the major conflicts which have shaped our nation.

In this speech I shared the story of a local Victoria Cross recipient of the First World War, Captain Clarence Smith Jeffries.

Captain Jeffries was recognised for his 'most conspicuous bravery'. When in battle, his company was held up by machine gun fire from enemy bunkers. Captain Jeffries organised a party and rushed one bunker, capturing four machine guns and 35 prisoners before leading his company forward under extremely heavy enemy artillery barrage and machine gun fire to

the objective. He went on to organise another successful attack on a machine gun bunker, capturing two machine guns and 30 more prisoners.

Captain Jeffries went on to be killed during this attack, but it was said that it was entirely due to his bravery and initiative that the centre of the attack was not held up for a lengthy period. He was described as a gallant officer whose example had the utmost of inspiring influences on many. Captain Jefferies, thank you for your service. Your leadership and your courage are lessons for all of us to follow.

The story of Captain Jeffries is an inspiring one and makes me feel a great sense of pride in my country and in my electorate, knowing that like all parts of Australia the Hunter played its part.

This is why it is so important to look after our veterans, and in our first 6 months as a Labor Government, we have made Veterans Affairs an important area of focus. The issue of Veteran suicide is something that touches far too many lives. And for too long, the Department of Veterans Affairs missed the mark and made life harder for people to whom our nation owes a great debt of gratitude. It is a great tragedy that the Australian Government, successive Australian Governments, have failed those who have served our nation. But our government is doing our best to make things right. We want to ensure that veterans have the dignity and respect shown to them that they deserve.

Our government is taking the recommendations made by the Royal Commission into Defence and Veteran Suicide seriously, and we are implementing all of the

13 changes suggested – with some changes already underway. I'm proud to be a part of a Government that takes these issues seriously and puts looking after our veterans at the top of our list of priorities.

It has been an amazing past 6 months and I look forward to the year ahead.

Kind regards



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

PROGRESS REPORT INTO DEFENCE AND VETERANS' SUICIDES

The Hearings from the Royal Commission into Defence and Veteran Suicide, the RSL NSW Royal Commission Office has prepared a summary of the Wagga Wagga Hearing Block, including the key themes examined so far and the actions of the League in response. RSL NSW will continue to provide these summaries periodically. The next Hearing Block will begin in Perth on 15 May 2023 and will be livestreamed on the [Royal Commission website](#).

The Royal Commission has so far received close to 3000 submissions and conducted 258 private sessions across the country. The RSL has had representatives present at all hearings and is listening to and acting on the evidence being presented.

During the four days of the Wagga Wagga hearing block, the Commissioners heard testimony on a broad range of relevant issues, including:

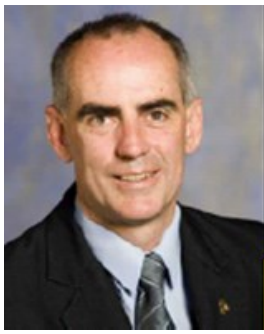
- The importance of ADF training facilities for instilling the desired culture and ethics of the ADF into recruits and trainees**
- ADF recruiting practices, including recruitment standards and targets, retention, training, and separation**
- Ongoing issues relating to data and reporting, including the inability of the ADF Chain of Command to receive information required to effect reform**
 - Issues with the ADF medical system**
- The importance of providing local services for local veterans**

During the hearing block, the Royal Commission heard from Commanding Officer representing various ADF training facilities. They also heard from Dr Robert Worswick, a medical doctor and former serving member on the impact of recruiting standards on health and wellbeing.

The Wagga Wagga Hearings heard impactful lived experience testimony. This included former Recruit James Geercke, whose life was irreversibly impacted by a back injury suffered during training and subsequent medical treatment, and Kylie Reynolds, who outlined the effects of sexual assault, bullying and injuries from her time in the Army.

The Royal Commission will continue throughout 2023, with the first Public Hearing Block to be held in May in Perth, before visiting Adelaide and Melbourne in the second half of the year. The Commissioners will focus on conducting roundtables, private sessions, Stakeholder Reference Groups, and releasing several Special Reports before the Perth block.

The Royal Commission will accept submissions until Friday, 13 October 2023. The Royal Commissioners continually emphasise the importance of submissions to inform their work. A final report, and the Royal Commissioners' recommendations, are due to Parliament no later than 17 June 2024.



Greg Piper MP
Member for Lake Macquarie



AUSTRALIA DIGGERS IDENTIFIED 105 YEARS AFTER THEIR FALL

An extraordinary story caught my eye last month and it reminded me how technology is helping to find and honour our Diggers who died in conflict overseas.

In short, three Australian soldiers who fought in WWI were formally identified more than 105 years after they were killed on the Western Front.

The remains of the three soldiers were found in 2006 and 2010 but historical, anthropological, archaeological and DNA analysis by the Australian Army has linked them to their descendants all these years later. Quite extraordinary.

