

WESTERN OUTPOST NEWS



SUMMER 2016 ISSUE

St Mary's Outpost the
'Train of Knowledge'

St Marys Veterans Centre

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



In This Issue

	Page
VVAA St Marys Outpost President's Report.....	3
Letters to the Editor.....	5
Welfare Officers Needed	5
Letters to the Editor	6
Remembrance Day 2016	7
Fishing Club	8
"That Train"	9
Outpost Computer Classes.....	10
War Graves at Rookwood.....	11
The Outpost Education Report	12
Colin Shepherd OAM - Memorial School Scholarships 2016	16
Australia's Unknown Soldier	18
Nepean Wives of Vietnam Veterans - Women's Support Group.....	20
Hours of business for Pension Officers Interviews	21
St Mary's Governor King Day Club Report.....	26
DVA Facts Made Easy	30
List of Advertisers	30
VVAA Outpost and St Marys RSL Sub-Branch Committee Lists.....	31

Various places throughout the 'News'



Front Cover:

Gun, Piper and Flag - Vietnam Veterans' Day 2016

DEADLINES FOR PUBLICATION

Autumn 2017.....	24 February 2017
Winter 2017.....	23 May 2017
Spring 2016.....	25 August 2017
Summer 2017.....	17 November 2017

Articles of a general nature may be submitted at anytime, please send to:

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St Marys Vietnam Veterans Outpost

President's Report

2016 - THE YEAR IN REVIEW!

I am looking back with a mixed bag of emotions; happiness, neutrality, and sadness, which together, summarise all the emotional traits that make us distinctly human.

VALE - At this point I ask that you reflect on the past year and beyond to remember those members, family and friends who have departed this life. "May They Rest in Peace"

To all members of the Vietnam Veterans Association, St Marys Outpost, you can be justifiably proud of your combined achievements during 2016.

After 10 years in waiting the St Marys RSL Sub-Branch were successful in procuring an M113 Armoured Personnel Carrier, since its arrival in February it has drawn plenty of attention from passers-by who have taken the time to look it over.

The re-furbishing of the Cenotaph, also by the St Marys RSL Sub-Branch, (which, despite the heavy rains was completed just in time for Veterans Day), proved to be very practical and has had many comments of praise.

The Repatriation of Vietnam Veterans and others, interred at Terendak Military Cemetery, Malaysia, was, by far the most humbling of events during 2016....

I felt honoured and privileged at being part of the Honour Guard that assembled outside the gates of RAAF Richmond. I must say, that standing and watching 33 hearses pass by in procession was a very moving and sombre moment, something I will never ever witness again. I was very pleased by the number of Vietnam Veterans who were in attendance at both RAAF Richmond and at Parramatta.

Vietnam Veterans Day August 18th 2016, is still very fresh in our memory, and, I am still receiving praise for the way the commemoration service was presented, the "TOTAL SURPRISE" to many of the assembled guests, at seeing a HU-1 Huey, (courtesy of ANL) descending onto the car park was evident in the excitement and atmosphere it created.

As you are aware, the theme of our Commemoration Service was the 50th Anniversaries of Long Tan; the establishment of 1ATF at Nui Dat; the first National Servicemen to Vietnam and the death of Pte Errol Noake of 5RAR, the first National Serviceman killed in Vietnam.

We were also very fortunate to have Professor The Honourable Dame Marie Bashir AD CVO as our guest speaker, she was very knowledgeable about the Vietnam War and the follow up needs of all veterans, her address was dignified and very much to the point.

It was also fitting that the re-vamped Cenotaph was ready in time to give Mrs Rita Thomas an elevated platform to perform the Ceremonial table setting, I must say, she did a really great job in an emotionally stressful situation.

St Marys Outpost Vietnam Veterans were well represented at the Naval Associations Annual Dinner at Rooty Hill RSL, as was, The Premiers Luncheon, this year Veteran's Partners were also invited. (Always nice to catch up with old mates who attend.) At the ARVN Association functions and Separate Wreath Laying Ceremony, we were also quite well represented.

"Train Washers" Which is the name generally used by our "**Magnificent Maintenance Men**", but, I am sure you all realise, that, without their tremendous efforts in keeping the Train and surrounds in good order, we would not be able to enjoy these superb facilities.

The Building of a roof over the Brew Carriage entrance has been the subject of discussion on many a rainy day. It seems, that if a good idea is talked about often enough, funds will materialise and the ideas will become reality. (I wonder, what will be next to come from the seat of knowledge.)

I have nothing but praise for our dedicated Pension Team, they have worked tirelessly throughout the year taking on new client cases and client upgrades on behalf of all veterans and their spouses.

I offer my sincere thanks to the Welfare Team for their ongoing commitment and the compassion given to those in need.

The upgrade work on the Station Indicator is looking great and is nearing completion, thanks to the expertise of Dave Kitley.

We have had some recent PR exposure in the Mt Druitt & Penrith Star - Community Pages, inviting veterans to drop in and discuss their needs; hopefully this may attract non-member veterans who are in need of our services. I am now of the opinion that we need to embrace a sustained PR program to enhance community awareness and perhaps attract more corporate interest. If you know veterans who aren't members, invite them for a coffee.

It is not only about the physical things that we can see at the train, but, it is also very much about the unseen work carried out by all our members, that helps to make great PR we need to get the message out about what a great place this is.

