

Caring for our Defence Family



The Returned & Services League of Australia

Cairns Sub Branch

115 Esplanade, Cairns PO Box 94, North Cairns Qld 4870 07 4051 5254 admin@crslsb.org.au

BOARD OF DIRECTORS

President: Kristen Rice (Navy)

kristen.rice@crslsb.org.au

Vice President: Peter Hayton (Air Force)

peter.hayton@crslsb.org.au

Treasurer: Ben Hemphill (Navy)

treasurer@crslsb.org.au

Director: John Paterson (Army)

john.paterson@crslsb.org.au

Director: Rob Lee (Army)

rob.lee@crslsb.org.au

Director: Kevin Byrne (Air Force)

kmb49@bigpond.net.au

Director: Lee-ann Greenwood (Navy)

 $lee\hbox{-} ann. greenwood@crslsb.org. au$

Director: Gerry Tooth (Air Force)

gerry.tooth@crslsb.org.au

Director: Nathan Shingles (Navy)

nathan.shingles@crslsb.org.au

STAFF

Executive Officer:

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

Design: Nettie O Design • www.nettieodesign.com

CONTENTS

- President's Report
- 4 Executive Officer's Report
- Welcome from the new Board of Directors
- Kokoda Hall Museum Report
- 9 News Briefs
- 11 Anzac Day Services
- 16 International Women's Day
- The Spirit of Anzac Through the Prism of Children
- 20 Day Club
- 22 LIVE! PTSD
- **24** Ex-Service Organisation Reports
- 25 Member Submissions
- **32** Calendar of Events



PRESIDENT'S REPORT

In this my first President's Report, I would like to thank our immediate past President, Mr Buster Todd, for his many years of service to Cairns RSL Sub Branch. I wish him and his family well for the future, particularly as Vice President of the Far Northern District RSL.

Congratulations must go out to all the volunteers and staff who made ANZAC Day 2019 a great day this year. As noted in our previous Sit-Rep, the march time was changed this year to see if this would be more accommodating. The feedback I have received was that overwhelmingly the new earlier timing for the ANZAC Day March was very much appreciated by both veterans and their families alike. Crowd numbers, as seen in our ANZAC Dawn Service photographs, suggest it was our biggest attendance year yet. I had the pleasure of attending a volunteer ANZAC Day lunch in appreciation of this great effort, much of which was behind the scenes, in what was the bringing together of many community and military based organisations. This year marked the 20th anniversary of INTERFET, with veterans reciting the ode. Petty Officer (PO) Bosun Dale Gilbert, an INTERFET veteran himself, passed on to me that he was particularly chuffed to be selected for such an important occasion. For your information, our bugler who played the Last Post, was ten-year-old school girl Olivia Stein who didn't miss a beat — a job very well done.

PO Bosun Gilbert was also the guest speaker at our Veterans' Dinner as hosted by Rotary (and supported by Cairns RSL Sub Branch). Rotary also arranged transportation to and from the dinner held in the Catalina Room. This dinner is held just before ANZAC Day each year and I highly recommend it to the membership. It was great to see the Cairns Regional Council Mayor, Cr Bob Manning in attendance as well.

I have also been travelling to schools around Cairns and the wider Cairns district in order to present winning and contribution certificates for the Spirit of ANZAC - Through the Prism of Children poetry competition. The winner, Caitlin Dwyer was at our book launch with her mum and as part of the winning prize, was flown to Canberra with her family where they met Dr Brendan Nelson, Director of the Australian War Memorial. Please see our friendly staff for this free limited-edition publication.

I also would like to welcome our newest Board member, Mr Nathan Shingles to the Cairns RSL Sub Branch Board. Nathan filled a casual vacancy position and was one of many great candidates who applied when advertised. Nathan is very keen to contribute in making a difference to veterans' lives and their families through the Cairns RSL Sub Branch. Nathan is an ex-Navy chef who has worked in high intensity kitchens such as those as

part of the close knit, high performing Admiral's staff. Nathan now runs his own successful property business based in the Cairns northern beaches welcome Nathan.

As part of the welcoming brief, I would also like to welcome Mr Andrew Forrest, who is our new volunteer trainee Compensation and Rehabilitation Advocate under the keen eve of our Senior Advocate, Mr Phil Watson. Andrew has had recent service and experience with the DVA claims process, which can only add to the success and relevancy of our volunteer based welfare services across all veteran demographics.

I'm pleased to see that our Cairns RSL Sub Branch Young Veterans initiative has had a solid start with a meeting of a critical mass of young veterans, of which I attended the first meeting. The enthusiasm shown was infectious and I am looking forward to seeing the ideas and initiatives flow from what is a crucial plank of our five-year strategic plan in supporting and keeping the Cairns RSL Sub Branch relevant to future generations of veterans and their families.

There are a lot of initiatives and events occurring in and around the Cairns RSL Sub Branch. I encourage the membership to keep eyes peeled if digitally inclined—to our Facebook page, soon to be updated website, emails, etc and if paper based, our Sit-Rep magazine and mail outs for all these and other great initiatives.

Look forward to seeing you all around the Cairns RSL Sub Branch.

Yours Ave.

Kristen Rice President





Introducing our new membership card for Cairns RSL Sub Branch non-League members. See page 30 for how to join!

EXECUTIVE OFFICER'S REPORT

As we move into the second half of the year it is a great time to reflect upon the ongoing continuous improvement of the Sub Branch services in Caring For Our Defence Family.

The volunteers and staff of the Sub Branch have been achieving fantastic outcomes in continuing to build upon the services and programs that are provided. One of the major innovations that attracted much attention was the bringing forward of the march time on ANZAC Day. The change in time assisted many of our older veterans and the children and families that came to pay their respects, in not having to stand around in or march in the heat. The change also enabled a greater flow between the three events and assisted in retaining those who attended the Dawn Service, for the March and the Commemorative Service.

Of course, with every new initiative there has been a review and despite some minor improvements to timings it was seen by the ANZAC Day planning committee, and with feedback from the community, as a great success and welcomed by the majority of those in attendance and participating.

On 6 May, another great innovative was achieved with the return of the Legacy office operations to the Sub Branch. The co-location of Legacy within the Sub Branch offers a whole range of value adds to both agencies as we closely liaise together, which has already seen some terrific outcomes for Our Defence Family.

