
SALUTE

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

Autumn 2025



Australian Vietnam Forces Welcome Home Parade, Sydney 3 October 1987

National Centre for Veterans' Healthcare

Veterans access to specialist care

An updated GP Referral Form has been released to make it easier for veterans to be referred to the National Centre for Veterans' Healthcare (NCVH) at Concord Hospital (National Centre for Veterans' Healthcare | RSL NSW).

The NCVH provides care to current and ex-serving Australian Defence Force personnel across a range of specialist services, including mental health support from psychiatry and psychology, physical conditions, drug and alcohol problems, pain management and control, and generalised lifestyle, fitness, and nutritional programs.

There is no cost associated with receiving treatment and services at the NCVH. Patients and their families/carers who need to travel for care can be accommodated at the onsite Fussell House during their treatment. The NCVH team can coordinate travel and accommodation costs with DVA directly.

The new NCVH GP Referral Form can be

accessed via the NCVH website at: <https://www.slhd.nsw.gov.au/concord/ncvh/access-form.html>. To make referrals simpler, the GP or referring physician now only needs to refer to the NCVH Medical Director. This will cover all medical specialties, which can then be determined during the intake and risk assessment phase.

If you have any questions about this new referral form or the NCVH service in general you can contact via email:

SLHD-NCVHconcord@health.nsw.gov.au or phone: (02) 9767 8669.

**National Centre for Veterans' Healthcare
Sydney Local Health District Concord Hospital
Hospital Road
CONCORD NSW 2139**

Sydney Local Health District is now supporting HealthLink eReferrals direct from GPs. A simple, yet revolutionary solution, designed to improve the process for all stakeholders, reduce paper, support faster patient interaction and better healthcare outcomes.



Fussell House is a residential accommodation facility for veterans receiving care at the National Centre for Veterans' Healthcare (NCVH) at Concord Hospital.

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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

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From the Editor

Our Front and Back Covers



Front Cover

Australian Vietnam Forces Welcome Home Parade, Sydney, 3 October 1987. Identified marching centre of the image (with beard) is Ian Carlyle Affleck (A315220 Sergeant Affleck, No 1 Operational Support Unit) who served with the RAAF in Vietnam in 1971. Organised by the Australian Vietnam Veterans Association, the parade was among the events held for Vietnam veterans that weekend. While many units had marched through the streets on their return to Australia, many in the Vietnam veteran community felt Australian society did not respect or recognise their service.

Addressing the RSL Conference in August 1987, Prime Minister Hawke noted: "I firmly believe that the October parade will be the culmination of a long process of reconciliation and community acceptance of its obligations to the veterans of Vietnam. I believe we must honestly acknowledge that our involvement in Vietnam did cause deep divisions in the Australian community. But whatever

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our individual views on the merits of Australian involvement, we must equally acknowledge the commitment, courage and integrity of our armed forces who served in Vietnam." Photographer: Peter David West; AWM PAIU1987/230.20; <https://creativecommons.org/licenses/by-nc/3.0/au/>

Back Cover



Top: Francis "Frankie" John Hunt with his family onstage at the Welcome Home Concert in The Domain, Sydney. On 21 July 1969 he was on patrol with 3 Platoon, A Company, 6RAR when Lieutenant Peter Hines stepped on a mine, which killed him. The explosion injured several others, including Hunt, who was standing closest to Hines. Hunt evacuated to Australia, where his severely injured legs were amputated. He spent 19 months in rehabilitation. Musician John Schuman wrote and released the song "I Was Only 19" which was performed by his band, Redgum. The song references Hunt and the mine explosion: "Frankie kicked a mine the day that mankind kicked the moon" and was performed onstage in The Domain for the Welcome Home Concert on 3 October 1987." Photographer: Peter David West, AWM PAIU1987/246.33; <https://creativecommons.org/licenses/by-nc/3.0/au/>



Bottom: John Schumann performs at the Welcome Home Concert on 3 October 1987. After a Dawn Service held at the Cenotaph in Martin Place, 22,000 Vietnam veterans marched through the streets of Sydney in the Australian Vietnam Forces Welcome Home Parade. More than 500 Australian flags, each representing an Australian soldier killed in the Vietnam War, were carried by relatives and friends at the head of the parade, the staff of each flag bearing a metal plaque engraved with a serviceman's name and unit. Photographer: Peter David West, AWM PAIU1987/246.28; <https://creativecommons.org/licenses/by-nc/3.0/au/>

Greetings TPI members

I hope you're well.

This issue of *Salute* contains special Anzac Day features on the Anzac Biscuit (p. 29) and two-up (p. 31). A history of conscription in Australia begins on page 35. This is followed by personal stories of National Service by TPI NSW Vice President Harry Lowe (p. 42) and TPI NSW Director Steve Emerson, OAM, JP (p. 50). Steve Emerson's account of the origin of the Open Arms veterans' advocacy and counselling service starts on page 47.

A summary of the TPI NSW Association Christmas luncheon talk by guest speaker Wing Commander Bob Redman begins on page 10. Wing Commander Redman offers his insights into how military forces can be effectively coordinated, as well as the comparative strengths and weaknesses



From left to right: TPI NSW President Kevin Kelly, TPI NSW Patron Lady Joan Cutler, TPI NSW CEO John Szabo and Cresciana Roberts. Photographer: Jenny Wang.

of Australian and US forces that served in Vietnam.

Also included in this issue of *Salute* are reports on commemorative events held last November at the Kokoda Track Memorial Walkway in Concord, Sydney and the Sydney War Graves Cemetery at Rookwood. A report on the TPI NSW morning tea held in November at Gosford NSW appears on page 8.

Regular items include Letters to the Editor, Reunions & Functions and Reports from TPI NSW Social and Welfare Clubs. We hope you enjoy reading Autumn 2025 *Salute*.

Thanks to all the contributors for their articles, poems and photographs. 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 below. Also, if you've already suggested a story to us but this hasn't happened yet, please feel free to send us a reminder. We have a list of stories waiting in the wings but, as we're a small team, it can take us a while to get to these. Email addresses of the editorial committee members are listed on page 1.

Salute Editorial Committee

Victoria Dawson

John Hoban

Kayleen Hoolihan

Alexandra Kaufman

John Szabo

TPI NSW Facebook page

TPI NSW has a 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 seven 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.

Contributions

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 2,400 members and therefore, over 2,400 stories. We look forward to hearing from you.

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. If you are submitting any

Disclaimer

The information contained in this publication is provided for general information only and does not constitute professional advice. The Totally and Permanently Incapacitated Veterans' Association of New South Wales Limited (TPI NSW) has used reasonable endeavours to ensure that material contained in this publication was correct at the time of creation and last modification. However:

- TPI NSW does not warrant the accuracy, content, completeness or suitability of the material contained in this publication (or any site linked to this publication) for any purpose.
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- TPI NSW reserves the right to make changes without notice.
- TPI NSW will not be liable for any claims or damages whatsoever resulting from use or reliance on material contained in this publication.
- Material contained in this publication does not necessarily reflect the official views of TPI NSW but may reflect the views and/or opinions of our members, other individuals, or organisations in an effort to facilitate open, informed debate on topical issues.

Notice Board

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.

Publication Deadlines

Members wishing to send correspondence, articles, photographs and reports to *Salute* for publication, please have items in before the following dates:

15 January for Autumn issue

15 April for Winter issue

15 July for Spring issue

15 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 & Designer

Email: editor@tpinsw.org.au

GENERAL MEMBERS MEETINGS

General members meetings are held on the fourth Tuesday of each month at 1 pm. Meetings have reverted to Barracks on Barrack, lower ground level, 5 – 7 Barrack 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.

Forthcoming meeting dates are:

Tuesday 25/3/2025

Tuesday 27/5/2025

Tuesday 24/6/2025

Tuesday 22/7/2025

Tuesday 26/8/2025

Tuesday 23/9/2025

Tuesday 28/10/2025 (AGM)

Tuesday 25/11/2025

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 Veterans' Association of NSW Christmas-in-July Luncheon

The TPI Veterans' Association of NSW Christmas-in-July Luncheon will be held at Barracks on Barrack, Level 1, 5 – 7 Barrack Street, Sydney on Tuesday 8 July 2025 at 12 noon for 12.30pm.

A three-course meal and drinks will be served. There will be lucky door prizes. The cost is \$25 per person. If you would like a special meal please let us know. If you would like to attend, please complete the form below and return it to the TPI NSW office by: Monday 23 June 2025.

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

PLEASE NOTE: We are no longer able to accept payments by telephone. Under Australian banking legislation, all payments require a signed authority or a pin from the payer.

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|----------------------------|------------------------|------------------|--|
| Name | | TPI Badge Number | |
| Telephone (Home) | Telephone (Mobile) | Email Address | |
| Number of People Attending | Cost per Meal: \$25.00 | Total \$ | |
| Total Payment | | \$ | |

PAYMENT METHOD (Tick Box)

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

BSB: 082 001
ACCOUNT NUMBER: 025 402 663
Please quote your surname and badge number in the details section of your internet payment.

CARD NO.

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CARDHOLDER NAME: _____

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Coffs Harbour Holiday Unit



We have changed the process for booking a stay at our holiday unit (Unit 5, 20 Boultonwood Street, Coffs Harbour).

- The accommodation fee has increased to \$80.00 per night.
- A minimum booking of two consecutive nights is required. Payment must be made at the time of making your booking.
- Cleaning is included in the accommodation fee and does not have to be paid separately.
- All bookings should be made by calling the office on (02) 9235 1466, or by emailing office@tpinsw.org.au
- Access to the unit is now via keys contained in a lockbox at the unit. You will receive instructions to access the lockbox by email. Details as follow: the lockbox details can only be sent via SMS in an emergency.
- If you do not have an email address or have difficulties sending and receiving text messages, please ask a family member, friend or neighbour to assist you.
- All enquiries during your stay should be directed to Coffs Coast Escapes
phone: (02) 6652-8885.
email: escapes@mcgrath.com.au



Central Coast Morning Tea

TPI NSW held a morning tea at Gosford RSL Club on Tuesday 12 November 2024. The free event was well attended by members and their guests. Attendees were welcomed by TPI NSW Association President Kevin Kelly, Association CEO John Szabo and NSW TPI Director John Hoban. Other TPI NSW directors in attendance were Stephen Emerson, OAM, JP, Ronald O'Connor, JP and Bill Roberts, OAM, JP. Addresses were delivered by TPI NSW Wellbeing Officer Kayleen Hoolihan and Sonia Gregory, DVA Deputy Commissioner NSW/ACT.

The morning tea was an opportunity for information sharing as well as for Central Coast members to connect with each other, TPI Directors and staff. Wellbeing Officer Kayleen Hoolihan advised that she can provide referrals to help ageing veterans remain in their own home. Kayleen can also advise of residential aged care facilities in a member's chosen region. Kayleen can be contacted by phone at the TPI NSW Office Monday to Wednesday – Tel: (02) 9235 1466; Country Tel: 1800 649 216.

DVA Deputy Commissioner NSW/ACT Sonia Gregory was asked several detailed questions regarding veteran entitlements. The answers to these questions can be found [here](#).

The atmosphere of the event was lubricated by tea, coffee and light refreshments. Convivial social interaction led to fortuitous connections being made. Notably, TPI Director John Hoban had a surprise first-time meeting with his cousin Andy Hoban, who had also served in Vietnam. *Salute* features writer Alexandra Kaufman was introduced to Graham Munsell. In Vietnam, Graham commanded a Centurion tank that had survived a huge 1953 nuclear blast in Outback Australia. We look forward to telling the story of Graham's "Atomic Tank" Adventures in a future *Salute* – and to many more TPI NSW gatherings.

Alexandra Kaufman

***Salute* Subeditor & Features Writer**

Email: subeditor@tpinsw.org.au



TPI Director John Hoban had a surprise first-time meeting with his cousin Andy Hoban, who had also served in Vietnam, at the Gosford morning tea on Tuesday 12 November 2024. Photographer: Alexandra Kaufman.



TPI NSW Christmas Luncheon, from left to right: Kimberley Metra, Business Support Manager, Combined Services RSL sub-Branch, Nikhita Sahay, Secretary & Treasurer, Combined Services RSL sub-Branch, musicians John Revai and Paul Sun, TPI NSW Wellbeing Officer, Kayleen Hoolihan, TPI NSW Finance Officer Georgia Took and Historian Dr Allison O'Sullivan. Photographer: Jenny Wang.

TPI NSW Christmas Luncheon

TPI NSW held its Christmas luncheon on 10 December 2024 at Club York in Sydney. The luncheon was attended by 140 members and guests, which was a record for a TPI NSW Christmas event. Those present included TPI NSW Patron Lady Joan Cutler; DVA Assistant Deputy Commissioner, NSW & ACT Danielle Khalil; Wing Commander Robert Redman; AVCAT CEO Len Russell; AVCAT Scholarships Manager Robyn Richardson and Dr Allison O'Sullivan, the historian who is writing the history of TPI NSW. TPI NSW President Kevin Kelly, TPI NSW Directors, staff from the TPI NSW office and contractors who work for TPI NSW. were also at the function.

Short speeches were given by TPI NSW CEO John

Szabo, President Kevin Kelly and Danielle Khalil

DVA Assistant Deputy Commissioner, NSW & ACT. The food was enjoyable and the conversation was lively. The festive atmosphere was enhanced by the regular musicians John Revai on piano and Paul Sun on double bass and vocals.

Following the lunch, guest speaker Wing Commander Bob Redman gave an engaging talk about his observations during the Vietnam War. A summary of his talk and a short biography of Wing Commander Redman begin on the following page.

Victoria Dawson

Salute Editor & Designer

Email: editor@tpinsw.org.au

Christmas Luncheon Talk by Bob Redman

9 Squadron Huey Helicopter Pilot, Vietnam

TPI NSW Association President Kevin Kelly arranged for Wing Commander Bob Redman to address the Association's 2024 Christmas luncheon. Kevin's history with Bob goes back to the early 1970s in Vietnam, where Kevin served on gunships and troop carriers with Bob as his pilot. "Bob was one of the best pilots in Vietnam," says Kevin. "I always felt safe when he was flying. Even when we were under fire Bob kept his cool. When we were doing troop carrying, he was fantastic, always landing where the Army wanted their troops – even in jungle pads that were so small at times I would think we wouldn't fit. But because Bob was so good at flying, we would make it."

Wing Commander Bob Redman served with RAAF 9 Squadron in Vietnam from 1970 – '71. This included several weeks flying UH-1H Hueys with the 45th Medevac Company of the US Army. He continued to work with the RAAF and in aviation following his return from Vietnam. During his 2024 TPI NSW Christmas luncheon talk, Wing Commander Redman shared observations and opinions developed over his career, with a particular focus on his tour with RAAF 9 Squadron in Vietnam. Some of Wing Commander Redman's observations and opinions follow.

Doctrines of land, sea and airpower have developed as principles for guiding military use of forces on land, at sea and in the air –with the aim of working

together to achieve a strategic goal. A historical example of airpower being used to good effect in coordination with other forces is General Sir Edmund Allenby's WWI Advance on Ottoman forces in the Middle East. During Allenby's Advance, Australia's Flying Corps 1 Squadron, as part of the Royal Flying Corps, supported extensive land operations. Aircraft working in combination with land forces provided tactical reconnaissance, artillery observation and communication that were vital to making Ottoman forces retreat from Beersheba and withdraw to Damascus.

