



# THE LISTENING POST

The Official Journal of The Returned & Services League of Australia WA Branch Incorporated

NOVEMBER 2021



## Curtis McGrath: A Journey Sealed With Gold

REMEMBRANCE DAY

FIGHTING PARKINSON'S





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The RSL was founded in 1916 to provide comradeship and support to Australia's Veterans and their families.

That core mission has never changed but has continued to evolve to meet the needs of each generation of servicemen and women.

We have a branch network that covers Australia and any Veteran who needs help will get it - every serving ADF member and Veteran will be warmly welcomed at their local RSL Sub-Branch or club.

We advocate for the best possible conditions for our serving men and women and for those who have served the nation in the past.

We foster respect and thanks from the nation for all those who have made sacrifices in Australia's name and we will provide a strong voice on issues of national unity and security.

## PREVIOUS EDITIONS

Copies of *The Listening Post* are available on our website:

[www.rslwa.org.au](http://www.rslwa.org.au)

## PUBLISHING

Publishing of *The Listening Post*:

Published three times a year with a readership of more than 25,000.

To all Sub-Branch Presidents and Secretaires: Send photographs (IMB plus) and a short article (in a Word document) on special activities at your Sub-Branch to *The Listening Post*.

### Deadline for next edition:

7 April 2022

The preferred method of receiving submissions is by email. Photographs should be attached separately and a minimum of 1 MB. This is our magazine and contributions and letters are welcome.

Address to:

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Army Veteran Curtis McGrath after winning gold in the 200 metre VL3 at the Tokyo Paralympics 2020.

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Graphic Design and Printer: Daniels Printing Craftsmen

WA Country Callers: 1800 259 799 (Landline only)



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# LETTER TO THE EDITOR

## MESSAGE OF LOYALTY TO HER MAJESTY THE QUEEN 105TH STATE CONGRESS OF THE WA BRANCH OF THE RSL

The letter of response to RSLWA's Message of Loyalty to Her Majesty the Queen delivered by Mr Doug Simpson at the Opening of the 105th State Congress of The Returned & Services League of Australia WA Branch Incorporated on Saturday, 12 June 2021.

It is respectfully requested that you forward the message to Her Majesty on behalf of the State Branch of the League.



You can email your *Letters to the Editor* to [publicaffairs@rslwa.org.au](mailto:publicaffairs@rslwa.org.au)

If you prefer more traditional means, please post to:

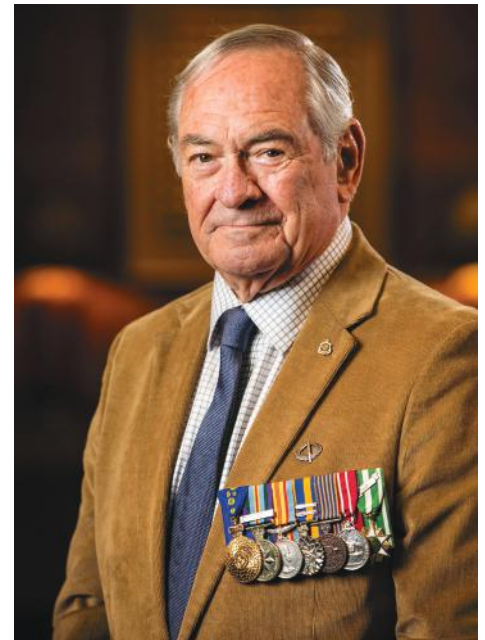
**Letters to the Editor**  
**PO Box Z5424**  
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The best of your submissions will be published in the next edition of *The Listening Post*.

*P.S.: Nothing makes us happier than receiving all your emailed story and letter submissions. But please ensure all The Listening Post email submissions are provided on a Word document. Also, all photos must be 1MB or higher resolution in jpeg form, sent separately as an attachment.*

Welcome to this 100th edition of  
**The Listening Post** – the truly enduring  
 official voice for this great organisation.

# FROM THE STATE PRESIDENT



**PETER ASPINALL AM**  
 RSLWA STATE PRESIDENT

In December 1921, the Returned Soldiers & Sailors Imperial League began publishing The Listening Post that has not missed a heartbeat since then and right up to 2021.

As noted in Chris Holyday's newly published book, A Centenary of Service, this is a remarkable record in itself.

Today, as RSLWA, we remain true to the publication's original intent – being a clarion for the support of all Veterans and their families and the services they need and deserve.

The journal has championed the rights of veterans as confirmed by its then original editor who correctly predicted, back in 1921, that those who served their nation would never be forgotten – not even for 100 years. Some of that is captured in the Centenary Lift Out issued with this edition.

So here we are and staying true to that vision in which I am of course confident will see The Listening Post be around for yet another 100 years.

When one looks at the key objectives of RSLWA in our constitution, the commitment to current veterans and a wave of emerging veterans has not wavered. Back then and today it is all about remembering those who have passed while continuing to look after those who need our support – and in an environment that is inclusive, collegiate, loyal and dedicated to family and friends alike.

Remembrance Day 2021 Commemorative Service and Poppy Appeal went ahead again this year and are featured in this edition. Since the previous Listening Post, preparations have continued at State Branch and throughout Sub-Branched for the commemoration of ANZAC Day 2022, should the scourge of COVID allow.

This edition is chock full of where we have come from and where we are going. While we reflect on the past, we are innovating for the future and that's just so vital at a time of major implications of the fallout of recent conflicts.

The launch by WA Governor Kim Beazley of A Centenary of Service is as comprehensive as it is instructive; the re-raising of the 10th Light Horse Regiment was resoundingly welcomed after a gap of some 45 years and RSLWA being awarded for its outstanding support of ADF reservists in their civilian workplaces augurs well for the future.

Yet, to me at least, this edition of The Listening Post reflects not only courage of the past but also that of the now. The feature story on Army veteran Curtis McGrath and his journey from the devastating consequences of a roadside bomb in Afghanistan to becoming a triple Olympic Gold medallist is truly inspirational; as are the efforts by former RSLWA Chief Executive Officer, Phil Orchard, who is quite literally fighting the challenges of Parkinson's disease.

I commend this historic edition and wish you well for the coming Festive Seasons and the New Year.



# A JOURNEY SEALED WITH GOLD

## AFGHANISTAN TO TOKYO

Despite his traumatic experience in Afghanistan, Army Veteran and Paralympic Gold Medallist Curtis McGrath, says he still has fond memories of the good work he did on tour. Curtis shared his story with Jean Stewart.



Sitting out two weeks quarantine alone in a hotel room made it very difficult for Curtis McGrath to avoid the tragic images and stories on TV revealing the chaos and terror as the Afghanistan government was overthrown and its citizens clambered to escape the turmoil.

Having just returned from the Tokyo 2020 Paralympics which had brought athletes from around the world to compete together, it was a surreal experience for the army veteran who became a double amputee after

stepping on a landmine while serving in Afghanistan in 2012.

“You go in with a positive mind, to do your best, the same as sport really,” he said.

“It’s been really tough to watch, knowing the reputation and cruel practices of the Taliban – it was very disheartening. We worked hard for the safety and security for that country, but my thoughts are truly with the people of Afghanistan.

“Some people might think we should be angry and that it was all a waste of time, but we went there to make a difference. We did a good job and gave a generation of kids a taste of freedom, hopefully they will want more of that – we just have to keep that top of mind.

“It’s a highly complex environment and situation. It’s all about perspective.”

While growing up on a farm in Western Australia’s Wheatbelt town of Wyalkatchem, Curtis recognised his great love for sports, confessing that he dabbled in everything he possibly could, from AFL, cricket and hockey to golf, swimming and athletics. As a teenager boarding away from home to attend Kent Street Senior High School, he narrowed his concentration to become a keen swimmer and cross-country runner.

He didn’t know it then, but the seeds of determination, discipline and focus driving him to success as a competitive junior athlete were going to flourish over the next two decades. Those strengths would become the driving force that would help Curtis recover, not just from a horrific explosion which left him learning to walk again, but also his transition back into civilian life after serving with the Defence Forces.

“I was very lucky, I went straight from rehab into sport. It was very structured and organised, I was part of a team and had a sense of community, which I think many vets don’t have and they struggle because of it,” Curtis reflected.

When his parents moved to Christchurch then Queenstown for a lifestyle change, Curtis completed his schooling in New Zealand where he first took up paddling, then in 2006 Curtis decided to join the Army.

“I joined the army because I was looking for a job that was in some way an adventure, something that would allow me to have experiences and memories while doing valuable work,” he said.

Curtis was first posted to the 1st Combat Engineer Regiment in Darwin, then joined the 21st Construction Squadron in Brisbane/Amberley in 2010 until he was attached to the 2nd Combat Engineer Regiment.

While with the 1CER, Curtis was deployed to East Timor for eight months, then to Indonesia for Operation Padang. In 2012, Curtis was deployed for six months to Afghanistan.

As an engineer, otherwise known as a Sapper, his work included clearing land mines and booby traps.

“Explosive devices was my role. I worked to keep everyone safe, not just the troops, that’s what was so horrific, it could have

been a school bus or a military vehicle – it made no difference.”

But it was Curtis who fell victim to the insidious, hidden devices when one exploded, tearing away his right leg at the knee and the left leg just below the knee.

Not one to give in easily, Curtis was hospitalised only long enough for his wounds to heal.

“I spent about three months in hospital post injury and then six months in recovery and physiotherapy. Longer term, I spent about another 12 months in physio,” he said.

After his recovery, Curtis stayed in the Army as an elite athlete until 2018, picking up the paddle again in late 2013 to trial for para canoe, a sport that would debut at the 2016 Rio Paralympic Games. He brought home gold in the 200 metre KL2 kayak event.

“That’s what kept me going, I had something to wake-up to, work for and achieve. It gave me purpose,” Curtis recalled.

Curtis says everything he did in Afghanistan continues to come through in his sport and training.

“That’s what enabled me to be at the start line in Tokyo where I won gold in the 200 metre KL2 (kayak) event, which I was defending from Rio, as well as the debut event, the 200 metre VL3 (outrigger canoe) event,” he said.

Curtis said that due to COVID, the lack of interaction and ability to compete in the lead up to the Tokyo games had made it really hard to compare himself with others and know where he stood as a competitor.

“Once I got there and pulled on a uniform it was great. I was disappointed with the heats, but I corrected some mistakes and it was really nice to line up and blow the cobwebs out,” he laughed.

“The only negative was the empty stands, it was disappointing for Japan.”

Despite not yet having time to join an RSL, Curtis is a strong supporter of the organisation and the support they offer veterans.

“When we are in the military we are part of a family and when we leave, that family becomes distant. The RSL is a family which we can connect with to maintain that connection to the military,” he said.

“I encourage anyone looking to reconnect with their military days, to head down to your local RSL and have a yarn with the members, you may make some life-long friends.

“Try and find an organisation, a sports club, something that will keep you engaged in life and connected to community.

“Sport has given me purpose and I am very glad I have had that opportunity.”

The next challenge for Curtis is to make the most of his year off.

“Then I will get back on the horse to be ready for Paris. It’s hard enough to maintain generally, but to have a break then come back will be tricky,” he said.



# STATE WAR MEMORIAL NEW WARDEN APPOINTED

The new Warden for the Western Australian State War Memorial was officially appointed with the traditional 'official handover' ceremony as part of the 2021 Remembrance Day Commemorative Service.

Major General Barry Nunn AO RFD ED (Rtd) took over the prestigious position from Kerry Sanderson AC, CVO.

Barry served more than 40 years with the Australian Defence Force Reserve, retiring with the rank of Major General. His service included 10 years on attachment to the British Army Parachute Regiment.

As a graduate Chemical Engineer (UNSU), Barry spent his first working career in Australia and overseas and later in his career worked as a Director of Shell Australia, the Flinders Institute of Business Studies and the Australian Shareholders Association.

He has worked as a business consultant in WA in the public and private sectors and is currently the National Chairman of the Order of Australia Association and past WA State Chair of the Australian Shareholders Association.

Barry was appointed an Officer of the Order of Australia in 1989 and was awarded a Centenary Medal in 2001.

The RSLWA Board of Directors appoints a new Warden of the State War Memorial annually, with the role being rotated between Navy, Army and Air Force.

The Warden is appointed custodian of the State War Memorial and is assisted by a Deputy Warden and Sub Wardens.



Exclusive 15% discount to RSLWA members

# Crafted to remember

Struck by The Perth Mint to commemorate the 1916-2016 centenary of the Returned & Services League, these special edition coins celebrate the work of one of Australia's most honourable organisations.

Limited to a mintage of 5,000 for the 1oz Silver Proof coin (99.9% pure silver) and 1,000 of the 1/4 oz Gold Proof coin (99.99% pure gold), these are now yours to collect – with an exclusive 15% discount to RSLWA members.



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A book compiling a comprehensive history of the Returned and Services League of Western Australia (RSLWA) was officially released by the Governor of Western Australia, The Hon Kim Beazley AC at ANZAC House on 7 October.

*A Century of Service*, a 132-page book written by respected historian Chris Holyday, carries a foreword by the Governor of Western Australia.

# A CENTURY OF SERVICE

The Governor said the book takes a wide social and political view of the Australia our early veterans were returning to.

“It places the important roles of citizens and citizen groups squarely alongside the roles played by returning soldiers and the organisations, including the RSL, that supported them,” he said.

“It gives us a wonderfully vivid picture of time and place, including insights into the mindset of Western Australians at various points in time.”

The author worked directly within the RSLWA for 18 months to record its service of more than 100 years, the support and hospitality to returned soldiers, sailors, nurses in all wars and other service personnel in Western Australia.

Drawn from the RSLWA’s archives, it documents how the returned soldiers began to organise themselves into soldiers’ associations from late 1915, which was attributed to the returning 11th and 16th Battalion ex-soldiers.

The book includes the dramatic changes that overtook the WA government, and WA society, following that first 25 April 1915 action at Gallipoli, identifying those individuals who first came together in support of the returning maimed and injured soldiers.

It also captures the wide extent of civilian and RSLWA support activities for returning soldiers – and for those still serving at the front. Later chapters explore the RSLWA’s increasing relevance in an ever-turbulent and troubled world.

During his speech, the Governor acknowledged that the RSL and other individuals and organisations providing support to returned soldiers and their families have been of immeasurable benefit.



(L-R) Author Chris Holyday with the Governor of Western Australia The Hon Kim Beazley AC launch ‘A Century of Service’.

