

# WESTERN OUTPOST NEWS



**AUTUMN 2016 ISSUE**

St Mary's Outpost the  
'Train of Knowledge'

## St Marys Veterans Centre

St Marys Outpost - VVAA  
& St Marys RSL Sub-Branch



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### **DEADLINES FOR PUBLICATION**

Winter 2016..... 20 May 2016

Spring 2016..... 26 August 2016

Summer 2016..... 18 November 2016

Autumn 2017..... 24 February 2017

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 Marys 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**

# St Marys Vietnam Veterans Outpost

## President's Report

Our AGM was held on Sunday 28th of February with all positions being filled.

The results are....

<b><i>President</i></b>	Tony Mullavey		
<b><i>Vice Presidents</i></b>	John Foeken	George Perrin	
<b><i>Secretary</i></b>	Sam Vecchio	<b><i>Assistant Secretary</i></b>	Graham Breckell
<b><i>Treasurer</i></b>	Ted Fish	<b><i>Assistant Treasurer</i></b>	George Perrin

Appointments....

<b><i>Senior Pension Officer</i></b>	Tony Allen
<b><i>Welfare and Funerals</i></b>	John Foeken

I take this opportunity to thank George Perrin for putting his hand up at the 2015 AGM to look after funerals. It is people like this that make the St Marys Outpost such a good organisation to be a part of, thank you George.

For those of you who have not been near the Outpost of recent times, there is a new toy sitting on the grounds courtesy of St Marys RSL Club Ltd and St Marys RSL Sub-Branch. It is the Armoured Personal Carrier first talked about 7 or 8 years ago. The "APC" arrived on 26th of February to the delight of members and officials. In attendance were Fiona Scott MP, Federal Member for Lindsay, Ron Kelly President, St Marys RSL Sub Branch, Tony Fryer Secretary, St Marys RSL Sub Branch Sam Vecchio Secretary, St Marys Outpost. Armoured Corp Vietnam Veterans in attendance were Tony Fryer, Uwe Schoenherr and Frank Woodford. The crane arrived at 06:55 and began setting up, with the low loader carrying the APC turning up at 07:05. The Crane operators set about their work of lifting the APC off the low loader and settling it into it's new home, watched on by a rather large spectator group standing on the platform.

This year marks the 50<sup>TH</sup> ANNIVERSARY OF LONG TAN as well as the  
50<sup>TH</sup> ANNIVERSARY OF THE 1<sup>ST</sup> AUSTRALIAN TASK FORCE.

Weather permitting our Vietnam Veterans Day service will be held at the memorial stone next to the guns.

***A reminder to all, this year's Anzac Dawn Service at the guns will commence  
at 5:00 am.***

Tony Mullavey  
President  
VVAA St Marys Outpost





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## ST MARYS RSL SUB-BRANCH REPORT

Welcome to yet another great ANZAC Centenary Year. I hope that good health is with you and remains with you throughout the year; if you're not travelling too well, I hope that your health improves quickly ... and if there's anything the Sub-Branch can do to help, please put up your hand.

From our recent Annual General Meeting (AGM) in February, we again nominated the Pension and Welfare Teams from the St Marys Veterans Centre to look after the related needs of our members. If they can help, please call or visit the Train.

Our Sub-Branch Executive remains unchanged for the final year of the three year term from 2014, while the general Committee expanded to include Dave Cuff. Sam Vecchio again took up the challenge with the Social Guild and our Far West Metropolitan District Council representatives remain unchanged.

I know that the ANZAC Centenary Services Committee for 2016 is well down the track with planning for our April Services (Sunday 17<sup>th</sup> April for our local march and Service; Dawn Service on the 25<sup>th</sup>). One critical change from previous years that you see emphasises over the coming weeks, is that the Dawn Service will start 30 minutes earlier ... i.e. it starts at 5.00am. Again, we are asking local schools to participate in the Services.

If you've been to the Train or the RSL in recent weeks, you will have noticed the addition of an M113 Armoured Personnel Carrier to our display. This vehicle, from the Vietnam era in particular, becomes an extension of our War Memorial and will be connected to the Guns via a concrete path in due course.

We intend to upgrade the Service area at our Guns War Memorial to elevate the Memorial Stone and area where the Catafalque Party stands. As we are waiting on news regarding our State Government grant request, we have decided to postpone this work till mid-year.

Once again we are close to initiating this year's School Scholarship competition among the schools with whom we have a Deed of Agreement. Topics will be set and the schools will conduct the activity the way that fits with their individual needs.

Besides our ANZAC Services, we will be conducting our final local Boer War Service on Sunday 29<sup>th</sup> May as the National Boer War Memorial will be established next year. In addition, we will conduct our usual Remembrance Day Service on 11<sup>th</sup> November.

We will again be working with the VVAA St Marys Outpost to arrange a special commemoration for the 50<sup>th</sup> Anniversary of the Battle of Long Tan. Check the Sub-Branch website for details of this and other Commemorative Services.

(<http://www.vvaastmarys.com.au/StMarysRSLSubBranch/>)

Following an enjoyable presentation by O J Rushton (from the RSL Rural Commemorative Youth Choir) at the February meeting, and as a result of discussion with Members, we are now seeking a music teacher who may be interested later this year, in establishing an interested group of school children under our Youth Club banner.

