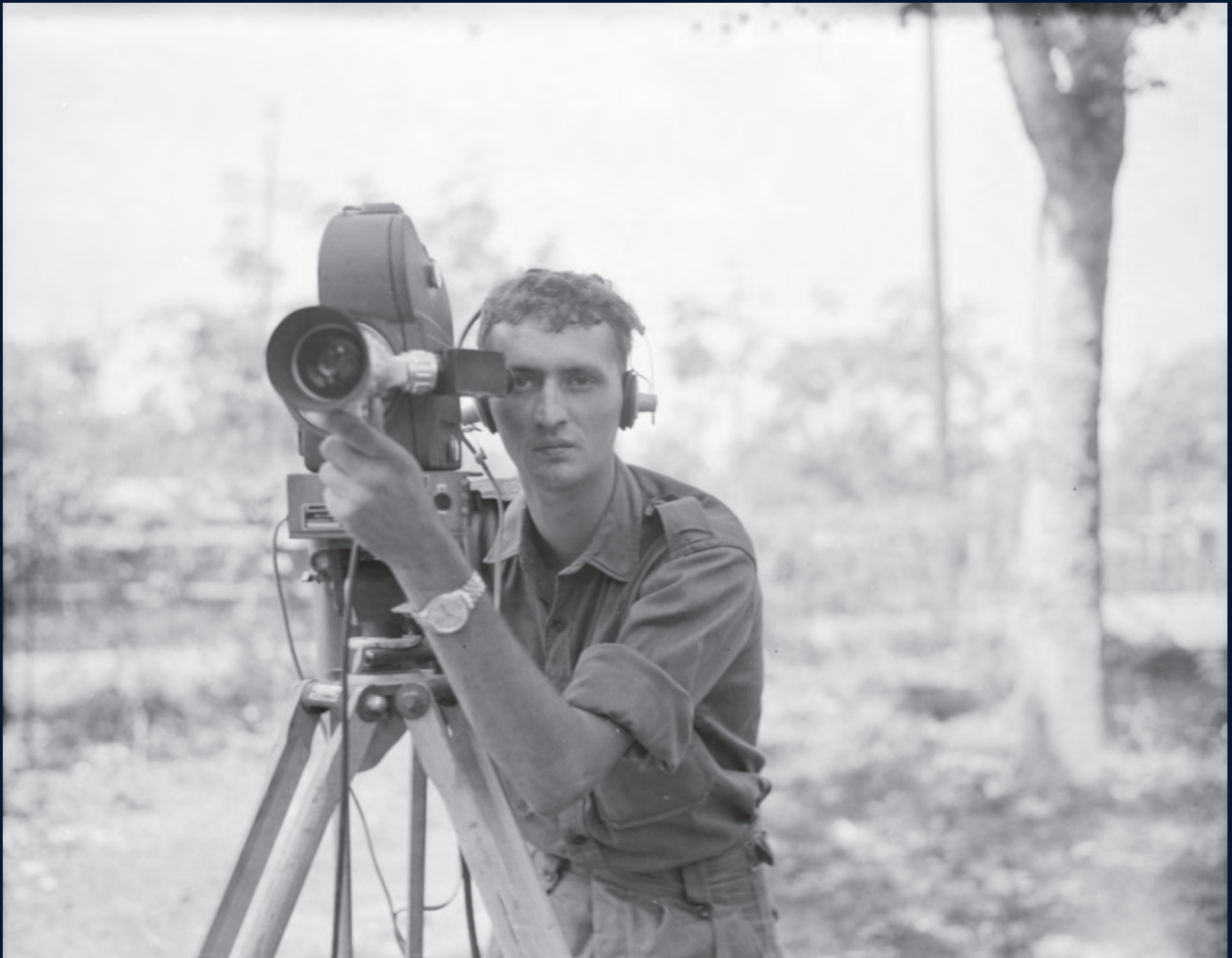

SALUTE

Official Journal of the Totally and Permanently
Incapacitated Veterans' Association of New South Wales Limited
Winter 2023



The Vietnam War seen through the lens of a camera



Keeping the Legacy Promise Alive for 100 Years



1923 - 2023

Established in 1923, Legacy is an iconic and uniquely Australian charity dedicated to supporting the families of our veterans.

Legacy started in the trenches of the Western Front during World War I, when a soldier said to his dying mate "I'll look after the missus and kids". This became known as The Promise.

Today Legacy strives to ensure that the families in our care can fully realise their potential through advocacy, education, financial and emotional support.

In 2023, Legacy will celebrate its 100 years of Service. One of our key events is The Legacy Centenary Torch Relay 2023 presented by Defence Health. To be part of this historical event, follow the Centenary Torch as it travels across the world via the official app!



www.legacytorchrelay.com.au
www.legacy.com.au



Patron

Lady Joan Cutler

President

Les Vincent

Senior Vice President

Kevin Kelly

Junior Vice President

Harold Lowe

Directors

Stephen Emerson, OAM, JP

Philip Hurren

John Hoban

Ronald O'Connor, JP

Bill Roberts, OAM, JP

Federation

Les Vincent

Chief Executive Officer

John Szabo, CPA

info@tpinsw.org.au

**Membership Services
Coordinator**

Sara Thorne

office@tpinsw.org.au

Salute Editor

Victoria Dawson

editor@tpinsw.org.au

Salute Subeditor

Alexandra Kaufman

subeditor@tpinsw.org.au

Salute Editorial Committee

Victoria Dawson

John Hoban

jh.rslsb@bigpond.com

Alexandra Kaufman

John Szabo

Facebook

[Click Here](#)

Website

www.tpinsw.org.au

Office Hours

Monday-Thursday

9am to 4pm, Friday Closed

SALUTE



Totally and Permanently Incapacitated Veterans' Association of New South Wales Limited

Our mission is to provide our members with support in four key areas:

• Representation • Wellbeing • Camaraderie • Commemoration

Non-sectarian – Non-political

CONTENTS

| | |
|---|----|
| Our Front and Back Covers | 2 |
| Notice Board | 3 |
| DVA – NSW & ACT VAN Offices | 5 |
| Christmas-in-July Booking Form | 6 |
| Vietnam War Commemorative Medallion and Certificate | 7 |
| President's Report | 10 |
| Ballot for the Adoption of a New Constitution | 11 |
| TPI Federation Congress Meeting March 2023 | 12 |
| Federation President's Report | 17 |
| Membership Renewal Form | 20 |
| New Members | 21 |
| Marched On | 22 |
| Reunions & Functions | 25 |
| The Wreck of the <i>Montevideo Maru</i> | 29 |
| Letters to the Editor | 30 |
| New Book: Porky's People | 31 |
| The Cherry Tree Walk Vietnam War Memorial | 34 |
| Ex-ADF Members Accessing Service Records | 37 |
| Documenting Vietnam | 38 |
| AVCAT Students Thank You Notes | 46 |
| DVA Media Releases | 52 |
| Welfare Officers | 62 |
| Social & Welfare Clubs | 63 |
| Social & Welfare Club Reports | 66 |
| Open Arms Group Program Schedule | 70 |
| Interstate TPI Offices | 72 |

Level 4, 55 York Street, Sydney NSW 2000

GPO Box 4429, Sydney, NSW 2001

Tel (02) 9235 1466

Fax (02) 9279 0156

Freecall 1800 649 216

Affiliated with The Australian Federation of Totally and Permanently Incapacitated Ex-Servicemen and Women Limited

Published by the Totally and Permanently Incapacitated Veterans' Association of New South Wales Limited. TPI NSW is a not-for-profit organisation limited by guarantee.
ABN 90 002 296 988

Our Front and Back Covers

Front Cover

The Vietnam War seen through the lens of a camera. Sergeant Kevin Thurgar, official army photographer, using a 16mm Bach Auricon sound and film movie camera to do some filming, South Vietnam, 1968. Photographer: Richard William Crothers, AWM Accession Number CRO/68/0408/VN.

Find out more about TPI NSW member Kevin Thurgar on page 38.

Back Cover

Bob Whitmore, *Work, Save, Fight, and so Avenge the Nurses*, c 1943-1945. This poster depicts the Australian Hospital Ship (AHS) *Centaur* being attacked by the Japanese off the coast of Queensland, during the Second World War. In the water below the ship are a number of nurses and sailors from the ship. The sinking of the *Centaur* took place on 14 May 1943 and 268 lives were lost, including 11 out of 12 nurses. The poster depicts moments after the ship was torpedoed; it sank in just three minutes. Photolithograph, 50.2 x 63 cm, AWM ARTV09088.

Read more about the sinking of the *Centaur* on page 56.



Find us on Facebook here

Editor's Note, Winter 2023

Greetings TPI members, I hope you're well.

This year marks the 50th anniversary of Australia's involvement in the Vietnam War coming to an end. We remember Australia's participation in the Vietnam War in this issue of *Salute* with two feature articles relating to the Vietnam War. On page 34 you will find "The Cherry Tree Walk Vietnam War Memorial". This article was written by TPI NSW member and Vietnam Veteran Tony Blake who has been involved with the Cherry Tree Walk Vietnam War Memorial project in Bowral since 1996.

This issue also contains a profile of TPI NSW member Kevin Thurgar who held the rank of sergeant during the Vietnam War and worked as a photographer and cinematographer with the Royal Australian Army Educational Corp (Public Relations). Both before and after Kevin's service in Vietnam he was also a cameraman working on television and movie news programs in Sydney. In Vietnam, Kevin was stationed from late 1967 to late 1968 at the First Australian Task Force (1ATF) Base in Núi Đất. During this time, he served with both the 1st and 7th Royal Australian Regiments (1RAR and 7RAR). This feature article, "Documenting Vietnam" begins on page 38 and includes photographs taken by Kevin.

On page 11 in this issue, you will find the results of the vote by members on the adoption of a new constitution for the Association. The new

Disclaimer: *Notwithstanding anything contained in any federal or state law or regulation whereby a person may be entitled to set up a claim against the president, vice presidents, board members, and/or Association members any views expressed in this publication are not necessarily those of the editor(s) or the Totally and Permanently Incapacitated Veterans' Association of New South Wales Limited.*

Notice Board

constitution was formally adopted at a special general meeting of members held on Tuesday 23 May 2023. Copies of the new constitution are now available on our website or from the TPI office, email: info@tpinsw.org.au.

A booking form for the TPI NSW Christmas-in-July luncheon is on page 6.

Thanks to all of the contributors for their articles. If you're interested in writing an article for *Salute* or have a story you'd like to tell for an article, please contact one of the members of the *Salute* editorial committee listed on page 1.

TPI NSW Facebook page

TPI NSW has a new Facebook page that you can access [here](#) (digital version). If you're reading the print version of *Salute*, you will need to go to Facebook and search for TPI NSW. Please like the TPI NSW page as this is another way to keep up-to-date with news.

Monthly E-Newsletter

TPI NSW publishes a monthly e-newsletter that is emailed eight times a year, between issues of *Salute*, to keep TPI NSW Association members updated on matters of interest. The e-newsletter can provide information that is more time-critical than can be communicated via our quarterly magazine, *Salute*.

If you would like to receive the e-newsletter, please contact Membership Services Coordinator Sara Thorne and request to be put on the mailing list. Sara's email address and the TPI office's contact details are on page 1 of *Salute*. It's also possible to receive an electronic copy of *Salute* by email, if you would prefer this to a printed copy. However

TPI NSW will continue publishing *Salute* in printed form.

We hope that both *Salute* and the e-newsletter will not be just one-way communication and that you will share your ideas and experiences with other TPI NSW Association members. If you have information or contributions that you would like to share or suggestions for topics that you'd like to read about, please email: editor@tpinsw.org.au. TPI NSW has over 2,700 members and therefore, over 2700 stories. We look forward to hearing from you.

If you receive the monthly e-newsletter you may notice that some items that appear in the e-newsletter also appear in *Salute*. The reason for this is that the majority of TPI NSW members have not provided their email addresses and prefer to receive the printed version of *Salute*. Reprinting certain items from the e-newsletter in *Salute* is to ensure that all members get the same information.

Contributions

Please send us contributions including articles, letters, poems, items of interest and information about reunions and social events. You can submit material to *Salute* in the following ways:

- by mail, either handwritten, typed or on CD to TPI NSW, GPO Box 4429, Sydney, NSW 2001
- by fax on (02) 9279 0156
- by email to editor@tpinsw.org.au.

Photos and pictures are always welcome in *Salute* as the old adage of a "picture tells a thousand words" is very true. We are able to scan and return pictures. If you are submitting any scanned pictures for publication, they work best if they can be scanned at not less than 300 dpi (dots per inch), and are in "tagged image" (TIFF) format. If you are emailing photos JPEG (JPG) format is acceptable.

Notice Board

Editor's Note, Winter 2023 continued

New Topics

The editorial committee are planning to widen the range of articles and items published in *Salute*. We could include articles on the following topics:

- health
- environmental issues
- youth
- book and film reviews
- personal stories about TPI members and what they've done either during or after their military service
- any other topics that readers are interested in.

Please get in touch and let us know if you're interested in reading about any of the topics listed above or any other topics not mentioned here.

Send Us Your Email Addresses

We would like members to send in email addresses so we can start communicating electronically with those who want to. There is also an option to receive an electronic copy of *Salute* by email. Please send your email address to Membership Services Co-ordinator Sara Thorne at office@tpinsw.org.au and let us know if you would like to receive *Salute* by email instead of a printed copy.

Publication Deadlines

Please note, the publication deadlines for *Salute* have changed in order to make sure that members receive *Salute* early in the first month of the season. Members wishing to send correspondence, articles, photographs and reports to *Salute* for publication, please have items in before the following dates:

18 January for Autumn issue

18 April for Winter issue

18 July for Spring issue

18 October for Summer issue

I look forward to hearing from you and finding out what you'd like to see in *Salute*.

Victoria Dawson

Salute Editor

Email: editor@tpinsw.org.au

Attention Members

If anyone is getting good service or a discount from a business then share it with the rest of the members, or if you want a discount, approach the owner/manager of the business and simply say "Would you consider giving a discount to Totally and Permanently Incapacitated Veterans, there are over 3,000 in the state and I'll get your business mentioned in *Salute*, the TPI members magazine, and maybe get some more business."

Get the following particulars from the owner/manager:

- name of business
- address of business
- phone number/email
- type of business
- discount offered.

If you don't feel like asking and think a discount will benefit the members, one of the TPI volunteers can give them a call. Supply the above information and send it to Sara Thorne, Membership Services Coordinator.

Notice Board

GENERAL MEMBERS MEETINGS

General members meetings are held on the fourth Tuesday of each month at 1 pm. The new venue for general members meetings is Level 2 of The Occidental Hotel at 43 York Street, Sydney. (Some dates may be subject to change due to public holidays or cancelled at a general meeting). If in doubt call Head Office Phone: 9235 1466, Monday - Thursday, 9am – 4pm.

Do you have a reunion or function happening?

Let us know and we can advertise it.

Forthcoming meeting dates are:

Tuesday 27 June 2023
Tuesday 25 July 2023
Tuesday 22 August 2023
Tuesday 26 September 2023
Tuesday 24 October 2023
Tuesday 28 November 2023

Widows/Widowers

Would you like to receive *Salute* magazine regularly? The magazine will now be provided free of charge to widows/ widowers. Please contact Sara Thorne at the TPI office on (02) 9235 1466 Monday – Wednesday, 9am – 4pm or via email on office@tpinsw.org.au

DVA – NSW & ACT Veterans' Access Network (VAN) Offices

Telephone: 133 254 Regional callers: 1800 555 254

Postal address: GPO Box 9998, Brisbane QLD 4001

- **SYDNEY:** Tower B, Centennial Plaza, 280 Elizabeth Street, Surry Hills (Mon-Fri, 8.30-5.00)
- **LISMORE:** Office 6, Level 1, 17 Conway Street, Lismore (Mon-Fri, 8.30-4.30)
- **NEWCASTLE:** Suite 1 & 2, 6-8 Auckland Street, Newcastle (Mon-Fri, 8.30-4.30)
- **TWEED HEADS SOUTH:** DHS Service Centre, 100 Blundell Boulevard, Tweed Heads South (Mon-Fri, 8.30-4.30)

VAN information and services are also available through arrangements with Department of Human Services (DHS) Service Centres:

- **BEGA:** 49-61 Church Street, Bega

- **CANBERRA:** Services Australia, 2-6 Bowes Street, Phillip ACT (Mon-Fri, 8.30-4.30)
- **COFFS HARBOUR:** 21-25 Duke Street, Coffs Harbour
- **DUBBO:** 64 Wingewarra Street (Cnr Macquarie), Dubbo
- **NOWRA:** 4 Lawrence Street, Nowra
- **ORANGE:** 189-191 Anson Street, Orange
- **PORT MACQUARIE:** 5-7 Short Street, Port Macquarie
- **TAMWORTH:** 219-223 Peel Street, Tamworth
- **TAREE:** 184-188 Victoria Street, Taree
- **WAGGA WAGGA:** 63 Thompson Street, Wagga Wagga
- **WYONG:** 25-27 Hely Street, Wyong.

TPI Association of NSW Christmas-in-July Luncheon

**The TPI Association of NSW Christmas-in-July Luncheon will be held on:
Tuesday 11 July 2023**

12 noon for 12.30pm at Barracks on Barrack, Level 1, 5 – 7 Barrack Street, Sydney.

