

SIT O REP

Your Defence Community Magazine

SEPTEMBER/OCTOBER 2018



The price of liberty is eternal vigilance



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COVER:

Cairns processions at the end of First World War 1918.
Images from Cairns Historical Society



PRESIDENT'S REPORT

I am very pleased to present my report for this very special Armistice Centenary year. This year, churches and other organisations in communities across the world are ringing the bells to commemorate Armistice Day in 1918 and celebrate the bringing of peace. On 11 November 1918, bells were rung across the world at 11am to declare that the First World War was over and that people could now work to achieve peace. The Cairns RSL Sub-Branch will be working in partnership with churches in Cairns to ensure that the ringing of the bells will become a permanent feature of Remembrance Day each year.

We have strengthened our partnerships with RSL Queensland, Far Northern District RSL, Edge Hill/ Cairns West Sub-Branch and Cairns RSL Ex-Service Women's Sub-Branch and Cairns Regional Council to present a number of very special once-in-a-100-year events. The **Armistice Centenary Family Weekend** will be a free community event in which the whole family can participate. The children of Cairns will have the opportunity to have fun whilst actively learning about the service and sacrifice of many Australians who brought an end to the Great War of 1914-1918. **The Great War Treasure Hunt** offers children of all ages the opportunity to receive valuable limited edition collectors' items, commemorating the signing of the Armistice that officially ended the First World War. They will receive a mission passport which contains clues to follow as they make their way along the Esplanade, having their passport stamped on their way to the Cenotaph. At each stop, every child with a passport will receive a full-size colour First World War Recruitment Poster—there are eight posters to add to their Commemorative Collection. Upon completing **The Great War Treasure Hunt**, the children will also receive a once-off collector's **Great War Digger Pack** full of Centenary Memorabilia. There are only 1,272 **Great War Digger**

Packs available, making them a rare collector's item. **The Great War Digger Packs** represents the 1,272 men and women from Far North Queensland who fought in the First World War. Inside the packs are white wooden memorial crosses for the children to decorate and respectfully place on the Esplanade in memory of the men and women who fought for our country and way of life.

The **Armistice Centenary Dinner** for 150 guests, will be a very special event held at the 1918-themed RSL Club. The **Armistice Centenary Remembrance Day Service** will be held at the newly renovated Cenotaph with the support of HMAS Cairns, 51st Battalion and local Cadet Units. There will be a guard of honour to mark the occasion followed by an **Armistice Centenary High Tea** on the Esplanade. A very special recognition to the wonderful Manunda Library volunteers who spent countless hours creating the crocheted a poppy wall that is on display in the Sub-Branch Museum. This is a significant tribute to the local men and women who fought for us, our freedom and our way of life today. Wonderful initiatives like these are proof that the Anzac spirit lives on in all of us.

I attended the Veterans' Health Week organised by Rebecca, our Marketing Coordinator, and was pleased to see over 200 people attend and involve themselves in the health and nutrition exhibits. DVA assisted with funding the event sending a photographer to record it for a national audience. The Sub-Branch welcomes the Council's redevelopment upgrade of the Cenotaph, however we are also continuing to lobby for ongoing expansion of the Cenotaph area for establishing memorials that recognise previous conflicts and peacekeeping forces.

Edmund (Buster) Todd
President
Cairns RSL Sub-Branch



SECRETARY'S REPORT

The Sub-Branch continues to go from strength to strength in all areas of its commitment to Caring For Our Defence Family. Significant developments of events and programs have been coordinated by Rebecca, our Marketing/Events Coordinator, over the last few months.

Many of our members know how dedicated and committed Rebecca is as she ensures nothing but the highest standards for events held in the name of the Cairns RSL Sub-Branch. With funding from RSL Queensland, RSL Far Northern District, Edge Hill/Cairns West RSL Sub-Branch, DVA and Cairns RSL Sub-Branch, Rebecca has been planning and delivering: Vietnam Veterans' Day, Veterans' Health Week, the Museum Monthly Mess, First World War Treasure Hunt, The Great War Digger Pack, Armistice Centenary Documentary, Armistice Centenary Dinner, The Spirit of Anzac Poetry Competition, Remembrance Day Commemorative Service and the Armistice Art Exhibition.

The Kokoda Hall Museum crew have been equally busy ensuring that the quality of the museum displays is of world standard—the visitors' book reflects that the word is getting out. Towards the

end of the year, the crew are planning a revamp of the displays and adding new ones. This is a milestone for the museum as the revamp is sure to gain much public and media attention. The Sub-Branch is certainly very blessed to have such a skilled and capable crew.

There is much behind the scenes work being undertaken to strengthen our governance processes and standards in line with member expectations and those required by the ACNC. The Board is cognisant of the need to ensure that the Cairns RSL Sub-Branch meets the high financial, operations and governance standards that each and every member expects, and that the physical, financial and human resource assets of the Sub-Branch are protected. I am so very proud to be part of this wonderful organisation that openly and genuinely 'Cares For Our Defence Family'.

Mal McCullough
Secretary
Cairns RSL Sub-Branch



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EXERCISE PHYSIOLOGY SERVICES NOW AVAILABLE

Cairns Total Physio now offers Exercise Physiology services to the public! Simon Spinks is an Accredited Exercise Physiologist (AEP), who specialises in the delivery of exercise for the prevention and management of injury and long standing health conditions.

<p>Why see an Accredited Exercise Physiologist?</p> <ul style="list-style-type: none"> • FURTHER ENHANCE physical performance and reduce risk of injury • REDUCE the pain and increase movement of those with osteoarthritis • IMPROVE recovery rates after different types of surgeries • REDUCE the amount of fatal heart attacks by up to 50% • HELP you recover from cancer treatment quicker • IMPROVE the breathing of those with lung disease by up to 70% • REDUCE the risk of type 2 diabetes by almost 60% • HELP combat depression and the effects of medication 	<p>What makes Accredited Exercise Physiologists different to other exercise professionals?</p> <ul style="list-style-type: none"> They are university qualified They undertake strict accreditation requirements Eligible with Medicare, DVA, Work Cover and most Private Health Providers They can treat and work with all types of people, from athletes to the elderly AEPs have the skills and experience to prescribe exercise for chronic disease and injury
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ONLINE BOOKING AVAILABLE 24/7

WESTCOURT 268 Gattton St, Westcourt | P: 07 4051 3252 | F: 07 4051 3129

MT SHERIDAN 6-8 George Cannon Dr, Mount Sheridan | P: 07 4045 6870 | F: 07 4045 1022

REDLYNCH Redlynch Medical Centre, Larsen Rd | P: 07 4051 3252 | F: 07 4051 3129

MAREEBA Essential Fitness, 117 Mason St | P: 07 4051 3252 | F: 07 4051 3129

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NEWS Briefs

August – November 2018

A poster for the Armistice Centenary Family Weekend. The background features a sepia-toned map of Australia with a large, ornate compass rose in the upper right corner. In the center, three black and white portraits of World War I soldiers in uniform are displayed. The text 'ARMISTICE CENTENARY' is at the top in white, and 'FAMILY WEEKEND' is in large, bold, red letters. Below this, the dates 'Saturday 3 & Sunday 4 November 9:00am - 1:00pm' are written in red. At the bottom, the title 'First World War Treasure Hunt & Great War Digger Pack' is in black, followed by a description of the event starting at the Pirate Ship and ending at the Cairns Cenotaph. A red poppy is on the left, and a police crest is on the right. The bottom banner reads 'CENTENARY OF ARMISTICE 1918-2018' in white on a black background.

ARMISTICE CENTENARY
FAMILY WEEKEND
Saturday 3 & Sunday 4 November 9:00am - 1:00pm

First World War Treasure Hunt & Great War Digger Pack
Starting on the Northern end of Cairns Esplanade at the Pirate Ship and ending at the Cairns Cenotaph
Plenty of activities and prizes for children to commemorate the signing of the Armistice ending the First World War

CENTENARY OF ARMISTICE 1918-2018

ARMISTICE CENTENARY FAMILY WEEKEND

After 100 years, the **Armistice Centenary Family Weekend** is finally here – a **free** community event where the whole family can participate. It will run from at 9am to 1pm on both Saturday 3 and Sunday 4 November on the Esplanade at the Pirate Ship. The children of Cairns will have the opportunity to have fun whilst actively learning about the service and sacrifice of many Australians to bring an end to the Great War of 1914-1918.

