

WESTERN OUTPOST NEWS



APRIL 2019 ISSUE

St Mary's Outpost the
'Train of Knowledge'

St Marys Veterans Centre St Marys Outpost - VVAA and St Marys RSL Sub-Branch



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Various places throughout the 'News'

Front Cover:

100th Anniversary Remembrance Day Commemoration at Penrith Paceway.

Ed Note: apologies for the lack of many of the usual reports, they have not been received. It is hoped that the reduction of the number of Outpost News will avail the compilers more time to make their submissions. Please put the new 'deadlines' in your diaries... JD

DEADLINES FOR PUBLICATION - by or before

15 July 2019..... for August 2019

15 November 2019..... for December 2019

15 March 2020..... for April 2020

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

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PRESIDENT'S REPORT

ST MARYS VIETNAM VETERANS OUTPOST

"WHERE IT ALL COMES TOGETHER"

Our AGM was held on Sunday 24th February 2019, all positions were declared vacant and the incumbents were re-elected un-opposed. In effect the result signifies satisfaction in the management of all aspects of the Trains objectives.

On behalf of all members, I presented a Certificate of Appreciation to Mrs Margaret Devine, recognising her Late husband, Paul Devine's service to The Train and the Veteran Community at large.

Last year at this time, I raised my concerns of THE TRAIN remaining a viable pension and welfare centre for the benefit of Ex, Current and Future veterans and their families. I am happy to report that I was obviously taken very seriously, resulting in the formation of a Strategic Planning Committee tasked with preparing a 5-year strategic plan, the committee members are: Chairperson, Harry Kirkman; Secretary, Sam Vecchio; Committee, Tony Allen; Uwe Schoenherr; George Perrin; and, Hira Brettle as minute secretary. The committee has met and under the guidance of Michael Fitzgerald, Solicitor have proposed a name change and an updated constitution to be voted on, Thursday 30th May 2019, at 10am.

A ballot was held at the General Meeting 28th March 2019 resulting in an almost unanimous vote for a "Name Change" to "St Marys Outpost ADF Support Centre" Michael Fitzgerald explained the pros and cons of such a move, he especially emphasised his concerns about management, conflicts of interest and asset protection in creating a parallel Entity or Trading name. Ted Fish also informed the meeting that as Trustee he would have problems with the creation of another entity. The proposed new name serves two purposes, it recognises and preserves membership and the proud history that has been established at the VVAA St Marys Outpost Sub-Branch Inc. since its inception, and, it makes way for the future of The Train and its core objective. That is, pensions and welfare advocacy.

At this point, I offer my congratulations to our Pension and Welfare team for their dedication and professionalism, in what for them, was a very trying year.

My sincere thanks go out to all members for your continuing support in all things relevant to the Train's successful operation.

In conclusion, I would like to take this opportunity to thank everyone who attended the AGM and re-elected last year's executive unopposed.

Tony Mullavey
President

Sky news report....

The Irish have joined in the attack on Libya.

They sent in 3 ships - 2 full of sand and one full of cement. It was a mortar attack.





VALE
JOHN CROSS
Marched on 16th March 2019

A Decent Sort of Bloke

Two roses on the water, cast with solemn pride
Floating through eternity, to the other side
We now stand in silence, and farewell with regret
A simple passing tribute, the words Lest We Forget

There are those among us, whose paths we often cross
And on that day you left us, we felt the malaise of loss
You were a decent sort of bloke, now found on history's page
An immortal addition, whose memory will never age

On the last Thursday of the month, when we had our social meet
Standing by the Barbie, you were always first to greet,
The welcome words so sincere, no matter how you felt,
Never once did you complain, of the jokers card that you'd been dealt

The beaming face and welcome words, can never be replaced
We were slow to realise, the trauma that you faced
Though we may well express our grief, and query your tragic fate
What good are angry questions, when answers come too late?

Life has a final chapter, which you have now read
A cruel reminder, of the weary path we tread
I will seek my solace and ponder for a while
Sometimes I forgot your name, but I'll never forget your smile.

Tomas Hamilton

21/03/2019



St Marys RSL Sub-Branch

Invites you and your family
to join with us in commemorating



ANZAC 2019

This year, linking with the theme of ANZAC, we will focus on

Australian VC's in 1919.

While the ANZAC Centenary is complete,
Australians' Military experiences continue

We will conduct our two annual Services:

Local Community March and Service – Sunday 14th April

Please note a change in the march and the venues from this year: The March will depart Cook Park (midway along Wilson Street) St Marys at 11.00 am, and conclude in the grounds of St Marys RSL Club at the Guns War Memorial with an 'eye's right' to our honoured special guest, Mr David Trist.

The Service will immediately commence after arrival of the March.

Following the Service, please join with us in the auditorium at St Marys RSL Club Ltd for a light lunch and refreshments.

Dawn Service – Thursday 25th April

This Service will be conducted at our Guns War Memorial adjacent to the Train in the grounds of the St Marys RSL Club.

It will commence at 5.00am, preceded by related short video clips on the large screens provided.

Following the Service, breakfast will be available in the Club; Special Guests and members of St Marys RSL Sub-Branch (with their family) are invited to breakfast at the Sub-Branch function in the Club's auditorium. All others are welcome to purchase breakfast elsewhere within the Club.

COME ALONG AND PARTICIPATE IN YOUR SERVICES.



ST MARYS RSL SUB-BRANCH

PRESIDENTS REPORT

As we start a new year and hope for the best, sadly I have to advise that, during this reporting period we lost one of our Sub-Branch members, James Leslie Greig. James was a WW2 veteran, and he joined our sub branch on the first of July 2001. Our thoughts are with his family. May he rest in peace.

