Veterans dig deep to lead minesite revolution.

We have the inside word on how you can get a start. P4 & P5
Dear Reader

The Listening Post is launching a new Letters to the Editor column … our way of keeping a finger on the pulse of reader sentiment and engaging with our community.

What this means is that we’d love for you to put pen to paper, or finger to keyboard, on any subject relating to the Veteran community that we are all so committed to serving.

Whether you’d like to contribute your five cents’ worth on an article you’ve read here, tell the world about an amazing RSLWA volunteer, or even attempt to re-establish contact with a long-lost mate from your service days, please send those letters in.

The best of your submissions will be published in the November edition of The Listening Post.

You can email your submissions (Letters to the Editor in the subject line) to comms@rslwa.org.au.

If you prefer more traditional means, post to:

Letters to the Editor
PO Box 3023,
EAST PERTH 6892

Thank you, the Editor

PS: Nothing makes us happier than receiving all your emailed story and letter submissions. But please ensure all The Listening Post email submissions are provided on a Word Document. Also, all photos must be over 1MB and in JPEG form, sent as an attachment.
**RSL STATEMENT OF PURPOSE**

The RSL was founded in 1916 to provide comradeship and support to Australia’s Veterans and their families.

That core mission has never changed but has continued to evolve to meet the needs of each generation of servicemen and women.

We have a branch network that covers Australia and any Veteran who needs help will get it – every serving ADF member and Veteran will be warmly welcomed at their local RSL Sub-Branch or club.

We advocate for the best possible conditions for our serving men and women and for those who have served the nation in the past.

We foster respect and thanks from the nation for all those who have made sacrifices in Australia’s name and we will provide a strong voice on issues of national unity and security.

**PREVIOUS EDITIONS**

Copies of The Listening Post published are available on our website: www.rslwa.org.au

**PUBLISHING**

Publishing of The Listening Post: Published three times a year with a readership of over 25,000.

To all Sub-Branch Presidents and Secretaries:

Send photographs (1Mb plus) and a short article (in a Word Document) on special activities at your Sub-Branch to The Listening Post.

**DEADLINE FOR NEXT EDITION:**

4 OCTOBER 2019

The preferred method of receiving submissions is via email. Photographs should be attached separately and a minimum of 1Mb. This is your magazine and contributions and letters are welcome.

**Address to:**

The Listening Post
PO Box 3023
EAST PERTH WA 6892
Email: comms@rslwa.org.au

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Cover Photo
Ex-Defence talent in action at Christmas Creek.
Image Supplied
VETERANS HELPING VETERANS STAKE CLAIM ON MINES

By Maxine Brown

THERE’S a revolution taking place on mine sites throughout the Pilbara, as iron ore major Fortescue Metals Group (FMG) embraces the exceptional skillset of our former military tradies – having hired 82 Veterans in the past 12 months. The Listening Post talks to the men driving this revolution, themselves ex-Defence – and gets the inside word on how you, or a Veteran you know, can work toward getting a start.

I’VE never met Army Afghanistan Veteran Steve Comins, 29, before. But as he chats down the phone from FMG’s Cloudbreak Mine in his rapid-fire style, his enthusiasm and passion for the subject at hand are highly infectious.

We’re discussing ex-Defence personnel being upskilled for trade jobs at FMG mines. And there are few better qualified to make informed comment on this subject, since Steve was the first Veteran recruited into FMG’s innovative Rapid Trades Upskilling program – the initiative of FMG’s Manager of Training Chris Mayfield, who is also an RSLWA Board Director and a Veteran.

Now based at the Cloudbreak site on an 8:6 roster, Steve is now Fortescue’s Trades Training Maintenance Coordinator. What this means, among his many substantial work responsibilities, is that he has a front-row seat to enable, mentor and empower other Veterans to follow his
footsteps into leadership roles within the organisation.

Since the program’s launch last year, over 82 RAEME Veterans have been hired. Steve has been inspired to see so many Veterans, some who were medically discharged, gaining employment primarily within FMG’s Heavy Mobile Equipment Workshops. It’s transformed their lives and careers, while providing financial security for themselves and their loved ones.

And the benefits for FMG have been tangible, with Steve noticing a positive cultural shift driven by the Veterans’ strong work ethic, positivity, discipline and physical fitness. It’s resulted in improved maintenance efficiency and mobile equipment downtime. This is especially so at Christmas Creek, where 40 Veterans are employed.

Steve, a father of two toddlers, has some golden employment advice for those looking to transition out of the Defence Force, or for existing Veterans looking for work. It’s a strategy that saw him land a job as a Heath Safety and Environmental Advisor within a North Queensland mine just five days after discharge.

He said: “Be proactive, be in control of your own discharge, take charge of your transition with a plan well before it takes place. For me, it was taking charge and ensuring I understood how the system works, both military and DVA, and not just relying on my ADF rehabilitation case worker due to their advice being limited to entitlements within Defence.”

Instead, Steve utilised the resources available to him through the Department of Veterans’ Affairs’ vocational rehabilitation scheme and Defence Transitions to work in his favour. By undertaking both schemes, he was able to focus on exploring all opportunities and benefits that were available during and after his discharge.

Resources he suggests to take advantage, and ask questions of, are: Career Transition Assistance Scheme (CTAS); Career Transition Training (CTT); Job Search Preparation Workshop (JSPW); Curriculum Vitae Coaching (CVC); Career Transition and Management Coaching (CTMC); Meaningful Engagement; Stepping out Program (VWCS/Open Arms); and Transition Seminar.

Steve says the reason he was able to land a job so quickly after transitioning was because he used course funds purely to improve employment opportunities. For example, when undertaking Meaningful Engagement he used the money to fund $3400 in first-aid courses, rather than exploring options other Veterans were undertaking, such as singing/music/woodwork lessons and courses.

His next tip? Know where you want to go and what career you want. Steve knew he wanted to move into the resource sector, so he worked hard and pushed himself to fill any gaps to get himself there. He also advised not to put too much pressure on yourself to make things happen overnight. As he said, if you put your strategy in place and consistently chip away at it, “things will happen”.

And finally, Steve says that once you are fully prepped and ready to go, to contact Ironside Recruitment - FMG’s Veterans’ Employment Program partner (director Glen Ferrarotto is also a Veteran) - and a specialist in resources and energy industry recruitment.

Understandably, Steve is a huge fan of the man who made all this happen, the program’s brains and instigator Chris Mayfield.

“I think his individual contribution to Veterans themselves has been hugely successful,” said Steve. “His efforts in getting this program up and running have been totally selfless.”

In fact, Steve was so inspired by his mentor’s determination to see ex-personnel fill the skills shortfalls within the company that he nominated him for this year’s Prime Minister’s Veterans’ Employment Awards in March. And he won!

Chris, who served in the Australian Army for 25 years, both here and overseas, tends to avoid the limelight, preferring his actions and results speak for themselves. In fact, it was his drive for results and strategic agility in getting this program over the line that set him apart from other nominees for the award.

In asking Chris what his most rewarding moment was in seeing Veterans at work on FMG sites, he said, simply: “Providing life-changing opportunities for our Veterans in recognising our diverse skill sets.”

And with FMG committing $10 million a year to investing in Veteran employment, I expect there will be plenty more to come.
As we move into the second half of 2019, my thoughts are drawn to the Year 2020, when we move into our new ANZAC House – the third such headquarters on the same site on St George’s Tce, Perth.

This time, it going to be more than ANZAC House. It will also house Veteran Central – a game-changer in how we look after and support all Veterans, no matter whether they are members or not.

At this stage, we are on budget and ahead of time for the opening of its doors. While it is unlikely to be ready for ANZAC Day 2020, we are ensuring quality over undue haste and the timely occupation of the building by other Ex-Service Organisations and other Veteran Service Providers.

For RSLWA to retain and grow its relevance, we have moved with the times. By embracing our ESO colleagues, we will be able to provide Veterans – young and old – a greater array of services by doing things better together.

Rather than allow an unrealistic fear of losing an element of our identity, I truly believe this move to a more collegiate and practical way of improving Veteran services and support is a turning point not just for RSLWA as an enabler of change, but to any organisation that focuses on putting the Veteran and his or her family at the centre of the circle of support.

In reality that was the intent of our first ANZACs who fashioned the RSL all those years ago in remembering those who didn’t return and looking after those who did. This spirit of mateship and support is in RSLWA’s DNA and we will continue to play a critical role.

The RSL in Western Australia is facing an exciting – yet challenging – future as thousands of new Veterans come home from recent conflicts or transition out of the Australian Defence Force.

