

# WESTERN OUTPOST NEWS



**SUMMER 2014 ISSUE**

St Mary's Outpost the  
'Train of Knowledge'

## **St Mary's Vietnam Veterans Outpost & St Mary's RSL Sub-Branch Combined Newsletter**



<b><u>In This Issue</u></b>	<b>Page</b>
VVAA St Marys Outpost Presidents Report .....	1
Notice for the AGM.....	2
Australia's First to Fall in the Great War .....	3
St Marys RSL Sub-Branch Report .....	5
Colin Shepherd OAM Memorial School Scholarships for 2014.....	6
Saluting Our Vietnam Veterans.....	8
Blacktown and Districts TPI Social & Welfare.....	8
Heavenly Celebrations Funerals .....	9
St Marys RSL Bowling Club.....	11
St Mary's Governor King Day Club.....	12
Centenary of ANZAC - St Marys School Project .....	13
Remembrance Day 2014.....	14
The Outpost Education Report .....	16
St Marys Outpost Computer Training .....	17
Veterans' Home Care .....	18
Nepean Wives of Vietnam Veterans Women's Support Group.....	19
Western Hire Cars.....	19
Hours of business for Pension Officers Interviews .....	20
Offer for Cruising Current & Ex-Defence Force Personnel .....	21
In Flanders Field.....	22
Nepean Funerals .....	23
Western Sydney Sports Medicine Centre.....	24
St Marys RSL Club.....	25
DVA Facts Made Easy .....	26
Pulse Health .....	27
St Marys RSL Youth Club.....	28
VVAA Outpost and St Marys RSL Sub-Branch Committee List .....	29

**Correspondence to:**  
**VVAA St Mary's Outpost Veterans Centre**  
**PO Box 3049,**  
**South St Mary's NSW 2760**

**PHONE: 9833 4700**

**Fax 9833 4022**

**Web Page: [vvaastmarys.com.au](http://vvaastmarys.com.au)**

**Email: [vietvet@tpg.com.au](mailto:vietvet@tpg.com.au)**

**\*\*\*\*\***

**St Marys RSL Sub-Branch Email: [stmsub@tpg.com.au](mailto:stmsub@tpg.com.au)**

**Web: Log on to: [vvaastmarys.com.au](http://vvaastmarys.com.au) OR**

**Google: St Marys RSL Sub Branch**

**Phone: 9623 6555**

# VVAA ST MARY'S OUTPOST

## PRESIDENTS REPORT

Here we are another year has passed us by, makes me wonder where the year has gone.

A lot has happened in the past year, especially in the last six months or so, firstly the death our very capable Gary Fizzell our office manager, Jack of all trades, for everything that anyone needed to know.

Then the resignation of our president Greg Cant, due to ill health in his family. These two incidents alone caused a major upheaval in our organisation, as both members did an incredible amount of work for us.

The question was who was going to fill their shoes? Various members stepped up to the plate, Sam Vecchio took up some of Gary's work along with Di Foeken. Our new volunteer Beth Sanders is helping Di out as well doing the minutes for our meetings. Maureen Clements and Beth helped out to fill Di's shoes whilst she took a well deserved holiday. Graham Breckell put his hand up as Assistant Secretary to help Sam out. John Davison offered his services as editor of the newsletter with the spring edition being his first newsletter, great job John. Last but not least as Vice-President I decided to take on the role of President until the AGM when all positions will be declared vacant.

I would also like to acknowledge all the other members of the "Train" who help out and give their time without a second thought, eg the "Train" Washers and Maintenance Crew, Pension and Welfare officers, Education Team and Computer Training People, also everyone else who has helped to bring the "Train" back onto an even keel.

During the Christmas break we have done some renovations, namely we removed the tiles in the pension office and recarpeted the entire office area and replaced some furniture that needed replacing. This work was mainly required to bring us up to date with current OH&S regulations, to keep our members safe.

With the closure of VAN Parramatta as we know it and now that they only operate three half days a week, DVA has **proposed** to have an officer from the VAN office to work as an outreach officer the other two days of the week. We are hoping to have this outreach officer to work from the "Outpost" providing that we come up to DVA's expectations.

A reminder to all members, our AGM will be held on Sunday 22<sup>nd</sup> February, 2015 at 10.30 am for an 11.00 am start in the auditorium of St Marys RSL Club. All positions will be declared vacant and nomination forms will be available from the "Outpost" nominations close on 15<sup>th</sup> February, 2015.

I would like to thank everyone for your support since I took over the reins of the "Outpost"

Wishing you all a very Merry Christmas and a safe and prosperous New Year.

Tony Mullavey  
President

**VVAA ST MARY'S OUTPOST**  
**ANNUAL GENERAL MEETING**  
**SUNDAY 22nd FEBRUARY 2015**

VVAA St Mary's will hold the AGM  
on Sunday 22nd February 2015 at 11.00am  
in the St Mary's RSL Northern Room  
\*\*\* followed by a BBQ, all are welcome.

The AGM shall include:

Confirmation of the Minutes of the preceding AGM;  
Reports from the Executive concerning the preceding year;  
Consideration of any Notices of Motion received;  
Election of Office Bearers;  
Election of Outpost Auditors and Solicitor;  
Election of Public Officer.

Note 1: Copy of proceedings to be lodged with the Department of Fair Trading within 21 days of the AGM

Note 2: A quorum at the AGM shall consist of at least three (3) Executive/Committee Members and (7) Seven Ordinary or Associate members.

**Nomination forms for all positions** are available at the "Train" and will be accepted up to and including  
Friday 13th February 2015 at 12 noon.