I would be remiss if I did not draw attention to our Sponsors, noting that without their continued support this associated may not be in a position to continue in its activities: - The St Marys RSL Club Limited; The St Marys RSL Sub-Branch; The Rooty Hill RSL Club Limited; Bunnings Hardware; Australian Native Landscapes; and also Allan Duncan Realty who sponsors our monthly BBQ; other corporate donors; the quarterly magazine advertisers; and the many private donors.

I take this opportunity to remind members that the Annual General Meeting will be held on Sunday, 26th February 2017 and that nominations for executive positions will close Friday, 10th February, 2017.

In Conclusion:

2016, if nothing else, has re-enforced my belief that, Vietnam Veterans and Veterans of all conflicts... do not need to prove themselves to anyone; they already stand tall amongst the "Elite of our great Nation"

To all members that make our time at "The Train" memorable; I wish you and your families a very Merry Christmas and a Safe, Prosperous New Year!

My sincere thanks to all for a BIG JOB- WELL DONE.

Tony Mullavey
President
November, 2016



Sky News Report.

The Irish have joined in the attack on Libya .
They sent in three ships - two full of sand and one full of cement.
It was a mortar attack.



Dear Sir

**letters
to the
editor**



I noticed in the Spring Edition of the "News" that our President referred on page 4 paragraph three, line 1 to "*Long Tan*" was also featured at the Navel Association's etc" For the education of our President and others I submit the following:



THIS IS A NAVEL

&

THIS IS NAVAL



Yours Aye

Jack Tar (real name withheld to protect from reprisals.)

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.

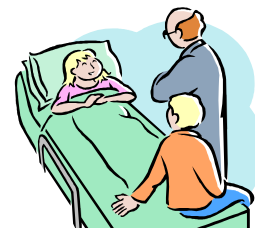
We need to rebuild the Welfare Department due to several members resigning because of ill-health and personal reasons

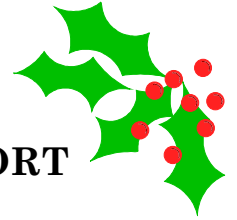
Anyone interested will be assigned to a qualified Welfare Officer and will be taken to visit DVA patients in different Hospitals and Nursing Homes on Tuesdays.

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





ST MARYS RSL SUB-BRANCH REPORT

That time of year has come again, writing these reports come around very fast. The one thing wrong with it is that we are aging just as fast.

This year has come and gone, as usual many events have also been undertaken as usual; I hope all of them went well.

Since the last report we have had our Remembrance Day Service, it was well attended by members of the Sub Branch and Vietnam Veterans, as well as members of the public. Thanks to all those who made this event a success.

We also have had our School Scholarship Presentation night; the standard of entries was good. It was very pleasing to see the amount of Veterans who attended and mixed with the students. Those people who attended could see what went on in relation to the presentation instead of just hearing us waffle on. We still have Gilgandra High to be presented; Ted and myself will be going to Gilgandra to make these presentations at their end of year Awards Day.

We have one more meeting to go for the year, this being our Christmas meeting.

By the time this is printed we will have had our children's Christmas party, I know all will go well as Sam has a reputation of doing a great job. Thanks to all those who assisted Sam and Kitty to make this a great event for the children.

As this will be my last report I would like to thank Tony, Ted, Ron and Frank for their assistance over the years, which has [made](#) my duties much easier. I hope the incoming President will receive the same assistance. Thanks to all of the Sub Branch members for assisting the Sub Branch to operate the way it has. I did not always see eye to eye with all, but must say I have enjoyed my stay as Secretary and President.

On behalf of the Committee I would like to wish all a very Merry Christmas and hope you all have a great break away.

Merry Christmas to all from Dianne and I.

Ron Kelly
President



MICHAEL JOHN FITZGERALD SOLICITOR

**Level 8
65 York Street Sydney 2000**

Phone: 9283 2500 or 0419 440 990

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ABN 18095746334**





REMEMBRANCE DAY 2016



On a mighty hot day we were very pleased to see 150 attend our annual Remembrance Day Service. Thanks to 5ER who once again provided the splendid Catafalque Party, Andrew Iverson from Sydney University Regiment who provided the essential Bagpipes, Jasmine Tiatia who so ably played the Last Post and Rouse and to the many Sub-Branch helpers and Trainwashers who prepared the Memorial, set up for the Service and packed all away afterwards. Vice President Ron Blakely conducted the Service and was ably supported by respective speakers including President Ron Kelly, Treasurer Ted Fish, Assistant Secretary Lesley Ayres and VVAA Outpost Secretary Sam Vecchio.

While no post-Service function was available, many took the time to venture into the Club café to reflect on the Day.

Tony Fryer

Secretary - St Marys RSL Sub-Branch



Prue, Trish and Patrons



Presidents Laying Tributes



Jasmine sounding the Last Post



View from the Street side

Fishing Report



On Wednesday the 16th November, the fishing group set out for the last fishing trip for 2016.

11 men went along, leaving home at 5:00 o'clock, we arrived at Brooklyn around 6:00 am, where a delicious breakfast of lamb's fry and bacon with toast was devoured by all, after paying for the boats we loaded them up and set off.

We could not have asked for a better day, the sun was shining and a temperature of around 19 degrees with a light breeze made it all quite pleasant.