“That need is as strong today as our soldiers have continued to return from active service over recent times,” he said.

A copy of the book has been included in a time capsule, placed within the floor of the new ANZAC House Veteran Central when it was completed in September 2020, with plans for the capsule to be re-opened in another 100 years’ time.

The history also includes the House Manager’s Story, ‘A Personal Journey’, about ANZAC House Veteran Central Manager Matthew Holyday who also managed the old ANZAC House.

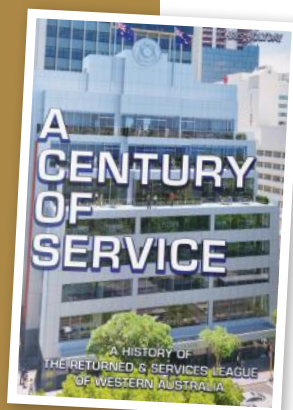
All proceeds from this publication go to RSLWA for the support of veterans and their families.

*A Century of Service* is available for \$25.00 if purchased directly at ANZAC House Veteran Central.

Orders can also be submitted by email to [reception@rslwa.org.au](mailto:reception@rslwa.org.au) or by phone on 9287 3799. A \$5.00 postage fee will apply.

The book is also available through a local book publisher, Hesperian Press, at 69 Oats St, Carlisle or by email at [books@hesperianpress.com](mailto:books@hesperianpress.com)

**“HISTORY ALONE CAN BE A DRY THING – AND ONLY COMES TO LIFE WHEN IT TOUCHES OUR HUMANITY. THEREFORE, THE BRIEF LIFE STORIES OF SEVERAL WESTERN AUSTRALIANS WHO WENT TO WAR, RETURNED OR DID NOT RETURN, AND THOSE WHOSE CIVILIAN CONTRIBUTIONS WERE OUTSTANDING, HAVE BEEN INCLUDED HERE.”**  
– AUTHOR CHRIS HOLYDAY





# LIFE COMPANIONS LEARNING NEW TRICKS

Socialising at RSL ANZAC Club with his best friend Fenrir the Beaglier and ex-defence mates was not a lifestyle ex-army corporal Owen Scanlon ever thought would be his.

His early memories of the local RSL were as a young boy with his dad picking up his grandfather from a depressing old building that smelled of stale smoke and alcohol.

“It was dark and dingy, but Pop enjoyed the camaraderie with his veteran mates and the local RSL was the place they all met,” Owen said.

Owen says those memories are a stark contrast to RSLWA’s ANZAC House Veteran Central where he feels safe and welcome.

“It’s a safe place, I use it as an escape,” he said.

“I meet my ex-service friends here most Fridays, but the best thing is that Fenrir is welcome and I am not made to feel weird for bringing my dog in with me.”

An ex-Royal Australian Regiment Corporal with 3RAR, who served three tours to East Timor, Owen says his life changed when he got Fenrir the Beagle-Cavalier King Charles Spaniel cross.

“He’s a great companion and just keeps me calm and happy, I am much more stable and able to cope with life with him in it,” Owen said.

Owen has just spent the past six months in training with Fenrir to have him fully certified as a companion dog.

Training his companion in life was the positive ending to what was a very challenging life journey for Owen, which started well before he joined the Army and was compounded by three tours to East Timor.

“I was never a confident kid, or charismatic and because of my personality I just never did well in school.”

Half way through Year 11 his father, also teacher at his school, recognised Owen was headed towards failing his education and had a heart to heart discussion to form a game plan for the future.



“I had no plans to go to Uni, TAFE and apprenticeships did not interest me. We looked at defence because I didn’t have enough demerit points left on my licence to join the Police Force,” he laughed.

“My Grandfather, who died when I was quite young, was conscripted and served in Papua New Guinea on the Kokoda Trail, so I had a lot of respect for what he had endured.

“I always tried to live by what I thought he would do, so joining the defence forces made sense,” Owen said.

His first attempt to sign up was unsuccessful, but in 2004 Owen made it through and landed in Kapooka for basic training.

“I was terrified and very quickly drafted a letter requesting discharge. When I called home about it Dad was very supportive and we had a great conversation, by the end of it I decided to push on through,” he said.

About twelve months later Owen was in Singleton at the School of Infantry before being posted to 3RAR, two days before the Battalion deployed for the Talisman Sabre Exercise with US defence and other units. Owen says he spent the next 18 months trying to fit into Infantry life.

With the riots building in East Timor in 2006, Owen was deployed as part of the rapid response force.

“The call came in at night. It was before smart phones and I was a 20-year-old kid without a clue in the world,” Owen recalled.

“The first I saw of Timor was a brief news report on a small TV screen and reality hit, I thought ‘well this sh.. is real!’”

Fortunately for Owen his first tour to East Timor was nothing like what he had seen on TV, and ended very quickly when he accidentally gashed his wrist with a machete while slashing down bamboo.

“I was on the ground for about 8 hrs and the medical tent wasn’t even set up. I felt like a total idiot,” he laughed.

That was the start of three tours in as many years, and in 2007 after rehabilitation, he was deployed back to East Timor as a signaller.

“My inability to fit in as a kid followed me through the defence force, I just didn’t make a good soldier,” he said.

“I tried hard to be a good signaller, but the more I tried the more mistakes I made, I was just glad for it to be over.”

On his return to Australia, Owen was posted within Signals Platoon where he was happy working with ‘a good group of people’ who helped him build confidence and enabled him to grow as a person. His final tour of East Timor in 2008 was a better experience.

“It was really good to see the change over the three years, it had gone from a volatile place to a relatively stable environment and the political landscape had changed,” Owen reflected.

When he returned, Owen stayed on in the Army until in 2012 when he was posted back to Perth to rehabilitate with family after he fell and broke his leg while on an assault pioneer course.

“I was really excited by the opportunity but when I reflect on it now I just wasn’t mentally ready to be back in WA, I didn’t have military friends or a base of people I trusted,” he said. His mental state deteriorated and then spiralled out of control when he lost a mentor in the 2013 Blackhawk helicopter crash in Afghanistan.

The incident was a major contributor for him discharging from the Army, after which he ‘floated around’ the next two years, working as a security guard in Sydney and at the Nauru Medical Centre, where he decided he wanted more in life.

“I reviewed my options again. I was too broken to be a firey and I ruled out the Police Force as I felt I wasn’t mentally able to cope with what they deal with, I feel they don’t get the respect they deserve,” Owen recalled.

A Paramedic at the Nauru Medical Centre convinced him to return to Perth in 2015 where he began studying paramedicine and joined the Army Reserves.

Army Reserves was a job he knew well and could do easily while studying, and it enabled him to stay connected with Veterans on the East Coast when on training courses.

Soon, Owen again found he wasn’t coping with the pressures life dealt out and a friend he served with referred him to a psychiatrist.

“It was very confrontational at first because of all the stigma that goes with mental health, but I came to realise I had a lot to deal with,” Owen said.

Owen eventually had to hit rock bottom before he could climb out of the dark hole of depression, and one day reached out to a friend who “fortunately answered my call,” he said.

Owen believes that opening up to his friend was the best thing that could have happened, as it allowed him to recognise how much he had denied, right back to his school years.

“The army were fantastic and helped with my discharge from the reserves. In time, I built a solid medical team around me,” Owen said.

Some months into his therapy Owen decided he needed company in life, but being too introverted to seek out a long-term human companion, he settled for man’s best friend.

“Mum and dad helped me find Fenrir and he and I had an instant connection. I was told there were more pups coming in, but I didn’t need to wait,” Owen fondly remembers.

Other than a short-term FIFO paramedic role Owen took in 2020, the two have been inseparable, only apart when Owen goes to the gym. The bond they’ve built is clearly visible.

As emotions were triggered as Owen shared his story, Fenrir would lift his head and assess his master’s well-being, standing down only when he heard his master’s voice – “I’m OK mate.”

“I was fortunate to have worked through my stuff before ANZAC House was created, but full credit to them, it’s a place made for all generations of veterans and that is a brilliant thing for an organisation to do,” he said.

The duo are regulars at the ANZAC Club and Owen has come to accept his companion’s ‘magnetic personality’ around staff and other club visitors.



# FIGHTING PARKINSONS - LITERALLY

RSLWA Board of Directors Trustee Phil Orchard handed over the reins of Chief Executive Officer to John McCourt in September 2016.

Having been diagnosed with the onset of Parkinson's disease in 2011 and unaware how quickly the disease might advance, Phil and his wife Isabel took the opportunity to travel.

Fortunately, they had completed most of their bucket list before COVID 19 put a stop to their international travels.

While Phil continues to devote his time as a Trustee with RSLWA he has also been involved in various research programs involving PD and the Perron Institute.

As a regular cyclist, golfer and tennis player, Phil has added non-contact boxing to his repertoire through a trial program specifically adapted for patients with PD.

"It is well known that keeping physically fit slows the progress of PD," Phil said.

"The program being trialled by the Perron Institute in collaboration with ECU and UWA, involves a group of 10 people living with various stages of PD, six males and four females who have all passed a comprehensive selection process."

The Perron Institute is Western Australia's longest established medical research institute involved neurological conditions including stroke, Parkinson's, motor neurone disease, muscular dystrophy, myositis and multiple sclerosis.

Led by Perron Institute Medical Director, Clinical Professor David Blacker MBBS, FRACP and Australian and Golden Gloves Boxing Champion Rai Fazio, the trial includes a series of workouts of increasing intensity.

The science based team supporting the trial are seeking to quantify the heart rate response to each workout and measure the rate of perceived level of exertion using a validated scale.



(L-R): Clinical Professor David Blacker, Phil Orchard and Rai Fazio

"Using a questionnaire and closely monitoring the participants for any musculoskeletal pain or any adverse impact on their PD symptoms, allowed the team to assess the tolerability of each workout," Phil said.

"Previous studies of boxing for PD did not provide these details and the team believes this to be an extremely important part of the study."

Professor Blacker said boxing movements are perfect for Parkinson's patients, but to avoid the risk of injury and to maximise benefit it is essential that such exercises are done correctly.

"In the literature, there is a big gap in our knowledge. We're gathering data to show the benefit of non-contact boxing as an exercise therapy for people with Parkinson's," he said. The goal is to use the data to optimize future boxing exercise programs for ongoing research.

This will ultimately provide information about the ideal amount, intensity and timing of exercise, and how to adjust it for individuals with different stages of PD and different physical capacities.

Impact on quality of life, balance, sleep and fatigue are all aspects that will be explored. Future studies will compare different forms of exercise, such as boxing, cycling and treadmill walking.

The comprehensive selection process paid particular attention to any heart, lung, or muscle and joint problems that might make participation risky to the candidate's health.

This was followed by a cardiac stress test to ensure there wasn't any unexpected cardiac disease.

"With all these tests completed, we then met David, Rai and other team members to learn about the exercise program, which comprises three blocks of four weeks, with three 60 minute sessions a week," Phil said.

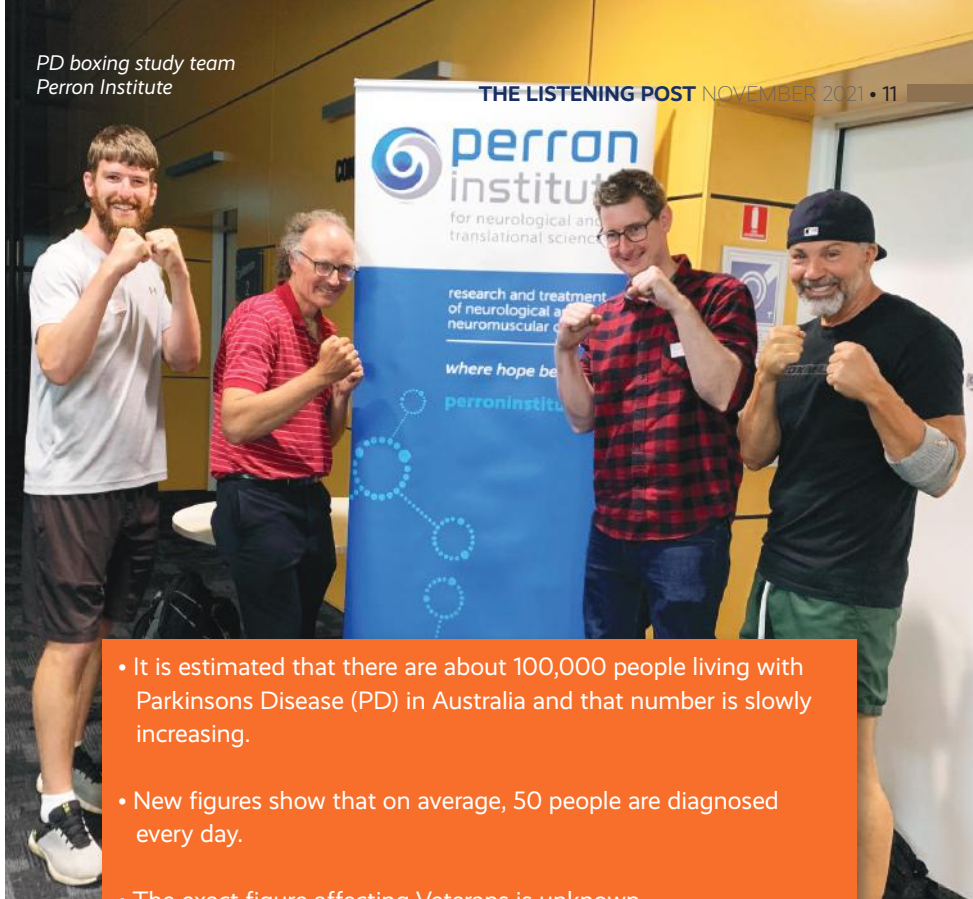
"The first block focused on boxing technique and movements, the second progressively increased the intensity of the exercise and the third added extra cognitive challenges."

All candidates were fitted with a small heart rate recording device during the workout and study assistants recorded the physical and mental exertion at several time points during each work out.

At the end of each workout, participants were asked of any impact on their PD symptoms.

"Participation in the study has undoubtedly improved my overall fitness, upper body strength, flexibility, and balance, as well as providing great interest and enjoyment.

"I hope that data obtained from this study may provide the basis for future studies, and be beneficial for PD patients and clinicians in the near future."