Continually updating our skills and knowledge is an important part of personal and professional growth. On 3-4 July, the Sub Branch hosted the RSL Qld Volunteer Compensation and Wellbeing training. This two-day program is available to all Sub Branch current volunteers who want to keep their practise skills up to date and also for any Sub Branch members or a member of their family who may be thinking about getting more involved in the Sub Branch programs and services. The free training was held in the Catalina Room.

For a period of time the Sub Branch has been negotiating with the Cairns Hinterland and Hospital Health Service for us to provide a Veteran Visiting Program at the Cairns Hospital, similar in style to what we currently do at the Cairns Private Hospital. The final stages of this program are being finalised and soon any veteran, whether connected to DVA or not, will be identified by hospital staff as such and provided with our information. The veteran can then contact the Sub Branch to arrange a volunteer visit to ascertain if there is anything that the Sub Branch can assist with during their hospital stay. The volunteer will also offer a Sub Branch Wellbeing Pack to the veteran to make their stay in hospital a bit more comfortable. The Wellbeing Pack also contains information on the services and

programs that the veteran and their family may access both from the Sub Branch, RSL QLD and DVA information.

The Spirit of ANZAC - Through the Prism of Children publication of poems and essays by children from various schools across the region, was published in May and has received very positive feedback. The winner of the competition flew to Canberra with her family and presented copies of the publication to the President of RSL ACT and Dr Brendan Nelson of the Australian War Memorial. Copies of the publication can be obtained at front desk of the Sub Branch.

There are a range of initiatives that have been implemented right across our services and programs and we will continue to seek new and innovative ways to improve and respond to Caring For Our Defence Family.

As always I encourage everyone to contact the Sub Branch through admin@crslsb.org.au to offer your feedback and suggestions.

Mal McCullough **Executive Officer**



WELCOME FROM THE 1000 BOARD OF DIRECTORS

Introducing the 2019 Board of Directors for the Cairns RSL Sub Branch



PRESIDENT — KRISTEN RICE

Kristen Rice served in the Royal Australian Navy for close to 20 years as an Engineering Officer. Kristen had the privilege of serving our nation in a variety of postings. Her Naval career highlights were serving on operational tours in the Persian Gulf and closer to home in border protection.

Sadly, Kristen's Naval service was cut short when she was medically discharged due to service-related injuries.

Kristen said she turned to the RSL whilst going through the medical discharge process and has seen firsthand the integral role that ex-service organisations such as the RSL play with regards to supporting veterans and current serving personnel.

"I personally was supported by an RSL Sub Branch and as such, wanted to give back to the organisation that supported me through difficult times. This experience motivated me to 'pay it forward' as a volunteer so I could assist and support my fellow veterans as I had been.

I believe that my personal experiences, including service life, transitioning and whilst serving the Sub Branch, have provided me with the unique opportunity and experience to serve and support veterans of all ages as Sub Branch President."

Kristen is the first female President in Cairns RSL Sub Branch's 103-year history.



DIRECTOR — KEVIN BYRNE

Kevin Byrne enjoyed an 18-year military career as an Infantry Officer seeing combat service in SVN as a Platoon Commander as well as overseas service in PNG. Malaysia, Singapore and Rhodesia. He served in four different battalions of the Royal Australian Regiment and his other service included training appointments at the Jungle Warfare School Canungra, OCS Portsea and finally as Senior Instructor at RMC Duntroon. He is a former Mayor of Cairns serving in that role for 11 years and is currently President of Enterprise North and serves on the Board of Cootharinga NQ.



DIRECTOR — NATHAN SHINGLES

Nathan Shingles was born in Canberra and is the son of a Vietnam Veteran. He joined the Royal Australian Navy as a chef in April 1995 after already completing two years of a civilian chef apprenticeship prior to joining. Several operational sea postings included HMAS Torrens, HMAS Westralia on operation Dirk and Stanhope operating in the southern ocean and also as a member of Aft Damage Control during the tragic fire in 1998, HMAS Bunbury during Operation Cranberry in 1999 and 2000, HMAS Gladstone 2001 during border protection duties and HMAS Wewak 2001-2002 during Operation BEL ISI II Bougainville. Upon promotion to Leading Seaman, an opportunity to work as the Maritime Commander's chef in Sydney arose and he went on to work as Admiral's staff for Rear Admiral Geoff Smith and Rear Admiral Raydon Gates AO, CSM until discharging in December

Nathan also volunteers as a qualified Justice of the Peace and offers his experience for the greater good of the Sub Branch and veterans.



DIRECTOR — GERRY TOOTH

Gerry joined the Royal Australian Air Force in 1966 at the age of 16 and was posted to Wagga Wagga in NSW to complete an engine fitter apprenticeship. He completed that course and was posted to his first squadron in 1968. The next 17 and a half years included postings to Townsville, Darwin, Amberly and Edinburgh, working on a variety of aircrafts. In 1986 Gerry retired from the Air Force with the rank of Sergeant. After spending time adjusting to civilian life, Gerry then worked for the next 20 years at an engineering supply company before retiring.

In 2012 after requiring assistance with a DVA claim and realising the need for more volunteers, Gerry joined the Sub Branch as an Advocate. He has now been volunteering for over six years and is qualified as a level three Advocate.

Gerry has been involved with a number of community organisations for most of his life including being on the National Board of APEX Clubs Australia, President of the Darwin APEX Club, President of the Elizabeth APEX Club, President of the Edge Hill APEX Club, and the Whitfield & Yorkey's Knob Progress Association. He is also a life member of the Cairns APEX Club.



DIRECTOR — LEE-ANN GREENWOOD

Lee-Ann joined the Navy in 1997 as a Combat System Operator and actively served on board HMAS *Melbourne* in the Solomon Islands and Afghanistan.

Following promotion to Leading Seaman Lee-Ann transferred to Naval Police Coxswain then posted on board HMAS *Bundaberg*, Armidale Class patrol boats until discharging in 2009.

"I am honoured to be part of such a wonderful and respectable organisation. I look forward to, what I am sure will be plenty of opportunities, contributing toward the Sub Branch initiatives and assisting in supporting our community and the young veteran cohort."



FREE LEGAL SERVICES

For seniors concerned about:

- Elder Abuse
- Mistreatment, or
- · Financial Exploitation

FOR PEOPLE IN THE COMMUNTY 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, be 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 062 608.

KOKODA HALL Mark Richardson - Curator

As usual, it appears that the museum has little happening. However, so much happens behind the scenes with the great work of all the volunteers. For those that have visited the museum of late you will see the works that have been done. With most of the large exhibits on wheels, this makes it easier to open the museum up by moving exhibits away from the centre to give more space for meetings etc.

