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IN Inside
Mark Daniels is no stranger to adversity. Despite his personal challenges, he has not let that stop him from competing on Australian Ninja Warrior and the Invictus Games Sydney 2018.

However, this goal was furthest from his mind not so long ago. “I was severely injured at work and this had a massive impact on my life,” Mark said.

Mark originally qualified as a Marine Technician in the Royal Australian Navy (RAN). Post-injury, he is currently undertaking work experience as a RAN Physical Training Instructor (PTI), a role he is planning to take up in 2019.

“I first heard about the Invictus Games in 2016 when the team was in Orlando, Florida, and then when it was on in Toronto I began to seriously think how I could get involved,” Mark said.

“At the time I was focused on my career with the main goal of being able to stay in the Navy with my injury,” he said.
This year I am in a much better place, so I put my hand up and got selected.

Founded by HRH The Duke of Sussex in 2014, the first Invictus Games were held that same year in London at the Queen Elizabeth Olympic Park. The first games had more than 400 competitors from 13 nations.

This year’s games in Sydney attracted more than 500 competitors from 18 nations, competing across 11 adaptive sports. Prince Harry and the Duchess of Sussex were both there, providing their support to competitors.

“I completed in a number of sports such as wheelchair rugby, seated volleyball, swimming and indoor rowing,” Mark said.

“This was a combination of participating in individual pursuits and team events which I had really looked forward to,” he said.

Where Mark is now is a long way from where he found himself after being injured at work in December 2015.

Having enlisted in the Navy less than three years earlier, Mark became an amputee and with that came a world of adverse and difficult challenges, both mental and physical.

“It was initially very, very tough and got post-traumatic stress disorder. It was a really tough place but it was a mate who was also serving in Army reserve who was able to reach out and help me,” Mark said.

Demetrio Van De Velde was that person. Incidentally, he was training Mark’s twin brother, Owen, at the time.

“About two-and-a-half years ago when I was training Owen, he told me what happened. I allowed him to change or cancel PT sessions at a moment’s notice for him so he could do anything to support his brother,” Demetrio said.

“Over the weeks after Mark’s accident, I continually asked Owen about how his brother was doing. Eventually Owen said Mark had mentioned he wanted to go to the gym and wanted me to be his personal trainer,” he said.

“Mark had talked about the gym and Owen asked me if I could be his brother’s trainer. I was not so sure initially as I hadn’t trained someone with such a severe injury.”

An Army Reserve infantryman with the Royal West Australian Regiment’s 11/28 Battalion at the time, Demetrio was also a personal trainer. He reached out to Mark and encouraged him to come back and train, but only when he felt ready to do so.

“However, I thought let’s bring him in. If he’s up for the challenge, then so am I,” he said.

Having served on RAN vessels such as HMAS Ballarat, Stuart, ANZAC and Arunta, he is currently based at HMAS Stirling on Garden Island near Rockingham. He is also the first Navy amputee in Western Australia in 18 years.

“I’ve had an extensive amount of support to help me keep my job in the Navy,” the Wandi resident said.

While describing his long journey has had more than its fair share of challenges, from being “broken” to competing alongside able-bodied power-lifters to being on Channel Nine’s Australian Ninja Warrior, his appreciation at the level of ongoing support he has received is palpable.

“Work has been extremely accommodating and supportive of me, as have a host of other people. I’m now much physically stronger and mentally stronger,” Mark said.

“There have been a number of key people who have got behind me and moved heaven and earth to make this happen. I am just so grateful to them all.”

As the Invictus Games organiser’s have said, “most of us will never know the horrors of combat. Horrors so great that many servicemen and women suffer life-changing injuries, both visible and invisible, while serving their countries, and serving us.”

**Australia won the Gold Medal against the United Kingdom 23-17 in the final.**

---

**If you are faced with challenging thoughts, feelings, or memories, please contact one of the below services:**

- **Lifeline:** 13 11 14
- **Kids Helpline:** 1800 551 800
- **Mens Line Australia:** 1300 789 978
- **Suicide Call Back Service:** 1300 659 467
- **Beyond Blue:** 1300 22 46 36
- **Headspace:** 1800 650 890

---
and the wider community
of Western Australia to give
veterans the help they need and
deserve.

Why this campaign is so
important is reflected in some
sobering statistics:

• The suicide rate among ex-
servicemen is 14% above the
national average.
• One in 20 Australians
experiencing homelessness
have served in the ADF.

RSLWA is about to
take a leap of faith in the kindness of others and the need for every single member of our great organisation to get behind the need for enduring fundraising to help support an ever-increasing number of new veterans.

By the time you read this, The Honourable Kim Beazley AC, Governor of Western Australia, would have just launched the landmark Help Our Heroes fundraising campaign. The campaign cannot have come at a more critical time for RSLWA and for all veterans young and older who live in WA.

More than ever, there is a growing need to care and support veterans and their families and RSLWA needs the support of the business and corporate sectors, government

and the wider community
of Western Australia to give
veterans the help they need and
deserve.

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sobering statistics:

• The suicide rate among ex-
servicemen is 14% above the
national average.
• One in 20 Australians
experiencing homelessness
have served in the ADF.

Our veterans, past and present, volunteered to put their lives on the line for the sake of all of us, and they deserve our gratitude and support.

As you know, State Branch and Sub-Branches have highly-valued and hard-working advocacy and welfare officers. But we need more. We need better capability to look after our veterans, but that costs money.

From CEO, Mr John McCourt
The plan for the Help Our Heroes campaign is to super-charge ongoing fundraising efforts year-by-year to be able to deliver on our core services of transition assistance, well-being, mental health, advocacy and welfare support, social and community inclusiveness and lifestyle.

We are doing this by collaborating with other Ex-Service Organisations who bring to the table complementary services. But we can, and need, to do more.

How can members and Sub-Branches get involved? We already do a good job when it comes to our street appeals but fundraising now needs to go much further than that.

Over the coming months, my fantastic staff here at State Branch will be rolling-out how you can get involved in the Help Our Heroes campaign. You’re crucial to the effort and, by doing things better together, we will achieve our goals.

There are more than 25,000 veterans in Western Australia alone – many of them young veterans who face emerging challenges. Because of RSLWA’s wide reach across the State, we are in a position to facilitate the need for significant increases in veteran services.

RSLWA, put simply, needs to continue doing what it has done for more than 100 years – remember those who didn’t come home and look after those who did. But we need to grow with the times.

The goal is to reach out to our contemporary vets while, of course, making sure we continue to look after our older veterans. Our Veteran Central approach provides just that – putting the veteran and the family at the centre of service delivery.

As CEO it’s my job to deliver on what the Board of Directors, through State Congress, wants to achieve. With your help, we will make the Help Our Heroes Campaign a game-changer in raising enduring funds for members and all veterans, whomever they are and wherever they live.
SHAPING THE FUTURE

From the State President, Peter Aspinall, AM

Shaping the future does not happen by accident and, as your President, I am dedicated to leading a Board of Directors, and a very competent State Branch staff, to deliver on what we need to do over the next three years – and beyond.

As many of you know, I will not be seeking re-election as President in 2020 and therefore, in approximately 18 months' time, I will go to the 2020 State Congress with a report card on what has been achieved and what base the new President and his or her Board will have to address.

Planning is everything for a successful organisation and RSLWA is in a very good position to not only plan for renewal, but to build on the efforts of the recent past.

At about this time last year, a robust and very successful two-day workshop was conducted by the Board of Directors, facilitated by respected businessman and SAS veteran, Peter Fitzpatrick. That workshop looked at our recent successes and then determined what was needed to move ahead.

Recently, the Board endorsed a new three-year strategy on ‘Serving our Veterans’ to take the organisation forward. This strategy was communicated to Sub-Branches in September in a document, entitled “Serving Our Veterans - 3 Year Plan”, which maps out what we need to do, how we need to innovate and what is required to achieve key identified objectives. This is necessary because we are seeing a new era of veterans and, as the leader in the Ex-Service Organisation community, it is our duty to look after all of our veterans and their dependents, whether or not they are members of the RSL.

Transition from military to civilian life can be very challenging; the advent of recent conflicts has once again raised the importance of understanding and addressing mental health; and the need to work with other ESOs on assisting veterans is a must. The 3-year strategy the Board has adopted looks to leadership, compassion and support to achieve our objectives.

Our vision
By 2021, RSLWA will enjoy the full confidence of government, the community and veterans through professional, innovative and collaborative service delivery to Veterans and their families by achieving key strategic objectives.

Our Key Strategic Objectives
The key strategic objectives for RSLWA over the next three years are to:

- Refine service offerings and develop new and innovative services for members and veterans.
- Develop lasting partnerships and collaborative opportunities with like-minded organisations within the Ex-Service Organisation community and veterans service delivery entities.
- Ensure continued sound financial management with growing our business and securing new income streams to drive better services to veterans in well-being, transition, welfare and advocacy.
- Grow and protect the reputation of RSLWA including Sub-Branch governance and finances.
- Increase membership retention and growth.
- Provide and maintain the highest possible level of governance in everything RSLWA does.

Delivering on Strategic Intent
These key strategies are delivered by RSLWA Management, through the Chief
Executive Officer, to satisfy Board Expectations. With the support of Government, the corporate sector and the community, RSLWA is confident it will help to forge a new approach to veteran support. A Veteran Central Model, effectively a one-stop-shop for veterans, is the way to the future and cannot be fully achieved without goodwill among the ESO community and sound financial planning.

The way ahead for RSLWA is redefining the way we connect; the way we communicate and the way we contribute to veterans, their families and the wider community through the use of traditional communication and new technology while, at the same time, providing leadership backed by sound financial competence and compliance.

Evidence-based Research

The RSL in Western Australia is more than 100 years old. While it has served veterans for all this time with consistency and passion, things have been changing. 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 with an estimated 7,000 to 10,000 West Australians having deployed to overseas conflicts since 1999. Research and clinical experience has found that military personnel will be changed because of their exposure to high-risk environments and that a significant number will experience symptoms of fatigue, sleeplessness, impaired concentration, nightmares, intrusive thoughts, hyper-arousal or anger.

For many veterans, these symptoms will resolve, and they will view their experiences positively and potentially as a source of personal growth. However, others will be negatively affected and will go on to have mental health disorders.

While the above has been true for veterans of previous conflicts the proportion of current ADF personnel so affected is significantly greater than in the past.

Taking Action

To ensure we achieve our 3-year objectives, mechanisms have now been put in place. They include the following:

- Prioritising key and ancillary services.
- Providing space in new ANZAC House for ESOs and other service providers.
- Communicating new offerings to members and other stakeholders.
- Developing partnerships with research and health-based organisations.
- Seeking new investment opportunities to grow our capital.
- Improving services and support to Sub-Branches.

Beyond the next three years, State Branch is also developing a 10 year outlook of development and financial planning and implementation to cement our future.

From 2018 to 2028, RSLWA is looking to establish more veteran support centres (hubs) in selected metropolitan and regional locations to augment the development of ANZAC House Veteran Central. Importantly this embraces forecasted capital requirements and ongoing operational expenditure.

But to do all this means all members of this great organisation pulling together and sharing a common purpose. I am confident this will continue to happen.
An illustrious and inspiring life is an apt way to describe the experiences of one of Mount Lawley Senior High School’s most honoured community members.

Hi is a man whose stories and knowledge were shared from the heart.

In his 100th year, Arthur Leggett OAM still contributing to the community as President of the Ex-Prisoners of War Association of WA. His remarkable status in the school was celebrated at a recent ceremony in the school library that has been named after him.

The ceremony was attended by many of Mr Leggett’s proud family, as well as fellow members of the military, local dignitaries, staff and students.

Principal Lesley Street spoke of how Mr Leggett was an inspiration to all, and of his ability to value every person and every experience.

Previous principal Milton Butcher described him as a “living treasure and a Lawley Legend.”

