Darwin troops return home from Iraq

The first batch of 520 troops, mostly from Darwin’s Robertson Barracks, have returned home after serving with the Overwatch Battle Group (West) - Two (OBG(W)-2) has been based at the Ali Air Base, Tallil in the Dhi Qar province.

OBG(W)-2 carried out more than 300 patrols across the 72,000 square kilometre area of operations. These patrols included providing security for reconstruction projects, meeting with local leaders, convoy escorts as well as the training and mentoring of the Iraqi Security Forces in Dhi Qar and the neighbouring Al Muthanna province.

OBG(W)-2 Commanding Officer, Lieutenant Colonel Tony Rawlins praised the efforts of all members of the Battle Group. “Australian soldiers have again made an outstanding contribution to coalition efforts to strengthen the security situation in southern Iraq, and to improve the quality of life and future prospects for the local people. It has been an absolute honour to serve with these fantastic young men and women who have been outstanding ambassadors for their country,” said Lieutenant Colonel Rawlins.
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point to the Budget being one which will go a long way to enhancing the quality of life for members of the veteran community. We must acknowledge the role of our Minister for Veteran Affairs, the Hon Bruce Billson, in influencing the government to address veteran issues. For far too long our previous Ministers have not been successful in obtaining funding and in being refused a breakthrough by a determined Minister in fighting for recognition of veterans through the Repatriation system.

There are, of course, many other items yet to be addressed and it is hoped that with the federal election looming many of these may attract funding.

State Congress 2007.

All sub-branches are now in possession of documentation for state congress. We ask that members attend the June meeting of their sub-branch to discuss the congress motions. Your input into the issues at hand would be most welcome. It should be noted that there is no financial report included. As the League now operates on the financial year the Audit will not be completed until early September. When available, the report will be circulated to all sub-branches for their consideration and a postal vote will be taken to confirm its adoption.

You will also note that there will be no election of office bearers. As the present State Executive was elected for a three year term they will be in office until the end of Congress 2006.

Congress Highlights.

Congress will be opened on Saturday 30 June, 2007 by our National President Maj-Gen Bill Cressey AO. Following the State Presidents’ Annual Report RSL Awards and LIFE Memberships will be presented. This will be followed by presentations from the minister, shadow minister and state politicians. In the afternoon there will be the business sessions and a presentation by Drug Free Australia. The Wreath Laying Service at the State War Memorial will conclude the Saturday sessions.

Saturday evening will be the congress dinner at ANZAC House. We hope for a good attendance of congress delegates and their guests at this important occasion.

Sunday will be dedicated to congress motions and addresses from Veteran Affairs Staff. Congress is a most important event for RSL and it is expected that all sub-branches make every endeavour to be represented.

Vale

It is with deep regret I advise of the death of two stalwarts of the RSL. Ron Stone AM JP a former State Trustee passed away in late May as did Mike Hall OAM JP a former State Trustee passed away in late May. Both members served the state branch and their sub-branches with distinction and were at all times focussed on the welfare activities of the League. The RSL members extend condolences to their families and loved ones.

Country Visits.

As promised, country visits by State Executive will become a feature of state branch operations. In late May, a visit was made to the Great Southern to meet members and provide a presentation of all modules of A ‘Hitch-hikers Guide to Sub-branch Administration’. The forum was hosted by the Albany Sub-Branch with attendances by members from Mt Barker, Katanning and Denmark Sub-Branches. In addition, it was pleasing to welcome local members of the National Servicemen’s Association who showed keen interest in the programme. The meeting also gave us opportunity to discuss ongoing issues including veteran affairs matters, welfare, membership and RSL aged care initiatives in country areas. Following the Albany visit the homeward journey took the party to Lake Grace where a refurbished Charter was presented to the sub-branch. The warmth of the welcome and the enthusiasm with which we were received reflected a dedicated group of RSL supporters who were determined to keep an RSL presence in the town.

Further country visits are planned for the post congress period.

Interstate Visit

State Vice President and I accepted an invitation to attend the Tasmanian State Congress in Launceston in mid-May. Apart from observing the Congress we were invited to present to their state executive and several sub-branch representatives the ‘Hitch-hikers Guide to Sub-branch Administration’ modules. These were well received and we have been asked to provide resource material to enable the presentation to be adapted for use in Tasmania. An RSL presentation was also given on our aged care programme. Likewise, this was well received and offered some motivation to the Tasmania State Branch to explore avenues to become involved in veteran aged care. It is particularly pleasing to be invited to provide other state branches with information on our successful initiatives. By sharing our expertise we are contributing to the welfare of the veteran community.

Book Launch

For those with an interest in military history, Neville Browning has just completed a comprehensively re-written second edition of his first book on the history of 51st Battalion. It is entitled For King and Country and was launched at RAAFA Estate Bullcreek on Sunday 17th June, 2007. It is important we draw members attention to such historical research initiatives as they form a vital link with past military campaigns fought by West Australians during the Great War of 1914 – 1918. Should you require more information on this matter, please contact ANZAC House.

ANZAC Small Grants Scheme

The first round of Grants to sub-branch and community organisations has been completed with funding for PA Systems, Memorial Restoration and upgrading of RSL Halls being distributed. The quality of submissions provided invaluable insight to the extent that the wider community holds the contribution veterans have made to the quality of life in our country. Unfortunately many submissions did not qualify for inclusion in the first round of Grants but a re-write of the eligibility criteria may address some of the issues identified. Essentially, funding is available for eligible organisations to perpetuate the ‘Spirit of ANZAC’ through commemorative activities, research and community involvement. The next round of applications will be announced shortly and will close in late September for announcement in November. Sub-branches and local communities are invited to apply for funding but please note that organisations that have access to alternative funding may not be eligible.
2007 Annual Continuous Training Period for Senior Cadets

A parade was held at Leeuwin Barracks East Fremantle, to mark the conclusion of the 2007 Annual Continuous Training Period for Senior Cadets, on Friday 20th April at 1845 Hours.

Naval Cadets from Western Australia attended the ACT with cadets from the International Sea Cadet Association. International Cadets were from; Canada, Sweden, United Kingdom, United States of America.

The courses conducted for the ACT were; Adventure Training, Ceremonial Weapons and Safety, Get into Small Boat Sailing, Marine Engineering, Musicians, Senior Sailor's TL3 Recreational Skippers Ticket, RAN Work Experience.

The RSL was represented by the state president Mr Bill Gaynor OAM, Mrs Olga Greig OAM and Len Copley.

Name Change Marks the End of the Viet-Nam Veterans' Counselling Service

The VVCS, or Viet-Nam Veterans Counselling Service has had a name change to Veterans and Veterans Families Counselling Service.

A Stakeholders Meeting was held at the The Veterans and Veterans Counselling Service, on the 8th May 2007. The VVCS Staff had organised the meeting, so all Ex-Service Organisations would be fully briefed on the achievements of the counselling service and future programmes that could be organised by the Staff of VVCS.

Glen Menzes Director of VVCS Perth introduced his staff to the ex-service representatives present. Allison Rasmussen Deputy Director, Cynthia Thom Outreach Co-Ordinator, Helen Wauchope Group Programme Co-Ordinator, Christian Holyoak TIPS training.

Topics discussed at the meeting included, anniversary of the move to Applecross, anniversary of the VVCS 25 years, name change, new OP contact, change in eligibility for Heart Health Programme, Stepping Out Programme, Transition Programme for ADF personnel, Increase in fees for contracted counsellors, links to GP divisions.