Finally, as I said earlier, if you need a hand from the Sub-Branch, please put up your hand.

Ron Kelly  
President  
St Marys RSL Sub Branch

## Our New “Arrival”

A joint request in 2006 was made by the St Marys RSL Sub-Branch, the VVAA St Marys Outpost and the St Marys RSL Club Ltd, for allocation of an M113 Armoured Personnel Carrier (APC) for use as a display item within the ground of the Train and as an extension to the existing registered War Memorial.

Almost 11 years later, vehicle number ARN 134497 arrived on 26<sup>th</sup> February for placement on the prepared site.



Tony & Frank reminiscing or salivating?!

This vehicle was requested for three principle reasons:

- \* This ‘family’ of vehicles has been in service with the Australian Army for more than 50 years ... most soldiers serving across all Corps will have had varying exposure to a variant of this vehicle, and will therefore be able to easily relate it to their service.
- \* Many Vietnam Veterans are particularly moved when they see one of the iconic reminders of their experiences – this often is the case when they see a Huey Helicopter, the HMAS Sydney or an APC ... we couldn’t afford to buy the Sydney and there were no helicopters available at the time of the request; this left us with an APC.
- \* The acquisition effectively expands our War Memorial; its location serves as instant recognition as an ESO facility offering pension and welfare services through our Veterans Centre.

From their first service in Vietnam, through to UN deployments and local exercises, the M113 family has protected and transported soldiers for 50 years.

### History of the M113

On March 19, 1965, the first M113A1 vehicles were issued to the Royal Australian Armoured Corps. 1 Tp, A Sqn, 4/19 PWLH, was the first unit to receive the new vehicles. The troop had less than two months to train on the new vehicles before five vehicles departed for Vietnam on May 27, 1965.

### Vietnam – the M113A1’s first war

The firepower and mobility of the armoured personnel carrier (APC) element deployed with 1RAR soon proved its worth. Meanwhile, 1 APC Sqn had been raised in Australia and relieved the troop in Vietnam in June 1966 as part of the new 1st Australian Task Force.

The squadron’s first major action came on August 18, 1966, when 3 Tp reacted with the task force reserve to relieve D Coy, 6RAR, at Long Tan (how coincidental that we received our vehicle at St Marys, 50 years after this Battle!).

3 Tp had only seven serviceable APCs but was reinforced by three carriers from 2 Tp, which had no gun shields or intercom. 3 Tp also had outdated radios, which had problems

communicating with the infantry and artillery. The radios and harness ordered with the vehicles still had not all arrived.

Long Tan accelerated a search for a protected station for APC crew commanders. In 1966, Army started trials with the T-50 turret, which could be fitted with two .30 machine guns or a .50/.30 combination. This proved an adequate short-term solution.

3 Cav Regt was raised in January 1967 with two squadrons – one in Vietnam and one training in Australia. The M113A1s and their crews performed exceptionally well in Vietnam, but were light armoured vehicles.

During Operation Bribie, in February 1967, one APC was destroyed by three hits from 75mm recoilless rifle and another destroyed by a mine made from a five-inch shell that blew the engine through the driver's compartment. Mines were to remain the main threat in Vietnam, requiring a belly armour program.

3 Cav Regt began to withdraw from Vietnam in late 1971, with the last APC troop leaving country in February 1972.

### **M113 Service in Australia**

Back in Australia, the M113A1 became the Army's light armoured fighting vehicle (AFV).

From 1967, a unique Australian vehicle had been developed by fitting a Saladin armoured car turret to an M113A1, adopted as the fire support vehicle (FSV).

As the ARA adapted to service in Australia, in 1972 the decision was made to equip all ARES units with the M113A1 vehicles. The simple and robust M113A1 proved an ideal vehicle for the ARES. Easy to maintain and drive, it permitted part-time soldiers with limited training time an opportunity to focus on tactics.

A new FSV based on the British Scorpion turret was accepted for service in 1976. It was the first RAAC AFV fitted with a passive (image intensifying) night sight. It was soon redesignated the medium reconnaissance vehicle (MRV).

In 1976, 5/7RAR became mechanised infantry. The mechanised role survived the de-linking of the battalions in 2007 but under Plan Beersheba the battalions converted back to light infantry in 2013. Armoured mobility to be provided by RAAC APC units.

The focus on operations in Australia led to increasing interest in wheeled AFV. In 1980, Project Waler examined replacing the Army's fleet of Light AFV. Both wheeled and tracked vehicles were considered. The Defence of Australia paper of 1987 focused on Northern Australia, leading to plans to relocate 2 Cav Regt to Darwin and re-equip it with wheeled AFV, leaving a reduced M113 fleet of about 600, some of which would be upgraded.

### **UN deployments of the M113**

In 1992-93, the Australian Government contributed to UN forces in Somalia. 1RAR Group formed the main part of Operation Solace, including two APC troops of B Sqn, 3/4 Cav Regt.

In 1994-95, the government accepted a further UN request for assistance in Rwanda. Operation Tamar initially involved a company of 2/4RAR deployed with a section of

three APCs, plus a fitters' vehicle. This was to be the first time RAAC AFVs were painted UN white.