After unveiling the plaque, Mr Leggett responded and spoke of the privilege he always felt while talking at the school, in his quest to acknowledge the many brave men who had died defending the country. He expressed the hope that the principles for which he stood would endure and stated that his aim had always been to leave the world a little better than it was before.

Mr Leggett served in North Africa, Greece and Crete during WWII. He was captured in 1941 and sent to Germany where he worked, in effect, as slave labour in the coal mines. He was liberated by American troops near the end of the war. In 1996, he took on the position of President of the Ex-Prisoners of War Association of WA.

It was at this time that his connection to the school commenced. In the same year, the school adopted the Ex-Prisoners of War Association Memorial in Kings Park. Since then Mr Leggett has become a regular attendee at school assemblies and the annual memorial services.

Acknowledgement through a connection to a building such as a library is fitting for a man who has written an autobiography and is recognised as a bush poet.

Dignified but always demonstrating a sense of humour is one characteristic that sums up the well-rounded nature of Arthur Leggett. He was awarded an OAM in 2004. The school was delighted to confer its own honour upon him in 2018.

Mr Leggett making his speech with Mr Milton Butcher (Right).
Spoken by Mr Tinley, Minister for Veterans Affairs, in State Government.

“I rise today to acknowledge an outstanding member of the Veterans Community, Mr Arthur Leggett OAM, President of the Ex-Prisoners of War Association WA, who turned 100 just four days ago.

I wish to acknowledge Mr Leggett, his daughters Sue Meagher and Maureen Rayso, his mate Ray Galliott and Lesley Street, Principal of Mount Lawley Senior High School – who are all seated in the Speaker’s Gallery this afternoon.

Mr Speaker, Arthur was a signaller in the Second World War, and was captured in early 1941 on Crete. He spent most of the remaining years of the war as a POW, working in the coal mines in northern Poland, before being part of what has come to be labelled by historians as “The Great March”, “The Black March”, “The Death March Across Germany” and other similar names.

Arthur was forced to march from Poland, across the Czechoslovakian Alps to Bavaria, all in the middle of the European winter, and in starvation conditions.

Arthur not only lived out this incredible survival story during the second world war but in more recent years he has been a major contributor to our society, specifically through his connection to Mount Lawley Senior High School.

Arthur has forged a long connection with the school, contributing on their ANZAC Day ceremonies, but also taking time to educate generations of students around the meaning of ANZAC and the history he knew first hand through lived experience. He has also contributed for decades to the annual Prisoner of War services held at Kings Park.

Earlier this year, the school community recognised him by inducting him as a ‘Lawley Legend’ for – and I quote: his character, good humour, his sacrifice as a prisoner of war and his dedication to keeping alive the memory of his fallen comrades with generations of Mount Lawley Senior High School students.

What’s more, Mr Speaker, just last month the school unveiled its new library, The Arthur Leggett OAM, EM Library. A fitting tribute to a Veteran, and a man, who has given so much to younger generations of Australians.

Today we acknowledge not just an outstanding Veteran; but an outstanding human.

I personally thank him for his service in uniform, and also for all he has done to enrich our society since.”
WHEN THE SHOOTING AND SHELLING FINALLY ENDED

Remembrance Day is truly a sacred day on the Australian calendar that continues to carry sombre, national significance.

From the first AIF deaths, which occurred closer to home in German New Guinea in September 1914, to the signing of the Armistice that silenced the weapons along the Western Front, Australia lost almost 62,000 service personnel and 160,000 wounded. This sacrifice came from a new nation that in 1914 had a population slightly less than five million.

And when the Armistice finally came at the 11th hour of the 11th day on the eleventh month in 1918, it ended nearly 1,600 days of continuous warfighting along the Western Front.

After the disastrous Gallipoli campaign, described kindly by author George Johnston as “the brave bungle of the Dardanelles”, the Australian Imperial Forces (AIF) first arrived in France mid-1916.

On 19 July 1916, Fromelles was their first major engagement against the Germans. As noted historian Ross McMullin stated, it was “not the worst in Australian military history. (but) the worst 24 hours in Australia’s entire history.” In a single night, Australia suffered 5,533 casualties, almost 2,000 killed in action.

And the horror continued. The AIF played a vital role in the eventual Allied victory, and the final battle for the ANZACs came with the capture of Montbrehain in October 1918.

The industrialised warfare in atrocious, appalling conditions along the Western Front, stretched its horror from the Swiss Alps to the Belgian coastline on the North Sea. Rather ghastly inventions and new ways of killing were continually being introduced, but their introduction was the desperate means of delivering victory over their foe.

The First World War saw death for the first time come from the skies, from below the sea, in the air with poison gas and armoured tanks. Meanwhile, ANZACs were also fighting in the heat and vast expanses of Sinai and Palestine against the determined Turkish troops of the Ottoman Empire.

Upon their return, the horror of the war remained with many returned servicemen and women. Their wartime service was entwined with who they had become. Many carried the visible injuries of either having been wounded, maimed or scarred by the war. Others also carried the torment, pain and anguish solely within. For some, the personal toll was far too great to continue enduring.

For those who did not return, they were keenly, achingly, mourned by relatives and comrades alike.

Almost every Australian town erected an honour board, war memorial or created places and space that memorialised the sacrifice of those who served and fell.

In the 100th Anniversary of Armistice Day, it is fitting we continue the tradition and that “we will remember them”.

By Gavin Briggs

REMEmBRANCE DAY 2018
PERTH CITY EVENTS

NOVEMBER 9 TO NOVEMBER 12 2018

The 62,000 Poppy Project is to be exhibited in the gardens of Kings Park from the 9th to the 12th of November 2018. The 62,000 poppies represent the Australians killed in WWI and will be displayed on Aspect Lawn.

REMEMBRANCE DAY – NOVEMBER 11 2018

0900 | 3 Battery, 9th Regiment, Royal Australian Regiment will be conducting a Military Gun Salute in Kings Park. The guns will be fired from 0900 and every half an hour until seconds before the 11th hour to symbolise when the guns fell silent.

1100 | The annual Commemorative Service will take place at the State War Memorial in Kings Park. This service will be attended by dignitaries, representatives from Ex-Service Organisations, Cadets, and schoolchildren. Music provided by Churchland Senior High School. All are welcome to attend.

100 Buglers | More than 100 Buglers will be positioned throughout the Perth CBD to sound The Last Post as one.

Centenary of Armistice Picnic | To celebrate the end of WWI, RSLWA will be holding a Centenary of Armistice Community Picnic in the gardens of Government House from 1200 - 1500. This event is free for veterans, their families and the general public. The picnic will be supported by community organisations such as Foodbank WA and Rotary Clubs.
Prominent WA landmarks with connections to the First World War will each be lit up with 59,000 poppies to commemorate the Australian lives lost in the First World War.

**MONDAY, 5 NOVEMBER 2018**
Exmouth | The Vlamingh Head Lighthouse
Exmouth was used as a military base in World War II. Two Japanese attacks were carried out on the Exmouth Gulf area in May 1943.

**TUESDAY, 6 NOVEMBER 2018**
Geraldton | Museum of Geraldton
HMAS Sydney was sunk off the coast of Geraldton in 1941. This was the largest loss of life in the history of the Royal Australian Navy.

**WEDNESDAY, 7 NOVEMBER 2018**
Kalgoorlie | Kalgoorlie Town Hall

**THURSDAY, 8 NOVEMBER 2018**
Albany | Albany Town Hall
In 1914, 30,000 Australian and New Zealand troops departed Albany for Egypt and the battlefields of World War 1.

**FRIDAY, 9 NOVEMBER 2018**
Bunbury | St Patrick’s Cathedral

**SATURDAY, 10 NOVEMBER 2018**
Fremantle | Fremantle Maritime Museum
In 1914, the 11th Battalion, the first battalion to be raised in WA, departed Fremantle for the landing at Anzac Cove in Gallipoli.

**SUNDAY, 11 NOVEMBER 2018**
Perth | St George’s Cathedral

**FAURÉ REQUIEM**
Following Perth Symphonic Chorus’s long tradition of ANZAC concerts, we will mark this significant occasion with a performance on Remembrance Day of the ‘Fauré Requiem’ and Vaughan Williams’ ‘Dona Nobis Pacem’ with relevant narration and projections to deepen the meaning of the music’s texts and the day’s significance.

This will be a performance that will move everyone present and help us mark the day with respect and gratitude.

Tickets are available from www.perthconcerthall.com.au
APPLECROSS

1055 | Service will commence just prior to 1055 hours. For the City of Melville Remembrance Day Service please be in attendance at the War Memorial in Wireless Hill Park no later than 1045 hours.

1115 | Morning tea will be served on completion.
Parking is available at Wireless Hill, overflow parking (short walk) at City of Melville Administration Building.

1300 | “Clock Tower Plaques” will be unveiled at our Sub-Branch Hall at 98 Kintail Road, Applecross, WA, 6153.

1320 | Light refreshments. Some Parking available at the Hall with overflow at the Applecross Primary School opposite the Hall.

Contact
J.C. (Craig) Chapman
0418 936 221
robertsf13@gmail.com

BROOKTON

11 NOVEMBER 2018

1045 | Commemorative Service at Memorial Park, Brookton Highway, Brookton.

At Completion | At the conclusion of the service there will be family activities. Street parking available.

Contact
Trevor Gardiner
0419 914 742
brooktonrsl@gmail.com

CITY OF COCKBURN

1000 | Serving and ex-serving members and their families will march alongside community groups, bands and a police escort from the Sub-Branch, down Forrest Road and into Carrington Street.

On Completion | A commemorative service will be held after the March at the City of Cockburn War Memorial, Cnr Rockingham Rd and Carrington Street, Hamilton Hill.

Following the completion of the service, members of the community along with RSL members will be invited back to the Sub-Branch for a BBQ lunch. Parking is at the rear of the Memorial Hall adjacent to the War Memorial.

Contact
Arthur Stanton
0429 955 573
nolart@stanton.net.au
Kay Cleak OAM
0439 833 501
clouds@comswest.net.au

COTTESLOE

Sunset | Cottesloe RSL will hold a sunset service on the Main Lawn of the Cottesloe Civic Centre, 109 Broome Street, Cottesloe.

Timings will be advised closer to the event, once sunset timings are known.

Standard parking in the area will be available. There are a number of ACROD car parks.

Contact
Jonathon Sciortino
0410 446 655
sciortino@iinet.net.au

DAWESVILLE

1045 | Commemorative Service and Centenary of Armistice Plaque unveiling at the Dawesville Memorial, Dawesville Foreshore, Estuary Drive, Dawesville.

On Completion | Following the Service, there will be a community sausage sizzle supplied by the Dawesville RSL.

Parking is available in Estuary Drive and adjacent boat ramp parking area.

Contact
Mr. William (Bill) Bryden
0437 056 335
billbryden53@gmail.com
DONGARA
1040 | Veterans and community march to Memorial Park.

1045 | Remembrance Day Commemorative service.

1115 | Community march along Moreton Terrace to Town Park.

1130 | Community picnic, memorabilia and military displays, food stalls, children’s active events, accompanied by the South Perth Lions Big Band featuring music from the war years. Period dress appreciated.

1500 | Close.
For the Service, there is ample parking off Leander Drive adjacent to Memorial Park.
For the picnic, there is parking at the rear of Uniting Church and RSL clubrooms.

Contact
Peter Pendlebury
T: 9927 1370 M: 0428 271 370
dongararsl@gmail.com

NORTH BEACH
9 NOVEMBER 2018
North Beach RSL Sub-Branch Members will be walking from Fremantle to North Beach to re-enact World War survivors returning from the War, leaving Fremantle Wharves on 9th November, arriving at North Beach on the 11th November and proceeding to the Memorial.