Both boats set off in different directions, heading to where they thought the fish would be.

The first fish landed on our boat was a Toad soon to be followed by another, time to move, we eventually did find fish as we drifted around.

Sam Vecchio, was on his first run with the fishing group, unfortunately Sam did not catch a thing, but I hope he enjoyed his break from the office and his day on the water.

The star of the day was Uwe Schoenherr, catching the most fish on the boat with 1 Flathead being over 65 centimetres long, well done Uwe, of course the net man caught most of them for him, the total take home catch for our boat was 5 Flathead, and 4 Flounder.

The wind came up later in the afternoon and nothing was biting so we decided to go home a little early and be in front of the work traffic.

All had a good day, and I have been asked by a couple of people to consider a 3rd boat trip for next year, this of course would be subject to numbers. We get a good deal from Brooklyn Mariner, and at this stage we pay \$300 a boat so I need to have a boat paid for before I book one.

The first fishing trip for 2017, will be on Wednesday 1st of February.

Have a Happy and Safe Christmas,
see you all next year.

Merry Christmas
Reno - Station Master



Sammy' s First Day

**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 & HALL STREET ST MARYS**



THE BEST TIME TO ACT IS NOW!

Paddy was a youthful and hard working Irishman at a Coastal village in Ireland. Daily he would pole a heavy old punt out to sea then work a heavy iron grapple to bring up the sand oysters which he sold to the local ice works.

He was a man of regular habits he always arrived home each day at a certain time.

Sadly, Paddy did not realise the heavy grappling was taking a toll on a faulty heart.

One day he failed to come home so his wife contacted the Police to investigate him being missing. They rowed out and found Paddy dead in the punt beside him a huge grapple full of oysters he'd tried to hoist aboard.

Headlines next day in the 'Irish Times Newspaper' Said, “OYSTERS KILPATRICK”

Admit it, you didn't see it coming did you?





Computer Training Classes

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

Tuesday: 9.00 am - 12.00pm

Wednesday: 9.00AM - 12.00 pm (Ladies Class)

Thursday: 9.00 am - 11.00 am

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

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

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



ALLAN DUNCAN REALTY

"Giving back to the Community"




Allan Duncan is a retired detective sergeant and qualified negotiator with 23 years experience in the NSW Police Force. He is also the co-founder and present councillor of the Hawkesbury Police and Emergency Services post traumatic stress disorder (PTSD) support group. Having been a resident of the Hawkesbury for 45 years, Allan is familiar with the local area and since entering real estate has sold millions of dollars worth of real estate. He recently achieving equal first in a major sales competition in NSW.

- Flat rate commission fee of 1.4% including signage, advertising and photography
- Further 10% Thank you discount to 000 staff, volunteer emergency services and defence force personnel
- 5% of annual net profit donated to Camp Quality and Beyond Blue
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Please don't hesitate to compare my commission rate with other agencies. I know you'll be impressed with the thousands of dollars that will be left in your pocket!

Allan Duncan
Principal

ALLAN DUNCAN REALTY
Lic. R.E.A & Lic. S & S.A

M: 0418 323 034
E: allanduncanrealty@gmail.com
ABN 20 122 912 209

WAR GRAVES AT ROOKWOOD OF THE REPATRIATED VETERANS FROM TERANDAK



From left:

Pte G A Archer	9 RAR	Age 22
Cpl J G S Pearce	1 RAR	Age 22
Pte N G Allen	7 RAR	Age 21
WO R V Lees	AATTV	Age 37
Pte N W Horne	1 RAR	Age 19
Pte M A P Wilson	1 RAR	Age 29
L/C T Ross	1 RAR	Age 25
Pte R E Field	1 RAR	Age 22
Signalman K C Johnson	208 Signal Squadron	Age 24



VVAA ST MARYS OUTPOST EDUCATION PROGRAM REPORT

August 2016 concluded twelve years of operation for the Outpost Education Program.

As previously the Outpost Education Program yearly school visits conclude in late November and bookings for the next year begin to arrive as schools/colleges plan future incursions and special programs. It is worthy of note that many schools have utilised the program across 10 plus years now. A good indication of satisfied partners with veterans in education.

Tallies of the number of school sessions delivered to senior students, are always a good acknowledgement of the value educational settings place on the program delivered: ie Australia's involvement in the Vietnam War and the impact of that war on veterans and their families. Given the current media coverage of PTSD and worse still, the incidence of suicide amongst younger veterans from recent conflicts, the impact of war is a particular focus area for the maturing student.

Across the years the Outpost Education Program has delivered 637 school presentations of 2 plus hours duration to a combined student audience of well over 55,000 students. By any assessment these figures are significant and reflect the ongoing quality and popularity of the Program. It's fair to say that while other Vietnam Veteran Sub Branch Programs have run their course the Outpost Education Program continues to deliver, thanks to the professional presentation and the ongoing support of the Outpost Executive and members.



Recent student role play dress up - Outpost Education Program

Equally significant is the total sum of school/college donations received by the Outpost in appreciation of the program delivered to schools ie \$91,485.00 to date. While the program focus is educational and links Vietnam Veterans and families with teachers and students, donations help to maintain and enhance program delivery as well as support other Outpost initiatives.