- It is estimated that there are about 100,000 people living with Parkinsons Disease (PD) in Australia and that number is slowly increasing.
- New figures show that on average, 50 people are diagnosed every day.
- The exact figure affecting Veterans is unknown.
- If you've been diagnosed with PD, it's important to remember that many people living with this neurological condition are able to live full, productive lives.
- Today, more than ever before, medications and other treatments can help you manage your symptoms and maintain a good quality of life.
- It's more urgent than ever to find better treatments and a cure for this condition.
- While the exact cause of Parkinson's is unknown, research suggests that its cause can be linked to genetic and environmental factors.
- In addition, for some veterans, developing PD can be associated with exposure to substances used during military service.

**Treatment:** <https://mswa.org.au/living-well/learning-about-conditions/parkinsons-disease/treatments-for-parkinsons-disease>

**Genetics:** <https://www.parkinson.org/understanding-parkinsons/causes/genetics>

**Enviro Factors:** <https://www.parkinson.org/Understanding-Parkinsons/Causes/Environmental-Factors>

## Hope is on the horizon

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# HMAS PERTH FREEDOM OF ENTRY

With swords drawn, drums beating, bands playing and colours flying, 140 members of the HMAS Perth (III) crew marched through the City of Perth streets to mark the ship's Freedom of Entry to the city in late August.

Freedom of Entry to the city is a tradition that dates back to Medieval Times when trusted military units would be granted access to walled towns so they could replenish food and arms. Today it is a mark of trust and respect.

Commanding Officer HMAS Perth, Commander Tony Nagle said returning to the streets of Perth was a proud moment for the Ship's company.

"It is such an honour for us to march through the streets of our namesake city," Commander Nagle said.

"It is rare to serve in a ship that is home-ported in the city it is named after, and we are excited to reconnect with Western Australia."

HMAS Perth (III) is a long-range frigate capable of air defence, surface and undersea warfare, surveillance, reconnaissance and interdiction. She is home-ported at Garden Island, Rockingham.

One of eight ANZAC Class Frigates, HMAS Perth is nearing the end of a major upgrade and will commence sea trials and certification early in 2022, before returning to operational deployments and exercises.

"We are proud to represent Perth and we want our city to be proud of us as we carry this tradition into the future," Commander Nagle said.

The parade marched through the city streets to Murray Street Mall and were reviewed by the City of Perth Lord Mayor Basil Zempilas before they marched down Barrack Street to Stirling Gardens.

Crew members, family and friends congregated at the ANZAC Club for camaraderie and refreshments for the afternoon.





Opposite page, top:  
Chief Petty Officer Maritime Logistics - Supply Chain Jason Lynch presents Western Australia Police Assistant Commissioner Allan Adams with The Freedom of Entry scroll during HMAS Perth's Freedom of Entry parade.

Opposite page, bottom:  
HMAS Perth III home-ported at Garden Island, Rockingham.

Top:  
Ships Crew marching down Barrack Street

Middle:  
Letter of Thanks

Bottom:  
HMAS Perth crew form up in Forest Place.



**NAVY** ROYAL AUSTRALIAN NAVY  
HMAS Perth

BS23240482  
PER/OUT/2021/054

**Matthew Holyday**  
Anzac House Veteran Central Manager  
RSL WA  
PO Box Z5424  
St Georges Terrace Perth WA 6831

*Dear Matthew,*

On behalf of the Sailors and Officers of HMAS Perth, I wish to thank the RSL WA for making the ANZAC Club available for Ship's company following HMAS Perth's Freedom of Entry to the City of Perth on Saturday, 28 August 2021.

HMAS Perth's Crew enjoyed the opportunity to socialise with friends, family and veterans of the HMAS Perth Association in the RSL environment. The Club staff were most welcoming and hospitable, contributing significantly to a memorable day for all. Having spent the last two Anzac Days in lockdown, HMAS Perth's crew was particularly appreciative of the RSL's offer to open the Club outside of normal operating hours in celebration of the Ship's Freedom of Entry parade.

The Freedom of Entry parade provided an opportunity to reflect on the history of the previous two ships to bear the name Perth, and to honour the sacrifices of those who served before us. It was very fitting to conclude the event at the RSL, sharing the company and camaraderie of Shipmates and veterans alike.

*Yours sincerely,*

*Anthony Nagle*  
ARM Nagle, CSC  
Commander, RAN  
Commanding Officer  
HMAS Perth

*P.S. Please on my personal thanks to Terry for his generosity and consideration.*

anthony.nagle@defence.gov.au

03 September 2021



# RSLWA STOKED BY DEDICATED PHILANTHROPIC COMMITMENT

The ongoing commitment and generosity of Kerry Stokes AC in preserving important military history has been recognised by the RSLWA with the naming the top floor of ANZAC House in his honour.

The Kerry Stokes Commemorative Hall houses prized historic military exhibits from the Kerry Stokes Collection.

During the Commemoration RSLWA State President, Peter Aspinall AM, presented Mr Stokes the highest civilian award that RSL Australia can bestow – the Certificate of Merit with Gold Badge.

Mr Aspinall praised the life-long commitment by Mr Stokes and his philanthropy to help preserve our military history, noting his generosity included his purchase of three Victoria Cross medals, as well as other medals, that now have pride of place in the Australian War Memorial in Canberra.

“The first was the VC medal set of Captain Alfred John Shout, with Kerry paying a world record price of \$1.2 million in 2006.” Mr Aspinall said.



(L–R) RSLWA CEO John McCourt JP, Kerry Stokes AC and RSLWA State President Peter Aspinall AM.

“At the same auction, he purchased the George Cross medal set of Lieutenant Commander George Gosse the VC set of Lance Corporal Bernard Gordon.”

Mr Stokes also assisted the purchase of the Victorian Cross won by Vietnam War soldier awarded to Kevin “Dasher” Wheatley’s VC at auction in 1993.

RSLWA Chief Executive Officer, John McCourt, said that when the new ANZAC House finally took shape last year, the 7th Floor stood out as quite unique.

“We knew that we needed to do something special. Mr Stokes humbly accepted our offer to name the floor after him and it will be the Kerry Stokes Commemorative Hall for ever,” Mr McCourt said.

“Kerry Stokes is a great West Australian and the dedication lunch was filled with acknowledgements and appreciation for his staunch support of what RSL does and what service men and women have been doing in defence of the nation.”

The special lunch on 1 November was attended by a select group including Mrs Christine Simpson Stokes AM, Premier Mark McGowan, current WA-based senior military officers of the Australian Defence Force and the Commissioner of Police, Chris Dawson.



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# GRADUATION CEREMONY

## LAUNCHES EXCITING RAAF CAREERS



Seven graduates from the No. 262 PC-21 Australian Defence Force Pilots Course received their wings and were recognised for their achievements during course at a Graduation Ceremony held at RAAF Base Pearce in August.

The event marked the beginning of an exciting career for newest pilots of the Royal Australian Air Force they move on to join their new squadrons across Australia.

RSLWA CEO John McCourt presented the Leadership Award to Lieutenant Joel Bulley, recognising the highest qualities in Leadership during the course.

Senior Officer of Western Australia Air Commodore Fiona Dowse addressed the course, acknowledging their achievements and the support networks that allowed them to achieve their goals.



Presentations included Pilot Officer Matthew O'Donoghue receiving the Pilatus Aircraft Trophy for being Dux of the course, while Pilot Officer Callum O'Connor took out the BP (Australia) Ltd Trophy for the Highest Aggregate of Academic Marks.

Pilot Officer Travis Adkins received the SJ Goble Memorial Trophy for being the Most Proficient Pilot and Pilot Officer Stephen Pezet was awarded the G. Scutt/E. Davey Memorial Trophy for Most Proficient at Instrument Flying. Pilot Officer Jordan Gibb received the Fit-to-Fight Physical Training Award and the Defence Force Welfare Association Prize for displaying the Highest Level of Navigational Skills.

Pilot Officer Lauren Townsend received the Royal Australian Air Force Association (WA Division) trophy for Most Improved.

Flight Lieutenant Anthony Rooke highlighted the capability of the Pilatus PC-21 aircraft and the exceptional skills learnt during the course with a spectacular solo aerobatic display.



# EARLY CHRISTMAS PRESENT FOR RSLWA



(L-R) RSLWA CEO John McCourt, Chair George Rogers and SMCFWA Board Member Andrew Bruce.

Christmas 2021 is already looking brighter for some 350 Veterans who are doing it tough following the generous donation of \$15,000 by the Scottish Masonic Charitable Foundation WA (SMCFWA).

This is the third consecutive year that the charity has donated toward the Hampers for Vets program run by the RSLWA.

Packed full of pantry essentials, the hampers will ensure that veterans and their families who are experiencing hardship will not go hungry and will be able to celebrate Christmas.

The hampers are collected from the distribution centres and delivered by RSLWA Sub-Branches to the families identified through the welfare program as needing support.

“This is such a terrific program which brings joy to many at a time when it can be very heartbreaking if you are doing it tough, said RSLWA State Welfare Officer Rosalind Howat.

“Many of the people we deliver the hampers to are elderly, but we also have younger veterans suffering from PTSD and other issues which are making it harder for them to transition back into the civilian life.”

RSLWA CEO John McCourt was presented the giant cheque last month by the SMCFWA Chair George Rogers and SMCFWA Board Member Andrew Bruce.

Mr McCourt commended the Scottish Masonic Charitable Foundation of WA for its ongoing support.

“This is a lovely Christmas gift that will make such a difference to the members of our veteran community who are facing a very bleak holiday period. Thank you is just not enough for such great support,” he said.

The hampers will be delivered in the lead up to Christmas 2021. RSLWA purchases the hampers through Foodbank to extend support to another not-for-profit community organisation.

# WA EMPLOYER SUPPORT AWARD WINNERS

The Returned & Services League of Australia WA Branch was awarded for its outstanding support of ADF reservists in their civilian workplaces.

Air Commodore Fiona Dowse AM, CSC presented the Employer Support Award at a morning tea event at ANZAC House in October.

RSLWA State President and Veteran Services Manager Milton Brooks received the Award.

RSLWA was among six WA employers recognised for their commitment in supporting Navy, Army and Air Force reservists over a sustained period, or through a special effort, such as during the Defence involvement in bushfires and COVID-19 operations.



Defence congratulates the WA award recipients:

*Small Private Enterprise*  
**O'Brien's Electrical and Data Joondalup**

*Medium Private Enterprise*  
**John Hughes Volkswagen**

*Large Private Enterprise*  
**BHP**

*Public Sector*  
**Water Corporation**

*Not For Profit*  
**WA Association for Mental Health and the Returned & Services League of Australia WA Branch**

# FIRST NATION MILITARY SERVICE RECOGNISED

First Nation men and women who lived in the Belmont area and served in the Armed Forces have been honoured with a plaque on the Belmont War Memorial in Faulkner Park.

Believed to be the first of its kind, the plaque honours and recognises the contribution made by Aboriginal and Torres Strait Islander service men and women.

Belmont RSL Sub-branch president Alan Richardson said it was important all people who served in the Armed Forces to be recognised.

“First Nation Persons have served in all World Wars and conflicts since 1914 and the recognition has always been present by those who served with them, we do not differentiate as they are all One in the same colour uniform whether it be Navy Blue, Khaki, Royal Blue,” Mr Richardson said.

City of Belmont Mayor Cr Phil Marks said that for a long time the contribution and service of Aboriginal and Torres Strait Islander people was not acknowledged.

“This plaque is evidence of our commitment to recognise all those people who defended our country,” Mayor Marks said.

The plaque was unveiled at a special NAIDOC event held by the City of Belmont on 13 September, which included a Commemorative flag raising ceremony.



“The unveiling of this plaque is a sign of our maturity as a nation - that we acknowledge the past so we can learn and heal from it – just as this year’s NAIDOC theme suggests,” Mayor Marks said.

The plaque, made possible through a Veterans’ Affairs Grant, includes The Ode in Noongar and English.

The RSLWA CEO, John McCourt, attended the service and laid a wreath.

THIS PLAQUE IS HERE TO RECOGNISE AND HONOUR THE MEN AND WOMEN FROM THE FIRST NATION PEOPLES WHO LIVED IN THE BELMONT AREA AND SERVED IN THE ARMED FORCES INCLUDING THOSE WHO PAID THE SUPREME SACRIFICE IN THE DEFENCE OF THEIR COUNTRY.

WE HONOUR THOSE WHO SERVED AND REMIND ALL, THAT TOGETHER WE ARE ONE IN THE DEFENCE OF OUR COUNTRY.

BALA YUART MANJUNG KOORLINY  
YEYE NGULLUCKINY ALLA NIDJA NYINNINY MANJUNG WOORT KOORLINY  
MANJUNGALINY YUART COORLYAMART BALUNG  
MANJUNG YUART WARRAGARBURT BOORDAWAN  
NIDJA NGANGK WOORT KOORLINY NGARDAL NGOORNDEN  
BOORDA BENANG NGULLUCK KATTIJ BALUNG

THEY SHALL NOT GROW OLD  
AS WE THAT ARE LEFT GROW OLD  
AGE SHALL NOT FEAR THEM NOR THE YEARS  
CONDEMN  
AT THE

LEST WE FORGET YUART NGUL



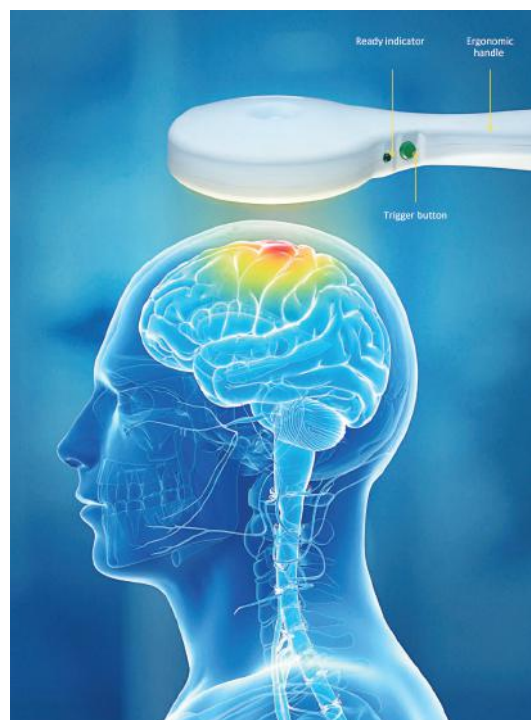
# CARING FOR THOSE WHO SERVE THEN AND NOW

Existing from 1916, RSLWA has remained a driving force in the care of Defence personnel across Western Australia. There are believed to be more than 30,000 veterans living within our state and this enormous body brings great responsibility and specific challenges we must address.