The RSL was represented by Ian Griffiths, Margot Harness and Len Copley.

“Word of mouth”
Recommendation. It’s the highest form of compliment a customer can pay to any business...

“I nearly had my real medals stolen one ANZAC Day a few years back and got a set of replicas that I wear for most occasions. I decided that, while I could afford it, I would get another two sets made up, making three sets, one for each grandchild for when I fall out of the tree. The real set will go to the family trust if I haven’t flogged them before, to take an Antarctic cruise on a Russian Nuclear Icebreaker. Today I received the two sets by mail from WA, you see I thought I would get Heritage Medals to make up the sets, I had to buy the lot of course – mounting and purchase of all medals and the finished product was the best I have seen. It is because of this, the quality of the workmanship to the finished product I have no hesitation in recommending anyone to contact them.”

-- Bob Buick, JP MM.

Navy farewells Fremantle Class Patrol Boats

The Royal Australian Navy (RAN) ships Townsville and Ipswich were the last of the Fremantle Class Patrol Boats (FCPB) to decommission in their homeport of Cairns after a combined 50 years of service to the Navy. Both ships’ Australian White Ensign were lowered for the last time and handed to the respective Commanding Officers. In attendance was the Parliamentary Secretary to the Minister for Defence Mr Peter Lindsay MP, Chief of Navy Vice Admiral Russ Shalders and the Commander Australian Fleet Rear Admiral Davyd Thomas.

The FCPB are gradually being replaced by 14 state-of-the-art Armidale Class Patrol Boats being built by Western Australian shipbuilder Austal. The first ACPB, HMAS Armidale, was commissioned in June 2005 and eight of her sister ships are already operational.
Construction has been progressing at a steady rate on the new Ageing In Place Facility on the RSL Care WA site on Alexander Drive in Menora, which aims to complement the September 2005 completion of the ninety six Independent Living Units and Apartments.

Built in the late 1970’s, the old facility was demolished to make way for a $16 million, unique three storey establishment, which will boast underground parking and a lovely view of landscaped gardens.

Building on the site began in January 2006 and is scheduled for completion in October this year – meaning that construction company BGC are very happy to announce that they are not only on schedule time-wise but also on budget.

The 118 bed facility will cater for both low and high care residents in a state of the art complex, which will include a high tech communication system used for “nurse call”, “emergency call” and telephone, a lounge and dining facility on each floor, extra lounge space and a large balcony overlooking luscious landscaped area.

Twelve of the 118 rooms will be “extra service rooms”, meaning that they will be finished to a higher quality, will have panoramic views of the parklands area and come equipped with a plasma television, personal fridge and extra cupboard space.

At this point in time, the roof is about to be positioned on the complex and following on from that the finishing trades will move in to complete the picture.

Adding on to this, plans have recently been completed and the builders have been given the green light for extra services to be added to the complex – these will include a doctor’s surgery, podiatrist, dentist and a treatment room.

These services will be available for the convenience of all on site residents of Menora Gardens and will operate during normal business hours and is scheduled for completion in time with the rest of the complex.

Project Manager for RSL Care WA, Ken Hamilton said, “This has been an interesting time at the Menora Gardens location. "With so much building at the site in the last few years, it is exciting to see the whole picture finally coming together to create a beautiful, contemporary and very serene place for our residents to enjoy.”

The Ageing in Place facility will largely feature single ensuite rooms, but it will also have some interconnecting rooms for couples wishing to enter care together.

The 50 residents in the old cluster facility will be moved to the new site around Christmas time, which will leave a further 68 new places available to the public.

Menora Gardens is situated in a convenient location in which it is close to bus routes and both local shopping centre’s and the city, so residents can choose to be independent or make the most of the convenience of the local public transport system to meet their individual needs.

Consideration for the area vacated by the cluster houses when those ageing residents move into the new facility is underway at Board level.

For any queries or further information please contact Silvia Hoskins the Resident Services Co-ordinator, RSL Care WA on 9370 0489.

Article and photographs by: Sally Hamilton.

---

ANZAC Club is the home base for the Western Australian Ex-Services Community. The Club venue now has an appealing ambiance—having benefited from a major refurbishment. If you haven’t been in to the ANZAC Club recently, you are missing the best value in town for an enjoyable meal in pleasant surroundings – at unbeatable bar prices.

**ANZAC Club Happenings**

- **Sundowner Drinks** – Friday to 7pm
  The ANZAC Club has increased its opening hours for Sundowners on Friday afternoons – and this is proving popular with the office crowd along the Terrace who come along for some camaraderie with best value drinks and “lite bite nibblies”

- **Let’s Do Lunch**
  ANZAC Club features a fantastic value menu that changes each season, plus a selection of favourites from the blackboard each day. Where else in the city could you enjoy a chef’s roast of the day with roast potato and seasonal vegetables for only $12.50?

- **Corporate / Functions**
  Enquire with the club Manager regarding holding your Corporate Meetings, Training or Special Functions in the Board room or Gallipoli room at competitive very prices.

**ANZAC Club Happenings**

- **Open from 10am to 4pm Monday to Friday**
- **Luncheon from 12.00pm to 2.00pm**

**Phone:** 9287 3714
RSL (WA) Appoints New CEO/State Secretary

Continuing with our series of Australian Victoria Cross recipients, this article we reflect on the achievements of James Park Woods VC.

James Park Woods was born at Gawler, South Australia on the 2nd January 1891. However, whilst researching James Park Wood one reference indicated Wood's birthdays the 4th January 1886 at Two Wells South Australia. It is suggested, as was the practice at that time to serve, year of birth was put altered to enable them enlistment in the Australian Imperial Forces (A.I.F.). At the time of enlistment Woods was working a Vigneron at Caversham Western Australia. When Woods first tried to enlist he was below the acceptable minimum height required. With the later relaxation of height requirements, Woods was accepted for enlistment. He enlisted on the 25th September 1916 and given the Regimental number of 3244A.

After initial training he was posted as a reinforcement to the 48th Battalion embarking December 1916. He arrived in the United Kingdom February 1917 and after a short stint in Hospital, he sailed for France on the 1st September and joined the 48th Battalion twelve days later. He soldiered with the 48th until the end except for two episodes in hospital in January and July 1918.

It was when he returned to his unit after hospitalisation on the 18th September 1918 near Le Verguier, (north-west of St Quentin) that James Park Woods was involved in an action that resulted in him being awarded his Victoria Cross, his citation reads;

18th September 1918, near Le Verguier, North-west of St Quentin, France

Citation: For conspicuous bravery and devotion to duty near Le Verguier, north-west of St Quentin, on 18th September 1918, when with a machine gun patrol he captured and captured and captured an ammunition truck, and throughout the day displayed the most conspicuous bravery and devotion to duty, and fearlessly to the full, held up the fire on the attacking enemy, inflicting severe casualties on them. He kept up his fire and held up the enemy until help arrived, and throughout the operations, displayed a splendid example of valor, determination and initiative. (London Gazette: 26th December 1918.)

April 1919 saw James Park Woods VC, again in England prior to his return to Australia where he discharged in Perth WA on the 10th September 1919. On the 30th April 1922 Woods VC married Olive Wilson and had 3 sons and 3 daughters. James Park Woods VC returned to England in 1956 for the Century Celebrations of Victoria Cross recipients. Upon returning to Western Australia, Woods continued to live in Claremont until his death on the 18th January 1963. There is a photograph of James Park Woods VC in ANZAC House, Perth, WA.