The remainder of this reporting period is as follows:

- 1st Dec:** Ted Fish, Tony Fryer, John Foeken and I attended 5 Sqn, 5ER's BBQ and Trivia night, which we were able to give 8 Sub-Branch members their new RSL NSW membership card, we also picked up a new member. The 4 of us had a great time talking to these younger members who made us very welcome, a big thank you to sub Branch Member WO2 Brad Scaroni for the invite.
- 4th Dec:** Ted Fish and Paul Hibbard represented our Sub-Branch at the Extra Ordinary Congress, held in Sydney, to vote on the proposed draft Constitution, as you know, we as a Sub-Branch decided to vote NO. At Congress, the vote result was 68% NO with 32% voting yes, with the draft constitution was defeated. RSL NSW will now have until May 2019's Congress, to come up with a suitable draft constitution, for all Sub-Branches to vote on again. Hopefully they will be more receptive to suggestions made by Sub-Branches and District Councils. The Congress was live streamed for all those interested or those unable to attend.
- 8th Dec:** Whilst we all enjoyed the annual combined Christmas Party, Ted Fish volunteered to attend 21 ACU's end of year parade.
- 9th Dec:** 323 Sqn RAAF Cadets - Held their end of year parade at RAAF Base Glenbrook, attended by Lesley Ayres, Ted Fish and Paul Hibbard.
- 11th Dec:** School Presentation Night - Tony Fryer went to Colyton High, and I went to Cambridge Park High.
- 12th Dec:** Erskine Park High - I took part in a student selection panel to select 3 students for the NSW Premier's ANZAC Memorial Scholarship (PAMS), and whilst we gathered to hold our General Meeting and Christmas Party, Tony Fryer was with Erskine Park High, this time for their Presentation Night at the Joan Sutherland theatre
- 14th Dec:** Bill Peet represented the Sub-Branch at Emmaus Colleges Presentation Day.
- 17th Dec:** I was honoured to present the new year 6 Student Leadership Group their badges for 2019, when I attended Bennett Rd Public Schools Presentation Assembly.
- 18th Dec:** Tony Fryer and I attended St Clair High Schools Presentation Night, where I represented the Colin Shephard Scholarships to the winning students and the Shield to the School, also we were delighted to see Sam Vecchio's grandson Lochie being awarded the Long Tan Award for 2018. Congratulations Lochie.

As we wind down for the festive period, the Management Committee, asked me to pass on to our members their best wishes for an enjoyable Christmas and New Year, also our sincere thanks to all members who, throughout the year, got involved and volunteered your time to ensure the success of our various events such as the Care Packages for troops overseas, Armistice Day merchandise sales, and of course, all the work associated with conducting our

Commemorative Services in 2018 – such teamwork has been the hallmark of St Marys RSL Sub-Branch and is very much appreciated.

26th Jan: Very well-known member and a great supporter of this Sub-Branch, Maree Johnson was awarded the Order of Australia Medal, for her work with Veterans and their families. Congratulations Maree.

Also, on that day my wife and I were invited to attend the NSW Premiers Community Reception, held the Penrith Regatta Restaurant. It was non-political, it was for all the community Groups within the Penrith area, to say thank you for all the efforts made by those groups, and to celebrate Australia Day.

31st Jan: Patron and Member for Mulgoa, Hon. Tanya Davies MP, invited members of the sub Branch and Train, to go with her by coach to visit the Hyde Park ANZAC War Memorial to see their newest addition, the 1701 soil samples which we were involved in collecting and are now proudly displaying. While the display is well laid out, there is no visual explanation, although we believe an explanatory flyer will be handed out in the future. We took part in the solemn 11 o'clock Last Post service. Our Guide, Mark, with only 4 weeks' experience under his belt, did a great job and the 22 of us thoroughly enjoyed the day. Thank you, Tanya.

7th Feb: Our first ANZAC Day committee meeting was held, and our theme for this year is "1919 – Australian VC Winners and their part in the Russian Campaign" with our guest speaker for both services being Sub-Branch Member David Trist OAM.

Ron Blakely

President February 2019



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Principal

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HOW IT ALL BEGAN

Paul Kenneth Devine - Outpost President 1996-1998



By way of explanation. During the time period referred to in this article, the associations and organisations are named as they were then constituted. The Vietnam Veterans' Association of Australia, St Marys (Outpost) Sub-Branch will be referred to as "*The Outpost*". The Vietnam Veterans Association of Australia, Granville Sub-Branch, is referred to as "*Granville*". The following people are referred by their first names, as I have written in the first person.

They held the following offices at the time: Michael Wiesel, Secretary Manager of St Marys RSL Club Ltd; Tim McCombe and Ray Fulton, both President and Secretary respectively of the Vietnam Veterans' Association of Australia, Granville Sub-Branch; Jeff Perry, John Head and myself, Paul Devine, "*The Outpost Steering Committee*" (without realising it at the time!).

First Discussion

It was at the Blacktown Workers Club in 1994 that Michael, Jeff and myself, first discussed the need to provide support for War Veterans in our region. Michael advised us at the time that there was a possibility of office space being made available to us on the St Marys RSL Club Ltd's property at St Marys. He said that if *Granville* was interested, all they had to do was to compile and make a formal submission to the St Marys RSL Club Ltd.

The next day, Jeff and I spoke with both Tim and Ray at *Granville* about the concept. Some time elapsed with no response from them. As time passed, Jeff and I decided to begin asking for an update on the progress of the concept at every chance. Finally, having asked Ray a number of times about an office at St Marys, he said "Oh, for (expletive) sake get the (expletive) up to St Marys and find out what's going on!" Without any further ado, we did as he instructed.

