

# WESTERN OUTPOST NEWS



**AUTUMN 2015 ISSUE**

St Mary's Outpost the  
'Train of Knowledge'

## **St Mary's Vietnam Veterans Outpost & St Mary's RSL Sub-Branch Combined Newsletter**



## In This Issue

	<b>Page</b>
VVAA St Mary's Outpost President's Report .....	1
VVAA State President's Report .....	3
St Marys RSL Sub-Branch Report .....	4
"The Last Post" .....	5
"Congratulation" to our Secretary Sam .....	7
St Mary's Governor King Day Club Report.....	8
Outpost Computer Classes.....	9
Fishing Report .....	10
St Marys RSL Women's' Auxiliary.....	10
The Outpost Education Report .....	12
The Last Post for Barry Evans.....	14
DVA Facts Made Easy .....	15
ANZAC Commemoration 19th April.....	16
Dawn Service St Mary's RSL .....	17
Hours of business for Pension Officers Interviews .....	20
In Flanders Field-A Follow-up .....	22
Vietnam ... Viet Bloody Nam (Book Review) .....	23
AE2-'The Silent ANZAC'.....	26
Nepean Wives of Vietnam Veterans Women's Support Group.....	27
List of Advertisers .....	28
VVAA Outpost and St Marys RSL Sub-Branch Committee Lists.....	29

 Various places throughout the 'News'

### **DEADLINES FOR PUBLICATION**

Winter 2015..... 25 May 2015  
 Spring 2015..... 24 August 2015  
 Summer 2015.....23 November 2015  
 Autumn 2016.....22 February 2016

Articles of a general nature may be submitted at anytime, please send to:  
[john.davison@optusnet.com.au](mailto:john.davison@optusnet.com.au)

### **Correspondence to:**

**VVAA St Mary's Outpost Veterans Centre**  
**PO Box 3049,**  
**South St Mary's NSW 2760**

**PHONE: 9833 4700**

**Fax 9833 4022**

**Web Page: [vvaastmarys.com.au](http://vvaastmarys.com.au)**

**Email: [vietvet@tpg.com.au](mailto:vietvet@tpg.com.au)**

\*\*\*\*\*

**St Marys RSL Sub-Branch Email: [stmsub@tpg.com.au](mailto:stmsub@tpg.com.au)**

**Web: Log on to: [vvaastmarys.com.au](http://vvaastmarys.com.au) OR**

**Google: St Marys RSL Sub Branch**

**Phone: 9623 6555**

# VVAA ST MARY'S OUTPOST PRESIDENT'S REPORT

## AGM 2015

Our AGM was held on Sunday 22<sup>nd</sup> February, 2015 and all positions were filled.

The results are,

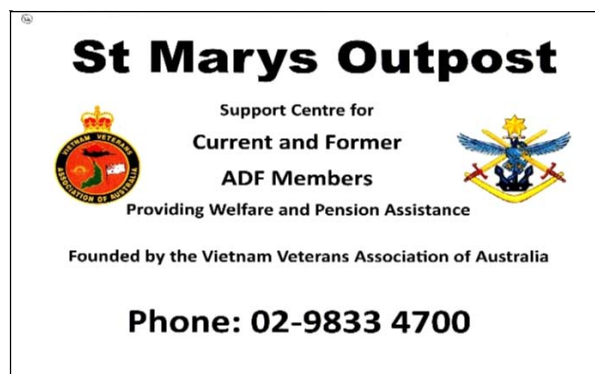
**President:** Tony Mullavey.

**Vice Presidents:** Uwe Schoenherr Burke Rogge.

**Secretary:** Sam Vecchio **Assistant Secretary:** Graham Breckel.

**Treasurer:** Ted Fish. **Assistant Treasurer:** George Perrin.

At the last General meeting for 2014, the members approved the change to our sign on the Station building facing north towards the RSL. We will be replacing the current sign with two signs, one will be put in the current position facing north and the other sign will face east on the railing next to the Train. The sign will be as below:



Our welfare co-ordinator Mr John Foeken has resigned. John has worked tirelessly for the past 14 years, co-ordinating the welfare team, he grew the team from just 2 people, with the current number of welfare officers now standing at 20.

John saw the need for the Welfare Team to be trained by DVA, up to TIP standard, so that when they visited clients in hospitals or at home, the Welfare Officer would be able to pass on the correct information and answer questions regarding services provided by DVA which could help the client.

John also saw the need to conduct funeral services for anyone who had worn a uniform in the service of our country. This was not an easy task he set for himself, as not only did he conduct the RSL tribute at the funeral, but also the actual preparation side, could take the best part of the day, organising the eulogy from the Defence Organisation, finalising arrangement with the funeral director, making sure the final wishes of the deceased and the family are carried out. Presenting the next of kin with the Australian Flag and a copy of their service history.

During his tenure, John conducted in excess of 400 funerals, 52 for last year alone and 59 for 2013. He has been held in high esteem by the families and also the funeral directors, for the professional way he has conducted the services. His moto is *"if you are going to do a job do it right"* and he certainly did that.

Thanks, John for your dedication, it has been greatly appreciated.

Tony Mullavey

President



NEW WAY | SIMPLE WAY | REAL WAY



*Residential Sales, Acreage, Rentals & Commercial*

PROUD SPONSORS OF  
ST MARY'S VIETNAM VETERANS OUTPOST  
& ST MARY'S RSL SUB BRANCH

## **SALES SERVICES**

### **Free Advertising for all NEW Listings**

Specialising in selling property the SMART way, achieving 3 to 18% more than any other Agents using proven sales strategy

## **PROPERTY MANAGEMENT SERVICES**

### **Set Management Fee (no additional cost)**

### **PLUS 4 inspections per year for all NEW Rental Managements**

Specialising in maximising rental return and minimising risk



Experience the <sup>Smart</sup> service You deserve

Shop 2, 2-6 Castlereagh Street, Penrith  
(02) 4722 2255

[www.ozwayrealty.com.au](http://www.ozwayrealty.com.au)

## REPORT FROM THE STATE PRESIDENT



We Vietnam Veterans lost one of our great heroes and work horses. Tim McCombe along with Phil Thompson National President, Graham Walker Research Officer, and Terry Loftus basically formed the VVAA on their own. Having seen the need for assistance that Vietnam Vets needed and were not receiving from the main ESO ie The RSL Association they decided to take on government themselves.

Tim passed away at Bowral District Hospital, NSW on Saturday, 31 January 2015.