A three-course meal and drinks will be served. There will be lucky door prizes.

The cost is \$20 per person.

If you need a special meal please let us know.

If you'd like to attend, please complete the form below and return
it to the TPI NSW office by: **Tuesday 27 June 2023.**

Mail: GPO Box 4429, Sydney NSW 2001 Email: office@tpinsw.org.au.

PLEASE NOTE: we are no longer be able to accept payments by telephone.

| | | | |
|----------------------------|------------------------|------------------|--|
| Name | | TPI Badge Number | |
| Telephone (Home) | Telephone (Mobile) | Email Address | |
| Number of People Attending | Cost per Meal: \$20.00 | Total \$ | |
| Total Payment | | \$ | |

PAYMENT METHOD (Tick Box)

INTERNET TRANSFER ☐ CHEQUE ☐ MONEY ORDER ☐ VISA ☐ MASTERCARD ☐

BSB: 082 001
ACCOUNT NUMBER: 025402663
Please quote your surname and badge number in the details section of your internet payment.

CARD NO.

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

EXPIRY DATE

| | | | |
|--|--|--|--|
| | | | |
| | | | |

CVV NO.

| | | |
|--|--|--|
| | | |
|--|--|--|

CARDHOLDER NAME: _____

AMOUNT: \$ _____ SIGNATURE _____

Vietnam War Commemorative Medallion and Certificate

To acknowledge the 50th anniversary of the end of Australia's involvement in the Vietnam War, the Department of Veterans' Affairs will produce a Commemorative Medallion and Certificate of Commemoration.

The medallion and certificate will be made available to every living veteran, widows of veterans and other family members of veterans of the Vietnam War. Please note that only one medallion is available per Vietnam War veteran. While Australia can never repay the debt we owe to the 60,000 who served in Vietnam, this medallion and certificate are a small but meaningful way to honour their service and to recognise the sacrifice of those who never returned home.

The obverse design will feature the Commonwealth Coat of Arms with "Vietnam War" inscribed at the top and "Australia remembers" at the bottom. The medallion reverse design will feature words of thanks at the bottom with the years 1962-73 inscribed at the top to represent the years in which Australia was involved in the Vietnam War. The medallion also features a UH-1 Iroquois "Huey" Helicopter, a depiction of HMAS Sydney (III), the "Vũng Tàu Ferry", and an Australian soldier holding an SLR.

The medallion will be presented in a display case and will include a card that explains the design and contains a brief expression of thanks.

The design of the commemorative certificate will complement the medallion. The design

includes the Commonwealth Coat of Arms, "Australia Remembers" wording and includes the signature of both the governor-general and the prime minister.

The certificate will be contained within its own folder that will allow for independent display, framing and mounting.

Applications can be made online [here](#). Alternatively, phone 1800 VETERAN (1800 838 372).





From left to right: Len Russell, Chief Executive Officer of AVCAT; Victoria Benz, Deputy Commissioner, NSW & ACT, Department of Veterans' Affairs; Ron O'Connor, JP, TPI NSW Director, at the Australian War Widows Field of Remembrance service at St Andrew's Cathedral, Sydney.

Anzac Field of Remembrance Service, Australian War Widows NSW

Australian War Widows NSW (AWWNSW) is a group of war widows and families connected to veterans. AWWNSW commemorates those Australians involved in conflicts and peacekeeping operations, past and present. This organisation also recognises the sacrifices made by families of those who serve. AWWNSW welcomes new members. You can find out more about this organisation [here](#).

On 20 April 2023 Australian War Widows NSW and the Kokoda Track Memorial Walkway commemorated Australian service personnel, through the AWWNSW 71st Remembrance

commemoration service.

TPI NSW Director Ron O'Connor, JP, represented the Association at the service. AWWNSW CEO Renee Wilson said of the service, at St Andrews Cathedral in Sydney, "It was the usual high standard. It was moving. It was thought-provoking. It was special. It was about the families of our veterans – thank you to my incredible team, many of whom are the families of veterans themselves, for continuing to deliver for our widows and veteran families." The full service can be viewed [here](#).

Kokoda Track Memorial Walkway Anzac Day Service

On Saturday 22 April 2023 NSW TPI Association Senior Vice President Kevin Kelly represented the Association at the annual Anzac Day service at the Kokoda Track Memorial Walkway in Concord, Sydney. Among attendees were Kokoda veteran Reg Chard, several international dignitaries and representatives of partner RSL sub-branches.

Music was provided by the NSW Corrective Services Band and the Strathfield North Public School Choir, who performed the New Zealand national anthem in Maori. The Requiem was delivered by NSW Veterans Minister, the Hon David Harris, MP. The guest speaker was Lt Col Garth Callender, author of *After the Blast: An Australian Officer in Iraq and Afghanistan*. *After the Blast* recounts Callender's service – during which he was severely injured – and healing. After recovering from the physical injuries caused by the blast he returned to Iraq, where he had to contend with suicide bombers, missile attacks and the death by misadventure of Private Jake Kovco. Callender is today active in the Army Reserve.

TPI NSW Director Kevin Kelly at the Anzac Day service at the Kokoda Track Memorial Walkway in Concord, Sydney.



Replacement Service Medals

The Australian Government Defence Department has processes in place for eligible recipients or their relatives to obtain replacements of service medals that have been lost, stolen or damaged.

Guidelines for obtaining replacement medals can be accessed [here](#). The form to apply for replacement medals can be found [here](#). Alternatively, phone 1800 333 362 and a customer service representative will assist you.

President's Report

April 2023

By the time you are reading this report Easter has come and gone, as has the opportunity to provide feedback/ask questions on the new constitution and indeed the Special General Meeting to formally vote on the draft constitution. It is hoped the outcome will be of benefit to the Association going forward.

I hope you marked ANZAC Day in a manner befitting the occasion and managed to renew friendships developed during your time in the ADF. Senior Vice President Kevin Kelly laid a wreath on behalf of the Association at the RSL and Schools Anzac Memorial at the Anzac Memorial, Hyde Park on 3 April 2023.

I represented TPI NSW at the Federation Congress held in Canberra during March. DVA Minister Matt Keogh attended, as did DVA Secretary Alison Frame and her entourage. Minister Keogh advised that the Government was focused on legislative reform pertaining to simplifying claims processing, delivering their election promises along with managing cost overruns in relation to the NDIS and Defence commitments entered into since assuming Government. It is unlikely that our TPI Campaign will gain any ground during the Government's first term in office. Ms Frame did indicate she would investigate improvements within the existing Hearing Aid funding and provide an update.

The Government's proposed reforms to Veterans' Entitlement Legislation have the potential to affect veterans. The vast majority of our members are

covered by the Veterans' Entitlement Act (VEA). However, since 2004 younger veterans have been covered by other Acts, and generally receive lump sum payouts rather than pensions. Having multiple Acts covering veterans leads to complications in accessing entitlements. The Royal Commission into Veteran Suicides has found that delays in claims processing have adverse impacts on veterans' mental health.

The Government is committed to creating a simpler, easier to use system. They have established a Veterans Legislation Reform Consultancy. The Government's goal is to create a new single ongoing Act, with existing claims remaining, under grandparented provisions of earlier Acts.

The impact of the proposed changes on the veteran community is the potential to lose or have entitlements reduced. The veteran community must remain vigilant and ensure that entitlements gained are maintained.

The TPI NSW Association Strategic Plan is being implemented within the time frame previously announced and some of the resultant changes are already apparent.

I look forward to catching up with fellow members in person at our meetings and the Christmas-in-July luncheon. Until then stay safe and keep well.

Les Vincent
President, TPI NSW

Elections Australia Pty. Ltd. ABN 76 067 211 018

5 MERLIN STREET, ROSEVILLE NSW 2069

PHONE/FAX: (02) 9416 9627

MOBILE: 0408 067 211

E-MAIL: mail@myvote.com.au

TOTALLY AND PERMANENTLY INCAPICATED VETERANS' ASSOCIATION OF NEW SOUTH WALES

BALLOT FOR THE ADOPTION OF A NEW CONSTITUTION

Arrangements were made for me to conduct a ballot of eligible members of the Association to determine whether the new Constitution for the Association should be adopted. Voting was conducted online but members also had the opportunity to vote by post if required. Voting was open from 24 April to 18 May 2023 during which time a total of 172 members voted online and a further 20 members voted by post, bringing the total number of votes submitted to 192. These votes were subsequently tallied and resulted as follows:-

Votes approving the adoption of the new Constitution 184

Votes opposing the adoption of the new Constitution 6

Total formal votes submitted 190

Informal votes submitted 2

Total votes submitted 192



Phil Lewis, Returning Officer
Elections Australia Pty Ltd
18 May 2023

TPI Federation Congress

March 2023

Notes for the Board: TPI Federation Congress March 2023

Attending

M/S Pat McCabe OAM – Federation President
Mr. Shayne Eades – Federation Secretary
Mr. Les Vincent – Director NSW
Mr. George Robinson – Director Queensland
Mr. Ian Swan – Director South Australia
Mr. Brett Grosser – Director South Australia
Mr. Bob Moore – Director Victoria
Mr. John Pepperdine – Director Victoria
Mr. Ray Carter – Director Western Australia
Mr. Will Fox – Director Western Australia
Mr. Lyndsay Spratt – Director Australian Capital Territory

Via Skype

Mr. Ken Savage – Director Queensland.

Observer

Mr. Scott Jeffery – South Australia

Wednesday 22 March

8:00am Travel to Parliament House

Andrew Wilkie, MP

Joined the Directors in a Conference Room as arranged. Andrew expressed an opinion that the new Government were focused on their election promises, the economy, the NDIS and Defence commitments made since taking office. He couldn't see any interest in the Federation's Campaign for at least 12 months. He offered an opinion on the the DVA Minister.

Andrew has now experienced firsthand the issues surrounding hearing aids and will do all he can to persuade the DVA Minister to resolve the

situation. His previous attempts, through Senate Estimates, had no impact.

Senator Ross Caddell had been double booked by his PA and will meet with Federation President McCabe at a later date,

Senator David Shoebridge was on duty at APM. He extended an apology.

Returning to the Congress venue and following lunch the Directors gathered in the Meeting Room, where *The Ode* was delivered by President Pat McCabe, OAM.

Welcome

The Directors and Observer were welcomed to the meeting.

Apologies

Colin Benporath, with Raymond Carter appointed Proxy (WA)
Messrs John Reeves and Ray Williams OAM – Directors Tasmania

2.00pm

DVA Secretary Ms Alison Frame accompanied by Don Spinks, AM, Repatriation Commissioner; Stuart Smith AO DFC, Defence Engagement Commissioner; Kate Pope, Deputy President DVA; Brian Eastman, Executive Director Audit and Risk Management and Policy; Liane Pettit, Chief of Staff/Parliamentary and Governance.

Ms Frame gave her background leading to her appointment and provided details of the Legislation Reform Pathway to consolidate three (four) Acts into one. The draft is due at the end of December 2023 with the new legislation due one year later.

Stuart Smith gave details of the 50th anniversary



Australian Parliament house in Canberra, Photographer Dan Breckwoldt / Alamy Stock Photo.

of the end of the Vietnam War commemoration. This involves the points they are focused upon, a community awareness campaign; establishing a documentary series through the ABC; the issue of medallions and certificates plus a commemoration service at the National War Memorial.

Mr. Smith gave an update on the Claims backlog, down below 30,000 split into Initial Liability and Permanent Impairment.

Kate Pope provided an update on recruitment and training. Additional staff appointed –365 from 90. delegates to 490. Processing claims firstly by Screening Team then Claims Support Team for presentation to the delegates. They have a faster link to Defence through Information Technology. They review their resource model daily and monthly by the minister.

The group were quizzed on many topics including tinnitus treatment and hearing aids. Secretary Frame has taken on the hearing aids

issue, firstly within the present funding.

Scott Jeffery (Observer SA) spoke of SRDP, if veterans take the Invalidity Pension with reference to the Douglas Decision and Lump Sum Income Support incurring "Offsetting".

The lack of Medical Services accepting the Gold Card, appears to be a big ACT issue but is a growing concern particularly in regional areas.

Call centre wait times. The Secretary advised a new system is being rolled out.

President McCabe raised the complications surrounding Authority to Represent, where separate applications are required for ATO, Centrelink. Aged Care and DV.

The topic of cannabis oil. Advised to refer to the chief health officer for authority to supply.

The new exhibits in the AWM, Frontier Wars and Vietnam War Protesters, were discussed. Advised to write to the Director Matt Anderson.

National Consultative Forum President McCabe

suggested the departments involved (Centrelink and ATO) be included; currently they know nothing about DVA issues.

The 12-week Treatment Cycle, the majority rejected the Cycle. Kate Pope was asked why it continues. Kate will investigate. Practice Management coordinated with Veteran Care. To be advised.

The DVA Group were thanked for making themselves available before they departed.

Afternoon Tea

3.30 pm

On resumption the President asked what we wanted to achieve.

Bob Moore (Victoria) suggested we need to have younger veterans involved to keep an eye on the proposed changes, with the draft legislation due at end December 2023

The subject was debated until close of day at 3:47pm.

Thursday 23 March

Minutes

Ian Swan (SA) Moved to read the "Minutes of the Meeting held September 2022". Seconded George Robinson (Qld). They were carried.

Business Arising

Nil

President's Report

The Directors were welcomed, dependent on the Budget taking time (??). It is vital we stay on the ball with the new Legislation. The new Microsoft App designed for instant communication now installed.

President attended many meetings including, finally, one with the DVA minister. His office arranged a one hour meeting, however after ten minutes he departed saying he had better things to do.

The DVA secretary cancelled all meetings, just resuming now.

The \$1,000 increase came through, also the

Rental Assistance. It amounted to an increase of 10% of our asking figure.

Legislation Reform is the biggest issue, and we must maintain vigilance. DVA is accepting 5,000-word submissions, however additional can be accepted by arrangement with the secretary.

Veteran Home Care is being aligned.

PVA and War Widows are asking for help regarding Medical Care.

Pat McCabe moved her report, seconded Les Vincent. Carried

Secretary's Report

Veterans ringing asking to join.

Telephone issues encountered in Queensland.

Matt Keogh visited WA, dealt with questions regarding the new HUB at Rockingham.

A format to be adopted for Congress questions, will provide a format soon.

Shane Moved his report, seconded Brett Grosser (SA). Carried

Financial Report

Circulated prior to the meeting. Was reviewed before a motion to accept it was carried. (Moved Bob Moore Vic, Seconded Lyndsay Spratt ACT)

Priority Action List

Was reviewed leading to many changes in their ranking. Updated list to follow.

Morning Tea

Resumed 10:55am

State/Territory Reports

WA

- Member meetings 20 – 35 attend
- Still in the office at RAAF Bulls Creek
- Guest speakers at meetings.

QLD

- Meetings held at various regional cities
- Membership fees reviewed
- New member of the management team

- Members over 80 exempt fees, including associates.
- No longer sponsor AVCAT for **any** veteran's child, paying one this year
- Membership declining
- Expressed caution regarding Federation's campaign, worried about tax
- Raised a My Aged Care issue
- Social activities returning to normal.

ACT

- Small numbers, no subbranches
- AGM failed to gain a quorum
- No office bearers
- Still have a magazine
- Do have social events, particularly Christmas and Christmas-in-July
- Applying for grants for social events
- Conducting regular welfare checks
- May amend their constitution to open to associates.

TAS

- Reorganising as their social secretary left to take up a role with Naval Association
- Premises stay as is because a planned move fell through
- Magazine is a WIP as old secretary used to manage that
- Experiencing membership issues.

SA

- Membership increasing
- Went ahead with membership database, integrated website
- financials happening
- Held their AGM membership, now 50/50 young and older veterans
- Have a men's shed, advocacy, art program, coffee and fishing clubs, along with golf and welfare work (hospital visits etc.)
- NT still the horizon.

NSW

- Regrettably Pat Bright, OAM is no longer president
- Our meeting venue (Club Barrack) is no longer available, now meeting in a function room of a hotel close by
- Following a member survey, implementing changes
- Moving to a new constitution
- Holding meetings at regional centres, including Blacktown
- Several changes on the board.

Lunch

Was taken at 11:30pm.

Meeting Resumed

Directors were shocked to learn Federation membership has dropped from a 2007 total of 14,242 down to 6,661 in 2022.

At 2:00pm with George Robinson conducting a brief training session on the IMS365 system. Which was well received.

DVA Minister

Matt Keogh joined the Congress accompanied by his PA. He thanked the Federation for the opportunity to address and the important work Federation does for veterans.

The Government is concentrating on delivering election commitments and are aware that more than the \$1,000 was required for TPis.

DVA is rolling out 10 new Veteran HUBS and staffing them, ensuring the staff have the knowledge required.

Mental health is a joint Defence and DVA issue.

500 Staff appointed to DVA to deal with claims which have increased but being turned around and they hope to have the backlog removed early next year.

They have removed staff caps and provide protection to Royal Commission witnesses.

DVA have addressed 15 of the recommendations out of the Royal Commission.

The pathway to legislative reform involves grandfathering VEA and SRCA. Eventually MCRA will be the only path in about a year or so.

Pat McCabe asked about War Widows currently granted a Gold Card automatically upon death of veteran partner under VEA. What about under MCRA? Minister assured her it will remain so.

