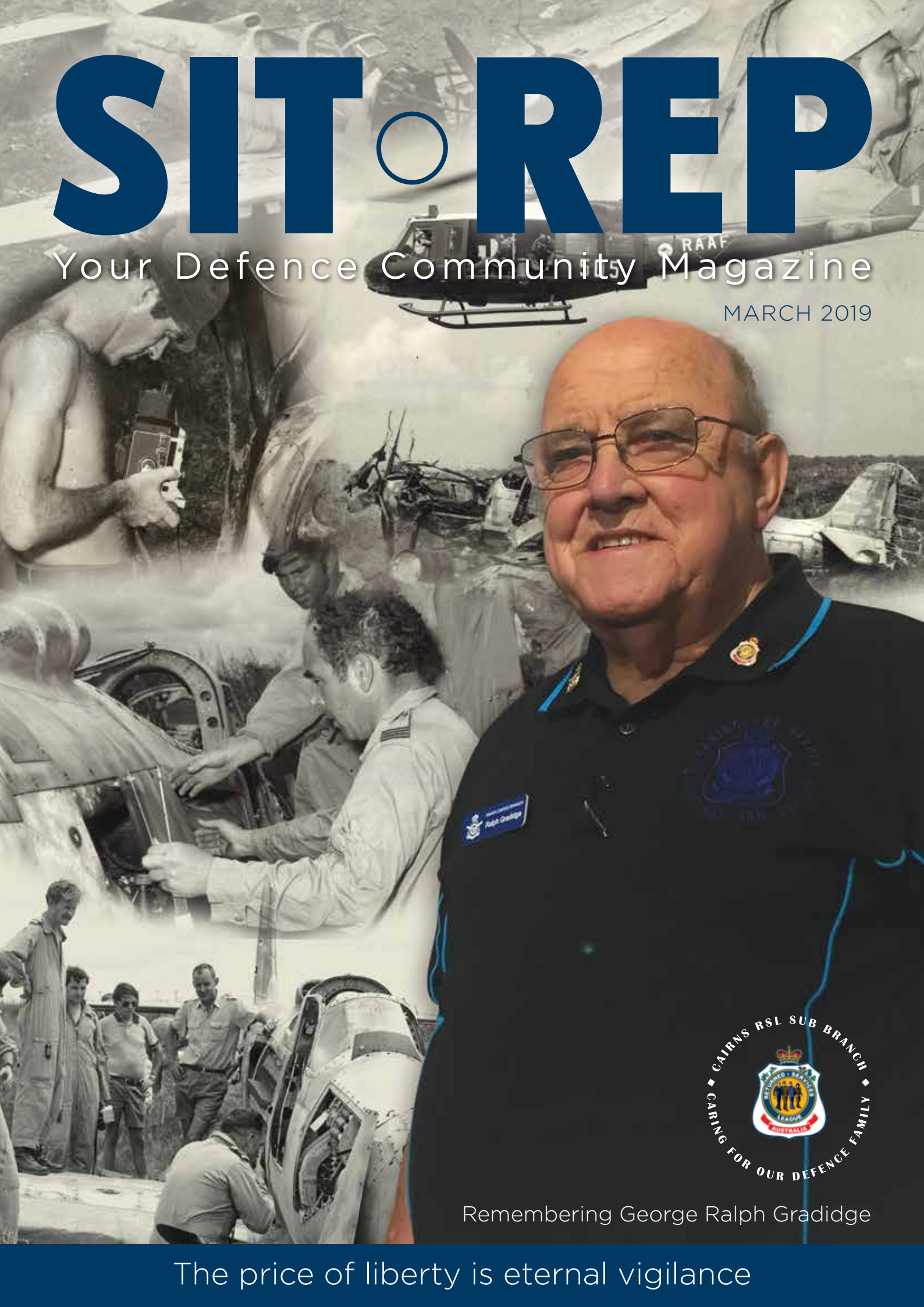


# SIT REP

Your Defence Community Magazine

MARCH 2019



Remembering George Ralph Gradidge

The price of liberty is eternal vigilance



The Returned & Services League of Australia  
**Cairns Sub-Branch**  
115 The Esplanade Cairns  
PO Box 55 Cairns Qld 4870  
07 4051 5254  
admin@crslsb.org.au

#### BOARD OF DIRECTORS

**President:** Buster Todd (Air Force)  
buster.todd@crslsb.org.au

**Vice President:** Peter Hayton (Air Force)  
peter.hayton@crslsb.org.au

**Treasurer:** Ben Hemphill (Navy)  
ben.hemphill@crslsb.org.au

**Director:** John Paterson (Army)  
john.paterson@crslsb.org.au

**Director:** Adrian Profke (Navy)  
adrian.profke@crslsb.org.au

**Director:** Rob Lee (Army)  
rob.lee@crslsb.org.au

**Director:** Kristen Rice (Navy)  
kristen.rice@crslsb.org.au

#### STAFF

**Secretary:** Mal McCullough (Army)  
mal.mccullough@crslsb.org.au

**Marketing & Events Coordinator:**  
Rebecca Milliner  
rebecca.milliner@crslsb.org.au

**Administration Officer:**  
Niki Bebonis (Navy)  
admin@crslsb.org.au

#### PENSIONS ADVOCACY AND WELFARE SERVICES (PAWS)

**Senior Advocacy Officer:**  
Phil Watson (Army)  
phil.watson@crslsb.org.au

**Advocacy Officer:**  
Gerry Tooth (Air Force)  
gerry.tooth@crslsb.org.au

**Advocacy Officer:**  
Kristen Rice (Navy)  
kristen.rice@crslsb.org.au

# CONTENTS

- 3 President's Report
- 4 Secretary's Report
- 5 News Briefs
- 9 PAWS News
- 10 Anzac Day
- 11 George Ralph Gradidge - Lest We Forget
- 15 Volunteer of the Year
- 16 Cairns RSL Sub-Branch's First Young Endeavour Scholarship Recipient - Jordan Huntly
- 19 Armistice Centenary Commemorations
- 32 Ex-Service Organisation Reports
- 35 Member Submissions
- 39 Thomas Kenneth Fogarty
- 42 Living Well
- 47 Calendar of Events

#### COVER:

George Ralph Gradidge.  
Lest We Forget.

*Images from Ralph's private collection.*



# PRESIDENT'S REPORT

Congratulations to all who made the Armistice Day and Armistice Centenary Dinner such a great success. I continue to receive feedback that both the day and the dinner were of the highest standard. I look forward to seeing a yearly Armistice Dinner on the calendar.

Our staff has had some changes with the appointment of Niki Bebonis to Administration Officer, and the change of title for Mal McCullough—from Secretary to Executive Officer—to reflect the role and duties he undertakes on a day-to-day basis in support of the Board.

We have recently undertaken major works on the RSL building roof to stop it leaking. Given the age of the building, 1964, we can expect to utilise a lot more resources in ongoing preventative maintenance. The Executive Officer is establishing rotating maintenance inspections to ensure the preservation of our major asset for a long time to come.

I am looking forward to meeting members at the AGM on Sunday 31 March at 10am. I encourage everyone to attend the AGM, as it is important that all members have an opportunity to meet with their Directors and hear the reports of the year just completed.

The Board has decided to increase its number from eight to ten in line with *Section 24.1* of the Sub-Branch Constitution. This means that there will be three vacancies for election of Directors at the AGM. Being a Board member is well worth the effort when you see the wonderful results that can be achieved. I encourage anyone who has the time, commitment and energy to nominate for a Director position of this great organisation, thereby positively contributing to the future of the Sub-Branch.

Anzac Day proceedings will change somewhat this year in response to some feedback about the gap between the Dawn Service and the March. The Dawn Service will commence at the normal time of 5.30am, however the Parade will form up at Fogarty Park at 7am to Step Off at 7.30am.

The Cairns Regional Council service will be held at the Cenotaph at the end of the March. There are a number of positive outcomes expected from these changes: there will be less waiting around for everyone, it will allow those attending as observers to view all three events, and be more family-friendly for those with younger children. Previously, approximately 5,000 people attended the Dawn Service, however this number is much diminished by the time the March has begun, and then even less make it to Munroe Martin Park for the Council Service.

I first became involved with the Cairns RSL Sub-Branch in 2002, when our daughter was a participant in what was known as the *RSL Girl in A Million*—some of you may remember that. It was then that I joined the Sub-Branch and was elected to the Board in 2003–2004. Since then I have filled various positions on the board, until being elected President in 2015. During this time, I have seen many changes and improvements within the Sub-Branch where it has grown from one little office downstairs to the offices we have today. There have been many great and interesting characters who have given so much to this wonderful organisation. There also have been many great debates, some losses and wins along the way. Many positive changes have occurred during this time including the increase of the welfare services, along with the engagement of the younger veterans and their involvement with the Sub-Branch.

I am proud to have been part of these changes during the years and especially proud to have been given the opportunity to act and serve as your President during the last four.

Late last year I lost my mother, therefore, along with the continued increase in my work commitments and responsibilities, I am seeking a work-life balance where both Janet and I can travel this great land we all call home. Due to these factors, I regret to inform the members and staff at Cairns Sub-Branch that I will be resigning from the Board as of the 2019 AGM. I will, however, still contribute to the RSL by remaining on the Board of the Far Northern District RSL.

All the very best for the future.

Edmund (Buster) Todd  
President  
Cairns RSL Sub-Branch





# SECRETARY'S REPORT

How time flies when you're having fun! It's nearly 12 months since I started with the Sub-Branch. What a great experience it has been in getting to know our Cairns Sub-Branch Defence Family. The past months have seen changes in our volunteer numbers with retirements, relocations and sadly the passing of one of our volunteers – Ralph Gradidge. These changes reflect the fluid nature of our organisation as people respond to changes in their lives, as well as the general demographic of our membership, of which the average age is 64. However, a sign of a resilient organisation is its ability to respond to these changes and challenges, and continue the business of Caring for Our Defence Family.

I would like to welcome our new Administration Officer, Niki Bebonis. Niki spent 15 years in the Navy and was discharged in 2015. She has since gained her Bachelor of Psychological Sciences and is also currently coordinating the *Cairns Mates 4 Mates* program. Please don't hesitate to make

yourself known to Niki when you visit the Sub-Branch.

With the support of your Board of Directors there have been a few new initiatives implemented, with more in the pipeline, that will see your Sub-Branch continue to evolve and respond to the needs of its members and the wider Defence Family. If you would like to contribute to the Sub-Branch we will always welcome you, as there are a range of areas in which you can become involved through joining our current dedicated band of wonderful volunteers.

As always, my door is open should you wish to drop in and catch up, or you can call or email me anytime.

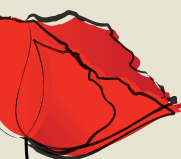
Mal McCullough  
Secretary  
Cairns RSL Sub-Branch





# NEWS Briefs

November 2018 – February 2019



## ANZAC DAY

### ANZAC DAY PARADE TIME

#### IMPORTANT

Please take note of the timings for this year's Anzac Day events.

The Anzac Day Parade will form up at 7am and step off at 7.30am.

See page 10 for more details.

### FAREWELL

We farewelled two of our long-serving Sub-Branch Volunteers: Bob Browne and Ian Richards.