RSLWA sees its future in its Sub-Branches and the importance of developing Perth metropolitan and WA regional hubs to spread our capability to keep serving by helping others in communities throughout this great State.

Importantly, State Branch is working on a model to put to the Board of Directors as to how these hubs/centres will operate, taking the pressure off individual Sub-Branches who have already contributed many decades of voluntary support in terms of welfare and advocacy to members.

And this brings me to the important long-term strategy of fundraising on an enduring basis. The recent RSLWA Help Our Heroes Charity Ball marks the start to our ambitious, yet achievable goal, of raising millions of dollars This will help fund the new ANZAC House, while also improving on Veteran programs in an enduring manner.
As you will know, the completion of the new ANZAC House Veteran Central is the forerunner of Veteran centres or hubs across metropolitan Perth and in regional locations statewide. To allow us to ensure long-term funding to manage these centres, while also boosting Veteran programs and services, we must get more money in the bank.

RSLWA is doing this in a number of ways, including:

- Attaining returns or dividends on investing our capital
- Grants from various Federal and State Government agencies
- Fundraising through community donations, beneficiaries and philanthropy.

While we are very active in seeking and obtaining grants, this is not enough to fund the things we need to fund. As such, an enduring fundraising posture for RSLWA is fundamental. Unfortunately, money doesn’t grow on trees.

Our key messaging focuses on placing the Veteran and his/her family at the centre of the service-delivery circle. It’s the mantra that has seen the evolution of the ground-breaking Veteran Central model.

We have been supporting Veterans and their families for over a century, but what’s changing now is the new wave of
younger Veterans experiencing similar challenges.

Here’s some recent research results that point to such challenges for Defence and Veteran families:

- 46% need additional help with financial planning or advice.
- 42% need additional emotional support for their children.
- 37% need additional medical and mental health support.
- 32% would like additional support with meeting people in the local community.
- 28% experience social isolation, especially among those who have relocated during or after their service.

Our Veterans are, in the main, an optimistic bunch. They want to continue to serve by standing shoulder to shoulder with other Veterans who need help. In a sometimes complex service-delivery environment, new Veterans are turning to RSLWA for support – socially, mentally and physically.

By supporting the Help Our Heroes Campaign, the Veteran Central one-stop-shop approach will be an enduring vehicle to deliver vital services in wellbeing, welfare, employment, advocacy and, of course, enduring attention to commemoration.

Today, an Australian Veteran may be any age or gender, and may have served in a wide variety of military environments. There are more than 25,000 Veterans in Western Australia alone – many of them young and facing emerging challenges.

An estimated 7000-10,000 West Australians have deployed to overseas conflicts since 1999.

RSLWA knows that there are great ways to keep serving by serving others. This goes for our many Veterans who want to give back to the community by supporting others in need – including those they served alongside.

The Help Our Heroes fundraising campaign kicked off at our Charity Ball, where it was confirmed that we have already raised $9.6 million.

Yet much more is needed as we continue to grow RSLWA as a primary Veteran service provider, along with our colleagues across the Ex-Service Organisation environment.
As a young fella, I grew up in a military environment … my grandfather and father served in the Army.

It was a natural progression to join the Army at 17.

I served the government for 30 years via the military, police force and prison service.

I’m writing this article to hopefully help my fellow Veterans suffering with mental health issues.

There were 41 Australian Veterans killed in Afghanistan - and 261 wounded.

In 2001-16, there were 373 suicides by military Veterans. Estimates are that 500 Veterans have committed suicide from PTSD.
In 2015, in the course of a single year, more Veterans committed suicide, exceeding the death toll from Afghanistan.

Military Veterans on leaving service have an 18 percent higher risk than the normal Australian population of committing suicide.

According to the Australian Veteran’s Suicide Register, eight Veterans have taken their own lives already this year.

For military and first responders, PTSD is a normal response to a completely abnormal situation.

I’m sharing my experience, having been diagnosed with PTSD.

I was seriously injured serving, requiring five back operations and two knee operations. I was in and out of hospital for several years and lived with constant severe pain.

Military Veterans and first responders are particularly prone to PTSD because of the nature of the work that we do.

After so many years, it takes a mental toll when you’re subjected to environments where people are trying to do you serious harm.

The typical Aussie bloke must be stoic and without weakness. This attitude is perhaps more persuasive in male-dominated populations such as the Defence Force.

I met my wife 25 years ago in the sergeant’s course, in Defence. In my experience with PTSD, I’ve been very fortunate to have never suffered from depression, and being mentally strong in my work career.

PTSD is a silent killer. I best describe this as darkness that creeps into your life without control.

I started to become moody: not talking to my wife, staying in the house, avoiding large crowds, in an internal rage with life.

My best mate of 30 years committed suicide through PTSD from his military service.

Life has a funny way of kicking you in the balls, but what we choose to learn from the situation can help your situation in the future.

I honestly believed I was normal. But my wife sat me down and explained to me that I was a completely different person to the one she married.

I got a referral to see a psychologist and was diagnosed with PTSD.

My advice to any Veteran suffering with this silent killer is talk to somebody you trust. It’s not worth making your family and friends suffer.

I joined my local RSL. The thing I noticed was there were no young Veterans attending. I was the youngest military Veteran attending the local Sub-Branch meetings.

I think the biggest problem with younger Veterans with mental health issues and physical disabilities, is the lack of continuity and cohesion from ADF to civilian support agencies. There are so many out there, but nobody to coordinate Veterans to the various programs out there, region to region.

I think the biggest problem with younger Veterans with mental health issues and physical disabilities, is the lack of continuity and cohesion from ADF to civilian support agencies. There are so many out there, but nobody to coordinate Veterans to the various programs out there, region to region.

One of the things that could benefit military Veterans is catching up with friends on the base. More accessible sporting events for military Veterans and organised social outgoings for younger Veterans. The biggest mistake I made with PTSD was not talking about the issue.

PTSD is a major problem for the Commonwealth armed forces. Personally, I only talk on Anzac Day to fellow Veterans who understand what each other’s been through.

I don’t know what the solution is to stop Veterans committing suicide.

Personally, I think there should be purpose-built Veterans’ centre in every state and territory, where Veterans who are vulnerable can walk in and be looked after.

RSLWA is taking a massive leap forward, constructing Veterans Central in the CBD, which will provide Veterans and their families peer support, pension work, general wellbeing programs, and social gatherings for us to catch up with each other. The fundraising program called Help Our Heroes is supporting the build and development of programs to look after the needs of Veterans.

I think this will save countless lives.

I personally found that doing sport and training for selection in the Invictus Games helped me be more positive in life. I would also encourage Veterans to share their experiences in The Listening Post, about how we, as Veterans, can tackle this problem of PTSD.

And on that point, stay safe my brothers in arms.
MARK DANIELS LEADS CHARGE FOR ADAPTIVE ATHLETES AND VETERANS

MOTIVATIONAL powerhouse Mark Daniels continues to blaze a trail in raising the profiles of two communities close to his heart - adaptive athletes and military Veterans.

He’s doing it while winning hearts and fans across the country -- successfully pursuing his competitive sporting passion while continuing to battle the after-effects of massive road trauma that cost him his leg last year.

In June, Mark finished his fifth 12km HBF Run For A Reason … no mean feat considering he was awaiting surgery to remove a nerve tumour on the stump that connects to his prosthetic, which was causing him extreme pain and swelling.

He considered cancelling, but: “Then I reflected on my situation, I’m lucky enough to still have the ability to run, amazing technology in my running prosthetic, and the love and support of so many people.

“There’s millions of people in this world that don’t have the ability to do what I do. So pain is no excuse not to run!"

“It was definitely my most painful run. There was anger, tears along the way, but it was nothing compared to feeling of crossing the finish line again.”

In April, the Royal Australian Navy Able Seaman won the Most Valuable Player award at the Invacare 2019 Wheelchair Aussie Rules National Carnival. The event, held in South Australia, is sponsored by the ADF.

At the time of writing, he was also looking forward to competing in The Warrior Games, which are the US version of the Invictus Games, which he is also training for.

Mark, who is in the process of being medically discharged out of the Navy, is looking forward to a bright but uncertain future in the civilian world.

But he knows one thing for sure, he’ll continue to be a passionate campaigner on behalf of adaptive athletes and Veterans everywhere.
Our goal has always been to give our clients the support and services they need to live rewarding, independent lives. So we’re constantly reviewing and refining what we do.