Since the departure of Bob Browne as Curator, Bill Maconachie had been working in the role to assist in the museum but due to ill health stood down from the position. This left the museum without a curator for some time, however this has now changed with Mark Richardson being appointed to the position as Curator. Mark has had 20 years with the Royal Australian Navy before working in engineering roles around the Cairns area.

The Kokoda Hall Museum's purpose is to preserve the memory and records of those who suffered and died for Australia. Our museum showcases an amazing collection

of objects, photographs and archival records. This collection holds the memories of the people, places and events throughout history and in particular those from Far North Queensland.

The Kokoda Hall Museum has amazing stories to share about local men and women who have served and defended. This has now been highlighted with the Cairns at War exhibit with canvasses on the north wall in the museum.

In mid-May Cairns RSL Sub Branch was approached by Museums & Galleries Queensland to partner with them for their 2019 M&G Conference to be held

from 17-21 September 2019. This conference is held every four years throughout Queensland. Cairns will host this event at the Tanks Art Centre. A meeting was held at the Sub Branch with event organisers and as a result a breakout session of the conference is to be held in the museum on 20 September. The reputation of the museum and the great work of our museum volunteers lead to the request by Museums & Galleries Queensland.

A special thank you to all the volunteers - Bob (since moved south), Slim, Craig, Matt, Tony, Murray, Bill, Dave, Roy, Brad, Gerry, Mark, Clint and Ian.



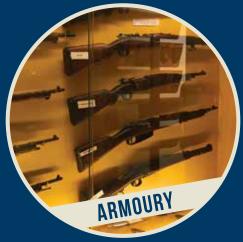
KOKODAHALL MUSEUM



& INTERPRETIVE CENTRE









NEWS Briefs

August 2019



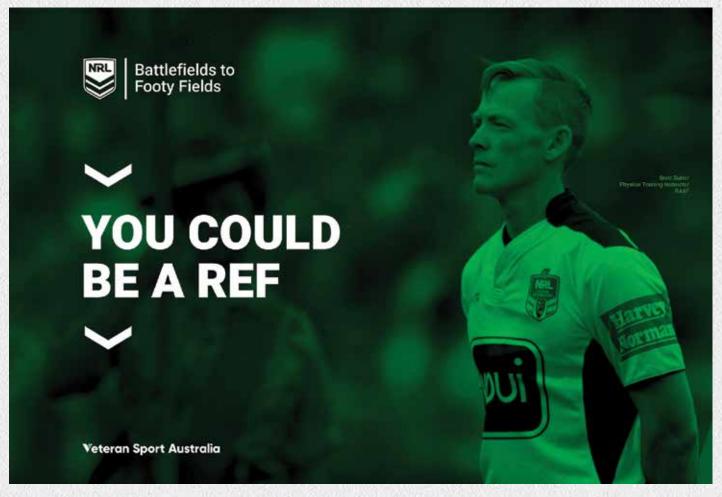
CRSLSB & MATES4MATES MONTHLY ACTIVITY

The Cairns RSL Sub Branch has partnered with Mates4Mates and is running monthly activities. The activities are held at various locations throughout the region and are suitable for Mates/Sub Branch members and their families. So far this year we've been bowling, visited the Cairns Aquarium and most recently met up for a barbeque at the Afghanistan Avenue of Honour. For more information visit our website crslsb.org.au or phone (07) 4051 5254.

BATTLEFIELDS TO FOOTY FIELD PROGRAM

This is a new officiating program offering technical, educational and personal development for veterans and a genuine pathway through the officiating ranks.

Uniforms, insurance, equipment and mentoring are included. For more information contact support@veteransport.org.au or phone (02) 9264 8188.



CAIRNS POPPY ON

Grab your crochet hooks and help us to commemorate Remembrance Day on 11 November. This workshop is a continuation of the 5,000 Poppies project.

Whether you're old, young, a man, woman or child - we want you! Even if you've never picked up a crochet hook, you can still join in the fun.

This free workshop is held on the second Friday of the month from 9am to 4pm in the Caleb Shang Board Room.

CALL OUT for anyone who has armed service buttons they would be willing to donate for this initiative.

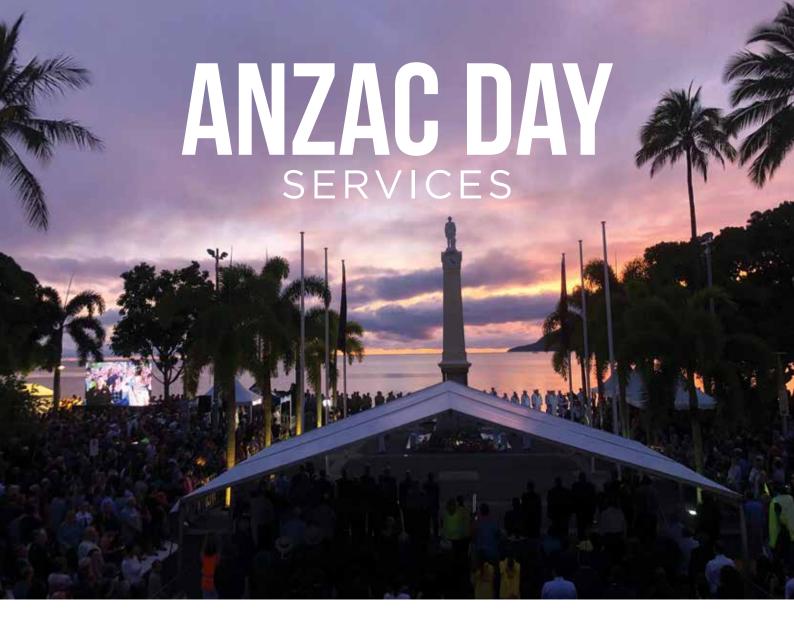
For any questions contact Iulia on 0408 792 123 or iuliaw@yahoo.com



FREE WORKSHOP - all materials supplied

During November all your creations will be on display as part of our Remembrance Day commemorations.