Granville's Response

The following day we got back to Ray and advised him that there was going to be a meeting at the St Marys RSL Club Ltd where the matter could be raised. The meeting would be attended by Michael and Paul McDonald (lessee of RSL Property known as the Train) along with those delegated from *Granville*. When we reported back to Ray, he responded, "You two don't let grass grow under your feet do you?" Later that day Ray informed both Jeff and I that we both should go to the meeting. He told us that we were not to make any commitments on behalf of *Granville*. He stated that any recommendations that may come from the meeting must first be put to the *Granville* committee, where they would discuss any proposal that needed to be addressed.

St Marys RSL Club Meeting

The meeting at St Marys was conducted as scheduled, with a favourable outcome for us regarding the use of offices at the old Railway Station. Those who attended were Michael, Jeff, Paul McDonald and myself. The meeting concluded after about 90 minute's discussion. There were two firm stipulations that resulted if the concept was to become a reality:

- ◆ There was to be no smoking in the buildings, or carriages, at the Railway Station.
- ◆ No alcohol was to be consumed on the property which was being leased by Paul McDonald from St Marys RSL Club Ltd.

To this day, both of the foregoing requests are still enforced.

Jeff and I again reported the outcome of the meeting to Ray and Tim at *Granville*. The *Granville* committee accepted the offer and agreed that we should open an office at St Marys.

Tim, Jeff and I attended the St Marys RSL Sub-Branch Monthly Meeting shortly thereafter. We advised the members present of Granville's intentions to create an "Outpost" to conduct volunteer activities to assist all Veterans if office space were to be made available. On behalf of *The "Outpost Team"* at the time, we extended an invitation to the Veteran members of the St Marys RSL Sub-Branch, who may need assistance in pursuing DVA claims for both medical treatment and pension entitlements, that we would be happy to assist them to do so, at no cost. We were officially thanked by the members who then had a motion passed at the meeting that *The Outpost* should be created, with a proviso that we would have to be self-funding as they were not in a position to offer us any financial assistance at that time.

Setting up the Office

Soon after the meeting, Jeff, John Head and myself began going to the office where we began, as best we could, to set up the office area that had been allocated to us. That was in May 1995. The office space we were going to work out of was at that time just that, 'Space'! Today, the Pension Officers work in that same space. With vacant rooms *The Outpost* had to begin from scratch! It took far longer than we expected to get *The Outpost* up, open and running. New phone cables had to be put in place, which took about six months. Here, I would like to make mention of and offer my thanks, to both Ursula Travers and Georgina Briffa (better known to all as 'George'). These two fine ladies helped *The Outpost* 10 function in the early days as they were a Veteran's first point of contact! They experienced some very tough days as they allowed *The Outpost* to use Paul McDonald's phones! They answered *The Outpost* phone calls for us and would ring me at home if they thought the call was important, or if a Veteran was calling for assistance.

First Drop-ins

During this period, as the word got around, Veterans, began dropping in wanting to know when it would be "open for business" to assist them with their claims! They would leave their names and phone numbers so that we could get back to them and let them know when we were ready to "rock and roll." The phone lines were eventually connected. *The Outpost's* first phone system was an Erickson set-up which was donated by Granville.

First Outpost Meeting

The first official and inaugural meeting of *The Outpost* was convened on the 25th November 1995. The only agenda item was the discussion of the formation of *The Outpost* as a Sub-Branch. It was Andy Forsdike who introduced the St Marys RSL Club President, Mr Col Shepherd to those present. He chaired the meeting until the election of officer bearers was to take place. Present at the inaugural meeting were Len and Wendy Schulz, Mick O'Haire, Col Doust, Paul Devine, Jim Plant, Gavin Boland, Gordon Backman, Peter Delforce, Col Chapman, George Wills, Jeff Perry, John Head and there was another whose name we can't recall.

Inaugural Committee & Sub-Branch Meeting

The report from our Steering Committee was presented. Paul Devine read a letter from Granville which gave approval for *The Outpost* to become a Sub-Branch based at St Marys. The Motion was put by G Boland and Seconded P Delforce and was Carried. Election of Officers: James Plant was asked to be the Returning Officer. Mr Col Shepherd vacated the chair. The result of the ensuing ballot was:

President:	Paul Devine	Secretary:	Col Doust
A/Secretary:	Len Schulz	Treasurer:	Jeff Perry
Committee:	Andy Forsdike	George Wills	Peter Delforce
Photographer:	John Head		

The first Sub-Branch Meeting of *The Outpost* was convened "1100 hours" December 1995 at the St Marys RSL Club Ltd at 7.20pm. Ray was to become a regular visitor to The Outpost in the early days. So too were Graham Weekes and Allen Drakefield.

License Agreement:

For everything to be legal, a License Agreement had to be drawn up. It was signed by Tim as it was a contract between *Granville* and *Kerriedancer Pty Ltd*. The crux of the Agreement was that: *"The term of this license shall be five (5) years commencing on 1 "July 1995."*

Overcoming Difficulties at the Office

Although we had plenty of Veterans willing to assist in the establishment of *The Outpost*, it was obvious to the director of the St Marys RSL Club members and Michael, that if *The Outpost* was to be viable and equipped to meet its aims and objectives. That it would need financial assistance to do so. Graciously, The St Marys RSL Club Ltd felt to assist *The Outpost* by paying some of its then outstanding accounts and they graciously made provision for some of its on-going financials. It continues to do so to this day.