RSLWA is not bound only to veterans, it extends active support to current serving members, alongside their families and children. This support includes helping ADF personnel as they transition from military life into the civilian sector. We should express well-deserved respect to the enormous effort being made towards improving veterans' physical and mental health across Western Australia. Of note, the report on physical health in the ADF released by DVA in 2017 concludes "transitioned ADF members were more likely to report poorer physical health than regular ADF". Accordingly, ANZAC House Veteran Central co-locates a comprehensive suite of clinical services aimed at improving physical and mental health across all stages of life.

At this centenary milestone, it is appropriate to reflect upon past views and treatment of ADF members in Western Australia, this time with a focus upon mental health.

Overtly, there has been a radical shift in the Western Australian concept of the potential mental consequences of active service. Nowadays, we consider the psychological and emotional consequence of war to be diagnosable, treatable, and having scientific as well as spiritual elements. Gone are the days where mental suffering was seen as a deficiency in character or courage. We now hold those conditions commonly connected with war, such as trauma, depression, and traumatic brain injury, as valid



and potentially debilitating, deserving of high-quality care, research and evidence-based therapy.

During 2017, we saw DVA expand the offer of mental health treatment, regardless of the condition and the causal relationship with military service, which is now exceptionally funded without a cap. This has ensured access to care and RSLWA exemplifies the mature view on the provision of health care, by ensuring coverage is multidisciplinary, within a system of care that conceives of ADF members lives as being entwined with their families.

RSLWA has constructed, and is now executing a comprehensive vision for the future, where the integration of high-quality clinical services is easily available for all within a single location. Most importantly, this system of care places the veteran and their family at the centre of all decision making. This ensures autonomy and self-agency are maintained.

RSLWA understands we veterans exist in families and families exist within communities. This recognition means layers of support can be developed as an effective channel for restoring meaning and wellbeing. The value of employment opportunities, social gatherings to reflect and sharing time with loved ones cannot be understated.

There is really no way to express the effectiveness of ANZAC House beyond specifying its many facilities. There is a beautiful club and café to warm families. There is a full

**RSLWA HAS CONSTRUCTED, AND IS NOW EXECUTING A  
COMPREHENSIVE VISION FOR THE FUTURE, WHERE THE  
INTEGRATION OF HIGH-QUALITY CLINICAL SERVICES IS EASILY  
AVAILABLE FOR ALL WITHIN A SINGLE LOCATION.**

range of service from Above and Beyond Dental. Consulting Psychiatrists with decades of experience are there beside aged care services. This is a nod to the range of ages of ADF members in Western Australia. The Lions Hearing Clinic gives veterans comprehensive hearing assessments with care. The cluster of worthwhile medical services sits beside counselling, legal, and financial help. This means those who come to Veteran Central receive care as well as expert help on liability claims for physical and psychological challenges. It is convenient and reasonable to have these advocacy and clinical services under the same roof. This way, clinical information can be securely managed and shared where it is needed most. Navigating the Department of Veterans' Affairs is a famously challenging experience in Western Australia and RSLWA is the dominant provider of advocacy help. RSLWA helps with claims for various pensions, investigations of claims, welfare officers, and the appeal process up to the level of the Administrative Appeals Tribunal, this is such a meaningful service.

Across a century and looking to the future, RSLWA embodies the better elements of the self-view of this state as an effective and accordingly well-known stalwart of veteran care. There has frankly been an explosion of innovation and displays of worth from RSLWA in the complex, technological, and evolving world of the current day. As we look to the future, mention must also be made of RSLWA's cloud-based platform and the use of technology to complement the material world. These days, the material world sits right beside the digital, and RSLWA has explicitly embraced this reality. RSLWA is working towards meeting contemporary veteran's desire for co-located services existing in real and digital locations.

RSLWA has existed, thrived and contributed to the experience of members of the ADF in Western Australia for well over a century. Australia has a strenuous, meaningful, and colourful timeline of military engagements in the 20th century and beyond – two World Wars, Korea, Malaya, Borneo, Vietnam, Afghanistan and Iraq to rattle off but a few. This is not to understate the extent of ADF contributions within non-military and peace-keeping engagements during this time as well. Here's to another 100 years.

**Dr Richard Magtengaard**

*Optimis Consultant Psychiatrist/Director*

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# RETURNED EX-SERVICEWOMEN FLY NEW FLAG



Keynote speaker Major Jo Wilson addresses the audience at the ANZAC House Servicewomen's RSLWA Sub-Branch luncheon celebrating the group's name change.

The Returned Ex-Servicewomen's RSL Sub-Branch, formed in 1948, has been officially renamed to the Servicewomen's RSLWA Sub-Branch.

A special luncheon event was held at ANZAC House in mid-July to acknowledge the name change and the 73 years of the Sub-Branch's service.

The keynote speaker at the luncheon was military nurse Major Jo Wilson who spoke of her experiences in various theatres of operation. She also talked about how the role of military nurses had changed dramatically in recent years from combat operations to natural disaster assistance and presently COVID-19.

Also in attendance at the July luncheon was 96-year-old Mrs Cecile Hinton who had been President of the Sub-Branch for many years.

The Sub-Branch's first President was Miss Mary Meares who coincidentally, the following year, became the first woman elected to the RSLWA State Executive.

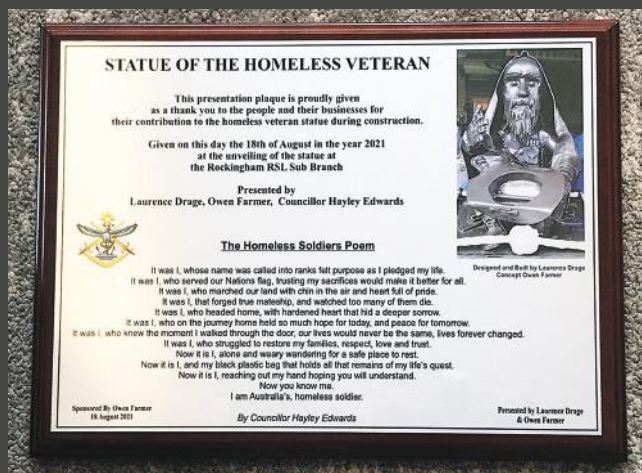
The Sub-Branch has hosted ANZAC Day luncheons at ANZAC House since the 1960s, which enabled it to raise funds for the restoration of the State War Memorial, War Veteran Homes and other causes.

Earlier the Sub-Branch took responsibility for decorating ANZAC House on the occasion of the Queen's Royal Visit in 1954.

In 1982 they planted a tree at Kings Park in honour of all women who served in the armed forces during wartime.

In recent years President Judy Welch and Vice President Judy Bland have kept the activities going to ensure all the efforts of RSLWA ex-servicewomen are held in the highest regard and never forgotten.

# ROCKINGHAM HOMELESS VETERAN SERVICE



A statue in honour of The Homeless Veteran erected in the memorial garden at Rockingham RSL Sub-Branch was unveiled by RSLWA State President Peter Aspinall during a special ceremony in August.

The brainchild of Artist Laurie Drage, Poet and local Rockingham City Councillor Hayley Edwards, and Homeless Advocate Owen Farmer, the planning and construction of the statue evolved over a two year period

The Sub-Branch supported the statue to be placed in its memorial garden at the rear of the clubrooms.

"We were honoured to have the President of RSLWA, along with a number of other dignitaries, able to attend to honour the message of The Homeless Veteran and bring it to the forefront of the community consciousness," said Ian (Ibby) Brooke, President of the Rockingham RSL Sub-Branch.

At the official unveiling a special plaque was presented to the people and businesses who contributed to the construction of the homeless veteran statue, including Paving World which provided the concrete pillar for the statue and AJC Fabrication Pty Ltd and Wolfram Metal Recyclers Pty Ltd which provided scrap metal.



The 11th Battalion AIF's Living History Project near Geraldton received a severe setback when cyclone Seroja came close to destroying the past nine years of hard work.

Passing directly over the trench site at Northern Gully, located about 35km east of Geraldton, the wind and rain not only washed away tunnel entrances and destroyed hundreds of sandbags, but tore away the roof over several installations.

The task of rebuilding was almost too huge to comprehend for the small group of six to eight men on any parade day. Despite being big in heart, the task of filling all those sandbags was daunting.

11th Battalion Living History Unit's Major Chris Cox said that through a casual conversation at Geraldton City RSL Sub-Branch, Disaster Relief Australia (DRA) were made aware of the Living History Project team's plight.

"In the region to access cyclone damage in Northampton and Kalbarri, the DRA team showed serious interest in the project team's need," he said.

DRA is a volunteer organisation made up of serving and ex-serving men and women which travels the country assisting communities to rebuild after natural disasters.

Major Cox said an advance party arrived at the project site in early July to access the damage, which they readily agreed was well within the scope of work for which they were established.

"A huge team assembled at Valley View and with skill, enthusiasm, dedication and good humour, they commenced to rebuild the trench system," he said.

"Eight ton of sand, new roofing, structural reinforcing all carried out with skill and good humour.

"Being ex-serving personnel, they enjoyed good company, the odd refreshment and turned a hard day's work into good social interaction while creating lasting friendships.

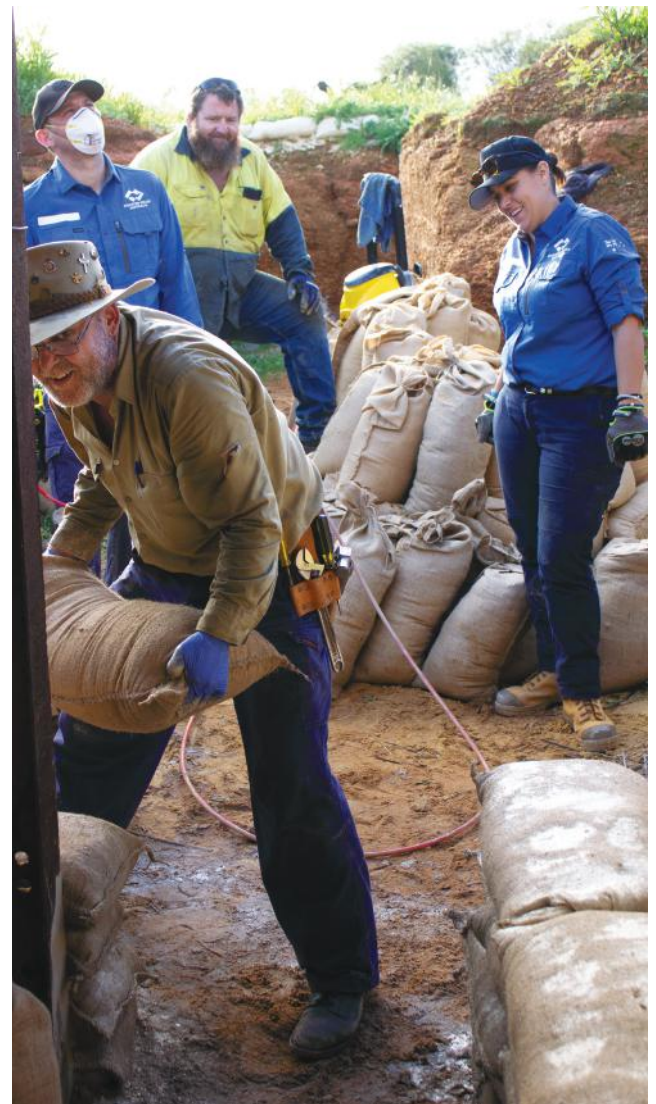
"Sunday saw another mega effort, being fortified with a huge fried breakfast, and working until sundown."

The DRA team achieved in two days what would have taken the small group a year of weekends.

Extremely grateful for their input, Major Cox said they had established an ongoing relationship with promises of future visits.

"This group are professional, dedicated and well-organized and we cannot speak highly enough of them," Major Cox said.

# LIVING HISTORY PROJECT RESTORED



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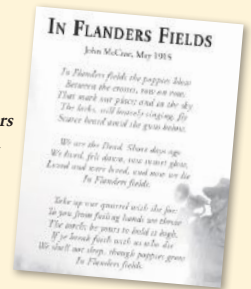
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In 1938, the Spitfire fighter aircraft was taken to the skies by Squadron-Leader Henry Cozens – after the renowned pilot was granted command of the first squadron to be equipped with the new RAF fighter (No.19 Squadron). With superior design and Rolls-Royce Merlin powerplant, the Spitfire fighter was to become one of WWII Fighter Command's most strategically important, single-seater aircrafts.

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# REMEMBRANCE DAY 2021



Remembrance Day is one of the most significant days of commemoration for Australians which was highlighted this year by the huge public support for RSLWA's Annual Poppy Appeal and Commemorative Service at the Flame of Remembrance.