Pat McCabe asked about DRRB offsetting which is legal but immoral. The minister argued her premise is based on false information.

The GP issue regarding Gold Card acceptance by providers. The minister said it was symptomatic of ACT but is a broader problem and is a WIP.

The Minister departed at 3:45pm but several questions were passed on to his PA who assured the Directors his office would provide responses shortly.

Close 4:00pm

Friday 24th March

Ian Swan (SA) was asked to do a presentation on the Therapy Dogs program, which was most informative and embraced the program right through from the D9 365 Request for Assistance Dog application form (0822). After a seven-year campaign DVA will pay all costs if a veteran has an authorized dog from any source. They can apply to have DVA take over.

General Business

TPI VIC: Bob Moore expressed concern over AWM failure to acknowledge veterans that pass away after their service from service-related injury/illness. He was advised the rules have changed regarding plaques and it was suggested Bob make a submission to AWM through the Federation.

TPI SA: Brett Grosser introduced discussion on the content of Federation meeting minutes arguing only a summary is necessary. It was agreed a summary would be provided on the Federation website, however the full detailed minutes would still be produced for the Directors.

TPI QLD: George Robinson asked after the Federation business card template. Directors were asked to indicate their need for these cards.

TPI Federation President: Discussed the RSL lack of support to the TPI Federation.

TPI TAS: Provided a comment on the 10% given to TPIs, the Action List reviewed every 6 months and other issues.

Observer SA: raised the future of TPI Association.

Morning Tea

Returning at 11:00am

Ian Lindgren APPVA

Ian introduced himself and provided the background to his involvement with APPVA. He presented a detailed electronic session embracing Windows PowerPoint and other aids to illustrate just how DVA reporting statistics is based upon deceptive information.

He maintains that claims reported as completed are based upon one condition being dealt with/accepted, despite the likelihood that several conditions are included in the claim.

Ian is committed to exposing deceptive practices performed by the bureaucrats leading to misinformation being released to government and the public.

He invited Directors to visit their website, auvc.au (Australian Veteran Community Intranet).

He requested we identify as being affiliated with APPVA and take out membership.

Other Business

The Succession Plan was discussed at length and proposals adopted to be reported in further Supremo sessions.

Meeting Closed 1:45pm

Les Vincent

President, TPI NSW

Federation President's Report

April 2023

**The Australian Federation of Totally and Permanently Incapacitated
Ex-Servicemen & Women Ltd (Incorporated in the ACT)**

TPI FEDERATION AUSTRALIA

Disabled in Our Service - United in Our Cause



The TPI Federation thanks DVA Minister, Matt Keogh, MP, Andrew Wilkie, MP, DVA Secretary, Ms Alison Frame and her staff for attending the recent TPI Federation Congress in Canberra in the week ending 17 March 2023. Again Mr Wilkie has given great support to the TPI Federation and will continue to do so. Unfortunately, other MPs and Senators were unable to attend. The individual State/Territory Directors will provide a synopsis of the events of the Congress.

DVA Secretary, Ms Alison Frame

The TPI Federation met with the new Secretary on 16 February 2023 and again at the March National Congress.

Ms Frame was very generous with her time and even though she was only in the position since 23 January 2023 she was extremely knowledgeable on most of the DVA issues. The Secretary was asked to "take ownership" of the Veteran Hearing Aid issue that has been prosecuted unsuccessfully for the past nine years. The Secretary confirmed that she would be assessing all the information available and will advise when the full situation was known by her.

The TPI Federation again is able to ask all TPIS/ SRs that if you have any ongoing hearing aid issues if you can advise on the contact details at the end

of this report so that we can hopefully update the current lack of benefits in this area.

Totally and Permanently Incapacitated Payments Increase

The last report noted that following the long running TPI Federation campaign for the rightful adjustment to the TPI Economic Loss Compensation Payment, the small but necessary adjustment of \$1,000 per annum (or \$38.46 per fortnight) to the annual rate of the 'Totally and Permanently Incapacitated' (TPI) Payment commences from 1 January 2023. This was enhanced by the usual indexation increase of \$59.04 per fortnight from 20 March 2023.

The TPI Federation will continue to advocate for a proper increase to the TPI Economic Loss Compensation payment. When the campaign began the Economic Loss Compensation was 65% of the tax-adjusted minimum wage. When the Labor Party was elected in May 2022 it was 61.9%. This was followed by an increase to the minimum wage in July 2022 as well as the election promise in January 2023. This brought the figure back to 65% of the tax-adjusted minimum wage. The TPI Economic Loss Compensation is now again 65% of the tax-adjusted minimum wage as it was in 2013. Again, the Government is supporting an increase to the

minimum wage at the next Fair Work Commission Annual Wage Review hearing of 7% from 1 July 2023. This would then only widen the gap yet again for the TPI Economic Loss Compensation.

50th Anniversary of the Proclamation to End Australia’s Involvement in the Vietnam War

The link www.dva.gov.au/vietnam50 will direct you to the National Mailing and Marketing website. National Mailing and Marketing have been engaged by the Department of Veterans’ Affairs (DVA) to coordinate the production and distribution of the commemorative medallions and certificates for the 50th anniversary of the end of Australia’s involvement in the Vietnam War. You will note that this website displays the DVA logo and the Vietnam50 logo, along with the National Mailing and Marketing logo.

In order to apply for a medallion and certificate, veterans and their families will need to follow the prompts on this website to set up a New User account.

Anyone encountering difficulties with this process is encouraged to call 1800 VETERAN (1800 838 372) between 9am and 5pm AEST, Monday to Friday, and when prompted say the word medallions. A member of the commemorations team will then assist them with the application process.

Unfortunately, we do not have any printed forms. Should any applicants not have Internet access they are able to call 1800 VETERAN between 9am and 5pm AEST, Monday to Friday, and when prompted say the word medallions. We have plenty of staff on hand who can lodge the form on behalf of the applicant.

Royal Commission Update

The Royal Commission into Defence and Veterans Suicide will be holding hearings in Perth from 16 May 2023. The interim report was provided by the Commissioners on 11 August 2022. The final report is due to be tabled on 17 June 2024.

Conclusion

The TPI Federation will continue to assist all TPIs and should you have any questions, please call or forward them to the email address below.



Ms Pat McCabe, OAM
TPI Federation President

Phone: 0417 291 546
Email: federation@tpifed.org.au
Website: www.tpifed.org.au

| Important Dates | |
|---|------------------|
| Royal Commission Started | 8 July 2021 |
| Rent Assistance Eligibility for TPIs begins | 1 January 2022 |
| Royal Commission Interim Report completed | 11 August 2022 |
| Royal Commission Hearings, Wagga | 28 November 2022 |
| Royal Commission Private Session Requests | 28 April 2023 |
| Royal Commission Submissions Close | 13 October 2023 |
| Royal Commission Final Report | 17 June 2024 |
| For further information call 1800 331 800 | |

DFA Report Highlights Opportunities for Defence Family Career Comeback Programs

The Department of Defence has advised the following: “We are pleased to share that Defence Families of Australia’s evaluation report of the pilot Defence Family Career Comeback Course (CCC) is now public and available on the DFA website.

This report provides a blueprint for industry, educational institutions and governments to take our learnings from the program, improve on it and independently run this or similar programs nationally.

DFA developed the pilot Defence Family CCC in partnership with the Australian Graduate School of Management (AGSM) at the University of New South Wales (UNSW) Sydney.

The pilot program aimed to support Defence and veteran families in ACT and NSW in returning to work after time away from the workforce or their preferred career path.

Defence family employment is an important area of focus for DFA’s advocacy work.

Defence families give much of themselves in supporting their serving member’s military service. This often comes at a cost for their own career advancement through postings and breaks for caring responsibilities.

We know from the 2019 ADF Family Survey that even though Defence partners are more likely to be tertiary qualified than the general public, they are twice as likely to be unemployed.

The pilot Defence Family CCC program was run in November 2022 and sponsored by the Department of Defence and in kind support from the NSW Government and UNSW.

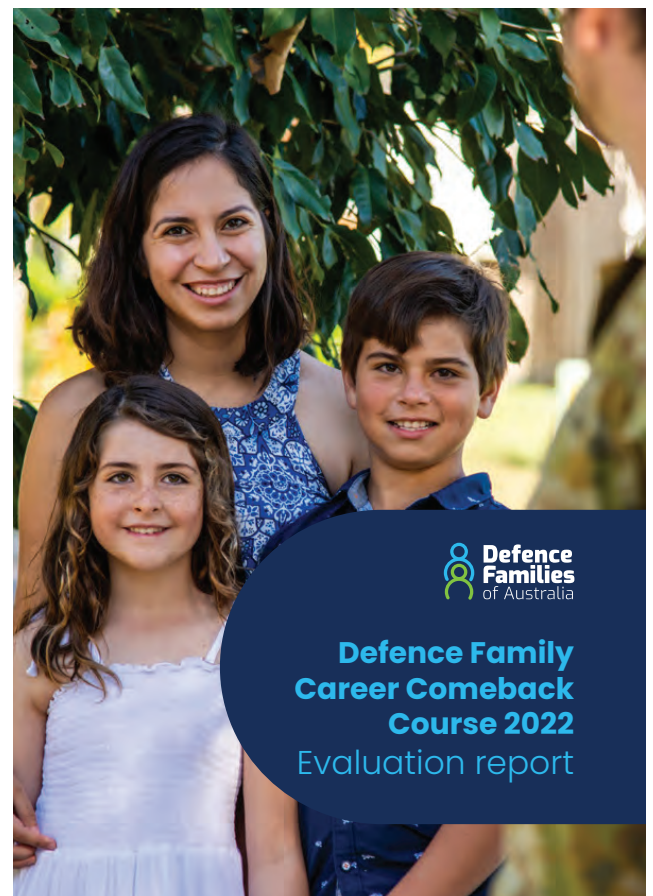
A total of 19 participants attended the three-

day face-to-face event, which included an evening event at the Anzac Memorial attended by the Minister for Defence Personnel, the Hon Matt Keogh.

You can download the Defence Family Career Comeback Course Evaluation Report from the DFA website at <https://dfa.org.au/publications>.

We welcome you to share this publication with your networks and across your social media.

Thank you for your ongoing support of DFA’s advocacy work and the Defence community.”



MEMBERSHIP RENEWAL FORM

To renew your membership for 2023, please complete the details below and return the completed form
with your remittance to: TPI Association, Reply Paid 4429, Sydney 2001

Please note: we are no longer be able to accept membership renewals by telephone.

Make cheques and money orders payable to: TPI Association of NSW.

Subscriptions are from January to December of each year.

| | | | | | | | |
|--|--|--|---------------------------|--------------------------------|----------------------|-----------------|--|
| NAME | | | | TPI BADGE/MEMBER NUMBER | | | |
| ADDRESS | | | | | | | |
| SUBURB | | | | STATE | | POSTCODE | |
| TELEPHONE (HOME) | | | TELEPHONE (MOBILE) | | EMAIL ADDRESS | | |
| Is this a change of address? Yes / No (please delete whichever does not apply) | | | | | | | |
| NEXT OF KIN NAME | | | RELATIONSHIP | | CONTACT NO | | |
| ADDRESS | | | | | | | |
| DETAILS | | | | COST | | TOTAL \$ | |
| SUBSCRIPTION 1 YEAR | | | | \$30.00 | | | |
| SUBSCRIPTION 2 YEARS | | | | \$60.00 | | | |
| SUBSCRIPTION 3 YEARS | | | | \$90.00 | | | |
| SUBSCRIPTION 4 YEARS | | | | \$120.00 | | | |
| SUBSCRIPTION 5 YEARS | | | | \$150.00 | | | |
| LIFE SUBSCRIPTION | | | | \$200.00 | | | |
| CAR STICKER | | | | \$1.00 | | | |
| MINI BADGE | | | | \$6.00 | | | |
| TIE | | | | \$25.00 | | | |
| DONATION (Donations of \$2 or more are tax deductible) | | | | | | | |
| TOTAL PAYMENT | | | | | | \$ | |
| PAYMENT METHOD (Tick Box) <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 20%;"> INTERNET TRANSFER <input type="checkbox"/> BSB: 082 001 ACCOUNT NUMBER: 025 402 663 Please quote your surname and badge number in the details section of your internet payment. </div> <div style="width: 20%;"> CHEQUE <input type="checkbox"/> </div> <div style="width: 20%;"> MONEY ORDER <input type="checkbox"/> </div> <div style="width: 20%;"> VISA <input type="checkbox"/> </div> <div style="width: 20%;"> MASTERCARD <input type="checkbox"/> </div> </div> <div style="margin-top: 20px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> CARD NO. <div style="display: flex; flex-wrap: wrap;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div> </div> <div style="width: 20%;"> <div style="display: flex; flex-wrap: wrap;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div> </div> <div style="width: 20%;"> <div style="display: flex; flex-wrap: wrap;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div> </div> <div style="width: 20%;"> <div style="display: flex; flex-wrap: wrap;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div> </div> </div> </div> <div style="margin-top: 10px;"> EXPIRY DATE <div style="display: flex; flex-wrap: wrap;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div> </div> <div style="margin-top: 10px;"> CVV NO. <div style="display: flex; flex-wrap: wrap;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div> </div> | | | | | | | |

New Members

We have great pleasure in welcoming the following new members to the Association:

| | | | |
|------------|-------------------|-----------------|---|
| Bates | Mr Peter William | Sapper | Australian Army, 17 Construction Squadron |
| Bennett | Mr Richmond Shane | Staff Sergeant | Australian Army, 2/4 RAR, 5/7 RAR, SASR, 6RAR, DSU North Queensland, 31 RQR, 31 RNSWR |
| Fallon | Mr Clancy Patrick | Sergeant | Australian Army, RQR, 6RAR, 171 AVN SQN, 8/9 RAR, 5 AVN REGT |
| Goudie | Mr Kevin John | Sapper | Australian Army, 17 Const SQN, RAE |
| Grogan | Mr Luke Joseph | Corporal | Australian Army, 4 RAR (CDO), 176AD, ICSSB, IRTB, 7RAR, ALTC |
| Hutchinson | Mr Bryan Lawrence | Private | Australian Army, 7RAR |
| Martin | Mr Andrew Stuart | Petty Officer | Royal Australian Navy, Albatross, Tobruk, 808-816-723-817 SQN'S, Leeuwin, Stalwart, Manoora, Moeresby |
| Pern | Mr Gregory Thomas | Warrant Officer | Royal Australian Air Force, Amberley, Williamtown, Edinburgh, Point Cook, Laverton |

Feel free to make use of our facilities and attend meetings that are held on the fourth Tuesday of each month at 1 pm on Level 2 of The Occidental Hotel at 43 York Street, Sydney. The Association is seeking members interested in becoming Welfare Officers or joining our Social & Welfare Clubs. If interested, please contact our Social & Welfare Clubs, contact details can be found on page 63 in this issue of *Salute*.



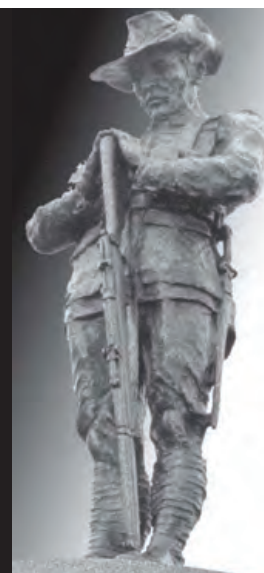
Members of the Blacktown & District TPI Social & Welfare Club on their tour of the Orchard Hills Fire and Rescue Academy in April 2023. See the report on page 66 for more information.

Marched On

We deeply and sincerely regret to report the deaths
of the following Members since our last issue.