Tony Mulvaney  
President

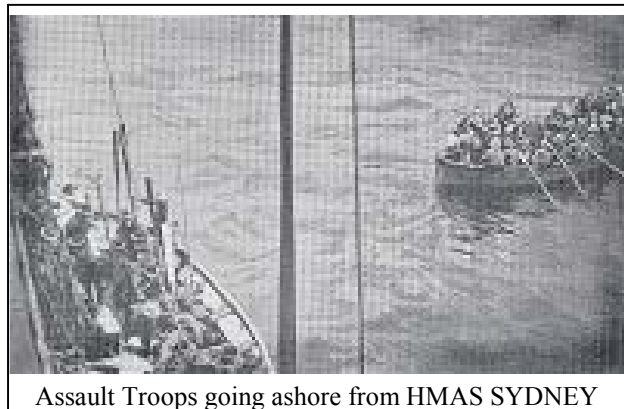
## Australia's First to Fall in the Great War



Able Seaman (AB) William George Vincent Williams, Official Number 294, Australian Naval and Military Expeditionary Force (AN&MEF). A member of the Ship's Company of *HMAS Sydney*. The first recorded Australian casualty of the First World War, AB Williams died on 11 September 1914 on HMAT Berrima, after receiving wounds from German sniper fire during the seizure of a German wireless station at Rabaul, New Britain. Born in Richmond, Victoria, on 24 November 1885, Williams was a Melbourne City Council employee prior to his enlistment in the AN&MEF.

The Australians had landed stealthily at Kabakaul in the early morning of 11th September 1914. Their mission was to capture the German Wireless Station at Bita Paka several miles south through the jungle of the Gazelle Peninsular in German New Guinea, now known as New Britain. Moving cautiously in tactical formation with rifles cocked, the Australians, a mix of Royal Australian Naval Reserve sailors and newly enlisted soldiers, followed the bush path deeper into the hills.

Suddenly gun fire rang out from well entrenched dug-outs on both sides of the track. The Australians dived for cover and returned fire. It was clear that the enemy outnumbered the Australians so messages were sent to the rear for reinforcements. In the meantime several men edged forward to get a better view of the enemy positions.



Assault Troops going ashore from HMAS SYDNEY

More firing broke out with the deadly menace of native sharp shooters hiding in coconut palms adding to the danger. Able Seaman William Williams from Northcote slumped to the ground mortally wounded in the stomach. Another sailor in the scouting party was Bill Kember. He was a 10 year veteran of the Royal Navy and rushed to Williams' assistance. Despite the continued fire from German and local native troops, Kember carried and dragged the wounded man nearly half a mile back to the aid post.

Once at the aid post the exhausted Kember gently laid his mate down and Captain Brian Pockley, the Sydney born Army medical officer, started to dress Williams' wound. Realising that early surgery was needed, Pockley instructed Kember and

another sailor to take Williams back to the troopship for the necessary medical attention. Fearing an ambush en route Pockley courageously decided to give up his Red Cross brassard to Kember in the hope that the enemy would hold their fire in respect for the internationally recognized non combatant symbol.



Captain Pockley

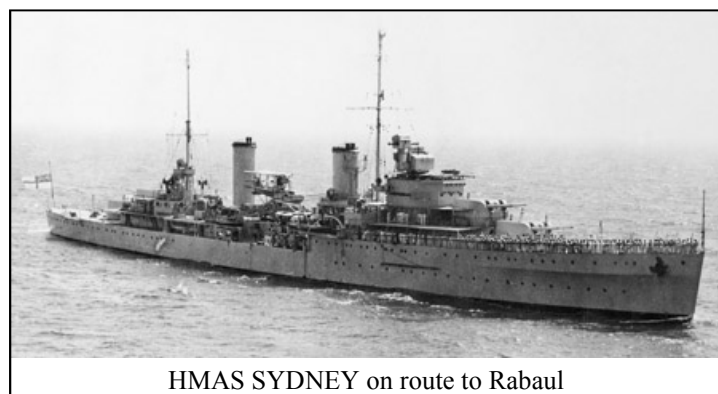
With Kember wearing the brassard on his head, Williams was successfully removed to the rear and the advance continued. Shortly after, Pockley himself was hit by rifle fire whilst attending to another wounded man and had to be carried back to the ship's surgery. That afternoon, Williams succumbed to his wounds, followed soon after by Pockley. Both men were taken ashore and buried at Herbertshohe.

The existence of a state of war between Germany and Great Britain was known in Australia on 5th August 1914. Volunteering for an Army expeditionary force to be sent to Great Britain followed almost immediately.

Then four days later it was announced that a second force, destined for the tropics was also required. In a little over a week the best trained volunteers were selected for the latter force, and together with a contingent of about 500 Naval personnel, sailed from Sydney on the 'Berrima'. Their first taste of action was at Bitapaka.

The Tropical Force as it was termed was entirely successful in its mission. Seven months later the ANZAC heritage was immortalized on Gallipoli. It is seldom acknowledged however that the Tropical Force men, and some female nurses, achieved the first defeat of German forces, on German soil. There were even two Australian Flying Corps aircraft and crews dispatched to support the campaign. Further, the Australians had acted unilaterally under their own commanders for the first time in war, and had achieved a major strategic victory in the Pacific Ocean where the Germans possessed a powerful Naval force. Sadly, as a result of this early victory, Billy Williams, then Brian Pockley, became the first Australians to fall fighting the enemy in World War One.

*Lieutenant Colonel Neil C Smith AM  
Military History Research and Publications*



HMAS SYDNEY on route to Rabaul





## **St Mary's RSL Sub-Branch Presidents Report - July 2014**

Well another year has come and gone, it must be age as I have never seen a year go past as fast as this one.

It has been a very busy time, arranging some very special functions, one being ANZACc Day. Over the next 4 years there will be a lot of anniversaries of battles on the Western Front, which in turn means we will be celebrating the events here.

The committee organizing next ANZAC Day have been very hard at work, booking events and arranging things to be done.

We have the Cooee March coming through St Marys-Penrith area on the 7<sup>th</sup>-8<sup>th</sup> November 2014. These events are also being arranged.

Remembrance Day has come and gone, it was wonderful to see all of those schools attending the service. All appeared to go ok.

By the time this goes to print, we will have completed the School Scholarship Presentation for 2014. Some of the entries were of a very good standard, but as usual there were a couple of entries were below par. We may require notification from the teachers if there are reasons why some of the assignments are of this standard. We may need to research the subjects to make the entries a bit harder.