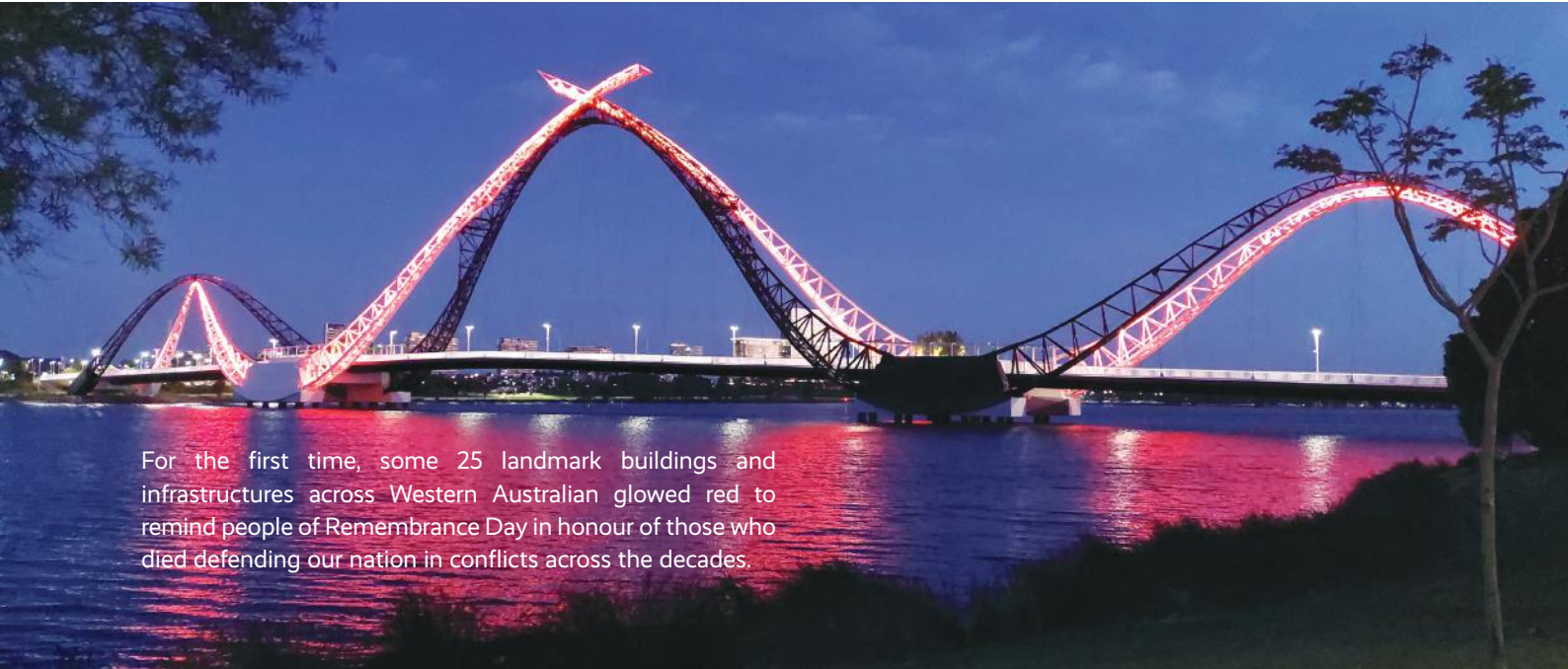
Perth's CBD streets were busy with Defence Force and community volunteers on 5 November who were generously supported with donations in what was the most successful appeal in recent years.

RSLWA CEO John McCourt said the event is the organisations largest annual fundraising event which directly supports ex-service men and women and their families.

"We recognise that the pandemic has impacted families and businesses and it has been a difficult year for many, but despite that, people gave generously which will enable the RSLWA to continue to support WA's veterans who have also experienced similar difficulties while also transitioning back into civilian life," he said.

"Our new Veteran Central at ANZAC House is a pioneering model which centralises Veteran services in one handy location. It's a one-stop shop providing simplified and streamlined access to a range of important and relevant services such as health, mental health, welfare, transition, housing, social and financial support to those who were prepared to make the ultimate sacrifice for their country."





For the first time, some 25 landmark buildings and infrastructures across Western Australian glowed red to remind people of Remembrance Day in honour of those who died defending our nation in conflicts across the decades.



In keeping with the tradition of Remembrance Day, traffic in Perth's CBD was stopped and people paused for one minute's silence at 11am. Buglers at 10 locations across Perth's CBD played Reveille after the minute silence. The CBD buglers coincided with the Bugler at the Commemorative Service at the Flame of Remembrance in Kings Park.

CBD Bugler photos by  
John Cobbett Photography

Remembrance Day 2021



Willetton Senior High School students undertaking the Duke of Edinburgh Award turned out in advance of Remembrance Day to help the RSLWA Vollies for Vets, fondly known as the Poppy Ladies, to install the stunning display of knitted poppies around the Flame of Remembrance.



London Court was once again a fabulous show of Remembrance Day poppies courtesy of many hours of work by the Vollies for Vets.



Remembrance Day 2021



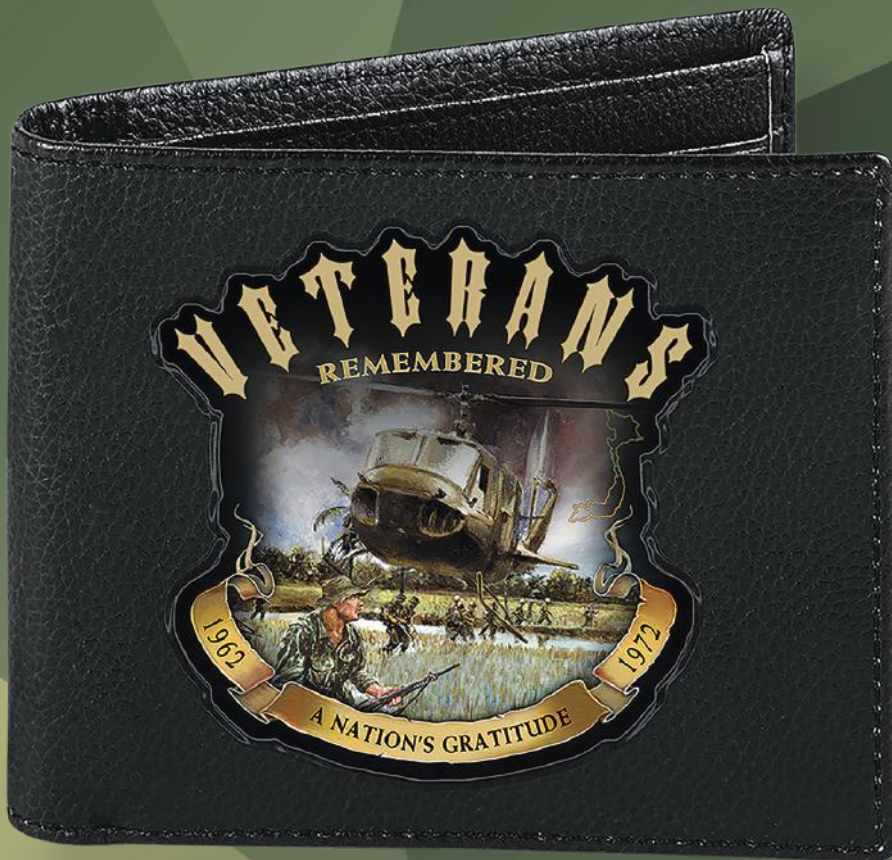


RSLWA is extremely grateful to JCDecaux Australia & New Zealand for their generous support to promote the 2021 Poppy Appeal on their digital screens within the city centre. Thanks also to Daniels Printing Craftsmen for their design and printing support for the Poppy Appeal and the photographers who volunteered their time to capture some of the activity.



# Honouring those who were only 19

## Veterans Remembered Wallet



Hand-crafted excellence in genuine leather

Embossed detailing includes a 3D image of the diggers on patrol in Vietnam

RFID Blocking Technology



Unfolds to reveal 5 card slots, 2 slip pockets and 2 bill compartments



Wallet shown smaller than actual size of 9.2cm high by 11.4cm wide.

Amongst the most courageous men of the Anzac legend, the diggers of Vietnam have endured much on and off the battlefield. Now you can honour one who was "only 19" with the Veterans Remembered Wallet, a fine men's accessory that lets him carry his pride in serving in Vietnam in a stylish new way.

Crafted of genuine black leather, our exclusive design features a dramatic embossed image by acclaimed artist Robert Todonai depicting diggers patrolling the open fields of Vietnam. An Iroquois "Huey" chopper watches over them above. The words "Veterans Remembered" and the message "A Nation's Gratitude" expresses a thanks that can never be said enough. Inside the wallet, there are 5 credit card slots, 2 slip pockets, two large compartments for bills and an ID window with an oval opening so you can easily remove the ID. Plus for added security, the wallet is constructed with theft-protective material that helps block attempts to scan and steal information from your credit and debit cards.

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The South African and Rhodesian banners for the participants in the Battle of Delville Wood are piped in by Pipe Major Jodie Jones at the commemorative service in July.

# WESTERN AUSTRALIANS REMEMBER THE BATTLE OF DELVILLE WOOD

A group of Western Australians came together in Kings Park in mid-July to pay their respects to the soldiers of South Africa and Rhodesia who fought in the Battle of Delville Wood in France during 1916.

The importance of this battle to South Africans and Rhodesians is representative of how Australians remember Gallipoli.

As part of the 1916 Somme Offensive in France, it was the largest battle in World War 1 on the Western Front. It was the British Empire's greatest military disaster with more than a million men killed or wounded.

The Delville Wood component was the first battle of the South African 1st Infantry Brigade. It included a Southern Rhodesian contingent fighting for the British against Germany and was designed to drive the Germans out of Delville Wood.

They held Delville Wood from July 15–20, but at the end of the battle, the brigade had lost 2,536 men, approximately 80 percent of its force. At 6 pm on July 20, only three officers and 140 men, many of them wounded, marched out. Delville Wood remains the most costly action the South African Brigade fought on the Western Front.



Commander of 13 Brigade, Brigadier Brett Chaloner CSC (centre right) is with 13 Brigade WO1 Jo-Anne Downes and Piper Major Jodie Jones and members of the South African Military Veterans Organisation of Australasia. Photos courtesy of Wayne Rochat

The enormous Lancaster Bomber in the Aviation History Museum at Bull Creek was a fitting focal point for the Royal Australian Air Force Association's 2021 Bomber Command Commemorative Service held in July.



# BOMBER COMMAND COMMEMORATION



The annual RAAFA Commemorative Service honours those who served in Bomber Command and the many who did not return. During World War II more than 10,000 Australians served in the Royal Air Force's Bomber Command, with more than one-third paying the ultimate sacrifice.

Master of Ceremonies, Head of Clear Skies Ian Craig, lead the proceedings, introducing John Maguire with a Welcome to Country and the RAAFA State President Clive Robartson AM, who delivered the Official Welcome.

Guest speaker, Lancaster Bomber Pilot Doug Arrowsmith DFC OAM Ld'H, reflected on his time with RAAF's 460 Squadron during WWII, under the Royal Air Force Bomber Command.

At the age of 20, Doug enlisted in the RAAF in October 1942, having already served twelve months in the Australian Army.

With no previous aviation experience before the war, he found his place in 460 Squadron stationed in Binbrook, Lincolnshire. Having completed 35 missions across Europe, Doug considers himself lucky to have returned when so many didn't.

For his service flying the iconic Lancaster Bomber during World War II he was awarded a Distinguished Flying Cross, presented to him by King George VI.

Doug also holds an impressive suite of other honours – an Order of Australia in 2007, an Australian Sports Medal in 2000 and a Premier's Australia Day Active Citizenship Award in 2004.

He has been a member of the RSLWA since 1947 after he returned from the war.





# KOREAN WAR VETERANS' REMEMBRANCE SERVICE



The RSLWA's State President Peter Aspinall, pictured with Royal Australian Navy Korean War Veteran John Bolton, attended a Korean War Armistice Commemorative Service hosted by the Cockburn RSL Sub-Branch.

Blustery winter conditions forced the service inside the RSL Hall in Hamilton Hill. (L-R) Gabby Ryan, John Bolton, Cockburn President Digger Cleak and RSLWA State President Peter Aspinall at the Cockburn Sub-branch Commemorative Service on 27 July.



The 68th Anniversary Commemoration of the Korean War Armistice was recognised with a solemn event in the rain at the State War Memorial in Kings Park.

A small crowd braved the wind and rain to gather around the Flame of Remembrance for the Commemorative Service on 27 July.

Korean Veteran Jin Kil Lee gave his address with the WA Governor Kim Beasley stepping up beside him to share an umbrella against the elements.

Honorary Consul for the Republic of Korea in WA followed with a brief address before Chaplain Allen Pipes led the Prayer of Remembrance.

The colourful wreaths laid around the flame formed a stark contrast to the grey skies.

Kevin O'Halloran read the Ode and bugler David Scott played the Last Post and Rouse. The ceremony concluded with the Korean and Australian national Anthems and the dismount of the Catafalque Party.

Australia was one of 21 members of the United Nations to send military forces to fight in the Korean War, which formally ended on 27 July 1953 when an armistice was signed.

Each of Australia's three defence services was involved. It was the first war for the newly formed Australian Regular Army and the first and only time a Royal Australian Navy aircraft carrier conducted wartime operations.

Almost 18,000 Navy, Army and Air Force personnel served in Korea and 340 lost their lives. More than 150 Australian nursing sisters served in Korea and Japan during the war.

Reference: ANZAC Portal, Department of Veterans Affairs.



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# SANDAKAN DAY



Carine Senior High School students held a moving Sandakan Day Commemorative Service in honour of the Australian and British men who died in the World War II death marches in Borneo.

RSLWA CEO John McCourt attended the service which was set in bushland surrounding the Sandakan Memorial on Marri Walk in Kings Park on 22 August.

A similar service held by the Boyup Brook Lions Club and RSL Sub-Branch and supported by the Shire Council, was attended by the RSLWA State President Peter Aspinall on 15 September.



Some 500 Australian and British men stumbled out of the Sandakan prisoner of war compound into the Bornean jungle.

Their journey would take them 260 kilometres to the village of Ranau, but only six of them would walk out of the jungle alive.

The series of forced marches in Borneo from Sandakan to Ranau resulted in the deaths of 2,434 Allied prisoners of war are considered to be the single worst atrocity suffered by Australian servicemen during World War II.

If it weren't for the few survivors, aided by local people, the stories of the bloody marches may never have been told.



(L-R) Federal Member for O'Connor Rick Wilson, RLWA State President and Boyup Brook RSL Sub-Branch President Colin Hales at the Sandakan Commemorative Service in Boyup Brook.





One of Australia's oldest and best known cavalry units, the 10th Light Horse, will be expanded to become a Regiment again for the first time in 45 years.

## CHARGE A TOAST TO THE 10TH LIGHT HORSE

Currently a squadron of about 100 personnel, an order has been made by the Chief of Army to create a second squadron to increase the size of the 10th Light Horse.

To mark the historic event, a Ceremonial Parade took place on Perth's Langley Park on 10 October, which also marked the unit's 107th Anniversary.

The public event showcased the 10th Light Horse in all its glory with soldiers from Albany to Geraldton participating alongside the unit's armoured vehicles, with blank firing from small arms and artillery.

The parade was followed by a formal event at ANZAC House that afternoon, where Honorary Colonel of 10th Light Horse Regiment, BRIG Phil White and Commanding Officer 10th Light Horse Regiment, LTCOL Daniel Wright, both gave a formal address. Through video, Chief of Army, LTGEN Richard Burr, congratulated the regiment on the re-raising of 10th Light Horse.



Spinifex Brewing Co Chief Executive Adam Barnard, who served with the 10th Light Horse and was deployed to East Timor with the 2/14th Light Horse (Queensland Mounted Infantry) in 2000, launched a commemorative low-alcohol beer to mark the occasion.