The Great War Treasure Hunt offers children of all ages the opportunity to receive valuable limited-edition collectors' items, commemorating the signing of the Armistice that officially ended the First World War. They will receive a mission passport which contains clues they must follow as they make their way along the Esplanade, having their passport stamped as they reach the Cenotaph. At each stop along the way a child with a passport will receive a full size colour First World War Recruitment Poster; there are eight posters to add to their Commemorative Collection.

Upon completing **The Great War Treasure Hunt** the children will also receive a once-only collector's **Great War Digger Pack**, full of Centenary memorabilia. It is important to remember that there are only 1,272 **Great War Digger Packs** available, making them a rare collector's item. The **Great War Digger Packs** represent the 1,272 men and women from Far North Queensland who fought in the First World War. Inside the packs are white wooden memorial crosses for the children to decorate and respectfully place on the Esplanade in memory of the men and women who fought for our country and way of life.

Of course, there will also be loads of fun with a free jumping castle and face painting.

If you have a story to contribute for the News Brief please contact Rebecca
marketing@cairnsrslsubbranch.com.au

ARMISTICE CENTENARY DINNER

You are invited to join us

SATURDAY 10 NOVEMBER 2018
5.30PM - 10PM

Cairns RSL Club, 115 Esplanade, Cairns

Tickets are \$30 per person

Includes canapes and drinks, 2 course meal and selected wines

RSVP TO CAMERON BY **FRIDAY 2ND NOVEMBER 2018** ADMIN@CRSLB.ORG.AU OR 4051 5254

THEME: 1918 DRESS CODE: 1918s style or smart casual



INTERNATIONAL MEN'S DAY

CELEBRATING POSITIVE MALE ROLE MODELS

FEATURES AT THE EVENT

TUG-OF-WAR

PRIZES

MEGA JENGA

MEGA CONNECT FOUR

GOOD OLD FASHION BBQ

DATE: SUNDAY 18TH NOVEMBER 2018

TIME: 11:00 - 15:00

VENUE: SALT HOUSE

COST: \$5.00 PER ADULT (KIDS FREE) -
includes beer/wine on arrival & BBQ

DRESS CODE: CASUAL

TO PURCHASE TICKETS CALL THE CAIRNS RSL SUB-BRANCH 4051 5254



ARMISTICE CENTENARY DINNER

In partnership with RSL Queensland, Far Northern District RSL, Edge Hill/Cairns West and Ex Service Women's Sub-Branch we would like to extend an invitation to attend a once-in-a-lifetime event to commemorate 100 years since the end of the First World War. The night will include canapés and drinks on arrival followed by a two-course dinner and selected wines.

Tickets are available at the Cairns RSL Sub-Branch at \$30pp. Phone 4051 5254 or email admin@crslsb.org.au

INTERNATIONAL MEN'S DAY

The Cairns RSL Sub-Branch will be hosting a BBQ and beers event in celebration of all the positive male role models in our community. There will be tug-of-war teams of up to eight people with small prizes to be won! There will also be mega Jenga and mega Connect Four games to be played with your mates.

Date: Sunday 18 November

Time: 11am-3pm

Location: Salt House

Cost: \$5 per adult (kids free)

Ticket includes:

1 x beer/house wine

2 x sausages on bread

Complementary entry into the games

RSVP to by 14 November 2018.

Cameron Vonarx 4051 5254 or
admin@crslsb.org.au



John Lay and Katherine Young present cheque to HMAS Cairns Poordrive team

24HR LEMON CAR RALLY

The Cairns RSL Sub-Branch in partnership with RSL Queensland sponsored the Poordrive Racing NAVY HMAS Cairns Poordrive Team who competed in this year's *24 Hours of Lemons OZ* on the 21 and 22 September.

The Poordrive team is comprised of five men and women from HMAS Cairns – POMT Ryan Schweitzer, LSMT John Cannan, ABMT Dean Ross, ABMT Guy Morning, and SMNMT Nicole Soltau.

ARMISTICE CENTENARY POPPY DISPLAY

More than 100 volunteers have been tirelessly crocheting poppies for the past 18 months as part of the Armistice Centenary Commemorations. They have kindly donated over 800 poppies that are on display at the Cairns RSL Sub Branch until the end of November. We encourage people to come and view the Poppy Wall, take photos and share your visit on Facebook and Instagram using the hashtag #HonourTheirSpirit



*Poppy Wall launch.
Photo: Sharnie Kim (ABC Far North)*

CAIRNS RSL SUB-BRANCH HOSTED A FAREWELL FOR ROAD CREW ON MISSION OF RESILIENCE

On Friday 24 August, the Cairns RSL Sub-Branch farewelled local radio presenter Fee Mc and the Rogues Resilience Outback Campfire Run Crew as they prepared for their 4,200km journey and mission of resilience.

Local radio personality and presenter of 'Campfire Sessions with Fee Mc' on Coast FM 101.9 Cairns, Fee Mc travelled to Brisbane to support her brother

and Ultra-Marathon runner Wayne McMurtrie when he ran from Brisbane to Winton. Wayne served in the Australian Army for 17 years.

"We are taking this journey to create a conversation that breaks down the negative stigma that is often associated with mental health issues in the serving, ex-serving community and civilian world. It is something that you don't understand until it affects you as a lover, a wife, a sister, a mother, a brother, a son or a father," says Fee Mc.



Cairns RSL Sub-Branch hosted a farewell for road crew on mission of resilience

KOKODA HALL MUSEUM | REPORT

Bill Maconachie — Curator

It is believed the *Krait* holds the wartime record for the longest period (33 days) in enemy waters without detection, and has gone down as perhaps the greatest sea raid of World War II; a raid so extraordinary it produced many examples of brave eccentric virtuosity.

Cairns Commemorates one of the greatest raids in military history

On Thursday 26 September 2018, in commemoration of the 75th Anniversary of *Operation Jaywick*, Bill Maconachie (curator of the Kokoda Hall Museum) and with Mrs Estelle Dan, (wife of Sgt Thomas Dan who trained with the 'Z' Force commandos), unveiled our new model of M.V. *Krait*. The 1m long boat was built by local trawler modeller Neville Wicks from drawings that Bill Maconachie obtained from the National Maritime Museum some years ago.

Krait now has pride of place at the entrance of our Kokoda Hall Museum in the Cairns RSL on the Esplanade, where she sailed by on her way to Exmouth and *Operation Jaywick* on Monday 9 August 1943. We also have a model Folboat—presumably of the type used in this operation—a pop-up exhibition depicting the men of *Operation Jaywick* and 'M' and 'Z' Special Units, and the *House on the Hill*.

In August 1943, 14 men from Australia's 'Z' Force Special Unit sailed the 21m Japanese vessel, *Krait*, from Cairns to Exmouth in Western Australia before completing an over 9,000km round trip to Singapore in 48 days.

Perfectly disguised as a local fishing vessel, the *Krait* sailed boldly into Japanese-occupied waters where six of the men paddled into the harbour and placed limpet mines on several Japanese ships. This resulted in the sinking or badly disabling of seven ships in Singapore Harbour, causing between 36,843 and 39,111 tonnes of shipping damage, thus impeding the advance of the Japanese forces into the South-West pacific area. The enemy searched for the saboteurs, but never found them. All 14 men returned safely.

It is believed the *Krait* holds the wartime record for the longest period (33 days) in enemy waters without detection, and has gone down as perhaps the greatest sea raid of the Second World War—a raid so extraordinary it produced many examples





House on the Hill

of brave eccentric virtuosity.

Why is this anniversary of great significance for Cairns?

During the Second World War, the Allied Intelligence Bureau (AIB) made Fairview Farm House in Cairns, the base training facility for the 'Z' Special Unit. The unit comprised of Australian, British, American and Dutch Intelligence services.

Due to its secretive nature the home became known as the *House on The Hill*. The house hosted training programs for *Operation Jaywick* which included demolition and explosives, unarmed combat, signals, map reading, weapons and physical training aspects.

Most of the operations carried out by this unit were of a top secret nature. Those participating were only briefed with the details relative to their own part in the exercise. This was so that in the event of their capture, any information extracted from them would have little or no effect on the ultimate outcome of the mission. It was also a safeguard for other members engaged in that operation.