**Bob Browne** — an original member of the group who formed the concept of the Kokoda Hall museum, moved south to Brisbane to be closer to his family. As a special surprise, the museum bunker was named after him in appreciation of all the hard work and time he invested into making the Kokoda Hall what it is today. We are very fortunate to have had Bob and his visionary ideas for the time we did, and we wish him all the best in his new adventure.



*Clockwise from top left:*

*Bob returning memorabilia to Warhaven.*

*Bob being interviewed for Anzac Day and the Centenary.*

*Bob being award by President Buster Todd for his hard work and dedication for the Kokoda Hall Museum.*

*The opening of the Kokoda Hall Museum in 2016*

*Bob often gave guided tours for the War Time Walking Tours*





Ian Richards

**Ian Richards** — after 14 years as an Advocate at the Sub-Branch, Ian decided it was time to step down and allow a younger person to step into what he called "a challenging but highly rewarding role". After a minor hiatus, Ian has returned to the Sub-Branch as a volunteer for the Kokoda Hall museum, so we haven't lost him forever, and we are thrilled to have him back on board as the museum grows.



Volunteers Bob Browne and Ian Richards



Ian and wife Sandy at quarterly volunteer gathering

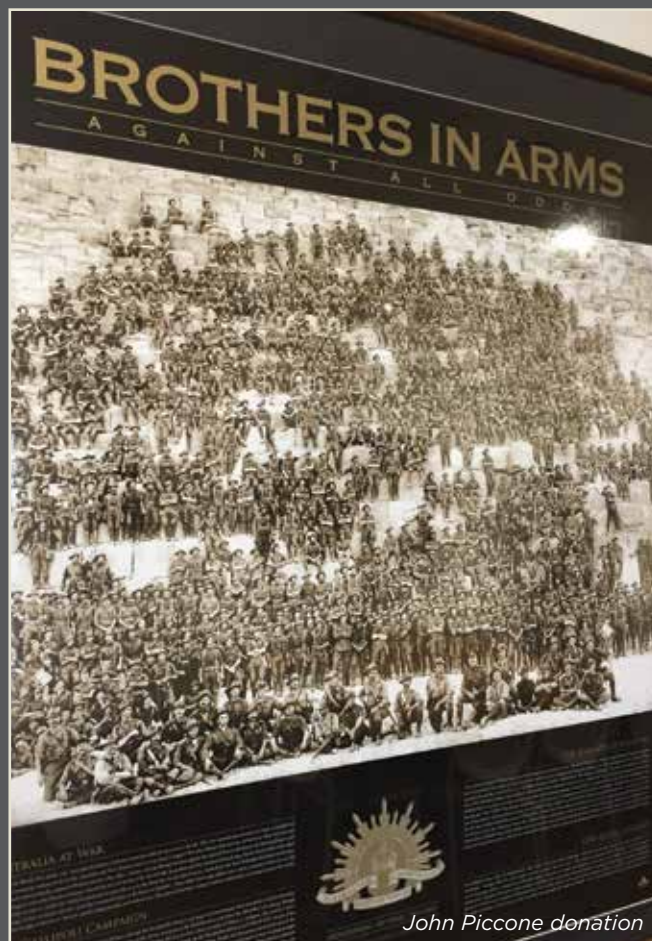
## DONATIONS

Thank you to:

- Brian Wright who very generously donated a limited edition of the framed picture *The Battle of Long Tan, Against All Odds*.
- John Piccone who very kindly donated a limited edition of the framed picture *Brothers in Arms, Against All Odds*

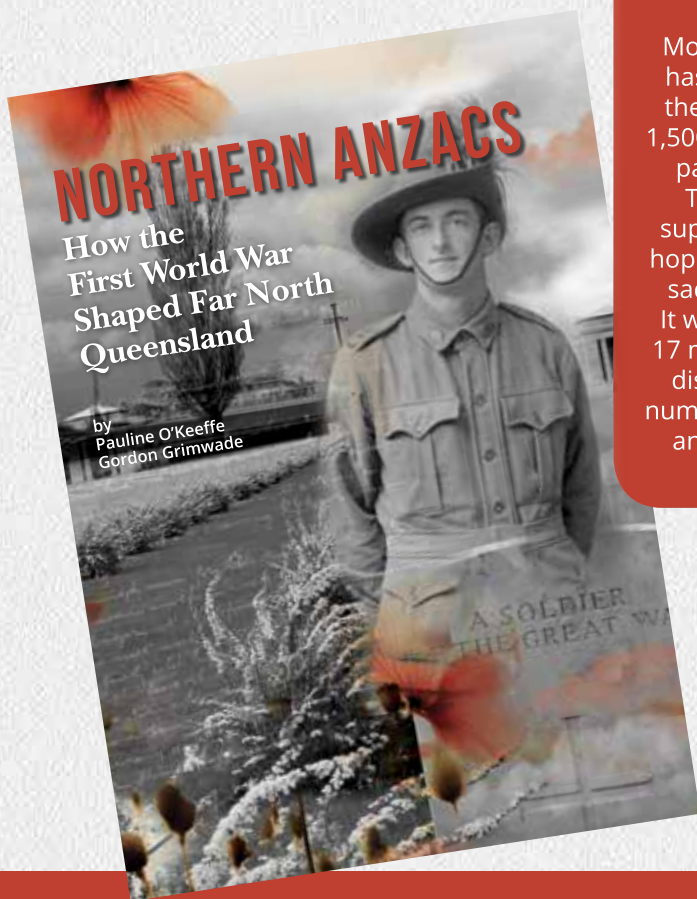


Brian Wright and Rebecca Milliner



John Piccone donation





Modern Far North Queensland has evolved dramatically since the First World War when over 1,500 of its population enlisted as part of Australia's war effort. Those left behind provided support and solace and lived in hope that they would not receive sad news from the front lines. It was a conflict that resulted in 17 million deaths worldwide, the displacement of even greater numbers and unimaginable pain and suffering that took many more to early graves.

## CAIRNS HISTORICAL SOCIETY

Cairns Historical Society celebrated the launch of a new publication, *Northern Anzacs: How the First World War Shaped Far North Queensland* in conjunction with the opening of the exhibition Northern Anzacs in the Museum's temporary gallery space.

The authors spent many months gathering information on all aspects of the war and its effects on the local population in North Queensland. The publication features photographs from the Cairns Historical Society collection and vignettes of the people involved.



*Mission Beach memorial unveiling*

## MISSION BEACH MEMORIAL UNVEILING

On Saturday 20 October 2018, Tully RSL Sub-Branch President, Alan Corcoran, and Cassowary Coast Council Acting Mayor, Wayne Kimberley, unveiled the memorial in front of a large crowd including Far Northern District RSL President, Peter Stirling, Cairns RSL Sub-Branch President, Buster Todd, and a number of members from the Tully RSL Sub-Branch.

The plaque reads:

*This plaque commemorates the memory of all men and women of Australia who served their country in its time of need and to those who made the supreme sacrifice in the service of their country in all wars, conflicts and peacekeeping.*

*We will remember them – lest we forget.*

*Erected by the members of the Tully RSL Sub-Branch for the Mission Beach community.*

## A SPECIAL VISITOR

Matthew (Matty) Payne, Museum volunteer at the Sub-Branch, has been busy recently getting out and about representing the Sub-Branch and visiting veterans in retirement homes. He presented Gordon McIntyre (1RAR Vietnam Veteran) with a framed map that Gordon brought back from the conflict. Matty further arranged for John Turnbull (RAAF Spitfire Pilot) to receive a model of the actual Mark 14 Spitfire that John flew in the Battle of Britain, chasing V2 rockets. These two gentlemen now reside at *Farnora* and are always up for a chat, and in Gordon's case, a beer or three.



*John Turnbull*



*Matthew Payne and Gordon McIntyre*



## CHRISTMAS CARE PACKAGE APPEAL

Once again, the Cairns community and Trinity Beach State School rallied together to assemble over 150 Christmas Care Packages. This year the packages were given to the 51st Battalion Far North Queensland Regiment for distribution to their troops who were out on boarder protection operations throughout the Christmas period.



## AMENDMENTS

In the article "Cairns Commemorates one of the greatest raids in military history" in *Sit-Rep* (September/October edition, page 8), we incorrectly captioned the photo of Curator Bill Maconachie and descendants of Sgt Thomas Dan. It should have read Bill Maconachie and family members. Below is a photo of Sgt Thomas Dan's descendants. Our apologies for this error.

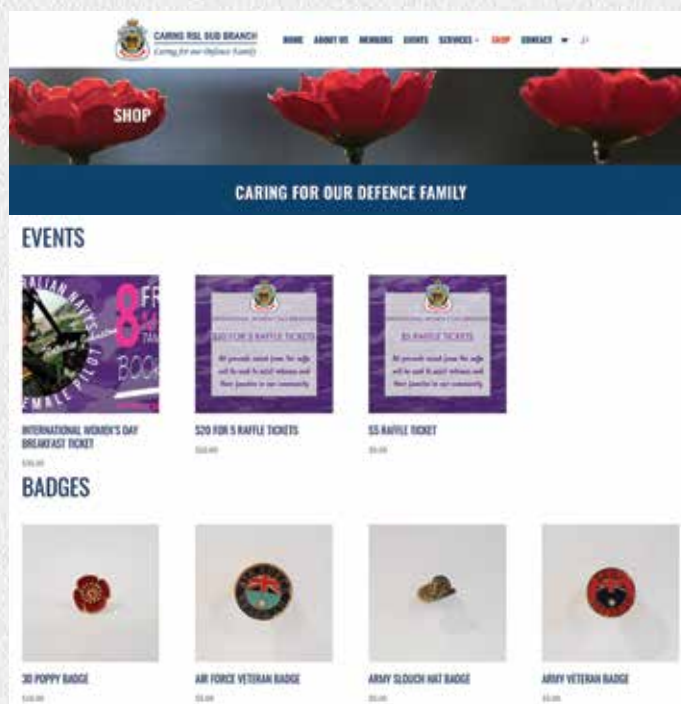
In the article "Museum Visitors - Rona Shute" in *Sit-Rep* (September/October edition, page 10), we incorrectly captioned the photos of Australian War Widows Cairns past President Val Dale. It should have read Val Dale, not Rona Shute. We sincerely apologise to both Val Dale and Rona Shute for this misprint.



From left Raymond Dan, Estelle Dan, Barry Dan, Bill Maconachie and Debbie Hocking unveiling the Kriat

## ONLINE SHOP

Looking to purchase commemorative merchandise? We now have an online shop visit [www.crslsb.org.au/shop](http://www.crslsb.org.au/shop)



If you have a story to contribute for the News Brief please contact Rebecca [rebecca.milliner@crslsb.org.au](mailto:rebecca.milliner@crslsb.org.au)



# PAWS NEWS

## Pensions Advocacy and Welfare Services

Welcome to the Summer Edition of the Cairns RSL Sub-Branch Sit-Rep magazine. Over 170 volunteer hours have been recorded as being donated to, or for services on behalf of, the Cairns RSL Sub-Branch for the month of December 2018.