Financial Help

In the same vein, through his "contacts" at the St Marys Bowling Club, Peter Delforce 'Just happened to mention" to them what we were trying to achieve and some of the difficulties we were experiencing. The result was that those "contacts" also felt to help *The Outpost* by making financial donations! They also came to the party with the gifting of some much needed office equipment to us.

First Social Event

Our first social activity that *The Outpost* sponsored was the very successful Christmas Party which was held on the 11th December.

Furniture Rescue

By February 1996 *The Outpost* was really up and running! A member of Veteran helpers began attending the office regularly each week to help out in any way in which they could. Soon, it became evident that we had a major problem with not having sufficient, or adequate, office equipment to meet all of our needs. However, Kevin Duncliff, his mate Barney, Michael O'Haire and Rod O'Dell came to our rescue! These four helped *The Outpost* greatly by being able to obtain much needed office equipment that came available through them as the result of a business closure.

Fred Grigg

Fred came to us as a qualified Advocate from Legacy at Conlangatta-Tweed Heads. He was in Sydney temporarily to be here for his aged and ailing parents. Consulting him for his insights and advice was very helpful. He was with us for almost 12 months and in that time he volunteered to design and become the first editor of our "Western Outpost News" newsletter. He was one of the best wordsmiths that *The Outpost* has had.

Two Advocates Appointed

Lorraine Hines came to us at *The Outpost* to work with us as an Advocate. She graciously worked from her own home on our behalf. Jim Plant was also appointed as an Advocate.

Local Business Assistance

During the winter of 1996 six local businesses began to assist *The Outpost* and its members financially. They did so by offering us various discounts on their goods and services. Those businesses who participated were Sinclair Ford, Tyretech, John Young Holden, Petlum Automotive Service, Bob Jane T-Mart and of course Martin Churchill - *The Outpost's* first

solicitor. Thanks in the main to the driving force of Peter Delforce who made it all happen!

Golf Club & Social Club

It was also in 1996 that we established both our Golf Club and Social Club. The success of the Club came from the efforts of Trish Wills, Karen Head, Margaret Holiday, Beryl Wollstein, Rhonda Perry and Margaret Devine. All of their family members contributed greatly.

The Social Club was established because many of the members and wives of *The Outpost* knew how much a toll and what the hidden costs of war was affecting, not only their marriages, but family life! They had to recognise that there was a real need for social activities to be established in order to try to fill some of the void that had been created in their lives!

The Outpost Golf Club was organised to give both the Veteran and his partner another means to commence a more normal and perhaps even a better lifestyle allowing blokes to do what blokes do best. I will always remember the wife of one of our Veterans saying to me, "The golf club is the best thing that has happened to us. It gets him out from under my feet for one afternoon a week! Please don't stop playing your golf." As an aside, Fred Grigg took back to the Gold Coast with him our first Runner Up Shield! On his return to his home, he was able to encourage others to replicate the same on the Gold Coast! After about twelve months or so, they had about ninety Veterans on the books, with an average of 45 to 60 playing Nine Holes every Friday morning - yes, they also became known as the "Friday Floggers!"

Parliamentary MID

On the 5 December 1996, less than twelve months after *The Outpost's* first monthly meeting, we got to be mentioned in our Federal Parliaments dispatches! We were written up in Hansard on page 7558.

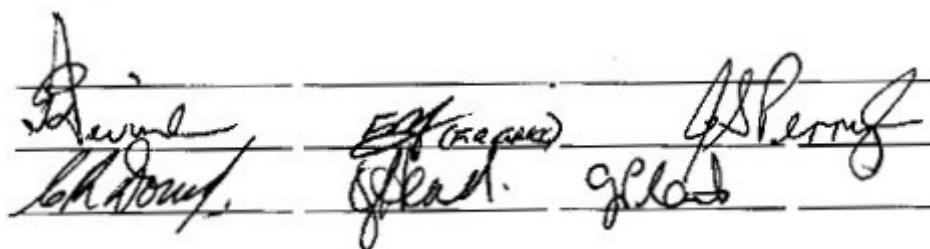
Summary

In closing, I wish to add that not one officer-bearer, or helper, during my terms as president of *The Outpost* would say that he or she did any more than anyone else to establish *The Outpost*. I believe that it's only fair to say that some of us had to assume more responsibility than others at that time in order to get everything organised. Please remember that when we began we were all volunteers. As a result that does not give anyone the right to say that he or she started the Vietnam Veterans Association of Australia, St Marys (*Outpost*) Sub-Branch! The people I have named in this document, without fear or favour, would all vouch for the veracity of the comments that I have made in this document.

Testimony of Validity

"I have read the foregoing and can vouch for the truthfulness and accuracy of the details and happenings recorded, as they occurred during my period of association with Paul Devine and Jeff Perry during the formation and establishment of the St Marys Outpost."

May 2009

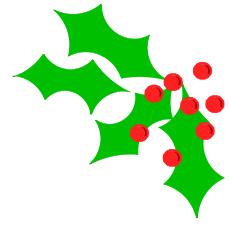




CHRISTMAS



PARTY 2018



DARWIN AND RETURN APRIL – MAY 2017

PART 8

Richard had booked another tour for the next day this time to Kakadu. Ken and I went to the old oil storage tunnels. When Darwin was bombed in 1942 one of the main targets was the oil storage tanks at Stokes Hill. It was decided to dig storage tunnels so they couldn't be bombed. One of these tunnels is open as a tourist attraction. It is well worth the visit. Along the tunnels are photos of the construction and digging the tunnels and also their history.



We then rode the 70 kilometres to the Adelaide River on the Jabiru Road to see the jumping crocodiles. The tour on the river goes for about an hour, and you not only see the crocodiles but bird life and other animals that live on and around the river. Another must see if you go to Darwin.