This contrasts with a much less effective role played by poorly coordinated aircraft during the WWII Evacuation of Dunkirk in 1940. This gave rise to soldiers at Dunkirk asking the question "Where was the RAF?" The RAF attempted to defend the evacuation but found it difficult to match the Luftwaffe attacks due to disadvantages in numbers, communications, distance and weather, compared to the relative advantages enjoyed by the Luftwaffe, including the initiative of when and where to attack. Thus, while allied forces were evacuated from Dunkirk, British and French losses were high.

The following year, Britain was shocked by the sinking of the Royal Navy ships HMS *Repulse* and HMS *Prince of Wales*. In December 1941, around the same time that Japan bombed Pearl Harbour, Winston Churchill announced that HMS *Repulse* and HMS *Prince of Wales* were being deployed as part of a force to deter Japanese territorial expansion.



A TPI NSW member asks Bob Redman a question during his talk at the TPI NSW 2024 Christmas luncheon. Photographer: Jenny Wang.

HMS *Repulse* and HMS *Prince of Wales* were part of Force Z, also including four destroyers, which aimed to intercept a Japanese invasion fleet in the South China Sea. Force Z sailed without air support and *Repulse* and *Prince of Wales* were sunk by Japanese bombers.

In 1954 there was a shock defeat of the French in the Vietnamese territory of Điện Biên Phủ. Despite strong US support, French troops in the Điện Biên Phủ valley were totally surrounded by the North Vietnamese Army led by General Võ Nguyên Giáp. Efficient North Vietnamese anti-aircraft artillery meant that the French Air Force was unable to resupply the French garrison. The defeat of France at Điện Biên Phủ led to the end of French involvement in Indochina and the partitioning of Vietnam into North and South.

Accounts such as these lead to the conclusion that the Australian Defence Force (ADF) needs to incorporate a doctrine to ensure land, sea, air and space power are deployed in a joint way. That is, competent, well equipped and integrated forces for

land, sea, air and space are needed for an effectively functioning ADF.

...

US Forces in Vietnam displayed overwhelming firepower backed by an enviable, enormous “push” logistics support system. The US employed technology to seek and destroy the enemy. However, training of personnel, while specialised, was minimal and just-in-time.

Australian Forces in Vietnam included a number tasked within the US System – RAN guided missile destroyers (DDGs), RAAF 2 Squadron Canberra aircraft and 35 Squadron Caribou aircraft. An “experimental military unit” (EMU) was formed by integrating RAN Helicopter Flight Vietnam (RANHFV) with the US Army 135th Helicopter Assault Company.

1st Australian Task Force was directly supported by RAAF 9 Squadron through an Air Task Cell at HQ1ATF in Nui Dat. While RAAF 9 Squadron was based at Vũng Tàu for logistics and security reasons,



Iroquois Conversion Course at No 5 Squadron RAAF Base Fairbairn ACT taken about January 1969 in preparation for service with 9 Squadron in Vietnam. Standing, back row, left to right: Ted Collett, Warren Bowen, Arthur Lowe, Peter Coy, Bob Redman, Arnold Fox, Phil Smith. Kneeling, front row, left to right: Ian McLean, Bill Friend, Graeme Dutton, Warren Rhone. Photograph supplied by Bob Redman.

it actually operated from Nui Dat. The Australian government paid to “plug in to” the US logistics supply system which worked well, despite some issues with the quality of spares – which was overcome by the well-developed Australian ability (particularly within 9 Squadron) to scrounge and bargain effectively.

Comparison of RAAF 9 Squadron with US Army Aviation (based mainly on my observations while flying with the US Army 45th Medevac Company on Dustoff ops within the III Corp Area of Operations [AO] which included the 1ATF AO):

US Army personnel received minimal specialised training. If they survived the first few weeks, then they became good and courageous operators. While the US quantity of equipment was impressive, the US quality of maintenance and serviceability of equipment varied significantly.

In contrast 1ATF were well trained, tactically

adept, competent and well led, including RAAF 9 Squadron. RAAF 9 Squadron crews included 9 RAN pilots (most also flew with the RAN Helicopter Flight Vietnam, EMU 135th US Army); 16 RNZAF pilots; Army and RAAF medics. My favourable opinion of 1ATF includes my observation of two 1ATF Air Component Commanders, Group Captains Ron McKim and “Bruce” Martin; and COs (Wing Commanders) Roy “Nugget” Hibben and Peter Coy. I was also impressed by Brigadier William George Henderson, DSO; Brigadier Bruce Alexander McDonald, DSO; and the two SAS Squadrons.

For many years I pondered the casualty rate suffered by the US Army helicopter crews, including our RAN helo crews, vs the relatively low casualty rate suffered by RAAF 9 Squadron, particularly during the many insertions and extractions of SAS patrols by 9 Squadron. Recently, I have formed the opinion that the training for 9 Squadron, the maintenance of a good spread of experience in



Wing Commander Bob Redman during a recent interview about his service with RAAF 9 Squadron in Vietnam.

9 Squadron in Vietnam by a trickle feed of air and ground crew, combined with the tactical competence of 1ATF, minimised casualties suffered by 9 Squadron and those supported by 9 Squadron. I believe the defining difference between 9 Squadron and the other helo squadrons was the efforts of our ground crew, which were superb.

Although I enjoyed all the jobs I had in the RAAF/ADF and the company of most my comrades (civilian, Army, Navy and Air Force), like many vets, the remainder of my career struggled to reach the challenge, camaraderie, and excitement experienced during my tour with 9 Squadron in Vietnam. Fortunately, I have enjoyed a long happy marriage, our four offspring, their partners, and seven grandchildren.

Wing Commander Bob Redman

About Wing Commander Bob Redman

Bob Redman was born at North Sydney in 1947. He lived in Newcastle during the 1960s, where he worked for a bank after leaving school. In 1967 he was called up for National Service so he quickly joined the Air Force, "thus dodging National Service".

On No 67 Pilots Course Bob Redman flew Winjeels and Vampires. He was awarded his wings in December 1968 and was posted to 5 Squadron, Fairbairn ACT for conversion to Iroquois helicopters (UH-1B/D). In early 1970 he served with 9 Squadron in Vietnam until April 1971, including several weeks with the 45th Medevac Company US Army, flying UH-1H "Hueys" from Long Binh.

In 1972 Bob Redman received a Mention in Dispatches (MiD) "for his intelligent leadership and highly professional approach to the task of training No 9 Squadron aircrew in medical evacuation procedures". The accompanying letter from the Minister for Air referred to Bob's "professional abilities and courage as an operational flight leader, and [his] invaluable work in ensuring that No 9 Squadron could meet its medical evacuation commitment".

Following his service in Vietnam, Bob worked in the US as a test pilot at the US Naval Air Test Centre and as a flying instructor in Australia. He also worked in aircraft research and development. He was posted as Commanding Officer Transport Support Flight Butterworth Malaysia in January 1980, flying DC3s, Caribou transport aircraft and UH-1H helicopters until mid 1982. Wing

Commander Redman subsequently completed the RAAF Command and Staff course, and the Joint Services Staff Course. He served in a number of positions in Air Force HQ, Defence, the RAAF Staff College and the Pentagon (1986 – 89).

More recently, Bob and his family planned and built a home, and two warehouses for the family business. He also served in the RAAF Reserve part time. In 1996, he commenced full time reserve service in 81 Wing HQ at RAAF Williamtown. He then worked at 78 Wing Williamtown, including planning fast jet training and development of the Hawk 127. Bob was awarded the Conspicuous

Service Cross in July 2002 for his work at 78 and 81 Wings.

Bob has been married to Shaun since 1972. Bob, Shaun, family and friends built an RV-7 aircraft (VH-YMG) in the family garage. Bob's current interests are family, friends, keeping the vehicles on the road, and in the air, the RAAF Association, the 9 Squadron RAAF Association, and the Sports Aircraft Association of Australia.

Bob Redman appears in a series of Australian Military Aviation History videos that can be viewed on YouTube. [Here](#) is a link to the first of these videos, which is number one in a series of seven.

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

Email: GeneralEnquiries@dva.gov.au

MEMBERSHIP RENEWAL FORM

To renew your membership for 2025, please complete the details below and return the completed form with your remittance to: TPI Association, Reply Paid 4429, Sydney 2001.

Subscriptions are from January to December of each year.

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

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

Under Australian banking legislation, all payments require a signed authority or a pin from the payer.

| | | | |
|---|----------------------------------|-------------------------|------------|
| 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 | | \$20.00 | |
| SUBSCRIPTION 2 YEARS | | \$40.00 | |
| SUBSCRIPTION 3 YEARS | | \$60.00 | |
| SUBSCRIPTION 4 YEARS | | \$80.00 | |
| SUBSCRIPTION 5 YEARS | | \$100.00 | |
| LIFE SUBSCRIPTION | | \$200.00 | |
| CAR STICKER | | \$1.00 | |
| MINI BADGE | | \$6.00 | |
| TIE | | \$25.00 | |
| DONATION (Donations of \$2 or more are tax deductible) | | | |
| Please note: Fees owing prior to 1 January 2024 need to be paid at the old rate. | | | |
| TOTAL PAYMENT | | | \$ |

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ACCOUNT NUMBER: 025 402 663

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New Members

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

| | | | |
|---------|-------------------|---------------------------|---|
| Bulger | Mr Anthony Allen | Leading Seaman | HMAS Brisbane, HMAS Perth, HMAS Nirimba, Royal Australian Navy |
| Daniels | Mr Geoffrey | Leading Seaman | Royal Australian Navy |
| King | Mr Ian Stanley | Private | Royal Australian Regiment, (7 RAR), Australian Army |
| Rees | Mr David Morgan | Trooper | Armoured - A Squadron, 3rd Cavalry Regiment, Australian Army |
| Roberts | Mr Benjamin James | Warrant Officer Class Two | Australian Army |
| Ruttle | Mr Barry David | Major | Royal Australian Regiment, (2 RAR, 5 RAR & 3 RAR), Australian Army |
| Spencer | Mr Kerry James | Warrant Officer | Royal Australian Navy |
| Waddell | Mr Aaron Phillip | Warrant Officer Class Two | 31 RQR, 1 Avn Regt, HQ3 Bde, 1 Div Int Coy, 1 RTB, DSEC-A 2 Int Coy, 34 Psy Sect, HQ 3 Int Coy, DSD RMC-D, HQ JOC, Defence Security |

Feel free to make use of our facilities and attend meetings that are held on the fourth Tuesday of each month at Barracks on Barrack, lower ground level, 5–7 Barrack 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 62 in this issue of *Salute*.

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.***



| | | | |
|-------------|---------------------|-----------------|--|
| Babbs | Mr William Thomas | Lance Corporal | Royal Australian Regiment, (8 RAR), Australian Army |
| Carter | Mr Brian John | Gunner | 104 Field Battery, Royal Regiment of Australian Artillery, Australian Army |
| Culhane | Mr Terence William | Warrant Officer | Headquarters, (RAAF BS), Royal Australian Air Force |
| Crossingham | Mr Francis Reginald | Private | Royal Australian Regiment, (3 RAR), Australian Army |
| Doulis | Mr Jack | Corporal | Royal Australian Regiment, (7 RAR), Australian Army |
| Graham | Mr Bruce Vaughan | Lance Corporal | Royal Australian Regiment, (9 RAR), Australian Army |
| Hasler | Mr John Arthur | Private | Royal Australian Regiment, (3 RAR & 6 RAR), Australian Army |
| Johnston | Mr Dennis Ross | Sergeant | Royal Australian Regiment, (6 RAR), Australian Army |
| Kuczynski | Mr Joseph Witold | Private | Royal Australian Regiment, (1 RAR & 5 RAR), Australian Army |
| Lojkin | Mr Nicholas | Corporal | Royal Corps of Australian Electrical and Mechanical Engineers, (RAEME), 161 (Independent) Reconnaissance Flight, Australian Army |
| Long | Mr Robert William | Private | Royal Australian Regiment, (8 RAR), Australian Army |

| | | | |
|----------------|----------------------|-----------------|--|
| McDonald | Mr Brian John | Private | Royal Australian Regiment, (2 RAR), Australian Army |
| McGuiness | Mr Keith John | Leading Seaman | Royal Australian Navy |
| McMillan | Mr Robert | Private | Royal Australian Regiment, (1 RAR & 5 RAR), Australian Army |
| Merrifield | Mr Michael Robert | Private | 86 Transport Platoon, Royal Australian Army Service Corps, (RAASC), Australian Army |
| Nummy | Mr Peter John | Private | Royal Australian Regiment, (9 RAR), Australian Army |
| Porter | Mr Stephen Maxwell | Warrant Officer | Royal Australian Regiment, Class One (8 RAR), Australian Army |
| Rockliffe | Mr Ronald John | Staff Sergeant | Royal Australian Engineers, (RAE), 1st Field Squadron, Australian Army |
| Ryan | Mr Colin | Sergeant | Royal Australian Regiment, (1 RAR), Australian Army |
| Schulz | Mr Leonard Arthur | Lance Corporal | 3rd Recruit Training Battalion, (RTB), Australian Army |
| Thistlethwaite | Mr Kenneth Alexander | Corporal | Royal Australian Regiment, (6 RAR), Australian Army |
| Whyburn | Mr Norman William | Squadron Leader | 36 Squadron & 37 Squadron, (RAAF), Royal Australian Air Force |
| Wood | Mr Bernard Thomas | Private | Headquarters, Australian Force Vietnam (Army Component), Royal Australian Army Service Corps, (RAASC), Australian Army |



Crocheted poppies adorn a tree and the ground outside the Ralph Honner Kokoda Education Centre at the Kokoda Track Memorial Walkway. Photographer: Victoria Dawson.

Letters to the Editor

Wednesday 1 January 2025

Dear Alexandra

Happy New Year and thank you for the excellent recent edition of *Salute* which is a great credit to all those involved in its production.

Now that the festive season is drawing to a close there is time to put the feet up and read such absorbing material as your "General Sir John Monash" story.

Without wishing to be pedantic I wonder if you might have any further information on the AWM picture ART 09582 "Farewell to Anzac 20 December 1915". This indicates the subjects have just left Anzac Cove for the last time in the ship *Arran* bound for Mudros. As I have not come across the picture before I looked up ships, both naval and merchant, with the name "Arran". The only mention found is of a steam trawler built in 1905 and this is clearly not her.

The caption below the picture is also a little confusing giving the senior officers ranks that they had not yet achieved in December 1915 e.g. John Monash was a brigadier and most of the others colonels at this time.

Captain Sir Julian Corbett RN in his *History of the Great War – Naval Operations Vol 111* is perhaps one of the best authorities of these times and says (page 234) the final evacuation of Anzacs involved transporting men and equipment from shore by motorized lighters to two obsolete battleships, *Mars* and *Magnificent*, the transport *Huntsgreen*, 14 ferry boats and armed boarding steamers – one of the was HMT *Heroic*.

Your comments would be appreciated.

Kind regards

Walter Burroughs

Editor – *Naval Historical Review*

www.navyhistory.au



The painting Farewell To Anzac 20 December 1915 that was included in the article "General Sir John Monash" that was published in Summer 2024 Salute and is referred to by Walter Burroughs in his letter.

Response from Alexandra Kaufman

Dear Walter

Many thanks for your letter regarding the artwork "Farewell to Anzac 20 December 1915" (AWM picture ART 09582). Although the work is not credited at the AWM website, I have discovered that it was painted by Melbourne artist William Beckwith (Bill) McInnes (1889–1939).