The table below confirms:

| Hours 2018 |      |       |       |
|------------|------|-------|-------|
|            | Oct  | Nov   | Dec   |
| Pensions   | 172  | 143.5 | 119.5 |
| Board      | 71.5 | 102   | 47    |
| Museum     | 53   | 38    | 4.5   |
| Day Club   | 69   | 39    | 0     |

As you can see from the above statistics, compensation advocacy services represent the highest number of hours donated by our hard-working volunteer advocates. Approximately 100 hours per month were given towards furthering the Cairns RSL Sub-Branch's Objects. We also have an associated Day Club and Kokoda Museum volunteer group to contribute to or simply socialise with, so there is plenty you could become involved with in and around the Cairns RSL Sub-Branch. Please feel free to enquire anytime with Niki our new Administration Officer, who will be only too willing to point you in the right direction. In addition to the above, we also provide welfare services, so if you have any issues that the Cairns RSL Sub-Branch can help you with, please feel free to contact our staff who will be only too happy to assist.

### Introduction to the Advocacy Training and Development Program

A bit of background for those that don't know about the Advocacy Training and Development Program (ATDP). ATDP provides training in Military Advocacy, for members of Ex-Service Organisations (ESO) who offer help to serving and ex-serving members of the armed forces and their dependants. The program is funded by the Australian Government through the Department of Veterans' Affairs.

The 10620NAT Course in Military Advocacy is a nationally accredited Competency Based Training (CBT) program which places a heavy reliance on experiences gained in a working environment. ATDP offers this course as a single unit in Military Advocacy.

Trainees are selected by their ESO using the *Guidelines for the Selection of Advocacy Trainees*. Ideally new entrants will have been exposed to the role in a workplace prior to enrolment to ensure their ability and willingness to carry out the role. The ESO must then nominate the person using the online nomination form. Once that has been done, the nominee must then complete an online application form to finalise the enrolment.

With the advent of technological advancements, advocacy training can be completed remotely, however all training depends on availability, competency with the technology itself, access to relevant hardware and or software, and as per the above, participation in an initial interview process. If you would like to know more about this and other programs associated with the Cairns RSL Sub-Branch, please contact the front desk and they will be only too happy to assist. Finally, the ATDP website is a great resource for locating your nearest advocate wherever you live, these are in addition to the advocates currently located in and around Cairns. This information is readily available at [atdp.org.au](http://atdp.org.au) under the "Find an Advocate" tab. Feel free to spread the word to family and friends with respect to this useful feature on the ATDP website.

Towards the end of last year, I was invited to attend the 51st Battalion Dining In Night on Saturday 1 December 2018. The troops very much appreciated the attendance of the Cairns RSL Sub-Branch Directors — John Paterson (Director) with his mile long gong set was a popular guest. The Cairns RSL Sub-Branch, which had assisted a digger in need at short notice, was greatly appreciated, and the Dining In Night was a great success for all.

I also attended the 25th Anniversary of the Business Liaison Association on Thursday 6 December 2018. This local association provides donations towards the education of students in

# ANZAC DAY

## ANZAC DAY EVENT DETAILS

### GUNFIRE BREAKFAST\*

**Date:** Thursday 25 April 2019  
**Time:** 4.30am – 5am  
**Venue:** RSL Club, 115 Esplanade, Cairns  
*\*Please note this is for VETERANS ONLY*

### DAWN SERVICE

**Date:** Thursday 25 April 2019  
**Time:** 5.30am – 6.15am  
**Venue:** Cairns Cenotaph, Esplanade, Cairns

### VETERAN BREAKFAST\*

**Date:** Thursday 25 April 2019  
**Time:** 6.30am – 11.30am  
**Venue:** RSL car park, 115 Esplanade, Cairns  
*\*Please note this is for VETERANS ONLY*

### ANZAC DAY PARADE

**Date:** Thursday 25 April 2019  
**Venue:** Form up at Fogarty Park. End point Cairns Cenotaph  
**Time:**  
7am Form up  
7.30am Step off  
8am Arrive at Cenotaph

### COMMEMORATION SERVICE

**Date:** Thursday 25 April 2019  
**Time:** 8.15am – 9am  
**Venue:** Cairns Cenotaph

### ECUMENICAL SERVICE

**Date:** Thursday 25 April 2019  
**Time:** 9.30am – 10.30am  
**Venue:** St Monica's Cathedral, 181 Abbott Street, Cairns

There has not been a year since 1947 when Australian peacekeepers were not in the field. This year marks the 20th anniversary of the International Force East Timor. In response to the escalating violence and very real humanitarian crisis overwhelming the people of East Timor, the United Nations called upon Australia to lead the International Force for East Timor (INTERFET). Led by Major General Peter Cosgrove, Australia contributed 5,500 personnel to address the humanitarian and security crisis taking place.

The Anzac Day Dawn Service lasts approximately 45 minutes and is a non-ticketed event open to all members of the public.

Registration is required if you wish to place a wreath or if you are a member of a group wishing to participate in the march. To register please contact Niki at the Cairns RSL Sub-Branch on 4051 5254 or [admin@crslsb.org.au](mailto:admin@crslsb.org.au).

Cairns RSL Sub-Branch is offering transport for veterans to attend the Ecumenical Service and join the parade. If you require a seat in a vehicle for the parade, please contact Niki on 4051 5254.

Below are the pick-up/drop off times and locations:

**6.45am** – Pick up outside the Cairns RSL Club on the Esplanade for transport to Fogarty Park for the parade.

**9am** – Pick up outside the front of the Cairns RSL Club for transfer to St Monica's Cathedral for the Ecumenical Service.

**10.30am** – Pick up outside the front of St Monica's Cathedral at 181 Abbott Street, Cairns for transport to the Cairns RSL Club.

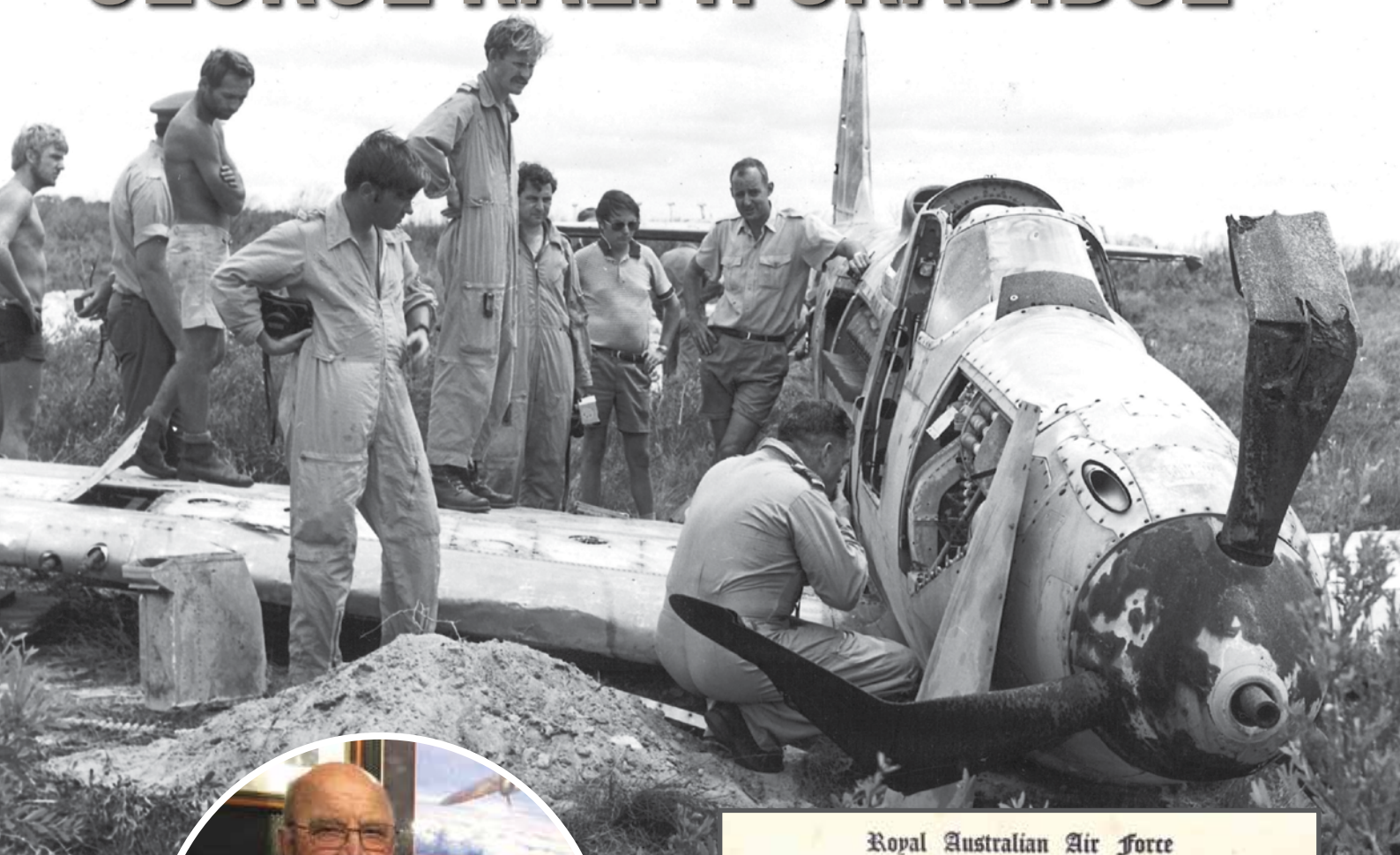
*continued from page 9*

and around the Cairns region. This was a great evening that included a speech from a student who had benefited from their support right through to PhD level. If any family or friends would like to know more about this initiative, please contact the front desk of the Cairns RSL Sub-Branch, and we'll point you in the right direction.

Kristen Rice  
Director, Cairns RSL Sub-Branch



# GEORGE RALPH GRADIDGE



On Monday 3 December 2018, the Cairns RSL Sub-Branch lost one of its finest volunteers – George Ralph Gradidge. Ralph was a Korean War and BCOF (Japan) veteran and a true gentleman who was loved by all and is greatly missed.

He was an RSL Sub-Branch member for over 45 years and a member of the Lions Club for 40. In 2017, he decided to join the Kokoda Hall memorabilia team. We are very grateful for the time we had with him and appreciate all the work he carried out to make our Kokoda Hall museum the world class museum it is today.

A career highlight was when Ralph was awarded a certificate of Outstanding Service in 1972 for his involvement in salvaging the wreckage of two

Airacobra from the Second World War. This is an extract from his certificate:

Sergeant Gradidge was detached from No 10 Squadron during October 1971 as NCO-in-charge of a Demolition Party to carry out work on two crashed World War Two Airacobra aircraft situated in the area of Orford Bay, fifty miles south east of Thursday Island. The task involved the removal and destruction of potentially dangerous high explosive ammunition fitted to the two aircraft.





The method to be used to remove the high explosive ammunition presented a major problem. Ideas put forward by Sergeant Gradidge were used finally as the solution to the problem. His supervisory ability and leadership qualities were the highest order, and the successful completion of the task within the allotted time was due mainly to his efforts.

Sergeant Gradidge's performance reflects great credit not only on himself, but the Service as a whole.



A Korean War  
and BCOF (Japan) veteran  
and a true gentleman.





**LEST WE FORGET**  
*Ralph Gradidge*

# MUSEUM AND INTERPRETIVE CENTRE



The Museum is located inside the RSL Club, upstairs in the Kokoda Hall. Our opening hours are Monday - Friday, 9:00am - 4:30pm.



# FREE ENTRY





# VOLUNTEER OF THE YEAR



*Mal McCullough presenting  
Volunteer of the Year – Sandra Groborsch*

Every one of the Cairns RSL Sub-Branch's volunteers are highly valued and respected, and each area of volunteering is no less important than another.