References:
- *They Dared Mightily* Edited for the Board of Management of the Australian War Memorial by Lionel Wigmore in collaboration with Bruce Harding. Published by Australian War Memorial, Canberra, ACT. First published 1963.
- "The First World War" Osprey Publishing Peter Simkins, Michael Hickey, Geoffrey Jukes

James Park Woods VC.

RSL (WA) has announced the appointment of Ian Hugh Griffiths to the position of CEO/State Secretary as from 5th February 2007, taking over from Shane Sears OAM JP.

Mr Griffiths joins RSL from RAAF Pearce, where he was Warrant Officer Disciplinary (W.O.D.) for the last four years, after 26 years of service.

Mr Griffiths was born at Marrickville, NSW and has attended various schools as his father was also in the RAAF as a Warrant Officer Fire Fighter, serving in the occupational forces in Japan, Korea and South Vietnam. His father retired after 32 years of service.

Mr Griffiths joined the RAFF after working various tasks. In 1980 he signed up as a Fire Fighter, serving in the occupational forces in Japan, Korea and South Vietnam. After initial training he was posted as a reinforcement to the 48th Battalion embarking December 1916. He arrived in the United Kingdom February 1917 and after a short stint in Hospital, he sailed for France on the 1st September and joined the 48th Battalion twelve days later. He soldiered with the 48th until the end except for two episodes in hospital in January and July 1918.

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The 25 Pounder MK

As reported in the last edition of the Listening Post where the Vickers Machine Gun model was reported, in this edition the focus is another match stick model made by the same individual, namely a 25 Pounder MK2. This is now on display at ANZAC House.

The model had taken weeks of dedicated research, making sure that scales of size are correct and 12 weeks of actual construction to complete. The 25 pr MKI with M40 carriage was introduced into the British Army on 29 February 1940 and later adopted by Australian, New Zealand, Canadian, South African and Indian Armies. British production was limited and it was not until 1941 when Australian and Canadian production commenced that adequate numbers of the gun were manufactured. Production then increased dramatically and in excess of 12,000 guns were produce in Britain by the end of WWII. General m1a1s, Holdemars and principal manufacturer in Australia was 1527 were produced at Pagewood South Australian Plant.

In October 1942, during the 12 days of the battle of El Alamein, 824, 25 prs fired in excess of 1 million rounds. The 25 pr Gun was considered to be the most advanced and effective weapon produced during WWII.
ANZAC Day 2007 has again come and gone, and I hope all our members and veterans enjoyed their special day.

So many tidbits of information have come into the State Veterans’ Affairs Committee (VAC) recently that I’ve decided to devote this column to some “house keeping” – as this is one of the few avenues of disseminating news to our readership.

**VITA “Insurance” for RSL Welfare and Pensions Officers/Advocates**

Over the next few weeks you will all be receiving a letter from ANZAC House, summarising the information we have as to:

- Your current TIP standing (ie: current qualifying courses completed)
- If, and when, a further course becomes necessary, to maintain (or further) your current status.

Because legislation and SoPs are always being updated, three-yearly “Refresher” courses are programmed by TIP to ensure current standing.

**The Reason for this is that We Want to Try and Ensure that You Have Indemnity cover Under the “Veterans’ Indemnity and Training Association”. You are important to us, and we want you protected in the event that someone may sue.

**Australian government to introduce a new ACCESS Card**

Some of you may have picked up from the media that the Federal government has foreshadowed the introduction of a new card, called an “Access Card” throughout the nation. It will be more sophisticated than the DVA cards (Gold and White) currently issued to veterans, or the concession Health Care Cards carried by wives and civilian pensioners.

The Minister for Veterans’ Affairs, the Hon Bruce BILLSON, has sent the RSL a letter to reassure the veteran community that “the Gold Card will remain unique to the veteran community and its value retained… current Gold Card holders will get a gold Access Card”. Those of PP, EDA or War Widow status will continue to have these markers on the face of the new card.

The government hopes this “smart card” technology will be more mutually efficient and secure than predecessors. Containing a computer chip, the new card will combine the functions of multiple government issued cards (such as Medicare, Centrelink etc.). It will feature the bearer’s photo, and contain basic details on the chip (ie: name, address, dob, DVA entitlements). It will be useful if the bearer – but legislation will ensure that it cannot be demanded by anyone (unlike the way statebased drivers licences have become).

Optional details (eg: emergency contact details, allergies, organ donor status) can be added information, but **only at the discretion of the veteran**.

Date of introduction, as yet, is unknown. This is just a “tip-off” in advance, to alert those so far unaware, of the coming introduction of the card. Be assured that your VAC will monitor developments, being mindful of safeguarding veterans’ interests and well-being; and will keep you abreast and up-dated as further information comes to hand over the coming months.

What we wish to emphasise however is that beyond basic information, the veteran will have the right to decide what information could/should be integrated onto the card’s “chip”; and details he/she wants withheld.

**How to help someone at risk of Suicide**

Several members of the VAC, who regularly deal with current serving ADF members and younger veterans, have recently encountered situations of committing suicide, and had to devise immediate emergency interventions to help preserve their lives.

Suicidal situations are serious and challenging. While you take steps to get them to seek help.

How to help someone at risk of Suicide:

-  Acute stress disorder.
-  Hepatitis E
-  Hepatitis A
-  Herpes zoster
-  Chicken pox
-  Cardiomyopathy
-  Hepatitis C
-  Acute stress disorder.

One country member described a situation where a friend or veteran comrade is showing signs of suicidal intentions, a suggested course of action is:

- Show you care
- Try to keep the person with you while you take steps to get them to seek help.
- Ring VVCS as an Emergency (08) 6461 7800 (A/H: 1800 011 046), and outline severity of the situation.
- If you strike a problem contacting VVCS – physically accompany the person to the Repatriation Medical Authority (RMA). The two-day ASIST course is run regularly. Firstpointofcontactsthrough “Partners of Veterans’ Association”. Contact Sam: phone: (042) 1577 3700. 

Unfortunately, some regions of WA have little in the way of any mental health facility, or psych professionals. People in the Perth Metro area are more fortunate. If confronted with this situation where a friend or veteran comrade is showing signs of suicidal intentions, a suggested course of action is:

-  Acute stress disorder.
-  Hepatitis C
-  Acute stress disorder.

New SoPs:

Over the past months, seven new Statements of Principles (SoPs) have been gazetted, following revised investigations by the Repatriation Medical Authority (RMA).

As those who assist with disability claims and VRB reviews well know, SoPs are fundamental to the whole system, whether we like it or not – and a sound knowledge of the way they are applied is mandatory. If claims are to be successfully dealt with.

The “newies” are:

- Malignant neoplasm of the bile duct
- Cardiomyopathy
- Chicken pox
- Herpes zoster
- Hepatitis C
- Acute stress disorder.

A new one on the drawing board (but still undergoing RMA investigation) is:

- Substance induced mood disorder.