At the last meeting we voted on Ted Fish's Life Membership application. This was passed by a large majority. It will be sent to Head Office for approval. Congratulations from all of us, Ted.

We have had a change in the Vietnam Veterans, with Greg standing down as president, due to illness in the family. Greg has been replaced by Tony Mullavey, good luck Tony.

Sam and his crew appear to have the kids Christmas tree well under control. Keep up the good work.

I would like to thank all of my committee for a great job this year.

I wish all of the Sub Branch members and their families a Vert Merry Christmas and a great year in 2015. Be safe and return full of vim next year.

Until next time  
Ron Kelly  
President Sub Branch

# Colin Shepherd OAM Memorial School Scholarships 2014

On Thursday evening 21<sup>st</sup> November, the St Marys RSL Sub-Branch conducted the annual Presentation Night for awarding the scholarships to Year 10 students who competed in this year's activity.

The Scholarship Program has been conducted annually for 12 years now and seems to be gaining increasing interest from eligible students each year. The eighteen scholarships on offer (for a total of \$30,000) attracted in the order of 100 entries across the six schools, these being Cambridge Park High, Colyton High Trade, Emmaus College, Erskine Park High, Gilgandra High and St Clair High. Scholarships are held by the student's school and monies spent under their control for educational purposes only.

Topics for students to choose from were all WW1 oriented and, in brief, included:

- Discuss with your parents/family to identify a family member (e.g. Grandfather or Great Grandfather) who fought in the First World War (1914-1918) then research that person's life.
- Author a poem or design a visual display that best reflects *your thoughts/feelings* about those in the Australian Defence Force who gave their lives so that all current and future Australians can live in the freedom, peace and harmony that we enjoy in this Nation today.
- Assume we are in Australia during the early days of the First World War. Our 'Mother' Country, Great Britain is asking for women to help in the war effort. Your task, on behalf of the Australian Government, is to create a poster that will motivate young women to volunteer, not only to help the 'Mother' Country, but also to undertake all the other tasks that women suddenly found were needed because the men-folk were going overseas as soldiers.
- Australian Nurses played an important part in the First World War (1914-1918) in caring for the wounded and supporting them back to health. Select and research one Australian Nurse from that period.
- Almost half a million Australians volunteered to join up during the First World War. Many heroic acts were performed by a great number of these. Select one such Australian hero from that period.
- During WW1 there were many great battles in France, Belgium and the Middle East. Select a region and focus on one Battle and *in your own words*, describe the importance of this Battle to the Australians, regardless of the outcome.

Scholarship winners for 2014 included:

Cambridge Park	Colyton Trade	Emmaus	Erskine Park	Gilgandra	St Clair
Jamee-Leigh Wilson	Rebecca Minella	Rochelle Christensen	Nicolas Bradbury	Kathryn Alchin	Katie McPherson
Adrian Holley	Hannah Triatmodjo	Jamie-Leigh Miles	Aneleise Piggott	Daniel Foran	Emma Suttie
Mackenzie Proctor	Jessica Pabian	Gabriela Flak	Shehmaan Ahmad	Kate Banks	Thomas Wells



Sub-Branch President, Ron Kelly, thanked Patron Tanya Davies MP and Judy Shepherd for presenting the certificates to the winning students and shields to the School Principals. Each shield displays the winners' names from each year and is hung in the school reception area (or similar) where visitors to the school can view the winners and understand the support that our Sub-Branch provides to the students.

The Presentation evening attracted a crowd of 100; Ted Fish compared proceedings efficiently, commencing with a very nice buffet dinner followed by a tribute talk from a recent winner, Corey Davis from Colyton High Trade School and a brief audio visual tribute to past winners from that school to illustrate where each past student now where and the achievements they have made.

Students, their families and school representatives and a smattering of Sub-Branch members all enjoyed the event. All photos from the evening can be seen on the Sub-Branch website at:  
[http://www.vvaastmarys.com.au/site/Reports\\_on\\_School-Related\\_Activities.asp?PLACE=SBR](http://www.vvaastmarys.com.au/site/Reports_on_School-Related_Activities.asp?PLACE=SBR)



Tanya Davies, Member for Mulgoa with Prize Winners, in the background Judy Shepherd and John Foeken

#### A Safe Home at Last



I've torn out my alarm system and de-registered from the Neighbourhood Watch.  
I've got two Pakistani flags raised in my front garden, one at each corner and the black flag of ISIS in the centre.

The Local Police, Federal Police, ASIO, ASIS and the other Intelligence Services are all watching my house 24/7.  
I've never felt safer.



## Saluting our Vietnam Veterans

By Kerrie Martin

“Courtesy of the Nepean News”

A ceremony marking Vietnam Veterans Day was held at the St Mary's Veterans Outpost on Monday; a day in which we commemorate all those who gave their lives over the long and protracted conflict in South Vietnam.

The moving service included singing, the reciting of poems, wreath laying and a special 'dressing of the table' with the help of students from St Clair High School.

The table was dressed with items that represented some significance, for example lemon and salt - with lemon representing the bitterness that war brings and the salt representing the tears shed.

“Much emphasis has been placed on the dreadful battle of ‘Long Tan’ which took place in 1966, and we all now know the aftermath of that historic battle,” said MC Burke Rogge.



“This however was not the last of the decisive battles which took place, with Australian troops being involved in the TET Offensive Battle of Bin Bah and FSB CORAL and BALMORAL.

“This day in August is now used to commemorate all who served in the bloody years of the Vietnam War. Naval personnel, RAAF and civilian workers who contributed to our goals of a free Republic of South Vietnam.”

Forty eight years ago, the men of Delta Company, 6th Battalion Royal Australian Regiment withheld an enemy attack in a rubber plantation at Long Tan in Vietnam.

“Vastly outnumbered against their Viet Cong opponents, the Australians would lose 18 men in battle that day,” Lindsay MP Fiona Scott said. “It was a defining battle in Australia’s 10 year engagement in Vietnam.”