11 NOVEMBER 2018
1045 | Service commences at Memorial Precinct, Charles Riley Reserve, North Beach.

On Completion | Following the Service, an unveiling of plaques will take place. Members and Guests will be invited to a formal Morning Tea at the Community Centre. The Community will be invited to a Sausage Sizzle provided by North Beach Lions Club. Adequate parking will be available in the adjacent carparks.

Contact
Rob Sweet
0417 654 533
northbeachrslwa@gmail.com

WANNEROO
1045 | A Service will be held at the Wanneroo Memorial Park.

At Completion | There will be vintage vehicles on display with music and activities after the Service.

Contact
Lorrie Mucciarone
0402 277 656
lorrie.m@iinet.net.au

For a full list of Remembrance Day events in Western Australia please visit www.rslwa.org.au/commemoration/remembrance-day/services/
The Poppy Ladies are indeed an extremely dedicated bunch of people.

They have long been knitting their way over the past year to have 62,000 poppies ready for installation in Kings Park’s to commemorate the 100th anniversary of Armistice Day.

This major commemorative project has long seen many knitters and crocheters regularly gather at the RSLWA State Office to undertake this art installation.

Many other people from around the State have also been knitting poppies and posting, or dropping them off, to the RSLWA State Office.

“This ambitious and worthy project has seen many dedicated volunteers give their time to help create this historic installation of Remembrance,” RSLWA Chief Executive Officer John McCourt said.

“I would like to acknowledge the great work that Judy Welch and her army of volunteer Poppy Ladies have achieved,” Mr McCourt said.

“The design of this installation will do service to the work of the Poppy Ladies and to the memory of the 62,000 Australians who paid the ultimate sacrifice,” he said.

These 62,000 handcrafted red poppies will provide a stunning visual tribute that acknowledges the 61,513 Australian service personnel who lost their lives on various campaigns across the four-and-a-half long years of the First World War.

Worn on Remembrance Day, poppies were among the first flowers to grow along the battlefields of northern France and Belgium during World War One, a region where Australian troops fought.

In soldiers’ folklore, the vivid red of the poppy came from the blood of their fallen comrades which had soaked the ground.

RSLWA Events Manager, Wendy Moss said: “People can keep up to date with the progress of the project by liking our Facebook page or visiting the Poppy Project page on our website.”
Mop Donuts
Centenary Picnic

MOP Donuts are quite the icon and are renowned for creating great-tasting bomboloni style donuts using the wildest ingredient combinations imaginable. Our Remembrance Day Community Picnic will see MOP selling the one of a kind, limited edition Poppy Donut.

Westfield
2018 Poppy Appeal

Our 2018 Poppy Appeal is greatly supported by Westfield Carousel, Innaloo and Whitfords. Community members are encouraged to visit these centres during Remembrance Week (Monday 5th - Sunday 11th November) and donate towards the annual Poppy Appeal. Help serve those who served.

ANZ
2018 Poppy Street Appeal and Poppy Project

One of Australia’s leading banks, ANZ is providing volunteer assistance for our annual Street Poppy Appeal and will assist in raising much needed funds for our veterans and their families. Volunteers have also dedicated time and energy to our 62,000 Poppy Project – the results of this effort will be displayed in Kings Park the weekend of Remembrance Day.
Perth Children’s Hospital Foundation – Fun on Four

**Poppy Project**

Fun on Four offers a range of purposeful play and recreation activities and creative learning environments for children and adolescents of all ages and abilities. RSLWA has partnered with Fun on Four and created ‘Poppy Week’ – a week of craft activities with poppy making, story time and ANZAC colouring in.

Para-Quad

**2018 Poppy Street Appeal**

Para-Quad is part of The Spine & Limb Foundation (Inc.), which is dedicated to supporting people with spinal cord paralysis, sustained through injury or disease, and those with traumatic and genetic limb loss. The Foundation also assists persons who are aging. This wonderful team is supporting our annual Street Poppy Appeal so please give generously this Poppy Day!

IGA

**Remembrance Day Campaign**

Independent Grocers of Australia is an Australian chain of supermarkets with individual IGA stores independently owned. A selection of Perth metro stores will be screening RSLWA’s Remembrance Day short films and we encourage you to support these stores as they support those who have served.

6iX

**Remembrance Day Campaign**

6iX is a commercial radio station broadcasting from its studios in Osborne Park. Entertaining the greater Perth community for over 80 years, 6iX will be broadcasting Remembrance Day messages from Monday 4th November. Tune in to hear the history and messages of admiration as we remember the fallen and respect the living.

Fremantle Markets

**2018 Poppy Appeal**

The Fremantle Markets have been supplying the community with a distinctive atmosphere for over a hundred years and have partnered with RSLWA for the 100th anniversary of the Armistice. Please join the Fremantle Markets and support our annual Poppy Appeal in honour of our veterans.
There is some conjecture regarding the two-minute silence and where it originated. The Australian War Memorial (AWM) can rightly be considered the authoritative source on this matter, as the custodian of explaining the history behind the two-minute silence which is observed every Remembrance Day.

It was on the first anniversary of the Armistice in 1919 that the “two-minute” silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London.

Of interest, the AWM records that “the silence was proposed by Australian journalist Edward Honey.”
Born in 1885 in St Kilda, Melbourne, Honey was a veteran of the First World War and a working journalist on Fleet Street.

Less than a year before the first anniversary of the Armistice, he published a letter under the pseudonym of Warren Foster in the London Evening News. According to Monument Australia, Honey appealed for a five-minute silence of national remembrance.

At about the same time, a South African statesman, Sir Percy Fitzpatrick made a similar proposal to the British Cabinet. Sir Fitzpatrick called for a period of silence to be held on Armistice Day, and was duly endorsed by Cabinet.

The Australian’s request for a five-minute period of silence was considered too long, and a two-minute period of quiet reflection was deemed the appropriate length of time.

Accordingly, King George V personally requested all people across the British Empire to pause their “normal activities for two minutes on the hour of the Armistice.”

The English monarch stated that this act on the anniversary of the Armistice, “which stayed the worldwide carnage of the four preceding years and marked the victory of Right and Freedom.”

The two minute silence was popularly adopted and it has become a central feature of commemorations on Armistice Day.

However, the historical significance of the 11th November had “after the end of the Second World War, the Australian and British governments changed the name to Remembrance Day. Armistice Day was no longer an appropriate title for a day which would commemorate all war dead.”

“In Australia, on the 75th anniversary of the armistice in 1993, Remembrance Day ceremonies again became the focus of national attention.”

One veteran’s impression of war and the two-minute silence is that of Weaver Hawkins.

His linocut depicts a group of people in the street observing two-minute silence in memory of fallen soldiers on Armistice Day. At the centre of the work, standing full frontal, is the eerie figure of death.

The AWM writes of this chilling artwork: “His skeletal head stares directly at the viewer, providing a highly confronting reminder of the inescapable presence of death and the tragic loss of lives in the First World War.”

The artist was Weaver Hawkins, who enlisted in the Queen’s Westminster Rifles and served on the Western Front until the battle of the Somme in 1916, where he was wounded and left for dead at Gommecourt.

Somehow, he managed to survive that ordeal and was hospitalised back in England. The AWM records that Hawkins wrote of his experience in Flanders during the First World War, “The whole place roaring with flames, a wonderful sight... gas...we were to be a sacrificial attack...the men with me were killed. I was left for dead... crawled back for two days.”

The AWM described that as a veteran, “Hawkins was able to strongly identify with themes of sacrifice, death and loss in a highly personal manner.”

The two-minute silence has signified for over one century is a simple act of profound gratitude which has established itself as a central part of Remembrance Day commemorations.

In 2018, the two-minute silence remains just as poignant. On the centenary of Armistice Day, the memory of sacrifice and loss continues, regardless of who may have first proposed this wonderful, simple gesture to our war-dead.
In early October, one of the last remaining Rats of Tobruk departed this world. Surrounded by his family, John ‘JJ’ Wade passed after a century of filling the world with his unique brand of life.

John James Joseph Wade touched many souls throughout his years. Fiercely outspoken about the futility of war, JJ was always there on ANZAC and Remembrance Day to honour those who fell.

An active member of the Extremely Disabled War Veterans Association, RSL and President of the 2/28th Battalion and 24th Anti-Tank Company Associations, JJ was always there to lend a hand to those in need and readily spoke with local schools and students. This member of the RSLWA team remembers sitting with JJ one Saturday afternoon in 2007, when I was all of sixteen years old, as he told his story to me with humour and openness, more than happy to assist a young historian with a school assignment.

He was well known for this, even Premier Mark McGowan stated after a recent interview, “I was struck by his sense of humour and the many colourful anecdotes he had to share about his experience of war – an experience that failed to diminish his natural optimism.”

I remember, after our discussion, offering to assist him to stand with JJ waving me off with a laugh and a comment about not being that old.

“JJ would have turned 101 years of age on 20th of November this year and, as a special mark of respect, we will include his memory in our plans for the 100th Anniversary of Armistice Day on the 11th of November,” RSLWA CEO John McCourt said.

The outpouring of grief and sentiment from the West Australian community has been overwhelming. JJ was a humble man, a fierce personality and truly a blessing to those who met him.

At times like this, it’s important to remember a saying that JJ had, “always look on the bright side of life, otherwise it’s a dull old life.”

Rest in peace JJ.
John Arthur
JJ will be sorely missed. A legend who cared about people and who delivered a thunderous Ode to honour his mates. Rest in peace.

Claire Victoria
Love you JJ and will always remember your cheeky wit have so many fond memories of your visits to our college xxx

Meg Spencer
John I have missed our morning teas, and will miss our chats on the phone. In your words, you have run out road. Respected memories.... xxxooo..

Louise Sibley
Bless Him. Now he can be with his mates in heaven including my Dad George. I pretty sure my Dad was one of Mr Wade friends. 100 years is a very good innings indeed. A wise man with a superb heart and a lot of wisdom. Many of the Rats died when they came back a lot younger.

Debbie Kirk
Loved listening to him at the Anzac ceremonies. May you rest in peace JJ Wade.

Raels May
Such a wonderful man. Thank you for your stories & the honour of marching with you on so many Anzac Days. You will be loved & respected always. Lest We Forget
CALL II DUTY

By Ashayla Webster

To launch the Army Museum of Western Australia’s new app, “Armistice Learning Journey”, RSLWA held a special event in Esperance dubbed Call II Duty. Organised by Esperance Sub-Branch’s Sonja Andrews, the initially small event rapidly grew to the size of a full-blown exhibition, virtually taking over the town of Esperance for the weekend of August 24th and 25th.

In tow were interactive displays from The Westralian Great War Living History Association including a medical tent, vintage laundry and a copious amount of vintage war paraphernalia. Stalls from all three services of the Australian Defence Force were dotted with weaponry, vehicles and augmented reality and historical demonstrations from the 10th Light Horse Association. Talks were held, videos were played and each stop housed a ‘mission’ for students to complete as they marched around buildings and across ovals.

The reasoning behind the extravagant affair, the “Armistice Learning Journey” App, was created to assist those in regional areas to access the wonderful and informative displays housed at the Army Museum of Western Australia in Fremantle, a location that many regional students will never have the opportunity to visit.

“We are in the throes of losing the last of our World War Two veterans so that living history is coming to a fairly rapid end,” RSLWA State President Peter Aspinall AM stated as he browsed the displays, commenting on how wonderful the strong community support for the event had been.

Shire President Victoria Brown echoed Mr. Aspinall’s sentiment, thanking the RSL and Sonya Andrews for the opportunity to be involved in such a momentous occasion. Fellow Esperance resident, 13th Brigade Colonel David Jones, exclaimed that the size and success of the event had far exceeded his expectations.
During my visit to Esperance for the Call II Duty event, I was invited to attend a small get-together on opening night at the council chambers.

