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# SALUTE

Official Journal of the Totally and Permanently  
Incapacitated Veterans' Association of New South Wales Limited  
Winter 2024

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# Free 12 Month Health and Fitness Program

*for Returned Veterans & Peacekeepers & ADF Firefighter Scheme*

Run on behalf of the DVA by Corporate Health Management, the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.

## Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

To check your eligibility visit: <http://www.veteranshearthealth.com.au/eligibility/>

## Individual Heart Health Program – How it works

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

The program covers a range of topics including:

- setting healthy goals
- nutrition and diet advice
- advice on lowering alcohol consumption
- developing better sleep patterns

- stress management
- managing diabetes
- taking care of your body
- managing your weight
- maintaining a healthy heart

## Program Exercise Resource – Exercise how You Like to

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

Resources can take the form of:

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

## Registering Your Interest

Registering your interest or checking eligibility is easy. Visit: <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps.

Call the program phone number, **1300 246 262**, at any time to speak to one of our team.

## Heart Health Team, DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:

## CHM Corporate Health Management Pty Ltd

Toorak Place, 521-529 Toorak Road, Toorak VIC 3142

Direct line: 1300 246 262

Email: [hearthealth@chm.com.au](mailto:hearthealth@chm.com.au)

Web: <http://www.veteranshearthealth.com.au>



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Monday – Thursday

9am to 4pm, Friday Closed

# SALUTE



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

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

*• Representation • Wellbeing • Camaraderie • Commemoration*

Non-sectarian – Non-political

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# From the Editor

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## Our Front and Back Covers

### Front Cover

Troops of the 8th Battalion, The Royal Australian Regiment (8RAR), disembark from the troopship RAN Majestic class aircraft carrier HMAS *Sydney (III)*, at Vung Tau harbour. During the Vietnam War, HMAS *Sydney* visited Vietnam on 24 occasions, transporting troops and equipment. She became affectionately known as the 'Vung Tau Ferry'. Photograph produced by RAN Public Relations. AWM Accession Number NAVYM0413/04.

### Back Cover

On a rainy day in September 1950 at Kure docks, Hiroshima, Private (Pte) Ronald Edward ('Nugget') Dunque, a member of the band of the 3<sup>rd</sup> Battalion, The Royal Australian Regiment (3RAR), prepares to board the United States Navy troopship *Aiken Victory* (not in view) which is about to transport the battalion to Pusan and the war in Korea. Pte Dunque is carrying a tuba and an Owen submachine gun, the barrel of which is pointing upwards behind the musical instrument. Behind him are several other soldiers, most of them wearing ponchos, and the buses which have brought the men from Hiro barracks. Pte Dunque later won a Military Medal at the Battle of Kapyong. AWM P01813.576

### **Salute ISSN 2981-8478 (Print)**

### Greetings TPI members

In 2025 TPI NSW will celebrate its 90th birthday. As part of this important milestone, we will be publishing the history of the Association. We are calling on all members, families and friends of TPI NSW to contribute, where possible, to this important project. See the article "Writing the History of TPI NSW" on page 7 for further information about this project.

TPI NSW member Ray Carlin has released a new book, *Boy Scout to Battlefield and Beyond*. A Balmain boy who almost failed high school – Ray Carlin tells a story of resilience, perseverance, leadership, loyalty and mateship. Carlin's autobiography details his rise to the rank of Sergeant during the Vietnam War, followed by an illustrious career in the Australian Federal Police. Information about *Boy Scout to Battlefield*, including how to purchase Ray's book, appears on page 17.

This issue of *Salute* includes feature articles on a wide range of topics. "The Story of the Lone Pine", starting on page 32, traces the history of the Lone Pine from Gallipoli in 1916 to its many plantings in Australia, including a grove planted at the National Arboretum in Canberra in 2010. Thank you to TPI Federation President Pat McCabe for alerting us to this story.

An article about the Kokoda Track Memorial Walkway at Concord starts on page 37 and includes a spotlight on Alice Kang, OAM. Alice started work as a nurse at Concord Hospital in the 1970s

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

and by the early 1990s had become the hospital's Executive Officer. Working in conjunction with the hospital's General Manager, Alice was instrumental in the initiation and development of the Walkway and has been the Honorary Secretary and Director of the Kokoda Track Memorial Walkway since 1998. Thank you to TPI NSW member Keith Pratt for pointing us towards this story.