Worthy of note also is the fact that the Outpost Program is presented as an incursion to schools as opposed to schools travelling to venues involving travel costs, student welfare and safety issues generated by out of school excursions. Teachers regularly voice their appreciation for the in-school experience.

Fifty years on from the Battle of Long Tan in 1966 the Vietnam War Topic remains a popular choice for both teachers and students. No doubt popularity will eventually fade as other world events take centre stage for study and discussion by our younger generations. A good indicator of the passage of time since Vietnam Service is what is, or not, above the ears of old

warriors. At a recent gathering of Vietnam Veterans grey hair or, very little to no hair, was most common.

Yearly Outreach presentation visits to Parkes, Gilgandra, Mudgee, Monaro and Illawarra schools have added variety to the regular metropolitan school visits involving government and non-government schools. The maturity of the senior students addressing the Vietnam Topic is most encouraging and the thoughtful questions asked following sessions are another example of the level of interest shown to presenters.

Outstanding School Anzac Programs and the number of students attending community Anzac Services are also indicators that generally the youth of today are developing into good future citizens who acknowledge the supreme sacrifice of our service personnel across Australia's history. It is becoming rather more common these days for students to thank veterans for their service. Although this act of gratitude is widely practiced in America it now seems to be taking hold in Australia. Hopefully you have experienced this recognition.

Across the years a good collection of Vietnam Era memorabilia has been donated to the Outpost Education Program. The memorabilia cabinet at the Outpost houses many other treasures and generates good conversation among members. From time to time another gem comes in to add to the collection. Recently a Vietnam Era compass was donated to the Education Program. These items are always appreciated and help make learning enjoyable for students. Thank you sincerely to all those who have provided memorabilia across the years.

With Christmas approaching it is timely to thank again all members who have supported the Education Program on school visits or Anzac/ Remembrance Day Services. Those of you involved will have noted the level of appreciation from schools and students.

To the executive, members and Outpost family -

Merry Christmas and a Happy and Healthy 2017

Vin Cosgrove OAM JP

VVAA Outpost Education Program



2016 Premier's Anzac Scholarship Recipient and Outpost Education Program Student, Amber, met up with Vin and Nancy Cosgrove at Menin Gate in July prior to Centenary Services at Fromelles and Pozieres.



ST MARYS RSL WOMEN'S AUXILIARY

For more information contact:

President - Joan Miller Email: joanmiller53@bigpond.com

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

It has been an enjoyable but busy year for our Ladies who have worked tirelessly over the past 12 months enjoying each others company and raising money for our veterans.

During the year our ladies have raised over \$8000.00 through our Stalls, Weekly Raffles and the very big Fathers Day Raffle.

Our Auxiliary donated \$3000.00 to the Governor Phillip Manor and also Defence Care.

It was disappointing that the Spring Festival was cancelled owing to beatifying works within St Marys.

Our fund raising efforts over the ANZAC celebrations saw us raise over \$800.00 on behalf of the Returned Soldiers.

We have enjoyed bus excursions to various Wineries, and other interesting venues including the ANZAC Celebrations and the Vietnam Veterans Day.

Currently we have 2 new ladies joining the Auxiliary adding to our numbers.

We would also like to take this opportunity to thank our Patrons, Mr Michael Weizel, St Marys RSL Club General Manager and Mr Michael Beach of Guardian Funerals for their generous and gracious support and assistance throughout the year.

Finally on behalf of our ladies I would like to thank the Community at large who have supported our Auxiliary over the past year and wish each and every one of you a Very Merry Christmas and a Safe and Prosperous New Year.

For more information on the Women's Auxiliary please contact: President - Joan Miller Email: joanmiller53@bigpond.com or our Secretary - Michelle McCallum Email: macka152@tpg.com.au

Joan Miller
President



Father O'Malley rose from his bed one morning.

It was a fine spring day in his new parish.

He walked to the window of his bedroom to get a deep breath of the beautiful day outside. He then noticed there was . . . a donkey lying dead in the middle of his front lawn. He promptly called the local police station.

The conversation went like this: "Good morning. This is Sergeant Jones. How might I help you?"

"And the best of the day te yerself. This is Father O'Malley at St.

Ann's Catholic Church. There's a donkey lying dead in me front lawn and would ye be so kind as to send a couple o'yer lads to take care of the matter?"

Sergeant Jones, considering himself to be quite a wit and recognizing

the Irish accent, thought he would have a little fun with the good father, replied: "Well now Father, it was always my impression that you people took care of the last rites!"

There was dead silence on the line for a moment . . .

Father O'Malley then replied: "Aye,' tis certainly true; but we are also obliged to notify the next of kin first, which is the reason for me call."



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OUT OF THE MOUTHS OF BABES...

A priest was invited to attend a house party. Naturally, he was properly dressed and wearing his priest's collar. A little boy kept staring at him the entire evening. Finally, the priest asked the little boy what he was staring at. The little boy pointed to the priest's neck. When the priest finally realized what the boy was pointing at, he asked him, "Do you know why I am wearing this collar?"

The boy nodded his head yes, and replied, "It kills fleas and ticks for up to three months."



COLIN SHEPHERD OAM MEMORIAL SCHOOL SCHOLARSHIPS - 2016

St Marys RSL Sub-Branch conducted its 2016 awards to students for the Colin Shepherd OAM Memorial School Scholarship Program on Thursday 17th November. Fifteen students from five local schools, together with their family and teachers, enjoyed a pleasant meal followed by the official presentation of certificates, and of the shields to the school Principals.