In researching the name of the ship in the painting I have concluded that the artwork is wrongly described at the AWM website. Rather than being named *Arran*, it appears the actual name of the ship was HMT *Aragon*. The *Aragon* spent time in Mudros Harbour on the Island of Lemnos during the WWI Gallipoli Campaign. The *Aragon* was used as quarters for staff officers of General Headquarters in Mudros Harbour, who nicknamed it HMS Featherbed. The *Lemnos Gallipoli Commemorative Committee* website states, "Monash was scathing of the headquarters staff quartered on the *Aragon* in Mudros Harbour, described by one author as 'a floating palace' ... costing the British taxpayer \$35,000 per month."

Regarding your observation that the senior officers are given ranks in the image caption that they had not yet achieved in December 1915, I agree with you that this is confusing. However, I note that it's common practice for military personnel to be assigned in written and visual material the most senior rank they have achieved by the time of publication. While the artwork was created in 1927, I think it would be good for the AWM to note the ranks applicable at the time referenced by the artwork.

I would be interested to know if artist Bill McInnes was also at Mudros. I plan to carry out further research to see if I can discover any connection that McInnes might have had with HMT

Aragon and Mudros. I will also be in touch with the AWM regarding these matters.

Best wishes

Alexandra Kaufman

Salute Subeditor & Features Writer

Email: subeditor@tpinsw.org.au

Wednesday 8 January 2025

After I read "Vietnam's Modern Day Boat People" in the Summer edition of *Salute* I felt compelled to comment. I have lived in Vietnam for more than 12 years and have a Vietnamese wife. I have many Western friends here. Some have been here longer than me, some have Vietnamese wives, and some have children to these women. So, I feel I am well qualified to comment.

Yes, from 1975 to about 2005, people were persecuted. People were sent to re-education camps; my wife's father was one because he served in the SVN army. People were locked up if caught trying to flee the country, my wife's mother was one. People were forced from their lands into collective farms, modelled on the Russian system. The government has admitted what they did was wrong and apologised to their people. But since the government's open market decree in 1990, things have been continually improving.

Yes, there is censorship and corruption here. I watch ABC Australia news every night and, yes, the screen gets blocked out briefly if there is something bad said about the government system. But that is the only censorship I have been exposed to. Yes, there is corruption here but compared to Vietnam's neighbours a lot less. Corruption is a way of life in Asia. If you want something done, you pay money. That's how things are done in Asia.

As for Mr Loi being persecuted because of his



Catholic church in Vietnam during Christmas 2024. Photograph supplied by Alan White.

Catholic faith, I find that hard to believe. Over the festive season there were Christmas decorations and nativity scenes everywhere and of a better quality than Sydney. I have attached some photos of our local Catholic church. Every coffee shop was playing Christmas carols. Within the last two years in our province, they have consecrated a new Catholic cathedral (Song Vinh). How many Western countries are building cathedrals these days? We have churches, monasteries and mosques. The only restrictions are on the mosque; they are not allowed to have the loudspeakers call the faithful to pray.

As for land being forcibly acquired without adequate compensation. My wife has two friends this has happened to. One's land was taken for a new hospital and the other for road widening. The one where the road was widened, she accepted the money offered. The other was given a new apartment in a government housing project in our street. She is ecstatic with her new apartment, even has ocean views. Yes, like Australia, there are those who will never be happy with the amount offered.

Regarding the persecution of minorities, a

good friend of mine, Derek Smith, and his team have worked with the Montagnard people for many years. Building Vinh Son orphanages in Kon Tum. These orphanages are helping mainly the Montagnard minority group. They have built, supported, and improved infrastructure around the village, with local government (people's committee) support and blessing.

I have talked to my wife about where she would live after I pass. She has the choice of Australia or Vietnam. She has permanent resident status in Australia and owns a house in both countries. She has stated she will retire in Vietnam. So, she is not concerned about persecution.

You must remember that in 1975, Vietnam was totally destroyed. No infrastructure, communication, hospitals or schools. The soil was poisoned. Look at what they have achieved in the period since then. They even had to contend with the 1978-80 war with Pol Pot and China. Yes, they have made mistakes, but I am amazed at what they have achieved in that period.

Alan White

TPI NSW Member

Reunions & Functions

Thirtieth Anniversary of the United Nations Assistance Mission for Rwanda (UNAMIR) Reunion 21 – 26 April 2025



veterans to march under.

Support by the Townsville RSL has enabled the reunion to be a low-cost affair. The only cost will be for food at the reunion dinner on 23 April. There will be no facility, equipment hire or security costs to attendees, as these have all been met by the Townsville RSL.

The reunion is being organised by President of the Townsville RSL Colin

It's been 30 years since Australian Service Contingents 1 and 2 (ASC 1 and 2) were in Rwanda on Operation Tamar as part of UNAMIR II. The deployment of troops to Rwanda from 1994 to 1995 was a significant mission, with ASC 1 and 2 providing UN medical support.

A few members who served in Rwanda, with generous support from the Townsville RSL, have organised a reunion to commemorate this significant deployment and occasion. The reunion is for all UNAMIR contingents and will be held in Townsville, Queensland from 21 – 26 April 2025. This reunion invitation is extended to members of all UNAMIR contingents, not just 2/4RAR and 2RAR members. The culmination of the reunion will be the Townsville Anzac Day march at The Strand, where the Rwanda Reunion Contingent will be the lead veteran group. Townsville RSL are generously providing a specific banner for the Rwanda

Mosch (ASC 1), Jason Martin (ASC 1), Terry "Irish" O'Halloran (ASC 2) and a couple of others to help with logistics. We aren't paid and are volunteers so please support us and come. We hope that you do make the effort and renew friendships from long ago. We aim to make the reunion a relaxed affair with simple dress requirements and relaxed settings.

If you would like to further information or would like to attend this "Back to Townsville" event, please contact me at: 2RAR Reunions

Jason Harrison: 0419 749 198

Email: 2RAR.Reunions@gmail.com

Please note: I am also the curator of the 2RAR Historical Collection. If you have any questions or photographs, please ring or email me. Thanks in advance for your cooperation and help.

Jason Harrison



HEADQUARTERS 1ST AUSTRALIAN TASK FORCE SOUTH VIETNAM 1966 - 1972

Headquarters 1st Australian Task Force and D&E Platoon Reunion: 17–21 November 2025

**Wangaratta, Victoria
Painters Island Holiday Park,
Pinkerton Crescent, Wangaratta, VIC 3677
Phone: 03 5721 3380
Email: stay@paintersislandcaravanpark.com.au
Web: www.paintersislandcaravan.park.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, the longest continually serving Infantry Platoon in South Vietnam, served from 1966 – 1972 and encountered much enemy action during those years.

Formerly held each two years, from 2024, HQ1ATF Association reunions will be held every November and 2025 will remember 54 years since we closed the gates of Nui Dat. 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.

There will be ample time for members and families to spend time together over the four days of the reunion. On Wednesday 19 November a tour of the region, including the King Valley, will be undertaken, with a visit to the Ned Kelly Museum,

followed by lunch at the Gracebrook Winery.

The Commemorative Dinner will be held on Thursday 20 November 2025 at the Gateway Motel Restaurant in Wangaratta. The dinner will be preceded by a Dedication Service at the RSL Memorial, (outdoors) located at 2 Templeton Street, Wangaratta. The service, at 5 PM, will be open to the public.

Wangaratta

The city is located two and a half hours north east of Melbourne. The surrounding areas encompass the vineyards of the King Valley, the epicentre of regional food – the Milawa Gourmet Region and stories from eras past. Especially at the Glenrowan Museum.

Sufficient free time is allowed during the week for you to discover both Wangaratta and the region. Benalla is famous for its Sir Weary Dunlop monument, Glenrowan for the siege and capture of the Kelly gang, Eldorado and the Woolshed Valley for its 1800's history and the wine region of Rutherglen. Both Ross and Noel will be giving us all some areas to visit over the following months.

To obtain our special rates when making reservations at the Painters Island Holiday Park (PIHP), please quote "Vietnam Veterans Reunion November 2025".

For details contact:

[John Verhelst, JP](mailto:jverhelst@gmail.com)

Phone: 0437212121 or

Email: jeverhelst@gmail.com

www.hq1atf.org

Remembrance Sunday Commemorative Service



TPI Veterans' Association of NSW President Kevin Kelly taking part in wreath laying at the Australian War Graves Cemetery, Rookwood, 3 November 2024. Photographer: Victoria Dawson.

Remembrance Sunday Commemorative Service, 3 November 2024, Sydney War Graves Cemetery, Western Metropolitan Council of RSL Sub-Branches, RSL NSW

A Remembrance Sunday Service is held annually at the Sydney War Graves Cemetery in Rookwood by the Western Metropolitan Council of RSL Sub-Branches. At the service on 3 November 2024 prayers were led by Monsignor Greg Flynn, Principal Chaplain (Retired). Lieutenant Colonel John Moore, AM, RFD was Master of Ceremonies. Lt

Col Moore has been an ABC commentator for many of Sydney's Anzac Day parades and emcee at 12 of Sydney's Martin Place Anzac Day dawn services. RSL NSW

RSL NSW President Mr Mick Bainbridge gave the Remembrance Sunday Address. RSL NSW Ashfield Sub-branch president Ms Leonie Jackson delivered the Requiem. Also present was the Member for Campbelltown, Mr Greg Warren, MP representing the Premier of NSW. A bagpiped lament was played during the wreath-laying. The opening wreath was laid by Mr Mick Bainbridge, President RSL NSW and



A catafalque party from Newington College Cadet Unit stands guard while Master of Ceremonies Lt Col John Moore, AM, RFD addresses attendees. Photographer: Victoria Dawson.

Mr David Clark, President Western Metropolitan Council, RSL NSW. The second wreath was laid by Mr Greg Warren, MP. Mr David Clark delivered "The Ode" and "A Note of Appreciation". TPI NSW President, Kevin Kelly laid a wreath on behalf of the TPI Veterans' Association of NSW.

The Newington College Cadet Unit formed the catafalque party. A musical interlude and flag raising were provided by the Riverwood Cadet Unit, guided by Mr Michael Campbell. Choral leaders Ms Kate Foot and Ms Camille Hollingdale led the hymnal component of the service and singing of the Australian and New Zealand national anthems. Bugler Ms Harriet Channon performed "The Last Post" and, following a reflective silence, "The Rouse".

Remembrance Sunday originated from Armistice Day, usually called Remembrance Day in Commonwealth countries and Veterans Day in the US. The first Remembrance Day was celebrated in Britain on 11 November 1919. This date marks the "eleventh hour of the eleventh day of the eleventh month" of 1918 – the time at which it was agreed

that hostilities would cease between the Allies and Germany. However, a US intelligence officer reported that shelling continued from both sides in the conflict until nightfall on 11 November 1918.

King George V requested two-minutes silence to acknowledge the war dead as part of the first Remembrance Day commemoration. Following this, a period of silence has become part of Remembrance Day services. During WWII, Remembrance Day services were transferred to a Sunday near 11 November, to avoid disrupting production of materials needed for the war effort. Since WWII, both Remembrance Sunday and Armistice Day services have been held in Britain.

The location of the Remembrance Sunday Commemoration – The Sydney War Cemetery and Memorial to the Missing at Rookwood – is a sacred site. Established by military authorities in 1942, although this site contains only 734 graves it is Australia's largest war cemetery. Most of the graves here are of those who died at the nearby Concord Hospital from accidents, wounds or sickness. A

further 741 of those who died are honoured at the site's Memorial to the Missing. A Cremation Memorial within the cemetery bears an additional 199 names of service personnel. These include remains of UK personnel who died as POWs in Japanese hands.

Remembrance Sunday at the Sydney War Graves Cemetery is an important annual opportunity for shared commemoration of the sacrifice and values of those who have served in war. It is a time

to reflect not only on loved ones lost, but on the families and communities irrevocably shaped by the effects of war.

Lest We Forget

Alexandra Kaufman

Salute Subeditor & Features Writer

Email: subeditor@tpinsw.org.au

Kokoda Day – 82nd Anniversary at Concord

Sunday 3 November 2024 was the 82nd anniversary of Kokoda Day, which commemorates the raising of the Australian flag over the village of Kokoda in 1942. More than 450 people attended the commemorative service at the Kokoda Track Memorial Walkway in Concord, Sydney.

The service included a visual reflection on the assistance and sacrifices of the New Guinea native carriers known as the Fuzzy Wuzzy Angels. Logistical support provided by the Fuzzy Wuzzy Angels was critical to defeating the Imperial Japanese Army. Many more Australian soldiers would have died on the Kokoda Track if the Fuzzy Wuzzies hadn't carried them off the Track to receive medical attention.

Three WWII veterans took part in the service at the Kokoda Track Memorial Walkway – Bruce Robertson (104), Reg Chard (101) and David

Left to right: Alice Kang OAM, Honorary Secretary and Director of the Kokoda Track Memorial Walkway and Sonia Gregory, Deputy Commissioner, NSW & ACT, Department of Veterans' Affairs at the Kokoda Track Memorial Walkway in Concord, Sydney. Photographer: Victoria Dawson.





Three WWII veterans took part in the service at the Kokoda Track Memorial Walkway – Bruce Robertson (104), Reg Chard (101) and David Trist (100). Photographer: Victoria Dawson.

Trist (100). A plaque recalling Private Bruce Kingsbury's heroism was unveiled by local and federal politicians on the day of the service. Private Kingsbury, VC was killed in August 1942 during the Battle of Isurava. Private Kingsbury charged with a Bren gun into a large group of Japanese, clearing the path of the enemy. He was then shot dead by a sniper and was awarded the Victoria Cross posthumously. The citation for his VC can be read [here](#)

Music was provided by Strathfield North Public School choir and the NSW Corrective Services band. Concord West Rhodes Preschool students provided the Acknowledgment of Country. Local high schools and RSL sub-branches were represented and took part in the wreath laying ceremony. TPI NSW president Kevin Kelly represented the Association at the event.

Prior to the ceremony, war widows across NSW individually crocheted thousands of red poppies. During the ceremony the poppies were spectacularly displayed in the Bruce Kingsbury VC Garden and in the Memorial Centrepiece.

Six-hundred-and-twenty-five Australian soldiers were killed during the Kokoda Campaign, and over 1,600 were wounded. More than 4,000 soldiers became casualties of the Campaign due to illness. Over 150 Papuans died as members of the Papuan Infantry Battalion or as carriers of supplies and wounded along the Kokoda Track.

Lest We Forget

Alexandra Kaufman

Salute Subeditor & Features Writer

Email: subeditor@tpinsw.org.au



A visual reflection on the assistance and sacrifices of the New Guinea native carriers known as the Fuzzy Wuzzy Angels was included in the service on Kokoda Day. Photographer: Victoria Dawson.

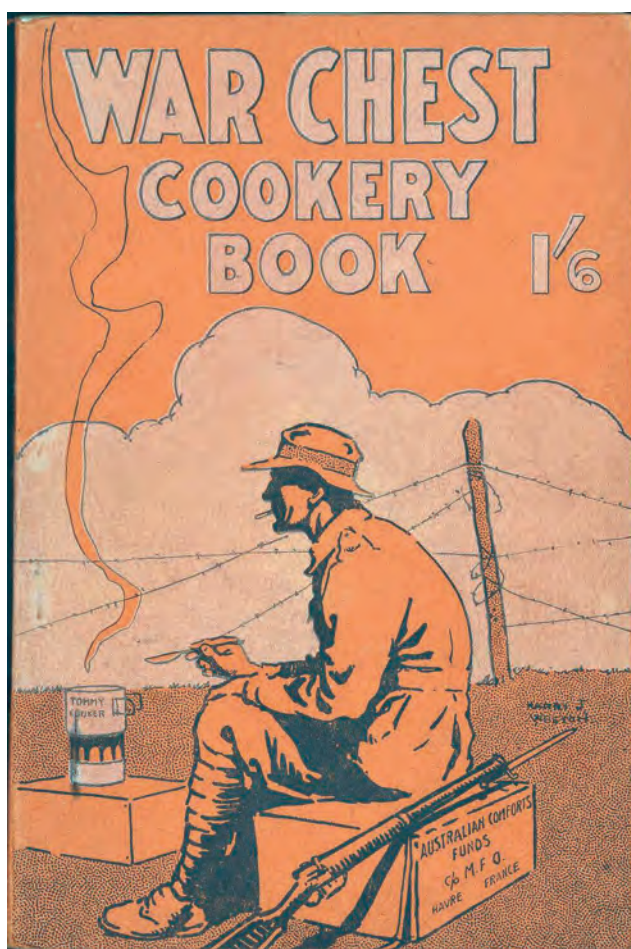


The catafalque party – Australian Armed Forces Re-enactment Heritage Unit, at the centrepiece at the Kokoda Track Memorial Walkway. Photographer: Victoria Dawson.