Starting on page 42 are two articles about the Battle of Binh Ba that took place in Vietnam from 6 to 8 June in 1969. The second article, "Over the Battle", starting on page 45, is an eyewitness account of the battle by Peter Rogers, DFC, who witnessed the battle from above in a Light Observation Helicopter.

Finally, this issue of *Salute* has two first-hand accounts about health issues – "Take Heart!" by TPI Vice President Phil Hurren on page 50, and "Why is Balance Important?" on page 52 by TPI NSW member Keith Pratt. These useful articles will be relevant to many TPI NSW members.

The fourth of a series of articles on legal matters appears on page 21 – "Legal Issues When You're Thinking of Downsizing" by Terry Doust, Matthews Folbigg Lawyers. Matthews Folbigg Lawyers help TPI NSW with legal matters including the Association's new constitution. Matthews Folbigg Lawyers offer a 10% discount to TPI NSW members who mention the Matthews Folbigg listing in the TPI NSW *Concessions* booklet. A new TPI NSW *Concessions* booklet is being sent to members along with this issue of *Salute* and will also shortly be available online at the Association's website.

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

Thanks to all of 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.

### **Salute Editorial Committee**

Victoria Dawson

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[jh.rsbsb@bigpond.com](mailto:jh.rsbsb@bigpond.com)

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.

If you receive the monthly E-Newsletter you may notice that some items that appear in the E-Newsletter also appear in *Salute*. The reason for this is that the majority of TPI NSW members have not provided their email addresses and prefer to receive the printed version of *Salute*. Reprinting

certain items from the E-Newsletter in *Salute* is to ensure that all members get the same information.

### Contributions

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](mailto: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](mailto:editor@tpinsw.org.au)

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

### Send Us Your Email Addresses

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

### 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](mailto:editor@tpinsw.org.au)**



**OUR MISSION IS TO PROVIDE**

**our MEMBERS**  
with support in four key areas:

 <b>Representation</b>	 <b>Wellbeing</b>
 <b>Camaraderie</b>	 <b>Commemoration</b>



**Find us on Facebook [here](#)**

# Notice Board

## 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 25/6/24

Tuesday 23/7/24

Tuesday 27/8/24

Tuesday 24/9/24

Tuesday 22/10/24

Tuesday 26/11/24

### Do you have a reunion or function happening?

Let us know and we can advertise it.

## Items for sale at the Association's Office

**Tie:** dark blue, maroon, gold diagonal stripes with TPI

badge design **\$25.00**

**Mini badge** **\$6.00**

**Car stickers** **\$1.00**

## Good Service

If anyone is getting good service or a discount from a business then share it with the rest of the members, or if you want a discount, approach the owner/manager of the business and simply say "Would you consider giving a discount to Totally and Permanently Incapacitated Veterans, there are 2,400 in the state and I'll get your business mentioned in *Salute*, the TPI members magazine, and maybe get some more business."

Get the following particulars from the owner/manager:

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

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

### Widows/Widowers

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

# TPI Association of NSW Christmas-in-July Luncheon

The TPI Association of NSW Christmas-in-July Luncheon will be held at Barracks on Barrack, Level 1, 5 – 7 Barrack Street, Sydney on **Tuesday 9 July 2024** 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: **Thursday 27 June 2024**.

**Mail: GPO Box 4429, Sydney NSW 2001    Email: [office@tpinsw.org.au](mailto:office@tpinsw.org.au)**

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



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.   

EXPIRY DATE   

CVV NO.   

CARDHOLDER NAME: \_\_\_\_\_

AMOUNT: \$ \_\_\_\_\_    SIGNATURE \_\_\_\_\_

# Writing the History of the TPI Veterans' Association of NSW

## We Want Your Contributions!

In 2025, we will celebrate the 90th birthday of the Association. As part of this important milestone, we will be publishing the history of the Association. We are calling on all members, families and friends of TPI NSW to contribute, where possible, to this important project.

Because the Head Office has moved on several occasions a lot of files, photos, presentations etc have been lost over time.

A briefing paper has been prepared for a historian to be appointed to write a history of the TPI NSW Veterans' Association. The briefing paper acknowledges that our head office files are "a bit thin on the ground". Therefore, the historian will have to rely on computer research (Trove etc) and any materials supplied by you. This material could include photos, files, news clippings, memorabilia etc.

In addition, certain TPI NSW members will be able to provide oral histories.

So please send to head office any photos, articles, newspaper clippings etc to assist in this important undertaking.