Ode

*They bade no-one a last farewell, or even said goodbye
Their souls had left before we knew, and God alone knows why.
They would not ask for sorrow, they would not ask for tears
But just to be remembered throughout the passing years.*



| | | | |
|------------|---------------------|----------------------------|---|
| Berwick | Mr Kevin Edwin | Private | Australian Army, 2/17 Battalion |
| Dillon | Mr Norman | Signalman | Australian Army, 8th Division, Signals Unit |
| Dolsen | Mr Hilton John | Private | Australian Army, 6RAR |
| England | Mr Colin Maxwell | Trooper | Australian Army, C SQN 1st Armoured Regiment |
| Evans | Mr Allen | Warrant Officer, Class Two | Australian Army, 1, 2, 3, 6RAR |
| Gale | Mr Alan Francis | Petty Officer, Constable | Royal Australian Navy |
| George | Mr Edmund Peter | Chief Petty Officer | Royal Australian Navy |
| Harrison | Mr David William | Private | Australian Army, 1 RAR |
| Kennedy | Mr Bruce | Warrant Officer, Class One | Australian Army, 1, 3RAR |
| Kerins | Mr John Michael | Corporal | Royal Australian Air Force, 9SQN |
| Ledgard | Mr David Kelvin | Sergeant | Australian Army Force, Vietnam |
| Levy | Mr Peter Maxwell | Warrant Officer | Australian Army, 161 (Independent) Reconnaissance Flight |
| Lygoe | Mr Ian F P | Private | Australian Army, 9RAR |
| MacDonald | Mr Neil | Petty Officer (MT P) | Royal Australian Navy |
| McDonald | Mr Donald William | Warrant Officer, Class One | Australian Army, Artillery |
| Nicoll | Mr Barry Bruce | Sergeant | Australian Army, Royal Australian Electrical and Mechanical Engineers |
| Pendergast | Mr Terence P | Lance Corporal | Australian Army, RAR |
| Reilly | Mr Bruce J | Captain | Australian Army, RAE 32 Small Ships Squadron |
| Sawkins | Mr Kenneth Maurice | Sergeant | RAAF, Peacekeeping Force |
| Seakins | Miss Kathryn Miliza | WRAN Steward | Women's Royal Australian Naval |



Sunset autumn landscape, Kiama NSW. Photographer: Martha Almeyda. Shutterstock

| | | | |
|----------|--------------------|----------------------------|--|
| Sykes | Mr John Ernest | Lieutenant | Royal Australian Navy |
| Smith | Mr William A | Gunner | Australian Army, 4 Field Regiment |
| Sprice | Mr James Edward | Warrant Officer, Class One | Australian Army, Artillery |
| Stralow | Mr Douglas Raymond | Sergeant | Australian Army, Searchlight |
| Teasdale | Mr Keith | Corporal | Australian Army, 9 RAR, 3 Cavalry Regiment |

Correction to an entry in the Autumn 2023 *Salute*

Mr James Legg's rank was incorrectly listed as Corporal. The listing should have read:

| | | | |
|------|----------|---------------------|-----------------------|
| Legg | Mr James | Chief Petty Officer | Royal Australian Navy |
|------|----------|---------------------|-----------------------|

From Thanatopsis

To him who in the love of Nature holds
Communion with her visible forms, she speaks
A various language; for his gayer
She has a voice of gladness, and a smile
And eloquence of beauty, and she glides
Into his darker musings, with a mild
And healing sympathy, that steals away
Their sharpness, ere he is aware. When thoughts
Of the last bitter hour come like a blight
Over thy spirit, and sad images
Of the stern agony, and shroud, and pall,
And breathless darkness, and the narrow house,
Make thee to shudder, and grow sick at heart;—
Go forth, under the open sky, and list
To Nature's teachings, while from all around—
Earth and her waters, and the depths of air—
Comes a still voice—

Yet a few days, and thee
The all-beholding sun shall see no more
In all his course; nor yet in the cold ground,
Where thy pale form was laid, with many tears,
Nor in the embrace of ocean, shall exist
Thy image. Earth, that nourished thee, shall claim
Thy growth, to be resolved to earth again,
And, lost each human trace, surrendering up
Thine individual being, shalt thou go
To mix for ever with the elements,
To be a brother to the insensible rock
And to the sluggish clod, which the rude swain
Turns with his share, and treads upon. The oak
Shall send his roots abroad, and pierce thy mould.

William Cullen Bryant



View near Daydream Mine, Broken Hill. Photograph supplied by Tony Brown.

Reunions & Functions



Reunion of Headquarters and Headquarters Company 1st Australian Logistic Support Group (1 ALSG) Broken Hill, 20 March to 24 March 2023

The reunion of Headquarters and Headquarters Company ALSG in Broken Hill from 20 to 24 March 2023 was one of the best received reunions we have ever held. Around 80 people attended, including veterans and partners, new members and friends.

The people of Broken Hill were absolutely fantastic and they offered us discounts to nearly every attraction we attended. For some, it was the first time in the Outback and they left wondering why they had not visited earlier. Some of the highlights of the reunion were a tour of the Royal Flying Doctor Service base and an underground tour of Daydream Mine, a former silver mine. We also visited the Silver City Mint and Art Centre, in

addition to many other attractions and memorials.

We were helped by the Broken Hill Race Committee and the Broken Hill RSL, with both supplying pergolas, tables and chairs. We also received very good assistance from the Outback View Caravan Park, where we were based. We utilised the clubs of Broken Hill and had a caterer come in and do the breakfasts and nightly meals in the camp kitchen.

On the last night we held our main dinner at the Sturt Club and we had two invited guests, Russell and Rebecca James from the Wentworth Military Museum. Russell donates raffle prizes to our reunion every two years and has done so for many years. Our flags and banners are held and on show



Russell and Rebecca James from the Wentworth Military Museum. Photograph supplied by Tony Brown.

in that same museum. Another guest that attended has also been very generous in supporting our reunions, and that is Broken Hill artist Howard William Steer. Howard did a painting for our raffle and is noted for the paintings he does for the Flying Doctor Service.

It's always a pleasure to have Ray Bate, British Empire Medal (BEM) and Les Boag attend our reunions. Both had significant experiences in Vietnam. Ray was the first Australian military

policeman into Vietnam in 1965, hence the book he penned titled *MP. "The First In." South Vietnam*. Les Boag was the last Australian serviceman out of the 1st ALSG base in Vũng Tàu .

So, in all, we had a great time and look forward to our next reunion in Queensland.

Tony Brown

Coordinator for the Broken Hill reunion



Ray Bate, British Empire Medal (BEM) and Les Boag at the Broken Hill Reunion. Photograph supplied by Tony Brown.

HQ1ATF Association 2024 and D & E Platoon Reunion

Hahndorf, South Australia

21 November to 25 November 2024

Discovery Hahndorf Resort

145A Mount Barker Road, Hahndorf, SA 5245

Phone: 1 300 763 836

Email: hahndorf@discoveryparks.com.au

Website: discoveryholidayparks.com.au

Australia's involvement in the Vietnam war from 1965 – 1972 has had a lasting impact on all the servicemen and women who served. HQ1ATF and its sub-unit Defence and Employment (D&E) Platoon, was the longest continually serving Infantry platoon in South Vietnam, served from 1966 – 1972 and encountered much enemy action during those years.

Each two years HQ1ATF Association holds a reunion and 2024 will remember 53 years since we closed the gates of Núi Đất. This four-day event is an important part of the Association's efforts in the healing process which is achieved through the continual networking of members and also importantly their partners and carers. With objectives to improve health and well-being and to reduce social isolation, the biennial reunion plays a significant role.

HQ1ATF Association decided at our November 2022 Reunion meeting that South Australia will be our venue for November 2024. Hahndorf, in the Adelaide Hills, is our chosen town – it is so pretty with so much to see and do. In this regard I do suggest that you add some days prior and /or after the reunion to experience the Adelaide Hills and also the village of Hahndorf. Their Holiday Park has space for us and our requirements, however November can be a busy time so I suggest you do

make arrangements early. On recommendation by our WA committee person, Ned Dixon, our South Australian committee person, Graeme Pulford, and his wife, Rosemary, joined by Helen and myself visited the Park, and other suggested locations early February. Hence the decision was taken. Accommodation and resort layout is superior to anything we have experienced before – and we all deserve it.

Another reason for Adelaide is that, in 2022, Graeme, along with myself and Treasurer, Helen, visited the Commemoration Pathway of Honour in Adelaide. We saw numerous memorials for Vietnam Vet groups. Subsequently I completed the required forms for the DVA "Saluting their Service" grant and received our required amount of \$7360. The memorial will be dedicated during our visit, though it will probably be in place by July 2023. Thank you DVA.

A Commemorative Lunch will be held on Saturday 23 November 2024 at the Training Depot, Torrens Parade Ground. The lunch will be preceded by a Dedication Service at the Pathway of Honour, (Adelaide War Memorial) where our own Memorial will be unveiled. After the Commemorative lunch, our Commemorative service will be held at the Vietnam Veterans Memorial, Torrens Parade Ground, Adelaide. Both the Dedication Service and the Commemorative service will be open to the public.

The 2022 Reunion photos are now on our website (www.hq1atf.org).

For further information contact:

[John Verhelst, JP](#)

**HQ1ATF 2024 Reunion Committee President,
Red Rat Editor**

PO Box 328, Gladesville, 1675

Telephone: 0437 212 121

Email: jeverhelst@gmail.com

Vietnam Veteran's Commemoration Day Canberra, Friday 18 August 2023

A Commemoration will be held at the Vietnam Veterans Memorial in Canberra on Friday 18 August 2023. The previous evening (Thursday 17 August), our Association will hold an informal dinner at Rydges Hotel in Forrest, ACT. The dinner takes place in The Atrium Restaurant. We have limited availability, and 20 members/wives have confirmed at this stage. Cost is \$80 per person for main and dessert, along with a little left over for a drink

or two. Please let John Verhelst know if you are interested in joining us that evening!

For further information contact:

John Verhelst, JP

**HQ1ATF 2024 Reunion Committee President,
Red Rat Editor**

PO Box 328, Gladesville, 1675

Telephone: 0437 212 121



Vietnam Veterans Memorial, Anzac Parade, Canberra. Photographer: LS Nadav Harel. Copyright: Commonwealth of Australia, Department of Defence



**HEADQUARTERS
1ST AUSTRALIAN TASK FORCE
SOUTH VIETNAM 1966 - 1972**

The Wreck of the *Montevideo Maru*



The story of the *Montevideo Maru* has attracted international attention since the wreck of this Japanese WWII “hell ship” was discovered just a week before Anzac Day 2023. On 1 July 1942 the *Montevideo Maru* became the first of around 17 Japanese hell ships sunk by Allied forces between 1942 and 1945. The wreck of the *Montevideo Maru* was discovered at a depth greater than that of the *Titanic*. The discovery was made by Sydney’s Silentworld Foundation and a Dutch company

More Australians died in the *Montevideo Maru* sinking than were lost in the entire Vietnam War

specialising in deep-sea surveys, with support from the *Montevideo Maru* Society and the Australian Department of Defence. The wreck site, 110 km northwest of Luzon in the Philippines, will be used for research purposes. However, no human remains or artefacts will be removed out of respect for the families of those onboard who were lost in the tragedy.

The *Montevideo Maru* was taking POWs from Rabaul to Hainan Island, when it was sunk by torpedo fire from the Allied submarine *USS Sturgeon*. The sinking resulted in the loss of all POWs onboard, numbering approximately 1060.

The prisoners who died in the sinking of this ship included at least 850 Australian and possibly some New Zealand service members, as well as 210 civilians from 14 different countries. More Australians died in the *Montevideo Maru* sinking than were lost in the entire Vietnam War, the sinking of *HMAS Sydney* (645) in 1941, or the sinking of the Australian hospital ship *Centaur* (268) in 1943. Silentworld director John Mullen describes the sinking of the *Montevideo Maru* as “a terrible chapter in Australian military and maritime history. Families waited years for news of their missing loved ones, before learning of the tragic outcome of the sinking. Some never fully came to accept that their loved ones were among the victims.” Yet, as with the sinking during WWII by “friendly fire” of the many other Japanese hell ships, the story of the *Montevideo Maru* is arguably not enshrined in Australia’s collective consciousness in a similar way to other Australian military losses.

A feature article discussing the sinking of the *Montevideo Maru* and the circumstances surrounding the tragic loss of life in this disaster will appear in the Spring 2023 issue of *Salute*.

<https://silentworldfoundation.org.au/aus-media-release/>

Alexandra Kaufman

***Salute* Subeditor**

email: subeditor@tpinsw.org.au

Letters to the Editor

23 March 2023

Dear Ms Kaufman

I have just read with great interest, your article "Vale Queen Elizabeth II, Commander-in-Chief" in the Summer 2022 edition of *Salute*. I am a war widow, my late husband (ex RAEME) was a TPI, hence receiving the magazine.

My family are English and lived in the east end of London but during the war, my mother and sisters were evacuated to a little village in Buckinghamshire where I was born in 1945.

My father stayed in London to work and he used to tell us that the King and Queen would come down into the bomb shelters to visit the

people exactly as you described it in your article. No wonder they were so well loved; they never left London.

In 1948 my family emigrated to Australia and I have lived in Sydney ever since.

Congratulations on such an enlightening article!

Kind regards
Rita

Dr Rita Crews OAM

**Patron, Music Teachers Assoc. of NSW & Editor
*The Studio***

Chief Examiner (Theory) AMEB Federal

Former Deputy Chairperson, AMEB (NSW)

Distinguished Alumni Award, UNE



Princess Elizabeth, as a 2nd Subaltern in the ATS, leans against a vehicle during training. Imperial War Museum, TR 2835.

Book – Porky's People

**An Illustrated History of the Seventh Battalion, The Royal Australian Regiment
First Tour of Duty, South Vietnam 1967 – 68**

Porky's People

An Illustrated History of the Seventh Battalion

The Royal Australian Regiment

First Tour of Duty

South Vietnam 1967 – 68

ISBN: 978-098751113-3

Compiled, written and typeset by Karl Metcalf

About Porky's People

This book tells the history of the Seventh Battalion Royal Australian Regiment (7RAR) during its first tour in South Vietnam. The book primarily uses images to tell this story, whether they be photographs, artwork, maps, or newspaper cuttings. As the title of the book states, it is about Porky's People and the priority for selection of images has been the people who served in or supported the battalion.

The book is set out generally in chronological order so that the reader can easily follow the sequence of events. The scope of the book covers the period from the raising of the battalion through to the time it returned to Australia and the immediate aftermath.

Each operation has its own chapter with an accompanying map. A short introduction to each operation is provided – sufficient for the reader to understand what the operation was about and the key events. For some operations there are a large number of photographs, and these chapters are necessarily much longer than other operations that have few, if any, photographs.

Newspaper articles have been selected on the basis that they directly describe 7RAR activities or people, or they provide relevant background information.



Hardcover – Weight: 3kg – Size: A4

Pages: 763 numbered – Depth: 50mm

Published & distributed by the 7RAR Association

\$200.00, postage included

To order email Anthony Keech:

porky_seven@bigpond.com

This illustrated history captures the essence of that deployment through a unique composition of narratives, reports, records, maps, newspaper clippings, personal reflections and photos. Karl's work is a tribute to all of Porky's People but, in particular, to those of 7RAR who gave their all in the war.

John Paget

7RAR 20 April 1967 – 26 April 1968

Wives Deserve Gold Cards

Forgotten.

"Geeze mate, where have you been?

You haven't called us for a while.

Seems that you have been avoiding us,
at night in your dreams."

"You haven't forgotten us ... have you?"

I seemed to mumble a sort of reply,

as I tried to wipe the sleep from my eye.

The strongest medicine in the world doesn't help to stop
remembering you lot, so it seems.

So, grab your gear and let's go.

There's a lot more to do tonight in your dreams

I started to run; my legs move with the strength of a 19-year-old,
but I can never catch up. The surroundings feel cold.

This place feels familiar, I'm running with the spirit of youth towards
something I've experienced before.

Replaying events that in a godforsaken war.

Where am I? Where are the others, I sense they're close by.

Why am I doing this ... I ask myself ... WHY

My battle is over, I've awakened the dead.

Going back to sleep is a part I now dread.

Forget you ...

The strongest medicine in the world doesn't help so it seems.

I'll never forget you lot when I'm alone in my dreams.

"WAKE UP" ... a comforting voice in my head.

I am not alone ... there in my bed.

My wife lays there beside me, she said ...

"You've been dreaming again.

You're not alone ... as I too share your pain.

You have awakened ghosts and memories that last.

But I have been there with you always ...

Today ... in the future and past."

I'll never forget you lot so it seems

I have the strongest medicine.

My wife is forever beside me, I'm not alone in my dreams.



Early morning at Sutton Forest, Southern Highlands, NSW. Photograph by Chilby Photography.

This question to all veterans ... this is what I ask,
Should a wife receive a gold card, not waiting for her husband to pass?
Together they share our anguish and pain.
They too relive our battles over and over again.
They are prone to the same illnesses, and many more.
They too served ... but not in our war.
Treat them with the same respect as you treat us,
that shouldn't be hard
Help them AS they too grow old with a gold medical card.

To all veterans' wives

John Seagg

2023

Thanks to Maria Scragg, Secretary of South Western Sydney TPI Social and Welfare Club, for sending this poem to us. Maria writes: "John Seagg served in 1RAR Vietnam 1965/66. He is TPI and now lives in Queensland. We have been friends for over 50 years."

The Cherry Tree Walk Vietnam War Memorial

The year was 1996. I was living in the Southern Highlands of NSW, some 20 years after the end of the Vietnam War. I had served in Vietnam as an infantry soldier with 7 Royal Australian Regiment (RAR) in 1970 and '71. A local newspaper story caught my eye – a proposal to establish a Vietnam War Memorial on the Southern Highlands of NSW. Immediately caught by the concept I reasoned perhaps they could use the assistance of a Vietnam Veteran? After writing to the Wingecarribee Shire

The tree chosen for the memorial walk was the eastern great white cherry, Prunus Tai-Haku. Remarkably, the great white cherry tree had been a neglected species, nearly becoming extinct.

Council I received a letter which appointed me formally to the Bowral Garden Committee.

The garden committee already had a project under its belt, that of Settlers Park. This was an area in front of the Bowral Swimming pool, planted with selected trees. The proposed memorial walkway would make use of then unused land that started next to the swimming pool. It would run for four kilometres next to the Mittagong Rivulet, crossing several streets to end at Old South Road in East Bowral. Trees would be planted on either side of a cycle/walking track with rest areas.

The tree chosen for the memorial walk was the eastern great white cherry, Prunus Tai-Haku. Remarkably, the great white cherry tree had been a neglected species, nearly becoming extinct. Fortunately, around 1900, one great white cherry tree was sent from Japan to a garden in London, England. In 1923 the tree was near death, when an expert on Japanese flowering cherries spotted the tree in this London garden. Thousands of trees have since been propagated from this specimen, leading to the reintroduction of the great white cherry tree into Japan, and the distribution of this tree worldwide.