Facebook: Cairns Poppy On | PH: 0408 792 123 | www.crslsb.org.au



Growing attendance at the ANZAC Day Service and March reflects the significant place the ANZAC spirit holds within our community. Thousands of men, women and children gathered in the early hours of a cold and dark FNQ morning to pay their respects. Members of both HMAS *Cairns* and 51st Battalion Far North Queensland Regiment lined the boardwalk as veterans formed up in front of the Cenotaph. Our service began with Master of Ceremonies – Former Colonel John Paterson, followed by a very moving Official Address by CMDR David Hannah:

"At around 4.30am on the 25th of April 1915, the first soldiers of the Australian and New Zealand Army Corps, the first ANZACs, landed on the Gallipoli Peninsula in Turkey. By the end of that day, over 16,000 men had surged ashore. More than 2,000 of them were dead or injured.

These men hadn't set out to be immortalised ... but their conduct set them apart in our nation's consciousness. Their courage, initiative, loyalty and selflessness has come to symbolise the best of us.

Following World War One, many returned veterans would gather at memorials in the quiet before dawn ... that quiet before the main ANZAC Day parades, to remember those they left behind.

The silencing of the guns in November 1918 may

well have been rejoiced, but for those who lost loved ones it was tempered by a grief that didn't diminish with time. As a newly established nation, we grieved together for the loss of our young sons and for our loss of innocence.

Almost half-a-million Australians enlisted for service during World War One. Over 60,000 Australians died and 156,000 were wounded or taken prisoner ... and the peace they paid so much for didn't last.

ANZAC Day commemorations began as a way of honouring those who had died at Gallipoli. Today it represents more. It symbolises all men and women who serve in Australia's armed forces; all those who fight and make sacrifices for this country; all







those who continue to uphold the ANZAC values.

Through World War Two, Korea, Vietnam, Iraq, Afghanistan, UN Peace Keeping Missions and other military operations - the men and women of Australia's Navy, Army and Air Force continue to serve our country with pride.

... and notably, this year represents the 20th anniversary of a series of operations in East Timor. Our contribution to the International Force in East Timor (INTERFET) represented the largest deployment of Australian troops since the Second World War and it was the first time Australia formed and led an international coalition. At the end of November 1999 there were over five and a half thousand Australians deployed with INTERFET. Our small city of Cairns played an important role: four of the of the naval ships and a marine survey unit based in Cairns at the time were deployed. There are many people with us this morning who served with INTERFET in various roles.

The loss of life amongst the East Timorese, the scale of destruction, the abuse they suffered prior to the arrival of INTERFET ... it scarred and traumatised the emerging nation. Our soldiers, sailors, airmen, police and public servants were witness to this tragedy. The success of INTERFET is remembered as a liberation.

The quiet of this Dawn Service gives us time to pause, to reflect on the sacrifice of those who have served and those who continue to serve. We give special thought to the first responders with INTERFET 20 years ago, and those who followed them to East Timor. We show respect for the service of our veterans, honour their sacrifice, demonstrate solidarity for the hardships they endured. Please give thought to those who are serving now on operations while we are here.

The human cost of our wars has been immense. Not just for those who died, but also for those who carry the physical and mental scars long after the fighting stopped; those who love and support them; the family and friends left behind.

There are 102,866 names on the Australian War Memorial's Roll of Honour. 102,866 people have made the ultimate sacrifice for our country. Their actions are reflected in the words of the poet, John Maxwell Edmonds:

When you go home, tell them of us and say For your tomorrow, we gave our today.

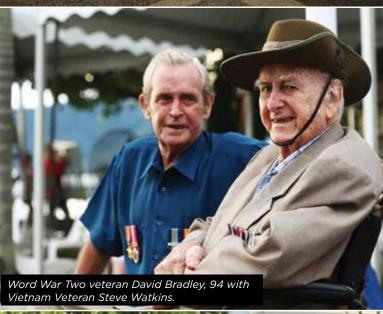
Lest we forget."

It is the continued commitment and dedication of the Sub Branch staff and our volunteers that make these commemorative days a great success. We thank all our hard working volunteers for their continual efforts and contributions made to preserving the memories and sacrifices of both past and present Australian Defence Force members.























Malanda Sub Branch

A big thank you to the Tablelands community individuals, first responders, Tablelands Regional Council, 144 ACU Cadets, businesses, schools and community groups—who have always been so supportive of the Malanda RSL Sub Branch and the events that we have held.

We received support from so many in the preparations and set up for ANZAC Day in Malanda. The turnout of people who came to the Dawn Service. those who showed their support to our marching veterans and those who marched alongside them, and those who then attended the activities we organised at Eacham Memorial Park afterwards — all made the day truly memorable as we honoured the fallen and now eniov the life that their sacrifice made possible. We would also like to thank those men and women of the RAAF Townsville, HMAS Cairns and other serving members of the Armed Forces who attended and marched on the day. A highlight of our ANZAC Day was the flyover of a C-27J Spartan aircraft from 35ASN RAAF Amberley. The members of the Malanda RSL Sub Branch appreciate you all.





I woke early on ANZAC Day morning, and proudly marched in the Edmonton Commemorative Service Parade with my school friends.

I then raced up to the Northern Beaches, to bake Anzac cookies with my best friend, Lilly!

It took Lilly and I the whole day to bake 350 fresh Anzac cookies.

We set up a stall along the Esplanade and sold our very last cookie, just as the sun sank behind the mountains in the late afternoon.

I started my Anzac Cookie Fundraiser to raise money for the RSL when I was seven years old.

Nine years later, I still feel a great sense of achievement, knowing that I'm helping to support a great cause.

By India Rowbottom



Makes about 28 c

2 cups rolled

2 cups plain

2 cup coc

250g bu oons golden syr on bi carb (baking so tablespoons boiling wa





successful 20-year career in the Navy as an operational helicopter

has had a long and successful career.

"There was a volcanic eruption in the Solomon's in the early 2000s which left villages without water. The ship I was on at the time made its own water, so we took water to those villages - some of them had never seen a car, so having helicopters filled with people was aviators before transferring to the Reserves in 2018. She now owns her own business consulting on quality and safety. Natalee is also closely involved with Women in Aviation, a not-for-profit group that encourages women to pursue careers in aviation.

"I'd advise any girl considering aviation to give it a go".





