For the last twenty years Tim has been both National President and NSW State president of the VVFA. He dedicated much of his time to ensuring Vietnam Veterans as well as those from current and recent deployments were treated with fairness and respect and had access to appropriate levels of support.

Tim served in the Australian Army from 1964 to 1973 during the Vietnam War as an Infantry Soldier with the 2nd Battalion, where he was seriously injured.

Losing one leg to above the knee and having the other so badly mutilated with shrapnel from the mine he stepped on it would need a brace for the rest of his life. Tim returned home, and spent 12 months in hospital, followed by 18 months of rehabilitation.

The following years after Vietnam were extremely difficult, and like so many other Veterans, Tim experienced extreme personal hardships. Tim joined the VVFA, volunteering his time a few days a week, before becoming full time.

### VALE TIM MCCOMBE

Other interesting news is that the State Elections and AGM is close to being held. The actual date is the 10<sup>th</sup> of March and any one who would like to watch proceedings is welcome (although voting is only allowed from elected delegates).

I have nominated for President and State Pension Officer and have convinced my old mate and glutton for work Sam Vecchio to run for Vice President. This position is not at all onerous as it only involves attending State Council Meetings 4 times a year and standing in for me at Official Ceremonies if I have been hit by the proverbial bus and am unable to make it.

We received an official reply signed by Tony (I'll shirt front you Abbott) in regards to our written complaint on your behalf re the up coming pension cuts. Tony was very sympathetic and apologetic when he said get f@&%\$#. There is hardly enough to give me a decent pay rise.

Well to next time gents, keep safe and as Roy used to say "*happy trails to you*" (God how old am I)

Greg Cant





## ST MARY'S RSL SUB-BRANCH REPORT

### LOCAL ANZAC CENTENARY ACTIVITIES

#### St Marys Served Australia in WWI

This school project involving 32 local schools draws to a culmination in April. The research done by all these schools will be collated and assembled into a single publication. This booklet will carry the stories of many local WW1 Volunteers and hopefully become a valuable local history document in the years to come. It will represent the reality of those brave volunteers who put their lives on hold while they 'answered the call' for 'King and Country'.

To view the culmination of all this work, come along to the **ANZAC Sunday Commemorative Service** on 19<sup>th</sup> April, beginning at 2.30pm with our annual march from Coachmans Park, Queen Street down to Victoria Park on the Great Western Highway.

As this is the centenary of that historic event, we ask all Sub-Branch Members to consider joining in the march – if walking 500m could be a challenge, still come along and jump in our support vehicle (let the Sub-Branch Secretary know days beforehand to keep you a seat).

The Service at Victoria Park will differ a little from previous years by way of a special activity involving the 32 schools to provide the primary focus for the Service.

Our **ANZAC Dawn Service** will no doubt attract record crowds this year at the Guns Memorial in the ground of St Marys RSL Club. This Service will also differ a little from recent years, so come along with your family, your neighbours, your friends. This Centenary of ANZAC certainly deserves your attendance.

As part of our Sub-Branch ANZAC Centenary activities, a **Special Concert** is being arranged for the evening of Friday 19<sup>th</sup> June at the St Marys RSL Club. Stay in touch with the Sub-Branch to find out when tickets are available. A great night of entertainment is promised.

The **Colin Shepherd OAM Memorial School Scholarship Program** for 2015 is underway. The six participating schools have agreed a set of topics to challenge their Year 10 students vying for one of the Sub-Branch's valued scholarships. The entries will be submitted by September and a Sub-Branch Presentation function will occur in November where the winning students will be presented with their awards.

November will be very busy for the Sub-Branch. In addition to the annual **Remembrance Day Service** in the grounds of St Marys RSL Club (10.40am on Wednesday 11<sup>th</sup>), this year we will welcome and support those participating in the **Centenary Re-enactment of the Coo-ee March**. This will take the form of a special Service, entertainment and a host of activities in the Penrith/St Marys area on Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> November. Victoria Park will be the focus of activities on Sunday 8<sup>th</sup>.

The Sub-Branch continues to conduct its monthly **General Meetings** on the second Wednesday of the month (except January), commencing at 6.30pm in the auditorium of St Marys RSL Club. The meeting generally lasts for up to an hour and is followed by a buffet dinner and refreshments to enable Members to share camaraderie. All Members are welcome and encouraged to attend and remain updated on Sub-Branch activities and affairs.

If a Member is unable to attend these meetings, a **Younger Members Sub-Group** has now been established. The group of Members keeps updated through a variety of other activities such as picnics, coffee mornings and via Facebook. The **Facebook** page for the Sub-Branch can be located at: <https://www.facebook.com/stmaryssubbranch> and it continually available to catch up on relevant information and activities of the group.

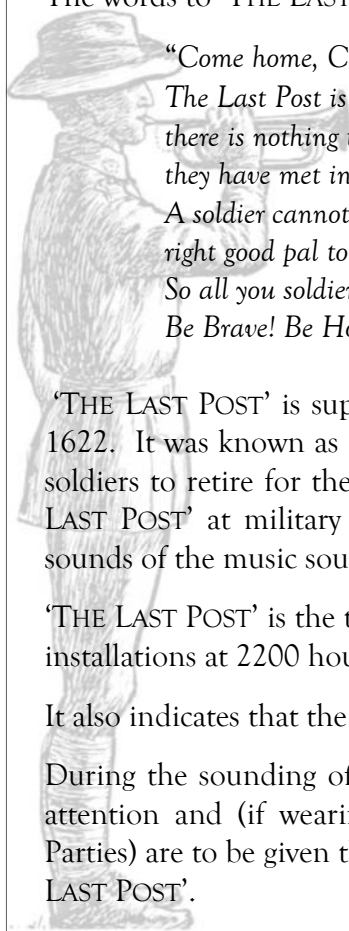
For general details about our Sub-Branch, have a browse at our **website**: [http://www.vvaastmarys.com.au/StMarysRSL\\_Sub-Branch/](http://www.vvaastmarys.com.au/StMarysRSL_Sub-Branch/). You'll find much history about the Sub-Branch, photos and reports on recent activities (Services and social events)

For any general enquiries or to find out more about any of the above, contact the Honorary Secretary .... Tony Fryer on 0414 557 692.

## THE LAST POST

'THE LAST POST' had its origins in the British Army.