To state the memorial's presence and assist the process of raising funds, the garden committee was formally closed and a new committee called the Vietnam War Memorial Trust was established. I continued as a member of the new memorial trust. The trust was led and driven by a passionate lady called Mrs Effie Kerr, who in later years was awarded the OAM for her work on behalf of veterans. The treasurer of the trust was Mr Darrell Chadwick. Legal work for the project was carried out by Mr Garry Barnsley.

Importantly, architect Mr Kevin Gallagher produced plans for a unique monument as part of the memorial concept. The design proposed for the Cherry Tree Walk Memorial was to avoid a single built monument in favour of a series of parkland amenities, each having a commemorative aspect, so that collectively the amenities became the memorial. Included in the plan was also a monument containing the names of Australia's 521 Vietnam War dead.¹

The concept of the monument was taken from



Vietnam Veteran Memorial at Bowral, NSW. Photographer: Tony Blake.

timeless landform imagery – a circle, a sacred grove of trees, a ring of monoliths, the earthen mound. Thus, the result is a ring of four polished black granite monoliths obliquely grouped around a grassy knoll on which stands a fifth upright, the dedication monolith, set withing a semicircle of cherry trees. The whole grouping, four cherry trees and monoliths, is set in a circular flower bed, forming a permanent wreath. The whole grouping is backed by a screen of Australian casuarina trees.

The first three years of arranging the memorial went by at a frantic pace, during which funds were raised and the word was spread throughout the veteran and ex-service communities. The actual building of the monument with the five monoliths was by a local, Mr Peter Genner, and his employees along with nine Vietnam veterans – Grahame Tooth, Doug Blatch, Billy Clack, Dennis Mulquiney, Billy Lamb, Roy Elbourne, Bruce Boffinger, David Babbage and Rodney Smith.

Building a Vietnam War memorial with a stunning monument and planting hundreds

of cherry trees next to a rivulet, only 20 years since the end of the War. What could go wrong? Unfortunately, not everyone is respectful of those who served in that War and from time to time some crawled from under their rock to oppose the concept.

The first difficulty, right at the start of the project, was triggered by a young girl. The rivulet had to be cleared of huge weeds, those being willow trees. Once the local paper made this public, the outcry was almost immediate, led by a young girl complaining about the loss of those “beautiful” weeds. This was followed up by putting front page images of the young lass pointing at the willow trees. However, the council could see the benefit of the clean-up of the rivulet and, more importantly, the removal of weeds would be at no cost to the ratepayers. The work soon started to remove the weeds from the rivulet. Hard work, it must be said, undertaken by male prisoners from the local Berrima jail.

The first official event on site, the dedication of



*Flowering cherry trees along the Cherry Tree Walk Vietnam Veteran Memorial at Bowral.
Photographer: Tony Blake.*

the first four trees, took place on 9 May 1996 with the then mayor of the shire and three Vietnam veterans, being members of 1RAR, 4RAR and 1 Field Regiment. This was the real start of the Cherry Tree Walk.

Fast forward to the dedication on 22 August once the monument was complete in 1999, as close to Vietnam Veteran's Day as possible. The day was chosen as it was a Sunday, allowing working veterans to attend. Veterans and family came from all over Australia. To start the service the veterans carried out the first ever march from the Bowral township onto the walk area for the formal program.

The guest list was impressive, with the guest of honour being then Chief of the Defence Force Admiral Chris Barrie, OA. Grahame Tooth and Doug Blatch were recognized by teaming with Admiral Barrie at the parade, service and dedication of this original build of the memorial. Also present were legends of the RAR – Brigadier Colin Khan DSO the former CO of 5RAR, and Warrant Officer (WO) Class One Wally Thompson, OAM, who served with a number of battalions including 4RAR and was

appointed to the position of RSM-Army in 1983. The main monolith features the words, "They Served Their Country With Honour" and the "Red Rat", which is actually a red kangaroo – a symbol painted on all military equipment belonging to Australia during the Vietnam War. The monolith was covered from view with a camouflage net when the parade from Bowral arrived at the monument site. At the start of dedicating the Cherry Tree Walk, Admiral Barrie, Mr Tooth and Mr Blatch freed the rope holding the camouflage net to reveal the memorial's main monolith.

The event was a major success, and it was not over. Many had booked for the luncheon held at the Mittagong RSL, enjoying the concert by the Band of the Royal Military College while others enjoyed the BBQ on site provided by the local National Service Association.

The War Memorial Trust and veterans breathed a sigh of relief, being extremely pleased with the dedication and spurred on to take the memorial forward. While donations arrived to buy more trees which were eventually moved on site and planted, actions by unknown persons targeted the

trees and the walk on different occasions, leading to damage of many trees so badly that they had to be replaced, costing more money. Thankfully, tree vandalism declined towards the end of the 1990s. The memorial is now maintained by the local branch of the Vietnam Veterans Association and the tree management team of the Wingecarribee Shire Council.

The Years 1999 to 2004

In early 2000 the monoliths suffered from issues affecting the glue used to hold the panels in place, which “bled” and then streaked onto the names of the Fallen. This was unacceptable and the committee worked to rebuild each monolith with new granite panels from South Africa and eight new name plates with 521 names of the Fallen. [Editor’s Note: Different sources state different numbers for Australians killed in the Vietnam War, although all sources give numbers close to 521.]

In 2004 the trust staged a dedication parade and service at the memorial. Once again, the veteran community responded and attended in force. One very important visitor who attended the 2004 dedication was WO Keith Payne VC, AM accompanied by his wife.

End Part 1

Part 2 of The Cherry Tree Walk Vietnam War Memorial, covering events in the years 1999 to 2004 and future plans, will appear in an upcoming issue of *Salute*.

Tony Blake

7RAR, 1969 – 1971; RAAMC, 1971 – 1977

Website: gruntsview.org

(personal website/record of Vietnam tour with 7th Battalion (PIGS) Royal Australian Regiment)

Facebook: A Grunts View

(Dedicated to our Vietnam War Dead)

EX-ADF MEMBERS – ACCESSING SERVICE RECORDS

Personal Records: Air Force / Army / Navy, WW1 / WW2 / Korea / Vietnam

Contact National Archives of Australia:

www.naa.gov.au Tel: 6212 3600 Email: archives@naa.gov.au

Personal Records: Air Force – Discharged members that served from 1973

Army – Discharged members that served from 1947

Navy – Discharged members that served after WW2

Health Records: Air Force – Discharged members that served from 1952

Army – Discharged members that served from 1947

Navy – Discharged members that served from 1948

Contact Defence Archives

Complete the request for service records form: https://www1.defence.gov.au/adf-members-families/service-records_

Tel: 1800 333 362 or (03) 5258 0675; Email: ADF.Records@defence.gov.au

Health Records: Air Force – Served and discharged prior to 1952

Army – Served and discharged prior to 1947

Navy – Served and discharged prior to 1948

General enquiries: DVA: www.dva.gov.au Tel: 13 32 54 or 1800 555 254

Documenting Vietnam

TPI NSW member Kevin Thurgar held the rank of sergeant during the Vietnam War and worked as a photographer and cinematographer with the Royal Australian Army Educational Corp (Public Relations). Both before and after Kevin's service in Vietnam he was also a cameraman working on television and movie news programs in Sydney. In Vietnam, Kevin was stationed from late 1967 to late 1968 at the First Australian Task Force (1ATF) Base in Núi Đất. During this time, he served with both the

All of a sudden, we were swamped. There were guys going in all directions as the boat overturned. I went down and my combat gear and cine camera kept me under, so I let the camera go. I started for the surface swallowing water and I just got to the top in time.

1st and 7th Royal Australian Regiments (1RAR and 7RAR). In 1975 he returned to Vietnam as a member of the press covering the aftermath of the Vietnam War.

Over his time based at Núi Đất, Kevin was sent out with both 1RAR and 7RAR to document a variety of military operations. Some of the images included with this article show Kevin's skilful use of the camera when he was sent out on these operations. It is worth reflecting on the fact that Kevin was working not only under the pressure of being in a war zone, but also at a time when instant review of the images he was making was not

available as it would be today. After shooting a film in the field, Kevin would generally hand the film to whoever he could find to get it back as quickly as possible to Headquarters to be developed. Sometimes there was not the capacity to develop films at Army Headquarters, so films would be developed by local Vietnamese.

Originally from Rozelle and Drummoyne in Sydney, Kevin recalls that he experienced interactions with a wider variety of people in Vietnam than he had previously experienced in Australia. And Kevin also remembers being afraid that he could be killed any second.

One incident that stands out in Kevin's mind is being injured when he was sent out on a boat that capsized. He was accompanying a group of infantrymen and engineers travelling on the Australian landing ship medium (LSM) *Harry Chauvel*. Kevin wrote to his family that he and other soldiers got off the LSM *Harry Chauvel* into a smaller boat to do a "recce" of a beach. Although the outboard motor of Kevin's smaller boat had been tested and found to work while travelling on LSM *Harry Chauvel*, once Kevin and the others were in the smaller boat the motor wouldn't start. Kevin wrote:

All of a sudden, we were swamped. There were guys going in all directions as the boat overturned. I went down and my combat gear and cine camera kept me under, so I let the camera go. I started for the surface swallowing water and I just got to the top in time. There were blokes swimming for the overturned boat and guys just coming up. I got to the overturned boat and held on with one hand and grabbed a bloke with the other hand and pulled him to the boat, and then I grabbed

another guy and got him to the boat ... One guy was caught up in some ropes, and as the waves crashed down on us the boat would go down and so did he. We thought he was done for. My boss and another guy finally cut him free, but he had a broken leg ... We got our combat gear off and gave it to some blokes in a rubber life raft. They got the guy with the broken leg to the beach and sent him to hospital by helicopter.

Kevin's left knee was hurt during this incident, and he later needed a knee replacement as a result. But Kevin was still able to continue documenting Australian military activities in Vietnam.

One of several operations that Kevin documented was the Battle of Coral-Balmoral, part of Operation Toan Thang 1 (Complete Victory 1), which occurred in mid-1968. Operation Toan Thang 1 involved 1ATF, along with the US Army, the Army of the Republic of Vietnam (ARVN) and the Royal Thai Volunteer Regiment. These units defended Saigon and the Bien Hoa/Long Binh military complexes as the North Vietnamese enemy launched a general offensive to coincide with preliminary 1968 Paris Peace Talks. Kevin has recently received an Australian Department of Defence Unit Citation for Gallantry with Star to honour "extraordinary gallantry in action in the Binh Duong/Bien Hoa Provinces of South Vietnam from 12 May 1968 to 6 June 1968 during Operation Toan Thang".

Kevin also recalls the traumatic experience of encountering orphaned children whose parents had been killed by the Vietcong. Throughout the War large numbers of children were orphaned, and by the end of the conflict orphanages throughout



Trang Bom, South Vietnam. 1968-02. A young Vietnamese boy is watched by other children as looks through the view finder of a movie camera. Holding the camera is Sergeant Kevin Thurgar of Drummoyne, NSW, a photographer with the Australian Army, who was visiting the village of Trang Bom in Bien Hoa Province, after the Viet Cong had assaulted the settlement and destroyed about 100 houses during Operation Coburg. Newspaper clipping supplied by Kevin Thurgar.

South Vietnam were filled with children. Kevin took many photographs of orphaned children during his service in Vietnam. The newspaper item "A Nicer Side of War", reproduced here, shows Kevin helping Vietnamese children to look through the viewfinder of his movie camera.

The Australian War Memorial holds almost 400 photographic and movie items created by Kevin – far too many to be listed in this article. But among notable events documented by Kevin during the Vietnam War is a visit to Australian troops in



Binh Ba, South Vietnam. 1968-04. Troops from 1st Battalion, The Royal Australian Regiment (1RAR), disembark from helicopters at the start of Operation Pegasus. Photographer: Kevin Thurgar, AWM Accession Number: THU/68/0596/VN



South Vietnam. 1968-01. Gough Whitlam, Leader of the Opposition and later Prime Minister (left), stands in an open vehicle with the Commanding Officer 1st Australian Civil Affairs Unit, Lieutenant-Colonel John McDonagh of Dickson, ACT, who is pointing to a nearby hamlet. Photographer: Kevin Thurgar, AWM Accession Number: THU/68/0036/VN.



Bien Hoa Province, South Vietnam. 1968-06. Members of the 1st Battalion, The Royal Australian Regiment (1RAR), patrol the outside perimeter of Fire Support Base (FSB) Coral for signs of the enemy following several attacks on the base. The battalion was taking part in Campaign Toan Thang against communists who had been attacking Saigon and surrounding areas. Note the low wire entanglement fence. Photographer: Kevin Thurgar, AWM Accession Number: THUI/68/0596/VN.



Soldiers in RVAF are loving and trust each other.

Note: RVAF = Republic of Vietnam Armed Forces

Soldiers in VC forces investigate and report each other

Leaflet supplied by Kevin Thurgar.



South Vietnam. 1968-04. Sergeant Kevin Thurgar, official army photographer, using a 16mm Bach Auricon sound and film movie camera to do some filming. Photographer: Richard William Crothers, AWM Accession Number CRO/68/0408/VN.

Vietnam by Prime Minister John Gorton and his first wife, Bettina Gorton. Those reading this online can view the silent footage of this visit at <https://www.awm.gov.au/collection/C273070>. Kevin also photographed then federal opposition leader Gough Whitlam visiting the troops.

Ever the documentarian, Kevin collected a number of anti-VC propaganda flyers during his service. One of these is shown in this article.

Kevin returned from Vietnam in 1968. But in 1975, while working for a TV station, he returned to Vietnam for a short time to document the aftermath of the War. Following this, Kevin continued to work in Sydney as a news cameraman. But returning to "Civvy Street" presented challenges and Kevin was drawn to having a quieter life. Some years ago, Kevin retired to a house on a large block of land in the more peaceful location of Cessnock. Today he enjoys the company of congenial neighbours, with loyal and affectionate Sammy the dog by his side.



Kevin with his dog Sammy. Photographer: Victoria Dawson.

Alexandra Kaufman

Salute Subeditor

email: subeditor@tpinsw.org.au



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

CELEBRATING **20** YEARS

AVCAT SCHOLARSHIPS

Tertiary scholarships for children and grandchildren of
Australian ex-serving veterans

\$4000—\$6000 a year, for 3 years

Eligibility includes Australian residency, child or grandchild of an Australian ex-serving veteran, full-time tertiary student in 2024 enrolled in a minimum one-year course at uni, TAFE or RTO and in receipt of, or eligible to receive, a means-tested Commonwealth educational benefit - Youth Allowance, ABSTUDY, or Veterans' Children Education Scheme (VCES)

Applications open Vietnam Veterans' Day

18 August 2023

And close midnight 31 October 2023

Apply online at
avcat.org.au



AVCAT

SCHOLARSHIPS



Transforming lives through education

Applications open 18 August, and close midnight 31 October 2023.

AVCAT Scholarships, including the Long Tan Bursary, are for the children and grandchildren of Australian ex-serving veterans. Scholarships provide \$4000–\$6000 per year, for three years, to full-time students at university, TAFE or a registered training organisation.



Scholarship Eligibility

Eligibility criteria includes Australian residency, child or grandchild of Australian ex-serving veteran, full-time tertiary student in 2024 at uni, TAFE or a RTO for minimum one-year course, in receipt of or eligible to receive means-tested Commonwealth educational benefit — Youth Allowance, ABSTUDY, Austudy or Veterans' Children Education Scheme (VCES).

'My AVCAT Scholarship gave me confidence that I still draw on. It's something that cannot be taken away.'

— AVCAT Scholar

Apply online at avcat.org.au

Frequently Asked Questions

When can I apply for an AVCAT Scholarship?

Applications open 18 August, and close at midnight October 31.

Do all applicants receive an AVCAT Scholarship?

The selection process is very competitive and scholarship numbers are limited therefore, not all worthy and eligible applicants will receive a scholarship.

How will my scholarship application be assessed?

Applications are considered by a team of independent assessors and AVCAT's National Selection Committee. The following criteria are used to assess applications: financial need, academic potential and personal circumstances.

What supporting documents do I need for my scholarship application?

It is advisable to start preparing your documents before applications open as this can take a considerable amount of time. You can find more information at avcat.org.au.

When will I be notified of the outcome of my application?

Applicants will be notified of the outcome of their application from late February through to early March. Applicants will be updated on any change to the timing of notification.

Where can I find more information?

You can find more information on the AVCAT website at avcat.org.au or contact the AVCAT office Monday - Thursday on 02 9213 7999 or at info@avcat.org.au. Register your interest in applying at avcat.org.au/scholarships



'I can say with confidence that my AVCAT scholarship has given me the reach I needed to grab hold of my dreams and aspirations.'

— AVCAT Scholar



Australian Veterans' Children Assistance Trust (AVCAT)

TPI NSW Scholarship Updates & Students Thank You Notes

2019 Cohort

**Madellyn Urquhart – Bachelor of Science.
Majoring in Genetics and Zoology,
University of New England**

Course Completion: December 2022

Madellyn has graduated from her degree and credits a lot of her success to the support of TPI NSW. Her scholarship is now complete, and she becomes a member of the AVCAT Alumni Network.

Thank You Note

Dear TPI NSW,

I write this letter with the sincerest gratitude for my Sponsor through the AVCAT program.