Every year the paid staff of the Sub-Branch selects a volunteer in recognition of his or her great commitment and sacrifice of time and resources towards meeting the Objects of the RSL.

Ms Sandra Groborsch, was chosen as the *Cairns RSL Sub-Branch Volunteer of 2018* for her outstanding efforts in support of the Sub-Branch and our Defence Family. She goes above and beyond to ensure the safety and well-being of veterans in our community.

Sandra is the partner of a veteran and is always available to offer her support when asked. She helps out with home and hospital visits, transport for appointments, setting up of events, helping out at our commemorative events, and she often creates wonderful flower arrangements for events. A great fun person to have around, nothing is ever too hard for Sandra when it comes to Caring For Our Defence Family.

“Volunteers do not necessarily have the time; they just have the heart.”

Elizabeth Andrew



*Sandra at the Defence Family Fun Day*



*Sandra at first aid training*



*Sandra at Minister of Defence visit*



# CAIRNS RSL SUB-BRANCH'S FIRST YOUNG ENDEAVOUR SCHOLARSHIP RECIPIENT

## JORDAN HUNTLY

Jordan Huntly was selected as the winner for the Young Endeavour Voyage. With all expenses paid by the Sub-Branch, Jordan flew to Sydney to board the ship for a 10 day voyage to experience first-hand life on board a sailing ship.

To be chosen for the scholarship, students were asked to respond to the following question: 'What do the ANZAC/Armistice/Australian Defence Force values mean to you, and similarly what values and experiences would you expect to get out this experience if awarded?'

This is Jordan's response:

"ANZAC/Armistice/Australian Defence Force values have a big influence on the way I live my life. ANZAC/Armistice/Australian Defence Force values include endurance, mateship, courage, bravery, integrity, loyalty, honesty and respect. The ANZAC soldiers and Australian Defence Force members meticulously display these values through thick and thin. These values have been passed down to the population of today, and it is our job now to keep passing them on. Having a mother and father



*Jordan Huntly on the Young Endeavour*

who are both defence personnel, I have grown up learning, applying and teaching these values not only to my family, but to my friends and others as well. The values mean to never give up, persevere, try your hardest, respect others and treat them with loyalty, work together in unison and form teamwork skills and bonds along the way. I strive to enact these values during my everyday life; at home, at school, with friends or family. By following these values we will make ourselves better people and help others to make themselves better people.







If awarded this experience, I would be extremely grateful. I hope to learn a lot and improve my skills in teamwork, communication, endurance, perseverance and courage. It will be a new experience, one which will be thoroughly enjoyable. Not only will this take me out of my comfort zone, it will allow me the chance to meet new people and attempt activities I have not tried before. I hope to absorb as much information as I can if awarded this experience."

### Ship Background

Tall ship STS *Young Endeavour* is a national icon. The 44 metre brigantine was the birthday present from the people of the UK to Australia for our bicentenary. She was handed over by their Royal Highnesses, the Prince and Princess of Wales at a ceremony on Australia Day in 1988.

In the last 30 years, over 13,500 young Australians have benefitted from the youth development program delivered by Navy crew.

*Young Endeavour* conducts around 20 voyages every year to a youth crew of 24 young Australians. During each voyage, participants learn the skills required to sail a square-rigged tall ship including how to navigate, keep watch, cook in the galley, take the helm and climb the 30 metre mast to work

aloft, setting and furling sails.

Near the end of the voyage, the youth crew elect a command team who take full responsibility for *Young Endeavour* for 24 hours, sailing the ship along the Australian coast. During each voyage, the youths live and work with a diverse range of people from across Australia. They are encouraged to pursue personal and team goals and challenges in an unfamiliar environment while they learn to sail a square-rigged tall ship.









# ARMISTICE CENTENARY

## COMMEMORATIONS

Far Northern District RSL, Edge Hill, Cairns West Sub-Branch, Cairns and District Ex-Service Women's Sub-Branch and Cairns Sub-Branch came together to ensure that our First World War Veterans were remembered and honoured with the dignity and respect they rightly deserve. These initiatives took over twelve months of planning and coordination and would not have been possible without the help of all our wonderful volunteers who very generously gave up their time to help make it happen. The response from the community was overwhelming proving that the ANZAC Spirit lives on in us all.

### OPENING OF THE TIME CAPSULE AND BURIAL OF NEW ONE

On 11 October 2018, the time capsule which was buried at the cenotaph in 1972, was removed and replaced with a new capsule, as part of the Armistice to be opened in 2068. The documents from the 1972 capsule have been catalogued and were replaced in the new time capsule along with items from the Centenary of Armistice.

Found in the time capsule was a newspaper clipping about the relocation of the Cenotaph.

When the Cenotaph was moved from the corner of Abbott and Shields Streets in 1972, the soldier's arms and head broke off, his rifle was in three pieces and the veteran suffered other minor injuries.



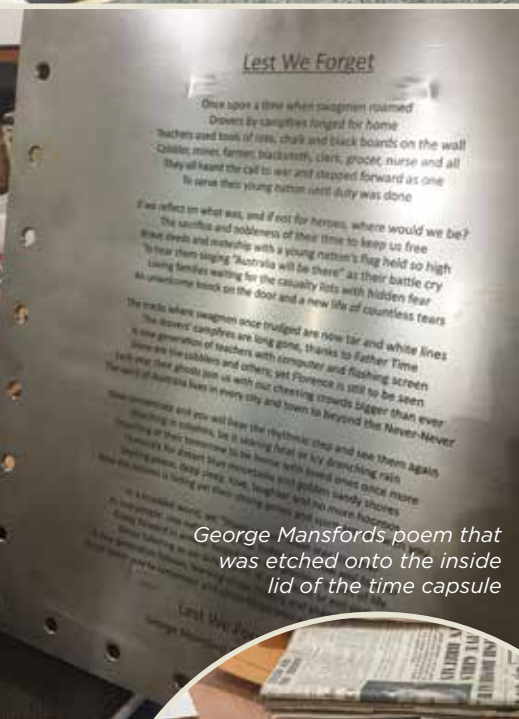




George Mansford, Peter Hayton and Mayor Bob Manning OAM burying the time capsule



Murray O'Neill and Alan Jamieson preparing the time capsule for the official opening



George Mansford's poem that was etched onto the inside lid of the time capsule



Mayor Bob Manning OAM and Cairns RSL Sub-Branch Vice President Peter Hayton reading a newspaper from 1923



Cairns & District Ex-Service Women's Sub Branch President Marion Hayton, Mayor Bob Manning OAM and Cairns RSL Sub-Branch President Buster Todd at the opening of the time capsule



51st Battalion Far North Queensland Regiment First Annual Dinner handbook



The Cairns Post from 1925



## ARMISTICE CENTENARY FAMILY WEEKEND

The Armistice Centenary Family Weekend was a great success with over 200 parents, grandparents and children taking part in the great adventure whilst learning about Australia's military history in the First World War.

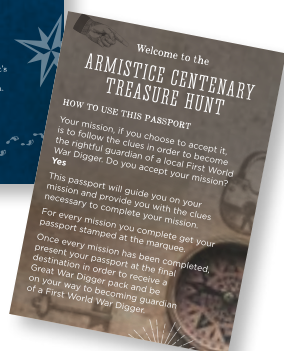
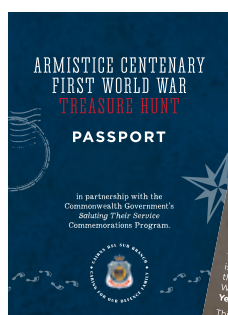
Participants made their way along the Esplanade solving the riddles in their passports. Stationed at various military monuments along the Esplanade were our volunteers who had stamps for the childrens' passports and a brief explanation of the various elements of the First World War, from recruitment right through to the Armistice. Once the children solved the riddles and collected all their stamps, they were then gifted a Great War Digger Pack. Contained inside each pack was a postcard with the name of a digger from the Cairns and District Honour Roll. The children then decorated the memorial crosses with their digger's name and placed them next to the Cenotaph in memory of all those who served our country during the First World War.



Cairns RSL Sub-Branch Vice President Peter Hayton along with the first two participants of the the Treasure Hunt



Armistice Treasure Hunt



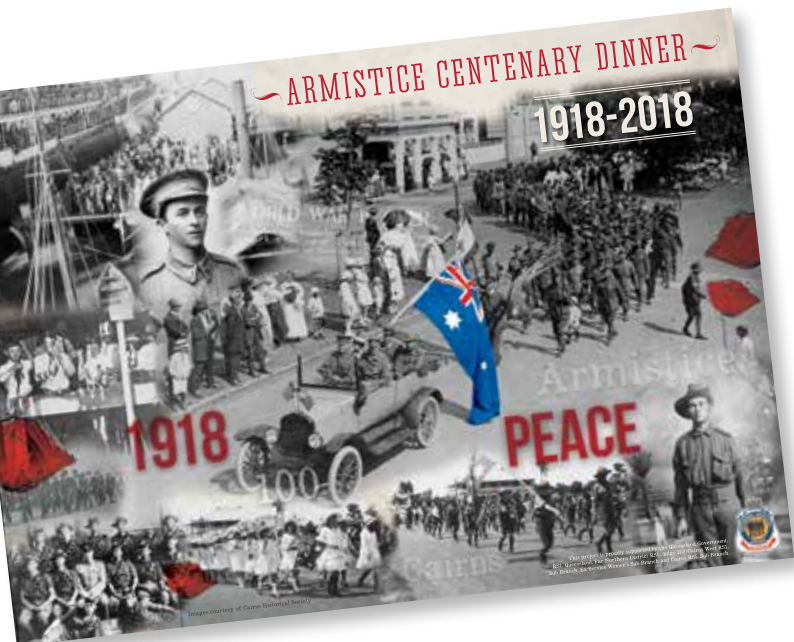
One of many wonderful volunteers Norma Bassett.











Eunice and John Neale

## ARMISTICE CENTENARY DINNER

The Armistice Centenary Dinner was a sold-out event and an unforgettable night! Seated guests totalled 150, which is a remarkable achievement for the first event of its kind. From the feedback we've received, it was one of the best dinners guests have ever attended, and they are looking forward to this year's event.







Cairns and District First World War descendants



24 SIT-REP March 2019





## ARMISTICE CENTENARY ART EXHIBITION

From the 1–30 November, the corridors of the Sub-Branch were brought to life with bright colourful artwork depicting the Armistice.

More than 100 volunteers—many of whom lost family members in the First World War—participated in poppy making workshops at the Manunda Library for 18 months during the lead up to the Armistice Centenary, as part of a nationwide initiative. They made over 3,000 poppies that were then attached to a number of panels and presented to the Sub-Branch for the exhibition.

A number of students from St Andrew's Catholic College and Redlynch State School also contributed to the exhibition with unique canvas paintings and sketches.

## REMEMBRANCE DAY COMMEMORATIVE SERVICE

A century after the First World War was finally brought to an end, descendants of First World War veterans, alongside veterans and members of the Cairns community, gathered on Sunday 11 November 2018 at the Cairns Cenotaph to pay their respects. The crowd fell silent as retired Colonel John Paterson delivered a very poignant speech which reflected not only the atrocities of the First World War, but also the impact it had on our nation and the people of our nation.

Here is his speech:

"My fellow Australians and visitors to our wonderful country.