The *House on the Hill* was used by 'Z' Special Unit between 1942 and 1944 as a training base.

House on the Hill

The Australian Military Forces requisitioned Fairview House (owned by the Kingsford family) early in the Second World War for use as an Experimental Station for the Cairns based 'Z' Special Unit. This house is now located at Munro Terrace off Kingsford Street, Mooroolbool overlooking Trinity Inlet. It was previously known as Ah Ching's Hill. Fairview Farm was leased by the Royal Australian Navy for £1 per month.

The *House on the Hill* was used by 'Z' Special Unit between 1942 and 1944 as a training base to launch many Commando-type operations behind Japanese lines in the South West Pacific theatre. Many of those operatives failed to return.

One of the early activities was *Operation Jaywick*, which departed Cairns late on the evening of Monday 9 August 1943 on board a decrepit 21m former Japanese fishing boat, M.V. *Krait*. The 14 men on board (four soldiers, 10 sailors, four British, 10 Australians) of which eight were canoeists, had trained on the Barron River and Northern Beaches. Their voyage was to take them 3,840kms to Singapore via Exmouth Gulf WA to raid shipping with limpet mines—seven of which were sunk or damaged. After 33 days in enemy waters, undetected, they all returned to Australia safely.

In the early 1960s the *House on the Hill* became a restaurant and is now an apartment complex.

Over the past few months we have had the honour of hosting the following visitors and functions in our museum.



Rona Shute

Rona Shute

The founder of War Widows Cairns.



Rona Shute

Ann Salisbury

Ann Salisbury, daughter of Harry Dalziel, toured Far North Queensland in commemoration of the Centenary of Harry being awarded the Victoria Cross. 4 July 2018 marked 100 years since Harry Dalziel was awarded the Victoria Cross.



Ann Salisbury.
Inset: Harry Dalziel

CITATION: For most conspicuous bravery and devotion to duty when in action with a Lewis gun section. His company met with determined resistance from a point which was strongly garrisoned, manned by numerous machine guns and undamaged by our artillery fire, and was also protected by strong wire entanglements. A heavy concentration of machine-gun fire caused many casualties, and held up our advance. His Lewis gun came into action and silenced enemy guns in one direction, after which an enemy gun opened fire from another direction. Private Dalziel charged at it with his revolver, and killed or captured the entire crew and gun, thus allowing our advance



Ann Salisbury at the Mareeba IGA "Wall of Murals" – one of which features Harry Dalziel VC.

to continue. He was severely wounded in the hand, but carried on and took part in the capture of the final objective. He twice traversed open ground under heavy enemy artillery and machine-gun fire to secure ammunition, and though suffering from considerable blood loss, he filled magazines and served his gun until severely wounded in the head. His magnificent bravery and devotion to duty was an inspiring example to all his comrades, and his dash and unselfish courage at a critical time undoubtedly saved many lives, and turned what might have been a serious check into a splendid success. (London Gazette: 17th August 1918.)

Dalziel's actions occurred during the Battle of Hamel when the 15th Battalion was given the task of capturing a position known as Pear Trench.

EX-SERVICE ORGANISATION REPORTS



*President Treasurer Secretary and Vice President
Malanda RSL Sub-Branch with Phil English,
Henry Tranter and Gordon Wallace*

MALANDA RSL SUB-BRANCH

RATS Unveiling

With permission from Phil English OAM, President of Malanda RSL Sub-Branch, below is the speech from the unveiling:

"Mayor Counsellor Paronella, Councillor Anthony Ball, RSL Queensland President Tony Ferris, Far Northern District RSL President Peter Sterling, Bruce Muller representing the Descendants of the RATS of Tobruk Queensland, invited guests, Members of the RSL, ladies and gentlemen, thank you all for coming to this unveiling event for the RATS of Tobruk Fireplace Heart Mosaic.

Firstly, and most importantly, I would like to welcome the two RATS of Tobruk who are with us today - Mr Henry Tranter and Mr Gordon Wallace. While Mr Tranter lives here on the Tablelands, Mr Wallace has made the long journey from the south of our State. It is an honour to have you here.

I would also like to extend a welcome to any descendants of the RATS of Tobruk who are attending this morning.

Australia entered World War II on 3 September, 1939, after our government's acceptance of the United Kingdom's declaration of war on Nazi Germany. Following attacks on Allied countries, the Australian government later declared war on other members of the Axis powers and Empire of Japan.

By the end of the war, almost one million Australians had served in the armed forces whose military units fought primarily in the European theatre, the North African campaign and the South

West Pacific theatre.

Australia's casualties from enemy action during the war were enormous with tens of thousands killed or wounded. Countless others came home with what we now refer to as PTSD - Post Traumatic Stress Disorder.

The deserts of North Africa were an important battleground in World War II. Controlling North Africa would have given hostile enemy forces a base from which to attack occupied Europe across the Mediterranean.

Tobruk, a town on the Libyan Coast, was highly valued for its harbour and had been originally captured by the Australian Imperial Force 6 Division in January 1941.

By April of that year, the 6th Division had been withdrawn and sent on to Greece, and the garrison at Tobruk, commanded by Lieutenant General Leslie Morshead, then consisted of the 9th Australian Division (20th, 24th, and 26th Brigades), the 18th Brigade of the 7th Australian Division, four regiments of British artillery, Polish Independent Carpathian Rifle Brigade, and 3rd Indian Motor Brigade.

The 9th Division, contributing the bulk of the troops to the ongoing siege of Tobruk, was the fourth Australian Infantry Division raised in England in 1940. It initially consisted of two infantry brigades which had been formed in Australia and then dispatched to Britain. By 1941, the 9th Division had been sent to join the fighting in the Western Desert.

The first engagement had occurred on 10 April



Phil English, Tony Ferris and Henry Tranter

when an Axis force approached the port from the west but was repelled. The following day, Tobruk was effectively placed under siege when the German forces cut the supply road to its east, encircling the Allied garrison. Germany's General Rommel was in command of the enemy forces and his Afrika Korps had, until this time, never been defeated.

On 13 April, the first major battle came when Rommel launched an attack against the 20th Brigade west of the El Adem road outside of Tobruk. This attack was beaten off—although that night a force of Germans with mortars and machine guns managed to break through the defences only to be counterattacked by a small group of Australians, including John Edmondson, armed with bayonets and grenades. For his part in the attack, Edmondson was posthumously awarded the Victoria Cross, the first of six which were bestowed upon members of the 9th Division during World War II.

For eight long months at Tobruk, 14,000 soldiers—mostly Australian—withstood tank attacks, artillery barrages and daily bombings. They endured the desert's searing heat, the bitterly cold nights and hellish dust storms. They lived in dug-outs, caves and crevasses.

Throughout the conflict, the Axis attackers had at least twice the manpower and had the advantage of strong air support, while the Tobruk garrison had little because of the distance from friendly air bases. This made the supply to the garrison by sea very difficult, with ships having to arrive, unload and depart under the cover of darkness.

During the first phase of the offensive, the RATS were mostly concerned with constructing and reinforcing their defences and observing the enemy. After a few months, patrols were started. These forays outside friendly lines were broken into two categories: reconnaissance and fighting.

Reconnaissance patrols entailed information gathering and the capture and/or field interrogation of an enemy. Later, almost exclusively at night, a fighting patrol would act on viable targets found by operating under the simplest of guidelines — do as much damage as you can without getting caught.

William Joyce, the Nazi broadcaster known as Lord Haw Haw, coined the term 'RATS' for the defenders of Tobruk – but contrary to his intention this slur became a badge of honour for the Diggers and the name RATS of Tobruk has endured.

Upon the request of the Australian War Cabinet, the bulk of the 9th Division was withdrawn from Tobruk in September and October 1941. This was undertaken by boat on two moonless nights with the last of the 9th Division departing Tobruk in December of that year.

The Defence of Tobruk cost the 9th Division 3,164 casualties including 650 killed, 1,597 wounded and 917 captured.

It has been noted that General Rommel—referring to the RATS—stated 'If I had to take hell, I would use the Australians to take it and the New Zealanders to hold it.'

The 9th Division then had a brief period of rest in Palestine before being redeployed to Syria to be responsible for guarding the Turkish-Syrian frontier. The war was still ongoing and there was more to come.