The words to 'THE LAST POST' are:



*"Come home, Come home.*

*The Last Post is sounding for you to hear. All good soldiers know very well there is nothing to fear while they do what is right, and forget all the worries they have met in their duties through the year.*

*A soldier cannot always be great, but he can be a gentleman and he can be a right good pal to his comrades in his squad.*

*So all you soldiers listen to this - deal fair by all and you'll never be amiss.*

*Be Brave! Be Honest and True Men!"*

'THE LAST POST' is supposed to have originated in medieval times, about the year 1622. It was known as 'THE RETREAT' and usually played at 2200 hours to call the soldiers to retire for the night. It then became custom over the years to play 'THE LAST POST' at military funerals and commemorative functions where the closing sounds of the music sounds out the sad farewell to 'LIGHTS OUT, LIGHTS OUT'.

'THE LAST POST' is the trumpet or bugle call sounded in barracks and other military installations at 2200 hours each night to mark the end of the day's activities.

It also indicates that the soldier's day has drawn to a final close.

During the sounding of 'THE LAST POST' all members in uniform are to stand to attention and (if wearing headdress) salute. Armed parties (such as Catafalque Parties) are to be given the command, "Present Arms" prior to the sounding of 'THE LAST POST'.

*(Published with thanks to 5 Field Ambulance RAAMC Association magazine, winter 2014 edition)*



***Blacktown and Districts TPI  
Social and Welfare Club***

Blacktown and Districts TPI Social & Welfare Club meets on the First Thursday of each month (except January) at the Blacktown RSL Club. Meetings start at 1:00 pm

The Club is open to all TPI Veterans (including Veterans under the MRC receiving the Special Rate of Disability Pension), and welcomes their Carers and Friends.

To join the Club a Veteran must be a subscribing member of the TPI Association of NSW Ltd.

Apart from the Monthly Meetings the Club arranges at subsidised cost, a function, generally each month, which could be a Bus Trip, Luncheon, BBQ.

The Club's Welfare Officers also keep in contact through Hospital and Home visits to those who cannot make the Meetings.

A Newsletter is also distributed to all members, either by email or by 'snail mail'

For further Information, please contact the Hon Secretary: John Davison at

mobile: 0411737446 or email: [john.davison@optusnet.com.au](mailto:john.davison@optusnet.com.au).





# Congratulations

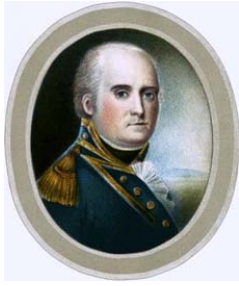
Thursday 26<sup>th</sup> February– Sam Vecchio is recognised for his dedicated service receiving a New South Wales Government **Community service Award**.

Sam received his Award from Tanya Davies MP (Member for Mulgoa) and Outpost Patron while a proud Kitty Vecchio watches on.



Everyone associated with the Veterans Outpost join with your colleagues in congratulating you Sam on this well deserved **Award** ... and on their behalf:

**“Bravo Zulu”**



## ST MARY'S GOVERNOR KING DAY CLUB

Sponsored by St Marys RSL  
Sub-Branch  
“ An RSL Service to the Community”



Since returning from our Christmas holiday we have had our annual general meeting which was chaired by the Sub Branch Secretary, Mr. Ted Fish.

Wal Charlwood was re elected as Coordinator, Don Watters as Treasurer.

After ten continuous years of volunteering at the Day Club, Michael Reilly is having a twelve month break and he and Jean are going touring, we wish them safe travelling.

Our ever faithful, Alan Greenwood has packed up and gone overseas again and will be away for about four months, things will be quite for a while.

If there is member of the St Marys Club who could spare an hour each Wednesday from 8.30am to 9.30am to assist with the setting up of the Day Club Room it would be very much appreciated. This involves setting up the tables and chairs.

There has been a new member join us and also a lady volunteer. There has been an average of 34 members attending since returning from the break which is keeping us in good standing.

Many thanks to our ladies for the work they carryout in preparing the lunches and the monthly BBQ is a great success and the members look forward to the BBQ day.

We have had a couple of country singer to entertain us and in the coming weeks we have a representative from the Dept Of Fair Trading coming to talk regarding the scams that are being tried out on the elderly members of the community.

If you know of a family member or friend that is looking for company of a Wednesday, they would be most welcome to join us in our frivolity. It will cost them \$4.00 which include morning tea and lunch.

So, keep well and healthy

Co-ordinator: Wal Charlwood

Address all correspondence:

Co-ordinator  
PO Box 3168  
St Marys South NSW 2760



### **Computer Training Classes**

Computer Classes are conducted at the Vietnam Veterans Train situated at the St Marys RSL Club in Mamre Road St Marys as follows:

Tuesday: 9.00 am - 12.00pm

Wednesday: 9.00AM - 12.00 pm (Ladies Class)

Thursday: 9.00 am - 11.00 am

Thursday classes teach Digital Photo manipulation using Photoshop Elements 5, only 5 students at a time. **Bookings essential.**

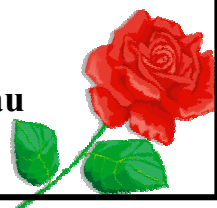
The Tuesday and Wednesday classes are informal and we teach mixed classes from the 'beginner' to the more experienced and retired seniors wanting to familiarise with current software and learn to use the Internet to send E-Mails and carry out research & other technology related issues.

**For more info call Keith 9833 4700 or email  
vietvet@tpg.com.au**

**Heavenly Celebration Funerals** believe that families want honest and comprehensive answers regarding their funeral arrangements. Our funeral home Web Site provides you with vital information to help relieve some of the burdens of this difficult time.

At Heavenly Celebration Funerals, we pride ourselves on providing quality products and dignified service at an affordable cost. We understand that the emotional and financial burdens can be overwhelming and our goal is to alleviate as much stress as possible during this time.

**Phone: 02 9623 6656 0418 250 242**  
**Email: michelle@heavenlycelebrations.com.au**  
**Web: www. heavenlycelebrations.com.au**



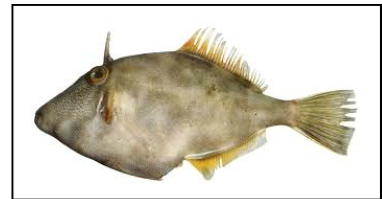
# FISHING REPORT

February 2015

The fisho's had their first fishing trip for 2015 on Wednesday the 4<sup>th</sup> - we went to Clarke Point Reserve, nine men attending.

On arrival we were greeted with new parking laws, and for your information it is \$3 for one hour, \$9 for the whole day. For holders of a Mobility Parking Scheme Permit parking is free but the Permit must be displayed. There is free parking on the road as you turn into the dock area.