Whilst attempting to consume my weight in cheese the topic was broached that I came from Navy stock. Upon hearing this, the Chief Executive Officer at the Shire of Esperance, Mr. Matthew Scott, promptly asked if I knew of the relationship between Esperance and HMAS Farncomb. I confessed that I was unaware of the link, despite having a father who had served on the vessel many years ago. Mr. Scott was only too happy to educate me.

Escorted into the council’s meeting room, I was shown a beautiful document painted in the manner of the traditional owners of the land stating that Farncomb had been awarded Freedom of Entry to the port of Esperance.

Freedom of Entry dates back to medieval times when the citizens of fortified cities wisely denied entry to armed groups unless they were certain that no harm would come to the residents. As many of these towns lay on main roads and junction points, denial of entry imposed great hardship to troops attempting to pass through as food, water and arms could not be replenished. Should the contingent solidify good relations with the city, entry, and passage could be granted. This privilege, not readily won and highly prized was known as Freedom of Entry.

In our modern world, ceremonial Freedom of Entry is the highest accolade a town or city can bestow upon an individual or group. This honour was gifted by Esperance to HMAS Farncomb on November 10th 2016.

Images of the boat, alongside her shield, are proudly displayed in the Esperance council chambers.
Named for the song made famous by The Two-Man Band, Cazaly, or Cazman as he is known around the internet, is Esperance Sub-Branch’s youngest volunteer. At just ten years of age he already has a clear picture in mind of what the future holds for him; a career in the Australian Defence Force.

Cazman enjoys military history and intends to be a part of it. His bedroom is decorated with camouflage netting, a cut-out of a uniformed bugler and the famous photo of the 11th Battalion seated on Cheops pyramid hangs above his bed. Given the opportunity to raise awareness for the Call II Duty event, Cazman dropped flyers around town and volunteered at the Sub-Branch’s Bunnings sausage sizzle. He then wore a World War I uniform when asked to speak.

By Ashayla Webster

Whilst visiting the town of Esperance for the Call II Duty event, I met a young lad called Cazaly.
at a Probus meeting. When he arrived for an interview with The Listening Post he was dressed in a uniform borrowed from a Vietnam veteran with a single white rose clutched in his hand. This rose was for me.

This little act of kindness to a stranger seems to be quite the norm for Cazaly. Not only does he choose to volunteer his time to teach those around him about military history, he is also a scout and an advocate for those with autism. He educates those around him by blogging about his life experiences on social media platforms such as Facebook and Instagram. His pages are filled with memes, daily fun, education, and interviews. Already, he has amassed a rather decent following on both platforms. His mother, Sandra, assists him with these tasks, acting as his videographer and assistant.

Prior to our interview, Sandra expressed to me Cazaly’s nervousness. Determined not to miss a point, he had prepared his answers on a sheet of paper. While it took a little while for him to be comfortable enough to freestyle, Cazaly was the utmost professional and very well spoken for such a young chap. After our recording for RSLWA’s podcast “Prep Your Standard NATO”, he asked if I minded filming a video with him for his page. This is where his talents truly shone. He was confident, eloquent and asked some truly insightful questions. This video can be found on his Facebook page.

That was not the end of our day though. Unbeknownst to Cazaly and his two sisters in tow, the family was about to climb into the back of a Bushmaster and go for a drive around Esperance. With his sisters and mum secure in the back, Cazaly sat up front and directed the driver around the town, stopping for a photo op at the famous Esperance lookout. It was then back to the Call II Duty event where Cazaly was presented with some souvenirs from Defence Force Recruiting and a special commemorative plaque from RSLWA State President Peter Aspinall AM. Cazaly clearly and distinctly thanked all of those who had gathered for allowing him to take part in the event and posed like a pro for the dozens of subsequent photos.

Cazaly and his family are due to move to Perth in the coming months. It is my sincere hope to see him settled with his closest Sub-Branch, so that he may continue to advocate education and understanding of autism and military history.

The future certainly looks bright for this young man.

Facebook: cazman00
Instagram: cazman00/
A new partnership RSLWA and The Hearing Clinic offers opportunities for members and other veterans when it comes to better hearing.

With clinics now open in Busselton, Mandurah and the RSLWA at 66, St George’s Tce in Perth, The Hearing Clinic will not only help you regain the sounds that have slowly faded away, but promise State Office to treat you like you are our own favourite grandparent or best friend.

The Hearing Clinic, offers a range of services and hearing aids to suit every budget for private patients, Pensioners Card and DVA Card Holders – combining exceptional service with premium products with the best value.

A wide range of hearing aids means clients will receive a perfect match to restore your hearing, with follow up and adjustment services free of charge.

The Busselton clinic also offers a free door to door pickup service on the day of your appointment – just ask when you call.

To find out more about the Government Hearing Services subsidy, book a hearing test or find out more, please call for a chat on 1300 456 001 or visit our website www.thehearingclinic.com.au.
Warriors OF COCKBURN

By Arthur J Stanton

On Saturday 4th August 2018, the Cockburn Lakes Warriors Football Club nominated the Cockburn RSL Sub-Branch as their charity of choice.

Despite the near freezing conditions with gale force winds and icy rain, the teams lined the pitch as members of the RSL conducted a short memorial service. Cockburn Sub-Branch President Digger Cleak OAM spoke of the ANZAC and the Centenary of Armistice.

During the game, club members sold raffle tickets to raise funds for the Sub-Branch. After a spectacular game, in which the Warriors triumphed, qualifying the team for a spot in the Grand Final for the first time in five years, match jumpers emblazoned with the ANZAC Legend were auctioned.

The Cockburn Sub-Branch greatly appreciate the generous support shown by the players and members of the Cockburn Lakes Warriors.

Veterans SUPPORTING Veterans

By Ashayla Webster

If you’ve ever had the pleasure of meeting Rick Green and Ken Bevan of Joondalup City Sub-Branch, you’ll know that they are movers and shakers who get things done.

After much hard work, the two officially opened a new Veterans Support Centre in Heathridge.

“The purpose of Veterans Support Centre Joondalup is to enhance the lives of all veterans and their dependents,” centre coordinator Ken Bevan said, “this is veterans assisting all veterans.”

“We also offer counselling for depression, anxiety and post-traumatic stress disorder,” Sub-Branch President Rick Green elaborated, “we also offer financial support for those times you really need help or just a place to come and have a friendly chat with like-minded people.”

The centre aims to provide referrals to emergency relief and mental health service providers, advocacy assistance and even boats a 24/7 mobile phone support line.

The Veterans Support Centre Joondalup on 16 Sail Terrace in Heathridge will be open on Tuesdays from 11am to 4pm and on Thursdays from 1pm to 6pm.

The 24/7 contact number is 0437 378 498.

For more information, email vscjoondalup@hotmail.com.
‘Children don’t just decide to hate their bodies; they are taught.’

Body image. It’s a topic that is often lightly glazed over and this doesn’t sit well with Sonya Lock, the Aviation Safety Officer for RAAF Base Pearce.

Sonya, who has struggled with body image issues of her own, has decided she wants to address the stigma surrounding the topic. Her weapon of choice in this battle is a children’s book she has written titled ‘Storm clouds to Sunshine.’ The story follows a little girl named Kay, who is struggling with her body image.

Sonya was inspired to write this story after discovering through her research that children as young as five years old have issues with the way they see themselves. She really hopes that the positive message at the end of the book will help children with the way they see themselves, and help parents or carers to take care in the way in which they may influence children through their own words and actions.

Sonya was born prematurely and this frightened her mother. As Sonya was so small in size, her mother overfed her, which led to Sonya eating the same amount as her father by the age of eight.

This was the beginning of a variety of weight and body image issues for Sonya that ended up following her to Afghanistan during one of her deployments.

Behind ‘Storm Clouds to Sunshine’ is the strong desire to create a movement. In this effort Sonya has been in contact with Taryn Brummfit, the creator of the ‘Embrace’ documentary, to create a program for school aged children. As well as this program, Sonya is planning on writing another children’s book that is tailored toward boys.

Follow Sonya on social media to show support in this fantastic movement and to stay up-to-date with the project.
Man’s best friend is a colloquialism that rings all too true for Corporal Nathan Beck.

Whilst he currently works at Defence Force Recruiting, Nathan Beck is lucky to never be too far from his best friend, Victory. Victory is a gorgeous German Shepherd who has been with him through thick and thin.

When Nathan graduated as a dog handler in 2010 he was lucky enough to be paired with Victory, who was deployed with him to East Timor in 2012 in order to protect aviation assets.

Before Victory’s retirement, she had an incredible career in which she received the Canine Operational Service Medal as well as a medal from the War Dog and Trackers Association. Not only was Victory honoured and recognised with these awards, she has also had the honour of meeting Prince Harry and the Prime Minister. Luckily enough for Victory and Corporal Beck, they do not have to worry about Victory’s retirement limiting their time together as Nathan adopted the pooch, taking her home to share a yard with Beck’s Groodle (a hybrid breed of Golden Retriever and Poodle). Now Victory attends recruiting events with Corporal Beck such as the Call II Duty event that was held down in Esperance earlier this year where she was clearly the star attraction.

Currently, Corporal Beck works closely with young Indigenous people, travelling all through metropolitan and regional areas encourage them to enlist in the Defence Force. Having had a rather exciting and fulfilling career in the Defence Force, Nathan hopes that stories of his own life and times will help encourage youth to sign up and experience these successes themselves. There is always the possibility that they could find a Victory of their own.

By Hayley Barclay
A handful of Pinjarra Senior High School metalwork students have been doing their part for their local community over the past few months, pitching in to build a new sign for the local RSL Sub-Branch.

Izabella Barton-Butler, Aaron Mangan, Jack Ramsay, Hannah Edwards, Chelsea Young-Beaman and Jonathan Strahan – along with teacher David Buys – have spent the past few months making the sign, which was erected outside the Pinjarra RSL hall last month.

The work encompasses those who have served in Australia’s army, navy and air force, and honours their families with gaps in the metal representing the gaps left in families when those in service are at war.

Izabella said the group felt it was important to use their time to give back to the community.

“We just wanted to give something back and we felt like making a sign for the RSL was one of the best ways to do that,” she said.

“It’s just nice to be able to have it displayed here.”

The Pinjarra RSL has had a strong relationship with the local high school for several years now, with students participating in the annual ANZAC Day traditions.

RSL president Mike Humphrey said it was important for the Sub-Branch to have a connection with local youth.

“Things like this help us connect the younger generation and it’s fantastic to see them embracing the RSL and honouring the men and women who have served the country,” he said.

“We’re very thankful the group has done this for us.”

1. Hannah Edwards, Jonathan Strahan, Chelsea Young-Beaman, Jack Ramsay, Izabella Barton-Butler and Aaron Mangan used their time to design and manufacture a sign for the local RSL. Photo: Justin Rake.
Cold and bitter winds have plagued Perth this winter.

For those of us who are not lucky enough to have shelter, this time of year can be incredibly stressful as they try to find comfort. For Lauren Lang, this is a troubling fact and she has taken it upon herself to knit jumpers, beanies and blankets for the veterans who sleep on the streets of Perth.

Lauren’s determination to help those in need has led to her creating a group of about 42 ladies who get together and knit. It took nearly 7 months to collate the 24 handmade knitted items that she brought into RSLWA headquarters earlier this year.

Lauren is a retired founder and director of the Bendigo Bank in Kingsway. This connection has meant that the bank has been more than happy to help her in her charitable endeavour. Joondalup newspapers have assisted by advertising the project and promoting the donation of wool and knitted items to the group so that they can continue helping those in need.

This cause was noticed by an 85-year-old lady who came to Lauren and donated 22 crocheted blankets. She took $70 out of her pension in order to pay for the material needed.

As summer approaches, all of the bright and vibrant coloured wool that has been collected is being knitted into toys for homeless children and for parents to be able to give their kids.
The word “ANZAC” continues to resonate with the Australian and New Zealand communities as they honour the memories and gallant work undertaken by the combined defence forces since the coining of the term during World War I.