Cheerio for now,

MARGOT HARNESS

The Bush Wireless

The Bush Wireless

**The Bush Wireless**

**Bersama Shield 2007 (BS07)**

**Bersama Shield 2007** is being held over the Malaysian Peninsula and the South China Sea from 23 April – 03 May 2007.

BS07 is a joint exercise that aims to practice interoperability of air, ground and naval forces under the auspices of the Five Power Defence Arrangements. Other nations involved in the joint exercise will comprise Defence personnel and logistics from the United Kingdom, Malaysia, Singapore and New Zealand.

*Air*Force elements involved in the exercise include F-111 aircraft from No. 1 Squadron, F/A-18 aircraft from No. 75 Squadron, a B707 from No. 33 Squadron, an Orion aircraft from No. 92 Wing Detachment A, and support elements from No. 324 Combat Support Squadron and No. 41.
Operation Aussies Homes says experts have confirmed officially that remains found outside Bien-Hoa in southern Viet-Nam are those of missing Australian soldiers, L/Cpl Richard Parker and Pte Peter Gillson, missing in action since 1965.

Members of the Australian Government Team used dental records, skeletal remains and artefacts found in the grave to confirm the identities of the men. Artefacts recovered included identification discs or “dog tags” belonging to each man, a Zippo cigarette lighter, buttons consistent with those on Australian army uniforms of the 1960s and a map showing the operation the men were on when they were killed.

OAH understands the remains are due to be handed over to Viet-Nam authorities in Bien-Hoa City by 10.00am local time today (April 30, 2007) before being taken to Hanoi where Viet-Nam authorities will verify the identification process prior to the final handover to Australian representatives for repatriation.

“The men’s families have expressed their relief that their loved ones have been officially identified and hope the transfer to Australian authorities will happen quickly,” said Jim Bourke the leader of the OAH team.

“Each day these two men remain away from their home is another day of anguish for their loved ones,” Mr Bourke said.

“They deserve to go home with speed and dignity after waiting so long,” he said.

OAH handed over the gravesite over to the Australian Government Team on Monday April 23, 2007 and continued to assist in the recovery.

OAH member David Thomas of Nelson Bay Bay recorded evidence recovered from the grave and Peter Aylett of Brisbane Queensland continued his role of supervising local labour and directing field engineering matters.

All four members remaining on the site assisted in sieving spoil from the grave, Walter Pearson continued to provide advice and translation back up as needed.

“Praise must be given to the assistant Minister For Defence and Minister For Veterans Affairs Mr Bruce Billson for the rapid dispatch of the government team,” Jim Bourke said.

“Mr Billson has shown a sincere and active interest in these cases as indicated by his financial support for Operation Aussies Home,” Mr Bourke said.

L/Cpl Parker and Pte Gillson died on November 8, 1965 while on operations with 1st Battalion, the Royal Australian Regiment attached to the US Army’s 173rd Airborne Brigade based in Bien-Hoa, about 25 kilometres north of Saigon.

Operation Aussies Home is a private organisation dedicated to providing full accounting for Australian Servicemen who were killed in Viet-Nam but whose bodies were not recovered.

There are still four servicemen not fully accounted for, including two air crew, one SAS trooper and a Australian soldier serving as crew on an air ambulance or Medevac helicopter.

Identity of Viet-Nam MIAs Confirmed

The remains of Lance Corporal Richard Parker were laid to rest with full military honours at the Woden Cemetery in the Australian Capital Territory on 12th June 2007.

On 8th November 1965, during Operation Hump, the 1st Battalion, The Royal Australian Regiment (1RAR) encountered a well dug in Viet Cong force. After a savage fight, 1RAR were forced to withdraw leaving two of their soldiers, Private Peter Gillson and Lance Corporal Richard Parker on the battlefield.

For nearly half a century, Private Gillson was listed as missing presumed dead and Lance Corporal Parker, killed in action, body not recovered.

Due to the efforts of many individuals and the organisation “Operation Aussies Home”, supported by the Australian Government and the Australian Defence Force, the remains of the two have been located and recovered.

The Government of the Socialist Republic of Vietnam has provided assistance in this mission.

The remains of the two Diggers were repatriated to Australia on a Royal Australian Air Force C-130, escorted by serving soldiers from 1RAR and representatives from the Army History Unit and Operation Aussies Home.

Four Australian servicemen are still missing in Vietnam. The identification and repatriation of the remains of fallen Australian service personnel is of great importance to the military, the Government and to the people of Australia.
HMAS Adelaide assists to save life at sea

While conducting exercises in the South China Sea with the Republic of Singapore navy, HMAS Adelaide has responded to a distress call from a merchant vessel, MV Padova. The Padova had reported a fire in her auxiliary engine room and a seriously injured crew member.

Adelaide closed the position of Padova without delay and the ship’s company of the Australian warship prepared to render assistance. On arrival, Adelaide transferred a response team, including a medical sailor, to the stricken vessel. They were joined by a doctor from the Singaporean Navy Ship, RSS Vengeance.

The injured crew member from Padova was in a critical condition having suffered severe burns. He was immediately transferred to HMAS Adelaide for evacuation ashore by a Singaporean Air Force helicopter.

The ship was honoured for its exceptional service in wartime operations during its deployment to the Persian Gulf in 2005-06.

The citation was accepted from NSW Governor Professor Marie Bashy, by Commander Justin Jones, HMAS Parramatta’s then Executive Officer, on behalf of the ship’s company of Parramatta who are currently deployed on operations.

“I am very honoured to accept this award on behalf of the ship’s company of HMAS Parramatta who sustained a high level of operational tempo during our deployment,” CMDR Jones said.

“In doing so they set a new benchmark in performance, contributed significantly to the ADF mission of rehabilitating Iraq and in maintaining the security of the wider Gulf region.”

The ANZAC Class Frigate was deployed for Operation Catalyst in the Persian Gulf from 1 November 2005 to 23 March 2006. It was awarded a Meritorious Unit Citation in the 2007 Australia Day Honours list for its outstanding service. This service included seizing 6.2 kilograms of bomb making material, ammonium nitrate, hidden in the pantry of an intercepted merchant vessel.

During its deployment, Parramatta conducted 186 boardings and security patrols, 1,111 boat evolutions, 330 flying hours in its embarked Navy Seahawk helicopter and 653 investigative queries of merchant vessels. Parramatta was the first non-US Navy ship to be appointed Persian Gulf Air Defence Commander. Parramatta’s officers undertook a successful mentoring programme for the Iraq Navy which saw Iraqi naval officers spend time onboard Parramatta to observe and get operations firsthand.

Along with CMDR Jones, HMAS Parramatta was represented at the investiture by Chief Petty Officer Mick Andrews, Leading Seaman Tim Wildin and Leading Seaman Joanne Callow. Mr Alan Overton, Chairman Parramatta Eels Rugby League Club attended in recognition of the extraordinarily close relationship betweenesheandtheParramatta City community.

“It is particularly important at this time to acknowledge the key role that our families played in the deployment. Without their support, the crew could not have successfully maintained the focus that led to mission success. They share in this award too and, as a symbol of Navy’s sense of community, are represented by Mrs Nicole Akhurst, wife of Leading Seaman Brad Akhurst,” CMDR Jones said.

HMAS Parramatta is the fifth RAN ship to be awarded a Meritorious Unit Citation since the award’s inception, and the first to receive the award for operations outside of direct conflict.

Thankyou!

Statement released on behalf of Miss Martina Labrock, partner of Trooper Andrew Behrndt

Andrew’s family and I would like to thank everyone for their kind thoughts and support following this unfortunate event. Andrew is in high spirits.