The year 10 students were from St Clair High School, Erskine Park High School, Emmaus Catholic College, Colyton High School and Cambridge Park High School. Students from our 6th school, Gilgandra High School, will receive their certificates during that School's Presentation Day in December.

Congratulations to all students who entered the Program and, in particular, to the winners. May they use the funds wisely to assist them in their education efforts in Years 11 and 12. We are interested to follow their progress.

Thank you to our many Sub-Branch members who came along to support the students, and to our special presenters - John Haines AM, President RSL NSW; Emma Husar MP, Member for Lindsay; Judy Shepherd, widow of Colin Shepherd an instigator of the Program 14 years ago; and Patrons Tanya Davies MP, State member for Mulgoa and Jackie Greenow OAM.

All Student photos appear on the St Marys RSL Sub-Branch website.

Tony Fryer
Secretary
St Marys RSL Sub-Branch



Ron Kelly RSL Sub-Branch President welcomes all



Colyton High School Winners Group



The Presenters with the 28 Winners



***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.

AUSTRALIA'S UNKNOWN SOLDIER

On the 11th November 1993, the remains of an unknown Australian soldier killed during World War I was exhumed from a French cemetery and interred in the Hall of Memory at the Australian War Memorial in Canberra.

How and why was this soldier chosen to represent all Australians who have been killed in war?

Michael McKernan was the memorial's deputy director at the time and helped managed the entombment.

"It was an extraordinary event," he said. "It's a very unusual thing to take a man that's been buried for at least 75 years and dig up his remains and bring him back to Australia."

The idea to entomb an unknown soldier at the War Memorial was

first put forward in the 1920s when Britain interred an unknown soldier at Westminster Abbey and the French buried a soldier at the Arc de Triomphe.

But there was a lot of opposition to the idea of doing the same in Australia, including from the Commonwealth War Graves Commission. "They had a blanket ban on the removal of any bodies from their graves to anywhere else," Dr McKernan said.

He himself was also initially hesitant but after years of negotiation and planning, it was decided a soldier's remains would be dug up from the Adelaide Cemetery in France. "It was our determination that we were not going to perpetrate a fraud on the Australian people, that we would have what are called sufficient human remains to be able to say this is an unknown Australian soldier," Dr McKernan said.

"We had to know he was Australian, and we had to know we had the remains of a soldier from the First World War."

Dr McKernan says they turned to science and advice from the CSIRO in deciding which body to return. "We went to Adelaide Cemetery for privacy and we'd been advised that the soil type and drainage would be suitable," he said.

WHAT DO WE KNOW ABOUT HIM?

"We do know that he was not buried in that cemetery initially. Adelaide Cemetery was a cemetery of re-burial," Dr McKernan said. "He was buried somewhere else, probably close to where he fell in the fight, and then as they consolidated cemeteries around northern France, his remains were moved to Adelaide Cemetery.

"Nobody can say where he was initially buried. And therefore no one can say whether he was from the 14th Battalion or the 59th Battalion or whatever. He is totally unknown and unknowable." At the time, they did not know how many graves they would have to dig up in the process of finding a "near complete skeleton".



A funeral procession moves up Anzac Parade in Canberra on November 11, 1993, for the interment of the remains of an unknown soldier at the Australian War Memorial.

"The grave was completely covered so no bystander could see, with a tent-like structure," Dr McKernan said. "It was opened randomly, it was a totally random selection.

"To our surprise and satisfaction, we only had to disturb one grave."

They had unearthed the remains of a soldier whose role in representing Australia was not yet over.

"We could say he was an Australian because also with him were Australian badges that also had survived, and other indications that he was certainly Australian," Dr McKernan said.

'HE STANDS FOR ALL THE WAR DEAD'

The unknown Australian soldier was buried in a Tasmanian blackwood coffin with a bayonet and a sprig of wattle. Soil from the Pozières battlefield in France was scattered on his tomb.

Brendan Kelson was director of the War Memorial at the time and led the repatriation push. He says in a sense, the interment was part of Australia becoming a nation in its own right. "It changed the character of the memorial. It gave a focus to the Hall of Memory," he said.

"He's somewhere on that Roll of Honour in the cloisters. He ties it all together - the events, the exhibitions, the whole story of remembrance of that war - and of course he stands for Australians who have fallen in subsequent wars and will fall in future wars."

Former prime minister Paul Keating delivered the eulogy at the entombment on November 11, 1993. The address is considered a landmark speech and in 2013 a new bronze panel was installed at the Hall of Memory marking the anniversary.

Two inscriptions on the tomb will also be replaced with words from the eulogy:

"He is all of them, and he is one of us."



Lest We Forget



The Tomb of the Unknown Soldier at the Australian War Memorial in Canberra.



The remains of an unknown soldier are interred in the Hall of Memory at the Australian War Memorial in Canberra on November 11, 1993.



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

SUMMER REPORT

Our members have just celebrated our 17 years of operation, with a luncheon at the Chinese Restaurant, St Marys, RSL. We subsidise the costs for members from our fund raising activities.

Our group meetings are an opportunity to voice problems and bragging rights, in a safe and caring environment. Some 5 to 7 ladies continue in the exercise group and our numbers remain steady in the "Krafty Kritters", with 15 attending the craft group.