Several major battles occurred around El Alamein between June and November 1942, and were the turning point of the war in North Africa. El Alamein is a town in the North Egypt, 240km north-west of Cairo and only 90 miles from Alexandria. The 9th Division was rushed there and played a major role in stopping the Germans at El Alamein. They stayed in that position until the British offensive started some months later. The battle raged for five days before the 9th division made a break through,



Some members and partners of Malanda RSL Sub-Branch

which lead to the British victory and eventually the defeat of the German army in North Africa.

The 9th Division paid a high price as casualties amounted to 5,000. After the battle, the division returned to Australia, as the threat of a Japanese invasion was looming.

The war weary RATS of Tobruk arrived by sea at Fremantle in February 1943 and welcome home parades were held in all state capitals.

In March 1943, the Division began regrouping on the Atherton Tablelands, near the settlements of Kairi, Danbulla and Barrine to begin jungle warfare training.

Late in 1943, the Division landed near Lae in New Guinea and defeated the Japanese there. They were then rested again on the Tablelands, before being sent to Borneo in 1945, and they were still

obliterated.

One Mess fireplace had a hearth mosaic that was made with a distinctive 'T' standing for Tobruk. The mosaic was no doubt made by some unknown RATS of Tobruk—made to pay tribute to their mates, to the long campaign they so bravely fought in and to leave a reminder to those passing by that RATS of Tobruk had been there, on the Atherton Tablelands preparing to go in to battle for their country.

The mosaic—very badly damaged and broken by erosion and weathering into several pieces—became exposed in the last few years due to extremely low Tinaroo Dam levels. It was inevitable that the dam levels would rise again and the mosaic would then have gone underwater.

It is always a controversial issue as to whether



Phil English, Peter Sterling, Henry Tranter, Gordon Wallace, Tony Ferris and Scott Harper

there when the war ended. During the last battles in Borneo, they suffered 900 casualties.

For the RATS of Tobruk, their time in the green Atherton Tablelands would have been a much-needed respite from the desert and constant bombardments.

They were welcomed by locals and the kindness and hospitality shown to them was greatly appreciated, though of course, for many, the new environment had its own drawbacks, stinging trees being not the least of them.

Various field Messes were established at training camps on the Tablelands. With a Mess usually comes a kitchen and fireplace with a hearth.

Of course, at war's end, many of the building materials and associated artefacts were left behind. Once the Tinaroo Dam was completed in 1958 much of the remains of the training camps went under water.

As dam levels have risen and fallen these remains have been subject to environmental deterioration, and while many visitors and residents alike have been able at times to view the remains, there comes a point when much of the remaining artefacts and infrastructure degrades and turns into rubble, with evidence of their existence

to relocate historical items but in this case it was absolutely certain that salvaging the mosaic was crucial.

It is fortunate that the van-Vegchel family—Brenda, John and their son John, currently serving with 5 aviation Regiment—planned and completed the rescue of the mosaic from certain disintegration.

With a history of other family members who have served in both World Wars in a range of theatres of war and with a son-in-law also serving, the family has a genuine interest in Australia's proud military history and the preservation of historical stories, memorabilia and artefacts.

Through contact and correspondence by Sgt John van-Vegchel, the Australian War Memorial recognised the mosaic as an artefact of national significance.

Assisted along the way by the Malanda RSL Sub-Branch who liaised with and obtained full permission and support of the Traditional Custodians, the Gambir Yidinji Cultural Heritage and Protection Aboriginal Corporation, the rescue mission, involving Brenda and John van-Vegchel and Mr Jai Joseph, the Corporation's Co-ordinator, took place on Australia Day 2018 – just before the overdue wet set in. Heavy rain did begin soon afterwards and by March 2018 the dam level had

risen quickly from 32% to almost full capacity. I would like to thank the van-Vegchel family for their commitment to saving and preserving the mosaic.

With an Anzac Centenary grant from the Queensland Government, obtained by the Malanda RSL Sub-Branch, members of the Malanda Men's Shed spent many hours making a special cabinet for the display of the mosaic. They have done a marvellous job. It will be on view at the Malanda RSL and Citizens Memorial Club for the foreseeable future. The Australian War Memorial will take custodianship if and when the need arises.

Lieutenant-General Leslie Morshead, the General who commanded the 9th Division at Tobruk, summed up the importance of Tobruk when he said "Had there been no Tobruk, we would have lost Egypt and would have been driven from the Middle East."

The RATS of Tobruk in their defence of the harbour

city of Tobruk against the Afrika Korps' armoured division, is not only the stuff of Australian legend, it was one of the great battles of the Second World War against the might of General Rommel and his Panzers. The Australians relied on one factor in particular to give them the necessary strength against the enemy – it was mateship.

The RATS of Tobruk at Tobruk inflicted the first defeat of the German Army in a land battle in the Second World War. It lifted the morale of the Allied side who realised the Germans could be beaten.

We are here today to show our respects and recognise the RATS of Tobruk. This mosaic is a piece of history that reminds us all of their sacrifice and determination to defeat the enemy. May we and our successors prove worthy of their sacrifice."

P.W. English OAM

President Malanda Sub-Branch RSL



Malanda RSL Sub-Branch Veterans' Health Week

With a grant obtained from the Department of Veterans' Affairs, Veterans' Health Week (theme for this year – Nutrition) was conducted at the Malanda RSL & Citizens Memorial Club on 27 September 2018. Veterans from the Malanda RSL Sub-Branch, Malanda Men's Shed together with family members celebrated and enjoyed a number of activities. A Tri-Service cook-off with the use of Military Rations Packs was hotly contested. A healthy slice competition, fancy-hat dress together with physical and trivia activities completed the day's event.

Special guests and speakers included John Vickary, Strokesafe Ambassador, Beverly Binnie RN who undertook Blood Pressure and Blood Glucose Testing and Deborah Gillespie representing the Tablelands Regional Council. Morning tea and a nutritious luncheon was provided by the club. Special thanks go to staff and manager Ms. Marianne Peagham and organisers Glynn Morice and Fairlie Sandilands. This year's Perpetual Trophy was won by Army although members of the Navy and Air Force remain suspicious of the scoring system.

The Malanda RSL Sub-Branch look forward to Veterans' Health Week 2019.





Avenue of Honour

Members of Patriots Australia Motorcycle Club were back at the Afghanistan Avenue of Honour in Yungaburra to hand over the funds they raised from their charity ride in June. They raised a total of \$5,033. Patriots Cairns chapter president David 'Robbo' Roberts handed over the cheque to the Avenue of Honour committee president, Craig Reedman, at the memorial.

Mr Reedman said "Patriots Australia was the single biggest donor to the Avenue" and he thanked the group for its support.

"It costs about \$16,000 a year to maintain the Avenue," he said. "It's a big job for a small community organisation. The lawn itself costs a lot to maintain."

Mr Reedman said the support from the community was greatly appreciated.

Past president Ray Byrnes said the committee recently arranged for the ironwork to be cleaned and recoated. Patriots Cairns chapter secretary Rick 'Ripcord' Wells said about 100 members took part in the charity ride in June.

"This was not as many as last year" he said "but we will have more next year because we have something special in mind."

Pictured are Afghanistan Avenue of Honour president Craig Reedman (centre) with Patriots Australia Cairns chapter secretary Rick 'Ripcord' Wells and president David 'Robbo' Roberts, plus Mr Reedman with all the Patriots Australia members who ventured up to Yungaburra.



Day Club report

The Cairns RSL Day Club has had a great couple of months with their weekly morning teas, games, monthly raffles and luncheons.

Every Tuesday we all gather at the Farnorha at 9.30am for our games and morning tea. We have become good friends and all look forward to these gatherings.

We had our August monthly lunch at Dunwoody's Hotel which was attended by 36 club members and seven volunteers. It is good to have an outing where we can talk and enjoy a hearty meal.

For our September lunch, we had a delightful meal at the Supremo restaurant on the Pier in support of the Lioness Club of Cairns fundraiser. The Lioness Club conducted a fashion show to raise money for music therapy for people living with dementia in local nursing homes. A large crowd came to enjoy the summer fashions, swimsuits, attire for race cup meetings, fascinators, hats and handbags. There were several raffles with many prizes donated by numerous businesses in the Cairns region.

Our Day Club volunteers work tirelessly so that the members of our Cairns community can enjoy good company and have regular enjoyable outings. They include Ellen, Lyn, Norma, Les, Russell, Wendy and Andrew. Thank you for your amazing efforts and continual support of the Day Club.