The weather threatened rain, but for once God did love the Train washers. We fished till home time without a problem and the cloud cover made the day very pleasant. For all who scoff at the fishing group, this time fish were caught. At least 16 big leather jackets were taken home, and I can tell you the two that I cooked for tea that night tasted great. Phil Parsons was fisherman of the month with a bag tally of eight. After a good day's fishing we had a BBQ lunch and headed home before the work traffic started.



Fishing is on the first Wednesday of the month and all are welcome, the cost is \$10 - you get Breakfast, morning tea and lunch. If you wish to come along could you please let Reno know (0409 819 041) for catering. The boat trips are a different setup - just ask and you will be told. We leave from home at 5 in the morning.

The only rule that the fishing group has is that **no alcohol** is allowed. Coffee and tea is supplied - if you want anything other than that you have to bring it yourself.

Station Master Reno



## ST MARYS RSL WOMEN'S AUXILIARY

St Marys RSL Women's Auxiliary is a very active group of ladies who concentrate much effort into fundraising to support a variety of community activities/service groups in the St Marys district.

Our Auxiliary meet on the second Wednesday of the month at 11am in the St Marys RSL Club.

At present the Auxiliary has 17 members, and new members are more than welcome.

Coming Events:

- ➡ ANZAC Sunday - Victoria Park collecting for Legacy
- ➡ Dawn Service - ANZAC Day Raffle at the Club plus preparing & serving Breakfast.
- ➡ Easter Raffle at the Club

For more information contact:

President - Joan Miller Email: joanmiller53@bigpond.com

Secretary - Michelle McCallum Email: macka152@tpg.com.au

## ST MARYS RSL BOWLING CLUB

The bowling club invites all members and visitors to utilize the excellent facilities available with our two greens, spacious bowls lounge and function room. We have a great social bowls programme and free coaching for those interested in starting out. Bowls are available from the club, so there is no cost outlay to start your new pastime.

We also have a strong representation in both male and female pennant teams (representative) which is available to any member to enter. You don't have to be a champion bowler to play pennants. So come along and join in the fun.

### Social Bowls Programme

Tuesday	Any Pairs	9.30am Start
Wednesday	Any Pairs	10.30am Start
Thursday	Ladies Bowls	9.30am Start
Friday	Mens Pairs	1.00pm Start
Saturday	<u>Free Coaching</u>	10.00am – 12 noon
Saturday	Any Pairs	1.00pm Start
Sunday	Turkey Trots (mixed Bowls)	9.30am Start

Contact the Bowls Office via Club Reception on 9623 6555



Bowling Club Greens and Function area.



# VVAA ST MARY'S OUTPOST EDUCATION PROGRAM REPORT

## FEBRUARY 2015

Finally the National History Syllabus is being implemented across Australian Schools and Colleges. Previously States and Territories have responded to their own History teaching requirements. Several years back the Vietnam War Topic was a compulsory study for NSW students, now, along with WW1, WW2 and our other conflicts and peace keeping operations, the Vietnam War is an optional study topic for all senior high school students.

The Outpost Education Program will continue to respond to schools/colleges requesting the highly evaluated and very popular presentation delivered by Outpost members. The achievements of the Outpost Education Program, noted in previous newsletters and reports very clearly shows the value students and teachers see in having primary resource presenters visiting the classroom.

Across 10 plus years the Outpost Education Program has managed to respond to almost every request for a school visit. The plan for 2015 is to continue with the program delivery and evaluate future operational matters later this year.

To date this year 21 requests for school presentations are already being planned so another busy and rewarding program is anticipated.

The February outreach visit to Parkes and Gilgandra High Schools was again most memorable.



Charlie, Tom (Chris Nelson's nephew) and Luke – at Gilgandra High

Our presentation at Parkes High to approximately 100 students was dedicated to two old boys of the school. Captain Anatoly Danilenko (MID) Australian Army Training Team Vietnam was KIA in Quang Tri Province on Anzac Day 25 April 1968. Private Douglas Powter, 6<sup>th</sup> Battalion RAR (National Serviceman) was a reinforcement to D Coy 6 RAR following the Battle of Long Tan. Powter together with WO Jack Kirby and two other Australians were KIA by a drop short from 161 New Zealand Field Battery. Both these men's photos hang proudly in the Administration Office of the school and they are buried at Parkes War Cemetery.

Our presentation at Gilgandra High (visit number 10) to approximately 60 students was dedicated to two local men. Pte Michael Noonan of C Coy 4RAR/NZ (ANZAC) Battalion was KIA 13 September 1968 during Operation Hawkesbury while clearing a large bunker system. Pte Chris Nelson, Vietnam Veteran (Signals Corps) died a few years ago from war caused medical concerns. Both these servicemen are buried in Gilgandra Cemetery.

Specifically commemorating Veterans of the Vietnam War as a part of the School Education Program is very significant and adds a real depth of meaning to student/teacher/veteran interaction.

Vin Cosgrove OAM  
VV Education Program  
Outpost Education Program



## THE LAST POST FOR BARRY EVANS

Barry served in Vietnam with the 1<sup>st</sup> Battalion Royal Australian Regiment (1 RAR) from 5/6/65 to 6/9/65. I first met Barry after we had just set up the VVAA out post at St Marys, he was a slow walking, slow talking man, as true and as loyal as the mid-night setting sun but do not be fooled by his laid back approach to life, I would not have liked to cross him.

I am here to say Barry wasn't a Saint in his younger days, but like a fine wine he matured and refined as he got older. When Barry found out that the Out Post Social Club was having a Christmas party for veterans, their kids and grand kids, he ambled up and spoke to us, about bringing a Harley or two. The Harleys went off faster than a brides' nightie, so much so that in the years to come, Barry arranged for 6 or 7 Harley bikes and 2 Harley trikes for grandmas and granddads and the little tots. The Harley's had big notes; some even had modified twin pipes.

St Marys RSL was of a different dimension in those days the kids were not allowed in the front door because of alcohol and pokies, not to be deterred Michael Wiesel came to the party and allowed us to use the side door to the auditorium.

There she was, riding into the auditorium, out of the afternoon sunlight the black silhouette of the Harley and the notes of the two stackers ring out at 6800rpm sounding like the tune of Jingle Bells and Santa (SJP), sitting on the back of the Harley waving and 120 kids shouting out "Hello Santa", because if they did not Santa would not leave them a present, then total tranquillity, for a fleeting second or two.