In Western Australia, a unique bond has been established through a small cottage in the Perth suburb of Mount Hawthorn. This cottage, built in one day in February 1916, served two purposes: as a memorial to those who lost their life at Gallipoli and as a home for a returned wounded soldier and his family. A perfect example of community spirit and of the respect held by those ‘back home”, the Cottage was built entirely through donations of money, skills, furniture and building materials. Sadly, during the 1990s the Cottage was severely neglected and there was talk of demolishing the building. Enter the Vietnam Veterans Association of Australia (Western Australia Branch Inc) under the guiding hands of then President, Rob Cox OAM who was succeeded by Life Member Peter Ramsay BEM (a New Zealand Vietnam Veteran – Victor 4 Company RNZIR & 6RAR/ NZ ANZAC Bn) who took on the daunting task of repairing the Cottage and restoring it to its 1916 state. Thus a bond was formed.

This relationship has been further forged in a recent imaginative project undertaken by the Friends of ANZAC Cottage, a group based in the Cottage which undertakes the community engagement role, ensuring that the story of ANZAC Cottage lives on and the purposes for which it was built over a century ago are upheld along with the observation of significant commemorative services held throughout the year.

This new project entitled “Operation ANZAC Revamp” was an idea hatched in the fertile mind of Peter Ramsay and implemented through the Friends of ANZAC Cottage. It involved the revamping of two bus stops close to ANZAC Cottage to reflect those two conflicts that are so closely interwoven with the Cottage: World War I and the Vietnam War. Peter’s vision saw three elements common to both conflicts; timber, corrugated iron and sandbags, the latter being the most problematic given their instability. This dilemma was solved when he came across a memorial recently constructed in New Zealand that involved sandbags of a different kind.

Thus Operation ANZAC Revamp was born. In a tribute to the ANZAC tradition, personnel from both the Australian and New Zealand Defence Forces were recruited to take on the ‘sandbag’ aspect of the operation. Whilst this sounds quite easy, the procedure for the sandbag construction was complex and to achieve this the Friends of ANZAC Cottage brought Lance Corporal Andy Good, who devised and developed the New Zealand Memorial to the West and obtained the willing and expert assistance of the engineers of the 13 Field Squadron from Irwin Barracks to work with Andy. The process took a whole week, and the success of this aspect can be judged both by the extensive media...
coverage and the wholehearted support from community members, businesses and local government.

The finishing touches will be supplied by Drew Straker, a mural artist who will be painting the murals at the local primary school, giving the students at that school an opportunity to interact with the artist not only regarding his artist’s practice but also the story behind the murals.

Whilst Operation ANZAC Revamp has generated a lot of interest, and some valuable connections, a surprising outcome of the project came through the “Nui Dat” bus stop. The mural design was inspired by the cover photo of Vietnam Veteran Steve Lewis’s book “My Vietnam”. Steve told us that the photo was taken by Peter Fischer, himself a Vietnam Veteran, who was a member of the Long Tan burial party on August 19, 1966. As can be seen from the bus stop concept, Peter was an excellent photographer. And in the circle of coincidence that often epitomises ANZAC Cottage, Peter was also passionate about the Waler horses used in World War I and was instrumental in forming the Waler Horse Society and developing a website dedicated to this significant animal.

The success of Operation ANZAC Revamp and projects of this type are best summed up in the words of Steve Lewis himself: “I marvel at the string of coincidence that seems to surface when the veterans’ community undertake projects of this nature, and am humbled and proud to be one small factor in this event”.

Operation ANZAC Revamp was made possible by funding through:

And substantial in-kind contributions from:
MY TRANSITION STORY

By Richie Neal

It has been eight years now since I medically discharged from the infantry. Life has certainly had its ups and downs during this time. There has been financial hardship, relationship breakdowns, separation from kids, a new marriage and more kids, house moves, isolation from friends and family…and the list goes on.

When I first med-discharged, all I wanted to do was get out and start afresh. I didn’t have a plan in place, I just knew that I would be getting 100% of my Army salary for 45 weeks while deemed not fit for work. Oh boy, did that get swallowed up quickly! Reflecting back, I thought the system owed me something for getting injured and some miracle person was going to rock up and snap me into action. I became consumed researching compo payments and really forgot about the world still going on around me. It didn’t take long to realise that I would have to get off my arse and put some effort in. Easier said than done at times, but when you put the effort in and commit, it’s worth it.

A big turning point for me post-discharge was in mid-2013. I was employed as a Work Health and Safety Advisor for a government department in Canberra, my first proper job outside of the military after several knock-backs from entry level roles. My morale was pretty shot by this point, especially as I had just completed a year of business studies. It felt so good being in a job again…or so I thought.

I remember sitting in a Comcare mental health presentation with a number of other government
For this reason, I wanted to share some of the things that have really assisted me post discharge and things I wish I knew when I first got out.

1. Having a purpose – It’s important to have meaningful employment, helping out in a volunteer capacity, or attending some sort of regular hobby group or something similar. Social connectedness with others is really important for good mental health.

2. Use the services to retrain – I was able to put forward a strong business case to DVA for a full-time business course as part of a rehab plan. Show DVA that they will get a return on investment and you will no longer need to be on incapacity payments, and I reckon you will be in with good shot of getting it approved.

3. Improving your help seeking behaviour – It’s important to maintain supportive social relationships and to also listen to them. If others are telling you to seek some assistance, they care about you and they are probably right. DVA and the VVCS have all the services to access, you just need to commit and use them. Building a relationship with your GP and being honest about how you feel is a good start.

4. Learning new things – Neuroplasticity shows that our brain can continue to form new neural pathways throughout life. Commit to ongoing learning, you don’t know where it will take you. A big shift for me was, instead of listening to music on long trips to see my kids, I got into audiobooks. It’s amazing what you can learn over a couple of years at a small cost, and it led to me studying a psychology degree. There are now more opportunities than ever to study and work from home, perfect while you are off recovering from injury. Start a blog, an online business (I set up an online drop shipping store for about $300). Trust me anyone can do it. Keep your brain stimulated it’s good for you. Try some online courses on platforms like Udemy, Linkedin Learning, Udacity.

5. Take care of yourself – Treat yourself with respect, show gratitude to others and life. Try some journaling. Practice mindfulness, trust me it works and the research evidence backs it. Do some exercise each day (even if it’s just getting some momentum going) and try and maintain healthy eating habits.

I hope that, by sharing my story, it resonates with someone else and that they too find the way forward.

For all those currently, recently or have transitioned in the past, Richie Neal recommends reading Barry Zworestine’s book “Which Way Is Your Claymore Facing: An Operational Manual for Adjusting to Civilian Life”.
NEW LOOK WEBSITE

By Ashayla Webster, Integrated Marketing Officer

One of the primary objectives of the RSLWA marketing team for 2018 was to update the RSLWA website.

Clunky, unresponsive, difficult to navigate and a complete nightmare from the back end, the old website simply had to go. Over the past few months, the marketing team have been working closely with local small agency, Nicoh Group, to create the website RSLWA deserve.

While it is similar in appearance to the old website, it has been quite dramatically updated with modern flourishes and a clean and simple to use back end. The front page is adorned with an interactive banner, allowing us to display important information we deem most important at the time. The smooth transition as you scroll down the front page is not only pleasing to the eye, but it showcases upcoming events and displays recent news and blog updates. This new layout also allows us for better showcasing our services and our activities.

A significant upgrade is in the member’s area. Sub-Branches are easier than ever to locate via an interactive map that allows you to search not only via location, but via services provided. In addition to this there is a gateway allowing members to renew, sign up or transfer their interstate membership online. An update we are hoping to make in the future will allow Sub-Branches and members to create an account, log in and update their details without having to email or call State Branch.

The new website creates a far more professional image of RSLWA and is just the beginning of the changes to come.
Stone the flaming crows! Growing up in Australia means that the language you use on a daily basis is colourful and unique and, to many foreigners, it can sound strange.

However, Aussie slang is something that we Australians have always prided ourselves on and held on to very tightly. Charlie and Tom, two veterans from Perth, carry this love of our native dialect and have devised an ingenious way to use this passion to assist veterans.

One afternoon, Charlie and Tom sat down over a beer and etched out a plan. About three to four months later, the two had created a small business. With their love of Australian culture and slang, these two mates decided to create beautiful frames and display common Australian slang and phrases. With Charlie’s prowess with the tools and Tom’s business sense, they have created a small endeavour to help them raise funds to help other veterans.

The two are strong advocates for mental health issues faced by those who served. In the spirit of helping those in need they have extended their business, known as ‘Charlie Koala’, to include advocacy, dedicated to helping veterans in any way they can. This assistance comes in many forms including assisting other veterans with paying bills or sending those who really need it away on a holiday for a little down-time.

Having adopted Australia as his home and native land, ex-Scotsman Charlie served 20 years in the Australian Army. Since then he has lost 10 friends to suicide and more to drug and alcohol abuse. Charlie and Tom are invested in this project as they have both lost mates and have witnessed firsthand how mental health issues can affect servicemen and women, and how sometimes their pride means that they are not always willing to seek the help that they need. A simple message that comes from this project is that there is absolutely nothing weak about asking for help when you need it.
Roxani-Victoria Smith is only five, but her stirring picture of girls fighting for Crete as Nazi paratroopers descend from planes won the first prize in a national art competition.

She is also the youngest ever prize-winner in the competition, which is run by the Cretan Youth of Australia and New Zealand.

The annual art contest commemorates the Battle of Crete in World War II and the Australian and New Zealand forces who served in Greece.

Roxani-Victoria’s proud mother, Maria Svarnou, said her daughter’s artwork, title Young Cretan Girls in the Battle of Crete, was inspired by real-life stories her grandmother had told her to teach her about Cretan history and honour those killed in battle.

The battle began on May 20, 1941, when Germany invaded Crete.

Hundreds of paratroopers descended on the island – the first mainly airborne invasion in military history.

It was also the first time Germany had encountered resistance from a civilian population.

The 10-day battle was a disaster for the Allies and ended with the retreat and evacuation of British, Commonwealth and Greek forces.

“Roxani-Victoria’s artwork shows her interpretation of young girls fighting for the freedom of Crete alongside Australian soldiers,” Maria said, “my parents are Cretan and most of our extended family live in Crete.”

Maria was born in Greece and moved to Perth with her parents when she was eleven.

“Roxani-Victoria is bilingual and was baptised in Greece, where she lived for six months,” she said, “We visit our homeland regularly and intend to go again very soon.”

Maria said Roxani-Victoria’s first prize in the twelve years and under category was sure to inspire further artistic endeavours.

“It was a lovely surprise for all of us to see her win and for her to show her interest in Greek-Australian history presented in an artistic form,” Maria said.
The City of Cockburn Sub-Branch conducted the Vietnam Veterans Memorial Day Service on Saturday 18th August 2018.

The Service was held at the RSL Memorial Park and Field of Poppies in Spearwood. The day started off with brilliant sunshine and a call from Channel Ten News. This was a very pleasant surprise as they were the only response from all of our media enquiries.

The Service commenced with the march on of the Catafalque Party provided by TS Cockburn Navy Cadet Unit. The Cadets performed with a high degree of professionalism beyond their years. Their drill movements with imitation SLR’s were spot on.

In front of a crowd in excess of 100 people, Cockburn Treasurer Mrs Kay Cleak OAM presented the introduction and welcome, where she spoke on close family and friends who served in Vietnam. This set the scene for the remainder of the Service.

Sub-Branch President Digger Cleak OAM presented the Vietnam Veterans Memorial Day address. As part of his presentation he included some of his own experience during the Vietnam War serving on HMAS Hobart. President Cleak lead the wreath layers, followed by representatives from RSL’s Fremantle and Bicton/Palmyra Sub-Branches. Other wreath layers included representatives from HMAS Stirling, RAAF Base Pearce and Mayor Logan K Howlett JP of Cockburn City Council.