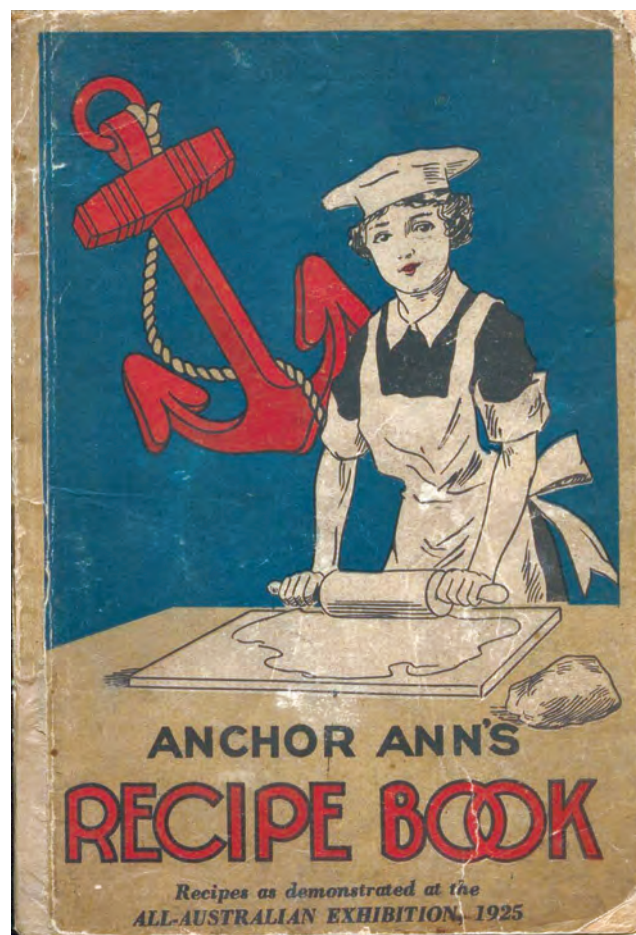
The Anzac Biscuit: An Aussie Icon

The origin story of the Anzac Biscuit is contested, with Australian accounts differing somewhat from New Zealand accounts. Historian Allison Reynolds writes that the ancestor of the Anzac Biscuit is found in a 1747 English cookbook, *The Art of Cookery* by Hannah Glasse.

According to some, the Anzac Biscuit was based on Scottish oatcakes which were sent to soldiers and were called *Soldiers' Biscuits* prior to 1915. Allison Reynolds suggests, however, that the Anzac Biscuit did not originate from the Scottish oatcake



The 1917 War Chest Cookery Book contains a recipe titled *Anzac Biscuits*, which doesn't contain rolled oats.



The earliest published recipe for an Anzac Biscuit containing coconut is apparently from the 1925 Anchor Ann's Recipe Book.

because the Anzac Biscuit uses rolled oats while oatcakes use ground oats.

Reynolds further suggests that the Anzac Biscuit was created simultaneously in both Australia and New Zealand and that prior to 1914 it was known by other names, such as the *munchie*. It started to be known as the Anzac Biscuit after the Australian and New Zealand Army Corps was formed at the end of 1914. Anzac Biscuits were sent to soldiers



Hard tack: standard issue army hard tack biscuit with 49 holes, made into a Christmas greeting by the addition of a photograph, newsprint letters, cartridge heads and red, white and blue wool wound through the holes in a decorative triangular pattern. c1900 (Boer War), maker unknown. AWM REL/10747.

and nurses at the front and were sold at home for war effort fundraisers.

The 1917 *War Chest Cookery Book*, published in Sydney, contains a recipe titled Anzac Biscuits. This recipe doesn't contain the most notable ingredient of the Anzac Biscuit – rolled oats. However, a prototype of the Anzac Biscuit appears in the same cookbook under the heading "Rolled Oats Biscuits". In addition to rolled oats, the earliest Anzac Biscuits typically contained flour, sugar, golden syrup, butter (or margarine) and baking soda. Important reasons for the use of these ingredients were their high nutritional value and their resistance to spoilage during extended sea transport.

Given that the Anzac Biscuit has been around for more than a century many recipe variations

exist. In situations where spoilage is not a concern eggs might be added to the recipe. Although coconut is now a typical Anzac Biscuit ingredient, it seems that coconut only started being added to Anzac Biscuit recipes in the 1920s. The earliest published recipe for an Anzac Biscuit containing coconut is apparently from the 1925 *Anchor Ann's Recipe Book*.

Today, Anzac Biscuit recipes are commonly found both with and without coconut. A recipe titled "1914 Anzac Biscuit" from a Country Women's Association (CWA) cookbook [undated] does not include coconut. However, an "official" Anzac Biscuit recipe currently online at the [Anzac Portal](#) lists coconut as an ingredient.

Whether with or without coconut, the Anzac Biscuit should never be confused with the soldiers' staple hard tack – otherwise known as the *Anzac Wafer* or the *Anzac Tile*. The notoriously hard Anzac Wafer, containing flour and water, was made to be long lasting. There are stories of soldiers breaking their teeth when trying to eat hardtack. John Fahey, a Catholic padre serving at Gallipoli, wrote of the Anzac wafer, "There is little to choose between it and a seasoned jarrah board." In addition to being a food source it proved useful as a surface for the creation of artworks.

Alexandra Kaufman

Salute Subeditor & Features Writer

Email: subeditor@tpinsw.org.au

Come in Spinner!



WWII: Lae, New Guinea. A posed photograph depicting a two-up game aboard the troopship Cape Alexander. No identification details for men in this group. Black and white photograph, unknown photographer, 2 November 1944, AWM 076647.

Games based on tossing coins date to ancient Roman and Medieval English times. Ancient Romans called the game of coin tossing *navia aut caput* (ship or head), referencing coins that displayed a ship on one side and the head of the emperor on the other.

The origin of two-up is unclear, but it seems to have evolved from cross and pile, a gambling game involving flipping a single coin and betting on the result. The term cross for one side of a coin relates to old English and French coins displaying a cross on one side. The term pile to describe the other side

of a coin relates to the lower die used to strike coins being known as the pile. In French, the phrase *pile ou face* means heads or tails.

It's believed that two-up was popular with poor English and Irish in the 1700s. War Historian Dr Meleah Hampton states, "There's lots of evidence of [Australian] convicts playing two-up 100 years before WWI." Dr Hampton also notes that the limited materials needed to play two-up – two or three coins and a piece of wood – made it a popular way to spend time waiting between battles and other military duties. Some soldiers were prudish



This two-up set was used by RAAF Task Group 633.2 (TG 633.2) on Anzac Day 2003. White crosses were painted on the coins to make it easier to see “heads” when playing. TG 633.2 was stationed in the Middle East Area of Operations, where the two-up game was played in the Canadian combined services mess. Many Australian and Canadian personnel were involved in the fun. Leading Aircraftwoman Cassie Spain won over 150 United Arab Emirates Dirhams (just over \$50 Australian Dollars) in her first ever game. Copper, Nickel, Wood, Market Link Solutions Pty Ltd, Australia, 2001, AWM REL39288.

about gambling and drinking, Dr Hampton said. But then, “There were the gamblers, the drinkers and the larrikins, which we think was the entire Imperial force.”

Two-up was part of soldiers’ daily lives during WWI. It promoted a sense of community and took men’s minds off the brutality and other realities of the war. War correspondent Charles Bean while stationed in Northern France in 1918, wrote:

Two-up is the universal pastime of the men ... It is a game which starts in any quarter of an hour’s interval or lasts the whole afternoon. The side road outside becomes every evening a perfect country fair with groups playing these games in it — a big crowd of 70 or 80 at the bottom the street, in the middle of the road; a smaller crowd of perhaps 20 on a doorstep further up ... The game is supposed to be illegal, I think; but at any rate in this company they wink at it.

Following WWI, two-up remained integral to diggers’ memories. By the 1930s playing two-up had become an entrenched Anzac Day tradition. Two-up continued into WWII as an important soldiers’ pastime, an expression of national characteristics including mateship and egalitarianism. The popularity of this supposedly illegal game also signified the Anzacs’ and wider societal anti-authoritarian ethos.

Researcher Bruce Moore notes that two-up was widely regarded as a fair form of gambling. According to Moore, at the time of WWI the command for the coins to be tossed was not “Come in spinner”, as it is today. Rather, during WWI the command to toss the two-up coins was “fair go”. Moore suggests that the Australian ideal of the fair go was embedded, in part, by its role in two-up.

However, it is clear that the term “Come in spinner” was in use by WWII. This is verified through an account by MG Heuston, who ran a two-up game with his 2/12th Commando Squadron during



Ypres: A group of unidentified Australians behind the ruins of Ypres, playing their popular game of two up. Black and white, glass original half plate negative, 23 October 1917, unknown Australian official photographer, AWM E01199.

WWII. Heuston describes the different types of kips – the flat board from which the coins are tossed – used in his game. Heuston’s kips could be flat or had a “lip” on one side to assist right- or left-handed spinners. Plastic taken from crashed planes next to the airstrip on the Indonesian island of Morotai were used in the construction of some of Heuston’s kips.

Heuston’s two-up games could use two or three coins – three coins guaranteeing a win of either heads or tails on each (non-foul) toss. The spinners could select which coins he wished to use, for example “Queens” being Queen Victoria or “Baldies” being Edward VII. The head of each coin was polished and the tail left dark, making it obvious whether a coin had landed with head or tail side up. These games could run for up to four hours and

were often held more than once a week, so some of Heuston’s customers would go broke. Heuston would kindly lend these customers enough money for beer and cigarettes until next payday. Further details of Heuston’s game can be found [here](#)

Following WWII, returned soldiers continued to play two-up and it was also played by miners – despite being illegal. Today, in most of Australia two-up is legal only on Anzac Day. However, there are two places in Australia where it is legal to play two-up year-round – Kalgoorlie and Broken Hill. Both cities have links with two-up that have been strengthened by their histories of mining. Between WWII and the 1980s it was illegal to play two-up in both places. Two-up “schools” in both Kalgoorlie and Broken Hill experienced police raids during this period. However, lobbying in Kalgoorlie and Broken



A Roman coin with the head of Pompey the Great on the obverse and a ship on the reverse.

Hill has resulted in “cultural licencing” for two-up to be played year-round. In its decision to allow two-up year-round in Broken Hill, the NSW Office of Liquor, Gaming and Racing stated that two-up was “an established part of the cultural heritage of this mining city”.

Broken Hill’s Palace Hotel holds the only licence issued by the Broken Hill City Council to play two-up.

While general attitudes to gambling and two-up, in particular, vary two-up is an integral part of

Anzac Day. Despite community misgivings about gambling, former NSW Premier Bob Carr noted that “the Wesley Community Legal Service, a body dealing with problem gamblers, confirmed it has never encountered a problem gambler addicted to two-up.” This may allay concerns of some over the playing of two-up.

As the Anzac Day Dawn Service connects with soldiers’ dawn landing at Gallipoli, the tradition of playing two-up on Anzac Day is a way of sharing in soldiers’ experience. Quiet contemplation during the Dawn Service, the display of solidarity between soldiers and the wider community during Anzac Day marches, and the rowdy afternoon two-up game are likely to remain intertwined as ways of commemorating Australia’s tradition of military service.

Alexandra Kaufman

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Two-up Terminology

Boxer: the game owner

Ringie: the supervisor in the ring

Kip: the flat board used to throw the coins

Spinner: the player who throws or tosses the pennies.

Queens, Baldies, George V or V: coins available for the spinner to choose. (The Queen is Queen Victoria; the Baldie is Edward VII.)

Toss the kip: to pull out of the game and take the stake

Tail-betters: the name for those who bet only on tails. In most cases, they choose not to spin the coins

Sling: a tip given to the boxer

From MG Heuston, who ran a two-up game with his 2/12th Commando Squadron during WWII. (https://www.awm.gov.au/articles/encyclopedia/two_up/howto#Queens)

A History of Conscription in Australia

The Defence Acts of 1903 and 1909

The Defence Act introduced in 1903 under Prime Minister Alfred Deakin's government is still in place today and plays a role in governing Australian Defence Force operations. However, the Act has been amended and expanded many times over the past century. The 1903 Defence Act legislated that in times of war the Australian Government,

with the governor-general's support, can authorise conscription for the Defence Force.

Six years later, the Defence Act of 1909 included the Universal Service Scheme (USS) which introduced compulsory military training in Australia and its territories from January 1911 for all males 12 to 60 years old. The Act did not require participation in conflicts overseas. Under



Towards the end of 1915 – and just before Australia's unsuccessful WWI conscription referenda – a census of the Australian population showed that 244,000 single men of military age were available for enlistment. Accordingly, on 26 November 1915, the government with "Billy" Hughes as its new leader promised Britain 50,000 more troops – in addition to the 9,500 per month being sent as reinforcements for the 60,000 Australians already overseas. Poster, 63 x 102.5 cm, chromolithograph on paper on linen, AWMARTV00021.



Black and white WWI referendum leaflet. "AUSTRALIAN LABOR PARTY. Anti-Conscription Campaign Committee. 'VOTE NO MUM they'll take DAD next.'" Leaflet, 17 x 26 cm AWMRC00336.

the Scheme, boys 12 to 14 trained as junior cadets, transitioning to senior cadet training up to the age of 18. The Citizen Military Forces (CMF), formed by a collection of local militias, trained men aged over 18 in their local areas throughout the year. In the Scheme's first four years, 636,000 men were called up for CMF service.

Exemptions for mandatory service were given to those considered medically unfit, seminary students, or those who lived more than eight kilometres from a training site. The Act excluded First Nations Australians, migrants, and other non-citizens specifying that "persons who are not substantially of European origin or descent" were not eligible for service. South Australian historian and academic John Barret wrote in his study of "boyhood conscription", *Falling In*, that, "In 1911 there were approximately 350,000 boys of an age

to register for compulsory training up to the end of 1915. Since "universal" [as used in the Universal Service Scheme] was a misnomer, about half that number were exempted from training, or perhaps never registered, reducing the group to 175,000".

There was widespread opposition to mandatory military service, and by 1915 34,000 people had been prosecuted with 7,000 jailed for failing to register for military training. The Universal Service Scheme continued until 1929 when conscription for home defence ended.

Conscription During World War I 1914 - 1918

Thousands of Australian men volunteered for service at recruitment offices at the outbreak of World War I. By the end of 1914, 52,000 men had volunteered for the First Australian Imperial Force (AIF) with a further 165,000 volunteering in 1915.