That night the Mindil Beach Markets were on again. As before, the population of Darwin must have been there. I bought sweet and sour barramundi for tea, Ken also had Chinese. We sat on the beach with a lot of others and watched the sunset. We were watching The Alamo again when Richard got back from his tour. It was being shown 2 nights in a row on channel 41, we saw the ending this time.

Col and Richard went to the tunnels the next morning, then Don and me at the Wave pool. This is a new attraction in Darwin. Because you can't go swimming at the beaches or harbour they have built a wave pool. It's like going to the beach but there are no stingers or crocodiles present. The waves are operated for about 20 minutes and then there is calm for the same period. The cost in for us was \$5 and that includes a pass out and is good for all day. Life guards are present and floats are supplied as are shade umbrellas. Not bad value for a day's entertainment.

We walked from there to the wharf again, had a sandwich for lunch, and then visited the Virtual Reality Show and Exhibition on the bombing of Darwin and the Flying Doctor which is also at the wharf. Walked back to the wave pool for another dip then returned to base.

Ken did another one of his cook-ups for tea that night, sausages, tomato, eggs, onions and mashed potatoes. We watched TV until 2330 then toddled off to bed in our own rooms.

We were booked out the next day, Tuesday, it was hoped that the starter motor had turned up. Ken and I said we would wait at Edith Falls for the other 3 as we wanted to take photos of the plywood models of the planes used during the war that were at the old Strauss Runway, just out of Darwin on the Stuart Highway. This was one of many Airforce bases built in the NT during WW11. I received a text from Don that they were working on Richard's bike, so I sent back we would wait for them at Adelaide River.

We were still refuelling when they turned up. From Adelaide River we turned off the Stuart Highway to the right and travelled along the original road that comes out just north of Pine Creek. It is a good diversion and you get away from travelling the main road. Don and I had been on this road back in 2004 when we went to the Top End Odyssey of that year that was at Bachelor. As before, I let the others go ahead, I caught them up at Pine Creek where we had lunch.

Our destination that day was Edith Falls, 50 kilometres north of Katherine. The falls themselves are across a lake, and during the winter, it's still hot that far north, you can swim out to the falls. It was too early in the season for that; the rangers hadn't cleared the salt water

crocodiles from the lake or river. They don't worry about the fresh water ones. Still it is a good place to camp, there are plenty of bush trails to walk and also walk to the upper falls. The camp and surrounds are in Katherine Gorge National Park and is well maintained. (photo) The amenities are good and there are plenty of free electric bbqs around. We used one to use up the rest of the sausages and eggs we had with us.

Col, Ken and I walked to the lake and over the foot bridge that crosses the river running from the lake. There were a lot of other campers there, I would say the place was full, and we talked to some of them before we had our barbecue. There was a landline phone there, so I was able to use my phone card and ring home.

Back to early night again, in bed by 1930, not much else to do when travelling as we were.

The next morning Don and Richard said they were going to walk to the upper falls, a few kilometres walk. Col, Ken and I packed up and rode on to Katherine where we booked into the same Tourists Village that we did 10 days earlier. Richard and Don weren't that far behind us. They went for a swim at the upper falls pool and said the water wasn't too bad and worth the walk.

Richard found he had small tack in his rear tyre and it was going down. We put a string bung on it and used my compressor inflate the tyre.

Ken, Richard and I rode out to Katherine Gorge. They wanted to do a tour of the Gorges. I waited for them at the Information Centre. I'd been up the Gorges, 3 main ones, before and didn't want to do them again. I used the time sitting waiting writing up notes on our trip. I keep a diary when I do long bike trips, notes to look back on in years to come.

Part 9 in the next issue

A promotional graphic for Nepean News. It features a red background with a white border. At the top, the title "Nepean News" is written in a large, red, serif font with a thin underline. Below the title, there are two white, starburst-shaped callouts. The left one says "Glossy magazine style!" and the right one says "Best looking paper in town!". A large ampersand "&" is placed between these two callouts. Below the callouts, the text "GRAB YOUR FREE COPY TODAY!" is written in a bold, white, sans-serif font. Underneath this, in a smaller white font, are the locations: "NEWSAGENTS - MCDONALD'S - CLUBS - PUBS - LIBRARIES - SERVICE STATIONS". At the bottom, a black horizontal bar contains the phone number "9834 5579" and the website "www.nepeannews.com.au" in white, bold, sans-serif font.

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Credit Cards Welcome

An old woman was speeding along a highway.

She passed a police officer who looked into her car and was shocked to see she was knitting.

He switched on his sirens and chased after the woman but after a while, he realised she was oblivious to his presence.

The officer drove up next to her and rolled down his window. With his bullhorn he yelled at the old woman, "Pull over!"

The old woman looked up in confusion and yelled back, "No! It's a scarf!"



GALLIPOLI

While still training in the Egyptian desert in late 1914, the 1st Australian Division and the New Zealand Australian Division, which later included the 1st Light Horse Brigade, were re-formed into the Australian and New Zealand Army Corps – the ANZACs.



Photograph above: Troops of an Australian Battalion on the deck of battleship Prince of Wales in Mudros Harbour just before the landing. The ship was part of the fleet which transported Australian troops to the Gallipoli landing at Anzac Cove. 24 April 1915.