After the march off of the Catafalque Party, Mayor Howlett addressed the gathering. He thanked the RSL for providing the Memorial Service and also spoke on his personal life in the late sixties when he received a letter with a card, advising that he was exempt from National Service. Logan had mixed feelings but his mother was a very happy lady.

The songs played during the service included “Australia Remembers” and “Lest we Forget”. The closing song, and the favourite of Vietnam Veterans, was “I was only Nineteen”. After the Service the majority in attendance returned to the Sub-Branch for light refreshments put on by the Poppy Ladies. Their involvement is always greatly appreciated.

A short segment of the Service was played on Channel Ten News on Saturday night, which also included a short interview with Digger Cleak OAM.
The Esperance RSL Sub-Branch held a Commemorative Service for veterans of the Vietnam War. We have not held this service for a good many years due to lack of interest from the veterans themselves. However, this year was a great success.

I believe this was due to talk back radio, two articles in the local paper and the Kalgoorlie Miner ‘letters to the editor’ and one paid advert in the Express. Plus, word of mouth and a caring community.

A BBQ was put on for those who attended and the bar was opened. After such a positive result, the Esperance Sub-Branch are proud to say that we will be holding this service again next year.

Known as one of the biggest and certainly the most recognised and publicised Australian battles of the Vietnam War, The Battle of Long Tan is remembered each year with a Commemoration Service. It is held on or nearest to the date of August 18 the date on which the battle took place in 1966.

Each year the service is held in a different town, and this, the 52nd Anniversary of the Battle saw Donnybrook RSL host Vietnam Vets and their wives.

Those welcomed numbered 120 and came from RSL Sub-Branches in Harvey/Brunswick, Collie/Cardiff, Busselton, Manjimup, Pemberton, Bunbury, Boyup Brook, Darkan, Greenbushes, Margaret River and Augusta.

More than 500 Australians lost their lives in the Vietnam War, many who did not want to go, but did so as ordered. It is so sad that too many of those who did survive are to this day still suffering the trauma they went through. Being shunned by their fellow Australians when they arrived home from the conflict, and treated as if the enemy, lingers in their memories is part of the trauma.

Despite what they went through, and still are, the camaraderie between those who came to remember on Sunday August 19 was a delight to see, and their sense of humour, which at times may have carried them through the hardships they were suffering in battle, was pure delight.

Donnybrook RSL President Ric Evans addressed and welcomed the crowd, after which Garry Davis spoke of the war and named those from the Donnybrook area who fought and died.

A representative from each town placed wreaths before the Ode was read. Donnybrook District High School student Callam Gray played the Last Post on his trumpet.

One minute’s silence was followed by the Rouse, then the National Anthem and the Catafalque party marched off.

Guests walked to the Memorial Hall where lunch was enjoyed, raffles and an auction of a few items were held and there was a lot of laughter and catching up among those who had not seen each other since the previous year’s commemoration.

Ric Evans said he was pleased with the turn-out and a great day was had all round.

Collie will next host the 2019 Commemoration Day Service.
FIELD OF LIGHTS

4 OCTOBER 2018—25 APRIL 2019

Opening time: Sunset to 10:00pm daily*

The Field of Light: Avenue of Honour is an immersive art installation by Bruce Munro illuminating the Avenue of Honour at Mt Clarence in homage to the Anzacs who departed from Albany for the Great War.

*Blackout periods apply

www.fieldoflightalbany.com.au

Think Albany and the National Anzac Centre for your next reunion event.

Our picturesque city marks the location where the first European settlers set foot in Western Australia, and over 41,000 Anzacs left Australia for the First World War. Albany is home to vibrant landscapes, award-winning beaches and fresh locally grown produce.

Albany boasts the convenience of a major city while being surrounded by amazing natural environment, including four spectacular National Parks just minutes drive in any direction.

Set within the heritage listed Princess Royal Fortress - one of Australia’s most significant pre-federation coastal defence fortifications - the award winning National Anzac Centre honours the Anzacs of the First World War. Visitors follow the real life experiences of one of the 32 Anzac characters through the Great War using interactive multimedia unique artefacts, rare images and film and audio commentary.

Contact Matt Hammond on 0472 815 242 to discuss your needs and the package options available.

VISIT WWW.AMAZINGALBANY.COM.AU FOR MORE INFORMATION.
During 2018, every Australian is set to get a My Health Record. However, the option remains for people to opt-out.

On 10 August 2018, the Health Minister Greg Hunt MP announced that the opt-out period would be extended until 15 November 2018.

“This means any Australian will be able to opt-out of the system permanently with their record deleted for good,” Minister Hunt said.

The Minister stated that “the expert clinical advice is that My Health Record will deliver better health care for patients.”

However, many Australians remain wary of having such private medical information electronically stored, and could be subject to illegal data-breaches. While there are concerns about this new system, more than six million Australians have registered.

The key point is that if you do not have a My Health Record and don’t want one created for you, then you will need to make the effort to opt-out before the 15 November deadline.

The Australian Digital Health Agency has stated that “you don’t need a myGov account to complete the opt-out process.”

“To opt out of My Health Record, you need to verify your identity.”

To do this you will need your Medicare Card, or Department of Veteran’s Affairs (DVA) card, and one of the following forms of Australian identification: namely, your driver’s licence or your passport.

Australian Digital Health Agency also said that “if you have lost your Medicare card, or don’t know your Medicare number, you can contact Medicare to find out your details.” It was noted that people may experience wait times when contacting the Department of Human Services call centre.

There is a comprehensive website which you can visit via www.myhealthrecord.gov.au that allows you to make an informed decision to either opt-out or to register, which ever option you decide to make. There is also a Helpline on 1800 723 471.

In August, the Australian Government’s Minister for Veterans Affairs Darren Chester announced that “Veterans and their families will join millions of Australians transacting with government online through myGov.”

This is different to that described above regarding the Government’s new My Health initiative.

Minister Chester said that “As part of its program to modernise and streamline services, the Department of Veterans’ Affairs (DVA), in partnership with the Department of Human Services, has made it simpler for clients to do their online transactions with government by linking all of their DVA online services with myGov.”

Instructions on how to register for myGov are available through their website (my.gov.au). Also, details on how to register for MyService are available at www.dva.gov.au/MyService.

By using MyService, current and former ADF members and their families can do a range of things. They include registering as a client; lodging a claim for compensation; accessing free mental health treatment; applying for an increase in their disability pension; viewing an electronic copy of their DVA Health Card and accepted conditions; informing DVA of their change of personal details, and tracking the claims that they make online.
As a young man I had a loose understanding, mainly through family folklore, of my great uncle’s role in World War I.

The story was old. It didn’t have much bearing on me and I was simply too young to understand the importance of such an historical connection. It wasn’t until 1974 when, as a 21-year-old living in the Belgian city of Ghent, I realised that my great uncle was buried in a war cemetery 100km away in the town of Ypres. Armed with the knowledge that no family member had ever stood at the foot of Private Ernest Alfred Hall’s memorial stone, I made the effort to do so.

Like so many other cemeteries scattered throughout what had been the Western Front, this one lay in a large open field. About an acre in size, it was surrounded by farmer’s green crops. Strangely beautiful, respectfully quiet, touchingly sombre. It is a last home to 568 soldiers.

Over the following years my interest would fire up occasionally, maybe inspired by reading another book on WW1 or more likely through my mother’s drive. She was considered the family historian and occasionally she would share updates of her research into great Uncle Ern.

When she passed away in 2013 she bequeathed to me a filing cabinet full of family archives, magnificently researched and documented. In the cabinet was a large folder marked EAH containing a treasure trove of original letters, artefacts, postcards, photographs and documents.

What literally fell into my lap was a breathtaking life story of a brave young Australian that had gathered dust and remained untold for almost a century.

Over the next five years, I read, researched, and studied every document in the file and travelled to France and Belgium twice. A passing interest ballooned into an obsession and a desire to walk a few steps in Ernest’s shoes.

I determined to write his story, transcribed from his letters word for word where possible and enhanced with additional research that was afforded to me by the value of historical hindsight.

The book is, I hope, a small but permanent memorial to Ernest and to the thousands of others who like him, embarked for the war to end all wars. Unlike so many, my great Uncle’s letters and records survived and it seems right that they can help to speak for all those silent others.

Murray Ernest Hall is the great nephew of Ernest Alfred Hall.

A former Australian and international cycling champion, Murray represented his country on many occasions including in 1974, when he was a double Commonwealth Games’ Silver Medallist.

Now retired, he lives in a semi-rural property south-east of Perth, Western Australia with his wife Tracey and a few furry friends.

Walk a War in My Shoes by Murray Hall, is published by the Book Reality Experience and is available in paperback and hardback by order through most good bookstores and online retailers.
Thirty years ago, Steve Smith was preparing to transition from life as a Clearance Diver in the Royal Australian Navy to civi street.

Having spent years honing his skills and serving in the Counter Terrorist Squadron of the SAS, Steve considered his options and full retirement was just not one of them. So Steve took stock...what was he good at? What did he know? How could he use those skills in a non-military world?

Driven by his passion to help people and his love of physical activity, Steve took to studying health and fitness. Pretty soon he had set himself with a little club in Claremont.

Aspire Fitness has been operational on the outskirts of Claremont Golf Course since 1990, specialising in providing facilities and consultation in the arenas of health and fitness, exercise rehabilitation, physiotherapy and personal training. There’s even a little coffee shop attached with a wonderful view of the golf course.

There’s not much Steve doesn’t do at Aspire fitness, or many people he doesn’t help. Steve offers a Fit for Vets program twice a week where he leads veterans through physical activity and exercise suited to their needs. Ukulele classes are on Friday’s and soon, Steve and the team will be offering art and barista training. All of these services are absolutely free for veterans.

Fit for Vet classes occur on Tuesday and Thursday at 1045 - 1130

Ukulele for Vets classes are on Fridays 1100 - 1200

Visit aspirefitness.com.au or call Steve on 08 9385 0424 for more information on the above.

Aspire Fitness is located at 30 Lapsley Road, Claremont.
Honouring those who were only 19

Veterans Remembered Watch

50th Anniversary Edition

“We would do anything for a mate… anything except leave him on the battlefield”

They were the forgotten diggers. A generation of young men who fought for Australia like their fathers before them. But they returned as outcasts, casualties of a war nobody understood. Yet time heals the injustices of the past. Now they are heroes, as revered as the warriors of Gallipoli, Tobruk, Kokoda and Korea.

The Bradford Exchange is proud to honour these brave diggers with a quality timepiece imbued with the spirit of the Anzacs that flows in their veins. Commissioned to commemorate the 50th Anniversary of the Battle of Long Tan, the “Veterans Remembered Watch” honours those who were only 19…

A Moving Achievement in Craftsmanship and Design

As a bold salute to our heroes, this handsome chronograph is hand-crafted from rugged stainless steel and intricately engraved with a wealth of icons associated with the war. Against the dramatic black and green face, the famous Iroquois ‘Huey’ chopper looms large and proud in a gleaming silver tone. The side is engraved with the words Sacrifice • Mateship • Pride and serve as a reminder that the courage of these men will always be appreciated. The reverse of the case is etched with a touching quote from veteran Gary McMahon, 6th Battalion RAR, recalling the mateship and courage which defined a generation of veterans.

Exceptional Value with Money-Back Guarantee

The perfect way to show your pride, this magnificent watch can be yours for just 5 instalments of $49.99 or $249.95, plus $19.99 postage and handling, and backed by our 120-day guarantee. Strong demand is expected, so respond today. Send no money now. Just return the coupon or go online today at www.bradford.com.au/veterans

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The changing face of a Veteran is being reflected in RSLWA’s approach to its new fundraising campaign to provide more support for veteran and their families.

WA Veterans come in many forms - old, not so old and young with RSLWA shaping its future on newer veterans.