In 1994, Army agreed on a M113 upgrade to consist of:

- \* Phase 1 - New turret with power traverse and elevation with single. M2HB QCB .50 machine gun. Spall liners and a cooled drinking water system were to be fitted, and the crew commander and driver provided with night-vision goggles.
- \* Phase 2 - This included a new engine and transmission, external fuel cells, appliqué armour and climate control system for crew compartment.

### **One more operation for M113A1**

In September 1999, the Australian Government sent a force to East Timor to secure the country while the UN prepared a peacekeeping force to take over. The Australian component of Interfet on Operation Warden included 2RAR and 3RAR, supported by B Sqn, 3/4 Cav Regt. With the two Australian battalions on the border, a third battalion was required to secure Dili and its surrounds. 5/7RAR (Mech) deployed with its M113A1s and proved the advantages of armoured mobility in the security role.

### **Towards M113AS4**

The M113AS3 concept was lengthened version to be called the M113AS4, while the short version remained the AS3. The upgraded M113 family have a new engine, drive train, electrical and fuel systems, as well as a redesigned internal layout to accommodate safe stowage in a variety of situations. The APC version has a new electrically operated turret with day/night weapon sights. The AS4 vehicle is lengthened, with the six, rather than five, pairs of road wheels each side providing an instant identification feature.

The M113 is planned to serve until at least 2025.

Pictures of the placement on the Back Cover





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Our New Welfare Coordinator and his wife, doing their Welfare thing recently visited Ron Blakeley who is recovering after a knee replacement. While they were in the room with Ron a nurse walked in took a look at John and Di and said “Hello, are you Ron’s parents?”.



## FISHING REPORT

Fishing has started again, our first trip was in February, ten men attending, Clark Point Reserve, the venue'

For the day's fishing the weather was near perfect, and after breakfast all went off to their fishing spot.

All fished hard, for no result, so morning tea became the order of the day, then back to the attack.

The perfect day just kept getting hotter and hotter, and by 11:00 all were seated under the shade, talking and waiting for lunch.



Bruce our apprentice cook and a couple of helpers did the honours lunch being served just after 12:00.

The result for the day, a lot of food eaten, a little sun burn, and not a fish to be seen, despite the effort that was put in.

Fishing is on the first Wednesday of the month of every month and all are welcome.

If you intend coming along please let me know for catering.

Stationmaster

Reno.







### Computer Training Classes

Computer Classes are conducted at the Veterans Outpost Train, situated at the cnr Mamre Road and Hall Street 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**

**Husband:** My wife is missing. She kissed me goodbye, said she'd be back soon and then went shopping. That was yesterday and she has not come home..

**Sergeant at Police Station:** What is her height?

**Husband:** Gee, I'm not sure. Maybe a little over five-feet tall.

**Sergeant:** Weight? **Husband:** Don't know. Not slim, not really fat.

**Sergeant:** Colour of eyes? **Husband:** Sort of brown I think. Never really noticed.

**Sergeant:** Colour of hair?

**Husband:** Changes a couple times a year. Maybe dark brown now, I can't remember.

**Sergeant:** What was she wearing?

**Husband:** Could have been pants, or maybe a skirt or shorts. I don't know exactly.

**Sergeant:** What kind of car did she go in?

**Husband:** She went in my truck. **Sergeant:** What kind of truck was it?

**Husband:** A 2015 Ford F150 King Ranch 4X4 with eco-boost 5.0L V8 engine special ordered with manual transmission and climate controlled air conditioning. It has a custom matching white cover for the bed, which has a matching aftermarket bed liner. Custom leather 6-way seats and "Bubba" floor mats. Trail-ring package with gold hitch and special wiring hook-ups. DVD with full GPS navigation, satellite radio receiver, 23-channel CB radio, six cup holders, a USB port, and four power outlets. I added special alloy wheels and off-road Michelins. It has custom running boards and indirect wheel well lighting. *At this point the husband started choking up.*

**Sergeant:** Don't worry buddy. We'll find your truck.



# VVAA ST MARYS OUTPOST EDUCATION PROGRAM REPORT

With 30 school visit bookings to date for 2016, another busy year is anticipated.

The program commenced school visits early February with an outreach visit to Gilgandra High (10<sup>th</sup> yearly visit), Parkes High and Mudgee St Matthews High. These visits involved a total audience of 425 students. Our country schools greatly appreciated the opportunity to utilise the Outpost Education Program 'Australia's involvement in the Vietnam War and the impact of that war on veterans and their families'.

Country presentations afforded the opportunity to specifically commemorate six veterans from their rural communities who were killed in action in Vietnam.

Parkes:

- \* Capt Anatoly Danilenko MID, AATTV, KIA 25 April 1968, Aged 24, Regular Army, 165 days in Vietnam.
- \* Pte Douglas Powter, 6RAR D Coy, KIA 7 February 1967, Age 21, National Service, 116 days in Vietnam.

Gilgandra:

- \* Pte Michael Noonan, 4RAR/NZ (ANZAC) C Coy, KIA 13 September 1968, Age 21, National Service, 116 days in Vietnam.