The artwork featured on the new Australian Light Horse Lager, titled Charge, was supplied by military artist Ian Coate.

The painting depicts the Turkish view of the Light Horsemen charging at Beersheba with bayonets drawn.

The lager now features in RSLs throughout Australia, including on tap at The ANZAC Club in Perth.



*His Excellency, the Governor of Western Australia, the Honourable Kim Beazley, AC, inspects the ceremonial parade.*



*Ceremonial artillery is fired during the 10th Light Horse Regiment ceremonial parade.*



*Above left:  
(L-R) LTCOL Daniel Wright, Commanding Officer 10th Light Horse Regiment and Trooper Matthew Tennant.*

*Above:  
CAPT Timothy Hardwick, A Squadron 10th Light Horse and partner Lauren Hardwick.*

Still based at Irwin Barracks in Karrakatta, the 10th Light Horse can trace its origins to 1900 when the order was given to raise the WA Mounted Infantry.

The unit was officially established as the 10th Light Horse Regiment in 1914 when it served in the Boer War.

After it entered World War I at Gallipoli, it went on to fight in the Middle East including at Romani and Beersheba.

During World War II, the regiment's main responsibility was to defend WA's south-west coastline, after which it was reduced to a single squadron in 1949.

In 1952 it went back to a full regiment before becoming a squadron again in 1976, which is how it has remained until now.



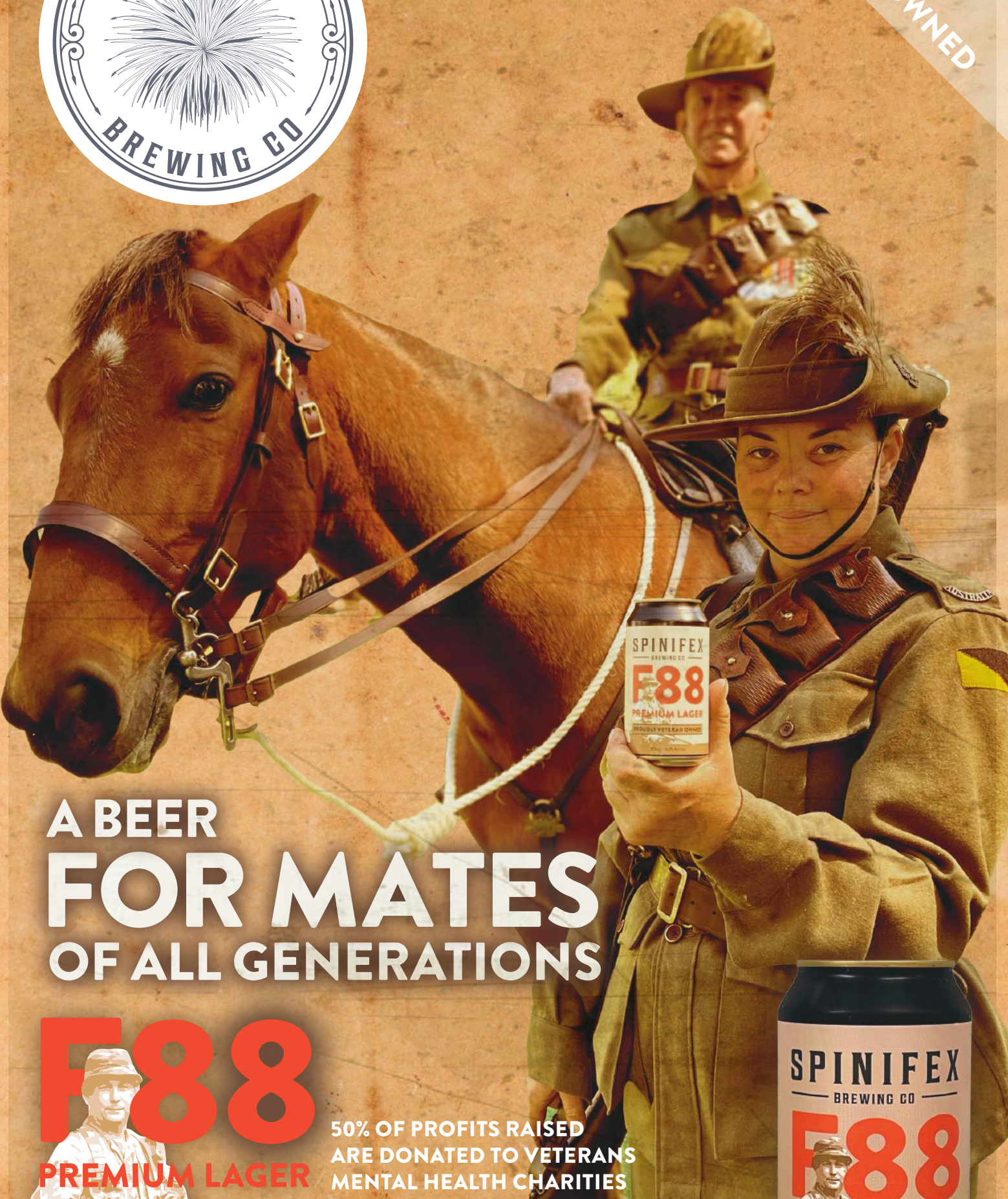
*Western Australian mounted police escort members and vehicles of the 10th Light Horse Regiment and the 10th Light Horse Memorial Troop through the streets of Perth*



*(L-R) Brigadier Brett Chaloner, Commanding Officer of 13th Brigade, The Hon. Kim Beazley, Governor of Western Australia, LTCOL Leigh Partridge, Commanding Officer 16 Royal Western Australian Regiment and LTCOL Tim Orders, Commanding Officer 1 Armoured Regiment.*



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# TRAFALGAR DINNER

## ANOTHER VICTORY

Embracing all the tradition of a Royal Australian Navy Mess Dinner, steeped in traditions inherited from the Royal Navy, RSLWA's inaugural Trafalgar Day Dinner proved a Victory in every way!

The event marked the 216th anniversary of the Battle of Trafalgar, which occurred off Cape Trafalgar in the Atlantic Ocean. The battle was a naval engagement between the Royal Navy and the combined fleets of the French and Spanish navies during the war of the Third Coalition of the Napoleonic Wars.

The outnumbered British fleet were victorious, however, it was towards the end of this encounter that a French musketeer fatally shot Admiral Lord Nelson.

In Perth, Commander Larry Menon, RAN, presided as the 'Mess President' to oversee the proceedings, ably assisted by Captain Ben MacDonald, RAN as Mess Vice President. The Governor of Western Australia, the Honourable Kim Beazley, AC, was the Guest of Honour.



The Royal Australian Navy Band played the traditional march of the Royal Navy, Heart of Oak as the Mess President escorted the Guest of Honour into the dining room followed by the guests.

Before the main meal was served, the roast beef was ceremoniously paraded before the guests as the Navy band played Roast Beef of Old England.

In keeping with tradition, no one left the room until the three course meal was completed and the tables were reset with port decanters and glasses for the formal proceedings. This included passing of the port for the Loyal Toast to the Queen before the Guest of Honour presented the speech of the evening. CEO of RSLWA John McCourt closed the formalities by proposing the toast to Lord Nelson, in Immortal Memory.

The Trafalgar Day Dinner is celebrated annually in Britain aboard HMS Victory in Portsmouth, with Her Majesty Queen Elizabeth II, or representative, as the guest of honour.





# 3 TELECOMMUNICATION UNIT CELEBRATES 75TH ANNIVERSARY



The 3 Telecommunication Unit Association Inc. (3TU) marked the 75th Anniversary of the unit's formation with a special dinner held at ANZAC House on October 15.

About 58 members joined the celebrations, but unfortunately some 20-30 people were unable to attend due to COVID restrictions.

Guest Speaker Wing Commander Ian Gibson, a former 3TU identity, talked about the diversification of the Sigsop mustering.

Squadron Leader Ken McLennan also presented about developments at Pearce and Dr Mike Howard (now a dentist) shared his experience as a technician with 3TU.

Lauded by General Douglas MacArthur as being vital to his South West Pacific campaign, the RAAF Wireless Units of WW2 were disbanded at the end of hostilities.

Recognizing the need for ongoing security surveillance, in 1946 the government of the day gave orders to establish a successor to the wartime units within the ADF structure.

The 3TU was formed and served national security needs around the clock for 45 years, a record unmatched by any other RAAF operational unit.

In recognition of its service, the unit was presented with the Governor General's Banner in 1991, a short time after the unit ceased to operate.

Today, the camaraderie generated by the unique nature of operation is sustained by the members. Further information about the 3TU is available through the Secretary John Stewart on email [johtish@iinet.net.au](mailto:johtish@iinet.net.au).



Presentation by Mount Lawley Senior High School by (L-R) Associate Principal Michael Camilleri, Arthur Leggett and Principal Lesley Street.



# GOPHER IT ARTHUR!

John McPherson

WA living legend, 103-year-old Arthur Leggett OAM said after reaching his milestone birthday in September this year “You don’t join the Army to become a prisoner of war!”

Arthur’s military history is quite remarkable in that he joined the Cameron Highlanders of WA as an 18-year-old leading up to the outbreak of World War II and then joined the Australian Infantry Force (AIF) when WWII broke out.

“I felt it was my duty to join because my dad, my uncle and every senior citizen I knew had been in the First World War and I felt it was tradition and keeping up the Australian attitude. It was the Empire: the Motherland was in trouble and we had to go and give a hand,” he said.

Little did he know what was in store for him when he became a signaller in the 2/11th (City of Perth) Battalion fighting against the Italians in Libya, as well as being in the battles of Bardia and Tobruk.

But it was even later after experiencing many of the atrocities of war that he found himself in the Battle of Crete and, after being captured by the Germans as a 22-year-old, spent four years as a prisoner of war. He was eventually rescued by the Americans in Regensburg, Bavaria in 1945 and returned to his family in Fremantle.

Arthur fondly remembers telling his Mum on his return, “I told you I’d be back one day. It just took a little bit of time, that’s all!”



Rear (L-R) WO2 Townley, LT Brede, RSM WO1 Foster, Arthur Leggett, CO LTCOL Cattai, COMD 13 BDE BRIG Chaloner.  
Front (L-R) LCPLS Salpietro and Smith.

Even at 103-years-old Arthur is still fiercely independent and lives by himself.

“I have a cleaning lady come in once a week to run a vacuum over the place and I’ve got a gopher (small mobility vehicle) so if I need anything I can go up to the local supermarket,” he said.

Other significant achievements in his life include receiving the Order of Australia Medal in 2004, writing his autobiography and having many websites referring to him. Most recently he became a member of the Battle of Crete Memorial Committee which is the driving force behind the soon-to-be-erected memorial at Kings Park.



## STOP PRESS – FORMER WORDSMITH TURNS 100

It was quite a celebration for the Applecross RSL Sub-Branch when long-time member Vivian Noel Goldsmith, turned 100 on September 26 and worth holding space for to ensure the story made it into the Centenary Edition of The Listening Post.

A former Royal Australian Naval Lieutenant, Viv had a storied military career from 1939 to 1946. He returned to Western Australia in 1946 as the Chief of Reporter for the West Australian Newspaper, retiring as Editor of Letters at the age of 65.

# VIETNAM VETERANS DAY

## ALBANY

Albany Sub-Branch held a Vietnam Veteran Service on Sunday 15 August which RSLWA State President attended. The focal point was three crosses commemorating the three Albany National Servicemen killed in South Vietnam, Privates Ron Bell, Alan Duncuf and John McQuat. Jean Webb, widow of Long Tan veteran Haley Webb, also attended the service.



(L-R) Albany Sub-Branch President Helen Tasker, Jean Webb and RSLWA State President Peter Aspinall.

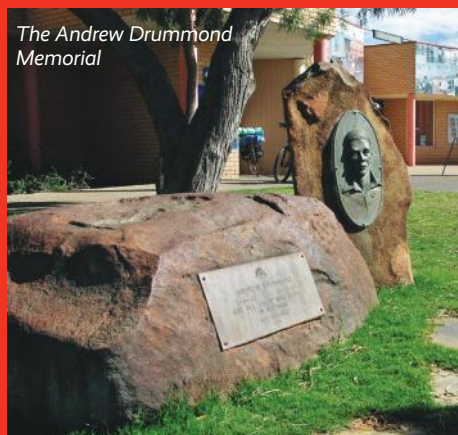
## BOYUP BROOK

Members from nine South West Returned Service League Sub-Branches travelled to Boyup Brook to take part in the Vietnam Veterans Day parade organised by the Boyup Brook RSL Sub-Branch.

The veterans participated in a March and Commemorative Service and enjoyed morning tea and a luncheon for the veterans of the area and their families.

Sub-Branch President, Colin Hales, gave a passionate speech recognising Australia's involvement in the Vietnam War was not popular and that veterans had not felt welcomed by their communities when they returned home.

"That reconciliation has been huge and it means a lot to these guys who just look forward to Vietnam Veterans Day every year," Colin said.



The Andrew Drummond Memorial

## GASCOYNE

The Gascoyne RSL Sub-Branch held a main service commemorating Vietnam Veterans Day and laid a wreath. The main service was followed by a visit and brief service by the President Bruno Bacci and the Chaplain at the Andrew Drummond Memorial, which is dedicated to the only local Vietnam Veteran who died in Vietnam.

## MANDURAH

Veterans, community leaders and family member's payed tribute to all who fought in the Vietnam War with a local Commemorative Service at the Mandurah RSL Sub-Branch.

After the laying of wreaths at the Mandurah War Memorial at the front of the Sub-Branch, attendees moved inside for the official Remembrance Day Service to avoid the predicted rain.

Head Prefects of the Frederick Irwin Anglican School, Lily Gray and Samuel McGowan provided the keynote address which was followed by an address by Mr Hien Tran of the Vietnamese Community.

Light lunches and refreshments were then hosted by the Sub-Branch.



## WANNEROO

A large crowd of veterans, community members and local schools came out to support the Wanneroo Sunset Service in honour of Vietnam Veterans in August.

Designed to enable the working public to participate after work the service was attended by the Mayor of the City of Wanneroo, Tracey Roberts JP, along with a number of other prominent Veterans and community members.



President of the Vietnamese Community of Australia, Hien Tran, Veteran Liaison Officer for RSLWA, John McPherson, and the Member for Landsdale, Margaret Quirk MLA laying wreaths at the Wanneroo Memorial.