A growing national network of world-class residences, personalised care programs and extensive care services have all been developed to make sure we’re providing the best care possible at all times.

And while we’re proud of everything we’ve achieved, we’ll never stop looking for ways to do more, because for us ‘care’ is more than just a service.

1300 998 100 | regis.com.au
James Trehearn knows all too well how essential it is that contemporary Veterans are supported in their transition into civilian life – especially when it comes to their careers.
Nearly a decade after leaving his Chief Petty Officer role in the Royal Australian Navy, James has settled in as a Health, Safety and Environment (HSE) professional at WA-based building and construction company Pindan, which is constructing RSLWA’s new headquarters in the Perth CBD due for completion next year.

His current role is one he relishes to James’s surprise, did not come easily at all.

Despite undergoing extensive training and amassing a huge number of skills during his 19 years of active service (among other missions, he was deployed to Afghanistan and sent to Banda Aceh, Indonesia as part of the humanitarian assistance and disaster relief aid teams following the 2004 Boxing Day tsunami), it would be nearly a year before James could find a job outside of the Navy.

“You get some assistance from the military but that is lacking and you really must know what you want to do, otherwise the opportunity is wasted,” he explained.

“I’ve found there is a stigma towards ex-Defence people within the civilian sector. James’ story is, unfortunately, not unusual.

Veteran unemployment in WA is five times higher than the civilian rate and underemployment is a big issue for many who do find a job.

Understanding that transitioning from the military into civilian work can be incredibly challenging, RSLWA supports Working Spirit, a company set up to help service personnel with employment-focused tasks such as resume creation and interview skills.

“I think that’s great. I would’ve found it very helpful back in the day,” said James.

His own experience inspired him to become a founding member of the Guild of Defence HSE Professionals group on career and business professionals networking site LinkedIn.

“It’s a great informal networking group for serving and ex-Defence force personnel engaged in HSE leadership roles to share knowledge, experiences, challenges, solutions and camaraderie,” he said.
“If I can help someone else, then why not?”

These are selfless words you might attribute to those serving their country, not customers. In an age of fake news, mistrust and lack of credibility, it seems being a decent human being is a lost art. So it’s refreshing to meet a business rich in social purpose, with an unbending sense of moral duty to people and planet before profit.

We sat down with Mike King, CEO of INFINITI AIR & SOLAR, to learn more about the passions and values behind his commitment as a proud sponsor of the 2019 RSLWA Help Our Heroes Charity Ball.

What triggered your support of RSLWA?

It was actually a family trip to America that changed my perspective on how we honour our war heroes back home. You read stories about the way the US goes about it and you sometimes think maybe they overdo it. Then when you’re over there, you get it. If they are lining up in a queue in uniform, someone will let them in front, no question. At every sporting event they ask if there are any Veterans or people serving, from anywhere in the world. It really struck me. Just the little things, it’s honouring them, showing they matter. So when we came back to Perth, I felt like I had to ask, ‘what are we giving back?’

So you see business as a tool to drive positive change?

Absolutely. The heroes who’ve served have sacrificed a lot. And since they’ve come back it really affects them - you can’t see the stuff they see and come back to a normal life. So we should be doing something to assist. For me, there has always been this strong sense that if I can meet the need, then why not? We are all selfish at times, but I like to think I’m very generous, I think that is what is right. It’s not just how I feel, I genuinely in my brain think that is how people should respond. This is the right thing to do.

RSL celebrates mateship – this is important to you too, isn’t it?

I’ve always been very loyal. Your family is your family but my family is my friends, even in my work, I’m very relational in running my business. The whole thing about looking after your own is you genuinely care for people. Everything we have is because of what someone else has given us, even if that’s an attitude or belief you have learnt from your parents, or someone important to you. There is only so much money you can have and only so many things you can do and at what level are you happy and at what level are you comfortable?

What does an event like this mean for you?

I think it makes me thankful for what I’ve got because of what these people have done. These guys went over and sacrificed their lives for us and that is truly remarkable that we can eat, live, breathe and do business and whatever else we need with those freedoms. That is really humbling.

Mike King is CEO of INFINITI AIR & SOLAR in Malaga. He donated $20,000 worth of airconditioning raffled at the RSLWA Help Our Heroes 2019 Charity Ball. Mike’s ethos of ‘supporting our own’ drives all his business values, typified by a commitment to Australian-made brand Actron Air to ensure every solution that ends up in our homes is designed for Australian climate demands. INFINITI also sells complementary energy solutions in the form of solar panels, and battery storage units.
Have you noticed all the news lately about how our mental health and even PTSD are influenced by the food we eat? Well, it seems there’s truth to it, so we went in search of a nutrition expert – one who works closely with Veterans - to get the lowdown for you. Here’s everything you need to know.

Adam Child is a Perth dietitian who has worked with WA Veterans for the past few years. Even he is surprised by the effect that diet can have on a person’s mental health.

He argues that while it’s easy to assume that most people will feel happier after enjoying weight loss through a modified diet, it’s the change in food quality that drives an improvement in mood and sleep, not just a sleeker frame. It’s advice he gives at his practise, Fuel Your Life.

Below, he offers some simple tips on how you can tweak your food intake to improve your mental health.

**Tryptophan, the mood enhancer**

Tryptophan is an amino acid, which is found in many protein-rich foods. This essential amino acid cannot be produced by the body, so it is essential that we consume it in our diet.

Tryptophan plays a crucial role in the production of the hormone, serotonin, and in the regulation of sleep. When Tryptophan is ingested, it is absorbed through the small intestine and makes its way to the brain, where it is used to produce serotonin. A low production of serotonin results in both sleep disturbance and lowered mood.
If you struggle to fall asleep or find yourself waking up in the middle of the night and not being able to go back to sleep, you may not be consuming enough Tryptophan. Tryptophan is found in meat and some protein-based plant sources. These foods include: red meat, chicken/turkey, fish, tofu, cheese, nuts and seeds, eggs, beans and lentils and oats.

**Omega-3 Fats, the good oils**

Omega-3 is often touted to improve cholesterol levels and result in a healthy cardiovascular system. But did you know that it also plays an integral role in the health of your central nervous system?

The central nervous system is the highway that carries all communication from the brain to the body, and vice versa. A healthy nervous system means there are no road blocks, so signals can travel efficiently and quickly throughout the body. A regular intake of Omega-3s ensures a speedy and efficient passage for information, while helping dictate our mental and physical functions.

Foods that contribute to your intake of Omega-3 are oily fish and eggs. However, if you don’t like these foods, you can try a supplement of 1g per day (1x1000mg tablet), which has been shown to improve depression, anxiety and sleep.

**Zinc, Selenium and Folate, the power minerals**

Zinc, selenium and folate are minerals that are only needed in small quantities, but if you are suffering symptoms of depression, reduced sleep and low mood, they have a big part to play.

Some studies have found lower levels of these minerals in the diets of people suffering with mental health issues. These minerals can be found in the following food groups:

- **Zinc**: meat, nuts and seeds, baked beans, all bran and lentils
- **Selenium**: eggs, tofu, baked beans, nuts and seeds, brown rice and swiss cheese
- **Folate**: spinach, broccoli, dried legumes, potato with the skin on, avocado, asparagus and Vegemite. Note too much alcohol will reduce the amount of folate your body absorbs.

So, what do you do with this information? Mr Child suggested seeking out a dietitian for exact advice and strategies to address mental health issues was vital.

But he also provided some simple tips to help you steer things around:

1. Legumes and lentils are your friends. Include ½ cup of chickpeas or lentils in some mince, curry or spaghetti bolognaise - and have baked beans on toast twice a week.
2. Eat eggs as a snack, in a salad, as a baked frittata or quiche once a week in replacement of meat.
3. Increase your vegetable variety at dinner. Australians tend to only have three vegetable types at dinner.

Buy mixed fruit-and-vegetable boxes from your grocer to try new vegetables that you haven’t eaten before.

4. Do not cut out carbs! Replace your white crackers, bread, wraps and rice with wholemeal or wholegrain alternatives. These will boost your mood and prevent that HANGRY feeling.
5. Eat oily fish 2-3 times a week; try a tin of tuna or salmon sandwich at lunch or as a snack.
6. Eat a green vegetable every day. This is great for your waistline and your mood, so go nuts on green.

If this still feels like an information overload, Mr Child suggested taking a step back and examining your diet one meal at a time.

Think about what you eat for breakfast and what you can change to help it include some of those foods. If you only have toast and jam, maybe have one with an egg, Vegemite or cheese.