We are very happy to have Andrew home. I would like to express my utmost thanks to Andrew’s Army colleagues who rendered immediate assistance to him after the incident.

I request that the media respect my family’s privacy and not attempt to contact me or family members. We will not be conducting interviews.

Background

An Australian soldier wounded in an Improvised Explosive Device (IED) attack during a vehicle patrol has returned to Darwin for treatment and to recover.

Trooper Andrew Behrndt suffered injuries including burns, lacerations and a broken ankle after an IED detonated alongside his vehicle near the town of An Nasariyah in the Dh Qar Province on Monday, 23 April 2007.

Trooper Behrndt was initially treated in Baghdad before being medically evacuated for further treatment.

The two other personnel received less serious wounds in an attack that destroyed an Australian Light Armoured Vehicle (ASLAV) and damaged two more. These members have since returned to duty.

Trooper Behrndt and his family have asked that the media respect their privacy as he recovers from his injuries. Defence will not release the names of the other two members who have remained on operations.
Ease the pain of your family’s loss
with a Pre-Paid Funeral from Bowra & O’Dea.

In the confusion and emotional numbness that follows when a person dies, it can be difficult for grieving relatives to make decisions about funeral arrangements.

Bowra & O’Dea, Funeral Directors, wholly owned and operated in Western Australia for more than 110 years, are now offering a special service to RSL members interested in PrePaid Funeral Plans.

There are many benefits to a PrePaid Funeral Plan:

- The peace of mind of knowing your family will not have to make burdensome decisions at difficult times.
- The opportunity to design the funeral service as you wish and not as others would like it.
- Our price inflation guarantee. By taking out a PrePaid Funeral Plan you effectively freeze the price of your funeral costs in the future.
- A PrePaid Funeral Plan does not become a part of your estate and is not subject to any administration.
- You will lessen the anguish that family may feel regarding whether they did the right thing.
- We will arrange an obligation free appointment to discuss your personal needs.
- Your PrePaid Funeral Plan can be paid in instalments.

Special extras for RSL members:
- Free extra limousine
- No administration fee for immediate payment in full
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for a **Free** home demonstration from your local dealer.
The Indigenous Participation Programme Cadet Camp was run from Larrakeyah Barracks in Darwin as a general induction for new cadets and reaffirmation for older experienced ones.

As well as learning basic military skills such as parade drill, dress and bearing, and team sports, the cadets also attended lectures on youth education subjects such as substance abuse.

The camp is conducted by current and ex-serving NORFORCE personnel, with cadets drawn from mostly-indigenous communities in the Northern Territory.

During the day the children visited HMAS Collins, a Collins Class Submarine, a Weapons Training Simulator and Fireground.

At the end of the visit, they had lunch at the Junior Sailors Gallery with sailors dressed as fairies.

Bottom Left: Able Seaman Dentist Assistant Karleigh Barbour helps one of the children with some anti-flash and firefighter’s jacket.

Centre and Right: Cooks from HMAS Stirling dressed as fairies, serve lunch to the children as part of Make a Wish Day.
ANZAC Day celebrated around the world

Iraq

ANZAC Day Dawn Service at the Ali Air Base, Talil in southern Iraq

Headquarters Joint Task Force 633 (HQJTF633) is the Headquarters for the Middle East Area of Operations. It supports operations for both Operation CATALYST, the Australian Defence Force’s (ADF’s) contribution to the rehabilitation and reconstruction of Iraq, and Operation SLIPPER, the ADF’s contribution to fighting global terrorism. Brigadier Michael Crane, Australian National Commander, commands all ADF units deployed in the Middle East Area of Operations.

Like HQJTF633, some other units, personnel and assets are dual assigned, being responsible for supporting both Operation CATALYST and Operation SLIPPER.

Australia

ANZAC Day Dawn Service in Baghdad

Operation CATALYST commenced on 16 July 2003 following on from Operation FALCONER. Working with the interim Iraqi Government, the ADF continues to contribute to Multinational Force Iraq to develop a secure and stable environment in Iraq and assist national recovery programs. Operation CATALYST currently comprises approximately 1400 Australian Defence Force personnel.

Operation SLIPPER commenced following Prime Minister John Howard’s announcement on 1 October 2001 that the ADF would contribute coalition operations against terrorism. There are now around 400 ADF personnel deployed to Afghanistan as part of this operation.

Anzac Day Dawn Service in Camp Russell

Australian Defence Force (ADF) personnel are writing a new chapter in defence of the nation. Anzac Day Dawn Service at Camp Russell today to reflect on why we serve and the people who have fought to protect us in the past have fought to protect it.

In a moving Anzac Day Dawn Service conducted at Caulana Field Training Area in South Australia Chief of Army addressed the Army. “You are among the best soldiers in the world...and now it is your turn to make history,” he said.

In a moving ANZAC Day Dawn Service at Gallipoli, Lieutenant General Peter Leahy told the members of the ADF personnel who comprise OBG(W)-3 (Overwatch Battlegroup (West)-3) that they will soon join other ADF members who are writing a new chapter in defence of the nation since the ANZACs stormed the shores of Gallipoli in 1915.

ANZAC Day Dawn Service, Gallipoli

ANZAC Day 25 April 2007 marks the 92nd anniversary of the first nationally significant military action fought by the Australian and New Zealand Army Corps in The Great War (World War One). About 9000 Australians died at Gallipoli, while another 18,000 were wounded. As part of the Australian Defence Force’s commemorations, Australia’s Federation Guard (AGF) provided ceremonial guards for commemorative services on the 24th and 25th of April at key sites on the Gallipoli peninsula, including ANZAC Cove and Lone Pine.

Adaptation of musicians from the Royal Australian Navy Band played at these services including ANZAC Cove Dawn Service and later in the morning at Lone Pine, culminating in the playing of the “Last Post” at both ceremonies.

Dili

ANZAC Day Dawn Service in Dili, East Timor

There are approximately 1000 ADF personnel currently serving in Timor-Leste. This force will remain in Timor-Leste to continue providing a robust response capability to support the Government of Timor-Leste and the United Nations Police force.

Police from Australia and 24 other nations throughout the world provide security in Dili. The ADF provides support to these police operations as required.

The New Zealand Defence Force (NZDF) is working alongside the ADF to assist with this mission.

RFI dawn service in Camp Russell

Police from Australia and 24 other nations throughout the world provide security in Dili. The ADF provides support to these police operations as required. The RFI commemorated ANZAC Day 2007 with a dawn service in Camp Russell, the Australian base in Uruzgan Province named after SGT Andrew Russell, who was killed in action in Afghanistan in 2002. While the troops of the RFI paused to reflect on the significance of ANZAC Day, they were back at their posts by the days end for what was another busy day of operational service.

Lieutenant Colonel Harry Jarvis, commander of the RFI, said in his address at the dawn service: “As Australian soldiers we should use today to reflect on why we serve and torededication to maintaining the ideals and values that so many in the past have fought to protect. Freedom only survives, as long as people like us are willing to defend it.”

RFI has a clearly defined role to work on reconstruction, improvement of provincial infrastructure, community-based projects. The RFI also provides training to the local population and military engineering training to the Afghan National Army. This type of assistance is designed to benefit the people of Uruzgan Province well into the future and form building blocks for a stable and prosperous community.