To best of my knowledge Barry arranged the Harleys for 6 to 7 years at the Out Post, Christmas Parties, and when I approached him about paying some petrol money, his reply was its okay, "just a thanks 'ill do". A friend in need is friend indeed and that was the quite one Barry Evans.

To Barry's family, on behalf of the VVAA St Marys Out Post and the Sub-Branch, we extend to you, our thoughts and our prayers, Barry has been taken from our sight, but not from our hearts and minds.

Barry now rides the big road in the sky, with his four stacker Harley, with the sweet sounding notes, seducing the big boss up stairs, to be admitted to Gabriel's' brass band, with his Harley of course.

### *Accountability and Credibility*

PK Devine  
Inaugural President

C Doust  
Inaugural Secretary





# DVA facts made easy

RECEIVE THE BENEFITS YOU DESERVE

**THAT TRAIN** Have you ever thought, what is the real function of “That Train”, just sitting there on the Corner of Hall Street and Mamre Road, St Marys?

The brainchild of a small but dedicated group of Vietnam Veterans in association with St Marys RSL, saw a need to establish an All Services Welfare and Drop In Centre staffed by qualified non government consultants who could assist and advise all veterans and dependents with the very confusing formal applications that are required by DVA.

Free, Confidential help in all things DVA and much more....

- \* War Widow/Widowers Pensions
- \* Medals
- \* Children's' Education
- \* Scholarships
- \* Bereavement
- \* Transport
- \* Hospital Visitation
- \* Military Themed Funerals

We also have....

- \* Social Events
- \* Computer Classes
- \* Outings

Why not drop in and have an informal chat about your needs and concerns.

## **MICHAEL JOHN FITZGERALD SOLICITOR**

**Level 8  
65 York Street Sydney 2000**

**Phone: 9283 2500 or 0419 440 990**

**FAX: 9283 2600  
ABN 18095746334**





# ANZAC Centenary

Commemorative  
March and  
Service

*St. Mary's  
RSL  
Sub-Branch  
invites  
everyone to  
march or  
show your  
support*

*St. Mary's  
schools will  
be involved  
in the service*

*"Coo-ee-  
Won't YOU  
come ? "*

*Sunday  
19th  
April*

Starts at 2.30 p.m. at the Coachman's Park  
Culminates at Victoria Park via Queen Street  
**JOIN US FOR THE SERVICE**



# DAWN SERVICE 2015

ST MARY'S RSL CLUB

25<sup>th</sup> April 2015



The Dawn Service will commence at 05.30am at the Guns Memorial in the grounds of St Marys RSL Club. It will be preceded by a series of appropriate short videos on the two large screens. The Service will proceed along usual lines with live video streamed to the screens so that all in the expected the large crowd have clear vision of the event. The Service will be followed by breakfast for those who wish to move into the Club.



## Gallipoli 100th Anniversary



# WESTERN HIRE CARS

Chauffeur Drive Service  
Friendly & Reliable Service  
Experienced Local Drivers

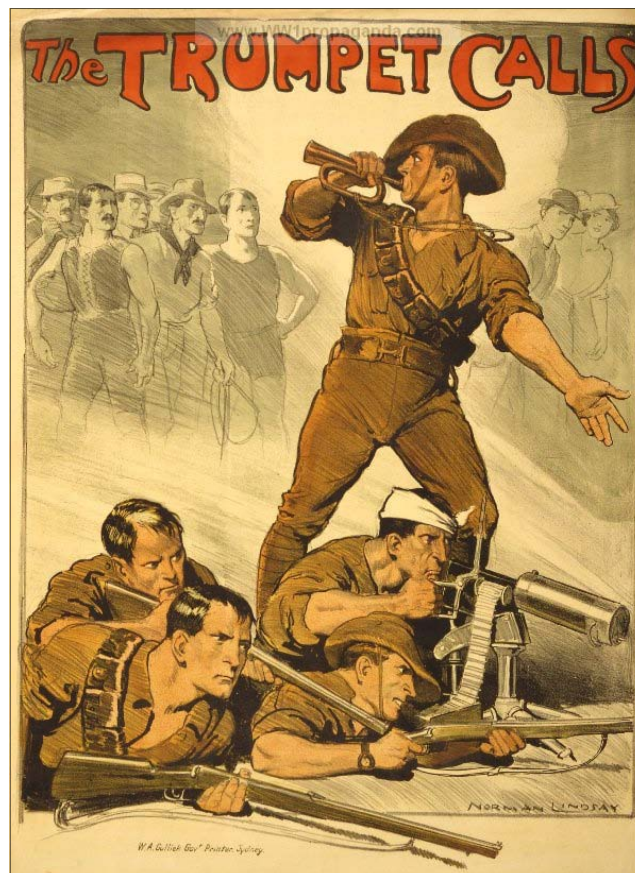
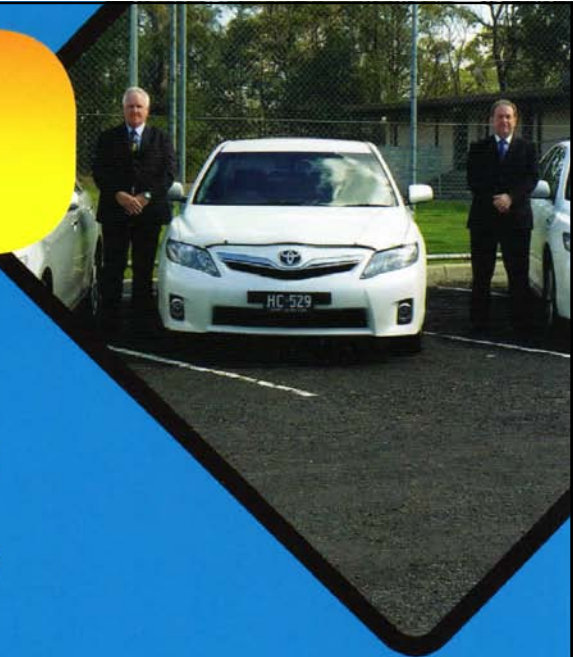
- MEDICAL APPOINTMENTS
- AIRPORT
- CRUISE SHIP TRANSFERS

We Accept All Major Credit Cards



[westernhirecars@bigpond.com](mailto:westernhirecars@bigpond.com)

**CALL NORM 0412 673100**  
**LOCALLY OWNED**





**Penrith / Warragamba / Erskine Park**

- Do you have foot, knee or back pain?
- Do you have trouble reaching your feet?
- Would you like a second opinion?