Do this for all your meals and you should be able to find a way to introduce some of the foods into your diet.

Dietary change should not be complex, if you follow these simple tips, you just might find that you are surprised by the end result.
WHY THE RWANDAN GENOCIDE CHANGED MY HUSBAND FOREVER

Cath Hopgood, the spouse of an Australian soldier/UNAMIR Peacekeeper, shares how the horrific Rwandan Genocide continues to shape the lives of those involved.

It’s hard for some Peacekeepers to discuss Rwanda. So as I write this, I’m aware of the need to warn people of potential triggers (and graphic excerpt) contained in this article.

A comment I heard from a Veteran recently was that Rwanda was being forgotten to Australian Defence history. So I wrote this on the 25th anniversary of the genocide in the hope that more people would understand.

Twenty-five years ago, my husband was Lance Corporal David Hopgood, a young infantry soldier on his first overseas deployment. He is now a Major and in his 30th year in the Australian Defence Force. He’s a Veteran of (Rwanda) Africa, East Timor and Afghanistan, but Rwanda is the deployment that changed him forever.

The Rwandan Genocide was the result of a civil war between the Hutus and the Tutsis. In 1994, Hutu extremists gained control of the government and started a genocide that saw 800,000 murdered in 100 days. The UNAMIR (United Nations Assistance Mission in Rwanda) aimed to stabilise the situation. The Australian contingent was a part of UNAMIR II and they were based at Kigali Hospital.

David was in a group of 32 Australian soldiers and medics sent to the Kibeho refugee camp. They were to assist the refugees because their situation was dire. They had very little food or water. The Hutus who had taken part in the genocide were hiding in the camps and being sought by the Rwandan Patriotic Army (RPA).

In April 1995, the RPA was searching for Hutus in the Kibeho camp and decided to “clear” it of more than 100,000 people in order to get them. “Clearing” means to murder, maim by machete, or shoot aimlessly into the crowd. Anyone in the way would perish - including the elderly and children.

Australian troops were barred from using weapons or force by the original rules of engagement in the UN mandate. They were not allowed to intervene. They were being goaded into action, with the RPA trying to get them to shoot by maiming or murdering some defenceless person less than a metre away.

David kept a diary from Rwanda that he wrote in every day. He is keen for this entry to be shared in the hope it will help explain what occurred.

April 23, 1995

“0400 wake up. We are going out to the Kibeho Camp
There was a lot of shooting last night. As soon as we got there, a lot of the DPs (displaced persons) had gone. We got off the trucks and had a look and couldn’t believe our eyes! There was dead and wounded everywhere. We assessed the situation and were given tasks. I and a few others were told to go through the crowd and count the dead and wounded. We had to do approximate count, it was impossible to get exact counts. The smell was unbearable. There was "sh** and p***" everywhere. I could not believe the sight I saw. After a while it was OK, until we saw an area of approx 4000-5000 dead people. I never thought I would ever see this sh**. It started to get to me when I saw babies and children dead. They had been trampled, shot and cut up. For some reason, I kept thinking of Benjamin and about how lucky we are. Today has been an unbelievable experience and I hope it doesn’t ever happen again. – 23.4.1995. Diary notation. LCPL D Hopgood

The repercussions for these Peacekeepers 25 years later are compounded by the fact they were given no preparation on how to deal with the mass murder.

Every year ANZAC Day gets harder and harder. The worst was when we were posted to Brisbane and a young Afghanistan soldier looked at David’s medals and asked what the one depicting his Rwanda service was for. He was ridiculed for it being a peacekeeping medal, with the young soldier saying David needed to experience what "real war" was like.

Please take the time to reflect on the feelings of our Australian Peacekeepers. Don’t belittle their experience. Just know that the Rwandan Peacekeeping Mission was anything but peaceful.

In 1995, the Oklahoma bombing occurred and the story was everywhere, but the Rwandan Genocide was occurring at the same time and no one knew. Our aim in writing this is to pay respects to the Rwandan people, and also to all of those Peacekeepers and their families who are still affected … never to be hidden from the newsfeed again.
WHY WE ‘ADOPTED’ A WAR SHIP

By Port Kennedy RSL President Steve Elliott

Throughout my time in the Army, and since, I have always looked at the RSL as being there to support the troops … not just people who have completed their service, but those who continue to put themselves in danger responding to Australia’s need.

To this end, the Port Kennedy RSL has ‘adopted’ a warship!!

Our club developed and canvassed the business case around HMAS Stirling for almost two years, until we had some traction with HMAS Ballarat and Warrant Officer Tom Costello.

Tom, along with Ship’s Commander Paul Johnson, took up our invitation to have a chat. Although tempo was high, with work-ups to deployment and a strict maintenance regime, they could see the benefit and took the time to embrace the club.

The outcome was an agreement in principal where spouses/partners of the crew of HMAS Ballarat would be given affiliate membership, at no charge, with the serving members taking advantage of RSLWA’s first-12-months-free program.

The relationships soon strengthened with the team on the Ballarat, with the President and his Vice invited on a ‘day adrift’ for the family and friends of the ship’s crew. A full day on board allowed a better understanding of how the crew operate, the ship’s potential if challenged and was an eye-opening experience. But all this was just another day for the experienced sailor, Vice President Colin Ching. Colin had served many years on the ‘War Ship’ Stalwart and the Vampire (when it was moored at Darling Harbour me thinks…..).

The activity that really identified the sincerity of the club was when the ship held its family day and pre-deployment briefing at the Port Kennedy RSL. With a wholesome barbecue for the 170 attendees and face-painting for the kids – and some of the crew – the Commander explained in detail the activities that would be experienced over the term of their nine-month deployment.

Given the opportunity to speak to the crew, I highlighted that the club was there to support those who stayed behind.

As President, I offered a safe and generous environment for morning teas, ladies/gents meetings, organised functions or just somewhere to escape and recharge the batteries.

ANZAC/Easter parcels were sent to the ship’s command team by the Port Kennedy RSL – there was a little something for every member of the ship’s
company. Reports back show that these put a smile on the face of the crew, who are putting themselves in harm’s way on a daily basis while on deployment.

The Port Kennedy RSL recognises how fortunate we are, being able to establish relationships with the ship’s company. Not only will the club be there to support the crew with fellowship and a safe haven, but it will provide a conduit to DVA or Advocates, familiarising the sailors with injury management and reporting processes.

Now it is just a wait and see. With the end of the deployment getting closer, it will be anxious times for the crew, but we all wish them God’s speed.
Soon WWII broke out and Arthur, along with brother-in-law Cecil, enlisted in Northam in April of 1940. They departed from Fremantle on 12 May, setting sail for The Middle East, but were diverted to Britain. They were first stationed in Salisbury, then onto Pennings Camp in Tidworth, where Arthur was deployed to the 2/32nd Infantry Battalion in the field. The Battalion proceeded to Colchester, Essex, where they were stationed throughout the Battle of Britain. Arthur recalled there were so many dead, they were being buried in trenches. Arthur was then sent on to Tobruk, arriving on April 29, 1941, where they became part of the 9th Division. After disembarking the ship, they looked back to see it blown up by the German dive bombers!

Arthur met up with his half-brother Les on his arrival in Tobruk. Arthur recalled time spent on the Salient, a “no man’s land” that “wasn’t exactly pleasurable”. They spent most
of their time in the dugouts with interconnecting trenches, earning themselves the name Rats of Tobruk. They had to dodge gunfire to retrieve their meals, which were delivered once a day.

Once, while in a dugout that was trench-mortar bombed, Arthur was knocked out and left with a hole through the stock of his rifle. And it blew his respirator clear in half.

Arthur joined the Field Ambulance unit of the 2/11th while in Tobruk and witnessed the worst of what there was to see. After eight months, the siege ended and they sailed to Gaza, where Arthur was transferred to the 2/1st Australian General Hospital.

Arthur remained with the hospital for the remainder of the war, seeing action throughout the Middle East. Arthur had the good fortune to visit many places throughout the Holy Land, including the Church of the Holy Sepulchre. On one occasion he ended up a patient himself, after contracting pneumonia while escorting a patient transfer through a rain storm.

They sailed for Australia, having to suffer through a severe shortage of food throughout most of the journey. However, they were finally able to take on plenty of supplies in Durban before the trip home, where they were joyfully welcomed as they had a large supply of tea, which had been heavily rationed.

Northwest, they travelled out to Merredin and set up the 2/1st Australian General Hospital there.