Due to news reports of heavy casualties at the war fronts, enlistment numbers declined as the war continued. The AIF experienced a shortage of volunteers even after broadening enlistment eligibility by changing physical requirements and accepting Indigenous Australians of mixed race, still the USS did not require men to serve in overseas conflicts .

Two referenda were held in 1916 and 1917 to determine public support for amending conscription laws to include mandatory military service outside of Australia and its territories. Compulsory voting in referenda had been introduced in 1915, and most Australian men and women over 21 were eligible to vote. First Nations Australians, not granted the right to vote until 1949, were ineligible.

A referendum held on 28 October 1916 asked: "Are you in favour of the Government having, in this grave emergency, the same compulsory powers over citizens in regard to requiring their military service, for the term of this War, outside the Commonwealth, as it now has in regard to military service within the Commonwealth?" It was narrowly rejected by a margin of two percent (72,476 votes); over two million Australians voted, with 48.4 percent in favour and 51.6 percent against.

"Yes" campaigners and voters included most of the middle class, political and social elites, who argued conscription was an obligation of citizenship. The case in favour of conscription was underpinned by Australia's closeness to the British Empire; at the time British interests were seen as indivisible from Australia's.



Black and white referendum leaflet of a child encouraging his mother to vote "Yes". "AUSTRALIAN NATIONALISTS. Married Men are EXEMPT if the Government Proposals are CARRIED, but if they are REJECTED, ALL will have TO GO. 'VOTE YES MUM or else they'll take DAD.' VOTE YES". Leaflet, 17 x 26 cm AWM RC00305.



Small circular pressed tinplate badge with a celluloid face and a pin attachment to the reverse. "VOTE YES" is printed in red over the Australian red ensign and the Union Jack on crossed staffs. AWM REL28376.007.

The campaign against conscription was led by anti-war activists, trade unions and many in the Irish Catholic Community. "No" campaigners sought to challenge the estimated numbers of reinforcements needed to replace AIF losses and argued that military conscription for service overseas would leave Australia vulnerable to an invasion from Asia.

Tom Barker, an organiser for a radical labour union, Industrial Workers of the World (IWW), was a vocal opponent of conscription. Barker was the editor of the IWW paper *Direct Action* and was also known for creating anti-war campaign posters. "I would not like to have as many murders on my conscience as the politicians who have attempted to force conscription on this country," Barker said in the lead up to the first referendum held in 1916. After the result of the 1916 referendum Barker was arrested and imprisoned. Many anti-conscriptionists were prosecuted under the

1914 War Precautions Act and the 1916 Unlawful Associations Act. Anti-conscriptionists arrested during this era included future Prime Minister John Curtin, then a member of the Victorian Socialist Party.

The public debate over conscription divided communities, particularly in rural towns where public shaming of families whose sons or husbands were not at the war front was common. Those who opposed conscription were seen as disloyal and traitorous. Both referendums caused significant debate and division within Australian society and the federal government.

Prime Minister William "Billy" Hughes, a long-time supporter of conscription, called the first referendum against the advice of his own Labor government. After the 1916 referendum's failure, the Labor party expelled Hughes from the Party and Hughes and MPs who supported him created a new National Labor Party. In the 1917 Federal Election the National Labor Party campaigned successfully with conservative values and as the party to "win the war". They formed a conservative Nationalist government, which relied on support from the Commonwealth Liberal Party, with Hughes serving as prime minister. Following the political split, Labor stayed out of office for a decade.

The 1917 referendum was unsuccessful in amending conscription laws. In 1918 at the end of WWI, a total of 416,809 men had voluntarily enlisted in the Army, representing 38.7 percent of the white male population aged between 18 and 44.

Conscription During World War II 1939 – 1945

At the beginning of World War II, the Menzies Government announced that three months of military training with the CMF would become compulsory for unmarried men aged 21 from 1 January 1940. Training for conscripts under this

scheme was confined to Australia and its territories, which included Papua and New Guinea. It had been a decade since universal military training was abolished by James Scullin's Labor government.

As conscription was reintroduced in Australia Prime Minister Robert Menzies said in a statement to Parliament, "There

AIF volunteers who were sent overseas to the war front called the CMF conscripts training in Australia "chocolate soldiers"

is, I believe, a growing recognition of the fact that military training for the defence of Australia should be a normal part of our civic life, and that if it is to be just and democratic, it should be made compulsory." Menzies' War Cabinet had determined that the CMF needed 75,000 trained men at any one time. In 1942 all men 18 to 35 and all single men 35 to 45 were required to join the CMF. At this time 290,000 men were already enlisted in the CMF.

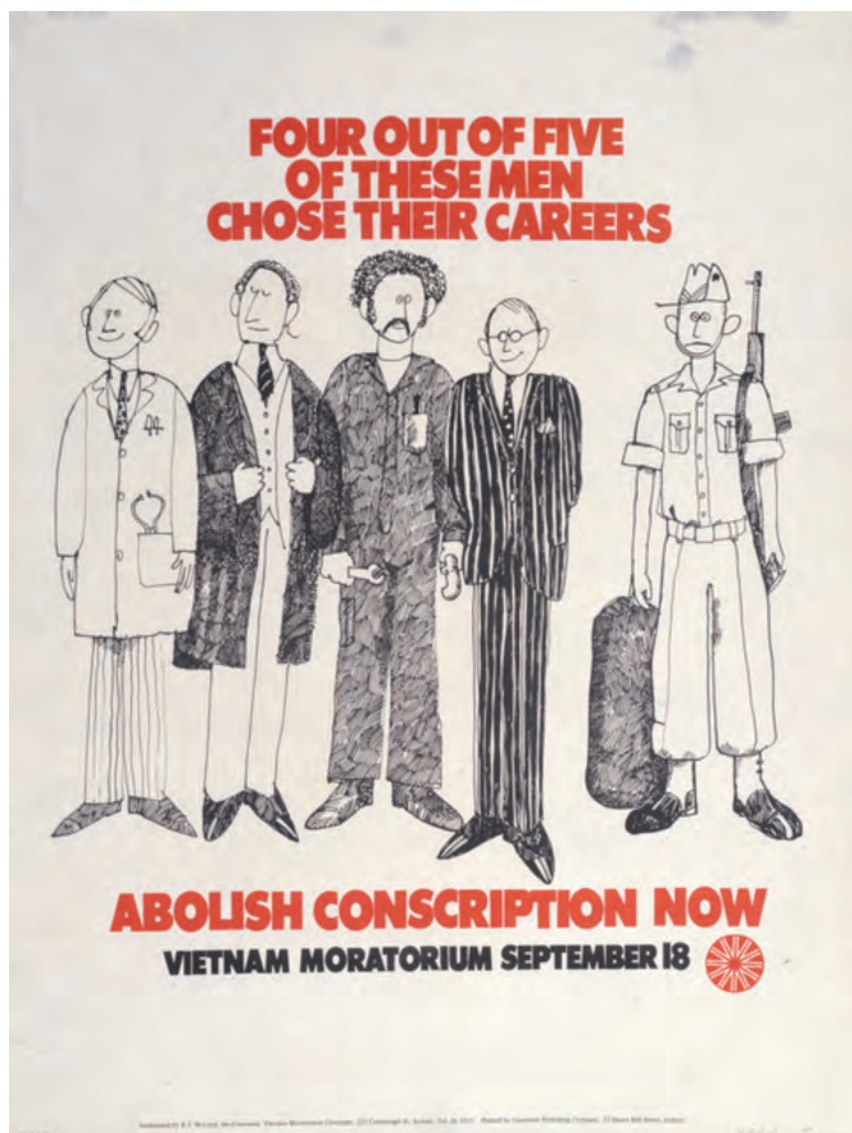
Leader of the Opposition and the Australian Labor Party John Curtin opposed compulsory military service overseas. However, Curtin's government passed the Defence CMF Act of 1943 which allowed Australian CMF conscripts to be used for the war effort in the South-West Pacific Zone which included the Australian territories of Papua and New Guinea, the Philippines, Borneo, the Dutch East Indies (excluding Sumatra),



One of a series titled "JOIN THE AIF" this poster is subtitled "Mister, here's your hat!" It features a black and white drawing of an attractive young woman handing a slouch hat to a prospective enlistee in the centre. Enlistment was preferable to conscription, because it allowed soldiers to be posted further afield to stave off a Japanese invasion. Richard Haughton James, 1941, poster, 74 x 50 cm, offset lithograph on paper, AWM ARTV09468.

East Timor and the western part of the Solomon Islands. Conscripts had no say in where they served, whether in Australia or overseas in an Australian territory.

AIF volunteers who were sent overseas to the war front called the CMF conscripts training in



This poster, made for the September 1970 Moratorium, depicts five young men dressed in clothes associated with their careers; The fifth man wears an Army uniform and is a conscript. The accompanying text calls for the abolition of conscription. The Moratorium symbol also appears in the lower right of the poster. Lithograph on paper, 50.6 cm x 38, Comment Publishing Company AWM ARTV00866; <https://creativecommons.org/licenses/by-nc/3.0/au/>

Australia “chocolate soldiers” or “chockos”, as they were said to melt under battle conditions. The nickname could also be a reference to George Bernard Shaw’s play *Arms and the Man*, where the character Captain Bluntschli fills his backpack with chocolate bars.

Many CMF Militia units fought the Japanese advance on the Kokoda Track in New Guinea, which was an Australian territory in 1942. Conditions on the Kokoda Track were notoriously tough, and Australia suffered high casualties.

The 1943 Defence CMF Act ended in 1946, six months after WWII’s conclusion.

Conscription from 1950 - 1972

The Korean War 1950 to 1953

From 1951 to 1959 the National Service scheme called up men aged 18 to register for a mandatory 176 days of standard training in the Army, Navy or Air Force and five years of follow up military service in their respective reserves. A total of 227,000 Australians served in 52 intakes. The National Service Act was amended several times, changing the requirements to emphasise the quality of training and CMF skills rather than recruiting the highest number of men for the force.

National Servicemen could nominate a preference to serve in Australia or overseas in an Australian territory, however most were allocated to units near their homes. For the Navy and Air Force, overseas service was required.

National servicemen were on naval ships that visited Korean waters during the Korean War and were at atomic bomb tests at the Montebello Islands in Western Australia in 1952 and Maralinga, South Australia in 1956. Air Force National Servicemen also used aircraft that had flown through atomic clouds.

In 1959, the Australian Government ended National Service and membership of the regular

military forces became voluntary. However, In the 1960s the Menzies Government reconsidered the need for military conscription following the arrival of Australian military personnel in South Vietnam in 1962 and the Brunei revolt which began a confrontation with Indonesia later the same year. The Australian Government reintroduced National Service in 1964.

The Vietnam War 1955 to 1972

Ten years after the Vietnam War began the 1965 to 1972 National Service Scheme for Borneo and the Vietnam War selected men aged 20 through a birthday ballot for two years of full-time service in regular Army units. The full-time service requirement was reduced to 18 months in 1971, with overseas deployment where required.

Twice a year from 1964 to 1972, numbered glass or wooden marbles were placed in a barrel and drawn in a lottery to determine the birth dates of the men who would be called up for service. Aboriginal men could volunteer for national service but did not have to register for the birthday ballot. Torres Strait Islanders were not mentioned in the National Service Act.

National Servicemen, known as "Nashos", were required to be literate, physically and mentally fit, taller than 157 cm and heterosexual; at the time the Army tried to screen for homosexuality. Exemptions were granted to men who failed medical fitness checks, diplomats, Regular Army personnel, religious ministers, seminary students and conscientious objectors who successfully proved their claims. At least 1,000 men applied to be recognised as conscientious objectors under section 29A(1) of the National Service Act. Some whose claims were unsuccessful had to serve their National Service time while others were jailed.

Men eligible for conscription could choose to fulfil their National Service requirement with six years of service in the CMF. More than 35,000 men chose this option until it was abolished a year after the scheme was introduced due to a loophole which allowed men to resign from the CMF without further service.

Initially Australia's participation in the Vietnam War was not opposed. As the number of men conscripted grew so did opposition to the war. In 1965 a group of concerned women formed an anti-conscription organisation called "Save Our Sons", which protested conscription in Australia. A focus of their campaign was men under 21 who were too young to vote but would soon face conscription.

During the Vietnam War 15,300 men were conscripted into the Australian Army. The Navy and Air Force did not use the National Service Scheme for Vietnam.

End of the National Service Scheme 1973

In the lead up to the 1972 Federal Election Gough Whitlam made the abolition of conscription in Australia a central Labor Policy. In 1973 the National Service Termination Act was passed, in one of Whitlam's first government decisions after being elected Prime Minister.

In 1992 the 1951 National Service Act was repealed by the Defence Legislation Amendment Act. Today, the Federal Government retains the power to introduce conscription under the Defence Act, in a time of war and with prior parliamentary approval.

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Harry Lowe's National Service

TPI NSW Vice President Harry Lowe was one of 60,000 Australians who fought in the Vietnam War. He was conscripted for National Service in 1966 when he was 20 years old.

Perhaps unexpectedly, Harry maintains a positive view of conscription. "I still believe every person that turns 18 or 19 should be conscripted for a couple of years", says Harry. Harry says those who want to opt out of mandatory military service should work for the minimum wage in an environment unfamiliar to them, to encourage new experiences and connections. Military service taught Harry to live and work in a team with his fellow soldiers. "It pulled us all together," Harry says. "You're soldiers, you live together, you do everything together".

Harry grew up in the south Sydney suburb of Menai; his parents had moved from inner city Leichhardt so their two sons could grow up in the country surrounded by chicken farms. As a young man Harry was working as a motor mechanic, he had a car, a brand new red and white MINI Cooper, and a steady girlfriend. On Friday evenings he would be at the local hamburger shop or pub with his friends. "I was like all young blokes that are interested in cars. I was messing around with cars and enjoying it, having a good life."

His brother, 15 months his senior, was working as a house painter. Both boys lived at their family home although their work schedules and friend groups meant they didn't spend much time together. Harry's brother had been called up for mandatory military service, "... they knocked him back. I thought he's healthier than me, and sort of forgot about it".

Shortly after turning twenty himself, Harry went to his local GP for routine tests and checkups, as instructed by the military. But as the months passed and his 21st birthday approached, he assumed the army had forgotten about him and didn't think about the possibility of mandatory service.

Harry's mother, who routinely opened his mail, broke the news that he had been conscripted to serve in the army. He had two weeks, "It was a

Harry's mother, who routinely opened his mail, broke the news that he had been conscripted to serve in the army.

complete surprise to me. I hadn't heard from the military for months and months, and that's the way it went. It happened to a lot of people". His parents, who had lived through World War II, weren't upset by the news, "They accepted that it had to be somebody's son." By the time Harry was conscripted a local boy Dave, who also grew up in Menai, had returned home from Vietnam after completing two years of military service.

Although formal conscription policy did not mandate compulsory overseas deployment to Vietnam, Harry says he had no choice in the matter, "You were given a number." He can still recite his, "and that was it, the Army looks after you from now." "They didn't send everybody, but they needed to bolster the size of our army", Harry says.

There were anti-Vietnam War protesters outside Marrickville High School, where Harry and



Harry Lowe in Vietnam, 1966. Photograph supplied by Harry Lowe.

1500 other men underwent final medical tests before being sent to Singleton for ten weeks of recruitment training. In Singleton, Army law, pistol and rifle practice, gun safety and fitness were taught and instilled. "You learn how to be a soldier, how to say 'Yes, sir', 'No, sir'."