Two of the soldiers – Private Walter Allen Grace and Private Edwin Charles Gray - had died near Fromelles in northern France while the third – Private Thomas Allen Gibbens – had died in Belgium.

All three had been buried in wartime cemeteries and were never identified until now by teams of volunteers dedicated to such tasks. Each will have their graves formally rededicated next year.

I cannot imagine the peace and comfort that this brings to the descendants of those Diggers, but I know I feel immensely proud that we are making these efforts to locate and identify our fallen heroes. Their sacrifice will never be forgotten.

It was lovely to be able to attend a Remembrance Day service this year after many years of disruptions due to the pandemic.

I attended the Southlakes RSL sub-branch service at Dora Creek this year and there was a good crowd in attendance, like there was at other services.

It's now 104 years since the guns fell silent on the Western Front, but we use Remembrance Day to honour the 103,000 Australians who have lost their lives in all conflicts, as well as those who have served our country in war, conflict and peacekeeping roles.

We will always remember them.

On a lighter note, if you're ever interested in coming down for a free tour of Parliament House, let me know.

Throughout the year, I host local groups who come down for a free tour of the Parliament with Madeleine, one of my staffers. Each tour travels through the halls of the historic building and we usually stop for lunch before getting a seat in the chamber for Question Time.

I can't accommodate large groups, but if you're part of a small group which is interested, give my office a call on 4959-3200 and we'll try to fit you in. Numbers and days are limited and the year books out quickly, so get on to it early if you can.

I'm hoping you're now focused on spending time with your loved ones and friends over Christmas.

Thank you for all the support you have given each other, and to me over the past year.

Lyn and I would like to wish you, your families and friends a very merry and safe Christmas.

We're feeling good about 2023, and we hope you are too!

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

Best regards,



92 Victory Parade, Toronto NSW 2283

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



twitter.com/GregPiperMP

Electorate Office 4959 3200
www.gregpiper1.com

MUM

GOOD NEWS: - "My son has finally cleaned his room."

BAD NEWS: - "He's found his HARMONICA."



Nasho's News

Westlake Macquarie
National Servicemen's Association



We open this time with sad tidings, as on 17th October we lost Bob Elliott. Bruce and I visited his wife Anne-Marie and presented her with a sympathy card and flowers. On the 26th October, Gordon Gardiner, committee man passed away after a long illness. Bruce and I presented Claire with a condolence card and flowers at her home.

At Bob Elliott's funeral we formed a Guard of Honour on entry and exit of the crematorium and Nasho's escorted the coffin into the Service area. We also assisted in parts of the Service. Refreshments were at the Royal Motor Yacht Club.

Gordon Gardiner's funeral was conducted by Mr. Kenneth Brown. Eulogy by Darren Leary and R.S.L. Tribute by Ron Mitcherson, Hon. Secretary of the Toronto sub-Branch. The RSL sub-Branch along with the Nashos formed a Guard of Honour at entry and exit. He has gone FISHING. Refreshments at The Terrace at Toronto Diggers after the Service.

Our November outing was at Valentine Bowling Club which is a very nice club. We had a good roll up including Anne-Marie Elliott, Allen Crowe from the Masons with wife Kate. A good afternoon was had by all.

Remembrance Day, 11th November, 2022 was held at Goffet Park conducted by the Hon. Secretary Ron Mitcherson from the Toronto RSL sub-Branch and Pastoral Address by Reverend Melanie Whalley. Our Nasho's wreath was placed on the Cenotaph by Bruce Robberds, flag control by Kevin Hargrave and Allan Black. A special thanks to Brian Besley for his pressure cleaning of the area and control of the music for the Service.

Our December meeting was followed by our Christmas Luncheon at the Toronto Diggers Club. It was well set up thanks to Fiona Bowles and staff.

I would like to thank our Patron, John Doig (Major Ret.) and our Padre Reverend Tony Lang (Major Ret.) for their assistance during the year. There is still a lot of sickness and John Renfrew is in Repatriation not doing very well.

Hoping you all had a very Merry Christmas and have a Safe and Healthy New Year.

Cheers

Gordon Maxwell
President.

The Bathtub Test

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask them to empty the bathtub."

...

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said "A normal person would pull the plug. Do you want a bed near the window?"

ARE YOU GOING TO PASS THIS ON ... OR DO YOU WANT THE BED NEXT TO MINE?

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KEEPING IN TOUCH

SUMMER 2022



1 Hello Readers and Happy Holidays! 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.

2 At the end of October, we conducted a joint activity with 25, 28 and 236 ACU's at the Erina Depot. Here we trained potential junior leaders on duties and responsibilities of being a Lance Corporal.

3 For Remembrance Day, we attended Toronto RSL Sub-Branch Service held at Goffet Park. The cadets that participated, performed admirably and should be proud of their role in remembering the sacrifices of our fallen.