The ladies are looking forward to a weeks retreat to Bulwarra, at Terrigal, in the New Year. The costs are kept to a minimum by dividing the costs between those that attend. This year we will have a pamper day. Other activities on offer are; shopping trips to Erina Fair, swimming in the resort pool, theatre (depends on what's showing) and the company of all the girls. We always have a great time on our retreats, which is proved by how quickly the vacancies are filled.

Our shopping trip was a great success, with the amount of shopping bags on the return trip. The group received some great gifts to go into our raffle prizes as well as a cheque from a percentage of what was spent. This turned out to be very rewarding for the group, and we thank June for arranging it.

Recently members from Blacktown PVA group, joined with our members to pack Christmas boxes for deployed Defence Personnel. We have been sending these for about four years now, and the thank you letters we have received show a great appreciation for our efforts. I thank all the ladies that helped out. We mailed away approximately 45 boxes.

Also I would like to thank our members and the ladies from Blacktown PVA group, for the donation of items for the parcels, and for all the knitted beanies. Places of our diggers deployment, ie Iraq and Afghanistan, as well as many other areas, experience freezing weather during our summer.

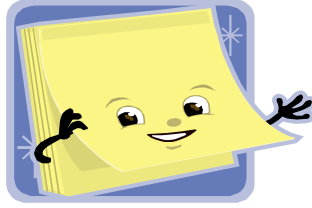
The management committee is working toward making our meetings more interesting, by inviting speakers on interesting subjects. Recently we had an educator from Penrith Council, who spoke about Garbage, literally! Discussions on recycling etc. caused many differing opinions, so we invited a speaker to fill in the blanks. The young man made a very interesting talk and was prepared for our many questions. He made it quiet interesting. Did you know you should never put anything other than grass, cuttings and food scraps in the GREEN BIN, as this is recycled onto sporting fields etc. He also mentioned that Penrith Council was looking to the future, of compost and mulch being available for residents. Who would have thought?

The purchases from funds raised at the Cancer Morning Tea in June, were used for the garden furniture that we donated to Palliative care, Mt Druitt Hospital. Screens are still outstanding, though will be installed very soon.

To all our ladies that are unwell at present, we send our love and hope your on the road to recovery. We wish everyone a happy and Merry Christmas and a safe and happy 2017!



Till next time,
Maree Johnson



**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.

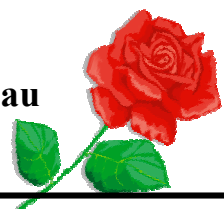
Veterans attending the 'Train' for the first time to start a claim should allow for at least two hours for the interview as initial interviews can be time consuming.

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

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.

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A RADIOLOGIST REMEMBERS – VIETNAM IN 1967

... by Tom McNamara

South Vietnam was not a tourist destination in 1967. The escalating military conflict in Vietnam wreaked havoc on the country's medical services: New medical graduates were seconded to the military, and hospitals were left to decline. Ad hoc teams of Australian surgeons and doctors volunteered now and again but with the increase of Australia's military presence, the South East Asian Treaty Organisation (SEATO) asked Australia's Department of External Affairs to organise an official programme. As a result, three teams from Australia were sent to assist staff at hospitals at Long Zuyen in the Mekong Delta region, Bein Hoa to the north of Saigon and the seaside port of Vung Tau. Our team travelled to Vung Tau in May 1967, replacing another team from the Prince Henry and Prince of Wales Hospitals.

We were there to 'win hearts and minds' and our first task was to revive the Le Loi Hospital

at Vung Tau. Drs Don Sheldon and Bruce Clifton and the senior theatre sister, Mair Jones arrived first and a week later the rest of the team arrived Charles Sharpe, Sisters Helen Besley, Simone Reynolds, Lorna Finnie and Marie Townsend. The Medical Technologist was Diana Wright and I was the radiologist.

The Le Loi Hospital in Vung Tau was a sixty bed hospital, a wing of which was built in 1939, another wing in 1945 and an air conditioned operating block in between the two wings. There was an Obstetrics wing at the back of the hospital. Electricity was provided during day time by a US Army-maintained large diesel generator in the grounds, as the local supply was inconsistent, unreliable and could not cope. Night rounds were done with a torch.

The team made use of limited material resources but there was never a shortage of patients.

At 8am, there could be 100 people waiting to be seen. Public holidays, thankfully, were less busy.

Patients would arrive by any means of conveyance, even carried by a family member. The people were mainly from the local fishing villages, but spread across the whole gambit of Vietnamese society. The nature of the patient's problems was often indicative of long term untreated diseases, particularly pulmonary tuberculosis (TB). Some cases were of the (rare to western populations) medical text book examples, such as TB eroding through the chest wall, TB glands in the neck and TB bone and deformed and infected spines in children. As these were among those who actually reached hospital, how many neglected unfortunates must have quietly suffered and passed away at home?

The heat was incredible, as was the humidity. By 8 am the temperature was already about

35C. The Operating Theatre was air conditioned, as was a recovery "ICU" area. We worked until mid-day when most of the country closed for a siesta. We returned at 2.30 pm and usually ended work at 8 pm. We also offered a Saturday morning service.



Photo of Tom
in front of Le-Loi Hospital Vung Tau.