Mudgee:

- \* Corp Henry Suttor, 5RAR, KIA 16 November 1969, Age 26, Regular Army, 287 days in Vietnam.
- \* Gunner Christopher Sawtell, 12 Field Regiment, KIA 13 May 1968 Fire Support Base Coral, Age 19, Regular Army, 7 days in Vietnam.
- \* Pte Ronald Gaffney, 9RAR, KIA 16 December 1968, Age 21, National Service, 34 days in Vietnam.

NB There may well be others from these towns not mentioned.

Certainly there have been other Vietnam Veterans from these areas who have 'marched on' at an early age due to their active service.

Our military history and information documented on these six men, 'Lest We Forget', are a cross section of the casualties of Australia's involvement in the Vietnam War; ie:

- \* 3 Regular Army, 3 National Service
- \* KIA ages range from 19 to 26 years old
- \* Service: 5 Infantry, 1 Artillery
- \* Days in Vietnam between 7 and 287
- \* 3 were reinforcements following KIA or WIA incidents; eg:  
Pte Douglas Powter was a reinforcement to D Coy 6 RAR following The Battle of Long Tan. Sadly, he and 2 other diggers were KIA in a friendly fire incident along with WO Jack Kirby DCM, whose heroic actions during the Battle of Long Tan saved many D Coy men.

These facts help students understanding and appreciation of the words - 'they paid the supreme sacrifice'.

*They shall grow not old  
As we that are left grow old  
Age shall not weary them  
Nor the years condemn  
At the going down of the sun  
And in the morning  
We will remember them.  
Lest We Forget*

Vin Cosgrove OAM JP  
Outpost Education Program



PS ... Recent Parkes High teacher feedback:

*A student's mother reported to the History Faculty that the Outpost Education Team visit was the talk of the dinner table that night and had prompted the family to delve into their family military history.*

## Welfare Officers Needed

The Welfare Department of the VVAA St Marys Outpost and the St Marys RSL Sub-Branch are seeking the support of members and their partners in being trained to become Welfare Officers.

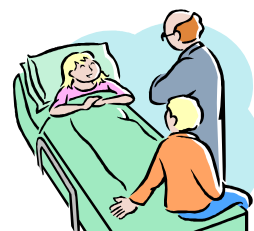
We need to rebuild the Welfare Department due to several members resigning because of ill-health and personal reasons

Anyone interested will be assigned to a qualified Welfare Officer and will be taken to visit DVA patients in different Hospitals and Nursing Homes on Tuesdays.

After you have been on several visits with different Welfare Officers and you are deemed to be suitable to carry out the duties of a Welfare Officer you will be asked to attend a TIP Welfare Course to become a fully qualified Welfare Officer.

If you think you would like to try and can spare a few hours on a Tuesday please contact John to arrange a meeting and more information.

H John Foeken JP - Welfare & Funerals Co-ordinator  
0409 329 688



### ***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.

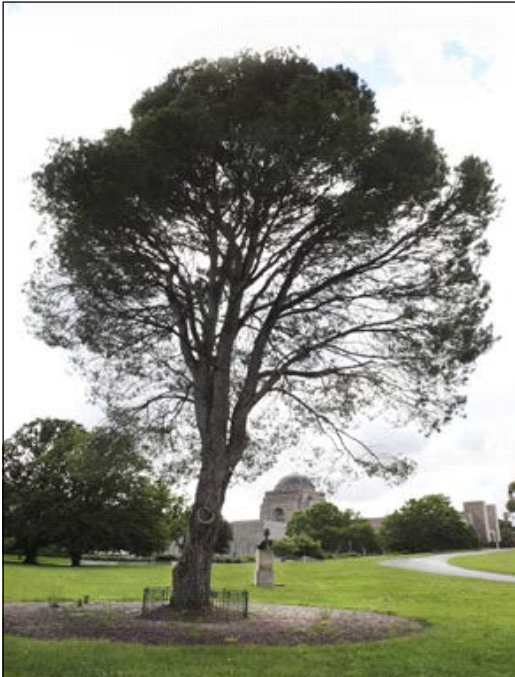
A Newsletter is also distributed to all members, either by email or by 'snail mail'

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).



## The story of the Lone Pine at the Memorial

On 6 August 1915 the 1st Australian Infantry Division launched a major offensive at Plateau 400 on Gallipoli. The ridges, once covered with the Aleppo pine, had been cleared to provide cover for the Turkish trenches, leaving just one solitary pine. The area became known as Lone Pine Ridge.



After three days of brutal fighting the Anzacs succeeded in capturing the enemy trenches, but this bloody action cost the Australians 2,000 men. The Turks' losses were estimated at 7,000.

After the battle, Lance Corporal Benjamin Charles Smith, 3rd Battalion, AIF, collected several pine cones from the branches used to cover the Turkish trenches. He sent the cones home to his mother, Jane McMullin, in remembrance of his brother Mark, who had died in the fighting on 6 August.

From one of these cones Mrs McMullin sowed several seeds, and successfully raised two seedlings. One was planted in Inverell, where both her sons had enlisted. The other was presented to the Australian War Memorial, to be planted in the grounds in honour of all the sons who fell at Lone Pine.