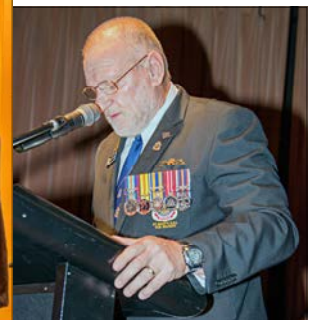
“And its anniversary has become the day when a nation now acknowledges, with grateful thanks, those men who served their nation in the Vietnam War. “Thanks, it should always be acknowledged, that was far too long in coming,” Miss Scott said.

Five hundred and twenty one Australians were killed in action in Vietnam. Three thousand were wounded in action and they returned home carrying the scars of the battle – both physical and emotional.

“Those who returned home were never properly honoured for their work serving their nation at their nation’s request,” Miss Scott said. “The physical and mental scars left by the war are still evident for many of those who served and their families.”

Long overdue, the welcome home parade for Vietnam Veterans in 1987 saw the genesis for a Memorial in our nation’s capital, a perpetual and ever-lasting reminder of the service and sacrifice of the almost 60,000 Australians who served in the Vietnam War.







***Blacktown and Districts TPI  
Social and Welfare Club***

Blacktown and Districts TPI Social & Welfare Club meets on the First Thursday of each month (except January) at the Blacktown RSL Club. Meetings start at 1:00 pm

The Club is open to all TPI Veterans (including Veterans under the MRC receiving the Special Rate of Disability Pension), and welcomes their Carers and Friends.

To join the Club a Veteran must be a subscribing member of the TPI Association of NSW Ltd.

Apart from the Monthly Meetings the Club arranges at subsidised cost, a function, generally each month, which could be a Bus Trip, Luncheon, BBQ.

The Club's Welfare Officers also keep in contact through Hospital and Home visits to those who cannot make the Meetings.

A Newsletter is also distributed to all members, either by email or by 'snail mail'

For further Information, please contact the Hon Secretary: John Davison at

mobile: 0411737446 or email: [john.davison@optusnet.com.au](mailto:john.davison@optusnet.com.au).

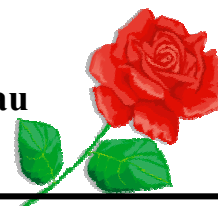
**Heavenly Celebration Funerals** believe that families want honest and comprehensive answers regarding their funeral arrangements. Our funeral home Web Site provides you with vital information to help relieve some of the burdens of this difficult time.

At Heavenly Celebration Funerals, we pride ourselves on providing quality products and dignified service at an affordable cost. We understand that the emotional and financial burdens can be overwhelming and our goal is to alleviate as much stress as possible during this time.

**Phone: 02 9623 6656 0418 250 242**

**Email: [michelle@heavenlycelebrations.com.au](mailto:michelle@heavenlycelebrations.com.au)**

**Web: [www.heavenlycelebrations.com.au](http://www.heavenlycelebrations.com.au)**





## **St Marys RSL Bowling Club**

The bowling club invites all members and visitors to utilize the excellent facilities available with our two greens, spacious bowls lounge and function room. We have a great social bowls programme and free coaching for those interested in starting out. Bowls are available from the club, so there is no cost outlay to start your new pastime.

We also have a strong representation in both male and female pennant teams (representative) which is available to any member to enter. You don't have to be a champion bowler to play pennants. So come along and join in the fun.

### **Social Bowls Programme**

<b>Tuesday</b>	<b>Any Pairs</b>	<b>9.30am Start</b>
<b>Wednesday</b>	<b>Any Pairs</b>	<b>10.30am Start</b>
<b>Thursday</b>	<b>Ladies Bowls</b>	<b>9.30am Start</b>
<b>Friday</b>	<b>Mens Pairs</b>	<b>1.00pm Start</b>
<b>Saturday</b>	<b><u>Free Coaching</u></b>	<b>10.00am – 12 noon</b>
<b>Saturday</b>	<b>Any Pairs</b>	<b>1.00pm Start</b>
<b>Sunday</b>	<b>Turkey Trots(mixed Bowls)</b>	<b>9.30am Start</b>

**Contact the Bowls Office via Club Reception on 9623 6555**

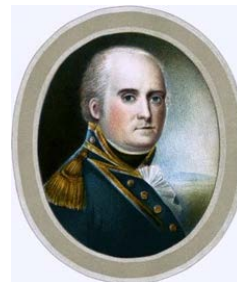


Bowling Club Greens and Function area.



## **St Mary's Governor King Day Club**

**Sponsored by St Marys RSL Sub-Branch**  
"An RSL Service to the Community"



**November 2014**

Since our last letter, we have had a new volunteer join us. Our average attendance is now 34 a week and we still have room for more new members; SO, if you have someone at home who would like to enjoy Company each Wednesday, they will be most welcome.

We have had a number of our members away sick and even some in hospital, we wish them a speedy recovery and get back to us soon.

As Governor King Day Club we were invited to the first birthday of the Nepean Day Club. It was a great day. We were entertained and well looked after.

On the 8<sup>th</sup> October we celebrated our 10<sup>th</sup> birthday with a luncheon at the RSL Club where we had over 110 guests including members of the Train, RSL Sub Branch, RSL Club and Penrith day Club. On that day, six of the original volunteers received their 10 year service badges. The entertainment was excellent as was the luncheon provided.

Some of our volunteers attended the annual conference in Sydney and gained knowledge which will help in organising the Day Club more efficiently.

We would like congratulate Ross Baker in becoming the Manager of the RSL Shop and thank him for the assistance that he has given to the Day Club in the past

On the 15<sup>th</sup> October we had a visit from members of the Shen Yun Dance Group who told us about their dancing. They are an international dance group and will be appearing in concert during the coming months.

Tom Barnsley, the State Coordinator of Day Clubs visited us on the 29<sup>th</sup> October and gave us a talk on what the volunteers contribute to the Day Club System, also that a new day Club would be opening in Morriset.

Many thanks to the Ladies Auxiliary, for their continuing support each month.