Below:photographs of the landing



Map of the landing of the covering force from battleships (red) and destroyers (orange) at Anzac Cove, 25 April 1915, and below the allied landings,



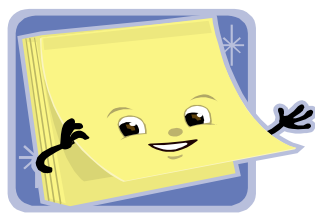


Australian troops charging an Ottoman trench, just before the evacuation at Anzac

	Dead	Wounded	Missing &	Total
Ottoman Empire	56,643	107,007	11,178	174,828
United Kingdom	34,072	78,520	7,654	120,246
France	9,798	17,371	-	27,169
Australia	8,709	19,441	-	28,150
New Zealand	2,721	4,752	-	7,473
British India	1,358	3,421	-	4,779
Newfoundland	49	93	-	142
Total Allies	56,707	123,598	7,654	187,959

This cemetery stands on the promontory at the northern end of Anzac Cove, where men of the Australian and New Zealand Army Corps came ashore at dawn on 25 April 1915. It was begun shortly after the landings and used throughout the campaign.







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 9:00 am to 1:00 pm, 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



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↓

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Members' Courtesy Bus - *Friday From 6 pm and Saturday From 1.30 pm*

Ring Reception for details.

DINING at ST MARYS RSL –

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Mon - Fri 12-3 pm \$12 Lunch Specials
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FORTUNA Chinese Restaurant

Open for Lunch at Noon and Dinner at 5 pm (Closed Mondays)

TAB FACILITIES

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SKY Channel

WHAT'S ON

MONDAY

- Rock and Roll Dancing 7-10 pm

TUESDAY

- Bingo 7.00 pm (electronic pads available)

WEDNESDAY

- Monthly Raffle 7pm 2nd Wed of Month

THURSDAY

- Bingo 11.30 am
- Texas Hold'em Poker 7 pm
- **MEMBER'S Badge Draw** \$3000-\$5000 from 7 pm

FRIDAY

- Bingo 11.30 am
- CLUB BRASHS—Playing Retro Music 8 pm-12 am

SATURDAY

- Meat Run RAFFLE 4-6 pm
- Rock'n'Roll Bands, Shows and Lounge Music 7.30 pm - Midnight
**** Check "WHAT'S ON BOARD" for Details ****

Is gambling a problem for you? G-Line (NSW) is a confidential anonymous and free counselling service
FREECALL 188 633 635

A doctor when examining a woman who had been rushed to hospital, took the husband aside and said, 'I don't like the look of your wife at all.'

'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'



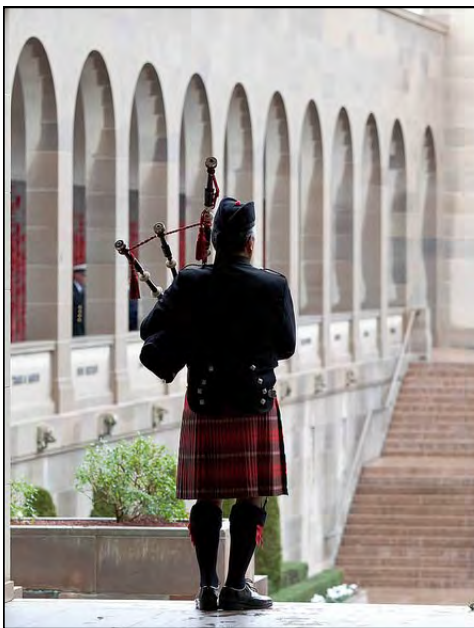
SOME ANZAC TRADITIONS

Rosemary

Since ancient times this aromatic herb has been believed to have properties to improve the memory. Perhaps because of this, rosemary became an emblem of both fidelity and remembrance in literature and folklore. Traditionally, sprigs of rosemary are worn on Anzac Day and sometimes on Remembrance Day, and are usually handed out by Legacy and the RSL. Rosemary has particular significance for Australians, as it is found growing wild on the Gallipoli peninsula,



The Lone Piper and Flowers of the Forest



The origins of the lone piper are obscure, although a lone piper has been a feature of Scottish military ceremonies for several hundred years. The bagpipes are the traditional instrument of the people of the Scottish highlands and have been carried into battle with Scottish soldiers from the days of William Wallace in the 14th century to the Falklands War of 1982. Traditionally, in Scottish units a lone piper takes the place of a bugler to signal the day's end to troops and also bids farewell to the dead at funerals and memorial services.

It is unclear when pipers first became a feature of Australian memorial services. In the early decades of the 20th century, Australia had a large expatriate Scottish community, represented by several Scottish battalions in the Militia. It seems likely that the ceremonial presence of a piper became established during the 1920s.

Flowers of the forest is the tune usually played on these occasions. It is a traditional Scottish lament (song of mourning and remembrance).



THE SLEEP HELP INSTITUTE
TRUSTED MATTRESS INFORMATION & SLEEP RESOURCES

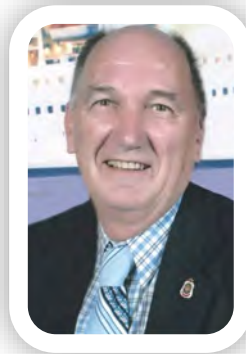
Message from Community Outreach / Sleep Help Stephanie Linder

Sleep is a vital component of health and recovery, and that's a message we're always striving to spread at Sleep Help. Having noticed the great collection of resources about cancer care you've put together, I was really interested to let you know about some of the current research we've put together covering how patients in treatment and remission can deal with the sleep-disrupting side effects of chemotherapy, steroids, and other treatments. You can find it here:

<https://www.sleephelp.org/cancer-sleep/>

Please see our guide reference on your resource page

http://www.raamc.org.au/web/index.php?Useful_Sites



Camaraderie

A name synonymous with the military came to the fore at 1130hrs on 8th March 2019 Pinegrove, when we paid our respects and lay to rest a fallen comrade, John Anthony Cross a man's man. His infectious smile encapsulates his persona; wit was there perpetually not just when he served brekkie at the train or when he caught a fish out with Reno.