By determination of the Federal Government last year, a Veteran is any man or woman who has served in the Australian Defence Force - irrespective of whether they deployed on operations.

RSLWA is pleased to have a young veteran family agree to be the new face of RSLWA moving into the next decade and beyond - the Truscott family being the cover of our Help Our Heroes campaign brochure.

CPL David Truscott and CPL Pamela Truscott, a husband and wife team, were chosen to front this exciting and ground-breaking campaign.

David, a Perth boy born and bred, served with the 5th/7th Battalion, the 5th Battalion and the 3rd Battalion of the Royal Australian Regiment. This saw David posted across Australia and deployed to Iraq and East Timor. From 2010 until 2014 he served with the 16th Battalion, Royal Western Australian Regiment, transferring to the Royal Australian Ordnance Corps in 2015.

Pamela was born just outside of Toowoomba and joined the Royal Australian Corp of Signals in 2008. With the 143 Signals Squadron and 109 Signals Squadron, she saw postings in Australia and deployment with the Combined Task Force 635 to the Solomon Islands.

Both of the Truscott duo hold a history of service in their families as well. Pamela’s grandfather, PTE Leopold Tigell, served in the 6/41 Battalion and David’s Grandfather, Major Jim Truscott OAM, boasts a long list of accolades to his name. This family and personal history have led to their determination to instil a sense of pride and respect in their two children.

Image taken by Taylor Edwards Photography.
New provider of
MENTAL HEALTH
services for veterans

St John of God (SJG) Community Mental Health Services is delighted to be working with the RSLWA to provide free, specialised mental health and psychological counselling services to veterans.

SJG Community Mental Health Services, part of St John of God Health Care, provides individually tailored low-cost or no-cost therapy, counselling and strategies to people experiencing mental health issues.

Paul Loseby, Coordinator for SJG Community Mental Health Services, said that the service was proud to be working with the RSLWA and hoped to support a number of veterans who might be experiencing psychological distress.

“We know that mental health conditions such as anxiety and depression are as common among veterans as the broader community. However those who have been exposed to extreme and traumatic events are placed at greater risk.

“As a specialised service we offer a broad range of evidenced-based counselling, psychotherapy and mental health support. We also offer integrated pathways to other health, wellbeing and community programs to enable people live their best life,” said Paul.

The partnership aims to provide a safe and accessibly service to veterans.

“Our clinicians help people experiencing mental health issues by empowering them to understand, nurture and sustain their mental health and physical wellbeing.

“All of our clinicians are fully accredited by AHPRA and are credentialed to work under the Department of Veteran Affairs funding,” said Paul.

SJG Community Mental Health Services delivers services in Fremantle and Mandurah and veterans who wish to engage with the service can do so at either of these locations or at the RSLWA office on St George’s Terrace.

The service will be free of charge to veterans under the Department of Veteran Affairs funding and people wishing to access the service can do so by calling SJG Community Mental Health Services on (08) 6226 9400.

For more information about SJG Community Mental Health Services, visit sjog.org.au/cmhs.
On Remembrance Day 98 years ago, a decorated West Australian World War II pilot was born, become a legend of the sky and a dearly loved father to one of RSLWA’s own ‘poppy ladies’.

The epic task of Lynn Bower and other poppy ladies at RSLWA headquarters to weave no less than 62,500 poppies for the Centenary of Armistice on 11 November 2018 is an example of the dedication shown by Lynn’s father, John (Jack) Colpus.

As a veteran of Bomber Command during the darkest days of the fight against Germany, Jack Colpus saved the lives of his crew time and time again by never giving up and displaying a mix of courage and skill.

One of the most remarkable of escapes was nursing home his crippled Lancaster bomber after it lost part of a wing in a mid-air collision over Germany.

On the 26th November 1943, Jack was flying an Avro Lancaster B Mk.1 code-named “S for Sugar” when, shortly after bombing target, Jack’s plane had a collision with another Lancaster, taking 5 feet off the wing tip.

Jack, using outstanding ability, was able to bring his plane safely home, flying for 4 hours and landing at Linton-on-Ouse in North Yorkshire.

He touched down on the runway at 120 mph (about 20 mph too fast due to the steeper angle of the descent). If Jack had made a normal approach at the correct speed, the plane would have stalled and crashed before landing.
In 1947 Jack was awarded the Distinguished Flying Cross for his actions by Sir James Mitchell, the (then) Lieutenant Governor of Western Australia. He also received a Bar for doing over the usual 30 missions and a green endorsement in the logbook written by Lord Elworthy, equerry to Queen Elizabeth II.

In Jack’s words: “our bombing operations would not have been possible without the efforts of innumerable civilian people and members of the Navy, Army and Air Forces who fought for peace, not glory”.

Jack enlisted in the RAAF at the age of 21 and achieved his pilot’s licence before he could legally drive a car. He did his training at Pearce and Geraldton before leaving from Fremantle for the UK on the 5th September 1942.

At the end of World War II Jack returned to Perth where he completed his apprenticeship as a carpenter and joiner and was a Registered Builder before becoming a building inspector with the Perth City Council for 31 years.

John Colpus, born in Subiaco and who died in Hollywood Hospital, Nedlands in 2015 aged 95, leaves a legacy of which his 3 daughters, 7 grandchildren and 10 great-grandchildren are very proud.

John Colpus heroics are today enshrined in a War Archives interview: the video in safekeeping at the Battye Library in Northbridge.
ONE NIGHT OVER GERMANY

By John Arthur Richards
427149, 467 Squadron based at Waddington, Lincolnshire.

26 August 1944

On this mission we flew over neutral Sweden, noting the towns with lights blazing, then over the Baltic States to attack Koenigsberg; as the Germans were using this rail hub as a staging post for reinforcing their armies in Russia. On the return flight, we landed at a station in the North of Scotland to refuel. We knew the mission had to be repeated and so did the Germans as the flares had been placed in the wrong area. There was light resistance.

On the 29th August we took off for the second Koenigsberg and we were picked up on the radar in Denmark as we tracked over the North Sea. The Germans were waiting for us. They had posted a crack squadron of ME 110 Night Fighters, with upward firing cannons to the area, and had perfected a receiver of our H2S signal. This they attached to several blue master searchlights.

We were caught in a blue searchlight and then coned by 4 or 5 white searchlights. Try as I might I couldn’t shake this cone; my manoeuvres costing us several thousand feet. We were hit hard by the shells from an ME110 below us and the port inner was set on fire.

At the time we all thought it was flak that did the damage, but recent research carried out by a Mr Peter Eyre, who has German contacts, shows it was an ME110.

I said, “Feather and foam Andy”.

Andy, “Can’t feather; can’t get the foam on the fire.” The shells had damaged the feathering mechanism for the propeller.

I said, “OK boys we can’t put the fire out. Jump! Jump!” Five of us jumped successfully but two of the boys, the mid-upper gunner and the radio operator were killed, either by the shells or later.

I had just that week been issued with a parachute attached to my harness and used as a seat. As I left my seat to go down the steps I saw Merv coming back up, as he said later, he had forgotten to attach my parachute to my chest harness; his duty; I furiously waved him back down the steps pointing at my bum. He understood. I was right behind him as he jumped, and as I floated down, I could see his parachute just to the left a couple of hundred feet below me. We got together, buried our chutes in the marshy soil and decided that we should make for the coast, try to steal a boat and sail to neutral Sweden. Three nights later we were picked up by a Luftwaffe squad and ended up in POW camps, but that’s another story.
In April 2018, fourteen former WWII heavy bomber aircrew, who flew in Lancaster’s and Halifax’s as part of RAF Bomber Command, travelled to Lincoln, England for the opening ceremony of the International Bomber Command Centre. All the fares, accommodation and entrances fees were funded by the DVA.

Two West Australians were part of the group, they were myself, Frank Mouritz from Busselton and Arthur Richards from Perth. Both of us are former Lancaster pilots. I was accompanied by his wife, Kath, whose brother, Flight Sergeant Laurie Cooper (now deceased), served as my navigator. We were also accompanied by their eldest son, Barry. Arthur was accompanied by his son, Will, who also acted as a carer.

My claim to fame is that I flew the last few operations in a Lancaster called ‘Mickey the Moocher’ (named after a famous cartoon character of the day). This aircraft was one of only 34 Lancasters that survived over 100 operations, an incredible feat when the average Lancaster only survived about 10 operations. I flew with 61 Squadron and went on to complete a full tour of 33 operations and dropped about 240 Tons of bombs on a variety of targets. My gunners also shot down an enemy Luftwaffe night fighter.

I returned to Australia for a second tour to be part of ‘Tiger Force’ set up to bomb Japan. Luckily this never eventuated as the war with Japan ended shortly afterwards.

In November 2013 I was awarded the French Legion de Honor for my service, one of France’s highest awards.
We are now taking submissions for the “Listening Post: In Your Words Competition”. All you have to do is submit your story.

Perhaps you have a funny tale from recruit school, or maybe you overcame a huge obstacle in your life. Did you embark on a trip or pilgrimage to walk in the footsteps of veterans before you? Are you a child of a veteran who didn’t return? Whatever your story is, we want to hear it.

One story will be chosen to be published in each addition and the writer will also receive a commemorative prize pack.

Submissions should be between 200-700 words and emailed to socialmedia@rslwa.org.au with a high resolution print quality image.

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 Deductible Gift Recipient (‘DGR’) organization.

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

This means that donations of $2.00 and over to RSLWA are now tax deductible to the donor.

Donations made before 30 June 2018 can be claimed in the current financial year tax period.

Please consider making a donation today.

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[ ] 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.
I received a phone call back in 2012 from DVA letting me know that a gentleman from the USA was trying to locate me. Tim Blessing had a shirt that belonged to me and would like to return it.

Way back in 1966 at a back bar in South Vietnam, I had a few drinks with some American soldiers and, at some point, Tim and myself swapped shirts.

After many years of Tim carrying this shirt from move to move he wondered if this guy had survived the war and decided that he would try to locate this “Aussie”. The only clue he had was the name Gibson on the collar.

After an elimination of Gibsons through time and place, and with the help of DVA, contact was made.

After emailing for a couple of years, my wife Denise and I decided we would extend an upcoming trip overseas to visit Tim and his wife, Maryanne, in Pennsylvania.

Apparently, he must have washed that shirt many times as it had shrunk quite considerably.

It so happened that it was “Memorial Day” weekend and I was asked to give an address, which went down very well.

In 2016, 50 years after that first drink, we caught up and had another.

We got on extremely well and, earlier this year, the Blessing family visited us here in Mandurah.
A TABLE OF REMEMBRANCE

By OJ Rushton

We’ve set a table here today
In honour of those who have served
Each item a symbol of remembrance
Their honour at this table reserved.

They won’t be joining us here today
They’re gone, but their spirit lives on
We will never forget their sacrifice
Their sunsets become our dawn.

The table is small, for the frailty of one
Against his oppressors alone
The table is round as there will be no end
To the honour and respect they’ll be shown.

An empty chair with an unknown face
Represents no particular soldier
It’s for all of those who are not here today
And their mates who fought shoulder to shoulder.

The cloth is white for the purity
Of their response to our country’s call
To arms! For Australia’s freedom fought
They sacrificed and gave up all.

The Bible is there to represent
A light for eternity
But it was freedom of speech and choice
Their blood bought for you and for me.

The Australian flag under which they fought
Is a symbol and banner of pride
Both the red and blue ensigns have proudly been flown
Under which they have fought and died.

A single red poppy reminds us of blood
That they shed in defence of our nation
We remember the dead, the missing, the wounded,
And honour their dedication.

The napkin is black for the emptiness felt
In the hearts of those left behind
And for the blackness of war for those who came back
And the damage of spirit and mind.

A candle is lit for our freedom
May it serve to be our guide
To stay worth of their sacrifices
As we serve our nation with pride.

A yellow ribbon around it is tied
For the hope of a glorious reunion
With those who are yet unaccounted for
We look forward to sweet communion.