To the Members of the St Marys RSL Sub Branch, the St Marys RSL Club Management and Members, the Vietnam Veterans Association, Ladies Auxiliary and all associated clubs we wish them a Merry Christmas and Happy Healthy New Year

Co-ordinators: Wal Charlwood  
Mick Reilly

Address all correspondence:  
Co-ordinator  
PO Box 3168  
St Marys South NSW 2760





## Centenary of ANZAC St Marys School Project

The St Marys RSL Sub-Branch's ANZAC Centenary Committee kicked off in October and has already progressed the planning for a broad range of activities or events that will be prominent throughout 2015 and particularly during our 2015 ANZAC Commemorative Services. Please mark your 2015 calendar/diary for the ANZAC Sunday Service in Victoria Park on the afternoon of Sunday 19<sup>th</sup> April, as well as the special Dawn Service at its usual time and location.

One such activity which will come to a head on 19<sup>th</sup> April is a project that remembers 162 volunteers who went from St Marys to join the conflict in World War 1. We have named the project "*St Marys Served Australia in WWI*".

All of the 11 High Schools and 21 Primary Schools in the St Marys area (i.e. the old St Marys Council District) have enthusiastically taken up the project which will see a compendium dedicated to the memory of these young men and women who put their daily lives aside to contribute to the fight for our nation's freedom 100 years ago. The Sub-Branch is excited that all schools have taken up the gauntlet and we are looking forward to see the results of their efforts next year. It is hoped that many students at those schools will, as a result of their involvement in the project, gain a higher awareness of this important element of Australia's rich local military history.

A further aspect to the school's project will see all 162 Veterans given special honour for remembrance at the Sunday Service. We anticipate that many of the schools will take up our offer to participate in our annual ANZAC Sunday march along Queen Street to Victoria Park, where the Commemorative Service will occur.

In addition to the school project, a band of Sub-Branch members (& 'guests') are busy preparing for other related activities ... more information about those at a later time (however keep Friday evening 19<sup>th</sup> June 2015 marked in your diary for a likely ANZAC Centenary Concert).

If you would like to be involved in preparing or organising events for our local commemoration of the Centenary, please call Tony Fryer (Secretary) on 0414 557 692.

The Sunday School Teacher asks, "Now, Johnny, tell me frankly do you say prayers before eating?"

"No ma'am," little Johnny replies, "I don't have to. My mom is a good cook."





We have just commemorated Remembrance Day and my heart was warmed by the sight of so many schools in attendance to pay honour and respect to all past and present heroes.

Veterans told me that morning that this was the highest number of schools ever in attendance. This growing presence of more and more young people is also occurring at the ANZAC Day Dawn Service - as it should. For these young people and I have our future and opportunities in our hands because of the thousands and thousands of Australian men and women who have given their all for our Great South Land.

And to those men and women who were lucky enough to make it back home, I know, you are not the same people as you were when you left. You bravely fought on foreign soil and water and returned home, to fight your own inside battles. For this lifelong sacrifice I say, thankyou! And I commit myself and my family to honour your sacrifice by living our best life ever, by being generous Australians, by standing up for what is good, right and just.

Thank you for giving us all this chance to live in a free Australia.





## Remembrance Day 2014



# VVAA ST MARYS OUTPOST EDUCATION PROGRAM

## NOVEMBER 2014 REPORT

A milestone reached in the delivery of the VVAA St Marys Outpost Education Program with 10 years of operation completed, involving 50,000 plus Secondary School students among other accomplishments.

Over the 10 years the Outpost Education Program has:

- forged enduring links with over 80 schools, both government and non-government,
- visited a growing number of primary schools seeking guest speakers for commemoration services,
- supported several other ESO's with information and resources to establish educational programs,
- worked co-operatively with the Australian War Memorial while supporting school visit programs,
- addressed a variety of community organisations on the topics covered by the program, and
- expanded the area of operation to schools further afield than originally envisaged.

An overview of 2014 Outpost Education Program achievements, presentations and activities show the following:

- A tally of 152 hours of program delivery across 50 schools involving 5,400 senior students.
- Memorable outreach visits to Parkes, Gilgandra and Cooma High Schools.
- Australian War Memorial visits accompanying a total of over 200 students from Monaro High and Loreto College Kirribilli.
- Significant involvement with Galston High School and community for a wonderful Anzac Commemoration Service.
- Provision of Anzac Service guest speakers to 19 schools.
- Attendance at the National Vietnam Veterans Museum Conference focusing on SAS operations during the Vietnam War.
- Visiting the Vietnam Veterans Memorial Walkway at Seymour to document information for school presentations.
- Responding to an invitation to the VP Day service at the Kokoda Track Memorial Walkway.
- Joining veterans at the National Vietnam Veterans Memorial for the VV Day service.
- Attending the AWM Last Post Closing Ceremony on VV Day for Pte Douglas Salveron, KIA at the Battle of Long Tan.
- Attending the AWM on VV Day for the presentation of the play "Vietnam Dusted Off" by Brett Hunt, son of Frankie Hunt, "I Was Only 19". (Meeting up with Frank Hunt after the show for a few beers was most enjoyable.)
- Accompanying a team of students from Bede Polding College to Rouse Hill Shopping Centre on Legacy Badge Day.
- Attending Remembrance Day Services at the AWM and laying a wreath for departed comrades during the Last Post Closing Ceremony.
- All program management and delivery costs covered by school/college donations in appreciation of Outpost Education Programs leaving a surplus for 2014 of approximately \$7,000.00 to help support other Outpost Initiatives.

A SPECIAL THANK YOU TO OUTPOST MEMBERS WHO HAVE CONTRIBUTED TO  
EDUCATION TEAM PROGRAMS ACROSS THE YEAR.

Merry Christmas and a happy, but more importantly, a healthy 2015.

Vin Cosgrove

Outpost Education Program



### **Computer Training Classes**

Computer Classes are conducted at the Vietnam Veterans Train situated at the St Marys RSL Club in Mamre Road St Marys as follows:

Tuesday: 9.00 am - 12.00pm

Wednesday: 9.00AM - 12.00 pm (Ladies Class)

Thursday: 9.00 am - 11.00 am

Thursday classes teach Digital Photo manipulation using Photoshop Elements 5, only 5 students at a time. **Bookings essential.**

The Tuesday and Wednesday classes are informal and we teach mixed classes from the 'beginner' to the more experienced and retired seniors wanting to familiarise with current software and learn to use the Internet to send E-Mails and carry out research & other technology related issues.