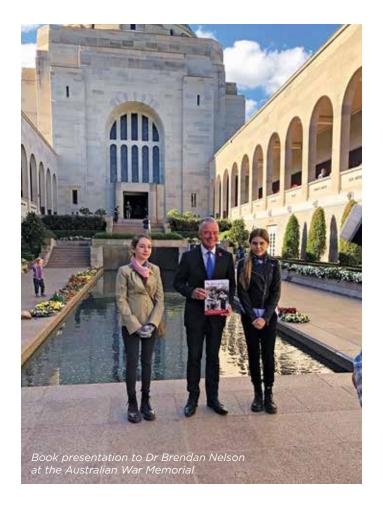
CAIRNS RSL SUB BRANCH'S

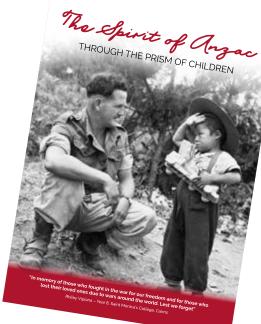
The Spirit of Angac

THROUGH THE PRISM OF CHILDREN

As part of the Armistice Centenary commemorations the Cairns Sub Branch ran an essay and poetry competition for school children of all ages throughout the far northern district. The winning prize was return flights and accommodation for two adults and two children to attend the ANZAC Day Dawn Service in Canberra and meet with Dr Brendan Nelson. The standard of entries was exceptional and our judges Brigadier George Mansford AM (Rtd), Far Northern District RSL President Peter Sterling and Carol Christopher were tasked with the challenging job of selecting one winner.

Congratulations to Caitlin Dwyer from St Andrew's Catholic College. Caity and her family flew to Canberra and met with ACT RSL President John King at the Dawn Service and were received by the Director of the Australian War Memorial, Dr. Brendan Nelson. Caity presented both dignitaries with a copy of the publication.





a Magpie Song

by Caity Dwyer

Men from sunset country and by the salted sea. Soldiers from the land down under, a land of dust and trees. Stolen from their land, to serve a far away man. Off to fight in foreign land, sea and air, marching through the world to get there. All to raise a gun at men they have never met.

A Magpie song, loud and strong, A simple tune of pride. Of gumtrees all white and the kookaburras delight. At finding he's not all alone.

> Gunshots and foreign words litter the battle scene. But loyal to their own land, they fight until outmanned. And even then, fighting still, over sky and under hill. And when hope is lost, and it's cost all it can cost. They will hear the Magpie song from home. A Magpie song, loud and strong, A simple tune of strength. Of floods a-sweeping and fires leaping, Of a land they left behind.

A line of marching hearts move along the plains. Marching to a rhythm, to a song, their memory marching on. Their magpie song, loud and strong, won't stop until their done. A shaky breath, drawn in quick, just before a gun goes click. But carried with them, in their hearts, their wonderful magpie song. A Magpie song, loud and strong, A simple tune of life. Of birds dancing in the sky and insects in the night, Of everything the ANZAC men, never saw again

The final gunshot rings and weapons are laid down. Poppies push up to the sun, a reminder of lives done. To remember those who won't come back, we commemorate the ANZAC. We sing our own magpie song, so in our hearts they live on. To remember the soldiers from the salted coast and the sunset land. To help our country understand.





















For many years I have been living with a loved one who suffers with Post Traumatic Stress Disorder (PTSD) which developed after several years of serving in the special forces.

This has changed our lives significantly. PTSD affects your physical, mental, emotional and social well-being as well as impacting on the lives of those around you. I am committed to helping all who are touched by PTSD.

With help of the Returned and Services League of Australia, I am preparing for a number of fundraising runs to raise both awareness and financial support for PTSD. So far, I've completed over 272,465 steps, three running events, raised \$3,688 and raced alongside a number of veterans who have joined our LIVE! PTSD team.

I will be looking to support Defence families (Army, Navy, and Air Force) who all face significant challenges in the day-to-day work, providing for and serving the community, many of whom also suffer from PTSD.

My goal for the immediate fundraising is \$10,000.

Money raised will be responsibly used (without administration fees) directly to those in need. Funds will go towards the prevention, treatment and support of sufferers of this insidious and life changing condition. This funding will promote

change and give hope, to reconnect those suffering with PTSD with their family, friends and colleagues. "To get their life back ... as not all wounds can be seen!"

You can show these brave men and women that you care, and that all life is precious and worth fighting for by sponsoring my planned events.

I am accepting cash donations as well as in-kind donations of goods and services, if this option feels more comfortable with you. No amount that you can share is too little, but every cent shows you care — "All gave some, and some gave all!"

I can run thousands of steps, committed to the cause, but I can't meet my goal without the help of people and companies such as yours.

Can you take just one step to help me, help those who suffer with PTSD?

Donations can be made to the account below. If you require an invoice, please send your request to rebecca.milliner@crslsb.org.au

ACCOUNT NAME: Cairns RSL Sub Branch

BSB: 633 000 ACCOUNT NUMBER: 160 175 667 REFERENCE: LIVEPTSD



UPCOMING EVENTS

Join the LIVE! PTSD Team

and raise funds for our local VETERANS who need our support and help!

People of all ages and abilities are welcome to join Sandy in any of these events!



The Great Pyramid Race.

Entry fees for this race will be donated to LIVE! PTSD for anyone who nominates our charity.



Kuranda to Port Douglas Trail Ultra Marathon.

I will be running 64km along Black Mountain Road and the **Bump Track to Port Douglas**

MAY 2020

The Great Wheelbarrow Race

If you have any questions regarding sponsorship or would like to join the team contact Sandy **0426 785 024** or email aussiesandra@gmail.com

Thank you in advance for your kind assistance! We hope to see you at the events!

To keep up to date or for more information go to





EX-SERVICE ORGANISATION

REPORTS



EX-SERVICEWOMEN'S Sub Branch

The Cairns & District Ex-Servicewomen's Sub Branch RSL was honoured to participate in ANZAC Day Services in Cairns and Gordonvale.

We hosted an evening Meet and Greet on 2 May for members and potential members who are unable to attend activities during the day. The night was a great success and there is now a similar Saturday afternoon function planned for 5 October 2019.

We also had a night meeting on 15 July with another planned for 16 September 2019.

The Sub Branch held our 37th Charter Lunch on 17 June and we were pleased to welcome Mr Tony Ferris, State President RSL QLD, to the event.

The Sub Branch also organised a bus trip for our members to the Avenue of Honour in Yungaburra on 31 July 2019.

Any serving or Ex-Servicewomen who are interested in joining our Sub Branch should contact our Sub Branch Secretary, Sandra Perry on 0400 085 371.



LEGACY

Cairns Legacy has seen many changes of late firstly selling Legacy Lodges to Access Community Housing and then relocating to Level One. Cairns RSL Sub Branch — moving toward to a positive future. We are positive in our belief that great things are ahead for our club. Commitment to our widows will never fade.