Please mark your envelope "History Project" and send to:

TPI Veterans' Association of NSW,  
GPO Box 4429, Sydney NSW 2001

## For more information

Please call Kayleen Hoolihan, Wellbeing Officer, on (02) 9235 1466 or email Kayleen at:

[wellbeing@tpinsw.org.au](mailto:wellbeing@tpinsw.org.au)

## Kayleen's days and hours

June 2024: Monday to Thursday: 9am to 4pm

July 2024 onwards: Monday to Wednesday: 9am to 4pm.



*Light Horse lead the Anzac Day March, Kelly Street, Scone, ca. 1935. Photographer: J.A. Smith. From the collection of the State Library of New South Wales [www.sl.nsw.gov.au](http://www.sl.nsw.gov.au).*

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# President's Report

April 2024

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**Note:** Some of the following is from an address by TPI NSW Vice President Phil Hurren on behalf of President Kevin Kelly. The address was given at an Association meeting at Blacktown RSL Club on 13 March 2024.

The TPI Veterans' Association of New South Wales was started in 1935 as a point of focus for veterans receiving the Special Rate Pension. For many decades, the Association's main purpose was to campaign for TPI veterans so they could gain the maximum allowable government benefits to compensate for their injuries during their military service, and consequent inability to work. The Association also acquired real estate to provide temporary respite or emergency accommodation for TPI veterans. Now, the Association must set a new purpose to secure its future as a provider of services and support to its members, both current and future.

The landscape for TPI veterans has changed significantly in recent years. Very few veterans are being granted TPI status by the federal government. There are also major legislative changes on the horizon which are likely to end the TPI category of veteran, and "grandfather" existing TPIs. As a result, our membership numbers have been steadily declining and will continue to fall because of both the ageing of our current members, and the lack of new members joining the Association.

The TPI Board of Directors began the task of planning for the future of the Association in early 2022. This included a detailed member survey sent to all our members, to which we received a 60 percent rate of response. In the survey, we asked our members to tell us what they would like the

TPI Association to do with its substantial assets and what future activities to undertake for members. Overwhelmingly, our members responded that they would like TPI NSW to provide more support to them and their families, and that they would like to widen the membership criteria to allow other veterans who were injured during their military service to be allowed to join the Association.

As a result of this extensive feedback from our members, a strategic plan for 2022 to 2024 was developed whereby we set out the Association's mission to support our members in four key areas:

- (1) representation
- (2) wellbeing
- (3) camaraderie, and
- (4) commemoration

In the 2022 – 2024 plan, we also set four strategic goals as follows:

- (1) improving support to our members
- (2) planning for the long-term future of the Association
- (3) developing a property and financial strategy, and
- (4) implementing best practice corporate governance.

The directors believe that the Association should now refine its purpose, whilst also incorporating the mission and goals from the 2022 – 2024 strategic plan, as follows:

- (1) Further improve support to our members.
- (2) Build a sustainable organisation.

Achieving these goals will require some major decisions on the best use of the Association's real estate assets. We are in the fortunate position of having a strong asset base that will allow us to implement the new purpose and goals.

The board has resolved that it is time to update the strategic plan and identify specific areas where we can extend support to our existing members, attract new members and continue the important work carried out since 1935 for TPI and other injured veterans.

In developing the Association's strategy for the future, the Board must consider the legal framework for charitable public benevolent organisations such as ours. We are a registered charity governed by the rules of the Australian Charities and Not-For- Profits Commission. That requires the Association to provide relevant services and support to reach the widest possible range of our members.

The report by CEO John Szabo in this issue of *Salute* more specifically discusses the road ahead. Following John Szabo's report, further information regarding the future of our organization is provided

by TPI NSW Director John Hoban in his summary of the TPI Veterans' Association of NSW Member Information Session at Blacktown RSL Club, 13 March 2024.

### **Condolences**

On behalf of TPI NSW, I'd like to extend our sympathy to Association President Kevin Kelly for the recent loss of his beloved wife, Pamela. Board members and others connected with TPI NSW have been thinking of Kevin and his family at this sad time.

### **Phil Hurren**

**Vice President, TPI NSW**

**Acting President, TPI NSW**

**Phone: 0419 258 446**

**Email: [philhurren@tpinsw.org](mailto:philhurren@tpinsw.org)**



*TPI NSW Wellbeing Officer Kayleen Hoolihan and Salute Subeditor Alexandra Kaufman at the Blacktown meeting.  
Photographer: Victoria Dawson.*

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# From the CEO

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**Note:** The following is from my address at a member information session held on 13 March 2024 at Blacktown RSL Club.