If there are any people interested in joining Day Club, please contact Andrew on 0428 434 443.



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:
marketing@cairnsrslsubbranch.com.au



Military Brotherhood Endorsement Day



Military Brotherhood Cairns

Military Brotherhood

The Military Brotherhood Cairns is a group of Veterans on motorbikes who have a common cause to help other Veterans, through working in partnership with local RSL Sub-Branches and other ex-service organisations. Caring for our Veterans at home, in hospital, or just paying a visit to say "G'day" and "How's it going?" is all part of the Military Brotherhood credo.

The Task Is Ours

Military Brotherhood Cairns RSL Sub-Branch Endorsement Day

On Saturday 28 July 2018, the MBMMC Cairns was officially endorsed. A significant amount work, time and effort went into achieving this milestone. Richard 'Manny' Mann, a Queensland State Representative from Military Brotherhood made the trek up north to present the Cairns branch with their endorsement certificate. It is currently on display at the Cairns RSL Sub-Branch.

1st Birthday Celebrations

Saturday 22 September marked our first birthday. Congratulations to the following people who received their service stars:

- Preacher – 2nd year star
- Jughead – 1st year star
- Dingo – 1st year star
- Doc – 1st year star

Coast Runs

The past couple of months the weather has been great, and we've been fortunate to get out on a couple of runs up to the Daintree and down to Cardwell.



First birthday



First birthday



Daintree run



CENTENARY OF ARMISTICE

ARMISTICE CENTENARY FAMILY WEEKEND

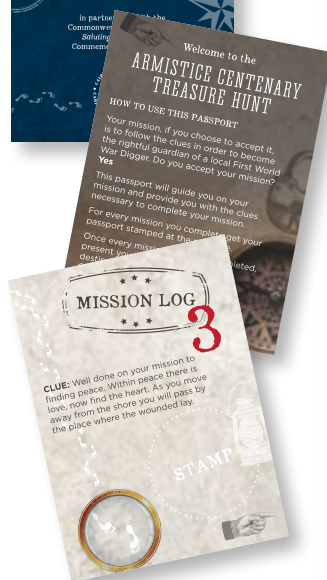
**Saturday 3rd & Sunday 4th November
9am-1pm, Cairns Esplanade**

ARMISTICE CENTENARY DINNER

**Saturday 10th November
5.30pm-10pm, Cairns RSL**

REMEMBRANCE DAY SERVICE

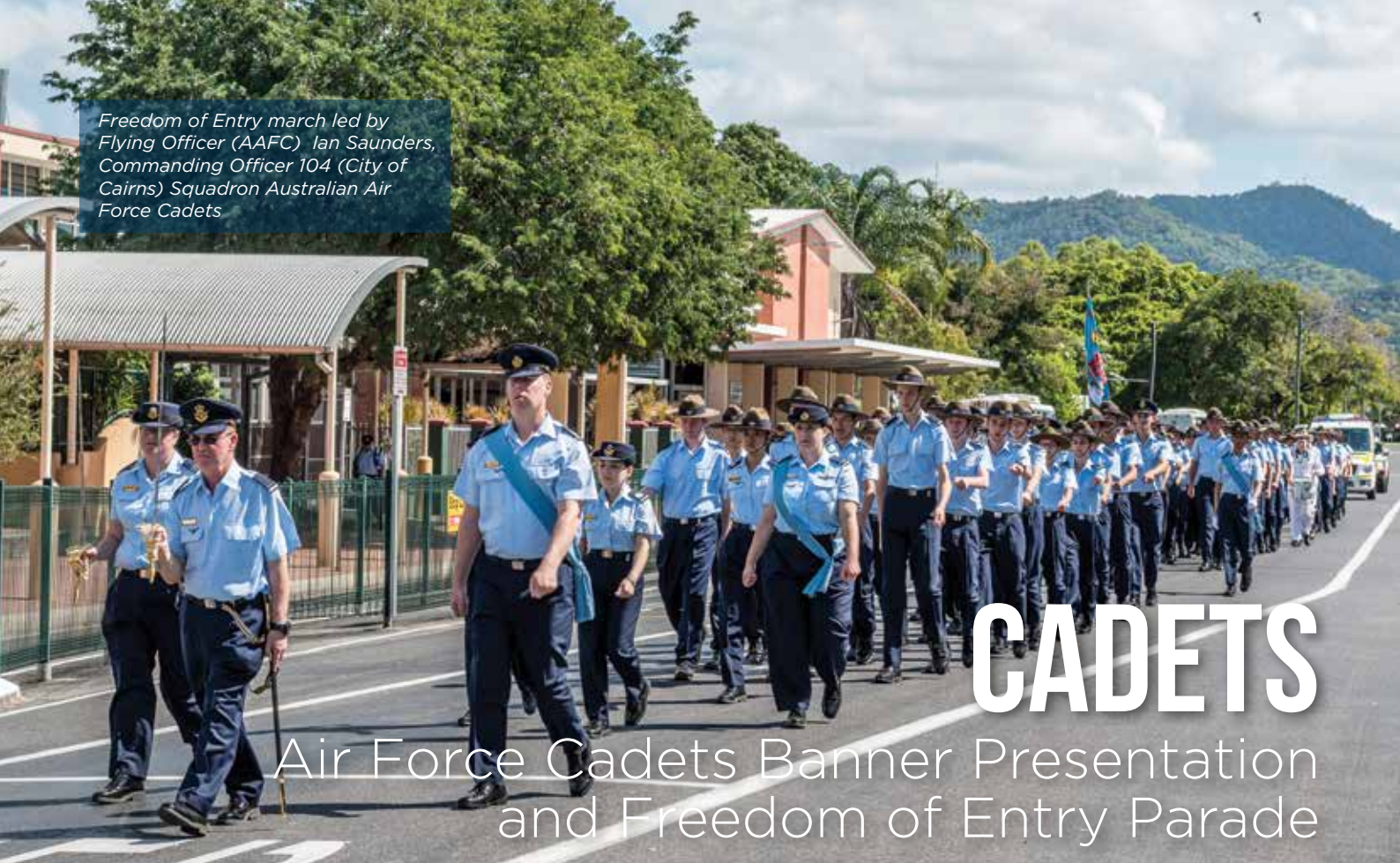
**Sunday 11th November
10.40am-11.10am, Cairns Cenotaph**



Are you a good detective?



Freedom of Entry march led by Flying Officer (AAFC) Ian Saunders, Commanding Officer 104 (City of Cairns) Squadron Australian Air Force Cadets



No 104 (City of Cairns) Squadron Australian Air Force Cadets (AAFC) celebrated an historic milestone on Saturday 4 August when the Squadron received and dedicated its new banner. The Squadron then marched from the Cairns State High School into Grafton Street towards Martin Munroe Park exercising its privilege of Freedom of Entry to the city of Cairns. More than 130 Air Force Cadets participated including members from Mareeba and Innisfail.

The Cairns State High School oval resembled a military parade ground on Saturday 4 August — the unit's 50th anniversary — when No 104 (City of Cairns) Squadron Australian Air Force Cadets retired the original unit banner which had been received on 1 August 2001. It was replaced with a new banner that fulfils the current national Australian Air Force Cadet specifications. The centrepiece depicts a PBY Catalina which has historical significance as these aircraft were operated by the RAAF from the Cairns area during the Second World War.

Following the formation of the parade, the Host Officer, Flying Officer (AAFC) Ian Saunders, Commanding Officer of 104 Squadron welcomed Air Commodore Gary Martin AM, CSC, the Director General Cadets Air Force, to the dais. He was followed by the arrival of the Reviewing Officer Councillor Terry James, Deputy Mayor of the Cairns Regional Council, who was also welcomed by the Host Officer.

The parade proceeded in true military tradition. The new banner was uncased and laid across the piled drums which are symbolic of an altar in front

of the dais on the parade ground. The Banner was formally blessed and dedicated by 1 Wing Australian Air Force Cadets Chaplain Flying Officer (AAFC) Darryl Harris, before being removed from the drums by the Parade Commander Flight Lieutenant (AAFC) Tanya Hastings and passed to the Reviewing Officer. The banner staff was then inserted into the socket of the Banner Bearers belt and the ceremonial continued with the retiring banner which was then formally 'laid up' and retired with due respect.

The ceremonial parade continued following the format laid down for this prestigious event.