Australia has deployed an ADF Reconstruction Task Force (RTF), consisting of a combined arms team, to the Uruzgan Province in Southern Afghanistan as part of Operation Slipper. The RTF is in partnership with the Netherlands Provincial Reconstruction Team (PRT) and forms part of the NATO-led International Security Assistance Force.

The RTF has a clearly defined role to work on reconstruction, improvement of provincial infrastructure and community-based projects. The RTF also provides training to the local population and military engineering training to the Afghan National Army. This type of assistance is designed to benefit the people of Uruzgan Province well into the future and form building blocks for a stable and prosperous community.
The Trade Training School is conducted by qualified tradesmen from the Australian Defence Force. The course is designed to provide students with the skills to gain future employment.

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The RTF contains around 380 ADF personnel predominately from Queensland based units. It includes elements of trades, command, security engineering and administrative support and is equipped with Bushmaster Infantry Mobility Vehicles (IMV), Australian Light Armoured Vehicles (ASLAV) and armed engineer plant equipment.

The interstate cadets arrived in Perth on the 18 April and were met by members of the committee. They were then transported to RAAF Base Pearce to undertake the Queensland Cadets on a tour of Perth and Kings Park where they were met by Deputy Warden, Mr Phillip McPhee AM, deputy warden of the State War Memorial and Mr Norm Manners, chairman of the Honour Avenue Group.

Referrals were provided by the RAFA caterers and the cadets were able to relax and enjoy the views from Kings Park while they ate. They then proceeded to ANZAC House for a reception and were presented with travel journals and polo shirts for the trip. Many of the cadets stated it was the first time they had been inside an RSL and were quite impressed with ANZAC House.

They were accompanied by three ADF instructors and a FR representative from RSL NSW. After a comfortable night at Pearce they were transferred to their international airport ready to depart on their fantastic trip to North Borneo.

The 15 cadets and their three ADF instructors were due to return to Perth on the 2 May but the plane from Brunei was delayed and they didn’t arrive back until 2.10am the following morning. As some of the party had to catch early flights to the Eastern States, they were taken directly to the domestic airport for clearancing customs. The three cadets from WA were allowed to go home and the rest of the group were taken to RAAF Air Force Base, Pearce to freshen up and have breakfast then return to the domestic airport. I was able to talk to the cadets while they were waiting for their flights and all commented on what a great experience it had been and they would like to go again. They were all extremely tired after the delay and their long trip.

The 2007 Annual Continuous Training Period for Senior Cadets was held on the parade ground at Leuwin Barracks, East Fremantle on Friday 20 April 2007. There were about one hundred cadets on parade including international cadets from the UK, USA, Canada and Sweden. The reviewing officer was Captain Stephen Davies from HMAS Stirling. It was a most impressive parade watched by many parents and guests.

The committee would like to thank the Ocean Reef RSL Sub Branch for their kind donation of $100.00. Any donations are very much appreciated.

Olga Greig OAM
Chairman

Poetry

We can never really know
How they lived and how they died
Their fears, hopes, dreams...All we have...Is a trickle of a tide

Poetry

We will remember them
Our soldiers on foreign shore
Many many years ago they were
Yet still we fight and still there’s war.

Ike noah, and they do not know me
Yet without them...who am I?

Would I be here?
Would you be here?
Our world, how would it be?

We can never really know
How they lived and how they died
Yet still we fight and still there’s war.

Poetry

For without them...
Not a trickle but a tide
Our world how would it be?

When they fought and when they fell
Adieu dear northern, and they did not know me
Yet without them...who am I?

Would I be here?
Would you be here?
Our world how would it be?

We can never really know
How they lived and how they died
Yet still we fight and still there’s war.

Poetry

As we remember our forefathers,
And generations to be.

For without them...
Not a trickle but a tide
Our world how would it be?

When they fought and when they fell
Adieu dear northern, and they did not know me
Yet without them...who am I?

Would I be here?
Would you be here?
Our world how would it be?

We can never really know
How they lived and how they died
Yet still we fight and still there’s war.

Poetry

Go, have no regret
Whom for your life, paid the bill
Greater still
Fell, so you could live

To those whom in the ranks fell,
Fell so you could live.

Go, have no regret
Whom for your life, paid the bill
Greater still
Fell, so you could live.

We, your mates, will not forget
Go, have no regret
Whom for your life, paid the bill
Greater still
Fell, so you could live.

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Sub-Branch News

Applecross

The Applecross Sub-Branch held an ANZAC Day service at Melville City Centre Memorial Clock Tower. The service was conducted by Mr Ingersole, who was supported by the Air Force Association and the Air Force Clubs Combined. Mr Ingersole made special mention of the City of Melville Sub-Committee's efforts to commemorate the fallen. The service was accompanied by a march, a bugler, and a wreath-laying ceremony.

About 180 people attended the service, including veterans, cadets, and community members. The service was followed by a sausage sizzle and a moment of silence. The President, Mr Ingersole, made a special mention of the support provided by the Air Force Association.

East Victoria Park

In East Victoria Park, another ANZAC Day service was held. The service was conducted by Mr Ingersole, who was joined by representatives of various ex-service organisations. The service included a march, a wreath-laying ceremony, and a parade of flags.

About 300 people attended the service, including veterans, cadets, and community members. The service was followed by a buffet and a speech by the President, Mr Ingersole.

Ocean Reef

In Ocean Reef, another ANZAC Day service was held at the town's war Memorial. The service was conducted by Mr Ingersole, who was joined by representatives of various ex-service organisations. The service included a march, a wreath-laying ceremony, and a parade of flags.

About 300 people attended the service, including veterans, cadets, and community members. The service was followed by a buffet and a speech by the President, Mr Ingersole.
It was smiles all around the wards when five sailors from HMAS STIRLING paid a visit to the Princess Margaret Hospital for Children in Perth recently.

LSMT Jeremy Smith, along with his wife ABCK Natalie Smith, organised what is hoped to be the first of many visits to the wards of PMH.

“We moved here six weeks ago from Sydney, where Natalie and I used to do the same type of visits to sick kids, but quickly realised there was nothing quite like these for these visits at Stirling,” Jeremy said.

Armed with water bottles, hats, pens, t-shirts and the like, the five sailors visited two wards on the day, the orthopaedic and plastic surgery ward and the surgical ward, meeting children from across Western Australia.

Seventeen-year-old patient Lindsay couldn’t believe his good fortune when the sailors entered his room bearing gifts.

“In and out of hospital for most of his life, the visit was extra special for Lindsey, as long as the kids get a kick out of the visit is the reaction from the children and their parents. It’s made me feel really good being here today seeing the kids and putting smiles on their faces. Those smiles made him all worth while,” Darren said.

PMH’s co-ordinator of occupational services, Mrs Julie Abbott, also believes that the best part of having the sailors visit is the reaction from the children and their parents.

“They will be talking about the visit meeting the sailors, and the gifts they received from them, for days.”

Jeremy Smith intends to continue the visits to PMH on a regular basis.

“We are hoping to make the visits once a month. I’ve got so many volunteers who want to be involved and the CO, CAPT Steve Davies and XO LCOL Chris Smith of Stirling are going to the back ing, I hope it will be a success. As long as the kids get a kick out of the visits then we’re happy.”

He acknowledged the support of Defence Aviation Credit Union, the HMAS Stirling Naval Museum, the submarine FEG and the main galley, who all provided gifts for the children.