**For more info call Keith 9833 4700 or email  
vietvet@tpg.com.au**

Old age is when you have stopped growing at both ends, and have begun to grow in the middle. Old age is having a choice of two temptations and choosing the one that will get you home earlier. A man has reached old age when he is cautioned to slow down by his Doctor instead of by the police. Don't worry about avoiding temptation. As you grow older, it will avoid you.

You're getting old when "getting lucky" means you actually find your car in the parking lot. You're getting old when you don't care where your spouse goes, just as long as you don't have to go along.

Statistics show that at the age of 70, there are 5 women to every man. Isn't that an ironic time for a guy to get those odds?

By the time a man is wise enough to watch his step, he's too old to go anywhere.

**OLD AGE COMES TO US ALL !!!!!**



# VETERANS HOME CARE



Veterans and war widows/widowers are reminded about the safety related home and garden maintenance service available under the Veterans' Home Care (VHC) program.

The focus of home and garden maintenance services is to assist in keeping the home safe and habitable by minimising environmental health and safety hazards that may impact on you in and around the home.

## WHAT SERVICES ARE AVAILABLE?

Tasks may include a range of minor maintenance or repair tasks that could be done by a handyman, such as:

- replacing light bulbs and tap washers
- installing batteries in smoke/security alarms
- gutter, window or fan cleaning • minor home maintenance (e.g. cupboard door adjustment)
- pruning, grass cutting or weeding only where a safety hazard exists
- clearing of debris following natural disasters • collection and/or cutting of firewood in rural and remote areas
- or other tasks agreed between you and your service provider.

'One-off' yard/garden clean ups covering a variety of tasks may only be approved in specific circumstances i.e. if you are assessed with mobility limitations.

## WHAT SERVICES ARE NOT AVAILABLE?

The following tasks are not available:

- tasks that require a qualified tradesperson, such as a plumber, electrician etc
- major home repairs and maintenance, such as gutter replacement, house painting, and garden tasks such as landscaping, mulching, branch lopping, tree felling, tree removal etc
- tasks that are considered to be routine, cosmetic or ornamental gardening services such as weeding, maintaining flower beds, regular lawn mowing and pruning of shrubs, unless there is an environmental health or safety hazard.

## FURTHER INFORMATION

Contact your local DVA Office.



After an alleged visit to a "Pleasure Parlour," a Federal Politician allegedly notices green lumps on his old boy, so, off he goes to the doctor's.

"That's serious" says the doctor. "You know how wrestlers and rugby union players get cauliflower ears?"

"Yes" says Craig, nodding seriously. "Well" says the doctor, "You've got brothel sprouts."



## **NEPEAN WIVES OF VIETNAM VETERANS**

On behalf of the Wives of Vietnam Veterans, may I wish everyone the Compliments of the Season and hope that 2015 brings you health and happiness.

Just a reminder that we meet the second Thursday of the month, at St Marys RSL Youth Centre, from 10am to 12noon. At the meetings we have speakers, demonstrations, discussions and social time. We meet in a safe and confidential environment with others who are understanding and caring.

Wives of Veterans from all conflicts are welcome, though the majority of our current members are wives of Vietnam Veterans. For more information please call our secretary; Maureen on 0418253199 or Maree on 0411679230.

Remember; "Happy wives equals happy lives".

### ***Nepean Wives of Vietnam Veterans Women's Support Group***

*This is a non-profit community based support group for wives of veterans and are part of the VVAA St Marys. The group meet on the second Thursday of each month at 10.00 am at the St Mary's RSL Youth Club Hall.*

***Phone: Cherryl Mullavey 9625 9363***

## **WESTERN HIRE CARS**

Chauffeur Drive Service  
Friendly & Reliable Service  
Experienced Local Drivers

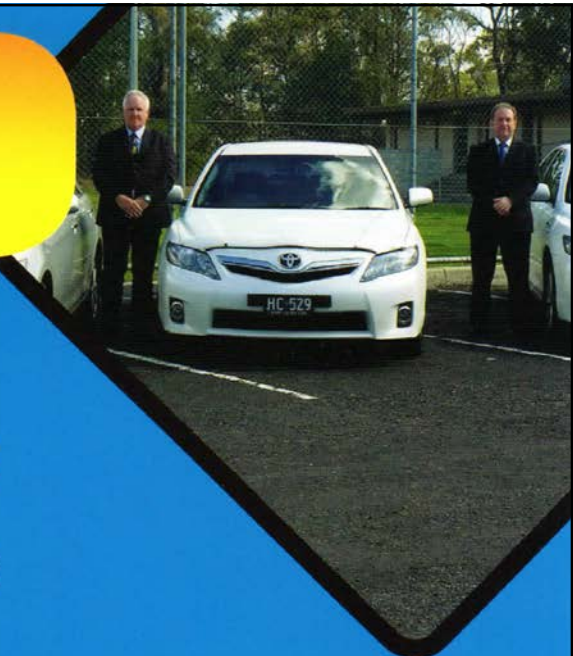
- MEDICAL APPOINTMENTS
- AIRPORT
- CRUISE SHIP TRANSFERS

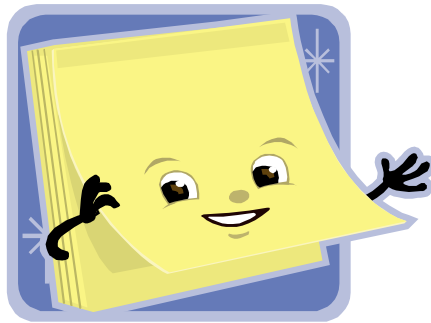
We Accept All Major Credit Cards



[westernhirecars@bigpond.com](mailto:westernhirecars@bigpond.com)

**CALL NORM 0412 673100**  
**LOCALLY OWNED**





## **IMPORTANT MESSAGE REGARDING DAYS OF OPERATION FOR PENSIONS AT THE VVAA - ST MARYS OUTPOST**

Pension claims at the 'Train' are now carried out on Monday, Tuesday, Wednesday, Friday between the hours of 9.30am to 1.00pm, however, these timings are flexible depending on availability of Pension Officers.