Also attending Saturday's ceremony were:

Hon. Warren Entsch MP, Federal Member for Leichardt

Mr Michael Healey MP, State Member for Cairns
Chief Superintendent Brett Schafferius, District Officer, Cairns Police

Group Captain Frank Grigson, Deputy Director General Cadets - Air Force

Group Captain (AAFC) Mark Dorward, Commander, Australian Air Force Cadets

Wing Commander (AAFC) Danny Pieri, Deputy Commander, Australian Air Force Cadets

Wing Commander Alexandra Molachino, Air Force Liaison Officer 1 Wing Australian Air Force Cadets

Mr Peter Stirling, Far North Queensland RSL President

Mr Buster Todd, Cairns RSL President

Mr David Goggin, RAAF Association President



Members of TS Endeavour Australian Navy Cadets drum band provided music for the march



Sergeant (AAFC) Damien Gorell (parade Warrant Officer) presents the scroll granting 104 Squadron Australian Air Force Cadets Freedom of Entry to the city of Cairns to Superintendent Geoff Sheldon (Queensland Police Service)

After a short break, the cadets formed four flights and with swords drawn, drums beating and flags flying, and marched into Grafton Street towards Martin Munroe Park to exercise the privilege of Freedom of Entry to the city of Cairns.

The parade proceeded until commanded to halt by Superintendent Geoff Sheldon of the Queensland Police Service. "Who comes here," was the challenge. The response was the presentation of a scroll granting Freedom of Entry to 104 Squadron for his perusal. Superintendent Sheldon then acknowledged the right and privilege of the officers and airmen of 104 Squadron to pass with the Council's authority.

Compliments were paid to the Mayor of the Cairns Regional Council, Cr Bob Manning, while the parade marched past a saluting dais before returning to the High School for dismissal.

Members of the Cairns unit were supported by cadets and staff from 106 Squadron (Mareeba) and 107 Squadron (Innisfail) for the Banner presentation and Freedom of Entry parade. A drum band comprised of cadets from TS Endeavour Australian Navy Cadets provided music for the ceremonial.

A squadron dinner was held on Saturday night to complete an exciting and memorable day for the members of 104 (City of Cairns) Squadron Australian Air Force Cadets and guests.

Media Contact: Squadron Leader (AAFC) Geoffrey Strange 0459 047 662



Coffee connections

Join Cairns Defence Community Organisation for a coffee!

ADF partners and families of Cairns are invited to join us at our monthly Coffee Connection. Take the opportunity to link up with other families, share experiences, laugh and enjoy meeting new people. Children/prams welcome. Find out about family services that assist with the mobile military lifestyle.

WHERE WHEN

Various locations around Cairns
Friday, 10am, once per month.
To find out when our next Coffee connection is on visit
www.defence.gov.au/dco
or join Cairns DCO Mailing list
dco.cairns@defence.gov.au or 07 4053 9300

Follow Defence Community Organisation to receive updates.

Celebrating Australia and its National Identity
www.defence.gov.au

IN 2017, WE SUPPORTED OUR DEFENCE FAMILY WITH:

219
home & hospital visits



\$3,000+
donated to PARTNER
ORGANISATIONS



Assistance with

460
DVA claims



4,000+
hours completed by a team of

65 dedicated volunteers



FAR NORTH QUEENSLAND'S LARGEST
research project into
YOUNGER VETERANS
and their needs



100+
cases of welfare assistance

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TO ALL
former and current
service men and
women, not just
RSL members

At our
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we have highly
skilled Advocates that
can assist you with
DVA Claims

We have a
WAR MUSEUM
which is open
Monday - Friday
8:30am - 5:00pm
FREE ENTRY

7
OUT OF
8
of our board members
are YOUNGER
VETERANS

FOLLOW US ON @CairnsRSLSubBranch @cairnslsubbranch

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VETERANS' HEALTH WEEK

Every year, the Department of Veterans' Affairs (DVA), designate one week for focusing on Veterans' Health. As a component of the Veterans' Health Week the Cairns RSL Sub-Branch conducted a Wellness Expo for serving and ex-ADF members and their families on the Esplanade at the Muddy's Event Lawn. More than 200 people attended the event throughout the day. They were provided with a broad range of information on nutrition/wellbeing from guest speakers and 18 information stands from a cross section of local service providers, community groups and health and wellbeing businesses, live music performances and a jumping castle and face painting for the kids.

Mitch Smith, leading local dietitian and owner of Health Management, was the first speaker of the day and shared insightful information on ways to make small changes to your daily habits that will improve your overall quality of life. The morning then continued with a presentation from the Department of Veterans' Affairs National Dietetics Adviser Tara Diversi. Tara informed guests about the service and programs available to veterans through DVA.

After this, there was a live cooking demonstration by Elsa Comino from Eat Real Cairns who wowed guests by explaining how easy it is to cook healthy meals on a budget for families.

There was plenty of fun had by everyone! Especially Yuki who won the Wellness Challenge and received a prize pack valued at over \$400 thanks to Cairns Aquarium, Great Adventures - Green Island and Great Barrier Reef Cruises, Kuranda Scenic Railway and Oiled Massage Salon.

All our veterans walked away with giveaway packs valued at over \$30, courtesy of Defence Health, RSL Queensland and Far Northern District RSL



Photos: DVA



VIETNAM VETERANS' DAY

The people of Cairns Community gathered on Saturday 18 August 2018 at the Cenotaph on the Esplanade to pay homage to all the men, women and families involved in the Vietnam War.

This year marked the 50th anniversary of the Battles at Fire Support Bases Coral and Balmoral – Australia's most protracted and bloody engagement of the Vietnam War. Australian Forces confronted members of the North Vietnamese Army in a fierce firefight north-east of Saigon. While it was considered a tactical success, 26 Australians were killed and more than 100 wounded whilst fighting in atrocious conditions.

Air Force Cadets lined the boardwalk whilst Vietnam Veteran and former Cairns RSL Sub-Branch President David Clifton opened the service as Master of Ceremonies. The guest speaker for the Cairns service was Colonel Peter Sibree AM MG (ret.). Colonel Sibree served in the Australian Army for over 45 years and is a Vietnam Veteran. Peter was awarded the Medal of Gallantry for a series of actions that took place in South Vietnam in 1965. His address is published here with his kind permission:

"Australian support for South Vietnam in the early 1960s was in keeping with the policies of other nations to stem the spread of communism in Europe and Asia.

'A red under every bed,' was then a common theme.

Whilst assisting the British during the Malayan Emergency, which went for 13 years and cost Australia 39 Killed in Action (KIA) and 27 Wounded in Action (WIA) Australia and New Zealand Forces gained valuable experience in jungle warfare and counter insurgency. In 1962 the US Secretary of State, Dean Rusk, freely admitted that US armed forces knew little about jungle warfare.

As such, Australia's involvement in the Vietnam War began in 1962 with a small commitment of 30 military advisors of mainly Captains and Warrant Officers with on-the-ground practical jungle and counter insurgency skills.

This group was known as the Australian Army Training Team Vietnam or 'The Team' and went on to incorporate 227 personnel and have the longest tour of duty of any unit in Vietnam of 10 years and four months. The Team was also the most decorated unit with the award of four Victoria Cross, six Military Cross, 15 Military Medals, 22 Imperial awards, 49 Mentioned in dispatches and the US Presidential Citation.

From 1965 to 1970, Australia increased her commitment by increasing our ground forces



*Veterans at Vietnam Veterans' Day
Commemorative service*



Vietnam Veterans' Day at the Cairns Cenotaph

to the equivalent of a Brigade-sized force, plus numerous RMF personnel and aircraft, select in-country RAN helicopter crews and clearance diving teams. At its peak Australia had 7,672 personnel serving in Vietnam.

As David told you earlier, approximately 60,000 Australians served in Vietnam of which sadly we commemorate today the 520 men and one woman who died and over 3,000 who were injured. Of this figure, which includes RAAF and RAN, 200 National servicemen died and 1,279 were wounded. Most of them were the boy next door who had never heard of Vietnam before or during their school years.

Was Vietnam different? Personally, I believe if you were a soldier under fire in either World War, Korea or Vietnam, your war was very personal, and it didn't matter if it was at Gallipoli, on the Western front, at Tobruk, the Kokoda Track, the hills of Korea or Vietnam, what mattered was the realization — 'that bastard's trying to kill me!'