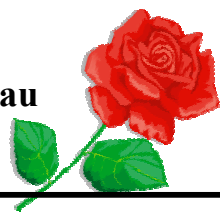
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**Heavenly Celebration Funerals** believe that families want honest and comprehensive answers regarding their funeral arrangements. Our funeral home Web Site provides you with vital information to help relieve some of the burdens of this difficult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

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**Web: [www.heavenlycelebrations.com.au](http://www.heavenlycelebrations.com.au)**



# Online Shop



The Australian War Memorial, in conjunction with Yarralumla Nursery, has released a new batch of Lone Pine seedlings available for purchase.

The Lone Pine seedlings – Aleppo pine (*Pinus halepensis*) have been grown from seeds collected from the Lone Pine tree at the Memorial, and propagated by Yarralumla Nursery.

The seedlings measure approximately 10–15 cm in height and are ideal for commemorative ceremonies.

Visit our website for care and planting information.

**We have a limited number of seedlings available. Don't miss out – order now!**

## How to order

To order your Lone Pine seedlings simply complete the order form and return to the eSales Unit (details listed below).

## Delivery

Seedlings are packaged in reinforced forestry tubing and sent through Australia Post by Express Post.

## Delivery Charges

1–5 seedlings: \$20

5–10 seedlings: \$40

More than ten seedlings: contact us for a quote

*Please note: owing to quarantine restrictions we are unable to send seedlings to Western Australia or Tasmania.*

## Collection

If you live locally or are visiting the ACT, seedlings can be collected by appointment. Please contact the eSales Unit to arrange collection, as stock is not kept at the Memorial.

## eSales Unit contact details

Email: [lonepine@awm.gov.au](mailto:lonepine@awm.gov.au)

Phone: (02) 6243 4555 (select option 3)

Fax: (02) 6243 4469

Mailing address:

eSales Unit

Australian War Memorial

GPO Box 345

Canberra ACT 2600



## AN INTERESTING OBSERVATION

- 1 The sport of choice for the urban poor is BASKETBALL / NETBALL.
- 2 The sport of choice for maintenance level employees is BOWLING.
- 3 The sport of choice for front-line workers is FOOTBALL.
- 4 The sport of choice for supervisors is CRICKET.
- 5 The sport of choice for middle management is TENNIS. And...
- 6 The sport of choice for corporate executives and officers is GOLF.



The amazing facts are, the higher you go in the corporate structure, the smaller your balls become. There must be a boat load of people in Canberra playing marbles !!!!

## **Current Repatriation Benefits for Gold Card Veterans**

### **As of 1<sup>st</sup> January 2016**

Here is the list of Pharmacy Medications available to Gold Card Veterans - but let me say that when you go to your doctor make sure you take the list with you as he/she may not be aware of all these medications being available to Veterans under the RPBS scheme; if you should have any problems ask your Doctor to contact **DVA Pharmacy approvals on 1800 552 580** for an Authority.

### **Repatriation Benefits List**

(The following is a list of products that are available on a Doctors prescription, for Gold Card Repatriation Patients)

#### **Skin Care:**

Sorbolene and Glycerine Cream, Calmurid Cream, Pinetarsol Solution, Hamilton Skin Therapy Wash, QV Bath Oil, QV Cream (DVA Authority required)

#### **Hair Care:**

Sebitar Shampoo, Sebi Rinse Conditioner, Nizoral Shampoo, Selsun

#### **Sun Care:**

15+ Cream, Lotion, and Solarstick, Ego Sun Sense 30+, Aquasun.

#### **Oral Hygiene:**

Savacol Aquae Spray for Dry mouth

#### **Allergies:**

Telfast, Claratyne, Zyrtec, Phenergan, Drixine Nasal Spray, Beconase Nasal Spray, Rhincort Nasal Spray, Sudafed, Demazin Tablets

#### **Cough Mixtures:**

Senagar & Ammonia, Durotuss

#### **Fibre Supplements & Laxatives:**

Nucolox, Normacol, Metamucil, Coloxyl with Senna, Senokot, Glycerine Suppositories.

#### **Dressings:**

Micropore Tape, Cutilfilm Plus Waterproof Dressings, Melolin Dressings, Handy Banages, Cotton Wool, Betadine Antiseptic, Solugels, Barrier Creams, Disposable Gloves, Prantal Powder, Bactroban Cream or Ointment.

#### **Antifungal Agents:**

Lamasil cream, Canesten Cream, Loceryl Nail Paint, Hydrozole Cream (DVA Authority required)

#### **Haemorrhoidal Treatments:**

Proctocedyl Ointment (DVA Authority required) Suppositories, Anusol.

#### **Ear Preparations:**

Ear Clear for Wax, Waxsol, Ceromol Ear Drops,

#### **Eye Drops:**

Ircal Eye Ointment, Refresh Tears Plus 15 mil.