Our AGM was held 27 May 2019 and we are proud to announce the Cairns Legacy Board for 2019-2020.

President: Legatee Alan Picone

Vice-President: Legatee Rick Schmidt

Treasurer: Legatee Eddie Blythe

Secretary/Administration: Mrs Paula Buckman

Widow Liaison Officer: Legatee Cheryl Houlsworth

Junior Legatee & Sgt at Arms:

Legatee Ian Butler

When writing this piece for Sit-Rep, our widows were heading out on two activities, first activity to Innisfail for "Musical Mystery Tour", then to Kuranda on the "Annual Rotary Great Train Ride"

A massive thank you to TPI Association of Cairns for inviting our widows along to their annual "Cheaters Cup" in Cardwell recently, a good day was had by all.

It's wonderful that two kindred spirit organisations such as Cairns Legacy and Cairns RSL Sub Branch are able to work closely together to help our widows and veterans alike.



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



RWANDA GENOCIDE 25TH YEAR ANNIVERSARY by Cath Hopgood

Thoughts from the spouse of an Australian Soldier/UNAMIR Peacekeeper and how the Rwandan Genocide continues to shape the lives of those who were involved.

It is very hard for some Peacekeepers to discuss or think about Rwanda, so as I write this I am aware of the need to warn people of potential triggers contained in the following missive.

A comment I heard from a veteran recently was that "Rwanda is being forgotten to Australian

Defence history" so this is written on the 25th Anniversary of the Rwandan Genocide with the intent that more people will understand what occurred and how it is still affecting those who were sent to in to help. We also offer condolences to the "defenceless" Rwandan people who endured such atrocities and hope that nothing like this ever happens again.

25 years ago, my husband was Lance Corporal David Hopgood, a very young infantry soldier on his first overseas deployment. He is now MAJ David Hopgood and in his 30th year in the Australian Defence Force. A Veteran of (Rwanda) Africa, East Timor and Afghanistan, but Rwanda will always be



Captain Carol Vaughan-Evans helped by Lance Corporal David Hopgood (left) and Corporal Paul Jordan treat a patient in Rwanda. Photo: George Gittoes



the deployment that changed he and his mates forever. Each individual would have had a different experience within the same contingent. Many of the stories are depressingly sad, some have glimpses of happiness from being able to help someone and at the same time many stories are infuriating. I cannot talk for his mates and others who experienced similar events, everyone has their own story. This is David's.

Pre-Rwanda David says he was full of youthful exuberance and excitement of what he and his mates were in Africa to do. It gave him a sense of purpose - to help others and keep the peace in a country facing challenges. They were Peacekeepers. They were young men and women having a chance to put into action what their training had prepared them for - or so they thought. The Australians didn't know just how tested their sense of purpose would become.

The Rwandan Genocide was considered the result of a civil war between the Hutus and the Tutsis. In 1994 Rwanda's President was killed when his plane was shot down. Hutu extremists gained control of the government and started a genocide that would brutally murder up to 800,000 people over 100 days.

The UN (UNAMIR - United Nations Assistance Mission in Rwanda) aimed to stabilise the situation. The Australian contingent was a part of UNAMIRII, it had members ranging from Medics to RAAF,

RAN and Army. In addition, there was an Infantry group from 2/4 RAR and a Logistics Support Company. They were all based at Kigali Hospital which was partially destroyed from previous fighting. The primary role of the Australian contingent was to provide medical support to the UN with any spare capacity to be used on the Rwandan people. The horrific scenes those in the first contingent were confronted with was considered the worst of the mass genocide of innocent Rwandans. The second contingent took over in February 1995.

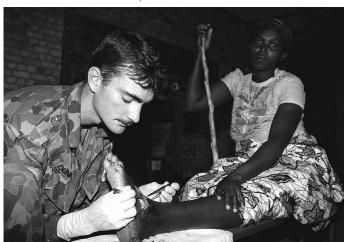
David was in a group of 32 Australian soldiers and medics who were sent to the Kibeho refugee camp. They were to assist the refugees as their situation was dire. They had very little food or water. The Hutus who had previously taken part in the genocide were hiding in the camps and they were being sought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

In April 1995, the RPA was searching for the Hutus in the Kibeho camp and decided to clear the crowded camps of more than 100,000 people in order to get them. When we read about "clearing" the camps it actually refers to murder or maining by machete or shooting aimlessly into the crowd. Anyone who was in the way would perish women, men, the elderly and even defenceless children. No one was safe.

The Australian troops were barred from using weapons or other types of force by the original rules of engagement in the UN mandate. They were not allowed to intervene. They were the minority. All they could do was to walk out into the compound and sift through the mounds of bodies trying to find someone to save and take them back to the medics who would do their best to save one life at a time. This is the aspect of the deployment that no one could prepare for.

David talks about having his finger on the trigger and being so close to shooting, but knowing if he did, he and his mates would all be dead. They were being goaded into action. The RPA tried to get the Australian soldiers to shoot. This was done by mercilessly maiming or murdering some

Private Elliot Dun cleans up a stab wound at the Busoro Clinic



of the wounds that were inflicted with a machete on defenceless people were solely to maim — a deep machete wound to the head, hands cut off, pregnant women and children murdered. They were not just massacred but left to die a slow death. Pure agony. These were scenes from a horror movie and one that replays over and over again for those who witnessed it.

If the Aussie guys were the first to shoot, the RPA would be free to kill them without retribution. David often thinks of his son who was only one at the time and he, like all who were there, was severely affected by the murder of young children. I think this is the part that destroys the soul so much. They were there to help, they were there

to keep the peace and yet they were defenceless against the RPA and could only help the minority. This is the infuriating situation that will haunt soldiers, medics and anyone else who felt the futility of the situation.

David kept a diary from Rwanda that he wrote in every day during this deployment. He still has this diary and it is only today that he brings it out to explain to me in his own words from 25 years ago. He is keen for his journal entry from 23 April 1995 to be shared in the hope that it will help him and maybe help others to explain what occurred.

One day there won't be anyone left to talk about it – either because they can't or because they won't.

23rd April 1995

O400 wake up. We are going out to the Kibeho Camp (pronounced KI-BAY-HO). There was a lot of shooting last night. As soon as we got there a lot of the DP's (displaced persons) had gone. We got off the trucks and had a look and couldn't believe our eyes! There was dead and wounded everywhere. The first I saw was a man lying near a bunker and he had been shot in the leg and his head had been machete. His brains were all over the ground. I didn't feel sick but it was a feeling I couldn't describe.