When the threat of invasion seemed unlikely, Arthur set off for Queensland to prepare for the tropical conditions in the Pacific, their next destination. The Field Hospital was set up in Port Moresby originally and, following the conflict there, they set up in Bougainville. It was here they learned the war was ending, following the bombings of Nagasaki, and Hiroshima.

Arthur was very happy to be home, and reunited with the family, particularly his four brothers that also served, especially Charlie, a POW for 3 1/2 years, surviving work on the Burma Railway. Arthur had to adjust to civilian life, and consider what he’d like to do to make a living.

RIP
Having spent my very first ANZAC Day working behind the scenes for RSLWA in a communications role, I’ve since found myself the keeper of a mystery – the case of some very prestigious lost-and-found medals. And I need your help to solve it so I can reunite these medals with their owners, so please read on.
The saga began on ANZAC Day, after the March in glorious weather through the CBD, when a colleague arrived at my desk clutching a set of miniatures that had just been handed in to our staff downstairs. Despite our ANZAC Day posts about these medals going viral on social media, then being covered in that night’s TV and radio bulletins, we have not yet had any success.

This set of medals must be sorely missed by somebody. The miniatures (which include two medals of high distinction, not shown) appear to belong to a Polish-Australian member of the RAF’s Bomber Command in WWII.

Perhaps they were being worn to the March by a family member.

RSLWA is determined to return these to their rightful owner and the two medals to the left of the strip have not been revealed to ensure correct identification.

A second SOS
It was not long after that I was contacted via social media by a very distressed Perth widow named Ellie Hammond, pleading for help in finding a very unique and highly cherished medal she’d been wearing that belonged to her late husband.

Mrs Hammond was wearing the medal presented to Mr Hammond by the King of Albania, when he was honoured as a Grand Officer of the Order of Skanderbeg. Mr Hammond had worked for the King for many years.

Mrs Hammond had worn the medal pinned to her lapel when she went to watch the march in the CBD.

Of the photos published here, Mrs Hammond said: “This is Stewart wearing his medal with pride. I am holding the citation. The one I lost is a smaller one to pin on and is slightly different to the main one around his neck.”

The Hammond family are distraught and, understandably, very anxious that the medal be found.

Mrs Hammond believes it fell off her chest somewhere between Langley Park, at the end of the March, and her walk to the Perth Underground train station, where she caught a ride home.

Can you help us locate the Hammond family’s medal, or put us in touch with the owner/s of the miniatures?

Or, do you know of any relatives of aeronautical engineer/pilot Henry K. Millicer (11.6.1915)? It’s the only viable lead we have on the miniatures.

If so, please email comms@rslwa.org.au and watch this space!
With every new year, RSLWA begins planning for its first big event of the year – the ANZAC Appeal. This ANZAC Day occurred right after the Easter long weekend, when most people are away, meaning we had to plan well in advance to raise money for the appeal.

April 23 rolled in and to say I was nervous about what the appeal would hold would be an understatement. With most of the public and city folk taking that week off work we had limited volunteers. To give an idea, we usually have 75-85 volunteers for the appeal but this year we had just 35. I was nervous.

As the RSLWA staff bustled about getting the marquees and volunteers ready for the day, I couldn’t help but notice how dead the city was. The usual morning rush from all the workers was nowhere to be seen, just the slow drag of the few who didn’t take the day off.

Somehow, I managed to forget something. It didn’t matter that the city was quiet because the RSLWA staff and all of our volunteers were out doing our very best to raise money to help our Veterans and the public always responds well to that. Our marquees and volunteers were still busy even considering the quiet and slow nature of the rest of the city. The public, eager to help in any way they could, were all donating, giving anything they could spare to help those who given so much to keep us safe. For the CBD collection, $10,270.60 was raised.

Our ANZAC Appeal does not just consist of the ANZAC Appeal day. As is done every year, we call out to local businesses, companies and schools to see if they would be interested in helping with raising money and this year we had quite the turn out. We had an increase in other collectors from last year by 40.6 percent and we hope to continue to increase this percentage for years to come. And with the assistance of the collectors, $4374.30 was raised. Thanks to the never-ending support of RSLWA Sub-Branches, our dedicated volunteers, they raised $49,467.80.

In 2019’s Annual ANZAC Appeal, for the state of Western Australia, $64,112.70 was raised to assist Veterans in advocacy and welfare. This money will help Veterans who are struggling with homelessness, mental illness and other welfare aspects. Every year and every appeal we strive to raise as much as we possibly can to continue to assist the men and women who have put so much on the line, and for so many who have put everything on the line to keep us safe and protected.

In the effort to continue assisting our Veterans in every way we can, we are asking you to please put your hand up and hold a collection container at your office, at your school or work place. If you would like to get involved or know anyone who would be interested in helping with our next appeal which will be the Poppy Appeal in November, contact myself on either 9287 3799 or email fso@rslwa.org.au.

Thank you to everyone who helped and collected to all those who donated.
KINGS PARK DAWN SERVICE

ANZAC DAY 2019 | PERTH

In the stillness before the dawn, thousands of people moved in silent contemplation toward the War Memorial in Kings Park, ready to commemorate our ANZACs.

Men, women and children from across Perth stood to pay homage to the fallen as the park’s lights turned off at 5.50am for the start of the service.

The wreath-laying ceremony saw dozens of people pay personal respects to relatives and loved ones who fought for their country, while Premier Mark McGowan moved many with his emotional address.
This War Memorial was unveiled 90 years ago, in 1929 … 14 years after the ANZAC legend was born at Gallipoli, 11 years after the guns fell silent at the end of the First World War.

It is a superb replica of the monuments that stand on the battlefields of France and Belgium, where Australians fought and died.

At its unveiling 90 years ago, thousands of West Australians stood exactly where we stand now, on this lawn in front of the cenotaph.

They would return, year in year out, for dawn services and Armistice days, as mothers and fathers remembered a son or sons lost in a faraway land.

They remembered the child they held in their arms as a baby, the joy they had as he took his first steps, the pride they felt on his first day of school, and felt again when they saw him in uniform.

They remembered seeing him sail away, never to hold, speak to, kiss or see again. They will never forget the brief, grim telegram that told them of his death.

Their grief and tears are soaked into the ground beneath our feet. The number of names under this cenotaph are testament to the scale of the devastation, especially on the then-small population of Western Australia.

Behind each and every name is a family with their own story, their own unique sorrow. The trees on the boulevards here were planted by the mothers and the widows of those who were lost. They wandered these streets to find solace and meaning in their grief.

They asked the eternal questions: Why did it have to be my boy? Why did the failures of the kings, kaisers and leaders of Europe have to end in my son lost on foreign soil? Why did my son from Bunbury, Midland or Subiaco have to give his life half a world away?

These are painful questions with unsatisfactory answers. Every part of this place is soaked in memory, tears and mourning. That's what makes the ground we stand on this morning so important.

It is right that we get up in the cold and return here in the dark, to acknowledge a grandfather, or a great-uncle we never knew. His life was cut short, almost invariably at a
young age, in the service of the nation, in the service of future generations. In the service of us.

Our attendance here is a demonstration of our gratitude, appreciation and respect for those generations. For those who were lost, who returned but were ever the same, and for those who suffered the pain of living the rest of their lives without their son, husband or father.

It is our undying debt. To those who served in Gallipoli, in France and Belgium, or in the deserts of the Middle East. They set an example of toughness, heroism and endurance. Of humour in the most dire of circumstances.

Generations of Australians have followed that example, and served with the same distinction, whether land, sea and air, across the world.

In the dark here this morning, those modern Veterans and their families are amongst us in the crowd. Last year I had the privilege of meeting one of them: a young man by the name of Liam Haven.

In 2008, he served in Iraq for six months in the infantry. He was in an armoured vehicle when shrapnel from a roadside bomb damaged his eyes. He lost his sight and very nearly his life. Since then, he has worked on welfare measures and in mental health support, for other modern Veterans, just like him.

His service didn’t end when he left the battlefield. I’ve never met a more inspirational or courageous person. Like all service people, he selflessly went where asked.

Our modern Veterans have served in Malaya, Vietnam, Iraq, Afghanistan, East Timor, and elsewhere. Fifty-eight thousand Australians have served overseas since 1999.

These men and women served Australia with determination and professionalism. And as we stand here this morning, we think of the thirty three hundred Australian service people who are overseas right now and potentially in harm’s way.

They are our modern ANZACs. The torch has been passed to them, and they will keep the flame burning until they pass it to the next.