Harry formed part of a group intended to replace soldiers working in Vietnam as mechanics, who were sick, injured or otherwise unable to work. He was not in the advance party as he was married and had a baby. By the time he was deployed to Vietnam Harry's group had completed months of training at the Royal Australian Electrical and Mechanical Engineers (RAEME) in Moorebank, 101 field workshops in Ingleburn and jungle training camp in Canungra. Harry says, "The only difference between Canungra and Vietnam is it gets cold in Canungra and in Vietnam it doesn't."

On the flight from Sydney to Darwin the plane ran out of beer before Mt Isa. "We have no drinks left, boys," Harry recalls the crew saying. "We would have doubled up had we known you were coming." The next morning in Darwin, Harry's group were loaded into Hercules Air Force planes, "which are just empty cans with four noisy motors, and colder

"We have no drinks left, boys," Harry recalls the crew saying. "We would have doubled up had we known you were coming."

inside than it is outside". They carried rifles and backpacks. A pile of luggage lay in the middle of the plane headed to Vũng Tàu, north of the Mekong Delta, in Vietnam.

When the plane landed the smell was overwhelming, the airport was located next to the rubbish tip. The Company Sergeant Major, "a real old war-rie", handed out loaded bullet magazines instructing the new arrivals to load their rifles. But the rifles didn't work – the bolts had been removed for safety. Even in those days, air travel with a working gun was illegal in Australia.

Harry says Vũng Tàu was a fairly safe area. Initially they lived in tents pitched in the sand hills, then in wooden huts. The men were from all over Australia, many had come from Cairns or Perth.



Group sandbagging new huts built for protection against mortars. Photograph supplied by Harry Lowe.

"We had not seen an Asian, really, or an Asian country. And it was just mind blowing," Harry says. In Menai, Harry had grown up without electricity or running water but, "Vietnam was far, far behind that". At the time, Vietnam was an extremely poor country and struggling to recover from French colonial rule.

As a mechanic, Harry maintained and repaired vehicles. These included trucks, armoured personnel carriers and Land Rovers. He worked in boots with no socks, army issued shorts and a slouch hat. It was too hot to wear a shirt or underwear.

Many men contracted VD, missing their morning duties to receive treatment – "a form of antibiotic called tetracycline. When somebody wouldn't be on parade in the morning and they'd call out his name, there'd be a shout of 'He's on the cycle!'" For decades after returning home, like many veterans, Harry battled recurring genital rashes.

Vũng Tàu was considered to be home base, the compound was surrounded by barbed wire and, "Once you stepped over the wire, you were full on." Soldiers fighting on front lines were stationed

In Menai, Harry had grown up without electricity or running water but, "Vietnam was far, far behind that".

about 30 kilometres up the road in a town called Núi Đất. Harry would spend up to four days at a time at Núi Đất fixing vehicles, occasionally spending the night on duty watching the perimeter for danger. Any time they did venture into exposed or dangerous territory, they carried a shotgun or drove a vehicle with a built-in machine gun.

Harry's first six weeks in Vietnam were spent in the Army compound, eventually exploring the nearby town of Vũng Tàu under curfew restrictions. An eye-opening experience, Harry recalls a young boy approaching him and asking for money before offering to sell his sister, his mother and himself to the soldiers in exchange for payment. "We'd never, ever seen or heard anything like that. That was the introduction of getting into town," Harry says.



Harry Lowe wearing hat (left) and Neil Cromarty, OAM (right) beside a Land Rover on Vũng Tàu Beach. The Australian Army base can be seen in the background. Photograph supplied by Harry Lowe.

Harry says they received little Army training about Vietnamese culture. Any information they did receive from commanding officers was often wildly inaccurate. "We had talks where they tried to tell us things that just weren't true when you got to know them up there. Like that the Vietnamese bar girls and prostitutes had razor blades inside themselves." These were serious lectures Army men were required to listen to. "They belittled [the Vietnamese] very badly," Harry says of these lectures.

One day the Sergeant walked over to Harry and two other men, telling all three to pack up their belongings, "We'll give you some new greens. You're going home in the morning." That was it, they

were going home, faster than a letter informing his family of the news would arrive. In Darwin, Harry reverse charged a call to his father-in-law letting him know Harry was on his way. It wasn't until he touched down in Sydney that Harry learned his marriage was over.

On his last day in the Army Harry was issued a top tech nylon Army green raincoat, which he kept for 25 years, he handed over his uniform, except for the set he was wearing, he collected his pay and, "That was it. That's all the army wanted off me. It was the end of my National Service".

Integrating back into civilian life was challenging. Harry returned to Engadine and lived initially in a house bought by Harry's parents using a loan under Harry's name. While in Vietnam Harry had been unaware of how the house had been bought, and the house was sold soon after. Harry didn't get his Australian job back, as promised, either. Instead, he was offered a job at the local service station which he accepted.

In his Army greens at a local pub, Harry was confronted by a man yelling "baby killer" at him. "That sort of thing happened a few times too, because we had short hair. We stood out." At a party in Cronulla a similar scene unfolded. "You know, I had never fired a gun, but that's what people did. I'd never spoken to the bloke [at the party] before in my life."

Harry took opportunities to travel and spend time with his family. At one stage he moved to Iluka in northern NSW, where his family was, to live and work on his brother-in-law's prawn trawler. The trawler was headed on a six-month journey to the Gulf of Carpentaria. Unfortunately, due to severe droughts that year, the trawler didn't reach its intended destination.

Harry also spent months travelling, living and working in Europe. In Europe Harry remarried. He already had a daughter from his first marriage. He then had two sons from his second marriage. Thirty years after his service in Vietnam, Harry returned to Vietnam as a tourist – a destination vastly different on his second visit.



Harry Lowe and his partner Mandy Shen outside their home in Balmain. Photographer: Victoria Dawson.

It wasn't until his late 40s and early 50s, Harry says, that he started to, "absolutely lose the plot". His mental health declined as he experienced symptoms of anxiety and PTSD. Harry began attending regular psychology sessions which helped him cope. "A lot of sessions with a psychologist to get your head around it. You're the only person that's going to help yourself. You've got to know when it's going to happen to you," Harry says.

In 1987, the Australian Vietnam Forces Welcome Home Parade in Sydney helped to recognise Vietnam War veterans and shift public perspectives. Harry attended the march which, he says, "made a big difference". He found himself marching in tears, "A lot of us did because we were shown respect."

For Harry Lowe, military conscription was an exercise in character building and is comparable to travelling. The experience exposed him to

new places, people and ideas. He disagrees with involvement in "useless" wars like Vietnam. Harry is critical of America's war tactics in Vietnam, noting that the US didn't have a particular stake in Vietnam. "They bombed so much of North Vietnam. it was just unbelievable. Billions and billions of tons of ammunition. And they were bombing Laos and Cambodia," Harry says. When meeting other Vietnam War veterans Harry says they rarely speak about the War, but their shared understanding of Army life means they all get along.

Harry says his 207 days in Vietnam did a lot for him. Today Harry enjoys life with Mandy, his partner of 14 years, in their Balmain home.

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Counselling and Advocacy for Veterans

The Origin of Open Arms

TPI NSW Director Steve Emerson, OAM, JP, is a Vietnam veteran who works in a voluntary capacity as a Compensation Advocate at the Veteran Support Centre, part of the Vietnam Veterans, Peacekeepers & Peacemakers Association of Australia (VVPAA) NSW Branch in Granville NSW.

TPI NSW Director Ronald O'Connor, JP, is the Secretary of the VVPAA. TPI NSW Board Member Bill Roberts, OAM, JP is the President of the VVPAA. The Veteran Support Centre provides veterans with help in gaining access to compensation as well as referrals to Open Arms for counselling where necessary.

In the late 1970s research was published in Australia showing the adverse effects on farmers, their wives and their unborn and recently born children of exposure to herbicides. Vietnam veterans paid attention to this research as they had noticed that they and their families were experiencing similar symptoms.

The Vietnam Veterans Association of Australia (VVAA) was formed in January 1980 to deal with the adverse health effects on Vietnam veterans of exposure to chemicals including Agent Orange during service in Vietnam. These health effects "ranged from minor irritation to lethal, with symptoms such as skin blisters, itching, flushes, nasal problems, blurred vision, respiratory, cardiovascular, gastrointestinal, gastro-urinary, muscular and nervous system disorders, cancers and tumours. This was often exacerbated by psychological disorders caused by what was later diagnosed as post traumatic stress disorder."

(<https://www.vvaa.org.au/history.htm>)

There was a very strong anti-Vietnam War feeling in the late 1960s, both in the USA and in Australia, with protest marches and moratoriums. "Guys were battling from war fatigue and trying to assimilate back into a society that was dead against them because they fought in the war," says Steve. Vietnam

"Guys were battling from war fatigue and trying to assimilate back into a society that was dead against them because they fought in the war."

veterans had noticed a lot of poor mental health and some suicides amongst returned veterans. "Some Vietnam veterans felt that they were treated like pariahs." These feelings were exacerbated by the behaviour of the RSL, the federal government and the opposition. Due to this reception some Vietnam veterans went to remote places to live in isolation.

The Vietnam Veteran's Counselling Service (VVCS) was for all veterans, but the name made people think it wasn't for them if they hadn't been in Vietnam. "We were driven to change our name to the Veteran Support Centre to make it more attractive to other veterans" says Steve. Later, the Department of Veterans Affairs took over the funding of the counselling service and in 2018 the name was changed to Open Arms – Veterans &

Families Counselling: A Service founded by Vietnam Veterans Now for All Veterans and Families.

In the early 1980s conflict within the Vietnam Veterans Association caused it to split into two groups. One group was called the Vietnam Veterans Federation, and the other group was called the Vietnam Veterans Association of Australia (VVAA). TPI NSW Director Steve Emerson became a member of the Vietnam Veterans Federation, which was renamed the Vietnam Veterans Peacekeepers and Peacemakers Association of Australia (VVPAA). The Veteran Support Centre, within the VVPAA, intentionally doesn't refer to any particular theatre. The VVPAA focuses on the rights of veterans and has fully qualified, highly skilled and compassionate compensation advocates, assisting in all matters relating to DVA disability claims under the various

compensation schemes – VEA, MRCA, DRCA Service Pensions and Appeals.

Steve says that the other group arising from the 1980s split of the Vietnam Veterans Association, the VVAA National Council, is still in existence. They work in compensation as well as wellbeing and provide services to veterans and their families.

The VVPAA represents veterans of all conflicts from WWII to Afghanistan, including peacekeeping and peacemaking missions. They also assist war widows/widowers and the families of veterans. If reasonable claims are rejected, VVPAA advocates are able to prepare an appeal to the Veterans Review Board, (VRB), and assist veterans through the Alternative Dispute Resolution (ADR) processes. If appeals via the ADR and VRB fail, advocates can arrange legal representation and legal aid for

Legislation covering Veterans' Entitlements

VEA

The Veterans' Entitlements Act 1986 (VEA) covers service in wartime and certain operational deployments, as well as certain peacetime service between 7 December 1972 and 30 June 2004. (<https://www.dva.gov.au/get-support/financial-support/compensation-claims/laws-cover-claims/vea>).

MRCA

The Military Rehabilitation and Compensation Act 2004 (MRCA) covers current and former ADF members with service after 30 June 2004. It provides treatment, rehabilitation and compensation for service-related injuries and conditions. It also covers dependants following a death related to ADF service after 30 June 2004.

DRCA

The DRCA (Safety, Rehabilitation and Compensation [Defence-related Claims] Act 1988) provides rehabilitation and compensation for injuries and diseases caused by:

- peacetime and peacekeeping service up to and including 30 June 2004
- operational service between 7 April 1994 and 30 June 2004.

The rehabilitation and compensation veterans can get under the DRCA is similar to that available under the (MRCA).



Administrative Appeals Tribunal (AAT) hearings.

The VVPPAA's qualified compensation advocates, pension and welfare officers are situated throughout New South Wales, near most major centres, and their outreach programs reach most remote areas. The VVPPAA website states: "Never give up. Our success rates are extremely high, and all services are provided totally free of any charges, or expense to our clients."

Steve comments that, "Due to the age of the members, there's a high attrition rate in the VVPPAA and we have a difficult time keeping the numbers up because the guys from Iraq and Afghanistan have their own associations or don't want to take over from us. Anybody who wants to come along to VVPPAA can join us if they have qualifying service. If you have operational service, you become eligible for a position on the committee."

Steve became more involved with the VVPPAA in 1998, after he had a breakdown and was unable to work anymore. "I found out about the problems of veterans," says Steve. "I was trying to put it all behind me. But it just kept coming back in the form of nightmares and emotional trauma. After I'd become a TPI (Totally and Permanently Incapacitated Veteran) DVA gave me a pension but I needed to do something with my time so I joined up with the Vietnam Veterans Federation – I had a lot of administration skills, which I was able to put

into use again. So, it was a godsend for me."

The name Open Arms originates from a photograph of a soldier waiting to have his platoon choppered out from an operation. "There's a Huey (helicopter) coming, and the soldier stands in the clear with his arms open and so that the pilot can see him. The members of the unit are hiding in the scrub and when the helicopter lands they all jump on board and are extracted. Open arms are the symbol of veterans being saved from death."

In 2002 Steve got involved with the counselling service that became Open Arms. He was the liaison person between the VVPPAA and Open Arms but is no longer performing this role. "A reciprocal arrangement developed with Open Arms. If one of Open Arms' clients wanted to make a claim, they'd be referred to the VVPPAA. And likewise, if the VVPPAA had a problem with emotional/behavioural issues, we'd refer the client to Open Arms. So, it was a nice tidy arrangement where we weren't leaving any holes in the net." Steve now works on compensation claims and refers people to Open Arms if they need counselling. Open Arms refers people to the VVPPAA if they need help with compensation claims.

Victoria Dawson

Salute Editor & Designer

Email: editor@tpinsw.org.au

Steve Emerson, OAM, JP

“Nasho” and Veterans’ Advocate

How Steve joined TPI NSW and became an advocate at the Veteran Support Centre

Following his return, from Vietnam, Steve worked for the Australian Gas Light Company (AGL), which was “ruled by retired military personnel”. In 1998 AGL was undergoing major organisational change. Steve says, “I was finding adapting to change extremely difficult.” Steve was working under duress and felt he was continually at odds with himself. He was trying to put his experiences in Vietnam behind him, but they kept coming back and he was in a bad place. At the time, Steve thought it was just a problem he was having with getting used to change.

Discussing the fact that 1998 was a long time after the Vietnam War, Steve says that the after-effects of war were swept under the carpet in years gone by. When you’d come home from war people would say, “Snap out of it and get on with your life”. But one of Steve’s colleagues at work had been to Vietnam and he knew about support that was available for veterans. Steve’s colleague suggested he go to the train at St Marys, the Vietnam Veterans Association of Australia (VVAA) where they helped Steve make a claim for compensation; he talked to a psychiatrist and was referred to do some courses at St John of God hospital in North Richmond.

During the courses, Steve sat with guys who were asking the same questions and “talking the same story” that he was. Steve realised that he was not alone. He did courses with police, ambulance officers, paramedics, firemen and a train driver. “They’d all been through traumatic experiences. And they had the same symptoms of post-traumatic stress disorder and other physical

ailments emanating from that.” Through the courses they did, they realised that drink and drugs – things that you might try to make you feel better don’t work – they make you feel worse.

Steve got his TPI in 1999 and joined TPI NSW. He became a director of TPI NSW in 2005. After Steve got his TPI he was thinking “what will I do now?” when he heard through his local RSL that the Vietnam Veterans, Peacekeepers & Peacemakers Association of Australia (VVPAA) NSW Branch at

**People would say,
“Snap out of it and get
on with your life”.**

Granville were looking for volunteers to run the office. Steve thought it was a golden opportunity. He was volunteering with other veterans and his spirits lifted. Steve is now on the committee of the Veterans Support Centre at Granville (Vietnam Veterans, Peacekeepers & Peacemakers Association of Australia, NSW Branch). Veterans of other more recent conflicts come to this centre because they have a reputation of being compensation advocates who get good results.