Anyone wishing to see a particular Officer should phone the office first to ensure they will be in attendance.

Veterans attending the 'Train' for the first time to start a claim should allow for at least two hours for the interview as initial interviews can be time consuming.

Interviews are carried out on a 'first in first served' basis

## Offer to Cruising Current and Ex-Defence Force Personnel



Carnival Australia has introduced a new program whereby all Defence Force personnel including discharged and retired servicemen will receive an onboard credit of up to \$250 when booking a cruise with P&O Cruises Australia, Princess Cruises or Cunard.

To receive the benefit, simply provide documentation at the time of booking, demonstrating service in the ADF.

Once a booking has been made through a travel agent, on its website or via their contact centre, the name, booking number, ship and sailing date, with proof of eligibility as outlined above, should be emailed to [defencebenefits@carnivalaustralia.com](mailto:defencebenefits@carnivalaustralia.com) no later than two weeks prior to sailing.



Stewart and his wife Barbara go to the county fair every year,  
And every year Stewart would say, "Barbara, I'd like to ride in that helicopter"  
Barbara always replied, "I know Stewart, but that helicopter ride is seventy quid, and seventy quid is seventy quid!"  
One year later Stewart and Barbara went to the fair, and Stewart said, "Barbara, I'm 75 years old. If I don't ride that helicopter, I might never get another chance"  
To this, Barbara replied, "Stewart, that helicopter ride is seventy quid, and seventy quid is seventy quid"  
The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a penny! But if you say one word it's seventy quid. "  
Stewart and Barbara agreed and up they went.  
The pilot did all kinds of fancy maneuvers, but not a word was heard.  
He did his daredevil tricks over and over again,  
But still not a word...  
When they landed, the pilot turned to Stewart and said, "By golly, I did everything I could to get you to yell out, but you didn't.  
I'm impressed!"  
Stewart replied, "Well, to tell you the truth I almost said something when Barbara fell out, But you know, seventy quid is seventy quid!"

# In Flanders Field

by John McCrae, May 1915



Lt Alexis Helmer  
1<sup>st</sup> Brigade  
Canadian Field  
Artillery

During the early days of the Second Battle of Ypres a young Canadian artillery officer, Lieutenant Alexis Helmer, was killed on 2<sup>nd</sup> May, 1915 in the gun positions near Ypres. An exploding German artillery shell landed near him. He was serving in the same Canadian artillery unit as a friend of his, the Canadian military doctor and artillery commander Major John McCrae.

As the brigade doctor, John McCrae was asked to conduct the burial service for Alexis because the chaplain had been called away somewhere else on duty that evening. It is believed that later that evening, after the burial, John began the draft for his now famous poem "In Flanders Fields".

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



Major John McCrae



© greatwar.co.uk



NEPEAN VALLEY  
FUNERALS

TRADITIONAL CARE WITH DIGNITY & RESPECT

Local family owned and operated by Jim & Janet Mueller

Servicing the Nepean Valley and All Suburbs of Sydney at  
affordable prices

Special packages for RSL Funerals

Chapel Available

Pre-paid Funeral Plans and Pre-arranged Funerals

Catering for all religions, cultures and civil ceremonies

Caring, personalised service available 24 hrs / 7 days

Tel 4722 8222

[www.nepeanvalleyfunerals.com.au](http://www.nepeanvalleyfunerals.com.au)

Shop4 2-6 Castlereagh Street, Penrith NSW 2750





## ARE YOU ENTITLED FOR CLINICALLY NECESSARY TREATMENT WITH AN EXERCISE PHYSIOLOGIST?

**DVA gold card and white card holders with a D904 referral from their GP will be eligible for treatment with our Accredited Exercise Physiologists.**

Our EP's can help with one on one treatment sessions;

Gym based exercises

Hydrotherapy

Pilates

Increase balance and mobility

Diabetes management

Reduce and manage injuries

Prevention of chronic disease/illnesses



Our Exercise Physiologist's also run a group based exercise class for people with Type 2 Diabetes. Our Back on Track Program runs under a "Type 2 Diabetes Group Allied Health" referral from your GP.



UNIT 2/51 YORK ROAD, PENRITH NSW 2750

PH: (02)4732 4497

WWW.WSSMC.COM.AU

### Old is Great

An old Woman was asked, "At your ripe age, what would you prefer to get Parkinsons or Alzheimers?"

The wise one answered, "Definitely Parkinsons - Better to spill half my wine than to forget where I keep the bottle."





## **ST MARYS RSL CLUB CORNER MAMRE ROAD & HALL STREET**

**If you are planning one of life's magical moments, looking for somewhere to host your next business function, or just planning a party for your family and friends, then leave it to us to organise everything you need for that special day.**

**St Marys RSL & Ex-Servicemen's Club has a range of fantastic function facilities to suit most needs. Let our experienced and dedicated staff ensure that your most special of days is truly memorable. At St Marys RSL Club we will ensure that every aspect of your Wedding is planned to perfection with a variety of flexible menus and packages to suit any budget and spectacularly refurbished rooms.**



**Perfect for Meetings, Conferences, Seminars, product launches and exhibitions, St Marys RSL Club is the ideal venue for your next business event with:**

- **120 person capacity conference room**
- **Full range of audio visual equipment**
- **A variety of flexible menus and packages to suit**
- **Excellent car parking facilities**



**We offer you only the best in professionalism and attention to detail. St Marys RSL & Ex-Servicemen's Club has the room perfect for all occasions, including:**

- **Birthdays & Family Reunions**
- **Retirements & Social Events**
- **Themed Parties & Special Celebrations**

**For further particulars call us on 9623 6555**



# DVA facts made easy

RECEIVE THE BENEFITS YOU DESERVE

**THAT TRAIN** Have you ever thought, what is the real function of “That Train”, just sitting there on the Corner of Hall Street and Mamre Road, St Marys?