Our servicemen and women have proven themselves courageous and compassionate, capable and caring, selfless and devoted. We have much to be proud of.

Lest we forget.
The grounds of Government House were the place to be when Rotary Perth hosted our free Gunfire Breakfast to keep the public fuelled up and ready for the March.

Bacon-and-egg rolls were the order of the morning, flying off the hotplates faster than the volunteers could make them. Many thanks to Rotary!
ANZAC DAY WRAP UP

THE MARCH
ANZAC DAY 2019 | PERTH

A beautiful blend of generations and cultures lined St George’s Terrace - waving Australian flags and proudly displaying medals – to honour servicemen and women in the annual ANZAC Day March.

Rat of Tobruk Arthur Olsen was joined by his some of his 16 children and 42 grandchildren as he marched in what was to be his final parade.

Mr Olsen, 99, died the following day.

For more on Mr Olsen’s final March, see pages 24 and 25.
COMMEMORATIVE SERVICE

ANZAC DAY 2019 | PERTH

This moving service, now held at Perth Concert Hall after the March, just keeps growing in popularity.

More than 1000 people attended this year’s event and audience members were lavish in their praise of the musicians and venue.
ANZAC Day 2019 at the Bullsbrook & Districts RSL Sub-Branch was once again a memorable day for club members and the community.

The crowd was estimated at around 1300, with attendees gathered along the road, well beyond either side of the hall.

After a short street march, the Service began at 0600, with Andrew Britton as the MC.

After prayers, by SQNLDR Dean Griffiths, wreaths were laid.

Greg Hughes recited The Ode, and the Last Post and Rouse were played by local student Sphire Williams. The national anthems of Australia and New Zealand were then played.

The Service concluded with a spectacular flypast organised by FLTLT Rob Graham.

Around 450 stayed for the Gunfire Breakfast which was cooked and served by “WestChef.”

Members of the Bullsbrook History Group put up a large display depicting the Vietnam War and animals who served in military roles. Traditional ANZAC Day fellowship continued throughout the day, which included lunch and card games and of course, catching up with mates.

Our grateful thanks go to the many volunteers who helped in all preparations before and on the day and the businesses and organisations who donated their products and services to help make the day such a success.
In the still, quiet, dark of the early morning, around 400 attended the Dawn Service at the Donnybrook Memorial. Those attending stood, each in their own thoughts in the peaceful surrounds. Unlike the hundreds so many years ago, who stormed the shores of Gallipoli under cover of darkness, shedding their blood on the sands and many breathing their last breath. They remembered those in all wars including those special women, the Nurses who served close to or in battlefields, some holding the hands of the dying soldiers, and whose kind words and soft voices were often the last the lads heard so far from home.

Let’s not forget also, those hundreds of horses, killed or fatally injured, also dying terrible deaths.
How’s this for a lovely coincidence? John Mackay and Keith Payne VC AM were both guests at Comet Bay College’s ANZAC Service on 3 May. Unbeknown to organisers, they’d served in the same battalion in the Korean War in 1952-53 and had not seen each other since.

Major John Mackay was injured in the Battle of Kapyong and then, after returning to his unit, was injured again and captured by the Japanese. He was a Prisoner of War for several months before being released as part of a prisoner exchange.

Keith went on to serve in the Vietnam War, in which he earnt the Victoria Cross for his gallantry in the presence of the enemy.

The Secret Harbour college, which has its own Military History Museum, was honoured to welcome them both.

Also there were RSLWA President Peter Aspinall, Craig Boyd from the Department of Veterans’ Affairs, Defence Issues Minister Paul Papalia, Captain Ainsley Morthorpe (Commanding Officer HMAS Stirling), representatives from 11th/28th Battalion and RAAF Base Pearce, as well as many other Defence Force members past and present serving.
Students out in force for ANZAC Youth Parade

A staggering 1300 students representing 27 Cockburn and Fremantle schools assembled for the 18th annual RSL City of Cockburn ANZAC Youth Parade and Service on April 11.

The event is the only one of its kind and size in WA - and there is no other known ANZAC Youth event of this size in Australia.

Under police escort, members of the 10th Light Horse Memorial Troop led the student parade up Spearwood Avenue to the RSL Memorial Park – with music from the City of Cockburn Pipe Band.

Once assembled in the Memorial Park, the Service began with the march on of the Joint Logistics Unit (WEST) Catafalque Party. The Masters of Ceremony were Head Girl Elia Waterman and Head Boy Dylan D’Amato from Seton Catholic College. Primary school students from various schools took part in the service by presenting all the readings, which also included two verses of the Ode To The Fallen.

The Defence ANZAC Address was presented by LEUT Dean Gazzola RAN, Joint Logistics Unit (WEST). The Senior Student ANZAC Address was presented by Year 12 student Richard Thomas, also from Seton College, whose address was very professional and meaningful, with a special message to the youth in attendance.

The wreath laying was led by Digger Cleak OAM and RSLWA President Peter Aspinall. This was followed by students from the 27 schools all laying wreaths, which was carried out in a very sincere and solemn manner.

Songs Australia Remembers and In Flanders Fields, as well as the New Zealand National Anthem (sung in Maori and English) and the Australian National Anthem were performed by the Seton College Choir.

Lest we forget

Arthur Stanton
Alkimos Primary School students crochet for ANZAC cause

It’s so endearing to realise how much support there is among WA youth for Veterans and the history of the ANZACs.

Up in the northern suburbs, students at Alkimos Primary School have a crochet club.

In the lead-up to ANZAC Day scores of little hands were busy crocheting poppies, to be sold in a fundraiser for RSLWA.

The result, a mighty respectable $149 for RSLWA’s ANZAC Appeal!

Congratulations and well done, kids … your support means the world to us!
North Beach locals turn out in force for Dawn Service

An impressive 10,000 locals flocked to Charles Riley Reserve to commemorate our ANZACs at North Beach Sub-Branch’s Dawn Service.

Local Veterans also turned out in force for the Service and Parade.

Master of Ceremonies was Trevor McEntyre, while wreath-layers included former Federal Member for Stirling Michael Keenan, new Leader of the Opposition Liza Harvey and Tony Krsticevic the Member for Carine.

North Beach Sub-Branch also entered 90 competitors - including Naval & Air Cadets - in the Gallipoli Run held in King Park on the ANZAC weekend as part of Peer Health activities.
Before the Sun

by Barham J.R. Ferguson – 6/2/2015

As the early morning greets me well before the sun is up,
And I lace these boots by feel and not by sight.
I’m reminded of the country that’s another world away,
And the home that still awaits me day and night.

I would ride the stockman’s run upon a lathered chestnut Waler,
I would run the beach for Coolangatta gold.
I would profit from apostles nine and cry for London Bridge,
I would set these sails on tall ships new and old.

There’d be mud upon these boots and there’d be dust fair in my eyes,
For the Melbourne seasons turn up in one day.
There’d be beer in this cold glass, perhaps a meat pie in my hands,
As I watch Cazaly’s wingmen join the fray.

There’d be salt upon these shoulders, there’d be zinc across my face,
As the Harbour Town drives Ferries to the docks.
There’s a vampire in the water and chair upon the shore,
And just maybe I’ll hear opera from the Rocks.

I would trip to Roper Bar, and I would race the Birdsville Track
I would cross the very Simpson in a flash.
I would swim at Mataranka with a very watchful eye,
And I would leave the crown casino with no cash.

There’d be bull-dust in my pockets, there’d be beach sand in my shoes,
There’d be board-shorts in the back seat of the car.
There’d be longboards on the roof rack and a pair of fluffy dice,
As three hundred kays to surf is not that far.

There’d be hot white toast and vegemite, to feed the weetbix kids,
And a weekend full of bacon, eggs and snags.
There’d be chalk across the pavement, there’d be suntan in the air,
There’d be Longreach Utes aplenty with their swags.

I would paint the whole town red with just a single Darwin Stubby,
And a hint of dust from the big red rock itself.
I would stamp my feet at Tamworth, and I’d play guitars of gold,
And I would have a beer with Duncan, for his health.

I would surf the very waters off the mighty river Margaret
As the doctor of Fremantle blows a kiss.
I would overtake a road train and I’d make Kalgoorlie mine,
And I’d hear the black swans peep and squawk and hiss.

I would stand atop the Telstra Tower and survey the pollie’s patch,
And I would join the noise with those at question time.
I would kneel at the tomb of the unknown soldier, and the wall of poppies red,
And I would read from rolls of honour, deeds sublime.