We assessed the situation and were given tasks. I and a few others were told to go through the crowd and count the dead and wounded. We had to do approximate count, it was impossible to get exact counts. The smell was unbearable. There was "shit and piss" everywhere. I could not believe the sight I saw. After a while it was OK until we saw an area of approx. 4,000-5,000 dead people. I never thought I would ever see this shit. It started to get to me when I saw babies and children dead. They had been trampled, shot and cut up. For some reason, I kept thinking of Benjamin and about how lucky we are. The RPA are just a pack of murdering bastards. It would not worry me at all if I shot them.

It ended up an approx. count of 5,000-6,000 dead but there was a lot more. I would say more like 25,000-30,000 were killed. We got tasked to stretcher the wounded

out to the medics and I would have seen every wound possible. There was gunshot wounds, machete wounds and broken bones. The Zambians were digging holes and burying the dead and the RPA were clearing a lot so the media couldn't see. They wouldn't allow us in some areas to help people and that just pissed us off. A lot of DP's went running off and the RPA just cut them down. They used the machine guns, grenades and we couldn't do much because of UN law. A DP came running up to me and a mate. The RPA came across and stopped him, this was only about 20 feet from me. I said to my mate they would probably take him away and kill him. But, then the RPA soldier put 3 rounds into him right in front of me. I was about to bring up my weapon and shoot and realised there was too many RPA. It was unbelievable, my adrenalin was pumping and the DP was dying.

We called for the medics but he bled to death in 5 mins. The RPA were just killing all day and we couldn't do a thing. We picked up wounded all day until 1500 and we had to go. The blokes and I handled it OK but I guess time will tell if it affects us. It has made me realise how lucky we are. Today has been an unbelievable experience and I hope it doesn't ever happen again.

Diary notation. LCPL D Hopgood



The children of Rwanda

The repercussions for these Peacekeepers 25 years later is compounded by the tragedy that they were not prepared on how to deal with the mass murder of defenceless men, women and children. The frustrations from their hands being tied by the UN Mandate and not being able to intervene. To intervene meant that every Australian soldier may not have returned to their families. Furthermore, in my opinion, they were not trained on how to return home to their families as if nothing had occurred.

A few, like David, have remained in the Australian Defence Force for varying reasons. I feel that he has buried his memories of Rwanda so deep that they will only ever rise to the surface on ANZAC Day, when he is with his mates. The guys have a couple of cold beers and they feel safe amongst themselves to talk about their shared experiences of this time. I know it is therapeutic to catch up with his mates, but it is sad that he has felt in the past that it is the only time he can ever talk about it. He feels such feelings of disappointment, frustration, anger, regret and sadness. Those are feelings you cannot lock away.

Every year ANZAC Day gets harder and harder. The worst was when we were posted to Brisbane and a very young Afghanistan soldier looked at David's medals and asked what the one depicting his Rwanda service was for. He was ridiculed by it being a "peacekeeping" medal and the young soldier told him he needed to experience what a "real war" was like. Maybe it was the alcohol talking, maybe it was that he was newly returned from the Middle East - who knows? But, I know as a wife how much this conversation will always remain with David. He doesn't allow himself to reflect back on Rwanda often, but when he does he is wishing he could've done more or saved more people. This is heartbreaking and only adds to the self-loathing and feelings of failure that he endures.

After returning from Afghanistan in 2010, David started to relive Rwanda. Being in a warlike situation must have opened up the feelings he had supressed for many years. He decided he wanted to leave the Army, he needed a break. But, surprisingly what actually transpired was a short stint on a reality cooking show. It was an



eye-opening experience for him and a chance to have that break he needed from the Army. But, afterward it made him realise that he wanted to remain in the Army and to stay with what he knows.

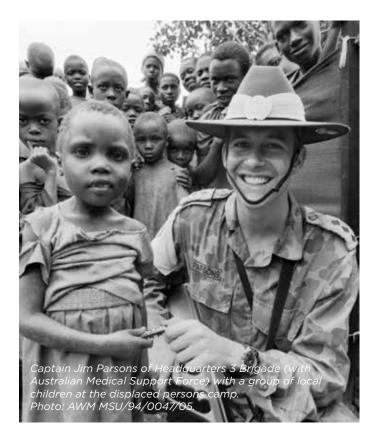
David had made contact with General Romeo Dallaire, who was the Canadian General who led the UN in Rwanda from 1993. Dallaire warned David that being in the public spotlight could put even more pressure on someone who had been involved in a traumatic experience. But David wanted to use whatever spotlight he had to promote the plight of veterans and PTSD. He became a volunteer for Soldier On and together we worked hard in our spare time outside of work to raise awareness. This in itself became an incredibly hard task, sometimes gaining negativity from others wondering why he chose one charity over others? We came to realise that a cook book is not going to help those with PTSD and what we had hoped would be such a positive thing to do, slowly lost traction and he once again he threw himself into his career and put the past and Rwanda back where he thought it belonged. I'm proud that he is still in the Army and loving it. I'd be equally as proud if he decided that he wanted to pursue another direction.

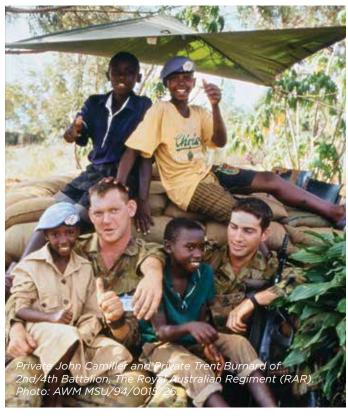
This ANZAC Day whilst the Rwanda Genocide Anniversary is in the forefront of everyone's mind, please take the time to reflect on the feelings of our Australian Peacekeepers. Don't belittle their experience because it has the label of "peacekeeping" because if you were to ask a veteran about it, I'm sure they would want to explain what happened, but probably can't. But just know, the Rwandan Peacekeeping Mission - was anything but peaceful.

In 1995, the Oklahoma bombing occurred and in the mainstream media the story was everywhere, but at the same time the Rwandan Genocide was occurring and no one knew.

Our aim of writing this and asking you to share is so that it will pay respects to the Rwandan people and also to all of those Peacekeepers and their families who are still affected.

Never to be hidden from the newsfeed again.