The brainchild of a small but dedicated group of Vietnam Veterans in association with St Marys RSL, saw a need to establish an All Services Welfare and Drop In Centre staffed by qualified non government consultants who could assist and advise all veterans and dependents with the very confusing formal applications that are required by DVA.

Free, Confidential help in all things DVA and much more....

- \* War Widow/Widowers Pensions
- \* Medals
- \* Children's' Education
- \* Scholarships
- \* Bereavement
- \* Transport
- \* Hospital Visitation
- \* Military Themed Funerals

We also have....

- \* Social Events
- \* Computer Classes
- \* Outings

Why not drop in and have an informal chat about your needs and concerns.

**MICHAEL JOHN FITZGERALD SOLICITOR**

**Level 8  
65 York Street Sydney 2000**

**Phone: 9283 2500 or 0419 440 990**

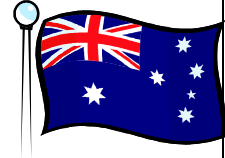
**FAX: 9283 2600  
ABN 18095746334**



**Do you live with any of the following conditions?**



**Arthritis  
Diabetes  
Back injuries  
Joint replacements or injuries  
Stroke or Parkinson's Disease  
Poor Balance  
Contractures**



## **Westmead Rehabilitation Hospital**

**provides the following services to  
help you with these and other various conditions:**

**Physiotherapy, Occupational Therapy,  
Hydrotherapy,  
Balance Classes, Speech Pathology,  
Cardiac Program, Spasticity Management**

**Please be advised that you will  
require a referral form and a  
D904 referral form from your  
Doctor.**



**Westmead Rehabilitation  
Hospital  
7 Coleman Street  
Merrylands NSW 2160**

**88 333 555**

# ST MARYS RSL YOUTH CLUB

## ACTIVITIES FOR ALL



BOXING

0425 302 432

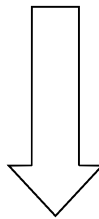
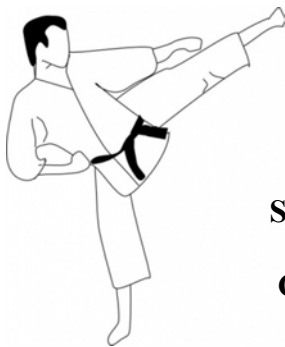
JUDO

0403 218 871

KARATE

0417 285 128

GENERAL ENQUIRIES 0451 144 797



**ST MARYS RSL YOUTH CLUB  
(NEXT TO RSL CLUB)  
CNR MAMRE RD & HALL ST  
ST MARYS 2760**

### The Moral of the Story

The teacher gave her fifth grade class an assignment: Get their parents to tell them a story with a moral at the end of it. Next day the children came back and one by one began to tell their stories.

Kathy said, "My father's a farmer and we have a lot of egg-laying hens. One time we were taking our eggs to market, in a basket on the front seat of the ute when we hit a bump in the road and all the eggs went flying and broke and made a mess."

"and what's the moral of the story?" asked the teacher. "don't put all your eggs in one basket!"

"Very good," said the teacher.

Next little Lucy raised her hand and said, "Our family are farmers too. But we raise chickens for the meat market. We had a dozen eggs one time, but when they hatched we only got ten live chicks and the moral of the story is, don't count your chickens until they're hatched."

"That was a great story Lucy," said the teacher.

Oh no, here's little Johnny with his hand up. "Johnny, do you have a story to share?"

"Yes, ma'am, my daddy told me this story about my Aunt Karen. Aunt Karen was a flight engineer in Dessert Storm and her plane got hit. She had to bail out over enemy territory and all she had was a bottle of whisky, a machine gun and a machete. She drank the whiskey on the way down so it wouldn't break and then she landed in the middle of 100 enemy troops. She killed seventy of them with the machine gun until she ran out of bullets, then she killed twenty more with the machete until the blade broke and then she killed the last ten with her bare hands."

"Good heavens," said the horrified teacher, "and what kind of moral did your daddy tell you from that horrible story?"

***"Don't mess with Aunt Karen when she's been drinking!"***



**St Mary's RSL Sub-Branch**  
**Corner Mamre Road and Hall St.**

The RSL Sub-Branch monthly meeting is held the second Wednesday of each month at 6.30 pm in the auditorium, refreshments provided. The office is open most mornings between 10.00am-12noon and can be contacted on **9623 6555**.

**St Mary's RSL Sub-Branch Committee**

President:	Ron Kelly	0408 684 276
V/President:	Terry Burn	0407 834 499
V/Pres:	John Foeken	0409 329 688
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Tony Fryer	0414 557 692
A/Secretary:	Ron Blakely	0411 131 849
Committee:	Greg Cant	0425 208 622
	Michael Wiesel	02 9623 6555

**VVAA ST MARY'S OUTPOST COMMITTEE**  
**PHONE: 02 9833 4700 FAX 9833 4022**

President:	Tony Mullavey	0416 231 993
V/President:	Greg Cant	0425 208 622
Secretary:	Sam Vecchio	02 9833 4700
Treasurer:	Ted Fish	02 9833 4700
Assistant Treas.	George Perrin	02 9833 4700

This newsletter is produced and printed at the VVAA St Mary's Outpost in association with the St Mary's RSL Sub-Branch. it is provided free of charge to members of both Associations. Views and statements made within the magazine are not necessarily the views of the St Mary's RSL Sub-Branch or the VVAA St Mary's; the Editor and the organisations are not giving legal, accounting or other professional advice and therefore do not accept any responsibility for the accuracy of the opinions or information contained in the magazine. We believe that the sources are accurate at the time of publication. Care should be exercised by readers who attempt to use this publication as a source of reference material for any purpose other than its intended use, which is light informative reading on topics of interest for the Veterans of both associations.

John Davison - Editor

**If Undelivered Return To:**

**VVAA St Mary's Outpost  
PO Box 3049  
South St Mary's NSW 2760**

**Print Post Approved  
100005048**

**POSTAGE  
PAID  
AUSTRALIA**

**PRINT  
POST  
100005048**

**2015 MEMBERSHIPS NOW DUE**