The Armistice. The 11th hour of the 11th day of the 11th month in 1918.

The exact time when the guns finally fell silent in the horrific conflict that was World War One. A war in which over 9 million perished worldwide. A war that was supposed to end all wars. But didn't.

We meet today on the 100th anniversary of the Armistice, a day that a century ago was met with unbridled joy at the end of the horror, but also deep sadness for the loss of so many.

And of course, over the years this day has expanded to commemorate the lives and mourn the deaths of those men and women lost in conflicts since 1945 – in Korea, South East Asia, the Middle East, and Afghanistan – on land, in the air, and on the sea.

But on this 100th anniversary of the end of World War One, what did this conflict mean to Australia?

From a population of just under 5 million, 417,000 enlisted. That was 8.5 percent of the nation.

And of those 417,000, 62,000 lost their lives and another 156,000 were wounded.

And these were just the physical injuries – there is no counting the cost of the emotional and psychological toll.

These are big numbers and it can be hard to make



sense of it all. So let's break it down.

62,000 fatalities over four years is just under 300 killed every week.

Let's think about that. On average, every week of that war saw almost 300 young Australians lose their lives. It is staggering to contemplate.

Imagine the effect on Australia today, with a population of 25 million, if we lost 300 servicemen and women every week.

So hardly a family or community would have been unaffected by the carnage.

Think not only of the 62,000 who lost their lives, but also those left behind – the parents, siblings, sweethearts, spouses, children who lived the rest of their lives with an almost unbearable sense of loss and grief. And what of the effect on our young nation, which lost the cream of a generation.

Look at the cenotaphs like the one before us, standing proud in hundreds of communities, large and small, across our wide brown land.





Read the names. See how many are repeated.

Were they brothers? Father and son? What poor family had to bear double or triple the grief?

So this is why we have gathered, since the very first Armistice Day. To give thanks for the end of a brutal war, to remember those who gave up everything in all of our nation's wars, and to think of those left behind who suffered an unending sense of grief.

The silencing of the guns may well be rejoiced, but it is tempered by a heartbreaking loss that the passage of time cannot diminish.

Now, let me try to finish on a positive note.

Some say that our first soldiers, sailors and airmen created the national character—the ANZAC Spirit—that makes us uniquely Australian.

I say that that the World War One experience didn't create our national character. It already

existed, and the extreme circumstances of that war exposed this character for the world to see.

Australians, then and now, are shaped by the values of mateship, loyalty, courage, humour in adversity, and an unwillingness to yield to despair or hardship.

The ANZAC Spirit is the Australian Spirit – we saw it in the original ANZACs, in World War Two and in other conflicts up to today.

But we also see it in our response to national disasters; in our emergency services and our volunteers who do so much for our community.

So in honouring the fallen and feeling the sacrifice of their families and our nation, we can look forward with confidence that the ANZAC Spirit, the Australian Spirit, will sustain us.

Lest We Forget"





At the stroke of 11am, the same time the Armistice was signed by the allied powers and Germany came into effect a century earlier, the dense crowds that filled the Esplanade fell absolutely still to observe the two-minutes silence. The two-minutes silence was followed by the ringing of bells at various churches throughout the Cairns community as a mark of this momentous occasion.

As a show of respect and gratitude to the First World War Veterans, their descendants were the first to be invited forward to place a wreath on behalf of their ancestors.

Following the commemorative service, a Victory Tea was held on the Esplanade where people of the Cairns community were invited join in the Armistice commemorations. The people of our community played games and joined in the arts and crafts while enjoying the sounds of 1918 music played by a local musician.









## MALANDA & MILLAA MILLAA – ATHERTON TABLELANDS

Services were held at the Malanda & Millaa Millaa Memorials to commemorate the 100th Anniversary of Armistice. Larger than expected crowds gathered at both locations and were joined by ex- and current ADF serving personnel, war widows, families, members of the public, local school students, Army Cadets, various Ex-Service Organizations, local Councillors and Shane Knuth, Member for Hill. Catafalque Parties consisted of 144ACU (Cadets) in Malanda and 51 Battalion members in Millaa Millaa.

In Malanda, a grant obtained from the Queensland Remembers Funding Program allowed the RSL Sub-Branch members and their guests to enjoy an entertainment program



*Malanda Memorial*

and a luncheon in remembrance of those who made the ultimate sacrifice.

In Millaa Millaa, a Riderless Horse Re-Enactment, together with a Poppy Waterfall – made of 2,600 handmade poppies – were just some of the events and displays that took place. Following the service, guests attended the Millaa Millaa Hotel. The Remembrance Day Committee ensured that their service will be well-remembered into the future.



*Millaa Millaa Memorial*

## YUNGABURRA

The organisers and residents of Yungaburra came out in force (crowd estimated to be 300) to ensure that the Armistice Day Centenary 2018 was a memorable one. For this special anniversary, the traditional ceremony was relocated from the nearby Afghanistan Avenue of Honour to the Yungaburra Memorial Gates. These gates have a chequered history commencing in 1921 with a sports day being arranged to fundraise for the Soldiers' Memorial. During the late 1950s, a circus came and set up in the nearby sports ground. One of their large trucks had



*L-R: Singer Leeanne Stathooles, donkey 'Chips', Simpson (Tim Daniel), Singer Louise Anderson-Clemence, Parade Marshal Ashley Cupitt, handler Kiara English, horse 'Blaze' and Lighthorseman Cory Child.*





*Cairns Chapter of Patriots Australia MC marched in the parade and laid a wreath at the Yungaburra Memorial Gates*

- The backdrop 'red poppy 100 sign' constructed by members of the Malanda Men's Shed
- Yungaburra Voices of Remembrance Choir performed in partnership with Queensland Music Festival
- The presence of Bishop Tony Hall-Matthews and Padre Captain Andrew Schaper, Guest Speaker
- War animals Simpson (Tim Daniel) and his donkey 'Chips' and a Light horseman (Cory Bird) and his horse 'Blaze'
- Support from 3 Army units, 1RAR (catafalque party), 5 Aviation Regiment (Chinook flypast) and 51FNQR, Padre Captain Andrew Schaper, Guest Speaker
- Tableland Military Vehicle Club and memorabilia displays
- Opportunities for the community to tell stories about their World War One family members and post celebrations in the nearby Recreation Shed
- A live radio broadcast throughout the day by a local FM radio station.

Ceremony emcee and Yungaburra Military Commemoration Committee member Ray Byrnes said, "Our committee is very happy with the outcome of the day and the community support provided. We only had this one chance to get it right and we more than exceeded our expectations. The Yungaburra Beautification ladies conducted a raffle that ensures that names on the town memorial can now be upgraded". Members of the Yungaburra Rifle Club which formed in 1913 were also recognised on the day.

trouble getting through the gate and damaged it – as a result, the marks can still be seen on it today. Elephants were used to lift the top back on. Notwithstanding, the 2018 ceremony was supported with features for which the community can stand proud.

In the months leading up to the event, a keen band of community ladies, Yungaburra Beautification, knitted or crocheted 2,500 red poppies that featured on a two metre high '100' sign used as a backdrop for the memorial service. The following list details the special features in addition to ex-Service men and women, emergency services, community organisations, school children, Scouts and Girl Guides and general public that participated in the memorial service:



*Pilot and OC, Major Patrick Schadel (front centre) is joined at the Yungaburra Memorial Gates by members of C Squadron, 5 Aviation Regiment, Townsville following a flypast in their CH47F Chinook*



SUPPORT THOSE WHO HAVE SERVED OUR COUNTRY AND PROTECTED OUR FREEDOM

# Focus Imagery

## Graeme Bint



### Style of photography:

Luminous, Natural, Romantic

### Favourite thing about shooting weddings:

Passing a box of tissues to brides as they watch their slideshows for the first time.

### Favourite place to shoot a wedding:

Newell Beach and Port Douglas, but it's all so beautiful up here.

### Memorable experience whilst shooting:

Well, some I can't say! But I did like the time I made a \$20 bet with the groom that he would cry. I made \$80!

### What are your favourite go-to pieces of gear in shooting weddings?

Easy, 50mm f:1.4 Art Series prime lens. It doesn't come off my camera! It's all you need! And a camera of course!

### Greatest challenge:

As a perfectionist, the stress having to get it absolutely right every time. Overcoming and adapting to the harsh

aims.

*Picking a wedding photographer you can trust is a daunting task. There's only one chance to capture the memories of your special day.*

Over 5 years, FOCUS Imagery has produced dependable premier wedding photography with a small team of dedicated professional photographers.

"We have perfected our style of photography to a fine art, luminous and romantic style that we truly adore," says owner and photographer Graeme Bint.

His team regularly participates in practice workshops to further hone their skills.

"We push the boundaries of both camera and light to achieve an elegant, almost ethereal look, which highlights the true beauty of the subject."

With an array of reasonably priced packages, FOCUS aims to give couples the most memorable experience for their special day. Engagement shoots are included in packages, enhancing the overall experience.

Book early, as spaces are limited each year, "we don't ever compromise on the quality of shoots we undertake by being overwhelmed with workflow." FOCUS also offers DSLR filmmaking, producing elegantly crafted cinematic wedding films.

Five years ago, photographer Graeme Bint started FOCUS after settling in Cairns for "the quiet life."

Over five years, Graeme honed his photography skills underwater before

setting up FOCUS. Having refined his craft in the challenging waters of the reef, he set to take his skills further.

"I couldn't stay underwater for the rest of my life!"

After shooting weddings for friends, Graeme's passion grew for the craft he loved since he was young.

"I literally grew up with a camera in my hand"

Graeme set forward to attend numerous workshops run by top international photographers.

"I enrolled in some workshops including Saxon Cole from Sydney, and diligently set about learning the craft."

Constantly striving for personal growth, Graeme is modest in the mastery of his craft.

"I haven't and probably never will be a true master, as change is the only constant! However, I found and perfected my particular style, after reading Jose Villa's book."

Graeme looks up to Jose Villa, a top globally esteemed fine art wedding photographer, for creativity and passion for the art.

"I wrote to Jose and had the absolute pleasure of chatting with him online. He even took the time to critique some of my work. He's such a nice guy, master wedding photographer and remains my main inspiration."

Graeme cares about people. Since leaving the military after Desert Storm, he's travelled the world, helping in humanitarian efforts. In Cairns, he's helped with the disabilities sector studying mental health at TAFE and counselling at Lifeline.



# EX-SERVICE ORGANISATION REPORTS



*Margaret Plant, Val Horrigan, Cate Shanahan,  
Pauline Lawrence, Naomi Gallagher*

## MALANDA RSL SUB-BRANCH

### Female Veterans come together on the Tablelands

A recent meeting of the Tablelands QLD Women Veterans Network (TQWVN) was held at the Malanda RSL & Citizens' Memorial Club. The reason for the meeting was to discuss ways to connect with female Veterans on the Tablelands and the far northern area, and to start the process of developing a regional Women Veterans Conference in August 2019 – taking place in Malanda.

Spokeswoman for the group, Pauline Lawrence, said that a recent joining of forces with the Malanda RSL Sub-Branch has enabled the TQWVN to broaden its reach and scope and provide a home base for the group.