President of the Naval Assn of Australia WA Branch Inc., Ian Holthouse, after laying a wreath at the Mandurah RSL Sub-Branch during the Vietnam Veterans Commemorative Service on 18 August.

## MOUNT BARKER

On the anniversary of the Battle of Long Tan, about 30 people assembled at the Mount Barker Cenotaph at 11.00am to remember all those who served in Australia's longest conflict of the 20th Century.

Mount Barker RSL Sub-Branch President, Maurice Draper and RSL Sub-Branch Vice President Chris Lill, Vietnam Veteran, conducted the service, reflecting not only on the men and women who left home soil for Vietnam, but family members left behind in Australia.

Five Vietnam Veterans laid a wreath in remembrance of more than 60,000 men and women who served in Vietnam. They honoured the 521 who made the ultimate sacrifice, more than 3000 wounded and those who came home and are still fighting their battles all these years on.

The ceremony concluded with lunch for RSL members and fellowship at the Plantagenet Hotel.

Mount Barker RSL Sub-Branch would like to thank Maria and her wonderful staff for looking after us and for the little extra touches they did to make our day a success.



York RSL President, Kevin Trent, OAM, RFD, JP addresses the gathering on the history of Australia's involvement in the Vietnam War.

## YORK

A Vietnam Veterans Commemorative Service was held at the RSL Hall, Avon Terrace York on Wednesday 18 August 2021 and was attended by the Shire President, Councillor Denese Smythe, RSL members and community members.

Following the commemoration, RSL members and guests gathered at York's historic Settler's House for an informal lunch and fellowship.



# ANZAC CLUB OPEN TO LONDON VISITORS

RSLWA ANZAC Club has successfully forged a reciprocal arrangement with the famous central London military membership club, the Union Jack Club.

The Union Jack Membership Club and Accommodation is exclusively for serving and veteran members of Her Majesty's Armed Forces.

The reciprocal arrangement will enable RSLWA members and ANZAC Club members to access the Union Jack Club facilities as Temporary Honorary Members when visiting London.

ANZAC House Manager Matthew Holyday has been working on the reciprocal arrangement since the building of the new ANZAC House began.

"The reciprocal arrangement adds great value to RSLWA Service Membership and ANZAC Club Membership," Matthew said.

"While we can't travel at the moment, it will be a great asset to our members when they can.

"It will also be wonderful when we can host Union Jack Club members here in Perth at the ANZAC Club."

More information about Union Jack Club can be found on their website at [www.ujc.org.au](http://www.ujc.org.au)

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# VETERANS' HEALTH WEEK

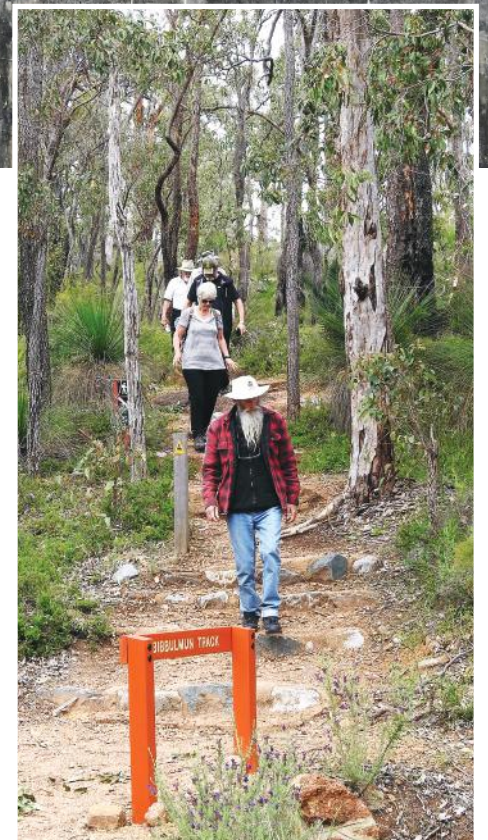


North Beach RSL Sub-Branch Peer Health Coordinator Alex Lennox and the Assistant Secretary Wayne Kock organised two events to get their membership moving for Veterans Health week.

A good mix of about 40 female and male members walked along the Bibbulmun Track from Mundaring Weir to the Mundaring Weir Hotel, with individual members deciding the distance they walked.

The walk concluded with a light lunch at the hotel and first aiders were happy to report there were no incidences and all enjoyed the day.

About 35 members took an excursion to Araluen Botanical Park in the Darling Ranges approximately 30 kilometres south of Perth. The group spent the day at Araluen walking the tracks around the Park, learning its history from the Guides. The tracks were challenging, but gave a far different perspective of the Park and added to the interest and enjoyment. A part of a regular exercise group, members of the cycle group took a tour north of the Hillarys Marina along the cycling path while the Kayaking group paddled with Secretary Trevor McEntyre out from Hillarys Marina.



Australian Government  
Department of Veterans' Affairs



**VETERANS' HEALTH WEEK**

'GET MOVING' 16 -24 OCTOBER 2021

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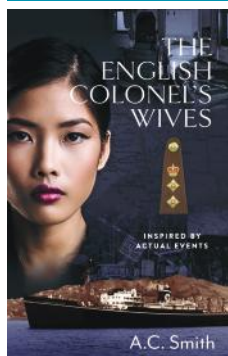
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## RECENT RELEASES:

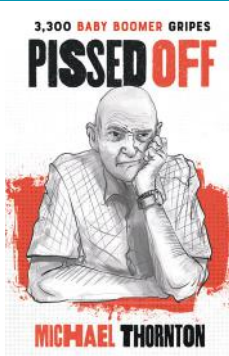


ISBN: 978-1-925707-48-9

Nothing is as it seems among passengers on the New Zealand Star. Colonel Newton's impotency resides in another when portraying to enigmatic widow, Nancyng Jenkins, his role as emissary to a dying woman, while she masks a torrid life of unspeakable horror and devious subterfuge. High Commissioner Sir Gerald Templer recalls Newton to the cauldron of post-war Malaya, the quarry being its most-wanted communist terrorist, The Huntsman. With the past casting long shadows, does Mrs Jenkins hold the key to Newton's redemption?

"An enjoyable, high quality historical fiction novel. An entertaining mystery involving several well drawn, multi-dimensional characters."

— Michael Pert, author of *The Kissing House*

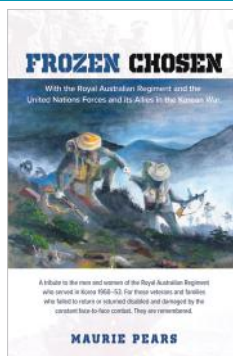


ISBN: 978-1-925707-49-6

Australia has five million baby boomers. Seventy-one-year-old Michael Thornton is one of them. He is so pissed off about the state of things, he's listed 3,300 gripes.

"Michael Thornton is not as pissed off as he says. Switched on might be a better way of putting it. This book claims to be full of gripes and Thornton is surely entitled to a few of those. But is also replete with astute observations and devastating insights. It loves life and is peeved by the narrow-minded and ungenerous who spoil the fun. Thornton is great fireside company as you shelter from the storm."

— Michael McGirr, author of *Books that Saved My Life*.

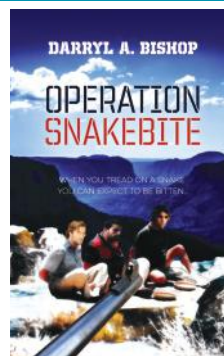


ISBN: 978-1-925707-55-7

With the Royal Australian Regiment and the United Nations Forces and its Allies in the Korean War.

This is a personal story of the experiences of a Subaltern and his 7 Platoon C Company, 3rd Royal Australian Regiment (3RAR Old Faithful) including observations from serving members of the British Commonwealth Forces who faced the enemy in the front line where the war is won or lost. Other observers and historians have made a priceless contribution to this volume and its tribute to the Australians with the UN Forces in Korea 1950-53.

The Diggers thank them and their families, who held the fort at home.

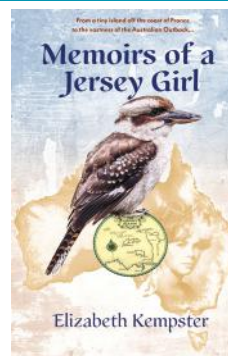


ISBN: 978-1-925707-51-9

National serviceman, Tom Duncan, was a changed man when he returned from the Vietnam conflict.

His pompous father, a successful New England fine wool producer, stating that he'd not have the family's good name tarnished any more, banishes his second son to the god-forsaken country west of the Bogan River in northwest NSW after he'd fallen foul of the law one too many times.

Far from being the intended punishment, Tom flourishes in the isolated scrublands, more so after school teacher, Samantha Neilson, joins him. When tragedy strikes, Tom acts compulsively, reverting back to a time in his past he had been convinced he'd left behind. When you tread on a snake you can expect to be bitten.

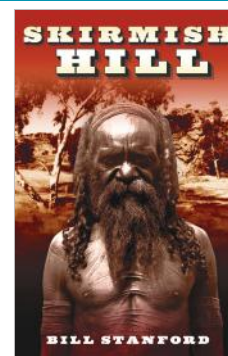


ISBN: 978-1-925707-50-2

From growing up in the Channel Islands post World War II, to running sheep and cattle stations in Australia, *Memoirs of a Jersey Girl* is the story of a life filled with adventure, achievement, and at times, tragedy.

A near-death accident driving a speeding Porsche in Portugal is the catalyst for Elizabeth's marriage to Ian, which would be the beginning of their journey in a very foreign land. As a young Ten Pound Pom dealing with the hardships of the Australian outback, including drought, isolation and deadly snakes, Elizabeth builds the mental strength and character required to deal with adversity.

This is the engaging story of an incredibly strong woman, whose life is an inspiration to her family and friends.



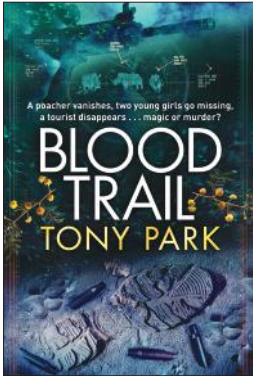
ISBN: 978-1-925707-52-6

Skirmish Hill exists in remote and off-limits Aboriginal land in the Great Victoria Desert of Western Australia. The narrative's central figure, William Whitfield Mills, made his mark in colonial Australia as an outback surveyor, explorer and gold prospector and was thus selected for his participating role. He crossed paths with men and women of interest, Europeans and Indigenous alike. Together they engendered the Australian way of life and achievement.

Having by now learned that Mills died and was buried in an unmarked grave on an island in the midst of a salt lake in the vast Western Australian goldfields, the author and his wife undertake a wonderful journey of contemporary exploration to hopefully find his final resting place.



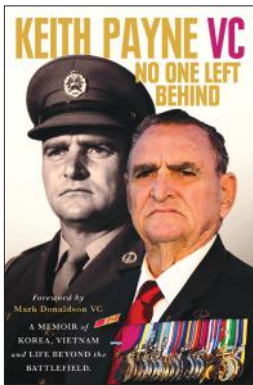
# ON THE BOOKSHELF



## **Blood Trail.** *By Tony Park*

A new thriller from Australian author Tony Park – a 34-year veteran of the Australian Army Reserve – examines the way Covid-19 and witchcraft are used as weapons in Africa's ongoing wildlife wars.

Tony's fiction books centre on current affairs and wildlife/conservation issues in Africa. Not only is Tony one of Australia's most successful international authors, but he is also an enthusiastic champion of wildlife conservation and the upliftment of people in his adopted home of South Africa. *Blood Trail* sees the return of one of Tony's most popular female protagonists, police Colonel Susan (Sannie) van Rensburg, who now has COVID, criminals and two missing girls to contend with.



## **No One Left Behind.** *By Keith Payne VC*

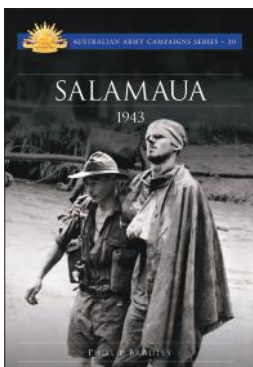
For the first time in his own words, hear the story of Vietnam veteran and Victoria Cross holder Keith Payne.

From the battlefields of Korea, Malaya and Vietnam to the struggle of veterans' welfare, Keith Payne has never shied away from a fight. More than 50 years ago, this bravery saw him receive Australia's highest military honour– the Victoria Cross.

After seeing his father come home wounded from war, Keith joined the army, and was sent to Korea at the young age of 18.

In 1969, one night in the dark jungle of Vietnam under heavy enemy fire, he returned to a fled battlefield to rescue 40 of his soldiers. For this act of extreme bravery he was awarded the VC.

After years of public attention and finding new purpose as an advocate for others, it's now Keith's turn to tell his story himself.

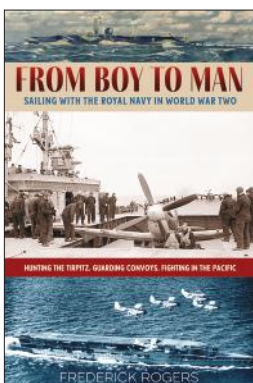


## **Salamaua 1943, Australian Army Campaigns Series No 30.** *By Phillip Bradley*

Between the end of the Kokoda campaign in January 1943 and the start of the New Guinea offensives at Lae in early September 1943, the Australian Army was engaged in some of the most intense and challenging fighting of the war for the ridges around Salamaua.

What started as platoon level actions in April and May 1943 soon developed into company, battalion and brigade level operations for control of the dominating ridge systems around Salamaua.

Incorporating over 120 photographs from the battlefield, including drone footage plus 26 maps and the added detail of 15 sidebars, *Salamaua 1943* takes the reader behind what was one of the most complex campaigns of the Pacific War.



## **Memoir. From Boy to Man Sailing with the Royal Navy in World War Two.** *By Frederick Rogers*

This book is a personal story of life on board aircraft carriers during WWII. The author starts his story reminiscing about joining the British Navy and then continues with battles fought and time spent in various ports around the world.

"The morning of my departure for the training base was, for me, a continuous wave of excitement. The sense of duty was stirring my blood to boiling point, but at the back of my mind was the feeling of sadness.

Leaving the family behind was something I had never done before. I could see how they tried to hide their own sadness at my trotting off into the wide, wide world. I was secretly glad when the time actually came for moving off.

It was my sister who came to the front door to see me off. I made my way to the corner of the street a short distance away and turned to wave goodbye.