In considering the road ahead for TPI NSW, I recall that when I started with the Association a few years ago, the future of the Association was uncertain and could be summed up in two words – lights out. In other words, there was no clear idea of a future purpose for TPI NSW. The expectation was that the Association would run out of members over the next several years, would sell its properties when no longer required and transfer all its funds to a like-minded organisation (but definitely not to the RSL!).

And that was the strategy of TPI NSW. It would certainly save a lot of work, effort and time (perhaps blood, sweat and tears) to continue this way. Lights out would be the easiest option. But wouldn't that be a shame! It would be a shame to not put this organisation with a very strong brand, reputation, and assets to better use for as many injured veterans as possible. We have an opportunity to create a new purpose growing out of our original purpose, but to also move with the times. And from that new purpose, we can build a legacy for the future.

The "President's Report" in this issue of *Salute* highlights these two very resonant points, being:

- future purpose; and
- legacy.

Our purpose is what we want to do for current and future TPI members. TPI NSW was set up with a very clear purpose – i.e., helping TPI veterans with their benefits and providing temporary housing. But that purpose is now virtually redundant and most of our members have other needs that are not being met. All our members have their full TPI benefits. We recently employed Kayleen Hoolihan

as our wellbeing officer. Kayleen has spoken to hundreds of our members since she started and has found that many TPI NSW members have needs including help with financial, legal, health, aged care, and bereavement issues.

We therefore need to strive to create a new purpose for the TPI Association. Otherwise, it will be left behind, with nothing to do other than turn out the lights.

From a new purpose, we can set out to build a legacy for the members and for the veteran community.

Our legacy is what we want to leave for the future. Based on our new strategy, we plan to build a legacy for future veterans injured in their military service. If we can develop a new and very clear purpose, then there is no need for a lights out strategy, and a legacy can be built – to provide charitable and benevolent services to support our current and future members for many years into the future. So how do we proceed:

First, we must build a sustainable organisation. An important part of that is being financially sustainable; being able to cover day-to-day operational costs, the cost of new services and the costs of having the right people and structures in place to implement our future priorities. That will mean more paid staff to carry out services and provide support to members, and the use of outside subject-area experts from time to time. It may also mean partnering with other like-minded ex-service organisations to extend their services to our members.

As we know, most of our assets are tied up in real estate which generates a very low income but incurs ever-increasing costs. Therefore, we will start rationalising the Association's assets – and that ultimately means selling our



*From left to right: Tasso Papachatgis, an independent consultant engaged by the Association to facilitate the strategic planning process, John Szabo, CEO of TPI NSW and Peter Hersh, OAM, chartered accountant and consultant to many not-for-profit organisations at the meeting at Blacktown on 13 March 2024. Photographer: Victoria Dawson.*

residential real estate holdings. We will seek the best possible professional advice to invest the funds conservatively in order generate a much stronger income return to help us provide more services. We would also see savings from reducing the costs of holding real estate. Members need to understand that our property holdings are barely breaking even. This rationalisation process and additional income will allow us to further develop our existing set of values – which are: **Camaraderie, Commemoration, Representation and Wellbeing.**

These are the fundamental values of the TPI Veterans' Association, and we will build on them for current and future TPIs. A sustainable organisation

should provide the opportunity to do so.

Our key objective over the next three years is to hold our current number of members at 2,400. Our membership numbers are declining and there are legislative headwinds ahead. To hold our member numbers steady (let alone increase them), we need to widen our membership criteria and consider accepting any veteran who can no longer work due to their military service. This will require changes to our constitution through a vote by the members.

We are planning to build an even stronger team of staff to serve members and roll out services that fit very well with our values. For example:

- increasing opportunities for member gatherings in regional areas

- creating new communication channels with our members (and potential members)
- undertaking a membership drive for younger veterans
- broadening educational scholarships, beyond only family members of TPIs to TPIs themselves who want to return to the workforce after military service
- creating a referrals scheme/network to support TPI members with health care, aged care, and related matters
- running education seminars in areas such as estate planning, personal financial planning, and transition to aged care
- supporting advocacy for members through the ongoing sponsorship of the TPI Federation
- partnering with other veterans' organisations for social and camaraderie events
- extending support in regional areas beyond Sydney.
- setting up new social and welfare clubs for members, including the younger cohort
- setting up a small grants program to financially support (where appropriate) like-minded organisations or activities that provide direct assistance to injured veterans.