Top Left: Left to right, ABCK Natalie Smith, LSNO Tori Peacock, LSMT Jeremy Smith, LSNO Jeff Calderbank, LSMT Darren Smith and LSMT Jeremy Smith, in the foyer of PMH with some of the goodies the sailors gave as gifts to the children. Above: ABCK Natalie Smith with central Australian patient, Karen.

Sailors Visit Kids at Princess Margaret Hospital

Mcular Degeneration

Are you at risk of going blind?

Mcular Degeneration (MD) is Australia’s leading cause of blindness and is responsible for 30% of severe vision loss in Australia. 2MD affects one in every seven Australians over 50’s, and the incidence increases with age to two in three over the age of 80.

The macula is the central part of the retina, the light-sensitive tissue at the back of the eye. It is responsible for your ability to read, recognise faces, drive and see colours clearly. MD causes progressive macular damage resulting in loss of central vision.

MD is often called Age-related Macular Degeneration (AMD). If you are over the age of 50, you are at risk. If you smoke or have a family of MD, your risk of developing the disease is much greater. It is critical to have your eyes tested and to be sure that the macula is checked, as well as being aware of the symptoms of MD, which may include one or more of the following:

- Difficulty in reading or doing any other activity which requires fine vision
- Distortion, where straight lines appear wavy or bent
- Distinguishing faces becomes a problem
- Dark patches or empty spaces appear in the centre of your vision

MD can cause many different symptoms, so any difficulty with your vision should not be dismissed as part of just ‘getting older’. Early detection of any form of MD is crucial because the earlier you seek treatment, the more likely you are to have a better outcome compared to those who wait.

The Grid is magnetised and placed on the fridge to make daily checks easy.

When looking at the Grid, the lines should appear straight and clear. The Grid is magnetised and placed on the fridge to make daily checks easy.

With a thunderous roar, HMAS Stirling transformed from peaceful island to an impressive display of metal, when 500 bike riders looked to the caseway last month.

The ride, organised by the Western Australian Police with the help of WORST Carl Larkin, was aimed at promoting safe riding techniques and building relationships between riders, police and Navy.

The ride, organised by the Western Australian Police with the help of WORST Carl Larkin, was aimed at promoting safe riding techniques and building relationships between riders, police and Navy.

"The event is all about awareness," Mr McRoberts said.

"It’s about riding defensively and about sharing experiences with people who’ve been in the motorcycling game for a long time. Most importantly it’s an opportunity for members of the public to interact with police officers, and it gives my people the chance to share some knowledge, talk about the road rules, talk about the risks involved in riding and hopefully reduce road trauma.

Riders enjoyed lunch and a campfire on Garden Island, and received a safety briefing on the responsibilities of looking after learner riders.

Among the group was POULS Paul Francis, co-ordinator for the Defence Motorcycle Association in Western Australia.

"As long as the kids get a kick out of the visits then we’re happy.”

He acknowledged the support of Defence Aviation Credit Union, the HMAS Stirling Naval Museum, the submarine FEG and the main galley, who all provided gifts for the children.

Thunder from Down Under

Are you at risk of going blind?
Urinary Incontinence is lower urinary tract symptoms that would like to talk to you about today. It is defined as involuntary loss of urine and is often classified into several types of incontinence. The common types are incontinence are:

- Stress Incontinence - the complaint of involuntary loss of urine during coughing, sneezing or physical activity or sudden change in position. What occurs here is that the pressure in the bladder (due to the above) exceeds the pressure stopping the flow. When this happens the pelvic floor muscle is not able to exert enough pressure on the out tube to stop the flow.

- Urgency Incontinence - the complaint of involuntary loss of urine, sometimes described as a strong desire to void (pee). Basically there is a strong urge to go in the toilet. The pelvic floor is not strong enough to stop the flow.

- Mixed Incontinence - incontinence that is a mixture of both stress and urge incontinence.

Nocturia - wanting at night to void urine. Most men by the eight decade 80% will get up at least once a night to void. The problem occurs when a person is getting up many more times than is necessary.

Post Micturition Dribble (PMD) also called post urine loss occurs due to the complaints of dribbling loss of urine which occurs after voiding.

Other forms of incontinence are reflex incontinence, Overflow incontinence, Urge conscious incontinence,

- Extra - urethral incontinence and Functional incontinence. As you can see the subject of LUTS is a common types at the very important issue to men 40 years and above.

The key to remember here is that even a few drops of urine leakage is classified as incontinence and can often be due to progressively worsening symptoms. The wonderful thing about incontinence is that it is very often curable and if you have any symptoms you should not hesitate to discuss these with your GP or physiotherapist. Both groups of people will be able to direct you to people who specialise in the area of incontinence needed. Your GP, however, is the only person who can give you a referral to see a urologist (a doctor who specialises in the work of the body).

As stated at the start of the article incontinence can often be treated conservatively. This means that a simple exercise programme can help reduce and cure the problem. Some physiotherapists, myself included have been trained to teach pelvic floor exercises and some of us use a RealTime Ultrasound Machine to work the muscles working as part of the training process. "Why train the pelvic floor muscles? I hear you say and quite often this question is preceded with: what are the pelvic floor muscles?"

OK let’s summarise. The bladder is essentially a bag made from muscle tissue. It is able to expand in size when it is slowly filled up by fluid sent to it from the kidneys. The bladder empties when the muscles of the bladder contracting force fluid down a tube called the urethra (i.e. you pee). Now interestingly the muscles of the bladder are involuntary means you can not consciously make the bladder muscles work or stop working. The contraction of the bladder is basically reflex. When you fill to a certain point there is a reflex that stimulates the bladder to start contract, which means you could feel the urge to go at any time. Generally this does not happen and it is your pelvic floor muscle that helps you control the flow. If the muscle is weak this can lead to the urge to pee. So you to the PFM which helps stop contracting, thus reducing and often stopping the flow. The Pelvic Floor Muscles (PFM) yes even men have pelvic floor muscles, are a group of muscles that form a diaphragm that closes the outlet to the bladder and urethra. They are often made of muscle tissue and the quality of the contraction.

There is no need for a heel spur to be surgically removed, as the spur itself does cause any pain. If the excess stretching is stopped and the inflammation around the heel is treated, all pain will resolve.

A Podiatrist will treat the heel pain by giving you exercises to decrease the swelling in your foot. This includes stretching and massage techniques. In extreme cases other treatments such as acupuncture, ultrasound or cortisone injections may be recommended. Physiotherapy treatment may be suggested. A pair of foot orthoses may also be required to stop the repetitive stretching on the fascia. For long term relief the cause of the heel pain also needs to be determined. Over use, injury, flat feet or poor footwear are possible causes. Heel pain can be quite debilitating but it is available and with the correct advice the condition can settle quite rapidly.

The LiSTening Po ST June 2007 19
**Recipe**

**Winter Snack**

When you have a desire to eat a warm quick snack as the hunger takes over control of your thoughts. You may be thinking of a Big Mac or Hungary Jacks. Possibly not the best healthy food you can eat. The advantages of a Big Mack or Hungary jacks. thoughts. you may be thinking hunger takes over control of your desire to eat. When you have a desire to eat. The advantages of a Big Mack or Hungary jack.

**Ingredients**

- A packet of Tip Top English Muffins
- 200 grams of shaven ham or even a piece of bacon cooked with a George Foreman or similar griller.
- 1 Tin of Golden Circle cut pineapple
- Bega low fat sliced cheese

**Method**

Divide the ham or bacon and place on the bottom half of each muffin. Top with pineapple slice, cheese slice and close with the top half. Put into microwave for about 30 seconds.