One side of the hospital was staffed by the Australian nursing staff, with some Vietnamese Nurses. The 'Australian side' contained a general clinic and casualty department staffed by Australian doctors and interpreters, and a centrally positioned operating block with a recovery, area with 'intensive care' status. The operating theatre and recovery area were air conditioned.

We spent much time showing the Vietnamese nurses new techniques and practices. Most patients had a relative-juvenile or senior to attend. It was not uncommon for orthopaedic patients to go home at weekends and leave their traction tied up, then return on Monday to have their traction reconnected. With the Orthopaedic patients we had to decide how many bricks to use for the traction by going outside to find any suitable ones.

We never knew how many patients would remain in the ward overnight until we checked on our first morning round. After their visit to the Outpatient Clinic, patients would sit around a tree and swap pills.

While not officially responsible for the maternity patients we were called several times, mostly during the night, to the maternity ward. As there was no electric power we had to manage with torch or lantern light. The situation only improved when the patient was transferred to theatre for Caesarian Section using sterile equipment.

Three times per week the Australian Civil Affairs unit would deliver a truckload of patients from the villages of the Phuoc Tuc province for treatment. Some of the Australian Army Training Team would bring patients from their areas too. Many of these people from a village would be meeting a "real" doctor for the first time in their lives.

An American ophthalmic surgeon came once a week to perform cataract surgery. He asked his mother in America to send as many spectacles as she could. The good lady rallied her friends and eventually a box of spectacles, with very elaborate 1950s and 60s frames, arrived. The locals really loved them and could be seen sitting under a tree and swapping styles. (Dame Edna would have been proud!)

One major hiccup was that the supply base at Phu Tho, near Saigon, was wiped out by fire in May 1967, just when we arrived. To try and do your job, any job, without the right tools can be difficult, and even in those days of minimal automation, "hands on" took a new meaning. This medical supply problem affected most of the country, not just Vung Tau.

As a radiographer, my needs were for x-ray film and photographic chemistry, as well as an available water supply. The last need was a bit of a gamble when the dry season arrived. A major problem was an available supply of x-ray developer. The 36th Evacuation Hospital could not assist, as their supply was very low also. A "mysterious American civilian" turned up one day asking me if I needed x-ray films available from "out-of-country". It almost resembled a Friday night sale in an inner city pub; such was my doubt on his (genuine) concern. To try him out, my request was for three cartons of film, and only one week later, a truck pulled up at my door with three crates of film-about three years supply. He never reappeared for me to thank him.

Processing of films was always manual, with no automatic machine and a block of ice was obtained every morning from the ice works in town. Kodak would have been proud of their product in such conditions.

The ambulance driver from the 8th Field Ambulance would often come down for a visit and sometimes would bring his x-ray operator for some technical advice. On finding out about the shortage of developer a search of the 8th Field Ambulance revealed that their dental store had enough for years. A deal was organised, they were short of x-ray films, on which Le Loi Hospital now had plenty and they had the needed chemistry. This cooperation at grass roots level worked wonderfully-no requests, no forms to fill in, no orders, just personal contact. These were the days before computers could track down, and account for every sheet of paper used, and query the usage. The Korean staffed hospital in Vung Tau was also helped by this source of chemistry.

In another building the "Radiology Department" comprised an interpreter (when available), a dark room attendant (who was excellent and trained by my predecessor) and me. My middle-aged dark room assistant would be called away sometimes in the late afternoon with the hospital truck driver. If this was in Australia my thought was that they were off for an early mark and a few 'cold ones' However, eventually my interpreter informed me that the driver and my assistant were classed as labourers and doubled as the hospital-municipal gravediggers. This duty earned them a bonus of 1000 piastres a month. That was about \$1Aust in 1967, but no doubt purchased a lot of meals at the local rate. Digging trenches, filling sandbags or general labouring in the high temperatures and high humidity was real 'hard yakka' in the days before back hoes.

One official piece of paper always caught my attention. To satisfy the clerks and statisticians, there are lists made up for hospitals in Australia of 'admissions', 'discharges' and 'deaths': this is quite normal. In Vietnam a fourth column was added listed 'escapes'.

Tom McNamara

RPA Radiology April 1962 to October 2000.

From the "RPA Heritage News" Volume 4 Issue 1, pictures supplied by the Author.

Additional comments by Sisters Helen Besley, Marie Townsend and Mair Jones (deceased).

More photographs and videos of this time can be viewed in the RPA Museum



Group photo of Civil Aid Team from Phuoc Tuy.

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.

I called an old school friend and asked what he was doing.

He replied that he is working on "Aqua-thermal treatment of ceramics, aluminium and steel under constrained environment".

I was impressed.....

On further inquiring I learned that he was "washing dishes with hot waterunder his wife's supervision"!



a



DECEMBER REPORT

It has been an enjoyable and busy year for our day Club volunteers who have worked tirelessly over the past 12 months enjoying each others company, arranging outings, entertainment and lunches to ensure our members enjoy their time with us.

Over the past 12 months we have lost a couple of our dear members who will be sadly missed by us all.

Currently we have 14 dedicated volunteers and around 28 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.

As you may be aware I will be moving out of the area along with Pat and Wal Charlwood and our Club will be in need of a few more volunteers and I would take this opportunity to thank each and ever one of our volunteers for their time, and support they have give me during the past 12 months.