I Graduated from my Bachelor of Science majoring in Genetics and Zoology Degree in September 2022. I was very happy with my academic grades. I would not have been able to accomplish this level of academic success without the support of my sponsor.

I am planning to enrol in my Honours midyear. This will help get me be better qualified for a position in my area of interest.

I am the first person in my family to undertake a university degree straight out of high school. I was eligible for the AVCAT scholarship through my Pop's service as a Vietnam veteran. He is very proud to have been able to watch me succeed in this degree, and feels like his service to our country helped me, along with the amazing support of the AVCAT Sponsors like TPI NSW.

Kind Regards, **Madellyn**



AVCAT scholar Madellyn Urquhart

2020 Cohort

**Ethan Surace – Bachelor of Software
Engineering, University of Canberra**

Course Completion: December 2023

Ethan's scholarship is now complete, and he has become a member of the AVCAT Alumni Network.



AVCAT scholar Ethan Surace

2021 Cohort

Aidan Hill – Bachelor of International Security, Australian National University

Course Completion: June 2024

Aidan had a successful semester achieving excellent results in his study. He is enjoying his course and is now entering the final stages of his degree. Aidan is extremely grateful for the support of TPI NSW as it has allowed him to focus on his studies and spend time on his other passion which is bike riding at a competitive level.

Thank You Note

Dear TPI NSW,

Yet another six months have passed. The last semester was a bit of a whirlwind but I have ticked off another three courses, with now only six remaining! All of the courses were interesting with a number thought-provoking and increasingly relevant to this modern day. I am yet to pick my

courses for this coming year but I know I am now close to the end and am limited to a degree! In terms of other aspects of life, I have been working all summer in order to save for the upcoming year, and have also been fortunate enough to have plenty of time to continue riding my bike. I am again riding for a top level domestic team next year and am keen to prove myself after an interrupted 2022 season personally.

The scholarship was again helpful. Again, like the start of the year I fell sick, this time with covid. I took a while to recover and thus was off work. Additionally, these payments assisted me in purchasing an iPad, as my old laptop was starting to fail me. These funds have certainly not gone unnoticed and I am very appreciative for this. Furthermore, I was fortunate enough to experience some higher level of racing which meant further time off work, so again, the scholarship helped to fill the gap of missing work. This scholarship over



AVCAT scholar Aidan Hill

the last six months has helped to fill a hole, in order to prioritise myself and other parts of my life.

Whilst I am closer to the end of my degree, I am no closer to deciding on what to do post-graduation. Canberra itself possesses a number of opportunities and types of employment for what my degree has focused on, yet there are almost too many to decide upon. Canberra is growing significantly and with that the opportunities, so I will continue to monitor these and I continue to have people around me who can help point me in the right direction.

So yet again, thanks for all the support for 2022. By no means did any of this go unnoticed and I am appreciative for all of the assistance, not only this year but the year previous as well.

Regards and many thanks, Aidan



AVCAT scholar Molly Horne

Molly Horne – Bachelor of Education (Primary), Australian Catholic University

Course Completion: June 2025

Molly has decided to defer Semester 1, 2023 which will be her deferral limit.

Keely Jameson – Bachelor of Medical Radiation Science (Diagnostic Radiography), University of Newcastle



AVCAT scholar Keely Jameson

2022 Cohort

Shannon Baker – Master of Global Health University of Sydney

Course Completion: June 2024

Shannon has completed her degree in Bachelor of Health Science and is now moving to the University of Sydney, undertaking a Master of Global Health. She is very thankful and appreciative of the support she has received from TPI NSW and is looking forward to the next challenge.

Thank You Note

Dear TPI New South Wales,

I extend a warm thank you for sponsoring me throughout my studies, the scholarship has provided me with immense support. I appreciate deeply not only the financial support but the pathway it provides me to a life with greater possibilities. I have now completed a Bachelor of Health Science at the University of Technology Sydney with a distinction average. I will graduate within the next few months. My final GPA at the completion of my course is 6.17/7 and my weighted average mark is 81.04.

This semester I completed four subjects; Communicable Disease Prevention and Control, Diversity and Culture, Global Sexual Health and The Environment, Health and Sustainability. While I received two distinctions and two credits, I hope to improve on my academic ability and time management in the future as managing work, study and personal commitments became overwhelming at times this semester. However, with the financial support from TPI New South Wales I am able to focus on my studies without pressure of needing to work to cover the costs that come with studying. The funding I received as a recipient of a scholarship assisted in the costs associated with studying, including transport, textbooks, student amenities fees, technology, ICT software upgrades and various student networking opportunities.

This year I am intending to undertake a Master of Global Health at the University of Sydney, where I will continue my studies and further develop my passion and understanding for epidemiology and public health. This degree is designed to prepare me to address the inequitable distribution of health and health resources globally and engage in activities which support and improve health throughout the life course. I will complete core units covering foundational global health concepts including biostatistics and epidemiology and look forward to expanding my skills and knowledge in these areas.

Heading into my masters degree I understand the importance this has to my academic and professional career. I have no doubt my scholarship will continue to have a positive influence on my achievements and development as a future public health employee. As the daughter of a veteran, I feel proud and honoured to represent my father and TPI New South Wales as a student. I aim to continue my father's legacy through instilling the principles of respect and hard work he taught me, pursuing a life with greater possibilities with the support of TPI New South Wales and AVCAT.

Thank you, Kind regards, Shannon Baker



AVCAT scholar Shannon Baker

Lachlan Cooke – Bachelor of Computer Science, Western Sydney University

Course Completion: December 2022

Lachlan has successfully completed another semester in his degree. He has one remaining unit left which can only be undertaken in Semester

2, 2023 and as such has deferred semester 1. Lachlan is focussing on finding an internship in the meantime. Lachlan remains very grateful for the support TPI NSW has provided over the last year.

Thank You Note

Dear TPI New South Wales,

I am writing to thank you for sponsoring my studies for this last semester. In the last six or so months, I have obtained my P1 provisional drivers license, something that I have been aiming towards since covid lockdowns were over, as well as completed another semester at university, with only one more semester required to complete my degree, assuming all goes to plan.

Your support has allowed me to comfortably be able to study at university as a full time student without financial pressure, giving me more time to focus on my studies and achieve a result I am happy with.

This semester I obtained a Pass, a Credit, and a Distinction in the three units I studied.

I am currently searching for an internship or job for the upcoming semester, so that I both have some experience in the field of computer science



AVCAT scholar Lachlan Cooke

I would like to go into (cyber security and/or networking).

Thank you for all your support this past year.

Regards, Lachlan

Portia Yates – Bachelor of Policing (Leadership Program), Western Sydney University

Course Completion: December 2023

Portia has completed another semester achieving excellent results. She also was placed on the Dean's Merit List for semester one results. In addition, Portia has completed a Diploma at TAFE acquiring a Statement of Attainment in Mental Health. Portia describes the support she has received from TPI NSW as instrumental in her achievements this semester and is very grateful.

Thank You Note

Dear TPI New South Wales,

My name is Portia Yates. I am 19 years old and now entering my third and final year of study at Western Sydney University, completing a Bachelor of Policing (Leadership Program).

I am the recipient of the TPI NSW scholarship, which you generously sponsor. This scholarship has immensely assisted me personally and academically throughout the last year of my study. It is so much more than just a financial help for me; to know I have the support of TPI NSW and AVCAT has allowed me to put my best efforts into my study. It has also acted as a motivator to myself, pushing me to complete assessments to the best of my ability.

On a financial note, growing up in a family of seven has always been difficult in terms of affording individual wishes. Hence, when I was told I would be a recipient of this scholarship, I felt so beyond grateful and appreciative. Personally, I also find it

extremely difficult to manage work with full-time study. I work several casual jobs, however with the support of TPI NSW I feel less pressured to overload myself with work.

Academically, I am extremely proud of my results despite hardship I have encountered in 2022 specifically. While studying full time at university, I also completed a TAFE course where I acquired a "Statement of Attainment in Mental Health". In 2022, I also received a letter from the Dean of the School of Social Sciences at Western Sydney University, informing me that I had been awarded a place on the Dean's Merit List. The assistance of the scholarship has made these academic achievements and progress I have made possible.

Overall, I cannot express the level of my gratitude to be a recipient of the TPI New South Wales Scholarship. The assistance it has provided to me in numerous aspects has been tremendous and has helped me grow as an individual both personally and academically.

Yours Sincerely, Portia Yates



AVCAT scholar Portia Yates



Members of the Blacktown & District TPI Social & Welfare Club at their BBQ at Plough and Harrow Park in February 2023. See the report on page 66 for more information.

DVA Media Releases

May 2023

| | |
|---|------------|
| 80th Anniversary of the Sinking of AHS <i>Centaur</i> | 14/05/2023 |
| Remembering the Battle of Fire Support Bases Coral and Balmoral | 12/05/2023 |
| Budget 2023-24 Investments to Support Veterans and Families | 09/05/2023 |
| Further Investments to Support Veterans and Families | 09/05/2023 |
| Supporting Veterans With Chronic Health Conditions | 09/05/2023 |
| Victory in Europe Day Remembered 78 Years On | 08/05/2023 |
| 81st Anniversary of the Battle of the Coral Sea | 04/05/2023 |
| ESO to Hold Vietnam War Vigil on 3 August | 04/05/2023 |
| Anzac Commemorations at North Beach, WA | 03/05/2023 |
| Keep Your Heart Healthy This Heart Week Trial | 02/05/2023 |
| Key Gallipoli Story to Live On Through Lemnos Remembrance Trail | 02/05/2023 |
| Changes to How You Access MyService | 01/05/2023 |
| Consultation on Legislation Reform Goes Digital | 01/05/2023 |
| Latest Edition of DVA E-News is Out Now | 01/05/2023 |
| The Battle of the Atlantic | 01/05/2023 |

April 2023

| | |
|---|------------|
| 58 Years Since Aussie Troops Committed to the Vietnam War | 29/04/2023 |
| Defence Industry Panel Discusses Veteran and Families Employment | 28/04/2023 |
| Medicare Card Now Available in the myGov App | 28/04/2023 |
| DVA Help for Veterans and Families Experiencing Family and Domestic Violence | 27/04/2023 |
| Veterans' Covenant Available for RFSU Members | 27/04/2023 |
| Anzac Day Commemorations Around the World Honour Those Who Served Our Nation | 26/04/2023 |
| SA War Widows Honoured With Day of Commemoration | 26/04/2023 |
| "Scootaville" Charity Ride to Raise Money for Legacy | 26/04/2023 |
| Putting Names to Our Unknown World War I Legends | 25/04/2023 |
| Ceremony for Naval Nashos at Jack Tar Memorial, Brisbane | 24/04/2023 |
| Five World War I Soldiers Identified | 24/04/2023 |
| Honouring Korean Veterans on the Anniversary of the Battle of Kapyong | 24/04/2023 |
| Joint Media Release – Paying Tribute to Our Troops on Anzac Day | 24/04/2023 |
| Korean War Veterans Honoured | 23/04/2023 |
| Sir John Monash Centre Continues the Story of Australian Diggers on the Western Front | 22/04/2023 |

| | |
|---|------------|
| Honouring the Fallen at International Anzac Day Services | 22/04/2023 |
| Recognising the Service of First World War Diggers | 21/04/2023 |
| Meritorious Recognition for Veterans Who Served in Somalia | 18/04/2023 |
| Beware Bank Impersonation Scams | 17/04/2023 |
| Saltwater Veterans – Getting Veterans Sailing | 17/04/2023 |
| Team Australia Invictus Games 2023 Competitors Announced | 17/04/2023 |
| Team Australia named for Invictus Games Dusseldorf 2023 | 17/04/2023 |
| Better Access to Information for ADF Personnel and Veterans | 13/04/2023 |
| The Latest Edition of Vet Affairs is Out Now | 13/04/2023 |
| Client Benefits Survey to Be Launched Soon | 12/04/2023 |
| Celebrating World Health Day 2023 | 06/04/2023 |
| Commemorating Anzac Day 2023 | 06/04/2023 |
| Better Access to Information for ADF Personnel & Veterans | 04/04/2023 |
| Community Marks Anniversary Of Unique Indigenous Unit | 04/04/2023 |
| Chaplaincy Support Program to Be Trialled for Veterans | 04/04/2023 |
| Veteran Sport Showcased at Community Sport Day | 04/04/2023 |
| Veteran Chaplaincy Pilot Now Underway | 03/04/2023 |
| Veteran Drops in on an Old Friend | 03/04/2023 |
| Remembering Australia's Fab Four During Vietnam 50th | 01/04/2023 |

March 2023

| | |
|--|------------|
| Continuing a Life of Service, After Serving in the Australian Defence Force | 31/03/2023 |
| Improved Facilities at Launceston VeteranHub Now Open | 31/03/2023 |
| Minister Officially Opens Upgraded Facilities at the Launceston VeteranHub | 31/03/2023 |
| SA Legacy Officially Opens New Premises | 31/03/2023 |
| Commemorative Medallion and Certificate of Recognition | 29/03/2023 |
| Commemorative Medallion to Mark 50 Years Since the End of Australia's Involvement in the Vietnam War | 29/03/2023 |
| Incapacity Payments for Veterans Studying Pilot Closing | 28/03/2023 |
| New Commemorative Resources Available | 28/03/2023 |
| New Online Veteran Resource for Nurses | 27/03/2023 |
| Nominations Now Open for the 2023 Prime Minister's | 27/03/2023 |
| National Veterans' Employment Awards | 27/03/2023 |
| Have Your Say on DVA's Mental Health and Wellbeing Services | 24/03/2023 |
| 20th Anniversary of the Iraq War | 20/03/2023 |
| Pensions and Allowances to Rise From 20 March | 20/03/2023 |
| Support Available for Anyone Impacted by Ongoing OSI Investigation | 20/03/2023 |

| | |
|--|------------|
| The Healing Power of Sport – What Are Adaptive Sports? | 10/03/2023 |
| International Women's Day 2023 | 08/03/2023 |
| Veteran Arranges Service to Remember Korean War | 08/03/2023 |
| How DVA Supports Homeless Veterans | 07/03/2023 |
| Joint Media Release – Older Australians Keen to Take up the Commonwealth Seniors Health Card | 05/03/2023 |
| World Hearing Day | 03/03/2023 |
| Nominations Open for 2023 Prime Minister's National Veterans' Employment Awards | 02/03/2023 |
| 80th Anniversary of the Battle of the Bismarck Sea | 01/03/2023 |
| Bomber Command Commemoration at the Australian War Memorial | 02/03/2023 |

February 2023

| | |
|---|------------|
| \$3.5 Million Available to Commemorate Veteran Service | 28/02/2023 |
| Victoria Police Veterans Honoured for Their Service as Nashos | 28/02/2023 |
| DVA TV Looks at the Veteran Photo Exhibition Point & Shoot | 27/02/2023 |
| Land Rover Charity Expedition | 27/02/2023 |
| Operation Digger – Archaeology and Veteran Wellbeing | 27/02/2023 |
| Robina Services Are Relocating | 27/02/2023 |
| Activities Pick Up for Kookaburra Kids Defence Kids Program | 24/02/2023 |
| Celebrating Mardi Gras with Defence | 24/02/2023 |
| Free 12-Month Health and Fitness Program from the Heart Health Program | 24/02/2023 |
| Sir John Monash Centre Continues the Story Of Australian Diggers On The Western Front | 23/02/2023 |
| Sleep – We Can't Function Without It | 23/02/2023 |
| No Changes to Fully Funded Mental Health Treatment for Veterans | 22/02/2023 |
| Prime Minister's National Veterans' Employment Awards – Nominations Open Soon | 21/02/2023 |
| Do You Provide Care or Support to a Veteran? | 21/02/2023 |
| Have Your Say on Relationship Education Programs | 21/02/2023 |
| Anzac Field of Remembrance – the Symbol of Self-Sacrifice | 20/02/2023 |
| Continuing to Serve – APS Veteran Employment Pathway Pilot Completed | 20/02/2023 |
| 81st Anniversary of the Bombing of Darwin | 19/02/2023 |
| Bombing of Darwin Day | 19/02/2023 |
| Accessing Evidence-Based Treatment for Posttraumatic Stress Disorder | 17/02/2023 |
| Where to Get Help if You're at Risk of Homelessness | 17/02/2023 |
| Fire safety FAQs and Tips to Keep You and Your Home Safe | 16/02/2023 |
| Veterans' Legislation Reform Consultation Pathway Takes Shape | 16/02/2023 |
| Veterans' Legislation Reform Consultation Pathway Commences | 16/02/2023 |
| Brothers in Arms | 15/02/2023 |

| | |
|--|------------|
| Ask Your GP to Check You for Aortic Stenosis | 14/02/2023 |
| Untold Stories of Australian Sailors and Airmen Revealed | 14/02/2023 |
| National Servicemen's Day | 14/02/2023 |
| AWWQ's Maureen Rush awarded Order of Australia Medal | 13/02/2023 |
| Forging Stronger Links to Address Veterans' Homelessness | 13/02/2023 |
| New Toolkit to Improve Understanding for Veteran Homelessness | 13/02/2023 |
| Veterans in Adelaide Go Around the Buoy | 13/02/2023 |
| For Each a Road Exhibition | 08/02/2023 |
| Prince's Trust Australia – Accelerator program and Award | 08/02/2023 |
| Changes at the Helm of Australian War Widows Inc | 07/02/2023 |
| VESPA Parabiathlon – Helping Veterans Find Purpose Through Sport | 07/02/2023 |
| Anniversary of the Arrival of Australian Naval Clearance Divers in Vietnam | 06/02/2023 |
| Have Your Say in Remake of DRCA Permanent Impairment Guide | 06/02/2023 |
| New Hub for Veterans One Step Closer in Perth's South | 03/02/2023 |
| Make a Difference by Joining the Defence Families of Australia Team | 03/02/2023 |
| Jack Tar Ceremony for HMAS Voyager | 01/02/2023 |

January 2023

| | |
|--|------------|
| Receive Healthcare While Your Claim is Processed | 31/01/2023 |
|--|------------|

80th Anniversary of the Sinking of AHS *Centaur*

14 May 2023

The Hon Matt Keogh, MP

Minister for Veterans' Affairs

Minister for Defence Personnel

Eighty years ago today, Australian Hospital Ship (AHS) *Centaur* was sunk by a Japanese submarine off the coast of Queensland. When *Centaur* departed Sydney on 12 May 1943, there were more than 300 people on board – sadly only 64 survived the sinking.