4 Our 2022 Award winners were presented on Monday 5 Dec 22. Recipients include LT Paul McDonald Leadership Award to CDTSGT Luca Powell, Most Improved - sponsored by Boolaroo-Speers Point RSL Sub-Branch - to CDT CPL Kody Deppeler, Best Shot to CDTSGT Luca Powell and CSM for 2022 to CDTSGT Luca Powell. Thank you to the parents and family that attended to show their support for the Cadets.

5 Cadet of the Year and Rookie of the Year were not announced at this event but left to our main event at Young that following weekend. 217 ACU was invited to visit and participate in 200 ACU South West Slopes End of Year Parade and Dinner. The Cadets that attended with CAPT (AAC) Fuller had a great time learning formal parade drill movements and being part of a larger unit event. We then participated in the Dine-In night and went through the processes of this event and we awarded Rookie of the Year - sponsored by the late Vic Carle - to CDT Tahlia Rowan and Cadet of the Year - Sponsored by Toronto RSL Sub-Branch - to CDTSGT Luca Powell.

6 Future activities include Recruiting Activities at Schools, V8 Supercars in Newcastle and other Community events. Combined activities with other Units in 21 Battalion for Recruit Training and Leadership Training. ANZAC preparations for various services.

Cont.../P23

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

Kind Regards ~ *Yvonne Fuller*

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217 Army Cadet Unit (ACU)

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The Mechanic and the Cardiologist

A mechanic was removing a cylinder-head from the motor of a Harley motorcycle when he spotted a well-known cardiologist in his shop. The cardiologist was there waiting for the service manager to come and take a look at his bike when the mechanic shouted across the Garage, “Hey Doc, want to take a look at this?”

>

The cardiologist, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, “So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new.”

>

“So how come I make \$39,000 a year and you get \$2,000,000, when you and I are doing basically the same work?”

>

> The cardiologist paused, smiled and leaned over, then whispered to the mechanic..

“Try doing it with the engine running!”

KOOKIES MORSELS

PORK MEDALLIONS WITH CRUNCHY PEANUT BUTTER AND COCONUT CREAM

4 pork loin steaks ¼ cup of crunchy peanut butter
2 tbsp sweet chilli sauce 2 tsp fish sauce
¼ cup water Fresh coriander to serve

Cook pork on oiled heated grill plate or BBQ to your liking.

While cooking, combine peanut butter, sweet sauce, fish sauce and water in a small saucepan. When ready (just before serving the pork) cook the sauce, stirring for about 3 minutes or until it slightly thickens.

Serve pork drizzled with sauce and sprinkled with coriander

ACCOMPANY WITH POTATO AND CABBAGE MASH

500g white potatoes peeled and quartered
2 cups of shredded cabbage 50g butter
4 eschalots sliced white part thin ~ green part about 5mm
Splash of Cream or Milk Pinch of Ground Nutmeg.

Cook potatoes in salted water until tender. Once cooked reserve ¼ cup of cooking water. Leave potatoes in water until ready

In a small frypan or saucepan sauté the cabbage for 2 minutes in half the butter. Add the ¼ cup of water, cover and cook for about 2 minutes.

Then drain the water from the potatoes, add the remaining butter, nutmeg, cabbage and eschalots and mash. Whilst doing so, add the splash of cream or milk for added creaminess. Season with salt and pepper if needed.

Serve with a side of fresh beans steamed.

.....Serves 4

Delish

Bon Appetit

KOOKIES MORSELS

PRAWN CURRY

1 tbsp oil
1/2 tsp cinnamon
3-4 tsp mild curry powder
Granny Smith apple, peeled and chopped medium
1 cup canned coconut milk
2 tbsp Arrowroot or Cornflour, blended with a little water
500g medium raw prawns , peeled ~ salt to taste

1/4 tsp ground ginger
1/2 tsp turmeric
1 cup chicken stock
1 tsp sugar

Place oil, ginger, cinnamon, turmeric and curry powder in a frypan; stir to combine. Cook on high for about 2 minutes, until fragrant. Add apple, stir with spices to coat and cook on medium for 3 to 4 minutes, stirring 2 to 3 times. Do not cover dish. Stir in blended arrowroot or cornflour and cook for 2 to 3 minutes until it thickens. Add prawns and salt, stir well, and cook for further 2 minutes or until prawns are opaque

Serve with your choice of rice.

Garnish with either parsley or coriander sprigs.

A tomato and onion ring salad with your favourite dressing makes for a nice accompaniment.

.....Serves 3 to 4

Delish

Bon appetit

This is what we, who are aged 70 or 80 years plus, can look forward to.

This is something that happened at an assisted living center. The people who lived there had small apartments but they all ate at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly, so she went back to the dining area.



An hour later he still hadn't arrived, so she went back up towards his room but found him on the stairs. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him.

A couple of hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one side of his boxer shorts.

I'm sending this to my children so that they don't sell the house before they know all the facts.



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