And as the early morning greets me well before the sun is up,
And I lace these boots by feel and not by sight.
I’m reminded of a country that’s another world away,
And the memories that stay with me day and night.
This first-hand account of covert military operations in the African outback during the Cold War made for a fast-paced, engaging distraction from my packed, twice-daily train commute.

Based on the real-life adventures of C Squadron, Major Michael Graham provides an insider perspective of this little-known branch of the SAS that thrived in the wilds of the African bush, delivering a book that reads like a thriller.

C Squadron was charged with engaging in eastern and southern Africa’s counter-terrorism activities, at a time when Russia and China were determined to gain a foothold there, driven by the region’s vast mineral wealth.

This is the first published account of C Squadron’s secret operations, written by seasoned former senior member Graham.

The pace of this book means it’s an easy, entertaining read … the counter-terrorism missions taking place against a backdrop of political uncertainty, when British colonial rule was coming to an end, while dissident political and tribal factions backed by the Russians and Chinese were gaining strength.

These factions posed a constant threat to Africa’s existing regimes, so C Squadron was never short of action in Mozambique and Zambia. There, they made significant gains in helping to subvert these Communist-inspired uprisings, by doing what the SAS does best.

The author had the luxury of being able to choose his own team, which worked very well. They were a small unit, usually between six and 10, with nicknames such as Horse, Pig Dog and Karate. In fact, one member of the unit (Corporal Peter Simmonds, or Simmo) originated from here in Perth, where his dad worked for major miner Newmont.

This brutally efficient unit ran with three sets of gear: their own Nato-style set-up, which included the 7.62mm FN FAL; but they would also equip themselves with Chinese and Russian-supplied weapons, a ruse to confuse the terrorists into believing that they had been attacked by rival gangs in the wake of their ambush attacks.

It was a remarkably effective plan, with the Zambian government at one point having to intervene to stop the inter-faction raids and counter raids, which were wreaking mayhem.

Played out against the backdrop of Africa’s spectacular landscape, teeming with wildlife, Secret SAS Missions in Africa is the remarkable story of how C Squadron helped to shape Africa’s history at the height of the Cold War.

Author Michael Graham was born in the UK and raised in Rhodesia. Educated at the University of Natal in South Africa, Graham, an avid bird watcher, left the Army as a Major and migrated to New Zealand in 1980.
“The days after losing Rick are still such a blur, but from the earliest time after I learned the awful news, Legacy was there for me and our girls.”

Join Legacy WA as a Legatee and help us keep the promise to families of veterans.

Legatees are the dedicated men and women who volunteer their time to provide the compassionate care and assistance to families of Australian veterans who have died or become incapacitated as a result of their active service.

For more information about becoming a Legatee please email reception@legacywa.com.au, call (08) 9486 4900 or visit promisesliveon.com.au.

“The spirit of Legacy is service.”

We’re here to HELP

Financial grants to veterans, widows, dependents including ex-ADF and serving members in times of hardship.

WESTERN AUSTRALIAN AGED, SAILORS, SOLDIERS AND AIRMEN’S RELIEF FUND TRUST

Visit our website: www.rslwa.org.au/financial-assistance

Contact the administrator: Rosalind Howat on 9287 3707
The military working dogs of the ADF give so much, while requiring little. That was, until recently.

Thanks to a new program, the first of seven military working dogs have been honoured in the first official retirement ceremony at RAAF Base Pearce’s No. 3 Security Forces Squadron.

And it was largely thanks to the efforts of Linda Scott, WA ambassador for the Australian War Animals Memorial Organisation – or AWAMO – who attended the ceremony to present some “thankyou for your service” retirement packages, which included purple poppy dog tags, blankets, treats, food and toys.

Ms Scott said: “We discussed the idea with RAAF Base Pearce last year and from there the idea developed into an official ceremony.

“It’s a first for the WA branch of AWAMO and possibly the first for Australia.

“We hope to hold more ceremonies to acknowledge all the retiring military working dogs in WA.”

Fang was one of those dogs.

Sergeant Russell Bennett, a military working dog handler from the airbase, recently brought Fang into RSLWA to meet our volunteer Poppy Ladies, who’d been busy knitting blankets for the care packages given to new retirees.

The blankets featured a design with purple and red poppies – the purple symbolising the efforts of military service animals and the red representing remembrance.

And it was a project our ladies embraced with gusto!

Unlike their handlers, who the dogs are frequently adopted by upon retirement, the animals don’t have government assistance to support them with any health issues following their service, hence the formation of the retirement packages.

Meanwhile, Fang seems to be thoroughly enjoying retirement – enthusiastically embracing all the pats and cuddles that come with his new civilian life.
Kokoda Track 75th Anniversary


The Battle that Saved Australia. By early 1942, Japan needed a base in the South Pacific to counter the Allied defence. The invasion of Australia was a real possibility. Along Papua New Guinea’s Kokoda Track, our diggers fought a valiant campaign to hold back the enemy and protect our home. A new crown coin has been struck to honour the men whose bravery ensured our freedom. Struck to a high specification, only 9,999 numbered issues will ever be minted.

The earliest orders will receive the lowest edition numbers. For this reason applications will be processed on a strictly first-come first-served basis and are limited to one per Australian household. Successful applicants also qualify to view the next coin in the 75th Anniversary War in the Pacific Crown Collection for only $79.99 (+ $9.99 P&H) sent entirely without obligation on our 14-day home approval service. Applicants may cancel at any time and all purchases are covered by The Bradford Exchange 14-day Money Back Guarantee.

SEND NO MONEY NOW – save $50.00 – yours for just $29.99 + P&H

The fastest way to own this touching tribute is to order online at www.bradford.com.au/military or call toll-free on 1300 725 103 alternatively complete and post the application form below.

YES, I wish to apply for Battle of the Kokoda Track Golden Crown for just $29.99 (plus $9.99 P&H). I do not need to send any money now.

Order reference: 105796

Title [ ] Mr [ ] Mrs [ ] Ms [ ] Miss [ ] Other

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Signature

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Please allow between 2-10 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at www.bradford.com.au. You must be over 18 years old to apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive offers, please tick this box.


Lines open Mon-Fri 8.00am-5.00pm  Quote reference 105796

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SAVE $50.00

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Order reference:
Living history moved into folklore with the passing of WWII Navy Able Seaman Torpedoman Ernest (Ern) Rudland, 95, at Fiona Stanley Hospital in Murdoch on February 5, 2019.

Ern was best known as the last surviving WA Veteran of the sinking of HMAS Canberra off Guadalcanal during the Battle of Savo Island in August 1942.

During World War II, Ern answered Australia’s call as a 17-year-old boy and served in the Royal Australian Navy between 1940-1948, first aboard HMAS Canberra and HMAS Shropshire, then post-war on the flagship HMAS Australia.

Even in old age, Ern had vivid memories of that fateful morning when HMAS Canberra was struck by 24 8-inch shells from the Japanese cruiser force. Within minutes the ship was immobilised, without power and listing to starboard, with multiple floods and fires on board.

Ern also remembered his rescue by USS Patterson, the many US Navy ships lost on that day, and the 84 shipmates that went down with his ship. Ern would later see some retribution for those terrible loses when he was present in Tokyo Bay on HMAS Shropshire for the Japanese surrender in September 1945.

He was later haunted by the atomic devastation he saw at Hiroshima and the destruction from conventional bombing on all the cities and towns between Yokohama and Tokyo.
Ern was born in Subiaco on the 1st of December 1923, the second of five children to Ann and Jake Rudland. Growing up through the Depression and in the shadow of looming war, one of the defining characteristics of Ern’s young life was austerity. He was forced to become independent from a young age when his mother became ill and he was sent into care. Like many of his generation who suffered displacement and hardship, he was resilient, fiercely independent and stoic to the very end.

After the war, Ern returned to Perth, where he met Marg, an Air Force Veteran. The couple married on the 6th of May 1950 at Wesley Church, a marriage that would span 57 years. Ern and Marg eventually settled into their home in Mount Pleasant and put down roots. Ern and Marg welcomed the arrival of their sons, Alan in 1954, Paul in 1958, and Jeff in 1964.

Ern began his career with the Child Welfare Department as a Probation Officer in the 1950s, a career that lasted over 30 years, well into the mid-1980s. Ern was in his element, he was a natural troubleshooter and worked hard to help the young offenders get back on the straight and narrow. As a result, he was respected by the young people and the diverse communities they belonged to. Many of the young men he helped often reached out to him in later years and thanked him for steering them in the right direction.