Minister for Veterans' Affairs Matt Keogh said this attack resulted in the nation's worst loss of life from

an enemy submarine attack during the Second World War. "The sinking of AHS *Centaur* was an unspeakable attack on an unarmed ship working to assist those injured during the war, and today we pause and pay tribute to all those who were on board at the time of the attack," Minister Keogh said. The explosion was so large and unexpected, it took just three minutes for her to sink and the crew had no time to send an SOS message. The survivors used anything they could find to make rafts out of debris. They then waited for up to 35 agonising hours before being rescued.

Sister Ellen Savage was the only one of twelve nurses to survive the sinking. Even though she suffered major injuries herself, she concealed them to focus on treating the wounded and keeping their spirits up until they were finally rescued. "Sister Savage showed great heroism in the hours after the



Bob Whitmore, *Work, Save, Fight, and so Avenge the Nurses*, c 1943-1945. This poster depicts the Australian Hospital Ship (AHS) Centaur being attacked by the Japanese off the coast of Queensland, during the Second World War. In the water below the ship are a number of nurses and sailors from the ship. The sinking of the Centaur took place on 14 May 1943 and 268 lives were lost, including 11 out of 12 nurses. The poster depicts moments after the ship was torpedoed; it sank in just three minutes. Photolithograph, 50.2 x 63 cm, AWM ARTV09088.

sinking of *Centaur*. Her bravery in the face of such adversity resulted in her being awarded the George Medal,” Minister Keogh said.

On Sunday 14 May The Australian War Memorial hosted members of the 2/3 AHS *Centaur* Association at the Last Post Ceremony, where the story of Field Ambulance medic Private Clement Edward Lynne was told. The Memorial’s *Centaur* collection features personal watches, flares, lifejacket lights and medical equipment salvaged by the survivors.

To read more about the sinking of AHS Centaur during the Second World War, visit DVA’s [Anzac Portal](#).

Keep Your Heart Healthy This Heart Week

2 May 2023

Each year Heart Week encourages us to have important conversations about heart health. It is also a good reminder that we all need to take action to care for our hearts. After all, we only have one and it has a very important job to do.

Your heart is a vital organ (actually it is a muscle) that pumps blood all-around your body, carrying oxygen and nourishment that you need to be healthy.



The system that transports blood around our bodies is known as the circulatory system and it is made up of blood vessels including arteries and veins. Sometimes our arteries and veins can become stiff and/or develop plaque which makes it hard for blood to flow freely through our heart and around our body. If this happens our heart needs to pump harder, which might raise our blood pressure and/or heart rate. Over time, restricted blood flow to your heart can cause heart disease and/or lead to a heart episode.

It's important to note, a heart episode can include angina, a heart attack or a cardiac arrest that happens suddenly. A heart episode is not always related to heart disease.

Risk Factors

There is no one thing that causes heart disease but there are risk factors that contribute to your chances of developing heart disease or experiencing a heart episode. Some risk factors are non-modifiable, meaning you can't do anything to change them. Non modifiable risk factors include

things such as gender, age, race or family history. Other risk factors however are modifiable, meaning these are things you can change. Modifiable risk factors include things like having high blood pressure, high cholesterol, or being overweight. The best way to reduce your modifiable risk is to make healthy lifestyle choices.

There are positive steps we can all take to help make our hearts healthier and stronger, regardless of our age or gender. Even if you have heart disease or have suffered a heart condition in the past, it's not too late to make positive lifestyle changes. Positive changes included not smoking, limiting alcohol and eating a balanced diet, while incorporating exercise into your daily routine. It is recommended that you speak to your doctor or a health professional before commencing an exercise regime if you have pre-existing health issues or are new to exercise.

Get Support to Keep Your Heart Healthy

As you get older your risk for heart disease or suffering a heart episode increases. You can

reduce this risk by getting regular check-ups with your GP to determine your level of risk. DVA provides eligible veterans with one off or annual health checks. The Veterans' Health Check is a comprehensive health assessment done by your GP. It provides an opportunity to access early intervention care and appropriate referrals when needed. More information about the Veteran Health Check, including eligibility, can be found on the [DVA website](#).

Heart disease is a long-term chronic condition that impacts your heart and circulatory system and is associated with the build-up of plaque and clogging of your arteries. DVA offers access to ongoing care for eligible veteran Gold Card holders with heart disease through the [Coordinated Veterans' Care program](#).

DVA also provides eligible veterans access to participate in the [Heart Health Program](#), which has been beating strong for the past 23 years. The Heart Health Program is a free, year-long, national program that helps veterans to prevent heart disease or a heart episode by incorporating health education, exercise and balanced nutrition into their daily lives.

Putting Names to Our Unknown World War 1 Legends

25 April 2023

Opinion Piece

The Hon Matt Thistlethwaite, MP

Assistant Minister for Defence

Assistant Minister for Veterans' Affairs

On Anzac Day, in the Somme region of France, locals join Australians to remember the Aussie Diggers who fought to save their towns in the Great War.

This year is especially significant because five



Studio portrait of 882 Private (Pte) Robert Gladstone Fenwick, 26th Battalion, from Bulli, NSW. A 21 year old miner prior to enlistment. Pte Fenwick was reported missing in action at Fromelles, France, on 21 July 1916. Following receipt of his identification disc from Germany in March 1917, AIF Headquarters officially reported Pte Fenwick killed in action on 20 July 1916. In 2008 a burial ground was located at Pheasant Wood, France containing the bodies of 250 British and Australian soldiers including Pte Fenwick. All of the remains were reburied in the newly created Fromelles (Pheasant Wood) Military Cemetery. AWM Accession Number: PO7317.001.

soldiers who have been missing since the Battle of Fromelles, more than 106 years ago, have now been formally identified.

There is no question the Battle of Fromelles was one of the worst days in Australia's military history. It is the site of the greatest loss of life Australia's armed forces ever suffered in a 24-hour period.

In the early evening of 19 July 1916, elements of the 5th Australian Division, along with the



Studio portrait of 3007 Private (Pte) Vinton 'Vin' Battam Baker, of Kogarah, NSW. An iron moulder before enlisting in August 1915. Pte Baker was killed during the 55th Battalion's attack on Fromelles on the morning of 20th July 1916, aged 31. After the war his grave could not be located and he was commemorated on the VC Corner Australian Cemetery Memorial, Fromelles, France. In 2008 a burial ground containing the bodies of 250 British and Australian soldiers was located at Pheasant Wood, France. In 2010 all of the remains were reburied in the newly created Fromelles (Pheasant Wood) Military Cemetery. AWM Accession Number: P07075.001.

soldiers of the British 61st, were preparing to attack the German lines at Fromelles. They were among the first Australians on the Western Front. Many were veterans of Gallipoli. Others were new reinforcements. We can only imagine the advice or wry jokes the old hands must have exchanged with the fresh faces as they readied to go over the top. As they rose above the parapet and moved into no man's land, they met a resolute German resistance.

The Germans had a clear view of the assault, and quickly unleashed a terrible hail of fire and shrapnel. The attack was a catastrophic failure. The losses were devastating. The 5th Australian Division suffered more than 5,500 casualties.

They were ordinary Australians who had answered their nation's call and yet the final resting place of many remained unknown. Families never knew where they lay, nor if they had received a proper burial. For thousands of families, this was a tragically common story. It is a story of how pain and loss continued to echo down, long after the guns had ceased to fire.

This Anzac Day, we return the names to five of these brave soldiers. Corporal William John Stephen, from the 55th Battalion AIF, was born in Balmain and worked as a grocer when he enlisted in Liverpool in July 1915. Corporal Stephen was 28 years old when he was killed in action. Private Richard James McGuarr, from the 32nd Battalion AIF, was born in Lismore and was a dairy farmer when he enlisted in October 1915. Private McGuarr was 27 years old when he was killed in action. We now know the final resting place of these young men from NSW, along with Sergeant Oscar Eric Baumann from South Australia, Western Australia's Private Alexander Russell Robert Page and Private Maurice James Claxton.

We were only able to identify these soldiers thanks to the brilliant work of volunteers and Defence personnel. They performed rigorous research and analysis to identify these men. The remains of these five soldiers were recovered, along with 250 of their fallen comrades, from a mass grave near Pheasant Wood in 2009. In 2010 they were reinterred at the newly created Fromelles (Pheasant Wood) Military Cemetery as Unknown Soldiers.

It was an honour to visit the resting places of these brave men and, on behalf of the Australian government, pay tribute to their sacrifice. They gave their lives in the service of our nation, just as 46,000 other Australians did on the Western Front.

A memorial at Villers-Bretonneux



Studio portrait of 3327A Lance Corporal (LCpl) Edwin Arthur (Ted) Hubbard, 53rd Battalion, of "Seatonville", Maryvale, NSW. LCpl Hubbard enlisted on 29 June 1915. He served in France before being killed in action on 19 July 1916 at the Battle of Fromelles, aged 22 years. One of numerous casualties from this fierce battle, LCpl Hubbard was buried in what became known as VC Corner Australian Cemetery at Fromelles, France. AWM Accession Number: P04089.001.

commemorates their sacrifice and is the site where we hold the Anzac Day Dawn Service in France. At Villers-Bretonneux 10,800 names are commemorated on the Australian National Memorial. It is difficult today to fathom the scale of loss those 10,800 names represent. And yet it is a fraction of the more than 60,000 Australians who were killed in service during WWI when so many families across our nation were touched by tragedy.

On Anzac Day, we remember them. We remember them all. We honour their service and their sacrifice. Lest we forget.

This opinion piece was first published in *The Daily Telegraph* on Tuesday, 25 April 2023.

Saltwater Veterans – Getting Veterans Sailing

17 April 2023

We are committed to creating a highly inclusive community that alleviates social isolation for veterans and families through the sport of sailing.

Originally known as "Four Men in a Boat", Scott and three veteran friends with no sailing experience took to the waters to reconnect with life and each other. Following an 18-year naval career, Scott found the camaraderie, the movement and the sheer enjoyment of being out on the water had immediate benefits for each veteran's physical and mental health. Inspired by the effects on Scott's wellbeing, Scott and Jen started volunteering, encouraging more veterans to get involved in sailing.

Based on the Northern Beaches of Sydney, Saltwater Veterans has been operating since 2017. With a crew of "salty volunteers", yacht clubs and sponsors such as Young Veterans and more recently local RSL sub-branches, we are now fostering overlapping communities in Sydney, Newcastle, Adelaide, Nowra, Perth and Mooloolaba, and upwards of 80 – 100 veterans each month on water.

Being on the water can be of physical, mental, and emotional benefit for a variety of injuries and illnesses. Plus, it's a really fun way for our veterans to express teamwork – one of many things veterans have in spades.

"When you have a participant turn up, it's amazing the change from the beginning of the day to the end of the day," says Tom Spithill, Saltwater Veterans Sailing Project Sports Ambassador.

The Saltwater Veterans Sailing Project organises one event in each location every month. The biggest single event had 105 current serving soldiers sailing, with 20 boats largely skippered by volunteers.

"We are volunteer-dependent and we see volunteering as an integral part of the veteran



Saltwater Veterans Participants

experience,” says Scott. “You may start as a participant at the sailing events, but with time everyone has the capacity to volunteer whether it’s on the boat, handing out life jackets or taking the lunch order.”

“Our aim is social re-integration, so we want to keep people involved and connected in-between and beyond the events,” says Jen. “I feel the volunteers take away as much as the participants because, as a volunteer, it’s not about what ‘I’ want to achieve, it’s about what ‘they’ want to achieve. People recognise the gift of giving to the community beyond themselves.”

Funding is a constant challenge for any grassroots initiative. Local organisations can make a large-scale impact where it matters most, in the backyard where the majority of veterans live and socialise. Through its Community Support Advisors and [Health and Wellbeing funding](#), DVA has provided small, one-off funding towards Saltwater Veterans local initiatives, and equipment purchases.

External Defibrillators

The DVA’s Wellbeing funding has meant we’ve been

able to buy five Automatic External Defibrillators (AEDs). These will be a tremendous asset in supporting Saltwater Veterans projects in Sydney, Jervis Bay, Adelaide, Newcastle and recently Port Macquarie.

“To have the support of DVA and a little funding for our own safety equipment will have a significant impact on our mission,” says Jen. “Our AEDs will serve veterans, and other grassroots veteran groups during their activities.”

First Aid Kits

To raise money for Saltwater Veterans, Survival First Aid (<https://survivalfirstaidkits.net.au/>) are donating 25% of the purchase price of first aid kits. Use the checkout code *saltwater* and you will also save 10%!

Get Involved

Everyone can be a supporter of this veterans’ community. Check out Saltwater Veterans merchandise and share the word about us on our [website](https://saltwaterveterans.org) (saltwaterveterans.org), which also has upcoming events and details of how to get involved.

See the [Channel 7 News About Saltwater Veterans](#).

Jen and Scott Reynolds

Saltwater Veterans co-founders



Welfare Officers

ACT/Queanbeyan and surrounding districts

Kevin 'Colin' Berryman, OAM6258 2463

Albion Park/Dapto/Gerringong/Kiama/ Shellharbour

Dinos Potonides4296 5538

Batemans Bay

Michael Scrase, JP0418 461 066

Bega/Eden

Tony Toussain6495 1693

Kevin Webb6495 6975

Blacktown

Ken Ward0427 278 495

Blaxland

Kevin A Ley, JP4739 4978

Byron Shire

John Hawes, OAM, JP6676 2411

Coffs Harbour and Districts

Brian Orr0419 476 362

Casino/Kyogle

Bruce McKenzie, OAM0427 617 404

Forster/Tuncurry/Taree areas

Kerry Redman0488 785 477

Email..... k.redman8@bigpond.com

Grafton/Maclean/Clarence Valley

Eric Lynn6642 6786

Hornsby

Ray Davis 9456 4220 / 0409 123 525

Inverell and District

Philip Hogan0488 423 497

Maitland

Basil D Stemp, JP4932 8008

Milton-Ulladulla (South)

Ross Johnson, JP4455 4882

Nowra (North)

Ernie Payne
0410 415 668

Nowra (South)

Jack Doulis0402 584 041

Howard Van Dervord 4443 2840 / 0419 238 024

Port Macquarie

Bob Metcalfe0409 822 272

South Western Sydney (including Campbelltown/Camden/Liverpool/Fairfield)

Rodney Hoult 4647 8010 / 0419 168 074

St George District

John A Graham, JP 9718 2583 / 0411 809 936

Taree

Robert Hicks0418 979 102

Wollongong Area

John Kiley4228 4068

The Association is seeking members interested in becoming Welfare Officers or joining our Social & Welfare Clubs. If interested, please contact our Social & Welfare Clubs, contact details can be found in this issue of *Salute* on pages 63 – 64.

Social & Welfare Clubs

Blacktown & District TPI Social & Welfare Club

| | | | |
|-----------------------|------------------|--------------|--|
| President: | Malcolm Botfield | 9872 2594 | malbotfield@hotmail.com |
| Snr Vice-President: | Ron Blakely | 0411 131 849 | rjb176@hotmail.com |
| Jnr Vice-President: | Ian Brady | 9626 8823 | ibrady@bigpond.net.au |
| Honorary Secretary: | Kerrie Cooper | 4739 3074 | ked46@bigpond.com.au |
| Asst Secretary: | Kaye Shannon | 0408 714 667 | kandkshannon@bigpond.com |
| Treasurer: | Alan Jones | 8678 3321 | alanejones3@yahoo.com |
| Asst Treasurer: | Lynne Northey | 9872 1751 | lanceandlynne@optusnet.com.au |
| Welfare Officers: | Vacant | | |
| Asst Welfare Officer: | Phil Hincks | 0414 761 032 | phil.hincks@gmail.com |
| Asst Welfare Officer: | Ian Brady | 9626 8823 | ibrady@bigpond.net.au |
| Social Secretary: | Lance Northey | 9872 1751 | lanceandlynne@optusnet.com.au |
| Grants Officer: | John Davison | 9636 7279 | davoddg38@gmail.com |
| Committee: | Ted Cooper | 4739 3074 | ked46@bigpond.com.au |
| Committee: | Ken Ward | 0427 278 495 | Kennethbettyward@bigpond.com |

The Club meets on the first Thursday of each month at 1.00pm at Blacktown RSL Club, 2nd Avenue, Blacktown. New members are welcome.