Did you know that if you have a DVA Gold Card that you are eligible to see a Podiatrist?

At Sole Solution Podiatry we treat all lower limb conditions in many returned service men and women and are recommended providers of actively serving defence members.

*We can help with:*

- General Foot Care
- Blood Flow Testing
- Orthopaedic Footwear Referral
- Foot, Knee and Back Pain Assessment and Treatment
- Diabetes Assessment
- Orthotics
- Massage

Please call us on 47362211 to schedule an appointment

Teacher says, "OK class, I'd like you all to tell me what you need at home."

Susie says, "We need a computer".

Wendy says, "We need a car".

Johnny says, "We don't need anything Miss".

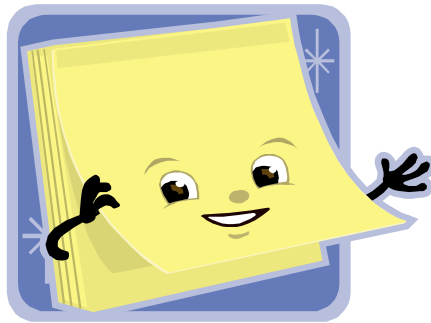
Teacher says, "Come on Johnny, everyone needs something?"

"No Miss, my sister came home with her new Pakistani boyfriend and said she's in the family way.

So me Dad said : "Well .... 'That's all we bloody need!"







## **IMPORTANT MESSAGE REGARDING DAYS OF OPERATION FOR PENSIONS AT THE VVAA - ST MARYS OUTPOST**

Pension claims at the 'Train' are now carried out on Monday, Tuesday, Wednesday, Friday between the hours of 9.00am to 1.00pm, however, these timings are flexible depending on availability of Pension Officers.

Anyone wishing to see a particular Officer should phone the office first to ensure they will be in attendance.

Veterans attending the 'Train' for the first time to start a claim should allow for at least two hours for the interview as initial interviews can be time consuming.

Interviews are carried out on a 'first in first served' basis

## Community Information

### Minchinbury Community Hospital

#### Do you suffer from any of the following conditions?

- Arthritis
- Anxiety
- Musculoskeletal injuries
- Obesity
- Diabetes
- Cardiovascular Disease
- Depression
- Stroke
- Parkinson's Disease
- Osteoporosis
- Fibromyalgia
- Post traumatic stress disorder
- Multiple sclerosis
- Cancer recovery
- Food Allergy
- Low back pain

Your Physiotherapy & Hydrotherapy may be covered by your Health Fund with **NO OUT OF POCKET EXPENSES!** Ask us how? Ph: 02 9625 5555.

**Minchinbury Community Hospital is currently running the EPC service! Contact us for more details.**



Minchinbury Community Hospital can offer Medicare and Workcover NSW approved supervised treatment sessions PLUS provide clinically necessary exercise physiology treatment for entitled DVA clients upon referral from their GP. The individualised programs can be completed in our Hydrotherapy pool and Gym. For any further information please contact us on (02) 9625 2222.

For those who haven't heard,  
Washington State just passed two new laws - gay marriage and legalized marijuana.  
The fact that gay marriage and marijuana were legalized on the same day makes perfect biblical sense because Leviticus 20:13 says  
"If a man lies with another man they should be stoned."  
We just hadn't interpreted it correctly.





## IN FLANDERS FIELD A FOLLOW-UP



Major John McCrae

The verses were sent anonymously to *"Punch"*, who published them in their next issue, printing them in the heavy type they only rarely use. The verses were published under the title *"In Flanders' Fields"*.

In May 1918, Colonel McCrae was brought as a stretcher case to one of the big hospitals on the coast of France. On the third evening he was wheeled to the balcony from his room to look over the sea towards the cliffs of Dover. The verses were obviously in his mind, for he said to the Doctor who was in charge of his case;

*"Tell them this; if ye break faith with  
us who die, we shall not sleep".*

An American lady, a schoolteacher, Miss Moina Michael, read the poem *"In Flanders' Fields"* and wrote a reply:

### *"WE SHALL KEEP THE FAITH"*

Sleep sweet - to rise anew;  
We caught the torch you threw,  
And holding high we kept  
The faith with those who died.

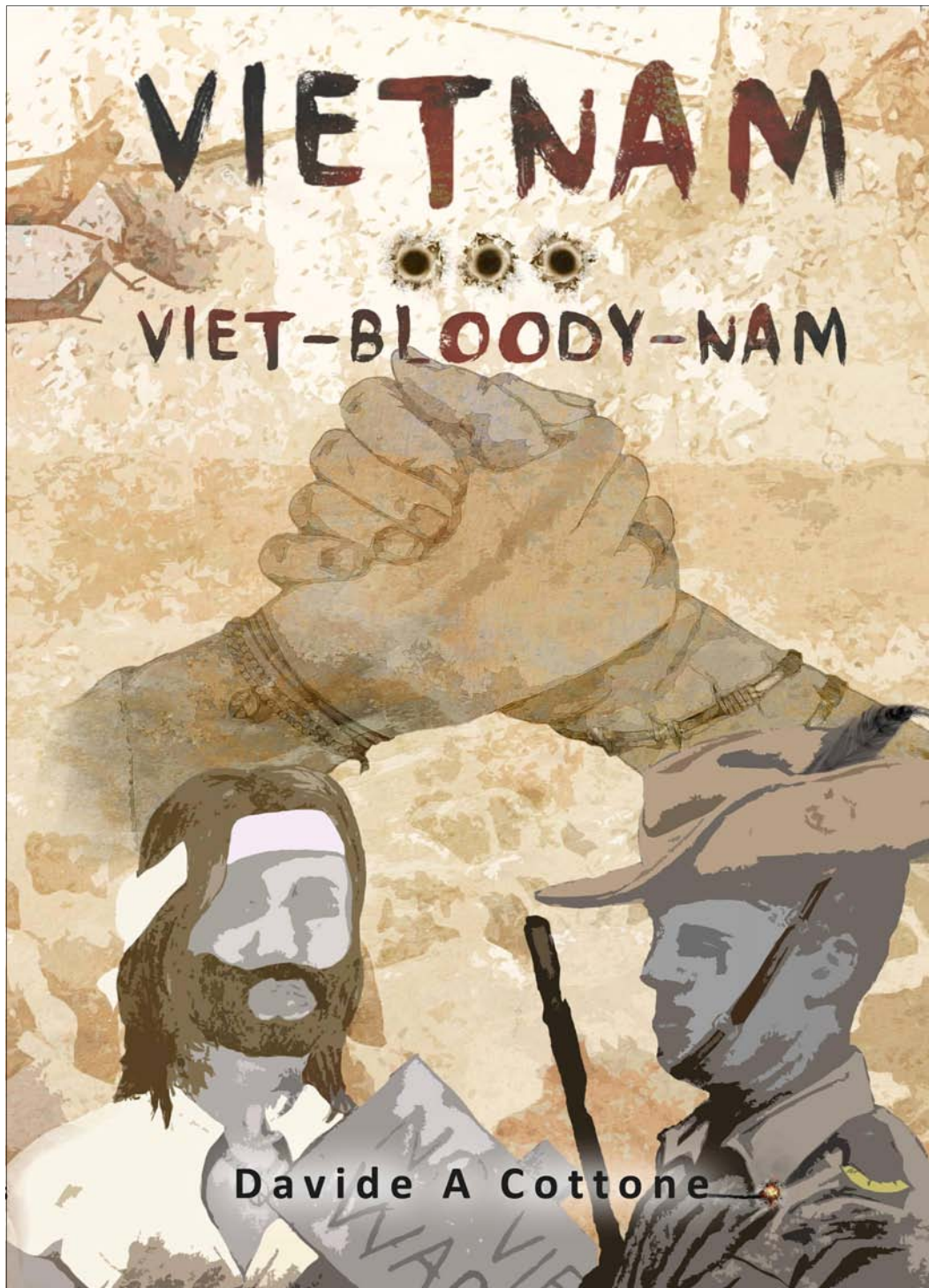
We cherish too, the Poppy red  
That grows on fields where valour led,  
It seems to signal to the skies  
That blood of heroes never dies,  
But lends a lustre to the red  
Of the flowers that bloom above the dead  
In Flanders' Fields.