Malanda RSL Sub-Branch Secretary, Kenneth Willoughby, stated that the Sub-Branch is very supportive of the group and that the Sub-Branch will help in any way it can. He says, "For example, we have been asked to assist with grant funding for a banner for the group so that the female Veterans from across the Tablelands who wish to, can march proudly behind the Women Veterans Network Banner on ANZAC Day in Malanda. Too many female Veterans get interrogated when they wear their medals and it's time that changed. They earned them and deserve to wear them with pride."

Pauline Lawrence encourages all female Veterans, regardless of age and the length or type of service, to consider engaging with the group, its platform being one of connection and inclusion. "Female Veterans often face different issues to their male counterparts regarding their time in the Australian

Defence Forces. It's important that they have an opportunity to share and discuss their experiences with other female Veterans as a way of moving forward and removing any stigmas related to their Service."

At the moment, contact can be made via the Tablelands QLD Women Veterans Network Facebook closed group (request to join the group) or email the Malanda RSL Sub-Branch [malanda@rslqld.org](mailto:malanda@rslqld.org). Your details will then be passed on to the group.

## HERBERTON RSL

### Cenotaph Restoration Project

For almost 100 years, a Digger has stood in proud and silent homage to the fallen, looking down upon Grace Street in Herberton. He was placed there in 1922, after the local community raised the funds to erect a Cenotaph (meaning empty tomb) in appreciation for those who served and those who did not return from the Great War.

To most of us, the depth of meaning that those Diggers bequeathed is probably lost in the mists of time, but to the grieving families of the fallen, those who had lost loved ones in the slaughter and disease of the Great War, they were as sacred as grave sites. Because of the British policy of the time, the Empire's dead were to be buried where they fell and were consequently interred in battlefield cemeteries in faraway lands. For those grieving families in Australia, there were no grave sites to visit to mourn so the Cenotaphs are sacred places.

Our Digger has faithfully stood throughout the passing of years, enduring storms, cyclones, winter cold and summer heat as all good soldiers



*Digger replica in progress*





do, but time had begun to take its toll. For many years our Sub-Branch became more and more concerned at the disintegration of the sandstone he is carved from and, although from a distance he may have looked like he would continue his silent homage for another 100 years, closer inspection shows the gradual wearing away of the stone and the crumbling of his face. After investigating the steps that would be needed to make a replica of our Digger, successful applications were made for Heritage Council approvals, exemption certificates, and funding for the required reports and the replacement costs. A small initial grant was obtained from the Tablelands Regional Council for the report on the significance of the Cenotaph and the conservation requirements. This report was needed by the Heritage Council before the necessary permission could be granted, then an application was made for grant funding from the State Government Anzac Centenary Grant Pool by the Herberton Lions Club in partnership with the Herberton RSL Sub-Branch for the major cost of replacement, with local fundraising by the Herberton Lions Club and the Herberton RSL Sub-Branch. Another grant to make up the total funds was obtained from the RSL Far Northern District Veteran Welfare Grant. We will be eternally grateful for all the people and organisations who stepped up to help make this project a reality, in particular the Heritage Consultant, Gordon Grimwade, who as the Project Manager, went above and beyond what we could ever have asked of him.

From there it was all go and our damaged Digger was carefully removed and transported to Toowoomba where a faithful replica was made. The original Digger will continue to carry out his vigil of honour at the Padre White Chapel in the Reflection Park at the Herberton Cemetery, where he will stand on a specially constructed plinth beside the Chapel.

At 10.30am on 11 November during the Centenary of Armistice Commemoration Ceremony, the restored Cenotaph with the new soldier was re-dedicated. The restored German Trench Mortar Gun was also back in place for the ceremony.

On 10 November, the evening prior to the Centenary of the Armistice Day Ceremony, the Herberton Lions Club held one of their famous Sunset Walks – this one "Spirits of Remembrance" where six of the lads from the area who lost their lives in the First World War 'appeared' at the gravesites of family members in the cemetery to

bring their experiences of the Great War to life. The evening events commenced at 5.30pm with food and refreshments in Reflection Park at the Padre White Memorial Chapel, located in the Cemetery. Prior to the Sunset Walk, a special ceremony was held to re-dedicate our old Digger, along with the special First World War Memorial Wall to honour those listed on the Herberton Cenotaph who did not return from the Great War.

## EX-SERVICE WOMEN'S SUB-BRANCH

### CAIRNS & DISTRICT EX-SERVICEWOMEN'S SUB BRANCH RSL



#### MEET AND GREET

**THURSDAY 02 MAY 2019 AT 6 P.M.**

**AT THE CAIRNS RSL CLUB**

We are keen for new members to join us  
and are always open to fresh ideas of  
how we can meet and continue the  
service links and friendship.



**SERVING AND EX-SERVICEWOMEN  
ARE INVITED**

**Any queries please contact Sandra Perry  
0400085371 or sandraperry47@hotmail.com**

## RSL DAY CLUB REPORT

The Day Club year culminated with our Christmas party at *Farnorha* community hall with 42 members and guests attending. What a fantastic time we all had from the moment our first members arrived until the last departed. The happy chatter and laughter continued unabated for over three and a half hours. There were three huge Christmas hampers to win and presents to exchange.

We had such a great time that even the volunteers forgot to take photos of the happy event.



The party was enhanced by the splendid meal which was catered by Wayne from Cairns Spit Roast. He provided the best roast dinner many of us have experienced for a very long time. All our thanks to you Wayne for adding such value to a successful day – I am sure we will see you again this year.

Once again we wish to thank the staff at *Farnorha* for their continued assistance in providing an enjoyable place for our club to meet and flourish.

Our thanks also goes to the invaluable support from the Cairns RSL Sub-Branch with special thanks to Mal and his team which comprised Rebecca, Cameron and Simone. Their efforts enable The Day Club and many other community groups and events. What would we do without them!

The Day Club had a successful 2018 with the club holding around 36 morning teas with games, and nine monthly luncheons making for very happy meetings and outings for our members.

This year kicked off on 5 February with everyone excited to catch up on all their holiday and travel news. All enjoyed their morning tea and cakes – cooked once again by our volunteer Norma, whilst chatting away enthusiastically.

Once the tables had been cleared we had our club news items, a few jokes and then straight into a stimulating and fun morning with friends playing games.

With everyone busy, it allowed our volunteer's time to catch up, plan the next few months and sell raffle tickets for the monthly prizes given out at our monthly luncheon. Our monthly luncheon will be held on the 26th with a BBQ at *Farnorha* in Westcourt.

It is shaping up to be another fun-filled year for the Cairns RSL Day Club. There is a variety of outing and lunches to be shared with our members.

I would like to show my immense gratitude to my fellow volunteers who have given so much of their time and effort to enable the smooth running of the club: Norma, Les, Ellen, Russel, Lyn and Wendy. Their guidance has made my tasks much easier and resulted in the continued success of our club.

If anyone is interested in joining Day Club please don't hesitate to contact me on 0429 434 443 and have a chat with Wendy or myself. If you require to be picked up, let us know and we can send one of our volunteers around.

Kind regards to all,  
Andrew





# MEMBER

## *Submissions*

We love hearing what our members have been up to.  
If you have a story you would like to share or something valuable you  
would like to let people know about, send your submissions to:  
**[rebecca.milliner@crslsb.org.au](mailto:rebecca.milliner@crslsb.org.au)**



486 squadron 14728

### **THE DAY WE FLEW THE FLEET - MAXIMUM EFFORT**

**by Bill 'Slim' Maconachie**

The Lockheed C130 Hercules entered RAAF service in December 1958, when No 36 Squadron accepted the first twelve C130As, replacing its venerable Douglas C47 Dakotas. Australia was the first operator of the C130 after the USAF. In 1966, the C130As were joined by twelve C130Es to equip No 37 Squadron – all based at RAAF Base Richmond north of Sydney, NSW. Since 1958, the RAAF has operated twelve C130A, C130E, C130H and currently the C130J Super Hercules.

On 5 April 1983, the two Richmond-based squadrons joined in a maximum effort to put 24 of their aircraft into the air at one time. This rare spectacle was made possible by the fact that, for once, none of the 130s was receiving a major overhaul and all would be on base at the same time.

After final briefing, crews proceeded to their aircraft to take-off in groups of four and form up for the massed fly-past. The aircraft flew across Sydney's western suburbs and straight down the Sydney Harbour, across the Harbour Bridge for a good photo shot, before turning north over the sea



and to the mouth of the Hawkesbury River, where they turned west on finals to return to base.

Unfortunately for the spectacle, at the last minute, one C130E from No 37 Squadron, captained by Flight Lieutenant Andy Maitland, broke off the formation to undertake an emergency search and rescue (SAR) mission for a yacht missing east of the Victoria/NSW border, which they duly located. The Hercules squadrons at Richmond did a lot of SAR work off the NSW/Victoria east coast.

At that time, I was WOFF i/c Electrical and Acting WOD of No 486 Maintenance Squadron and was privileged to ride on the flight deck with the C.O. of No 37 Squadron, who was flying the lead aircraft. Another 'Ronnie' RAAF event well-remembered.

Following this successful operation, No 486 (M) Squadron held a Saturday Open Day for families of all Base personnel. The Hercules squadrons provided crews to fly the RAAF families over the same Sydney Harbour route, and over the Harbour Bridge with the rear ramp open. What a morale booster that was.

Bill Maconachie – with credit to RAAFA 'Wings,'  
Vol 68 No 2 Winter 2016



## MATTHEW PAYNE

Matthew was fortunate enough in 2018 to compete in both the Warrior Games, which were held at the USA Air Force Academy in Colorado Springs, and the Invictus Games in Sydney. We had an opportunity to sit down with Matt and find out about his experience of competing in the games.

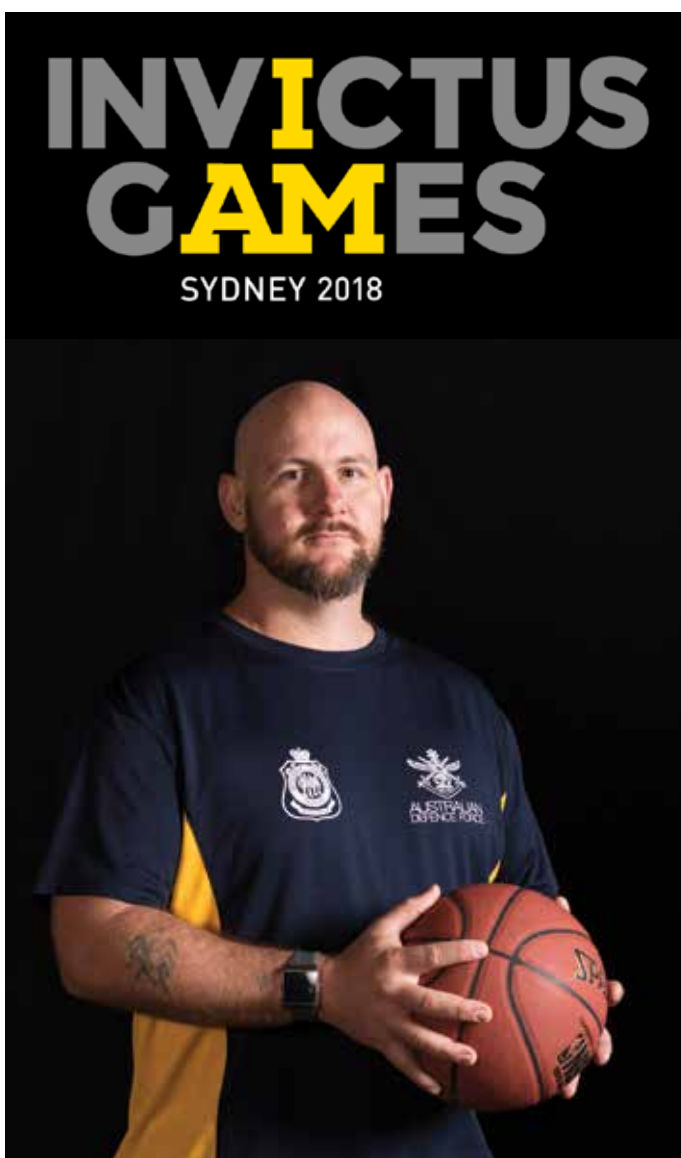
**Q** *What was your experience like competing in both the Warrior and Invictus games?*

Somewhat overwhelming and confronting, yet at the same time it was refreshing to meet other people in similar circumstances. It was amazing to witness the impact that participating in sports and being part of a team has in helping to overcome the continual physical and psychological challenges. I met so many amazing people from all different walks of life, some who I have now developed life-long friendships with. Each and every person I met at the games is a true inspiration with what they have been through and overcome. They showed that regardless of your injuries or conditions, you don't let them win and rule life, but you push harder every day to be the best person you can be for yourself, your partner and your kids.