#### **Vitamins & Minerals:**

Calcium sup Tablets, (Caltrate), Vitamin B1 (Betamin), Magnesium Tablets (Mag-Min), Accomin Liquid Tonic, OsteVit-D - (Vitamin D) (DVA Authority required)

#### **Joint Pain & Arthritis:**

Metsal Cream or Liniment, Arthro-Aid (Glucosamine), Osteomol 665 Paracetamol (*replaces Panadol Osteo Tablets*), Voltaren Emulgel (DVA Authority required), Fish Oil Capsules 1000mg (DVA Authority required)

#### **Sexual Health:**

Viagra, Cialis, Caverject

#### **Pain:**

Asprins - Cartia, Astrix Capsules, Cardiprin, Paracetamol, Ibuprofen, Panamax Co, Panadeine Forte.

#### **Weight Loss:**

Optifast, Xenical.

**Various:**

Nicorette Patches (Quit Smoking), Vermox, Ural Sachets (Urinary Alkalinizer).

\*Always check with your GP, as this list changes from time to time. (You could have been paying full price for any of these items without realising you could have them on a prescription, thereby reaching the Safety Net sooner. Remember after your **60 prescriptions per annum, at \$6.20 each** your prescriptions are free.)

Some Pharmacies are charging discounted scripts at \$5.20 each, be aware if you take the discounted price you will need to accrue **\$372.00 (72 scripts)** to reach the Safety Net.

## UNTAMED FLOWERS

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

invites everyone to march or show your support.

# Centenary of ANZAC



## Commemorative March & Service

Sunday 17th April

Schools, sporting & community associations across the  
St. Mary's area will be involved in the service.

March Starts at 2.30 pm from Coachman's Park.  
Culminates for Service at Victoria Park.

*(Note: Dawn Service on 25th April starts at 5.00am)*

**JOIN US FOR THE SERVICE**



St. Mary's RSL Sub-Branch will conduct its



# ANZAC DAY



Commemorative March & Service

Sunday 17th April

Everyone is invited to march or show your support.

St. Mary's area schools, sporting and community groups will be involved in the service.

The March starts at 2.30 pm at Coachman's Park and culminates for a Service at Victoria Park.

**JOIN US IN THE MARCH ... OR JUST THE SERVICE**

\*\*\*\*\*

# ANZAC DAY DAWN SERVICE

at St. Mary's RSL Club starting at

# 5.00AM

View all on the **BIG SCREEN** live video



## Nepean Wives of Vietnam Veterans, Women's Support Group.

Our support group for the wives of veterans, meets the second Thursday of each month, at the Youth Centre of St Mary's RSL. We currently have over 35 members and continue to welcome new members. This is our 16th year of operation and many great friendships have formed through the group.

The group also sponsors a craft group, that meets every Tuesday at 1PM to 4PM, at the Youth Centre, as well as an exercise group in Queen Street, St Mary's, from 11am to 12 noon, every Tuesday.

During the past six months, we have celebrated Christmas, had some interesting speakers, and displays, as well as attending a weeks retreat at Leura and had a bus trip to the Hunter Valley Gardens. Also a small group had a visit to Government House.

In October some of the members met with members of the Blacktown PVA group and packed Christmas boxes for our troops deployed over seas. A few years ago we sent off 16 parcels, this year we sent over 60 boxes. Thanks go to all our members that contributed items to send. We have received many a thank you note from defence members.



The Girls at the Laura Retreat

Donations of items for our Christmas hampers made some great raffle prizes, where we raised \$376.00. Thanks also goes to the members that helped pack, wrap and stack the hampers.

Future activities include our "Morning Tea for Cancer" in June, Christmas in July, a trip to Berrima/Bowral and speakers on diabetes and other relevant subjects.



Our group members also make hats and scarves, which are donated to the "Look good, Feel better" cancer support group. We are currently waiting for a seat to be erected at the Palliative Care Area at Mt Druitt Hospital, to assist patients and their visitors. These funds are allocated from money raised at the "Cancer Morning Tea", which totalled \$2375.00.

Any further information can be sought from....  
Maree Johnson (President) 0411 679 230 or  
Maureen Clements (Secretary) 0418 253 199.

Groups of Aussies were travelling by tour bus through Switzerland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing. "These," she explained, "are the older goats put out to pasture when they no longer produce." She then asked, "What do you do in America with your old goats?" A spry old gentleman answered, "They send us on bus tours!"





# 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.

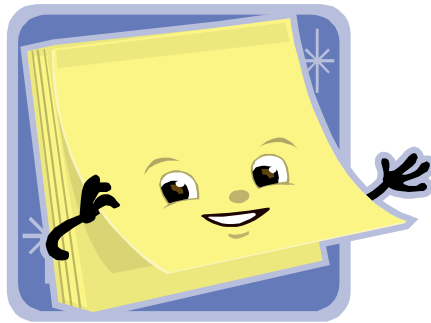
## **MICHAEL JOHN FITZGERALD SOLICITOR**

**Level 8  
65 York Street Sydney 2000**

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

**FAX: 9283 2600  
ABN 18095746334**





## **IMPORTANT MESSAGE REGARDING DAYS OF OPERATION FOR PENSIONS AT THE ST MARYS VETERANS CENTRE**

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.