A slice of lemon for their bitter face
And salt for their family’s tears
As they pray for healing, or wait, or grieve
For their absence through the years.

The knife and fork and spoon set sits
Unbroken near the plates
The dixies folded, the cup upturned
As they can’t eat or toast with their mates.

As so we will remember them
Forever in their debt
They grow not old as we grow old.

Lest we forget.
A RACE WELL RUN

By Gavin Briggs

Aged 99 and close to reaching the centennial birthday milestone, John Gilmour OAM has sadly run his final ‘race’. His recent passing at Perth’s Mount Hospital in August is being mourned by his family, many friends and the athletics community.

A humble man, he was very giving of his time to others. He demonstrated what quiet determination, humility and a love of athletics can bring, such as good health and a positive attitude to life.

Some of that attitude was both challenged and forged during his time as a prisoner of war during the Second World War.

His war service saw him witness and endure his Japanese captors’ inhuman treatment. Somehow, he survived his time in the infamous Changi Prison and at war’s end, he was finally repatriated home to Australia.

Disembarking in Fremantle, weakened and nearly blind from his time in captivity, he weighed just 41 kilograms. In an obituary published in WA Today, journalist Simon Beaumont said John recalled that on his return home he was “glad his eyes were so bad [so] he couldn’t see the look on his mother’s face when she saw him”.

From 1946, John became a world-class runner with records from 1500 metres to the marathon. Over the years, John became known far and wide as a legendary middle distance runner and coach.

Australian Masters Athletics (AMA) said John was “one of Australia’s and World Masters Athletics most successful, courageous and remarkable athletes.”

John was the first recipient into the AMA Hall of Fame for his incredible athletics achievements and contribution to athletics in general. John will be sincerely missed by all who knew him.

He contributed greatly to the sport of athletics over many decades, and was active in Masters-level athletics.

Athletics WA also noted John’s passing, saying that “he contributed greatly to the sport of athletics and will be fondly remembered by many for his selfless contribution to others.”
We regret to record the passing, on Tuesday, August 7th, of the Rev Dr. Alan Stubbs RFD. BA. DMin, CD, Senior Chaplain RANR (Rtd), aged 80, at Murdoch Hospice.

Alan joined the Australian Army as a chaplain 1978, initially in WA, then Puckapunyal 1979 - 81, then Training Command 1981 -82. During this time Alan served all over NSW & QLD. He was involved in the aftermath of the Black Hawke mid-air collision.

In 1983, Alan was transferred to the RANR as chaplain at HMAS Waterhen remaining in NSW until transferred to Fleet Base West, HMAS Stirling in 1990, where he remained until his “retirement” in 2003.

Here Alan again faced tragedy in the aftermath of the HMAS Westralia fire.

Alan was the humane face of the ADF. His compassion and understanding when dealing with survivors and relatives of those lost was legendary.

Following his official ‘retirement”, Alan returned to parish work serving in Toodyay and Gosnells.

Alan retained a very strong link with serving and ex-members of the ADF through the RSL, voluntary chaplain to the VLSVA (WA) and as a volunteer Advocate Level 4. He became WA manager of the Training and Information Program and appeared before both the VRB and AAT.

Alan had the carriage of the transition from TIP to ATDP in WA in 2016.

Diagnosed with cancer in September 2017, Alan kept working as a volunteer advocate until July 2018, when he could no longer attend the Bull Creek Veterans Support Centre at the RAAFA Estate. He is survived by his wife of 58 years, Dorothy, a son, two daughters and his beloved grandchildren.

Alan’s dedication to his God, his church, the ADF and his flock was over and above the call of duty. He was a much-loved friend and colleague who will be sorely missed, the like of him we shall not meet again.

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call 1300 998 100 or visit regis.com.au

WRANS-RAN Womens Association WA is delighted to announce that the next National Reunion will be held in Perth from 27th-30th August 2020.

We invite any ex-WRANS, RAN Women to join us in an early celebration for the 70th Anniversary of the formation of the WRANS.

Send your expression of interest details to reunion2020@bigpond.com or post to PO Box 3094, Mandurah East, 6210
We’re here to HELP

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

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

Contact the administrator:
Rosalind Howat on 9287 3707
$181,302 distributed in 2017

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WRAAC 70th Anniversary
Perth Reunion
12 - 14 February
Hosted by WRAAC Association (WA)

For further information:
Facebook: WRAAC 70th Anniversary Reunion
Email: wraac70@hotmail.com
Post: WRAAC 70, PO Box 309,
Hamilton Hill WA 6863

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RESTORE TRIAL

A trial treatment program for current and ex-serving ADF with service-related post-traumatic stress disorder (PTSD) has reached our West Australian shores.

The Rapid Exposure Supporting Trauma Recovery (RESTORE) PTSD trial is an intensive form of treatment conducted over 10 sessions in a 2 week period, which researchers hope will be as effective as standard prolonged exposure therapy occurring weekly over 10 weeks. The purpose of the study is to decipher if the intensive form of treatment is a viable alternative so as to make treatment for veterans more accessible.

Having already conducted trials on the East Coast, the RESTORE trial, run by Phoenix Australia, is now seeking veterans and current serving members of the ADF in Perth to take part.

Volunteers must be between the ages of 18 and 75 and experiencing symptoms consistent with PTSD.

Participants are interviewed and, if suitable for the trial, randomly allocated to either the intensive or standard treatment program. Potential benefits to participants include an improvement in their PTSD symptoms and a better quality of life.

For more details or to apply, please call 1800 856 824 or email restore@unimelb.edu.au. Visit phoenixaustralia.org/restore for more information.

For immediate support, contact Lifeline on 13 11 14 or beyondblue on 1300 224 636. ADF members and veterans can also contact the 24-hour VVCS helpline 1800 011 046.

Charge of the nek services

On the northern end of the ANZAC Frontline at Gallipoli stood The Nek. On August 6th, 1915, this vitally important position was to become a tragic moment in Australian history. On this narrow bridge of land, stretching between Russell’s Top and Baby 700 at the peak of Monash Valley, hundreds of members of the Australian 8th and 10th Light Horse would perish in a hail of machine gunfire.

On Sunday, August 5th, the Bellevue Sub-Branch hosted a service to commemorate this dreadful slaughter of young Victorian and West Australian lives. The address given by Major Duane, Nurse, Officer in Command of A Squadron, 10th Light Horse, was a chilling reminder of the events that occurred on that fateful day.

Major Duane spoke of the details and problems amongst leadership, of orders that lead to the fateful moment when the charge was called.

Members of the Australian Army Cadets WA opened the service. The Last Post was sounded by Luis Lim and the Ode was recited by Roy Jewell, Secretary of the Bellevue Sub-Branch. The members of the Bellevue Sub-Branch wish to thank all of those who attended, with special thanks to Phil Sullivan for sharing his 10th Light Horse Display.
FILM REVIEW

JOURNEY’S END REVIEW

By Ashayla Webster

I must have started writing this review a dozen times over. No opening seemed right. No words seemed quite able to match the magnitude or emotion that fell upon my shoulders after viewing “Journey’s End”.

Adapted from R.C. Sheriff’s 1928 classic play about World War 1, “Journey’s End” is a bleak, realistic view of life on the frontline. It follows the journey of C-company as they rotate in for the mandatory six days of service on the front. Unlucky for these men, the German Spring Offensive was imminent.

The story centres upon the officers (Paul Bettany, Stephen Graham and Tom Sturridge) and their cook (Toby Jones) as they prepare for the incoming barrage from the Germans mere metres away. The relatively slow pace of the film builds the suspense, leaving you to agonise over the prophesised fate of the characters you’ve rapidly come to care for. The young and eager Lieutenant Raleigh (Asa Butterfield) is clearly the symbol of the futility of the war, of the lost generation and the destruction of innocence. The broken alcoholic Captain Stanhope (Sam Claflin), a timely reminder of the internal battle of those affected by PTSD. Then there’s the fatherly Lieutenant Osborne (Paul Bettany) who smooths the troop over, the glue that holds it all together. The shattered Hibbert (Tom Sturridge), the battle-hardened and ever cheerful Trotter (Stephen Graham) and the sarcastic but caring cook Mason (Toby Jones) who provides a little comic relief from the heaviness of the scene.

The film’s small budget for the film seems to work in the favour of director Saul Dibb, with the set comprising of two locations; headquarters and the claustrophobic trenches. The fear, the lack of hope and the white-knuckled exhausting suspense the men endured was well represented and perhaps not so pretended as CGI (computer-generated imagery) was not utilised. The actors, in fact, trudged through real mud, sat in soaking, freezing rain and ran and hid from explosive detonations.

The roller-coaster though, is the stark vulnerability of the characters. There is no male bravado in these scenes, no ooh-rah of war and heroes. This is not an action film to make the heart race. “Journey’s End” is a soul wrenching gaze into the reality of inevitable death.

Make no mistakes. You’ll need a box of tissues and a good hug after this film.
“They shall grow not old, as we that are left
grow old. Age shall
not weary them nor
the years condemn.
At the going down
of the sun, and in
the morning. We will
remember them.
Lest We Forget.”

Navy
O/N45641; Thompson, Murray
Bindoon
R64755; Dunnachie, George
Bicton-Palmyra
R37281; Hall, Warwick
Mount Hawthorn
4777; O’connor,Daniel
Scarborough
49633; Ardille, Edward
Bunbury
F5038; Woodley, Roy
Busselton
R42062; Gould, Frank
Central
PM5401; Adams,Kenneth
City Of Cockburn
R52120; Podger, Keith
Nollamara
R95716; Byrne, Stephen
Riverton

Army
22420860; Burgess, William
Gascoyne
T14936367; Clarvis, Christopher
Chidlow
C137098; Stubbs, Alan
Gosnells
22713183; Williams, Paddy
Donnybrook
14331147; Roberts, John
Riverton
5716485;Green, Philip
Katanning
23527593; Rankine, Walter
Joondalup City
WX41950; Maru, Alexander
City Of Mandurah
WX41845; Lawrence, Eric
Cambridge
WX8622; Gilmour, John
Central
WX30377; Aspley, Frank
Wanneroo
WF45961; Mcgrath, Catherine
City Of Cockburn
WX22655; Baker, Ronald
City Of Rockingham
WX12250; Jenaway, Aw
Gosnells
3323; Jamieson, William
Highgate
210005; Lee, James
City Of Cockburn
55949; Mcclure, Philip
Nollamara
532576; Mawson, William
Highgate
52802; Stewart, Richard
Pinjarra
WX16787; Davies, John
City Of South Perth
WX17372; Hubbard, Arthur
Gosnells
WF45879; Anderson, Gladys
Mt-Lawley Inglewood
5/1934; Riseley, Kevin
Busselton
22191250; Smith, Robin
Kalamunda
W46722; Barns, Colin
Nedlands
WX22589; Paterson, James
Eastern Regional
WX10233; Mitchell, William
Kelmscott-Roleystone
514193; Skipworth, Brian
Geraldton
53840; Wachmer, Ronald
City Of South Perth
5716044; Freeman, Kevin
Bunbury
51639; Woods, Noel
Dawesville

Air Force
1336242; Groome, Alfred
Albany
83451; Rosling, Harold
Cambridge
164772; Krause, Eric
North Beach
A56776; Bennett, Maxwell
City of Mandurah
A56592; Bennettts, Ronald
Northam
1671734; Williamson, William
Joondalup City
427978; Cox, Fg
City of Perth
163407; Cave, Harold
City of Perth
436715; Dickinson, Keith
Cambridge
427961; Utting, William
City of Perth
A316681; Theobald, Rayner
Quinns Rock

WF45701; Franklin, Ruth
Rtd Ex-Svc Women
They fought for our freedom.
They taught us respect.

Serving our Veterans for more than 70 years.

Respect. Integrity. Loyalty.
It’s what we share.