**Q** *Who did you meet and was there anyone that really stood out for you?*

There were far too many people with amazing stories to list them all. Two that probably stand out to me the most were Jon Stewart and Israel Del Toro who I met at the Warrior Games.

Jon Stewart is a famous American comedian, writer, producer, director, actor and television host.







*Israel Del Toro and Matthew Payne  
at the Warrior Games*

Regardless of where Jon is or what he is doing, every single year he is the Master of Ceremonies for the Warrior Games at no cost. He gives up his time to be there no matter what, giving back to the veteran community.

Israel Del Toro was a Tech Sergeant assigned to an Army Unit to call in airstrikes in a remote part of Afghanistan. Del Toro had followed the instructions of an Army lieutenant hoping to ambush Afghan insurgents when their Humvee rolled over a roadside bomb in 2005. Scrambling out of the truck Del Toro's body was covered in flames. He was airlifted to the closest military hospital in Afghanistan and lay in a coma for three months. When he came out of the coma he was told he had nearly died three times and that he would never walk again or breathe without the use of a respirator. With over 80 percent of his body burnt, Del Toro lost all the fingers on his left hand except for his thumb and had the fingers on his right hand amputated at the knuckles. He suffered inhalation burns and has survived more than 120 surgeries, and is continually undergoing more.

Instead of letting this get him down, Del Toro was more determined than ever to continue living his life. He powered on for four years proving to his superiors that regardless of his injuries he was still fit to serve his country. In 2010, Del Toro was proud to be the first 100 percent combat disabled Air Force technician to re-enlist.



### **Q** *What sports did you compete in and how did you and the team go?*

In the Warrior Games I was lucky to try my hand at shot put, discus, prone and standing shooting, wheelchair basketball and archery. I scored a personal best in shot put and discus and I got 379/420 in the shooting.

For the Invictus Games I was selected for wheelchair basketball. We played England and Netherlands in our pool. Unfortunately, we lost, however they were really strong teams and worthy of the win. Netherlands had a couple of National players.

### **Q** *Would you recommend to other veterans to get involved and if so, why?*

I strongly recommend anyone applying for either of the games. It doesn't matter how you place, it's just about getting out there and trying. Physical activity is good for both physical and mental health and it's about that not the overall outcome – the goal is to get people back out there and engaged. Keep an eye on the Defence website or your local RSL.





## SHARP OR BLUNT SPEARS?

by Brigadier George Mansford AO (Rtd)

When our Armed Forces are committed to war, they risk all to serve their country. They continue to do so despite questionable scrutiny of their battle discipline by a select few non-combatants secure in a far distant, safe and pleasant environment. Such scrutiny is conducted without knowledge and experience of the stark reality of a battlefield, complete with its isolation, adverse conditions, exhaustion, sleep deprivation, fear, anger and raw nerves. I would add these are just a few of the many physical, mental and moral challenges confronting our troops when on operations.

Our troops are in very dangerous circumstances while operating in an arena where split-second decisions must be made, including to kill or be killed. Our young warriors accept all of this because they have a sense of purpose and honour in serving their nation, confidence in their team and have been well-trained in the art of survival on the battlefield, which includes destroying the enemy. However, they were never told that, in the event of any mishap, they would be judged from afar, become political scapegoats and potentially be subjected to a court martial hanging over their heads. In one tragic incident when engaging the enemy, an investigation was initiated and examined for a very long period of time by legal minds, before it was decided no further action would be taken. Can you imagine the stress on both the soldiers who were under the microscope and their families placed in a prison of uncertainty for what seemed a lifetime? Can you understand the doubt such procedures create in the minds of others preparing for operations?

Decisions on the right or wrong actions of any soldiers, group or unit in combat, should not be delegated to those who clearly do not comprehend the battlefield environment. If there is to be any investigation, it should be conducted by those who understand all conditions and circumstances in that bloody arena. Certainly not by non-combatants who are divorced from the realities of war at the sharp end, and judge, in isolation, the conduct of young men and women who are acting on instinct and self-preservation in the field of combat. Soldiers, who when committed in an operational environment are often compelled to make split-second decisions which could mean life or death. These are dire circumstances, particularly when soldiers are already under immense physical and mental strain from the never-ending demands of war at the sharp end. To win, we must never dampen battle discipline or blunt sharp spears.

Finally, among our veterans are those who have been recognised for exceptional bravery. Their service should never be questioned nor exposed to media harassment and gossip—all of which are spiteful, cowardly and mean-spirited.



Brigadier George Mansford AO

No matter age, rank or duration of service, be they decorated or not, these youngsters who step forward to serve and wear our nation's cloth will always be heroes, and should be respected as such by all within our nation.

### Brigadier George Mansford AO (Rtd)

George Mansford enlisted in the Australian Army in 1951. He served 40 years as an infantryman, most of that time in the Royal Australian Regiment. His service included Korea, the Malayan Emergency, Thai Border, Vietnam, New Guinea and Singapore. He was commissioned from the ranks in 1964. He raised and commanded the Army's Battle School (which is now used by foreign military units including USA, and UK), 11 Infantry Brigade, and the Reconnaissance and Surveillance Force in Far North Queensland. George was made a Member of the Order of Australia in 1975 for outstanding services and retired in 1990 as a Brigadier.

He is the author of two books, *Junior Leadership on the Battlefield* and the best-selling novel, *The Mad Galahs*.



# LIVING WELL

with Mitch Smith



## Practical tips to healthy eating

Don't you wish healthy eating was easy? We used to hunt food, now it often feels like food hunts us. Why is it so difficult to cut the rubbish and include the good stuff? It's the relentless fast food advertising at sporting games, KFC flashing up every time we have to go to the video ref.

It's the upsize-your-meal-for-one-dollar offer at the drive-thru that is too good to refuse.

It's the exorbitant amount of food served when you eat out and the memory of your parents' voices saying, "eat everything on your plate, don't be ungrateful."

The list goes on.

How can we fight a culture that encourages bigger and better everything?

### 1. Eat regularly

Eating regularly can help keep the munchies at bay. It is not uncommon for people to now be so busy throughout the day they end up skipping meals and overeating later in the day.

By having snacks and meals throughout the day, you safeguard yourself against eating larger portion sizes later on.

### 2. Fill your plate with veggies!

Do I sound like your mother? Turns out she was right! Only four percent of Australians eat the recommended five serves of vegetables per day. Most vegetables are low in calories yet abundant in vitamins, minerals and fibre. They fill us up, help our immune system and get our bowels working.

Often the thought of plain steamed vegetables on our plate isn't very appetising. To make them more appetising try:

- Adding leftover vegetables such as pumpkin, beetroot, onion and capsicum to salads
- Adding vegetables to casseroles or mince dishes such as spaghetti bolognese — try a tin of lentils, grated carrot or zucchini, mushrooms or spinach
- Adding vegetables to scrambled eggs.

### 3. Drink more water

Often, we mistake hunger for thirst so ensuring you are

Mitch Smith





drinking enough water can help with keeping portion sizes down. Aim for at least two litres of water per day. Getting the first litre in before midday is a good way to meet this goal.

#### 4. Protein at each meal

Even though you may not be a gym junkie, regular hits of protein are important for maintaining our muscle and metabolism, and feeling full. A lot of Australians eat large amounts of protein at their evening meal but very little at breakfast and lunch. This can lead to slow and gradual muscle loss over time. The best way to prevent muscle loss is to eat regular hits of protein across the day:

- 100g (palm sized) piece of meat/chicken/fish
- Two eggs on one piece of toast with baked beans plus milky coffee
- One small tub of high protein yoghurt (chobani or yopro) topped with a serve of nutty granola

#### 5. Look at how you eat, not just what you eat

Eating is more than just what we eat. It's our plate size, how quickly we eat and distractions that dictate how much we eat and how satisfied we are from our meal. Try to eat 'mindfully' – take around 20 minutes to enjoy a meal, and remove distractions – you'll feel fuller for longer with the same amount of food!

*Do you struggle with sleep?  
Do you feel isolated or withdrawn?*

**Are you  
experiencing trauma  
related stress?**

*Is this affecting your daily life?*

*What would it feel like if you  
slept soundly and woke up refreshed?  
If you had more energy and mental clarity?*

*Would you like help with any  
health and wellness issues?*

*Lets meet for a friendly, confidential chat.  
We will discuss natural options to  
personally support you.*

**Contact Michelle on  
0438 025 974 to book  
an appointment**



**FREE  
LEGAL  
SERVICES**

**For seniors  
concerned about:**

- Elder Abuse
- Mistreatment, or
- Financial Exploitation

**FOR PEOPLE IN THE COMMUNITY  
EXPERIENCING DISADVANTAGE**

**1800 062 608 | 4031 7688**  
www.cclc.org.au

**All Enquiries  
Welcome**



The team at the Cairns Community Legal Centre encourages enquiries from community members who cannot otherwise afford legal advice.

The Seniors Legal and Support Service (SLASS) is part of the Cairns Community Legal Centre and provides free legal and social work support for Seniors. You may have worries around Centrelink, residential care (costs and charges), family problems, experiencing physical or psychological abuse, neglect or mistreatment, or your money may have been taken without your knowledge and/or consent. SLASS can also explain Wills, Powers of Attorney, Advanced Health Care Directives as well as many more areas that are relevant to Seniors.

As you get older, you may want to get your affairs in order. Before making a decision it is important you seek independent legal advice to weigh up your options and to make a decision that is best for you and is what you want.

In addition to offering in-person (office) appointments with our solicitors and a social worker, the Centre offers home visits and to places such as retirement villages and hospitals. The SLASS team can also provide community education talks for groups – for example in clubs, retirement villages, residential care facilities and libraries. These are informal sessions which provide Seniors and others, such as carers and their families, with the opportunity to ask questions about matters affecting Seniors, as well as providing information on how to access the Centre's services.

**The Cairns Community Legal Centre offers free legal advice and social work support for Seniors.**

**For an appointment please call  
07 4031 7688 or 1800 062608.**



# Become a member!

When you join the RSL you haven't joined a club—you've become part of an organisation that has been there to support those who have served our country and their dependants for over 100 years.