The entourage of Veterans stood at attention, with hand covering their medals and formed a guard of honour as the flagged draped coffin ceremoniously passed slowly between them into the chapel. The chapel filled to capacity with mourners extended into the entrance. The service conducted by Celebrant Michelle. While the R.S.L. service under the expertise of John Foeken and members of the train. The several tributes in all reverence to John by those who knew him well, gave all an insight of the character of the man and of some his military career which most of us were unaware. John Barlow emotionally said "I was standing at the casket and presented the flag to Chris and as I raised my eyes I looked at the congregation. I was awed at the sight of medals that adorned the breast of the veterans it was an overwhelming sight and I was proud as I felt a tear. It was a fitting send off to our mate."

There is a light at the end of the tunnel, John is taken in to the care of our Lord, free of pain and into the new world. He will be sorely missed. He made his mark and we are all the better for having known him and called him friend. Lest We Forget.

Jim Reardon
25/03/2019



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 - 12:00 pm

Wednesday: 9:00 am - 12:00 pm (LadiesClass)

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 and other technology related issues.

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

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One night, a couple ordered some Chinese food and finished off the meal with their fortune cookies. "Mine says, 'Be quiet for a while'," the woman said.
"What a coincidence!" said the man. "Mine says, 'Talk while you have a chance'."



ST MARYS RSL BOWLERS CLUB

The bowlers 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



Life in a retirement village!

On her first day at the senior complex, the new manager addressed all the seniors pointing out some of her rules:

"The female sleeping quarters will be out-of-bounds for all males and the male dormitory to the females. Anybody caught breaking this rule will be fined \$20 the first time."

She continued, "Anybody caught breaking this rule the second time will be fined \$60.

Being caught a third time will cost you a fine of \$180. Are there any questions?"

At this point, an older lady named Alice stood up in the crowd and inquired:

"How much for a season pass?"



A WORKING SUBMARINE FLEET - FOR HALF THE COST

.....Dr Tom Lewis OAM

Now we have a new PM, he should look urgently at scrapping the plans for our new submarine fleet. Australia's present submarine plans are to build a French re-design of a nuclear-engine boat. The Barracuda re-model will use diesel engines, and fuel tanks, in a design which will likely be fraught with problems. You wouldn't buy a car which didn't exist yet, so why buy subs this way?

The Australian public has been sucker-punched by the green movement into not understanding nuclear power, and that includes submarines. If we are buying new subs - and we should - the nuclear off the shelf option is the only way to go. In every way they would be our best buy. And we can easily solve the crewing problem with the same purchase. Here are eight reasons why the government should go nuclear.

1 COST. The US Navy's Virginia-class submarines are in production now, and cheaper than a new build diesel-electric variant. A lot of extra hospitals and federal highways can be built with the spare cash. Australia is planning on spending at least \$50 billion on its French project. A US alternative would cost around half of this amount.

2 PROVEN DESIGN. If we bought a nuclear boat off the rack, we would be buying something already in service. We would know it works. The odds are against building another "one-off" design, here and in France, and making it work.

Submarines are the most complicated piece of military technology around. We'd never



built any before the present Collins-class, which have had multiple problems - and we'd never had difficulties with the off-the-shelf Oberons preceding them. Thinking we can build something as well as countries which have been sub-building for over 100 years is a delusion.

3 ENDURANCE. The nuclear sub never needs refueling, and can operate to vast distances from port. It doesn't have to return to a harbour where its arrival is predicted, and where it can be hit by missiles or aircraft. It doesn't have to meet a tanker, and position itself to take on fuel, being extremely vulnerable while it does so.

A diesel-electric is limited by needing diesel, and in a war situation there's unlikely to be a nearby service station if you're operating up close to the enemy. And you have to resurface to refuel. Nuclear powered boats can stay at sea for years if necessary, limited only by food for the crew.

They can scrub the air, make fresh water, and keep everyone comfortable on board - without stopping. If we went nuclear, the boats would need fuel in about 30 years, which could be done in America, but the submarine type would probably be obsolete by then. The rest of the vessel could be maintained in Australia, providing jobs.





UNDETECTABILITY. If you have subs, your potential enemy has to guard against them. Upon leaving port, the nuclear boat submerges - and never comes back up. Staying below the surface means avoiding detection. And as every hour goes by, the circle of where that sub could be widens, and the enemy knows it could strike anywhere in that circle. Diesel subs have to come to periscope depth to "snort" - to take in air to run their diesels, and recharge their batteries. When they're at war, this is dangerous.

4 SPEED. Nuclear subs are capable of immense speed underwater - faster than they are on the surface. They are much faster than their prey. This means they can chase enemy vessels, or make high speed runs to position themselves favourably in their path. Diesels can't do this.

5 CREW. If we bought boats off the Americans, we could buy a few planeloads of crew too. Why not see if we can attract a few hundred US Navy submariners - and their families - to a new life in Australia? Many may jump at the chance, and we'd get some ready-trained men to mix in with our people.

The argument that "we don't have a nuclear support industry" also could be met in this way - build one! At one stage Australia couldn't build steel warships; in WWII at one stage we were turning out one a week.

6 SAFETY. Nuclear subs just have nuclear engines. Many people hazily think they have nuclear weapons too - not so. The nuclear engine is a sealed unit. As the Eveready battery of the depths it just keeps producing electricity and lots of it. This makes the boat go. America, France, Britain, China, Russia, India - with Pakistan following soon - all has nuclear subs. Their engines have been accident-free for decades.