Hornsby & District TPI Social & Welfare Club

| | | |
|------------------|--------------------|--------------------------|
| President: | Ray Davis | 9456 4220 / 0409 123 525 |
| Hon. Secretary: | Rod White AM RFD . | 0419 477 179 |
| Hon. Treasurer: | Dave Coleman | 9499 9976 |
| Welfare Officer: | Ray Davis | 9456 4220 / 0409 123 525 |

The Club meets the first Tuesday of each month (except November and January) at 1.00pm at the Hornsby Memorial Hall, 2 High Street, Hornsby.

Illawarra TPI Social & Welfare Club

| | | |
|------------------|-----------------|-----------|
| President: | John Kiley | 4228 4068 |
| Vice-President: | Bruce Writer | 4285 0829 |
| Secretary: | Geoff Hicks | 4423 2979 |
| Treasurer: | Robin Kiley | 4228 4068 |
| Committee: | Ian Pascoe | |
| Welfare Officer: | Dinos Potonides | 4296 5538 |

The Club meets on the third Monday of each month at 11.00 am at the Illawarra Leagues Club, "Collies", 97 – 99 Church Street, Wollongong.

Social & Welfare Clubs

Nowra & District TPI Social & Welfare Club

| | | |
|--------------------------|--------------------|------------------------|
| President: | Jack Doulis | 0402 584 041 |
| Senior Vice-President: | Ernie Payne | 0410 415 668 |
| Jnr Vice-President: | Howard Van Dervord | 4443 2840/0419 238 024 |
| Secretary: | Leanne Wehmeier | 4443 4038 |
| Treasurer: | Mick Carden | 0402 444 315 |
| Welfare Officer: (North) | Ernie Payne | 0410 415 668 |
| Welfare Officer: (South) | Jack Doulis | 0402 584 041 |
| | Howard Van Dervord | 4443 2840/0419 238 024 |
| Publicity Officer: | Simon Carr | 4443 4038 |
| Social Secretary: | Di Falconer | 0422 298 211 |

The Club meets on the third Tuesday of each month at 11.00am at Nowra Veterans Wellbeing Centre, 124 Wallace Street, Nowra.

South Western Sydney TPI Social & Welfare Club

| | | |
|-------------------|------------------|--------------------------|
| President: | Keith Gorsuch JP | 9825 2298 |
| Vice-President: | Norman Crane | 9825 2321 |
| Secretary: | Maria Scragg | 0417 442 830 |
| Treasurer: | Alan Graham | 0435 084 246 |
| Social Secretary: | Terry Westerway | 0422 581 946 |
| Welfare Officer: | Rodney Hoult | 4647 8010 / 0419 168 074 |

The Club meets on the second Tuesday of each month, except January, at different locations. Please contact one of the above for details of location.

Would office bearers kindly check details recorded for their club and advise Sara Thorne of any changes or corrections at the TPI office on (02) 9235 1466 Monday - Wednesday, 9am - 4pm or via email on office@tpinsw.org.au

Nowra & District Totally & Permanently Incapacitated (TPI) Social & Welfare Club

Are you a Military TPI looking for social interaction? Come and join us.

We are seeking new members. We hold our meetings at the Nowra Veterans Wellbeing Centre, 124 Wallace Street, Nowra, on the third Tuesday of each month at 11am as well as having social outings and lunches.

For more information contact the

Leanne Wehmeier

Secretary

Mobile: 0419 464 313.



CLUB BLACKTOWN

Family Friendly

Newly renovated Level 1, with Both indoor and Outdoor Play areas to keep the Kids entertained.

Parents can relax and enjoy Cocktails from the Greens Bar and Delicious Mediterranean Style Food From Villaggio restaurant.

40 SECOND AVENUE, BLACKTOWN NSW 2148 | 02 9933 7600
Proud Sponsors of Blacktown & Districts TPI Social & Welfare Club

Invitation: Totally and Permanently Incapacitated (TPIs) & Special Rate (SR) Veterans

The Blacktown & District TPI Social & Welfare Club's members invite TPIs/Special Rate (SR) to come and experience our club.

The club meets at 1:00 pm on the first Thursday of each month at Club Blacktown (formerly the RSL club).

This invitation stands for our general meetings.

Prior to the monthly general meetings, members and wives/carers meet in the Villaggio restaurant to socialise (about 11:45am). Meetings are held in a room set aside on the day. Post-meeting members are treated to cold or hot drinks and more socialising in the Villaggio restaurant.

If attending a meeting contact Ian Brady

ibrady@bigpond.net.au to arrange a member to meet & greet you or just walk in.

The club is the most active TPI Social & Welfare Club in the state, with a different activity each month which could be a meet at a point of interest/ event or a day coach trip.

- Social events are subsidised.
- Longer 3-day country tours are also conducted once per year.
- The purpose of this invitation is to encourage TPIs to join our club and participate and socialize.
- You are encouraged to join the TPI Association of NSW to give it strength in numbers when dealing with government.

Social & Welfare Club Reports

Blacktown & District TPI Social & Welfare Club

This year started well. We had our BBQ organised for February and of course the heavens opened up early that morning. Fortunately, the Plough and Harrow Park has huge shelter sheds and, once we were covered, we had a brilliant day with everyone wearing red and black and eating red and black covered chocolates to start the day before we



Plough and Harrow Park BBQ

moved onto the cakes. Then came the chickens, salads and fruit platters. People never leave our BBQs hungry, and it is always a nice way to start our social outings each year.

Our March outing was a real surprise – we had an invitation to visit Werrington House in the western suburbs of Sydney, the home and museum of ex-politician Peter Collins and his wife Jennine Leonarder-Collins. Peter showed our group through the home, a sandstone Georgian period homestead, explaining the history of the land grant and identifying previous tenants including Sir Henry Parkes.

Following the tour of Werrington House, lunch at the Werrington Hotel was very nice. The “tradie’s lunch” including a free drink proved popular with our group.

Our April outing was to the Fire and Rescue Academy at Orchard Hills. We could have stayed there all day. It was a very interesting place and the staff went overboard giving us a behind-the-scenes tour of their premises. Among the areas visited at the Fire and Rescue Academy were the Aviation Unit, which controls drones and the Hazmat and Counter Terrorism Unit, which operates equipment and undergoes training similar to the Royal Australian Engineers. Additionally, we visited the Accident and Rescue Unit, whose members are trained to use the “jaws of life”, for cutting people out of vehicles. We were interested to see the different facilities used for various training scenarios. These included a service station and tanker setup, a multistorey building, a single residential building, aircraft, car wrecks, a train station, an earthquake site and a water pumping station. We were also interested to see the new pump facility for collecting firefighting foam to avoid contamination of the ground, but that also allows for water used in firefighting to be recycled.



The main entrance to Werrington House

After leaving our tour of the Fire and Rescue Academy we enjoyed lunch at St Marys RSL Club.

Ian's latest power point presentation on Werrington House and the Fire Rescue Academy can be viewed at <https://youtu.be/M9kwBz8eMIM>.

Everyone was really impressed with the March and April outings so we will have to make sure the rest of the year is as interesting! We have many outings planned for the rest of the year so if you are interested in joining our group, please feel free to make a phone call and come along to our meetings on the first Thursday of the month. You will be made more than welcome, even with a free coffee.

Lance and Lynne Northey

Email: lanceandlynne@optusnet.com.au

Phone: 0411 221 921 9872 175

Malcolm Botfield

Email: malbotfield@hotmail.com

Phone: 9872 2594



Thermal insulation suit at the Orchard Hills Fire and Rescue Academy



Hornsby & District TPI Social & Welfare Club

The Hornsby & Northern Districts
TPI Club Anzac Luncheon took
place on 19 April at the Hornsby
RSL Club.

Rod White

Email: rdw1788@gmail.com

Phone: 0419 477 179



Blacktown and Districts TPI Social and Welfare Club

Registration No: C.C.2781

ABN: 26159 824 822

The Club meets Monthly on the first Thursday of each month (except January) at Blacktown RSL Club 40 Second Ave Blacktown at 1:00pm.

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

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

In addition to Monthly Meetings the Club arranges subsidised functions generally each month. These could be a Coach Trip, Luncheon, BBQ, or a meet up at a point of interest.

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

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

For further Information, please contact

John Davison

Committeeman

Mobile: 0411 737 446 or

Email: davoddg38@gmail.com

Illawarra TPI Social and Welfare Club

ABN 26 063 065 721

Patron

Major-General B.W. Howard (Retired)
AO, MC, ESM

President

J. Kiley

The club meets on the 3rd Monday of the month at the Illawarra Leagues Club, "Collies", 97 – 99 Church Street, Wollongong at 11:00am, unless otherwise notified. No meeting is held in January.

If you are a TPI in the Illawarra and a financial member of state branch you are welcome to come and join us.

We hold a Xmas in July and December at different locations.

If you need further information you can contact me.

John Kiley

President

Phone: 0450 588 257

Open Arms Group Program Schedule

June – July 2023

BEATING THE BLUES

Two-day workshop

Sydney – Thursday 22 June and Friday 23 June,
Time: 9:00am - 5:00pm

BUILDING BETTER RELATIONSHIPS

Three-day workshop

Newcastle – Wednesday 14 June, Thursday 15
June and Friday 16 June

Time: 9:00am - 5:00pm

Nowra – Monday 26 June, Tuesday 27 June and
Wednesday 28 June

Time: 9:00am - 5:00pm

DOING ANGER DIFFERENTLY

Online – 2 x 90-minute sessions, instructor

led, Wednesday 21 June and Friday 23 June

Time: 1:00pm - 2:30pm

MANAGING PAIN

Online – 2-day workshop

Tuesday 27 June and Thursday 29 June

Time: 12:30pm - 2:00pm

MENTAL HEALTH FIRST AID

Two-day workshop

Online – CURRENTLY AT CAPACITY – Self-paced
eLearning plus 2 x 2.5hr Instructor led sessions,
Wednesday 14 June and Friday 16 June

Time: 1:00pm - 3:30pm

Online – CURRENTLY AT CAPACITY – Self-paced
eLearning plus 2 x 2.5hr Instructor led sessions,
Wednesday 19 July and Friday 21 July

Time: 1:00pm - 3:30pm

RECOVERY FROM TRAUMA

Online – 2 x 90-minute sessions, instructor

led, Wednesday 5 July and Friday 7 July Time:
1:00pm - 2:30pm

Online – 2 x 90-minute sessions, instructor

led, Wednesday 26 July and Friday 28 July Time:
1:00pm - 2:30pm

RELAXATION AND STRESS MANAGEMENT

One-day workshop

Lismore – Monday 19 June Time: 9:00am -
5:00pm

SLEEPING BETTER

Online – 2 x 90-minute sessions, instructor

led, Wednesday 14 June and Friday 16 June
Time: 12:30pm - 2:00pm

UNDERSTANDING ANXIETY

Online – 2 x 90-minute sessions, instructor

led, Tuesday 13 June and Thursday 15 June
Time: 11:00am – 12:30pm

Online – 2 x 90-minute sessions, instructor

led, Tuesday 4 July and Thursday 6 July Time:
11:00am – 12:30pm

Online – 2 x 90-minute sessions, instructor

led, Tuesday 25 July and Thursday 27 July Time:
11:00am – 12:30pm

To register your interest and for the most up to
date information visit: <https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>



1800 011 046
OpenArms.gov.au



MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day workshop that teaches practical skills for helping a family member or friend who is experiencing mental health problems.

OPERATION LIFE: ASIST

The two day workshop aims to help you see, hear and respond to suicide signals. Preparing you to work with people at risk, increase their immediate safety and to get further help.

OPERATION LIFE: SAFETALK

In the safeTALK half day workshop you will learn how to become more alert to suicide prevention opportunities, and how to offer help.

PARENTING PROGRAMS

Parenting programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their children.

RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

RELAXATION AND STRESS MANAGEMENT

Relaxation and stress management provides practical skills that can be used in everyday life to de stress via mindfulness techniques.

RESIDENTIAL LIFESTYLE PROGRAM

The Residential lifestyle management program is designed for veterans and their partners who want to enhance their wellbeing and relationships.

SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help you manage disturbed sleep.

STEPPING OUT

A two day program for ADF members and their partners who are about to, or have recently separated from the military.

UNDERSTANDING ANXIETY

This program will help you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stress.

To register your interest and for the most up to date information visit:

<https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>

Open Arms – Veterans and Families Counselling provides support for current and ex-serving ADF personnel and their families.

Free and confidential help is available 24/7.

Phone: 1800 011 046

A service founded by Vietnam Veterans, now for all veterans and families

Interstate TPI Offices

Federation

The Australian Federation of TPI Ex Servicemen & Women Ltd.

Mail: PO Box 450, Erindale, ACT 2903

Tel: 0417 291 546 Email: federation@tpifed.org.au

Web: www.tpifed.org.au

Australian Capital Territory

ACT TPI Ex Servicemen's & Women's Association Inc.

Mail: PO Box 450, Erindale ACT 2903

Tel: 0417 291 546 Email: secretary@acttpi.org

Web: www.acttpi.org

New South Wales

TPI Veterans' Association of NSW Ltd.

Level 4, 55 York St, Sydney NSW 2000

Mail: GPO Box 4429, Sydney NSW 2001

Tel: (02) 9235 1466 Country Tel: 1800 649 216

Fax: (02) 9279 0156

Email: office@tpinsw.org.au

Web: www.tpinsw.org.au

Queensland

The Australian Federation of TPI Ex Servicemen & Women QLD Branch Inc.

Cnr Enoggera Road & Ashgrove Avenue,
Newmarket QLD 4051

Mail: PO Box 3161, Newmarket QLD 4051

Tel: (07) 3040 3330 Email: secretary@tpiqld.org.au

Web: www.qldtpi.org.au

South Australia (includes Northern Territory)

The Association of TPI Ex-Servicemen & Women (SA Branch) Inc.

171 Richmond Rd, Richmond SA 5033

Tel: (08) 8351 8140 Fax: (08) 8351 7781

Email: office@tpi-sa.com.au

Web: www.tpi-sa.com.au

Tasmania

The Australian Federation of TPI Ex Servicemen & Women (Tasmania Branch) Inc.

Horrie Gorrington Stand, North Hobart Football Oval,
Argyle St, North Hobart TAS 7000

Tel: (03) 6231 3900 Fax: (03) 6278 2648

Email: tpitas@bigpond.com.au

Facebook: <https://www.facebook.com/tpi.tasmania>

Western Australia

The Australian Federation of TPI Ex-Servicemen & Women WA Branch Inc.

Royal Aust. Air Force Association Estate,
2 Bullcreek Dr, Bullcreek.

Mail: PO Box 2035, Rossmoyne WA 6148

Tel: (08) 9332 4999 Fax: (08) 9332 6633

Email: tpiwa@tpiwa.org.au

Web: www.tpiwa.org.au

Victoria

Totally & Permanently Disabled Soldiers Association
of Victoria Inc.

23-47 Villiers St, North Melbourne VIC 3051

Mail: PO Box 216, North Melbourne VIC 3051

Tel: (03) 9329 8844 Email: tpioffice@tpivic.com

Web: www.tpivic.com

Free 12 Month Health and Fitness Program

for Returned Veterans & Peacekeepers

Did you know the DVA provides a free 12-month health and fitness program that can be delivered to returned veterans and peacekeepers with overseas operational service? This program is available throughout Australia, and can accommodate participants living in metropolitan, rural or remote areas. The program is also flexible, and people who are retired or still working, studying, or with other time constraints can take part. Run on behalf of the DVA by Corporate Health Management, the program aims to help increase your physical health and wellbeing through practical exercise support and 12 months of health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

Am I eligible?

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all *returned veterans and peacekeepers with overseas operational service* who have not previously done the Heart Health Program. To check your eligibility visit: <http://www.veteranshearthealth.com.au/eligibility/>.

Individual Heart Health Program—How it works

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via *fortnightly health coaching calls* with information and advice tailored to your specific health and fitness goals. The health coach will use their extensive knowledge, along with health surveys and food diaries, to guide you through the program. The

program covers a range of topics including:

- setting healthy goals
- nutrition and diet advice
- advice on lowering alcohol consumption
- developing better sleep patterns
- stress management
- managing diabetes
- taking care of your body
- managing your weight
- maintaining a healthy heart

Program Exercise Resource—Exercise how You Like to

The program can provide an exercise resource to help participants exercise the way they like to or provide an opportunity to try something that's different from the usual.

Resources can take the form of:

- assistance with the cost of a gym or pool membership
- providing a piece of exercise equipment for use at home
- providing assistance with accessing new exercise or training gear

Registering Your Interest

Registering your interest or checking eligibility is easy. Simply visit: <http://www.veteranshearthealth.com.au/eligibility/>, and follow the steps. Or please call the program phone number, **1300 246 262**, at any time to speak to one of our team.

Kind regards,
Heart Health Team, DVA Heart Health Program



This poster depicts the Australian Hospital Ship (AHS) *Centaur* being attacked by the Japanese off the coast of Queensland, during the Second World War. In the water below the ship are a number of nurses and sailors from the ship. The sinking of the *Centaur* took place on 14 May 1943 and 268 lives were lost, including 11 out of 12 nurses. After the ship was torpedoed it sank in just three minutes.