At Cairns RSL Sub-Branch, our vision is simple:

**We support you,  
our Defence family.**

When you join the Sub-Branch you get:

- FREE social club members giving you access to members only specials and dining discounts
- Priority access to our highly trained Advocates
- Sub-Branch members only discounts at select local businesses
- Invitation to attend meetings and have your say on the future of the RSL and our Sub-Branch
- Eligibility for election on the Board of Directors
- Find out first about what's going on in our community with monthly emails

***Are you a  
currently  
serving Defence  
member?***

***Get your **FREE**  
membership  
today!***

Simply fill out the form and drop it into our office

Level One,  
115 Esplanade,  
Cairns.

Complete the RSL membership form on the opposite page or download it from  
**[www.crslsb.org.au/members](http://www.crslsb.org.au/members)**







RETURNED & SERVICES  
LEAGUE OF AUSTRALIA  
QUEENSLAND BRANCH

Please **PRINT, SIGN** and **SUBMIT** completed form to the Sub-Branch you wish to join.

## MEMBERSHIP APPLICATION FORM

### PERSONAL DETAILS (required)

|                      |   |
|----------------------|---|
| Title (Mr/Mrs/Miss): | Post Nominals:  |
| First Name:          | Middle Name:  |
| Surname:             | Preferred Name:   |
| Country of Birth:    | Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female |
| DOB:                 | Maiden Name:  |
| Address:             |   |
|                      |   |
| Suburb:              | Postcode:   |
| State:               | Country:  |
| Phone:               | Mobile:   |
| Email:               |   |

### POSTAL ADDRESS

☐ Same as above address

Address:

Suburb: Postcode:

State: Country:

### NEXT OF KIN

|               |           |
|---------------|-----------|
| First Name:   | Surname:  |
| Relationship: | Phone:    |
| Address:      |           |
|               |           |
| Suburb:       | Postcode: |
| State:        | Country:  |

### SERVICE HISTORY (required for Service Membership)

Branch of Service: ☐ Army ☐ Navy ☐ Air Force  
☐ Allied ☐ Other

Service Number: Length of Service:

Enlistment Date: Discharge Date:

Rank: Unit:

Currently Serving in QLD? ☐ Yes ☐ No

*ADF members currently serving in QLD are entitled to free membership.*

### THEATRES OF SERVICE

|  |                                       |  |
|--|---------------------------------------|--|
| <input type="checkbox"/> World War 2     | <input type="checkbox"/> BCOF Japan   | <input type="checkbox"/> Korea             |
| <input type="checkbox"/> Borneo          | <input type="checkbox"/> Vietnam      | <input type="checkbox"/> Malayan Emergency |
| <input type="checkbox"/> Gulf War        | <input type="checkbox"/> East Timor   | <input type="checkbox"/> Iraq              |
| <input type="checkbox"/> Afghanistan     | <input type="checkbox"/> Peacekeeping |  |
| <input type="checkbox"/> Solomon Islands | <input type="checkbox"/> Other        |  |

### REFERRAL

How did you hear about RSL QLD?

☐ Friend/Family ☐ RSL Event ☐ RSL Member  
☐ Google ☐ Other

### PREVIOUS MEMBERSHIP

☐ I have previously been a member of the RSL.

Member Number:

Sub Branch:

Date joined: State:

### MEMBERSHIP

I apply to be admitted as a member of:

### SERVICE MEMBERSHIP (pick one)

|                                |                                |
|--------------------------------|--------------------------------|
| Annual Fee                     | <input type="checkbox"/> \$20  |
| Annual Fee (Currently Serving) | <input type="checkbox"/> \$0   |
| Life Subscriber (18 - 39 yrs)  | <input type="checkbox"/> \$300 |
| Life Subscriber (40 - 44 yrs)  | <input type="checkbox"/> \$260 |
| Life Subscriber (45 - 49 yrs)  | <input type="checkbox"/> \$220 |
| Life Subscriber (50 - 54 yrs)  | <input type="checkbox"/> \$180 |
| Life Subscriber (55 - 59 yrs)  | <input type="checkbox"/> \$140 |
| Life Subscriber (60 - 64 yrs)  | <input type="checkbox"/> \$120 |
| Life Subscriber (65+ yrs)      | <input type="checkbox"/> \$100 |

### CITIZEN'S AUXILIARY

|                      |                              |
|----------------------|------------------------------|
| Joining Fee          | <input type="checkbox"/> \$5 |
| Badge (optional)     | <input type="checkbox"/> \$5 |
| Junior (12 - 18 yrs) | <input type="checkbox"/> \$0 |

### WOMEN'S AUXILIARY

|                  |                              |
|------------------|------------------------------|
| Joining Fee      | <input type="checkbox"/> \$5 |
| Badge (optional) | <input type="checkbox"/> \$5 |

### NON-LEAGUE

Social Member (see Sub Branch for fee amt.) ☐

### I DECLARE

☐ The information provided is true and correct.  
☐ I agree to the RSL Constitution and its By-Laws.  
☐ I enclose payment for the Membership selected.

### SIGNATURE:

**Privacy:**  
By becoming a Member, you agree to us collecting, storing, using, and protecting personal information in accordance with our Privacy Statement available at [www.rslqld.org](http://www.rslqld.org). Our Privacy Statement includes additional information about how we protect and manage personal information.

### OFFICE USE ONLY

Sub Branch Secretary/ Membership Officers are to ensure this form is completed in full.  
I hereby confirm the Proof of Membership eligibility has been sighted and the applicant qualifies in accordance with RSL (Queensland Branch) rules.

|             |                 |            |
|-------------|-----------------|------------|
| Date:       | Receipt Number: | Signature: |
| Sub Branch: | Name:           |            |





## Open Arms North Queensland Group Programs January – July 2019

### Townsville

| Group Program  | Dates   | Format                                |
|--|---|---------------------------------------|
| Operation Life – safeTALK<br>(Suicide Alertness for Everyone)                                    | Tues 5 March, 9am – 1pm   | Half day                              |
| 123 Magic and Emotion Coaching Parent Course   | Tuesdays 12,19,26 March, 9am – 11am                                   | 2 hrs / 3 sessions                    |
| Relaxation and Stress Management   | Fri 22 March, 9am – 4pm   | 1 day                                 |
| Operation Life – ASIST<br>(Applied Suicide Intervention Skills Training)                         | Wed 27 – Thurs 28 March, 9am – 5pm<br>Tues 23- Wed 24 July, 9am – 5pm | 2 days                                |
| Sleeping Better  | Tues 2 – Wed 3 April, 9am – 4pm                                       | 2 days                                |
| Understanding your Anxiety   | Wednesdays 1,8,15,22,29 May, 5 June, 9am – 11am                       | 2 hrs / 6 sessions                    |
| Stepping Out   | Thurs 9 – Fri 10 May, 9am – 4pm<br>Tues 30- Wed 31 July, 9am – 4pm    | 2 days                                |
| Doing Anger Differently  | Mondays 13,20,27 May, 3,10,17 June, 3pm – 5pm                         | 2 hrs / 3 sessions                    |
| Managing Your Pain   | Tuesdays 21,28 May & 4,11,18,25 June, 3pm – 5pm                       | 2 hrs / 3 sessions                    |
| Mental Health First Aid  | Thurs 20-Fri 21 June, 9am – 5pm                                       | 2 days                                |
| Recovery from Trauma   | Fridays 19, 26 July, 2,9,16,23 August, 9am – 11am                     | 2 hrs / 3 sessions                    |
| Residential Lifestyle Management Program<br>(early promotion, register now to avoid missing out) | Mon 28 October – Fri 1 November<br>(Magnetic Island)                  | 5 day residential program for couples |

### Cairns

| Group Program   | Dates  | Format             |
|---|--|--------------------|
| Operation Life – safeTALK<br>(Suicide Alertness for Everyone) | Fri 5 April, 9am – 1pm                           | Half day           |
| Sleeping Better   | Thurs 2 – Fri 3 May, 9am – 4pm                   | 2 days             |
| Understanding your Anxiety                                    | Fridays 26 July, 2,9,16,23,30 August, 9am – 11am | 2 hrs / 6 sessions |

Open Arms group programs aim to improve the quality of life of current and ex-serving Defence members and their families and complement counselling and other services that promote recovery through prevention, early intervention and treatment. All group programs are provided at no cost to eligible participants. To register for group programs, or make further enquiries please contact Open Arms North Queensland on **1800 011 046** or email [openarms.northqld@dva.gov.au](mailto:openarms.northqld@dva.gov.au) or website [www.openarms.gov.au](http://www.openarms.gov.au)



# CALENDAR OF EVENTS

For more information on events visit [www.crslsb.org.au](http://www.crslsb.org.au) or our Facebook page @cairnsrslsubbranch

|  |   |   |   |
|--|---|---|---|
| <p><b>Board Meetings</b></p> <p>26 February<br/>26 March<br/>23 April<br/>28 May<br/>25 June<br/>23 July<br/>27 August<br/>24 September<br/>22 October<br/>26 November<br/>10 December</p> | <p><b>8 March</b></p> <p>International Women's Day Breakfast<br/>Cairns RSL</p>     | <p><b>31 March</b></p> <p>AGM<br/>Cairns RSL</p>  |  <p><b>25 April</b></p> <p>Anzac Day<br/>See page 10 for times and locations</p> |
| <p><b>18 August</b></p> <p>Vietnam Veterans' Day<br/>Cairns Cenotaph</p>   | <p><b>25 August</b></p> <p>Quarterly General Meeting<br/>Cairns RSL</p>             | <p><b>24 September</b></p> <p>Veterans' Health Week<br/>Esplanade, Cairns</p>   |    |
| <p><b>20 October</b></p> <p>Quarterly General Meeting<br/>Cairns RSL</p>   |  | <p><b>11 November</b></p> <p>Remembrance Day<br/>Cairns Cenotaph</p>  | <p><b>8 December</b></p> <p>Volunteer Christmas Party</p>   |



# ANZAC DAY 2019



## COMMEMORATING THE 20th ANNIVERSARY OF INTERNATIONAL TASK EAST TIMOR (INTERFET)

### GUNFIRE BREAKFAST

Date: Thursday 25 April 2019

Time: 4:30am – 5:00am

Venue: RSL Club, 115 Esplanade Cairns

\*Please note this is for VETERANS ONLY

### DAWN SERVICE

Date: Thursday 25 April 2019

Time: 5:30am – 6:15am

Venue: Cairns Cenotaph, Esplanade Cairns

### VETERAN BREAKFAST

Date: Thursday 25 April 2019

Time: 6:30am – 11:30am

Venue: RSL Car Park, 115 Esplanade Cairns

\*Please note this is for VETERANS ONLY



### ANZAC DAY PARADE

Event: Thursday 25 April 2019

Venue: Form up at Fogarty Park. End point Cairns Cenotaph

**Time: 7:00am Form up**

**7:30am Step off**

8:00am Arrive at Cenotaph

### COMMEMORATION SERVICE

Date: Thursday 25 April 2019

Time: 8:15am – 9:00am

Venue: Cairns Cenotaph

### ECUMENICAL SERVICE

Date: Thursday 25 April 2019

Time: 9:30am – 10:30am

Venue: St Monica's Cathedral, 181 Abbott St, Cairns City