Steve says that advocates need to do a lot of research into what conditions veterans came across in a war. “If a veteran had a pack that weighed 52 kgs and a rifle and he was jumping in and out of helicopters, what kind of strain could this place on his back? And they’d lift the pack up 13 times a day. If the veteran was an infantry rifle man, what kinds of routines did he carry out on patrols? If he has a



Steve (top row, far left) in recruit training at Singleton. Photograph supplied by Steve Emerson.

back condition – lumbar, thoracic or cervical – he could get accepted for that condition if he did all that lifting. A rifle man carried 51.55 kgs of weight, the radio operator carried a bit more. The platoon commander carried a similar amount. So, they're all exposed to heavy weightlifting and not being given any safety instructions apart from, 'Get this on your back and run for your lives'. This has an effect on young developing bodies. These considerations are called Statements of Principles (SOPs), which cover most of everything that can go wrong."

Steve enjoys the process of research and dealing with compensation issues as part of his work at the VVPPAA. There are three Acts of Parliament which govern compensation (see boxed text on page X). "Depending on when you were away, you fall under one or two of those Acts of Parliament. So, it's quite an exacting process of researching the veterans' issues and we're looking at ways through the system so that they can be compensated."

Steve tells me that being an advocate is a fairly comprehensive mission. "When we were doing our training to be pension officers there would be all these case studies, and we'd go through the different circumstances that the veterans go through. It's a daunting prospect for one going through it for the first time to learn about it."

Steve's Early Life

Steve grew up in Coogee where he enjoyed surfing and playing sport at school. He went to South Sydney Boys High School at Maroubra. After obtaining his leaving certificate he started a career with the Australian Gaslight Company (AGL). The organisation was very militarised, old fashioned and had a lot of history. The organisation was formed in 1837 when they lit the streets of Sydney with gas lighting. Steve was a clerk at AGL and also worked in sales on the showroom floor.



Steve (left) with his friend Tex in recruit training at Singleton. Photograph supplied by Steve Emerson.

Steve is called up for National Service

Soon after he joined AGL Steve was called up to report to Marrickville Barracks. AGL kept his job open while he did his two years of National Service. Steve had no problem with being called up – he had an adventurous outlook, and his surfing mates were being called up as well. “A lot of people started their careers in the Army with the draft.”

A lot of young guys that Steve knew were keen to go over and test themselves out. “You get taught to look after yourself – to make your bed, wash your clothes and iron them!” After Marrickville Steve was transferred by bus to a large army training recruit camp in Singleton.

Steve was part of the third training battalion and they were split into sections, 12 in a section and 30

in a platoon. “We were instructed by gravelly-voiced loud abusing sergeants who didn’t mince words.” They had to learn the ropes of basic drill – marching and physical training, climbing rope nets and gym work, long runs, and forced marches of ten or 20 miles with their full complement of equipment – “your pack and your weapon”.

They learned about their weapons – the SLR self-loading rifle with 7.62 millimetre rounds. “We learned blindfolded how to take it apart, clean it and put it back together so we would never forget it. We were given a regimental number, that we

“You get taught to look after yourself – to make your bed, wash your clothes and iron them!”

had to memorise. We were well trained on the British system. We were taught to patrol quietly, to harbour up at night and make safe the area we were harboured up in.”

Steve left for Vietnam after doing a battle efficiency course at Canungra in Queensland. He was trained in jungle warfare by experienced soldiers. Steve says it was “three weeks of hell. We were climbing mountains, camping in the jungle and taking part in patrol duties in a simulated war zone. At the end of our confidence course, which included running across an open area under live fire, we had to climb a 30-foot tower and jump into the river. At that point our training was complete.”

Arrival in Vietnam

Steve and his fellow soldiers jetted into Saigon on a Qantas 707. The plane stopped in Singapore and when the soldiers got off the plane they had to put on civilian shirts and pretend to be tourists. This was because Singapore was neutral in the Vietnam war and couldn’t be seen to be aiding and abetting the South Vietnamese.



*Steve on the water tank at Luscombe airfield at Nui Dat.
Photograph supplied by Steve Emerson.*

Steve remembers clearly the air of adventure, the anticipation and excitement of what might happen. As they started to descend over Saigon they were coming in over squalor and bomb craters and saw the carnage of the place. Steve says "compared to Sydney with its pristine streets, Saigon was a hellhole. You could have heard a pin drop in the plane. People were looking out the window and saying 'We want to go home now.'"

When the plane doors opened, they were confronted by searing heat and humidity. The soldiers stepped out and were soon wet with sweat. The sky was full of helicopters, planes and jets. "It was a dose of reality for us. We were taken to an area where there were Caribou aircraft and we were transported by DeHavilland Caribou, which were twin engine transport planes, to Nui Dat."

Steve was part of the Royal Australian Engineers and was initially at Vũng Tàu for a short time. However he spent most of his tour at Nui Dat, which was the task force area where operations emanated from. Steve was part of a movement control group involved with moving personnel and freight in and out of Vietnam and within Vietnam.

Steve had one of three postings at Luscombe Field at Nui Dat to man the airstrip.

Saigon was the administrative capital of the armed forces. Coastal units were in Vũng Tàu and dealt with land transportation and sea traffic. The HMAS Sydney came there to drop off infantry personnel and they'd be transported to Nui Dat by open truck.

"We were regularly sprayed with Agent Orange. At the time we didn't know what it was all for. They were saying that it's a defoliant, like using Roundup. It was concentrated and it was found to be cancer

**"We were instructed
by gravelly-voiced
loud abusing
sergeants who didn't
mince words."**

causing in later studies." Exposure to Agent Orange contributed to a lot of disabilities and cancers. Steve says that the book *The Long Shadow* by Peter Yule provides a lot of research and answers on this issue.

Steve talked about the time that he and former TPI NSW President Pat Bright were caught in the propellor wash of a C-130 plane (Lockheed C-130 Hercules). The plane had an American pilot, and the aircraft was parked on the apron of bitumen at Luscombe Airstrip. It was a very hot day, and the aircraft had sunk into the tar. Steve and Pat were only 30 metres away from the plane. "The pilot started two engines and realised that he was bogged so he then started up all four engines and we got caught in a god-awful hurricane. There was gravel lying around, our shed got blown over and there was major damage."

"It scared the living daylight out of me." Steve had gravel and other things stuck in his skin. Years later Steve had nightmares about this incident. "I've



Steve in the Land Rover, with no doors and no roof, that he used to drive on his own between Nui Dat and Vŭng Tàu. Photograph supplied by Steve Emerson.

never seen Pat run so quickly as that day. Our shed had to be rebuilt. After that a perforated steel plate was laid in the apron of bitumen to prevent planes from getting bogged on hot days."

As part of his job, Steve did a lot of driving on his own outside the wire, between Nui Dat and Vŭng Tàu. Driving during the day was considered to be marginally safer than driving at night. However, Steve was driving a Land Rover that had no roof and no doors. (See photo on page X). "I had a rifle with me loaded with live ammunition, but I was on my own and very much a target. So, I drove as fast as I could in a highly anxious state."

"A lot of the members of TPI have had much worse experiences. There's a lot of guys who fought in the battle of Long Tan, which is one of the most notorious battles of the Vietnam War. They faced 2000 – 3000 members of the North Vietnamese

army who were trained up as well as we were. Eighteen Australians were lost at Long Tan."

Late one night a mob of guys were playing cards in Steve's tent. The artillery was going off but the card players were making so much noise they were nearly drowning out the artillery fire. Steve wasn't a card player, so he got out and went for a walk. He saw the Southern Cross from Nui Dat, it was a beautiful sight and made him feel homesick.

Steve was in Vietnam for 12 months and one day and "that was one year too long." ...When you're away in a war zone you concoct a utopian view of what it would be like at home. [You think] *I can't wait until I get out of here and get home and everything will be wonderful*. But there was nothing further from the truth, that's what a lot of guys found. They were spurned by the general public and the RSL didn't want to know them."



Steve when he received his OAM for his services to veterans and their families. Photograph supplied by Steve Emerson.

Steve started drinking a lot, trying to forget the war. "Once you get home you think, *My mates are still out there dying ... and nobody seems to care here.* This is the prospect before you – people are merrily living a carefree life, and you've just come home from the war. And it can make you feel aggressive. In hindsight I was suffering from survivor's guilt."

Steve was discharged at Holsworthy, and he was asked to stay on in the Army. "But I wanted to get out of the Army and get the green uniform off, get back to living a civilian life. You get an overdose of violence and war. War is hell. There's always a threat of bombs, rockets and attacks."

Steve came home from Vietnam in October 1970. He had a steady girlfriend, Pam, who he was with before he went to Vietnam. Steve and

Pam corresponded by sending each other cassette tapes while he was in Vietnam. They got married in 1972 and raised a family of three children – two boys and a girl. Their children are in their 40s and 50s now. Steve and Pam have been married for over 50 years and they have five grandchildren. "Pam has been with me right from the word go and I love her for it."

"When I got home, I spent 30 years at work wondering what was wrong with me." Steve told his boss at work that he was finding it difficult to concentrate, finding it hard to sleep and was having health problems. He ended up in a psych hospital – St John of God in Richmond, which was a very peaceful environment. He saw a psychiatrist who diagnosed him with PTSD.

In 2018 Steve was awarded an Order of Australia Medal, in the general division, for his services to veterans and their families. In an interview with Coast Community News Steve said "Being able to help veterans, ex-servicemen, and their families, with their pensions or their emotional issues, or whatever else I can, has been a wonderful way to spend the last 20 years. Helping people live their best lives after service is truly an honour." Read more here. (<https://coastcommunitynews.com.au/central-coast/news/2018/02/stephen-emerson-awarded-oam-services-veterans-families/?srsltid=AfmBOopFqXuwiE0DxPABgyB8H6GoTMmyUmV7UdqtwcUbfFFk68gmu6iX>)

Steve and Pam live at Bateau Bay on the Central Coast. Steve regularly paddles on Toowoon Bay on his standup paddle board. He finds it very therapeutic – "It's very calming and at the same time you're getting a reasonable workout."

Victoria Dawson

Salute Editor & Designer

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DVA Media Release

Parliament Passes New Veterans' Legislation

13 February 2025

On 13 February 2025, the Parliament passed the *Veterans' Entitlements, Treatment and Support (Simplification and Harmonisation) Act 2024* (the VETS Act). The government developed the improved legislation in response to the Interim Report of the Royal Commission into Defence and Veteran Suicide, which recommended the government simplify and harmonise the framework for veteran rehabilitation, compensation and other entitlements.

The legislation means that from 1 July 2026, the *Veterans' Entitlements Act 1986* (VEA) and the *Safety, Rehabilitation and Compensation (Defence-Related Claims) Act 1988* (DRCA) will close to new compensation claims. All claims received on or after 1 July 2026 will be determined under an improved *Military Rehabilitation and Compensation Act* (MRCA).

Payments being received under the VEA and DRCA prior to 1 July 2026 will be grand-parented, meaning that those payments will continue uninterrupted.

The start date of the new arrangements gives veterans, families and advocates time to familiarise themselves with the new system.

The Benefits to Veterans and Families

Consolidating the legislation into one act will result in a system that is easier for veterans to navigate and ensure more consistent compensation outcomes. A single act will also be simpler to

administer, benefiting veterans and families over time through more consistent and timely claim outcomes.

The act will implement a range of improvements:

- A new Additional Disablement Amount (ADA), similar to the Extreme Disablement Adjustment (EDA) available under the VEA, will be introduced. Like the EDA, the ADA will compensate veterans who are of Age Pension age or older and who have a high degree of incapacity due to service-related conditions.
- The Repatriation Commission will be able to specify injuries and diseases that can be accepted on a presumptive basis where they are known to have a common connection with military service.
- Eligibility for household services and attendant care will be expanded.
- The higher travel reimbursement amount, regardless of kilometres, will be available to all veterans when a private vehicle is used to travel for treatment.
- The automatic granting of VEA funeral benefits will be retained, with the benefit increasing to \$3,000, and funeral expenses up to \$14,062 for all service-related deaths will be reimbursed.
- Allowances and other payments will be standardised, including acute support packages, education schemes, and additional compensation for children of severely impaired veterans.
- The Repatriation Commission's ability to grant special assistance to veterans and their dependants will be enhanced.
- Veterans receiving DRCA incapacity payments will automatically transition to MRCA incapacity

payments on the date of commencement.

- Where the Repatriation Medical Authority updates a Statement of Principles (SoP) between the veteran's primary and reviewable decision, the version of the SoP which is most beneficial to the veteran's circumstances will be applied.
- The Repatriation Commission will be able to determine circumstances where a veteran must receive financial advice before receiving a lump sum payment, helping you make the right decisions.

The VETS Act – more information

We are committed to making it easier for you to navigate the veterans' compensation system. A range of resources and scenarios can be found on the dedicated Legislation Reform page on the DVA website (www.dva.gov.au/legislationreform). You may also wish to seek the advice of a compensation claims advocate or email any questions to legislation.reform@dva.gov.au

You can also stay up to date by following our social media channels and subscribing to our regular monthly newsletter, e-news, ([go to www.dva.gov.au/vetaffairs-and-e-news-subscriptions](http://www.dva.gov.au/vetaffairs-and-e-news-subscriptions))

Defence Media Releases



A restored Air Force Vampire aircraft at the History and Heritage Centre, RAAF Base Amberley, Queensland.

Photographer: Leading Aircraftman Campbell Latch

Return of the Vampire

5 February 2025

The RAAF's 23 (City of Brisbane) Squadron has acquired its first aircraft after a 65-year break from flying: a 1950s-era Vampire from the History and Heritage – Air Force Restoration Support Section (HH-AF RSS).

Formed in 1937, 23 Squadron operated a variety of aircraft types, from Hawker Demon biplanes at RAAF Base Laverton in Victoria, to WWII-era Wirraways in Papua New Guinea, to Vampire and Meteor jets at RAAF Base Amberley, Queensland. When the unit ceased flying operations in February 1960, one of these Vampires (A79-440) was mounted as a gate guardian near the entrance at Amberley. As the base expanded, more space was required, so the aircraft was taken down and sold.

HH-AF re-acquired the Vampire airframe in 2020 and a team of volunteers from the RSS began to restore it as a static display. Warrant Officer Paul Wendt, of RSS, said the team went to great lengths to return the aircraft as closely as possible to its original condition.

"This has been one of the best restorations we've done in a long time," Warrant Officer Wendt said. "It took our team of mostly volunteers about 18 months to complete.

"Our aim is to avoid refabricating parts as much as we can, so we ended up picking the best pieces from other aircraft and restoring them to their original condition."

Today, 23 Squadron is responsible for delivering safe and effective airbase operations, which includes airfield services, firefighters, physical training instructors, cooks, mechanics and air movements. 23 Squadron Warrant Officer Aaron Reynolds said refurbishment of the Vampire was an important reminder to all service members of the significance of their contribution to air power. "For 23 Squadron personnel, the restoration of

the Vampire is a reminder of the unit's historical contribution to Australian air power, and while we don't fly any more, we continue to enable the RAAF to operate across the globe right here from our base at Amberley," Warrant Officer Reynolds said.

The refurbished aircraft is now on display at the RAAF Amberley Aviation Heritage Centre.