But there were some marked differences. It was a politically controlled war from commitment, to the introduction of National Service and their obligation for the first time in Australia's history to serving in a war zone.

The political involvement, on both sides I must say,

went on to steal today the 18 August as Vietnam Veterans' Day, when in fact it should be the day that D Company 6RAR, and other supporting forces, commemorate the Battle of Long Tan. But it went further, with the eventual Welcome Home Parade and the opening of the Vietnam Forces National Memorial in Canberra on 3 October 1992. And it continues with many who served 12 months in Vietnam wearing more medals and citations than my father's peers who served for four years in North Africa and Kokoda (not to mention POW camps) often returning to two of three medals.

It was also the first war watched by everyday Australians on TV in their living rooms as they enjoyed their evening meal.

In a number of cases, National Servicemen, who didn't want to be called up, but were — then serving with diligence and pride — went home to be abused and even spat on. With no recognition of their commitment even by some elements of the RSL.

But enough. Some good came out of Vietnam. One thing that comes to mind is the study and recognition of Post-Traumatic Stress Disorder or PTSD. Not that long ago we put soldiers before firing squads and shot them for so called cowardice or mental breakdown on the battle field. Now we have a better understanding and

with care, can treat these symptoms—which may occur in the bravest of men and women—and can sometimes return them to a full and healthy life.

Earlier on you would have heard me refer to 520 men and one woman who died in or as a result of Vietnam service. Let me conclude by paying homage to that one woman.

Last year, I had the privilege to attend an activity at the War Memorial in Canberra and whilst there I noticed amongst the 102,000 names displayed on the Honour Roll there was only one woman that appeared under Vietnam, and that was an Australian Nursing Sister.

What my research revealed was that not all heroes wear VCs or other awards, albeit they are deserving. The name I selected was Nursing Sister, Captain Barbara Frances Black, born in Sydney on 3 March 1946. She did her training at Heidelberg Repatriation Hospital, Melbourne, before joining the Army Nursing Service and being posted to Vietnam at the Australian Field Hospital at Vung Tau. Sister Black, by her photographs was a very pretty young lady who had the talents of playing the guitar, folk singing and being able to go lower than anyone under the limbo bar despite wearing grey starched dress uniforms and veil in the heat, mud and the dust of a war zone.

During her time in Vietnam she was diagnosed with Leukaemia which at the time was untreatable in Vietnam, or at home. Because of her valued contribution to her patients, often quietly sitting down and singing to young men who had just

come out of traumatic operations of having limbs removed, at midnight or two or three in the morning, she was not told of her diagnosis—a fact that would not be considered ethical today—but after her return to Australia, months later, she was advised to seek medical advice. After meeting a man who had been hospitalised after his first tour of Vietnam and was just about to return to Vietnam, she fell pregnant. Not wanting to have the man's attention diverted from his task in the jungles of Vietnam, she never revealed to him either her diagnosis or her pregnancy.

Realising the likely outcome of her illness she discovered that benefits in the Veterans' Entitlement Act, that might be available to her child after her death, were not the same as for male veterans. Even though she was very sick and under treatment, she consistently lobbied the Commonwealth Government and the Act was amended. Sister Barbara Black died on 3 March 1971, not long after the birth of her daughter. She was 25 years old.

I trust this example puts a human face to the 521 names we honour today, and to all our 3,000 Vietnam casualties. They are not just not names listed on country Cenotaphs or National Memorials. Lest We Forget."

We would also like to thank the award-winning Edge Hill State School Choir for their magnificent rendition of the Australian National Anthem.



51st Battalion Catafalque party



Fred Van Luyk reciting the Ode



Vietnam Veterans

161 (INDEP) RECCE FLT

Awarded Unit Citation for gallantry for Coral/Balmoral battles



On Sunday 13 May 1968, the extraordinary gallantry displayed by members of the 1st Australia Task Force and associated units deployed to Area of Operations Surfers during the Battle of Fire Support Base Coral and the Battle of Fire Support Base Balmoral, was recognised by the Unit Citation for Gallantry.

The Battles for Fire Support Bases Coral and Balmoral were among the largest and most protracted battles fought by Australians in the Vietnam War.

Our Senior Compensation Advocate, Phil Watson, was a member of 161 Reconnaissance Flight. He did two tours of Vietnam; December 1967 – December 1968 and then February 1971 – March 1972. Towards the end of his tour he was the NCO in charge of maintenance. During the battle of Coral Balmoral, Phil along with other members of 161 squadron, were detached to the area of operations and performed general recon missions, convoy cover and other tasks as required by aircraft observers who were also members of the detachment.

As a result of their involvement in the operation, all detached members of 161 squadron including Phil, have been awarded the Unit Citation for Gallantry.

They took a Bird Dog Cessna 01 and other aircraft up to Phu Loi in support for Fire Support Base Coral. Phil was detached up there for a month maintaining the aircraft and while he was there, flying reconnaissance road convoy cover and other tasks.

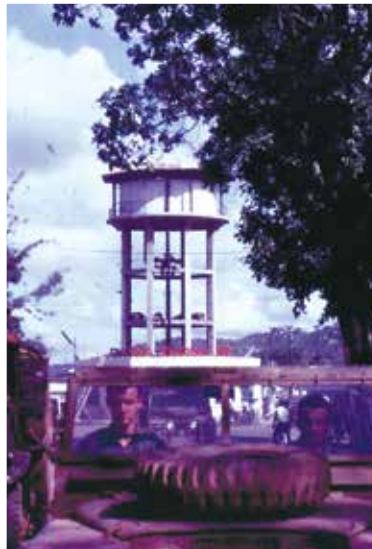
On 23 May, Major George Constable, 161 Commanding Officer, and Cpl Watson were airborne at first light in a Cessna 01 Bird Dog, flying 'road recces' for a convoy moving in the area of operations. Towards the end of the day the

aircraft returned for refuelling and as it was about 1700hrs Cpl Watson requested he be rested before the next flight. The aircraft was refuelled, and the Commanding Officer took off alone and set course for the convoy.

He found the Australian vehicles without difficulty and was flying low just to the front of them when the Bird Dog was engaged and hit by ground fire. The small aircraft immediately crashed near the village of Tan Uyen and caught fire. All that remained of the aircraft were its wing tips and tail section. The rest was molten aluminium.

Unaware of the events that just took place, Phil made his way back to the operations hut (a five minute walk from the refuel station) and they said to Phil "What the bloody hell are you doing here, you're dead!" It was at this moment Phil was informed that the plane he had been flying in all day had been shot down and the Commanding Officer killed in the crash.





Phil Watson

INDIA'S ANZAC COOKIE FUNDRAISER

In loving memory of her late Grandpa

Miss India's famous Anzac cookies

Every year, India makes batches and batches of these cookies and sells them on Anzac Day. The money she raises is donated to the RSL.

Preheat oven to 160°C. Lightly grease 2 oven trays. Place the dry ingredients in a bowl and mix well. Melt the butter and golden syrup in a pan, stirring until dissolved. Add the baking soda and boiling water in a cup. Add to the bowl of dry ingredients and mix well. Press the mixture into small balls (tablespoon size) – and put on the tray. Press lightly with a fork and bake for 20 minutes.

Makes about 28 cookies

2 cups rolled oats
2 cups plain flour
2 cup coconut
2 cups brown sugar
250g butter
4 tablespoons golden syrup
1 teaspoon bicarb (baking soda)
2 tablespoons boiling water



India and her Grandpa

Meet this inspirational young woman who has been raising much needed funds for the Veteran community for the past 10 years! India was inspired by her late Grandpa to put her pocket money towards purchasing ingredients to make Anzac biscuits.

'My grandpa used to watch me baking Anzac cookies with my Mum on Anzac Day. When I was seven years old, he suggested that I sell the cookies to help raise money for the RSL. So, I set up a little stall with a handwritten sign in Palm Cove. To my amazement, every passer-by bought a cookie and I sold out in no time at all!

My Grandpa has since passed away, but he has left me with his legacy of love and respect for the men and women who served or are serving in the Defence Force. Over the past nine years, it has become a tradition for me to bake Anzac cookies on Anzac Day, in order to raise money for the RSL. It has grown from a batch of 24 cookies baked in my kitchen at home, to a batch of 480 biscuits baked in a commercial kitchen! The chefs were laughing good humouredly as I carried out a massive tray piled high with cookies, saying to each other that there was no way I would sell them all! 20 minutes later, I had sold out! No matter how many I've baked, my Anzac cookies sold out within 20 minutes! For the past few years, I have had to take pre-orders!