Three weeks as a trainee, I thought to myself as I made my way to the station. Three weeks and maybe I could have a little leave, or should I call that shore leave?"

# PASTORAL CARE

## EXTENDS RSLWA SERVICES

After many shore and sea postings during 22 and a half years in the Navy, Barrie Yesberg PCHA RAN (Rtd), is very happy to put down roots as RSLWA's new Chaplain.

Having deployed three times to the Middle East and once to East Timor under UN peacekeeping activities, Barrie brings a wealth of military experience to the new role.

"I'm looking forward to working with veterans at ANZAC House and I'm very pleased to be bringing these services to RSLWA members," Barrie said.

"With the advent of ANZAC House Veteran Central (AHVS) and the growth of RSLWA services, Chaplaincy will add to the care and complete the services offered to veterans and their families.

"The programs on offer will help provide meaning, purpose and connection, which are vital aspects of a person's well-balanced life.

"Veterans will know Chaplains from their time in the Australian Defence Force (ADF) and will have a level of trust built up over their years of service, so my Chaplaincy role offers another avenue of support that is confidential and pastoral through the Spiritual."

While in the Navy, Barrie's shore postings included Fleet Command Chaplain in Perth, Darwin, and Sydney followed by Command Chaplain Joint Health Command in Canberra, before his retirement at the age at 60.

He later moved into the Navy Reserve and was promoted to Principal Chaplain as part of the Principal Chaplain's Committee. When this position was disbanded under a Chaplaincy restructure he again moved into retirement in July 2020.



In 2016, Barrie began conducting part-time Chaplaincy with the Australian Federal Police out of Perth covering areas in Western Australia, South Australia and parts of the Northern Territory.

Before joining the Royal Australian Navy as a full-time Chaplain Barrie was a Pastor with Churches of Christ in Western Australia working in parishes at Carnarvon, Roelands, Norseman, Bunbury and Cottesloe. While in Cottesloe, he was a Chaplain at 13th Brigade with the Army Reserves.

Barrie is a member of RSLWA; Naval Association of Australia; Naval Officers Club WA; the Australian Peacekeeper and Peacemakers Veterans Association; Disaster Recovery Australia and Chaplain to the Royal Naval Association. He is also Chair of the Churches of Christ Global Mission Partners Board.

Barrie Yesberg can be contacted on 0430507271 or email [chaplaincy@rslwa.org.au](mailto:chaplaincy@rslwa.org.au).

## ANZAC DAY PARADE REGISTRATION

During the ANZAC Day planning for 2021, the RSLWA Public Affairs and Events team identified there were several groups listed in the Order of March, which are not in our contact databases.

This could be because the groups are not United and Kindred financial members or that the organisation's details have not been recorded in previous years.

With many groups potentially planning to march which could not be contacted, RSLWA anticipated up to 100+ people would likely turn up on the day of the parade with an expectation to march.

Although groups may consider that they have attended regularly for many years, it is very difficult to plan the timing of the march and the form up of the many groups without a clear understanding of the numbers participating.

It was particularly challenging to plan the form-up order with COVID 19 social distancing requirements.

If your group, or if you know of other groups, who did not receive any correspondence from the RSLWA about the Order of March and forms asking for group history for the ABC's Live broadcast, then please contact us as soon as possible so we can add your group to the mailing list.

This will make future planning a lot easier and help avoid confusion and delays in the form up areas, while also ensuring you are well informed about the progress of the planning.

Please email [publicaffairs@rslwa.org.au](mailto:publicaffairs@rslwa.org.au), or call 9287 3701 to receive a participation form.



# THE LAST POST



JUNE - OCTOBER 2021

## NAVY

**Birch, Ian R105497**  
Pinjarra

**Chantler, Geoffrey 5788NS**  
North Beach

**Cooper, John R5055**  
Bunbury

**Edwards, Jack \*\*ED00025**  
City of Perth

**Evans, Hugh \*\*N1100036**  
Wanneroo

**Harding-Collis, Ian R93519**  
City of Mandurah

**Hatchett, William F4165**  
Mount Lawley-Inglewood

**Higgins, Henry W2296**  
Gascoyne

**Holland, Alan R42685**  
Mount Barker

**Hunter, Gregore R27521**  
Applecross

**Kingshott, Philip PK978517**  
City of Perth

**Larsen, Paul 8054768**  
City of Cockburn

**Minehan, Terrence 53016**  
City of Rockingham

**Mott, Bill A102659**  
North Beach

**Newnham, Dennis DJ936943**  
City of Rockingham

**Powell, Colin R53730**  
Yokine-Joondanna

**Prichard, Campbell F4355**  
Bunbury

**Stephens, Douglas 59830**  
Broome

**Stokes, Ronald F5342**  
Mount Lawley-Inglewood

**Woodford, John R54733**  
Wanneroo

## ARMY

**Anderson, Ross 5715314**  
City of Mandurah

**Barnett, William NZ467103**  
Port Kennedy

**Bennet, James 5/2230**  
Karratha

**Berry, Trevor 53355**  
City of Mandurah

**Blevin, Rodney 16372V**  
Serpentine/Jarrahdale

**Bryant, Bruce WX29828**  
City of Perth

**Clarke, Maud WF96765**  
Cottesloe

**Comben, Ross 54733**  
Pinjarra

**Crowe, Leslie 38927**  
Port Kennedy

**Doust, Raymond 530964**  
Highgate

**D'Arcy, Timothy 52394**  
Albany

**Day, Yvonne WFX17019**  
Rtd Ex-Svc Women

**Dunkling, Robert 5/3067**  
Port Kennedy

**Ellyard, Ian 54469**  
Osborne Park

**Evans, David 5/27430**  
Yokine/Joondanna

**Fleay, Ivan WX19468**  
Kondinin

**Fraser, Lawrence 3787555**  
Dongara

**Fullgrabe, Lenard 54095**  
Armadale

**Green, Hedley 5/1107**  
Pemberton

**Harding, Laurie 538452**  
City of Cockburn

**Hickey, Kevin 219133**  
Bellevue

**Hoan, Van 60/100183**  
Vietnamese Services

**Hoffman, Ronald 5715576**  
Central

**Hosken, Noel 5714100**  
North Beach

**Jarman, Dorothea F5/214**  
Serpentine/Jarrahdale

**Johnson, Gregory 5717609**  
Wubin-Delwallinu

**Jones, Dennis 342985**  
City of Belmont

**Jones, Richard 54859**  
Lancelin/Coastal Districts

**Keesing, Kenneth 533747**  
Riverton

**Kester, James 3794525**  
Port Kennedy

**Lee, Graym 51797**  
Geraldton

**Le, Van 60/801837**  
Vietnamese Services

**Lewis, Barry 4/1667**  
Riverton

**MacKay, Angus 5411378**  
Northampton

**Malkowski, Tomasz 5105218**  
Armadale

**Manser, Leo SX23109**  
City of Mandurah

**Miller, Kevin WX35036**  
Bunbury

**Mills, Len 22402092**  
Bellevue

**Mogg, Kevin 222340**  
Joondalup City

**Moulton, Hilda WF96165**  
City of Mandurah

**Mruczkowski, Leon 140260102**  
Busselton

**Myles, Ian 5715508**  
City of Cockburn

**Parkin, Victor 54038**  
Central

**Pope, John WX7421**  
Highgate

**Partridge, Robert 40869**  
City of Mandurah

**Reed, William 3418**  
Ellenbrook

**Riley, Walter 221452**  
Kalamunda

**Scallan, Richard J4526**  
Bunbury

**Shaw, Sydney WX12267**  
Yanchep-Two Rocks

**Steedman, Malcolm 5/8501**  
City of Perth

**Stevens, Mark 553993**  
City of Rockingham

**Tilly, Kathleen WF45475**  
Nollamara

**Virgin, Raymond 5715182**  
Bunbury

**Webb, Harley 5713983**  
Albany

**Webb, Talbot WX42317**  
Scarborough

**White, Ted WX39220/521378**  
Highgate

**Woodhouse, Ralph 2330628**  
Kalamunda

**Rose, Frederick WX5311**  
Harvey  
*Among the last of the Rat's of Tobruk  
2/7/1919 – 21/11/2021  
Fred never married or had children.*

## AIR FORCE

**Arkell, Bill 412332**  
Dongara

**Baumont, Albert A117180**  
North Beach

**Dempster, Edward 436975**  
Dongara

**Dyer, Haydn 055763**  
Harvey

**Ellis, Harold A25394**  
Central

**Hawkins, Allan 2953**  
Albany

**Hawley, Richard 36519**  
North Beach

**Liddiard OAM, Kelvin A55523**  
Pinjarra

**Linton, Raymond A58400**  
Beverly

**Logan, Rodney A54067**  
Osborne Park

**Montgomery, Phillip A32991**  
Bunbury

**Nesbitt, Patricia 99903**  
Armadale

**Rayner, Brian A51024**  
Esperance

**Thorn, Stewart 83807**  
York

**Upton, Ronald 138596**  
City of Perth

**Williams, Colin A44118**  
Port Kennedy

**Woodyard, Bruce A318540**  
Mount Barker

## UNIT AND KINDRED FINANCIAL MEMBERS

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161 (Indep) Recce Flight	9359 1848	ddo92797@bigpond.net.au
2/11th Battalion Group	9383 2282	cjj.cott@drewj.com
2/16th Battalion AIF Assn Inc	0417 985 400	secretary@2nd16thassoc.com.au
2/2nd Commando Association Australia Pty Ltd	0458 004 015	secretary@doublereds.org.au
2/4th Machine Gun Battalion (AIF) Ex Members Assn	0432 442 574	2nd4thmgbsecretary@gmail.com
2/7th Australian Field Regiment Association of WA Inc	0419 044 511	mark@fitzhardinge.net
3 Telecommunication Unit Association (RAAF)	0418 944 425	johntish@iinet.net.au
Airborne Forces Associations WA Inc	0408 947 223	jpmoorcroft@bigpond.com
Allied Merchant Seamen Assn of WA Inc	0410 628 821	derekandmoira@bigpond.com
American Returned Military Services	0421 420 498	bandj.gravelle@gmail.com
Australian Army Training Team Vietnam WA Branch	0435 459 236	jhrriley@tpg.com.au
Australian Intelligence Corps Group WA	0405 461 151	robingail72@gmail.com
Australian Peacekeeper & Peacemaker Veterans Assn Inc	0408 002 892	wacoordinator@peacekeepers.asn.au
Combined Defence Support Assn of WA Inc Secretary	0417 960 629	cdfswa@bigpond.com
Defence Reserves Association WA Branch	0400 716 724	tacticswa@aol.com
Defensively Equipped Merchant Ships Association	0438 397 671	thesailor@bigpond.com
Far East Strategic Reserve Navy Assn (Australia) WA Division	0417 966 653	cfcutts@bigpond.com
Fleet Air Arm Assn of Australian WA Division	0409 913 252	ktt59345@bigpond.net.au
Girl Guides WA	0403 137 536	stateteam@girlguideswa.org.au
HMAS Bataan /Tribal Class Destroyers WA	0414 378 962	jack.lecras@ozemail.com.au
HMAS Hobart Assn (WA Division)	0429 965 658	hmashobart@iinet.net.au
HMAS Perth National Assn WA Branch	0432 254 486	hmasperthsecwa@hotmail.com
HMS Ganges Association WA Division	0400 204 801	james.sharkey@bigpond.com
Legacy WA	0418 266 247	ceo@legacywa.com.au
Malayan Volunteers Group Australia	9247 3374	bunneyelizabeth5@gmail.com
Mandurah Murray Vietnam & Veterans Group	0439 616 544	michael.ohalloran1@bigpond.com
Military Brotherhood Military Motorcycle Club Perth Central Sub-Branch Inc	0414 154 885	markwalker68@mac.com
National Servicemen's Assn of Australia (Mandurah-Murray Sub Branch)	0408 090 474	nsaam.m@hotmail.com
National Servicemen's Assn of Australia (WA Branch Inc.)		stuwf@gmail.com
Naval Assn of Australia WA Section	0477 160 097	iholthouse@hotmail.com
North American Veterans Unit	0478 669 882	navu.perth@gmail.com
RAAF Police Assn	0413 675 010	cjf3003@yahoo.com
RAAF Vietnam Veterans Assn of WA Inc	9405 1872	raafvwa@gmail.com
Remembering HMAS Armidale Association Inc	0418 367 869	rhaainc@gmail.com
Rhodesian Services Assn of WA Inc	0412 771 523	anaconda.pag@optusnet.com.au
Royal Australian Armoured Corps Assn WA Branch	0402 149 755	noel.moyes@bigpond.com
Royal Australian Army Ordnance Corps Assn WA Inc	0412 672 103	j.arco@bigpond.com
Royal Australian Artillery Assn WA Inc	0438 695 711	info@artillerywa.org.au
Royal Australian Electrical & Mechanical Engineers Assn	0488 932 179	richard.fenton@defence.gov.au
Royal Australian Engineers Assn of WA Inc Secretary	0413 376 273	raeAssoc.wasec2017@gmail.com
Royal Australian Navy Communications Branch Assn WA	0407 726 994	kowandi205@outlook.com
Royal Military Police Assn (WA Branch) Secretary	0429 081 037	eric.heath@bigpond.com
Royal Western Australia Regiment Association	0428 898 431	billstevens@iinet.net.au
Soldiers & Sirens	0459 317 772	terrencecook@soldiersandsirens.com.au
South African Military Veterans Organisation of Australasia	0477 999 715	stevensonsw@gmail.com
Submariners Association of UK Australia Branch	0458 773 985	barry_grace@hotmail.com
Submarines Association Australia WA Branch Inc	0414 407 067	wa.secretary@submarinesaustralia.com
The British Ex-Services Assn Inc.	0428 317 652	British.ex@bigpond.com
Tingira Australia Association	0403 402 496	tsec@tingira.org.au
Veterans of Foreign Wars (VFW) Post 12163 Inc	0437 099 310	cmd@vfw12163.org
WA Branch of the Partners of Veterans' Assn of Australia Inc	0409 088 905	ager@iinet.net.au
War Widow's Guild of Australia WA Inc		warwidowswa@bigpond.com
WRAAC Assn WA Inc	0412 984 739	wraac_wa@gmail.com
WRAAF Branch of RAAF Assn WA Div.	0407 850 090	gjb41@bigpond.com
WRANS-RAN Women's Assn WA	0419 698 402	Wranswa@outlook.com

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