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**Muffin Break**

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Clearance Divers
A national reunion of all qualified Clearance Divers and Associate Members of the Clearance Divers Association held in Cairns from 8th - 12th August 2007.

For further information contact:
"Frog Daniel" Phone: 07-4033.1049 or Mobile 0408 942460 or send an email to: thefrogfamily@bigpond.com.au

HMAS Duchess
A reunion is planned for all those who served on HMAS DUCHESS from Friday 8th to Sunday 10th May 2009 in Hobart. Please email expression of interest to;
Mark Triflet
 triflett88@hotmail.com or Graham Halton forcents@dighond.com

HMAS Success 21st Birthday Party

Reunion

U&K Organisations

RNZAF Association of WA
9387 6706
Royal Australian Air Force
11th Battalion AF 13th Brigade WQZ 9271 5769
2/7th Australian Anti Aircraft Regiment
9305 7553
2/3rd Composite Anti-Aircraft Regiment
9365 3272
2/28th Battalion 2nd Anti Tank Company
9341 4393
2/4th Machine Gun Battalion
9349 1170
2/7th Australian Field Regiment (WAV)
9245 1348
155th Field Regiment
9310 0456
American Field Artillery Regiment of WA
9389 1192
AIRMS Assoc of WA 9390 3945
BCDF Assoc of Perm 9394 5529
Boneym AW Royal Australian Artillery Association of WA Inc 9391 9386
British Ex-Services Assoc Inc. 9247 1009
Ex-Australian Women's Land Army (AWLA) 9388 9517
Ex-Canadian Forces Assoc WA 9355 7553
Ex-Canadian Mercantile Marine Assoc WA 9355 7553
Ex-Servicemen's Assoc of WA 9385 4434
Rats of Tobruk Assoc (WA Branch) Inc 9295 2725
Royal Australian Navy Nursing Corps Assoc (WA) Inc 9276 3493
Royal Australian Navy Ordnance Corps Assoc (WA Inc) 9279 5902
Royal Australian Artillery (WA) Inc 9449 9258
Royal Australian Navy Clearance Divisions Assoc (WA) Inc 9385 4069
Royal Australian Navy Veterans' Welfare Association of WA (Inc) 9504 4550
Royal Australian Regeneration Association (WA Branch) Inc 9504 4550
Royal Australian Signals Association Inc (WA) 9505 1383
Royal Marines Association (WA) Inc 9245 5386
Royal Naval Association (WA) 9367 1495
Royal National and Merchant Navy 9592 6148
Royal Western Australia Regiment Association 9382 2102
Submarines Association Australian WA Branch Inc 9552 3038
The Australian Federation of Totality and Permanently incarcerated Servicewomen and Women WA Branch Inc 9352 4999
The Bronze Cross Association 9367 9764
Tribal Club Disabled War Veterans Assoc (WA) Inc 9367 9764

North American Veterans Unit
9459 1477
North American Veterans Unit (Inc) 9459 1477
Royal Australian Navy Clearance Divisions Assoc (WA) Inc 9385 4069
Royal Australian Naval Artillery Association 9385 4434
Royal Canadian Corps of Signals 9394 5386
Royal Intelligence Association 9385 4069
Royal Marine Association (WA) Inc 9245 5386
Royal Naval Association (WA) Branch Inc 9367 1495
Royal Marine Artillery 9459 9258
Royal Naval Association (WA Branch) Inc 9367 1495
Royal Naval Reserve Association 9352 2999
Royal North Italian Artillery Regiment 9552 3038
Royal Western Australia Regiment Association 9382 2102
Submarines Association Australian WA Branch Inc 9552 3038

Perth for the first time. The Reunion will be held at the Grand Chancellor Hotel from Friday the 16 November 2007 and Monday 19 November 2007. For details and applications please contact Mick Tuttle on (08) 9275 3132 or micktuttle@bigpond.net.au

Thank you, Mick Tuttle

The Bishop Riley and City of Perth RSL Mixed Fours Trophy, held at the Osborne Park club wound up the bowls season this year.

Twenty teams fronted for the tournament, High Tea and trophy presentations. Bowlers from Bruce Rock, Balcatta and Dandaragan were involved.

The trophy winners were Len and Joan Arthur and Graham Loughlin, runner up was the visiting team of Gary Blake, skip, Dave and Andrew Roberston. Daphne Jenkins, a new recruit to RSL bowls, was the lead.

Equal third with a Yokie team was the Winninmoreer team of Bill Cook, Maurice Cowan with Bob and Veronica Anderson. Ron and Pauline Lester, Eddie Hammond and June Fraser represented Yokie.

Round winners were teams skipped by Jim Weaver, Doug Lind, Gordon Henderson and Peter Finney. The runners up were the Airtight Construction Squads and the frontrunners up the last tournament was the Ferguson team on twodown half wins. They lost their last game to finish fourth.

Yokie was the venue for the Moon Crewe Memorial Fours won by Tup Sam's team of Eddie Hammond, Paul Hutton (Bruce Rock) and veteran Yokie bowler Noel Laird. They were the only four game winners.

Max O'Connell rounded up 24 teams for this tournament, a big change on last year.

Best of the three game winners was Echo Widesman's team of Bill Cook, John Wines and Bob Anderson, who kept the pressure off Echo mostly. It was the home team of Gordon Becker, Graham Stevens (dual president) Mick Tuttle, ably led by Ron Lester, also with three wins.

Team skips, Ray Groos, Jim Ferguson, J Meyer and Tony Tipping were round winners.

Ron Lester and Tony Turner combined to win the Ken Marshall Memorial Pairs with a massive 17 shut ups from Max Lurie and Ken Walling. Third was Don Wilkes and Neville Gannaway.

Round winners were Stan Landquist, Les McMillan and Ron Cattle. Thirty six teams played at Yokine, an increase of eight teams from last season. Hope the Tax Office don't read this as they may take an interest in a couple of the names that keep cropping up in the prize money.

The committee congratulate all the winners, thanks to all the members and sponsors for their continued support, clubs and club workers who contribute to the success of the day.

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We look forward to seeing you all again next season.

READ THIS!
The annual game at Northam against the local Shaks will be August 19 2007, NOT August 12. Entries to Max Plester 9405 8991. First 12 teams will go.

Any gossip, scandal, no names mentioned, or news, tell me, the newsletter gets a hard bit to fill at times.

Max Plester Ph 9405 8991 Email maxplester@bigpond.net.au
HMAS ANZAC departs for the Persian Gulf

HMAS ANZAC, Class Frigate departed her home port of HMAS Stirling on the 5th of June, with her crew of 183 personnel. HMAS ANZAC and her crew, will do a tour of six months in the Northern Arabian Gulf. HMAS ANZAC will replace HMAS Toowoomba as part of Operation Catalyst. This will be the third time HMAS ANZAC has been deployed to the Northern Arabian Gulf. HMAS ANZAC represents the sixteenth rotation of Royal Australian Navy Ships to serve in support of operations in the Middle East since 2001.

HMAS Toowoomba which is currently on station in the Northern Arabian Gulf, is planned to return to Western Australia in early July 2007.
AMAZING FRIENDSHIPS

Our Veterans secured our future
Hollywood looks after theirs