Outside of work, Ern had a competitive streak. In 1959, he and Marg helped establish the Kwinana Golf Club, literally from the ground up, by helping plant the greens. In 1962, they turned their attention to lawn bowls and helped establish the Mount Pleasant Bowling Club. Ern and Marg were awarded foundation and life membership of the club. Ern was given the honour of bowling the first ball and drinking the first beer poured in the clubroom, and they made many good friends over the decades as they played and served on the club’s management committee.

Sadly, Marg passed away in 2007, Ern missed her terribly but continued to live in their home at Mount Pleasant for a few more years, until he decided to move into his unit at the RAAFA Estate in Bull Creek. He loved his time at the estate, making many good friends and adoring the staff.

Ern was an honorary life member of HMAS Canberra-HMAS Shropshire Association (WA Division). Through the association, he attended numerous reunions - and visited the Solomon Islands in 2009 for the unveiling of the restored plaque commemorating the HMAS Canberra and those who perished in August 1942. In 2013, he was invited to Williamstown in Victoria for the naming of HMAS Canberra III, and later, he was present when the ship was commissioned in November 2014. He enjoyed rubbing shoulders with the then prime minister Tony Abbott and the Navy’s top brass. Ern was attending monthly meetings of the association at the Fremantle Navy Club right up until mid-2018, when his health began to fail.

Ern was a much-admired and loved character by all those who knew him, and he will be sorely missed by his family, friends and shipmates across the generations. Ern is survived by sons Alan, Paul and Jeff, and grandchildren Ella, Jess, Clare and Matthew.

Rest in Peace.

Paul (Reg) Livermore
Secretary, HMAS Canberra-HMAS Shropshire Association (WA Division)
Since the last Congress, State Branch has developed a range of support tools for Sub-Branches to make it easier to run a sometimes complex range of duties and compliances throughout the year.

The Sub-Branch Toolbox is, essentially, a central resource designed to assist Executive Committee Members, Membership Officers and Volunteer Welfare and Advocates successfully perform their role within the Sub-Branch.

Each role in a Sub-Branch has its own Toolkit which includes:
• Role description and responsibilities
• Code of Conduct
• Form Templates
• Useful External Resources

The Toolbox is accessible 24/7 and is the first place to source information. Should you have any queries not covered by the Toolbox contents, please feel free to contact the Toolkit administrators below for assistance:

- **Welfare:** Rosalind Howat welfare@rslwa.org.au
- **Advocacy:** Sharon Briggs sharonb@rslwa.org.au
- **Sub-Branch Admin:** Veteran Liaison Officer vlo@rslwa.org.au
- **Financial Services:** Karen Cleverly accounts@rslwa.org.au

This Toolkit will be updated over time so as to ensure it keeps up with any changes, developments or innovations, including emerging IT.

## Why Donate to RSLWA?

By Donating to RSLWA, funds go directly to assist our Veterans and their families in need.

As an additional benefit, RSLWA has been endorsed by the Australian Taxation Office as a Deductable Gift recipient (‘DGR’) organisation.

Our DGR status is registered on the Australia Business Register and on the Australian Charities Not-for-Profit Commission database.

This means that donations of $2 and over to RSLWA are now tax Deductable to the donor.

Please consider making a donation today.

### I would like to help our Veterans and their families in need by donating:

- $10
- $20
- $50
- $100
- Other $ __________

### SUPPORTER DETAILS:

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### PAYMENT DETAILS:

- MasterCard
- Visa

Card Number: ________________________

Expire: ______/_____

CVV: ______

Name on card: ________________________

Signature: ________________________

My cheque is enclosed and made payable to **The Returned & Services League of Australia WA Branch Incorporated**

All donations over $2 are tax deductible. A receipt will be sent to you shortly.

Thank you for your generosity.
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<td><strong>Unit and Kindred Name</strong></td>
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<td>2/11th Battalion Group</td>
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<td>2/2nd Commando Association Australia Pty Ltd</td>
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<td>2/3rd Machine Gunners &amp; Relatives Assoc of Western Australia Inc</td>
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<td>2/43rd Australian Infantry Battalion Assn WA Division</td>
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<td>2/4th Machine Gun Battalion (AIF) Ex Members Assn</td>
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<td>3 Telecommunication Unit Association (RAAF)</td>
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<td>Royal Western Australia Regiment Assn</td>
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<td>War Widow's Guild of Australia WA Inc</td>
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<td>WRAAC Assn WA</td>
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The Listening Post JUNE 2019

LAST POST

**Navy**

F5373; Anderson, John
Albany
L/Fx793315; Barrell, Leslie
City of Mandurah
R56710; Beswick, Derry
City of Rockingham
F5079; Blackburn, John
Harvey
R4585; Buchanan, Kevin
City of Mandurah
R35955; Burns, Robert
City of Rockingham
24039; Dowd, Seymour
Cambridge
D092074; D’rosario, Ivan
Bunbury
27476; Epstein, Harry
City of Perth
Wx3187; Bell, B.e
Albany
Nx116721; Abbott, Vincent
Cambridge
F5373; Anderson, John
Albany
Wx3187; Bell, B.e
City of Perth
Wx34731; Best, Basil
North Beach
52765; Bladen, Kenneth
Highgate
64/158374; Bui, Toan
Vietnamese Services
19072302; Cavill, Roy
City of South Perth
536716; Collins, George
Nollamara
Wx23220; Coughlan, Rw
North Beach
19023188; Cowland, Charles
Gosnells
5/711442; Davey, Jeffrey
Dawesville
Wx28219; Dolton, Graham
City of South Perth
5411612; Dyer, Kevin
Port Kennedy
5/700943; Fitzmaurice, Graeme
Cambridge
5/704290; Hull, Kevin
City of Cockburn
920279; Jarzabkowski, Peter
Riverton
527010; Jones, Emyr
Kelmscott-Roelestone
Wx16572; Macpherson, Neil
Albany
W/324015; Manderson, Elizabeth
Bellevue
W3976; Mccorriston, Henry
City of Rockingham
22665501; Meader, Henry
Yanchep-Two Rocks
23204427; Moyes, James
City of Belmont
Er19808377; Okutake, Arthur
City of Cockburn
28999; O’shea, John
Ballajura
Wx27282; Ottaway, Vernon
Northam
6108682; Riches, Hamish
Nedlands
536611; Rob, Geoffrey
Northampton
53822; Smith, Raymond
Nollamara
Wx36208; Spalding, Thomas (Bob)
Osborne Park
423146; Turner, Stephen
Dawesville
5716932; Wallis, Eric
Dumbleyung
5/700837; Williams, George
Bakers Hill
5/400196; Woodhams, Ra
Albany
Wx29740; Young, Chunda
Applecross
Wx12649; Muhling, Gf
Claremont
Wx19040; Stokes, L.a.w
Yokine-Joondanna
Wx38817; Manton, Len
Dongara 23rd Bob
Wx28189; Chappel, Edwin
Perenjori
Nx165603; Eveille, Louis
Bunbury
Wx20959; Olsen, Arthur
Gosnells

**Air Force**

38772; Love, Roy
City of Perth
511310; Mccann, Paul
Nedlands
427925; Millman, Ronald
City of South Perth
442066; Palmerm, Donald
Cambridge
A25721; Turner, William
Bellevue
113389; Ward, Patricia
Bunbury
85311; Weetman, Roy
City of Belmont
R37581; Willrier, Frederick
City of Rockingham
A316777; Mahoney, Brian
North Beach

**Service Unknown**

14076351; Sparkes, Edward
Armadale
53599; Wilson, Simon
Busselton
520869; Scott, Laurence
Wanneroo
War has been gallantly fought on many battlefields. On the ground. In the skies. And on the high seas. But it was also fought on the steel rails that crisscrossed so much of war-torn Europe. Inspired by the trains that helped secure victory. The Bradford Exchange is proud to present the exclusive *Camouflage Armoured Train Collection*. Authentically detailed. Magnificently handcrafted. These iron behemoths were not only heavily armoured, they were also heavily armed bristling with cannon, machine guns and anti-aircraft weapons. Through painstaking research and uncompromising attention to detail, these train cars have been faithfully recreated and sculpted as real working HO-scale cars that will operate on any HO-gauge track. To maintain the ultimate in accuracy, the cars are also hand-painted in actual Allied camouflage patterns. Crafted of only the finest materials, this heirloom-quality train collection is built to deliver years and years of enjoyment.

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Surname: _______________________________________________

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Phone:  ________________________________________________

Email:  _________________________________________________

Signature:  ______________________________________________

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