7 DETERRANCE. Subs are a great deterrent to any enemy thinking of coming here by sea, and there is no other way to mount a credible invasion. Once at sea, the nuclear submarine can go deep, and stay quiet. The enemy will have to expensively equip and train with anti-submarine measures - not easily acquired.

They would forever have to guard against an unseen enemy who could be anywhere. Having subs is a bit like having a guard dog. It doesn't have to bite anyone; just its presence is justification enough for the food and kennel. We've got to retain the idea of having submarines - and we should have the most capable.

8 FINALLY. We've already spent millions on a study to analyse which possible problem to buy into. But we pushed nuclear off the table before we even started research. We should open our minds to not going further down the road of disaster with the Barracuda class. Not a metre of steel has been cut yet for the French design. Instead, we just need our cheque book and a flight to the States. For half of what we're thinking of spending on a new diesel boat, we can solve our submarine problems tomorrow - and have the most potent strike force in the Southern Hemisphere.

The United States Navy plans to have a fleet of 66 VIRGINIA Class submarines. The first was commissioned in 2004. There are 17 in commission now. *Virginia-class* submarines will be acquired through to 2043, and are expected to remain in service past 2060. Based on recent updates to the designs, some of the *Virginia-class* submarines are expected to still be in service in 2070. Each submarine is projected to make 14-15 deployments during its 33-year service life.



Dr Tom Lewis OAM was a naval officer for 20 years. A military historian of 14 books, one of his major works is Carrier Attack, an analysis of the first 1942 air raid on Darwin, carried out after Japanese submarine attacks on the port failed. He is also the author of Darwin's Submarine 1-124, a study of the Japanese 80-man vessel which still lies sunk outside Darwin harbour today - lost in a combat action with the Royal Australian Navy in 1942.

STATISTICS

VIRGINIA CLASS NUCLEAR ATTACK SUBMARINE

Cost: \$2.70 billion US dollars
Displacement: 7900 metric tons
Length: 377 feet (115 metres)
Beam: 3 feet (10 metres)
Propulsion: S9G Reactor - 40000 shaft horse power
Speed: 25 knots (46kms per hour)
Range: Unlimited



Endurance: Only limited by food and maintenance requirements .
Test Depth: more than 800 feet (240 metres)
Complement: 135 (15 Officers: 120 Sailors)
Armament: 12 x Vertical Launch Tubes (Tomahawk)
4 x Torpedo Tubes (Mk 48 torpedo)

Extract from "Action Stations" Vol X No III Newsletter of the HMAS SYDNEY Association.

MICHAEL JOHN FITZGERALDSOLICITOR

**Level 8
65 York Street Sydney 2000**

Phone: 9283 2500 or 0419 440 990

**FAX: 9283 2600.
ABN 18095746334**



Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?"
"98," she replied. "Two years older than me". "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"





MELON COLLIE?

**IF YOU, OR A VETERAN YOU KNOW,
IS FEELING**



**THEN IT'S TIME FOR A CHAT WITH OUR WELFARE OFFICERS
VISIT THE VETERANS CENTRE, LOCATED IN**

“THAT TRAIN”

CNR MAMRE ROAD and HALL STREET ST MARYS



THE BEST TIME TO ACT IS NOW!

Wesley LifeForce

will be conducting a **Resilience and Mental Health in the Workplace Workshop**
at **Allen Walker Village – 1 Dalmar Place, Carlingford NSW 2118**
on **Thursday 18 July 2019** from 9am – 4pm.

The cost of the workshop is \$195 plus GST.

The workshop provides guidance how to use good communication skills for the benefit of ourselves and others, as well as introducing techniques to deal with stress by developing our own resilience

The program is made up of three modules:

- Recognition of Mental Health Issues
- Communication Skills
- Resilience and Stress Management

If you know of any individuals or groups who may be interested in attending this workshop please ask them to register using this link:

<https://www.eventbrite.com.au/e/mental-health-and-resilience-in-the-workplace-carlingford-nsw-tickets-59556637506>

Each participant will receive a certificate of attendance as well as support materials.

Morning Tea will be provided.

Thank you for your support.

Kind Regards,

Maria Krohn | Training Coordinator, Wesley LifeForce | (02) 9857 2661



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--	--

A blonde calls Qantas Airlines and asks, 'Can you tell me how long it'll take to fly from Melbourne to Brisbane?'

The agent replies, 'Just a minute.'

'Thank you,' the blonde says, and hangs up.





Blacktown and Districts TPI Social and Welfare Club

Blacktown and Districts TPI Social and 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



Benefits of Good Vocabulary

I recently called an old Engineering buddy of mine and asked what he was working on these days. He replied that he was working on "Aqua-thermal treatment of ceramics, aluminium and steel under a constrained environment."

I was impressed until, upon further inquiry, I learned that he was washing dishes and pots and pans with hot water, under his wife's supervision.

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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 Blakely	02 9623 6555
V/President:	John Foeken	0409 329 688
V/President:	Frank Lawton	02 9623 6555
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Tony Fryer	0414 557 692
Assistant Sec.:	Lesley Ayres	0422 083 717
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	0415 683 987
V/President:	Uwe Schoenherr	02 9833 4700
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Assistant Sec:	Graham Breckell	0488 775 325
Assistant Sec:	Glenn Jones	02 9833 4700
Assistant Treas.:	George Perrin	0415 683 987

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

100th ANNIVERSARY COMMEMORATION - PENRITH PACEWAY 11/11/2018