Moina Belle Michael  
(1869-1944)

And now the torch and poppy red  
Wear in honour of our dead.  
Fear not - that ye have died for naught,  
We've learned the lesson that ye taught  
In Flanders' Fields.





The story revolves around two childhood friends, Manfred and Tony, who were nurtured in the country-side in the fifties and enjoyed the utopia of a nation at peace that was carefree and full of hope after WWII. Vietnam replaced all that with a dystopia where conflicting ideologies trapped one in the dehumanising cauldron of war and spat out the other onto the streets in protest against it. As they tried to adjust to a new divided Australia one hid from the society that spurned him while the other sought solace in the hippie communes of the North. Years later, they are reunited and find a way to re-enter the paradise that Vietnam ... Viet-BloodyNam, stole from them.

**Email:** [piebooks@yahoo.com](mailto:piebooks@yahoo.com) **Web:** [www.piebooks.net](http://www.piebooks.net) **Mob:** 0408709094

## ARE YOU ENTITLED FOR CLINICALLY NECESSARY TREATMENT WITH AN EXERCISE PHYSIOLOGIST?

**DVA gold card and white card holders with a D904 referral from their GP will be eligible for treatment with our Accredited Exercise Physiologists.**

Our EP's can help with one on one treatment sessions;  
Gym based exercises

Hydrotherapy

Pilates

Increase balance and mobility

Diabetes management

Reduce and manage injuries

Prevention of chronic disease/illnesses

Our Exercise Physiologist's also run a group based exercise class for people with Type 2 Diabetes. Our Back on Track Program runs under a "Type 2 Diabetes Group Allied Health" referral from your GP.



UNIT 2/51 YORK ROAD, PENRITH NSW 2750

PH: (02)4732 4497

WWW.WSSMC.COM.AU



Our Exercise Physiologist's with three of our veterans that train in the gym and at the pool with us weekly.

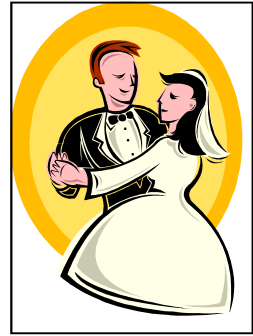


## ST MARY'S RSL CLUB

### CORNER MAMRE ROAD & HALL STREET

If you are planning one of life's magical moments, looking for somewhere to host your next business function, or just planning a party for your family and friends, then leave it to us to organise everything you need for that special day.

St Marys RSL & Ex-Servicemen's Club has a range of fantastic function facilities to suit most needs. Let our experienced and dedicated staff ensure that your most special of days is truly memorable. At St Marys RSL Club we will ensure that every aspect of your Wedding is planned to perfection with a variety of flexible menus and packages to sit any budget and spectacularly refurbished rooms.



Perfect for Meetings, Conferences, Seminars, product launches and exhibitions, St Marys RSL Club is the ideal venue for your next business event with:

- 120 person capacity conference room
- Full range of audio visual equipment
- A variety of flexible menus and packages to suit
- Excellent car parking facilities
- 



We offer you only the best in professionalism and attention to detail. St Marys RSL & Ex-Servicemen's Club has the room perfect for all occasions, including:

- Birthdays & Family Reunions
- Retirements & Social Events
- Themed Parties & Special Celebrations

For further particulars call us on 9623 6555

## AE2 - “THE SILENT ANZAC”

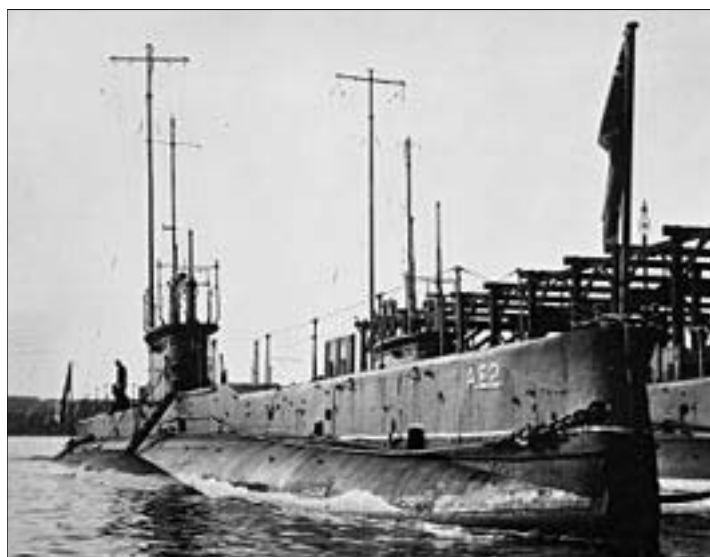
HMAS AE2, known as the ‘Silent ANZAC’ was the first submarine to penetrate the Dardanelles Strait in 1915, on the very morning ANZAC soldiers landed at Gallipoli.