THE DABSTER STORY

by Bill Maconachie

(Dabster means "the best" in Aussie slang of the time. e.g. "a dab hand")

You will have noticed the Catalina anchor display on the eastern wall of the outside dining area of the club at ground level, facing the Cenotaph. The "Black Cat" depicted there, A24-64, PBY5 Catalina of No 43 Squadron RAAF, "The Dabster" has a story to be told of bravery and supreme sacrifice.

On 14 December 1944, the night prior to Allied Forces landing on the shores of Mindoro Island in the Philippines, it had been decided to mine Manila Harbour to contain the Japanese naval forces there, to prevent their interference with the invasion. In a maximum effort, all four RAAF Catalina Squadrons, No's 11, 20, 42 and 43 ferried twenty-four aircraft from various locations,

including six from Rathmines NSW, Darwin and Melville Island to Jinamoc Island on Leyete.

Between 50 and 60 magnetic, aerial sea mines of 1650 and 1300kg were dropped into Manila Harbour on the operation. The drops were carried out from 200 to 400 feet ASL at night, with all aircraft returning safely, except A24-64. Evidence suggests that the pilot may have attempted to exit though the northern channel, passing closer to Bataan Peninsula to avoid Corregidor. In doing so, the aircraft is likely to have passed within 1,000 metres of anti-aircraft guns along the point road, which engaged "The Dabster" with tragic results. This could explain the flash or explosion observed in the area and it is highly probable that the aircraft crashed into the sea after being struck by Japanese anti-aircraft fire. To this day, neither A24-64 nor her nine crew have ever been found and the crew, still listed as MIA/KIA was composed of:

Flt Lt H. Roberts, RAAF 406368
Pilot (Captain) Flt Lt F.W. Silvester, RAAF 411054
Co-Pilot Flt Lt J.A.Cox, RAAF 411867
Flg Off R.C. Barbour, RAAF 419949
Flg Off R.H. Bradstreet, RAAF 406824
FSgt D.J. Albert, RAAF 37077
Sgt J.R. Robinson. RAAF 37766
Sgt J.C. MacDonald, RAAF 15582
Sgt H.S. Stanley, RAAF 82777

On 24 April 2015, the governments of Australia and the Philippines dedicated a memorial to the lost crew of "The Dabster" near Mariveles, Bataan, close to where it is believed the aircraft was shot down.

LEST WE FORGET

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:

Caring for our Defence Family.

When you join the Sub Branch you get:

- FREE Cairns RSL social club membership 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
- Invitations to attend meetings and have your say on the future of the RSL and our Sub Branch
- Eligibility for election on the Sub Branch Board of Directors
- Find out first about what's going on in our Sub Branch 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





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

MEMBERSHIP APPLICATION FORM

PERSONAL DETAILS (required)		REFERRAL How did you hear about RSL QLD?	
Title (Mr/Mrs/Miss):	Post Nominals:	Friend/Family RSL Event RSL Member	
First Name:	Middle Name:	Google Other	
Surname:	Preferred Name:	PREVIOUS MEMBERSHIP	
Country of Birth:	Gender: Male Female	I have previously been a member of the RSL.	
DOB:	Maiden Name:	Member Number:	
Address:		Sub Branch:	
		Date joined: State:	
Suburb:	Postcode:	MEMBERSHIP	
State:	Country:	I apply to be admitted as a member of:	
Phone:	Mobile:		
Email:		SERVICE MEMBERSHIP (pick one)	
POSTAL ADDRESS		Annual Fee \$20	
Same as above address		Annual Fee (Currently Serving) \$0	
Address:		Life Subscriber (18 - 39 yrs) \$300	
		Life Subscriber (40 - 44 yrs) \$260	
Suburb:	Postcode:	Life Subscriber (45 - 49 yrs) \$220	
State:	Country:	Life Subscriber (50 - 54 yrs) \$180	
NEXT OF KIN		Life Subscriber (55 - 59 yrs) \$140	
		Life Subscriber (60 - 64 yrs) \$120	
First Name:	Surname:	Life Subscriber (65+ yrs) \$100	
Relationship:	Phone:	CITIZEN'S AUXILIARY	
Address:		Joining Fee \$5	
	la : .	Badge (optional) \$5	
Suburb:	Postcode:	Junior (12 - 18 yrs) \$0	
State:	Country:	WOMEN'S AUXILIARY	
SERVICE HISTORY (required for Service Membership)		Joining Fee \$\bigs\square\$\$ \$5	
Branch of Service: Army Na	vy Air Force	Badge (optional) \$5	
Allied Ot	her	NON-LEAGUE	
Service Number:	Length of Service:	Social Member (see Sub Branch for fee amt.)	
Enlistment Date:	Discharge Date:	I DECLARE	
Rank:	Unit:	The information provided is true and correct.	
Currently Serving in QLD?	s No	I agree to the RSL Constitution and its By-Laws.	
ADF members currently serving in QLD are ent	itled to free membership.	I enclose payment for the Membership selected.	
THEATRES OF SERVICE		SIGNATURE:	
World War 2 BCOF Japan	n Korea		
Borneo Vietnam	Malayan Emergency		
Gulf War East Timor	Iraq	Privacy:	
Afghanistan Peacekeep	ing	By becoming a Member, you agree to us collecting, storing, using, and protecting personal information in accordance with	
Solomon Islands Other		our Privacy Statement available at www.rslqld.org . Our Privacy Statement includes additional information about how we protect and manage personal information.	
OFFICE USE ONLY Sub Branch Secretary/ I hereby confirm the Proof of Membership eligibility	Membership Officers are to ensure this form is completed i has been sighted and the applicant qualifies in accordance v	n full. vith RSL (Queensland Branch) rules.	
Date: R	eceipt Number:	Signature:	
Sub Branch: N	ame:		

CALENDAR OF EVENTS

For more information on events visit www.crslsb.org.au or our Facebook page @cairnsrslsubbranch

Board Meetings

27 August
24 September
22 October
26 November
17 December

18 August

Vietnam Veterans' Day Cairns Cenotaph

21 September

Annual Mess Dinner
Theme:
Peacekeepers and
Peacemakers



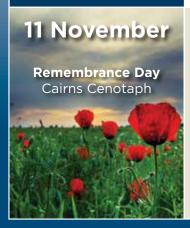
29 September

Quarterly General Meeting Cairns RSL



1 November

Veterans' Health Week Wellness Expo Esplanade, Cairns



15 December

Quarterly General
Meeting
Cairns RSL