Our Day Club has been operating successfully for over 12 years providing the necessary support to our members. So if you can spare a Wednesday once a week or a couple of Wednesdays a month please contact us.

I would like to take this opportunity to thank Mr Michael Weizel, General Manager St Marys RSL Club, Mr. Ron Kelly, President St Marys RSL sub-Branch, for their generous and gracious support they have given the Day Club throughout the year.

Finally on behalf of our volunteers and members I would like to wish each and every one of you a Very Merry Christmas and a Safe and Prosperous New Year.

Bob McCallum

Coordinator

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



Words of Wisdom

The wise old Mother Superior from county Tipperary was dying. The nuns gathered around her bed trying to make her comfortable. They gave her some warm milk to drink, but she refused it. Then one nun took the glass back to the kitchen. Remembering a bottle of Irish whiskey received as a gift the previous Christmas, she opened and poured a generous amount into the warm milk.

Back at Mother Superior's bed, she held the glass to her lips. Mother Superior drank a little, then a little more. Before they knew it, she had drunk the whole glass down to the last drop. "Mother," the nuns pleaded, "Please give us some wisdom before you die." She raised herself up in bed with a pious look on her face and said, "Don't sell that cow."

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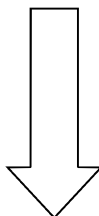
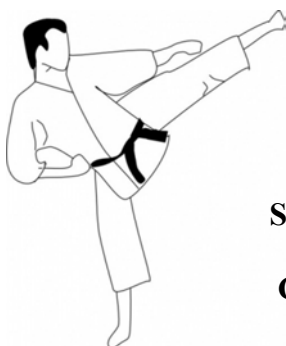
JUDO

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**



Repair/Regain/Maintain

Regain Health (Aust)
Fax: (02) 8739 0370
Mobile: 0416 611 901

Regain Health (Aust) is a newly established Allied Health Practice in your local area.

We are currently located at Oxigen 62 Batt St. Penrith. We also supply a mobile health service where the health professionals will come to you in the comfort of your home.

The Team:

- Exercise Physiologist
- Physiotherapist
- Podiatrist
- Dietitian

Our Health Practitioners are experts in their field and have a wealth of experience in current treatments and management programs for both chronic and acute conditions.

Areas covered:

- | | | |
|------------------|------------------------|--------------------------------------|
| -Pre and Post Op | -Musculoskeletal Rehab | -Pulmonary Management (COPD, Asthma) |
| -Cardiac Rehab | -Diabetes Management | -Metabolic Management (Diabetes) |

Services provided:

- | | |
|--|---------------------------|
| • Tailored Exercise Programs | • Nutritional Education |
| • Over 50's Group Exercise Classes *Partners welcome | • Manual Therapies |
| • Hydrotherapy classes | • One on One Gym sessions |

Services under the following Initiatives:

DVA – Veteran Care Plan
Medicare – Enhance Primary Care
Private Health Rebate
Workcover NSW

NB: Regain Health (Aust) values the importance of self management, personalised care and excellent services.

Regain Health (Aust) will also be involved in conducting the **Heart Health Program**.

A 52 week program that includes regular physical activity session tailored to your needs and fitness level and 12 health education modules.

The Heart Health Program is FREE and open to all veterans and peacekeepers who have not previously participated in a Heart Health Program.

All participants require medical clearance from their GP before beginning.

The program will be offered in two formats –

1. **The Heart Health Group Program**; delivered in groups of 10-15, will meet twice a week at Oxigen for activity session and monthly educational workshops.
2. **Heart Health Individual Program**; delivered via phone, web and correspondence over a 12 month period.

Contact,

Katrina Watterson (BSc Ex Phys, MClIn Ex Phys Rehab, ESSAM, AEP)
M: 0416 611 901



Cnr Great Western Highway &
Rupertswood Rd, Rooty Hill 2766
(02) 9625 2222



Minchinbury Community Hospital has been providing expert rehabilitation and nursing care to the local community for the past 10 years.

Our highly qualified and talented visiting Specialist Surgeons provide specialist care including:

- Ophthalmic Surgery
- ENT Surgery
- General Surgery
- Orthopaedic Surgery
- Dental Surgery
- Plastic Surgery
- Gastroscopy & Colonoscopy procedures



Physiotherapy & Hydrotherapy

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.

Contact our friendly Administration team for more information on (02) 9625 2222.



DVA Gold & White Cards are accepted as payment with a GP referral

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!

www.mhsminchinbury.com.au



THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.



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.

A duck goes into a chemist shop and waddles up to the counter.
 'Hello there little fella, what can I do for you?' asks the pharmacist.
 'I'd like a box of condoms please, 'quacks the duck.
 'Not a problem, ' says the pharmacist. 'Would you like me to put them on your bill?'
 'What kind of duck do you think I am?' replies the duck.



LIST OF ADVERTISERS

Allan Duncan Real Estate	10
Blacktown and Districts TPI Social & Welfare Club.....	17
Heavenly Celebrations Funerals.....	21
Michael John Fitzgerald - Solicitor	6
Minchinbury Community Hospital	29
Regain Health (Australia).....	28
St Marys RSL Bowling Club.....	25
St Marys RSL Youth Club.....	27
Untamed Flowers.....	15
Western Hire Cars.....	27

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 Wiezel	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
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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



Seasons Greetings
to



All Our Readers