**HMAS AE2** (originally known as AE2) was an E-class submarine of the Royal Australian Navy (RAN). One of two submarines ordered for the fledgling navy, AE2 was built by Vickers Armstrong in England and was commissioned into the RAN in 1914. Together with her sister submarine, AE1, the boat then sailed to Australia in what was, at the time, the longest voyage ever undertaken by a submarine.

After the start of World War I, AE2 was sent to German New Guinea with the Australian Naval and Military Expeditionary Force, then spent time patrolling around Fiji. With no need for submarines in the Pacific or Indian theatres, AE2 was towed to the Mediterranean, and arrived off Egypt in early 1915. The boat was assigned to the Dardanelles Campaign, and was the first submarine to successfully penetrate the waterway and enter the Sea of Marmara. With orders to "run amok" inside Turkish territory, AE2 operated for five days before mechanical faults forced her to the surface, where she was damaged by the torpedo boat *Sultanhisar*. The submarine was scuttled by her crew, all of whom were captured.

AE2 was the only RAN vessel lost to enemy action during World War I. The Rahmi M. Koç Museum began searching for the wreck in 1995, and found it in 1998. After another expedition in 2008, the Australian and Turkish Governments decided to leave the boat in place.

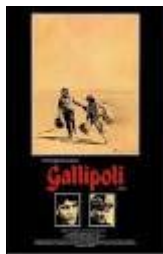




## ***Nepean Wives of Vietnam Veterans Women's Support Group***

*This is a non-profit community based support group for wives of veterans and are part of the VVAA St Marys. The group meet on the second Thursday of each month at 10.00 am at the St Mary's RSL Youth Club Hall.*

***Phone: Maureen 0418 253 199 or Maree 0411 679 230***



**Posters  
from  
World War I**

### **BUDGET CUTS**

The AMA has weighed in on Joe Hockey's proposed changes to Australia's health services. The Allergists voted to scratch them, but the Dermatologists advised not to make any rash moves. The Gastroenterologists had a sort of a gut feeling about it, but the Neurologists thought he had a lot of nerve. The Obstetricians felt he was labouring under a misconception. Ophthalmologists considered the ideas short-sighted. Pathologists yelled, "Over my dead body!" while the Pediatricians said, "Oh, Grow up!"

The Psychiatrists thought the ideas were madness, while the Radiologists could see right through them. The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing. The ENT specialists didn't swallow it, and just wouldn't hear of it.

The Pharmacists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter...." The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea. The Anesthetists thought the ideas were a gas, but the Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the a@%\$&\*+s in Parliament!



# ST MARYS RSL YOUTH CLUB

## ACTIVITIES FOR ALL



BOXING

0425 302 432

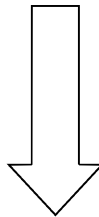
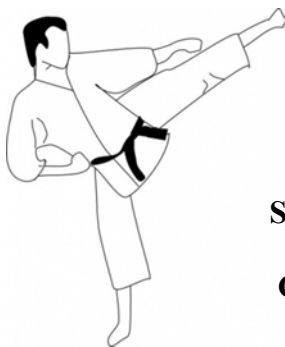
JUDO

0403 218 871

KARATE

0417 285 128

GENERAL ENQUIRIES 0451 144 797



**ST MARYS RSL YOUTH CLUB  
(NEXT TO RSL CLUB)  
CNR MAMRE RD & HALL ST  
ST MARYS 2760**

### Understanding Engineers

Three engineering students were gathered together discussing who must have designed the human body.

One said, "It was a mechanical engineer. Just look at all the joints."

Another said, "No, it was an electrical engineer. The nervous system has many thousands of electrical connections."

The last one said, "No, actually it had to have been a civil engineer. Who else would run a toxic waste pipeline through a recreational area?"



### LIST OF ADVERTISERS

OzWay Realty.....	2
Blacktown and Districts TPI Social & Welfare Club.....	6
Heavenly Celebrations Funerals.....	9
St Marys RSL Bowling Club.....	11
Michael John Fitzgerald - Solicitor .....	15
Western Hire Cars .....	18
Sole Solution Podiatry .....	19
Minchinbury Community Hospital.....	21
Western Sydney Sports Medicine Centre.....	24
St Marys RSL Club.....	25
St Marys RSL Youth Club.....	28

The "Outpost News" expresses its grateful appreciation  
to all the advertisers that support this publication.

**St Mary's RSL Sub-Branch**  
**Corner Mamre Road and Hall St.**

The RSL Sub-Branch monthly meeting is held the second Wednesday of each month at 6.30 pm in the auditorium, refreshments provided. The office is open most mornings between 10.00am-12noon and can be contacted on **9623 6555**.

**St Mary's RSL Sub-Branch Committee**

President:	Ron Kelly	0408 684 276
V/President:		
V/President:		
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Tony Fryer	0414 557 692
A/Secretary:	Ron Blakely	0411 131 849
Committee:	Greg Cant	0425 208 622
	Michael Wiesel	02 9623 6555

**VVAA ST MARY'S OUTPOST COMMITTEE**  
**PHONE: 02 9833 4700 FAX 9833 4022**

President:	Tony Mullavey	0416 231 993
V/President:	Greg Cant	0413 963 985
Secretary:	Sam Vecchio	0418 247 325
Treasurer:	Ted Fish	02 9833 4700
Assistant Treas.	George Perrin	02 9833 4700

This newsletter is produced and printed at the VVAA St Mary's Outpost in association with the St Mary's RSL Sub-Branch. it is provided free of charge to members of both Associations. Views and statements made within the magazine are not necessarily the views of the St Mary's RSL Sub-Branch or the VVAA St Mary's; the Editor and the organisations are not giving legal, accounting or other professional advice and therefore do not accept any responsibility for the accuracy of the opinions or information contained in the magazine. We believe that the sources are accurate at the time of publication. Care should be exercised by readers who attempt to use this publication as a source of reference material for any purpose other than its intended use, which is light informative reading on topics of interest for the Veterans of both associations.

John Davison - Editor

**If Undelivered Return To:**  
**VVAA St Mary's Outpost**  
**PO Box 3049**  
**South St Mary's NSW 2760**  
  
**Print Post Approved**  
**100005048**

**PRINT**  
**POST**  
  
**100005048**

**POSTAGE**  
**PAID**  
**AUSTRALIA**