This year, I organised a group of my classmates to bake Anzac biscuits for a school Business assignment. We had great fun baking biscuits together and sold out in one lunchbreak! Once again, the funds raised went towards supporting the RSL.

I used to take the biscuit money to the RSL Farnorha Nursing Home. As the amount has grown over the years, I now donate the funds directly to the Cairns RSL Club.

by India





Baking day



India



India and her friend selling Anzac cookies



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**All Enquiries
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SUPPORTING VETERANS AND VETERANS' FAMILY BUSINESSES

Most people don't give much thought to who owns a local business. But what if we told you there are a significant number of veteran-owned businesses in our local area? Would it change who you support?

When people shop locally, they are helping our community, and shopping at a veteran-owned business is a way of giving thanks and giving back to those who helped protect our country. Supporting their businesses is one way of saying thank you and giving something back to them that is meaningful.

If you are a veteran and/or a family member of a veteran and would like to be featured, contact Rebecca on 4051 5254 or marketing@crsls.org.au.

OUR HAPPY LIFE - MICHELLE HAYDEN

Growing up in small country towns in NSW, I yearned for a life of adventure, travel and meeting new friends. This all began on the 23 February, 1993 when I enlisted into the Royal Australian Air Force.

After completing Recruit Training at RAAF Base Edinburgh (Salisbury, SA) and my Initial Employment Training at RAAF Base Wagga (NSW), I was posted to RAAF Base Pearce (WA) to begin my employment. I was a little hesitant at first, having never ventured far from the east coast of Australia, however I learned early on that a posting is only ever what you make of it!

After five years in WA, I continued my trek back towards the east coast where I spent three and a half years working at the Australian Defence Force Academy (ADFA, ACT). This is where I met my husband who was in the Army. As co-location was a priority for us, we chose Sydney as our preferred location. We were fortunate enough to remain in Sydney for 11 years with both of us working with multiple Units. I served time with Defence

Force Recruiting (Sydney city and Parramatta), Headquarters Air Command (RAAF Glenbrook), Air Command Band (ACBAND, South Windsor) and lastly multiple Units at RAAF Base Richmond.





I took the leap in 2009 and transitioned to the Air Force Reserves where I was posted directly into the Clerk Instructor position at 22SQN (RAAF Base Richmond). Generally, I worked a few days a week until we moved to Papua New Guinea in January 2013, as my husband was selected for a posting to Lae. As a family we headed off on a new adventure. We spent three eye-opening years in PNG, and I learnt many valuable lessons living in an unfamiliar country—particularly being the only white woman at Igam Barracks. We were fortunate to make lots of wonderful friends and create some unique and amazing memories. I am still in awe of the beauty of that country.

I didn't use too many medications when I was growing up, just the occasional antibiotic for an ear or chest infection. I remember being astonished that my husband would reach for a Panadol for even the slightest headache. I truly disliked the thought of putting chemicals into my body. Unfortunately, information regarding alternative options wasn't as readily available as it is today. If I had a headache my preference was to drink more water or if bad enough, to lie in a dark room, opting to pop a pill only as a last resort.

I started noticing on social media that friends were using essential oils as a natural alternative. This idea excited me. People were using essential oils in myriad ways – for their health, their moods, for non-toxic cleaning, to make their own skin and beauty products and to make their homes smell divine. I kept being drawn back. I realised I was open to finding a business that would allow me to help others and work my own hours around my family. It had to be something that I was aligned with, and ultimately something that resonated with me and my core values.

For those who are unaware, essential oils have been used since ancient times. They are naturally occurring, volatile aromatic compounds found in the seeds, bark, stems, roots, flowers and other parts of plants. When properly extracted they can be used in all areas of life—to increase emotional and physical wellness, in food preparation and health care practices—and they are a safe, natural and powerful option when used correctly.

So without even attending an essential oil class or smelling a single bottle of doTERRA Essential Oil, I decided that I was going to run a business with this wonderful company. This may sound crazy to some, but I trusted my intuition. I just knew in my gut that they would be incredible – after all, they were changing lives naturally and I wanted to be a part of it.

The decision to start with the biggest kit—a Diamond Kit—was easy. I waited with anticipation for my delivery. When it arrived all the way from the US, it weighed 16kg!

Funnily enough, the only regret people say they have when they start with doTERRA, is that they didn't make their first order the Diamond Kit. It basically has all the products, and business-wise, it fast-tracked me and offered additional benefits.

I will never forget the day my Diamond Kit arrived. My 'blokey-bloke' husband, son and I sat around smelling all the beautiful bottles and opening the product boxes – responding with pleasure to the diverse and pure smells.

I knew I was already falling in love with doTERRA. However, the next step for me was to build belief in the essential oils themselves. These pure plant extracts were changing lives.

When I was 21, I was involved in a serious car accident which resulted in part of my bowel being removed. Ever since the surgery I had suffered severe abdominal pain due to adhesions. The best way to describe the pain was as though I was in labour about to give birth.

Strangely enough, I was super excited for my first post-oils bout of tummy discomfort. I needed to see for myself what special powers these gifts of the earth held. I whipped out the DigestZen which is listed as the best support for digestive issues, finally being able to try it out on myself. This essential oil smells like liquorice with spice, sweetness and mint all rolled into one. One single drop of this oil diluted with some Fractionated Coconut Oil rubbed onto my stomach in a clockwise direction did the trick. Within thirty seconds, I had achieved complete relief. It was literally mind blowing!

This simple test was the start of my belief in the abilities of these essential oils. I continued to test them out on my family and friends, with each success, reaffirming that there is an alternate solution.

I feel incredibly privileged to be in partnership with a company that not only includes a holistic approach to health and self-care, but also one that is built on integrity. Their testing process is extensive, and is in place to ensure all essential oils are sent out with the highest regard to purity. They are sourced from where they grow best to ensure ideal natural chemistry resulting in maximum benefits for our health.



Michelle Hayden and Diesel

I'm grateful for the support we are given and how we are taught to build our businesses so that we can create residual income which will allow us a comfortable retirement – an income that can be passed onto our children so that they too can be taken care of. Imagine being able to give back to those in need, or support causes you are passionate about!

Everything about doTERRA is in alignment with my values. I love that doTERRA works to improve lives and communities throughout the world through their Co-Impact Sourcing.

Philanthropic efforts are focused through the doTERRA Healing Hands Foundation which has a mission to bring healing and hope to the world, to free lives of disease and poverty, and ultimately teach disadvantaged people to be self-sufficient.

I'm not a doctor, nor am I making claims that these products are intended to diagnose, treat, cure or prevent any disease. I still believe there are times that modern medicine is required. Essential Oils can be a great addition to this and are able to provide support in a natural way. I am a mum, a wife, an ex-Military member, an ex-Personal Trainer, a daughter, a sister, a friend and a doTERRA Wellness Advocate who is willing to assist others who are open to other possibilities.

Although I have only just touched the surface I have learned so much about essential oils—from the importance of safety, ways to use them and how different oils can support us. I do know from personal experiences and shares from other users that these essential oil-based products do work.

By taking the leap with essential oils, you too can start your own journey to reduce your toxic load and become empowered. I'd love to show you how!

I can be contacted via email at ourhappyliife@live.com.au (use the subject heading 'Essential Oils' to ensure it doesn't get deleted with any junk mail). You can also connect with me on Facebook at Our Happy Life with Michelle Hayden.

Happy oiling!

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 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
- 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

Complete the RSL membership form on the opposite page or download it from 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. 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:	



CENTENARY OF ARMISTICE

ARMISTICE CENTENARY FAMILY WEEKEND

**Saturday 3rd & Sunday 4th November
9am-1pm, Cairns Esplanade**

ARMISTICE CENTENARY DINNER

**Saturday 10th November
5.30pm-10pm, Cairns RSL**

REMEMBRANCE DAY SERVICE

**Sunday 11th November
10.40am-11.10am, Cairns Cenotaph**

**COMMEMORATING 100 YEARS SINCE THE END OF THE FIRST WORLD WAR
1918-2018**



www.cairnsrslsubbranch.com.au