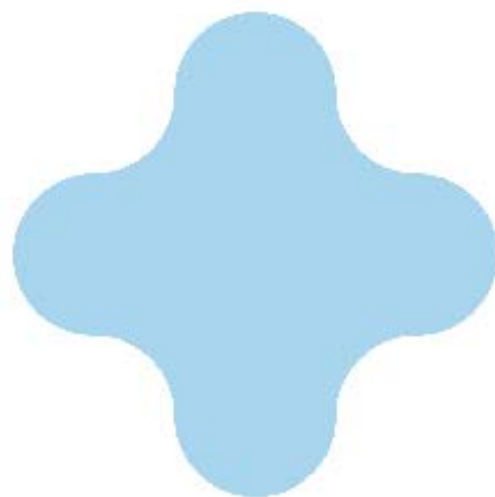
Interviews are carried out on a 'first in first served' basis.





We are  
EVOLVING

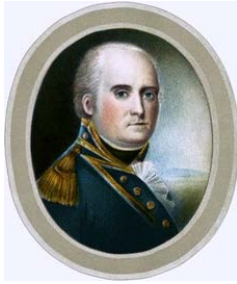
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## ST MARY'S GOVERNOR KING DAY CLUB

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



In December we took our members on the Hawkesbury River Paddle Steamer where we enjoyed a pleasant lunch while cruising up the Hawkesbury River.

Recently we have lost two of our regular ladies namely, Gloria Cooper and Jean Graham after long illnesses, however this has not had a great affect on our numbers with three new ladies joining our club.

Currently we have 14 dedicated volunteers and around 31 members, with our volunteers putting in between 300 and 340 hours per month looking after our members at the Centre and also on day trips, and I congratulate them on their efforts.

In January we held our AGM and Election of Officers and I would like to thank Ted Fish, who conducted the meeting and acted as our Returning Officer.

After many years of dedicated work Wal Charlwood stood down as Co-ordinator and so I was duly elected as the Day Club Co-ordinator.

We also have Allan Greenwood as my assistant, Don Watters as Administrator and Pat Charlwood as Deputy Administrator with Mick Rielly leading the Entertainment Committee.

Co-ordinator: Bob McCallum  
0418 601 238

Address all correspondence:  
Co-ordinator  
PO Box 3168  
St Marys South NSW 2760



Only in Australia do you get to see an "Eastern Brown" snake steal and eat a sausage off the BBQ!  
Picture was taken in the Blue Mountains.



## 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.

John McDougal heard about a doctor who charged ten pounds for the first consultation but only three pounds for every subsequent visit. So he walked into the doctor's surgery and announced, 'Here I am again, doctor.'



'Just keep up the treatment I prescribed last time,' said the doctor, who was also a Scotsman.

# DAWN SERVICE

During battle, the half-light of dawn was one of the most favoured times for an attack. Soldiers in defensive positions were woken in the dark before dawn, so by the time first light crept across the battlefield they were awake, alert, and manning their weapons; this is still known as the 'stand-to'.

After the First World War, returned soldiers sought the comradeship they had felt in those quiet, peaceful moments before dawn. A dawn vigil, recalling the wartime front line practice of the dawn 'stand-to', became the basis of a form of commemoration in several places after the war.

The Dawn Service is not an Army specific ceremony. It is a public ceremony normally conducted by the Returned and Services League of Australia with involvement across all three Services of the Australian Defence Force. The origins of the Dawn Service are not entirely clear and research is currently being undertaken by Australian military historians to ascertain the true beginnings of the Dawn Service.

It is probable that the holding of a commemorative service at dawn may have had its origins from either the military practice of 'stand to' at dawn on the battle field, or it may also have recognised origins from the dawn landing at Gallipoli on 25 April 1915.

Current research indicates there may be a number of 'first' Dawn Services held; they include:

- ♦ A service held on the Western Front by an Australian Battalion on 25 Apr 1916;
- ♦ A service held at Toowoomba Queensland in 1919 or 1920;
- ♦ A service conducted in Albany, Western Australia in 1923 (or later); and/or
- ♦ A service held at the newly build Cenotaph at Martin Place, Sydney in 1928.

It is conceivable that a number of 'Dawn Services' did occur independent of each other with participants not having any knowledge of the other services held in other locations.



Musician Robin Kidney from the Darwin Army Band sounds the last post during the 2011 1st Combat Engineer Regiment Dawn Service at Robertson Barracks, Darwin.





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## ANZAC

There's a mist rises up from the Cenotaph  
And circles the soldier's head,  
'Tis the tears of a nation in mourning,  
Remembering their dead.

The flowers on the wreaths which are placed there  
Will wither and soon fade away.  
Will the thoughts of those watching in silence  
Be forgotten till next ANZAC Day?

Long years have their bodies been lying,  
And mouldering in the clay,  
But their spirit lives on with their comrades  
And marches with them on ANZAC Day.

M Bentley  
Published in "Stand Easy" Wentworthville  
RSL, April 1991

A wind sweeps down from George Street  
And chills all the watchers there,  
But not so cold as the chill in the hearts  
Of those whom they seek in prayer.

No! Those dead are ever with them,  
By their absence they make themselves known.  
And he who could ever forget them  
Has a heart of the hardest of stone.





## THE ADMIRAL AND THE CHIEF

An old Admiral dies and goes to Heaven. He is met at the pearly gates by St. Peter who salutes crisply and says "Welcome aboard Admiral, for your dedication to your country and your navy a place in Heaven has been saved for you." The admiral returns the salute and says, "Thank you, but I wonder if you could answer a question for me?"