Find out more about the Vampire aircraft in the short documentary [here](#)

Pilot Officer Timothy Sullivan

Defence Media

2025 Australia Day Honours

26 January 2025

ADF members from across the land, maritime, air, cyber and space domains have been recognised with military awards in the 2025 Australia Day honours list. The full list of 2025 Australia Day Military Awards can be seen [here](#).

Among the Australians honoured is Chief Petty Officer Matthew Lee Ostrowski, for meritorious achievement in support of the Collins Class Submarines. After heavy metals were detected seeping into drinking water aboard Collins Class submarines, Chief Petty Officer Matthew turned his office into a laboratory so he could quickly find a solution. He discovered a type of filter that could remove nickel and cadmium leaching from weld joints in the boat's pipes, eliminating the need to carry hundreds of litres of bottled drinking water on the already cramped submarines and potentially saving millions in repair costs.

It's what earned the UK-native a Conspicuous Service Medal as part of the 2025 Australia Day Honours. After creating a laboratory in the office where he could quickly test submarine water samples, he found a contractor who could supply



Chief Petty Officer Matthew with his wife and father after HMAS Waller berths alongside Diamantina Pier at Fleet Base West. He received a Conspicuous Service Medal during the 2025 Australia Day Honours. Photographer: Chief Petty Officer Damian Pawlenko.

filters to remove the heavy metals. Previously, there was a two-week wait to test water as it was sent off site. Chief Petty Officer Matthew and team then trialled different filters until he found one that worked, collecting and testing hundreds of samples along the way.

"We were looking at changing the pipe work because this contamination was coming from the welds throughout the pipes and tanks," Chief Petty Officer Matthew said.

"The remediation package would have been really intrusive, very expensive and it would have taken a lot of time. This was, you know, an easy, quick, simple fix in the end."

It's Chief Petty Officer Matthew's 26th year of service, first with the Royal Navy and now the Royal Australian Navy. He said to be recognised and honoured in this way was a memorable personal achievement. "To get that sort of recognition after you dedicate your life to something is huge," Chief

Petty Officer Matthew said. "But I'm cognisant of the fact it wasn't just me. I'm happy for the recognition for spearheading the concept but I wouldn't have been able to do it without the rest of the team."

Corporal Jacob Joseph and Defence News

Navy Leads Brumbies to Water

24 January 2025

Navy continues its support to elite Australian sporting teams, hosting the ACT Brumbies for a weeklong pre-season training camp at HMAS Creswell. HMAS Creswell physical training instructors (PTIs) led the Brumbies on teamwork and leadership challenges designed to test the physical and mental limits of the players.



Able Seaman Joshua McPherson sets the pace for Austin Anderson, of the ACT Brumbies Super Rugby Pacific Squad, at HMAS Creswell gymnasium.

Chief Petty Officer PTI Kristian Weldon said the focus was on building teamwork, resilience and trust within the team. "By engaging in hands-on tasks that require collaboration and mutual support, we've strengthened their ability to work together as a team," Chief Petty Officer Weldon said. "Encouraging everyone to rely on one another and develop deeper connections has been invaluable."

Chief Petty Officer Weldon also underscored the broader benefits of physical training and team building for the body and mind. "Team building and physical fitness play a crucial role in enhancing mental health and overall wellbeing," he said. "Fostering stronger connections within our teams, promoting resilience and encouraging active lifestyles can significantly reduce stress, boost mood and improve mental clarity. This leads to a healthy mind-body balance and can enhance long-term wellbeing."

This unique view of physical training and team building shines a light on the lesser known or sometimes overlooked benefits of exercise, like improved cognitive function and general wellbeing.

Captain of the Men's Super Rugby team, Allan Alaalatoa, said the camp was excellent.

"The PTIs ran some great team-building exercises that allowed us to strengthen our bonds and communication," he said. "The facilities and location are next level. I thought it was a perfect way to start our year."

The Brumbies weeklong training camp involved serials on the picturesque HMAS Creswell quarterdeck, in the gym and pool, as well as training and recovery sessions on Hyams Beach.

Sub-Lieutenant Jake Badior

Welfare Officers

ACT/Queanbeyan and surrounding districts

Pat McCabe, OAM0417 291 546

Batemans Bay

Michael Scrase, JP0418 461 066

Bega/Eden

Tony Toussain6495 1693

Kevin Webb6495 6975

Blacktown

Phil Hincks0414 761 032

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Kevin A Ley, JP4739 4978

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Phil Loomes0451 838 237

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Philip Hogan0488 423 497

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Basil D Stemp, JP4932 8008

Milton-Ulladulla (South)

Ross Johnson, JP4455 4882

Nowra

Ernie Payne0410 415 668

Port Macquarie

Bob Metcalfe0409 822 272

South Western Sydney (including

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Rodney Hoult4647 8010 / 0419 168 074

St George District

John A Graham, JP9718 2583 / 0411 809 936

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 62 – 63.

Social & Welfare Clubs

Blacktown & District TPI Social & Welfare Club

| | | | |
|---------------------------------|------------------|--------------|--|
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| 1 st Vice-President: | Ron Blakely | 0411 131 849 | rjb176@hotmail.com |
| 2 nd Vice-President: | Ian Brady | 9626 8823 | ibrady@bigpond.net.au |
| Honorary Secretary: | Kaye Shannon | 0408 714 667 | kandkshannon@bigpond.com |
| Assistant Secretary: | Dianne Botfield | 9872 2594 | malbotfield@hotmail.com |
| Treasurer: | Alan Jones | 9837 6885 | alanejones3@yahoo.com |
| Assistant Treasurer: | Lynne Northey | 0411 982 584 | lanceandlynne@gmail.com |
| Welfare Officer: | Steven Penman | 0451 016 906 | spenmanjp@yahoo.com.au |
| Assistant Welfare Officer: | Phil Hincks | 0414 761 032 | phil.hincks@gmail.com |
| Assistant Welfare Officer: | Ian Brady | 9626 8823 | ibrady@bigpond.net.au |
| Social Secretary: | Lynne Northey | 0411 982 584 | lanceandlynne@gmail.com |
| Grants Officer: | John Davison | 9636 7279 | davoddg38@gmail.com |
| Committee Member: | Ted Cooper | 4739 3074 | ked46@bigpond.com.au |
| Committee Member: | 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 & Northern District TPI Veterans Club

| | | | |
|------------------------|--------------------|--------------|--|
| President & Secretary: | Rod White, AM, RFD | 0419 477 179 | rdw1788@gmail.com |
| Treasurer: | Dave Coleman | 9499 9976 | |
| Welfare Officer: | Phil Loomes | 0451 838 237 | |

The Club meets on the first Tuesday of February, April, June, August, October & December at 1.00pm within the Hornsby War Memorial Hall, 2 High Street Hornsby. Founded in 1985, we cover Sydney Northern, from the Harbour to the Hawkesbury & the Northern Beaches Region.

Nowra & District TPI Social & Welfare Club

| | | |
|--------------------|-----------------|--------------|
| President: | Ernie Payne | 0410 415 668 |
| Vice-President: | John Carney | 0408 213 248 |
| Secretary: | Leanne Wehmeier | 0419 464 313 |
| Treasurer: | Mick Carden | 0402 444 315 |
| Welfare Officer: | Ernie Payne | 0410 415 668 |
| Social Secretary: | Leanne Wehmeier | 0419 464 313 |
| Publicity Officer: | Simon Carr | 0418 354 343 |

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 | 0403 157 938 |
| Vice-President: | Lindsey Hobden | 0475 114 360 |
| Secretary: | Maria Scragg | 0417 442 830 |
| Treasurer: | Alan Graham | 0435 084 246 |
| Social Secretary: | Ann Graham | 0416 772 775 |
| Welfare Officer: | Rodney Hoult | 4647 8010 / 0419 168 074 |

The Club meets on the second Tuesday of each month at 1pm at Ingleburn RSL, Chester Rd, Ingleburn.



Revellers at the Blacktown & District TPI Social & Welfare Club at their 2024 Christmas Lunch at Fox Hills Golf Club. From left to right: President of Blacktown & District TPI Social & Welfare Club Mal Botfield, TPI NSW President Kevin Kelly, Elf, TPI NSW CEO John Szabo and Santa.



Members of the Blacktown & District TPI Social & Welfare Club at their 2024 Christmas Lunch at Fox Hills Golf Club.

Social & Welfare Club Reports

Blacktown & District TPI Social & Welfare Club

2024 has gone and we are venturing into 2025 so Happy New Year to everyone. We had some great outings last year and finished with our Christmas Lunch at Fox Hills Golf Club. There were 67 people attending and about 46 hampers to be won, and the more tickets you bought the more chances you had of winning. A replacement Santa joined us for the first time to hand out presents to everyone and of course we had the elves to help.

We always start our year off with a BBQ at Plough and Harrow Park in February so everyone can catch up with each other after the Christmas

break and this year won't be any different.

We will be having a variety of outings throughout the year and hopefully a three-day trip to somewhere in September.

If you are interested in joining our group and having some fun rather than sitting at home, please feel free to ring any of the committee, our numbers are listed in the TPI magazine, and we are a very welcoming group of people.

Lynne Northey

Social Secretary

Email: lanceandlynne@gmail.com



TPI NSW CEO John Szabo with members of the Nowra & District TPI Social & Welfare Club at their 2024 Christmas party at the Archer Hotel.

Nowra & District TPI Social & Welfare Club

Hello Everyone

I hope the New Year sees everyone well. Our meetings are going ahead, and we are enjoying being able to use the facilities of the Shoalhaven Veterans and Family Hub for our meetings in one of their meeting rooms. The friendly staff and supplied biscuits and coffee make it a pleasant experience.

In December we went ahead with our annual Christmas party that was held at the Archer Hotel. They offered a nice friendly venue and ample space for people to spread out. We had a great turn out mainly due to the extra new members that we had from our morning tea in September. The food was a meal of roast meats and veggies and some plum pudding for dessert. The usual good company made for some varied and pleasant conversations.

We continue to expand our membership with

a few more veterans turning up that didn't get a chance to come to the morning tea we held but were still interested in joining.

Unfortunately, earlier this year we had to bid farewell to our ex-President, Jack Doullis. Jack passed away after a long illness. His funeral service was well attended by his friends and family and was streamed so that distant friend who couldn't attend could still partake in the service. He will be greatly missed by the club as he was a real gentleman and friend with a wealth of experience and stories.

Well, that is all I have for this issue. I hope everyone stays safe during this time and, also, keep an eye on our fellow members to ensure that they are all coping well.

Simon Carr

Publicity Officer

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

Committee man

Mobile: 0411 737 446 or

Email: davoddg38@gmail.com

Hornsby & Northern District TPI Veterans Club

Founded in 1985 as the Hornsby & District TPI Social & Welfare Club, TPI Veterans throughout the Sydney Northern District and across to the Northern Beaches, are encouraged to participate in our various activities.

We meet in the Hornsby War Memorial Hall, adjoining the Hornsby RSL Club & close to the rail station at 1.00pm, on the first Tuesday of February, April, June, August, October & December.

Partners are most welcome, especially to our occasional luncheons, social outings and commemorative events.

The success of our TPI Veterans club for nearly forty years is that it is the ideal forum for veterans enjoying others company, in a friendly and mutually respected environment.

For further details, please contact

Rod White

President & Secretary

Mobile: 0419 477 179

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

Leanne Wehmeier

Secretary

Mobile: 0419 464 313.



Banner of the Hornsby District TPI Veterans Club.

Photograph supplied by Raymond Davis.

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

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.

Open Arms Group Program Schedule

March to June 2025

BUILDING BETTER RELATIONSHIPS

Two Day Program

Wagga Wagga – Thursday 15 and Friday 16 May
Time: 09:30 – 16:30

DOING ANGER DIFFERENTLY

Online – 2 x 90 minutes sessions

Wednesday 26 and Saturday 29 March
Time: 13:00 – 14:30

Online – 2 x 90 minutes sessions

Wednesday 30 April and Friday 2 May
Time: 13:00 – 14:30

Online – 2 x 90 minutes sessions

Wednesday 28 and Friday 30 May
Time: 13:00 – 14:30

Online – 2 x 90 minutes sessions

Wednesday 25 and Friday 27 June
Time: 13:00 – 14:30

Two Day Program

Wagga Wagga – Thursday 24 and Friday 25 July
Time: 09:30 – 16:30

MANAGING PAIN

Online – 2 x 90 minutes sessions

Wednesday 2 April and Friday 4 April
Time: 12:30 – 14:00

Online – 2 x 90 minutes sessions

Monday 16 June and Wednesday 18 June
Time: 12:30 – 14:00

Two Day Program

ACT – Thursday 26 and Friday 27 June
Time: 09:30 – 16:30

RECOVERY FROM TRAUMA

Online – 2 x 90 minutes sessions

Wednesday 9 April and Friday 11 April
Time: 13:00 – 14:30

Two Day Program

Wagga Wagga – Thursday 19 and Friday 20 June
Time: 09:30 – 16:30

Online – 2 x 90 minutes sessions

Wednesday 25 June and Friday 27 June
Time: 13:00 – 14:30

RELAXATION AND STRESS MANAGEMENT

One Day Program

ACT – Friday 2 May
Time: 09:30 – 16:30

SLEEPING BETTER

Online – 2 x 90 minutes sessions

Tuesday 22 April and Thursday 24 April
Time: 12:00 – 13:30 SA time;
check time difference for NSW

Online – 2 x 90 minutes sessions

Tuesday 3 June and Thursday 5 June
Time: 12:00 – 13:30 SA time;
check time difference for NSW

GROUP PROGRAMS

BUILDING BETTER RELATIONSHIPS

A program to help you rediscover what's important in your relationship and to rebuild a relationship with your partner

- Focus on what works well to strengthen your relationship.
- Enhance the resilience of individual partners and the relationship.

- Create shared meaning through values and rituals of connection.
- Understand the emotions behind your partner's life dreams.
- Manage conflict positively and adopt a positive perspective.

DOING ANGER DIFFERENTLY

A program to help you understand anger and aggression

- Manage thoughts and feelings that contribute to anger.
- Learn how problematic anger develops and how to prevent aggressive behaviours.
- Understand the warning signs of anger.
- Develop skills to reduce heightened physical responses and anger.
- Manage unhelpful thinking and develop skills to communicate more effectively to improve relationships.

MANAGING PAIN

A program to help you learn about effective pain management strategies

- Understand the link between physical and psychological aspects of pain.
- Learn strategies to challenge/change unhelpful thoughts and behaviours.
- Discover important lifestyle factors for managing pain.
- Develop a Personal Pain Plan.

RECOVERY FROM TRAUMA

A program to help understand and manage the impact of trauma on you and your family

- Identify and reduce heightened physical responses to trauma.
- Manage avoidance behaviours and develop a

strategy to safely confront fearful situations.

- Learn how to modify unhelpful thinking.
- Develop skills to improve relationships and meet healthy lifestyle goals.

RELAXATION AND STRESS MANAGEMENT

Practical skills that can be used in everyday life to destress

- Discover mindfulness as a practice to shift focus from 'what has happened in the past' and 'what may happen in the future' to 'what is happening right now'.
- Learn strategies to alleviate a variety of conditions, including pain, stress and mild depression.

SLEEPING BETTER

A program to help you manage disturbed sleep

- Develop an understanding of the sleep process and factors impacting on sleep.
- Learn ways to reduce or eliminate factors detrimental to sleep and to introduce or enhance those beneficial to sleep.
- Explore and understand the impact of sleep disturbances on mood, behaviour and relationships.

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

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

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