"Certainly" says Saint Peter.

"Well....." the admiral begins, "I have to know if you have any Chief Petty Officers up here. You see I have been plagued by them since I was a Middie. They are always up to no end of trouble and I just couldn't rest through eternity knowing somehow one has made it up here."

"No worries Admiral, I can't think of a single Chief who has made it up here yet," replies St. Peter.

Well, with that the admiral is off, checking out his new surroundings. Not long into his stroll around Heaven he sees a fellow sailor coming towards him, one arm around a beautiful woman, a bottle of rum clutched in his free hand, his grin wrapped around a big fat cigar, and to top it off his halo cocked to a salty angle on his head with that damned 'gold fouled anchor and wreath' on it no doubt about it folks this is a Chief if the admiral has ever seen one!

Doing an immediate about face the Admiral marches back to the pearly gates and confronts Saint Peter with his findings.

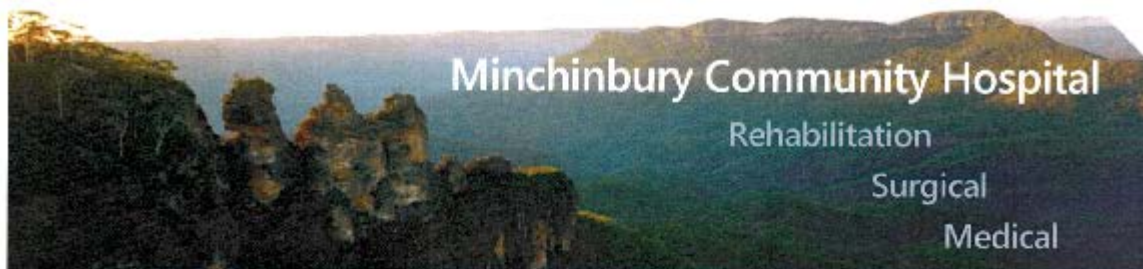
St. Peter looks at the Admiral, and winks and says, "That's not a Chief, that's God. He just thinks he's a Chief."







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Community Hospital  
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the local community  
for the past 10 years.*



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Minchinbury Community Hospital offers inpatient and day patient personalised rehabilitation services to suit your needs. Our team of caring professionals are here to assist patients reach their individual goals and work in conjunction with their families to meet any of their concerns.

**DID YOU KNOW:** Depending on your health fund product, your health fund may cover your hospital stay **with no out-of-pocket expenses?** We also accept self-insured, DVA and Workers Compensation patients.



Contact our friendly Administration team for more information and your health fund eligibility on (02) 9625 2222.

Minchinbury Community Hospital offers a bus pick-up and drop-off service at minimal cost for day rehabilitation, just another way for us to make it easier to look after YOU!

The hospital is within easy reach of all major arterial roads including the M4 and M7 with free onsite parking available

Visit our website at [www.mhsminchinbury.com.au](http://www.mhsminchinbury.com.au) to see our full range of services

My wife and I had a huge row last night she called me gullible and financially irresponsible.  
I can't wait to see her face when I tell her that I have just won the Nigerian lottery.



# ST MARYS RSL YOUTH CLUB

## ACTIVITIES FOR ALL



BOXING

0425 302 432

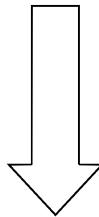
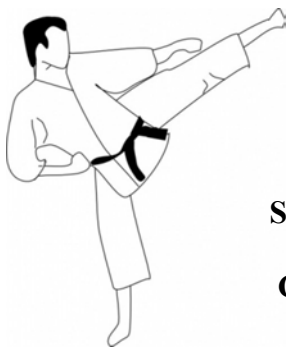
JUDO

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**

My wife has these days when she wants "us to talk about things". We were discussing aspects of our future so when it was my turn I asked her

"What will you do if I die before you do?"

After some thought, she said that she'd probably look for a house-sharing situation with three other single or widowed women who might be a little younger than herself, since she is so active for her age. Then she asked me, "What will you do if I die first?"

I replied, "Probably the same thing."



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

**St Marys 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 MARYS RSL SUB-BRANCH COMMITTEE**

President:	Ron Kelly	0408 684 276
V/President:	Ron Blakely	02 9623 6555
V/President:	Frank Lawton	02 9623 6555
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Tony Fryer	0414 557 692
A/Secretary:	Ron Blakely	0411 131 849
Committee:	Tony Mullavey	0416 231 993
	Michael Wiesel	02 9623 6555

**ST MARYS VETERANS CENTRE COMMITTEE**

**PHONE: 02 9833 4700 FAX 9833 4022**

President:	Tony Mullavey	0416 231 993
V/President:	George Perrin	0412 824 219
V/President:	John Foeken	0409 329 688
Secretary:	Sam Vecchio	0418 247 325
Treasurer:	Ted Fish	02 9833 4700
Assistant Sec.	Graham Breckell	0488 775 325
Assistant Treas.	George Perrin	0412 824 219

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





On the Low Loader



Off the Low Loader



In the Air



Touchdown



Final Adjustment



The Hierarchy See satisfied