The TPI NSW board and staff firmly believe we have some exciting opportunities ahead for the Association to reinvigorate itself with a new purpose and leave a legacy of help and support to veterans injured due to their military service.

Over the last few months, we ran a series of workshops where we looked at four key issues for TPI NSW:

- Where are we now?
- Where do we want to be?
- What stands in our way?
- And what are we going to do to address these?

Through that process, we are pleased to announce our new Mission Statement:

***To build a sustainable organisation that provides all members with support, camaraderie, and a lasting legacy.***

Now, some information about our members:

- We currently have 2,400 members. Most of those are in NSW, with a handful in other states.
- The vast majority (78 percent) of members are aged over 76. Only 2% are aged under 60.

I'd like to briefly provide information about our balance sheet:

- We hold residential properties that were last valued at just over \$14 million dollars.
- These properties generate a return of less than \$100,000 per annum. That is a return of 0.7% per annum. The rental income barely covers the associated property expenses.
- Alternatively, a return of around 4% on those assets would generate additional income of about \$500,000 per annum, which could be put towards services to members.
- There are 21 tenants and the income that is forgone by the Association is worth almost \$20,000 per year as a subsidy to each tenant.

I look forward to working with Association members towards creating a sustainable organisation. Maximising the help we can offer to past, present and future veterans injured through their service will ensure a bright future for TPI NSW. Following is a report by TPI NSW Director John Hoban describing the development and goals of TPI NSW's Strategic plan for 2024 – 2026. This report is based on information presented at the meeting of TPI NSW members held on 13 March 2024 at Blacktown RSL Club.

**John Szabo, CPA**

**CEO TPI NSW**

**Email: [info@tpinsw.org.au](mailto:info@tpinsw.org.au)**

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# TPI NSW Member Information Session at Blacktown RSL Club

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Well over 100 members and guests attended a TPI Veterans' Association of NSW meeting at the Blacktown RSL Club on 13 March 2024 to be briefed on the Strategic Plan for 2024 – 2026. The plan has resulted from several workshops over recent months and follows on from the successful completion and implementation of the previous plan for 2022 – 2024. The workshops were run by expert consultants and involved the Association's Board members and other selected TPI members

living in the Sydney metro area. The meeting at Blacktown was designed to include consultation with a wider membership to obtain feedback.

Acting President of the TPI NSW Board, Phil Hurren, welcomed members and guests and outlined the background to and purpose of the meeting. Guests included DVA Deputy Commissioner for NSW and ACT, Victoria Benz, our *Salute* magazine editors, Victoria Dawson and Alexandra Kaufman, our new Wellbeing Officer,



*Tasso Papachatgis, an independent consultant engaged by the Association to facilitate the strategic planning process, chats to a member of TPI NSW and his guest at the Blacktown meeting. Photographer: Victoria Dawson.*

Kayleen Hoolihan and our CEO, John Szabo.

Phil Hurren stated that, in 2022, the TPI NSW Board decided on a number of important actions:

1. It decided to send a survey to all members which asked questions about a wide range of issues affecting the TPI Veterans' Association of NSW. As a result, 60% of members responded to the survey and gave very valuable input for the guidance of the Board.
2. The second thing the Board decided to do was to develop a strategic plan for the years 2022 – 2024. Information from the survey informed several long strategic planning sessions. The output from this process was a good strategic plan for the Board to implement during the 2022 – 2024 period. I am pleased to report that most of the goals from that plan have been achieved. Some examples:
  - We have now appointed a Wellbeing Officer, Kayleen Hoolihan, who will be the major point of contact for our members who seek advice or assistance.
  - A professional historian has been appointed to write the history of the TPI Veterans' Association of NSW. Dr Allison O'Sullivan will commence work on this project in June 2024. Each member will be sent a copy of the history in 2025.
  - We have improved our communication to members and a new Constitution was written and approved.

Acting President Phil Hurren stated that the purpose of the Blacktown meeting was to outline the details of our strategic plan for the period 2024 – 2026.

The key elements of the new strategic plan are to:

- Attract new members
- Improve support to our existing members
- Build a sustainable organisation.

As pointed out by our CEO John Szabo, building a sustainable organisation means that we must make better use of our existing assets so we

can provide a higher level of service to a greater number of members. This will include selling our residential real estate assets when the opportunity arises. Phil stressed that this can only be achieved in a caring way and in line with our values as an organisation committed to the wellbeing of its members. The good news is that the outcome from this process will provide annual cash flow to finance improved services to all our members.

Also at the Member Information Session, Peter Hersh, OAM (a chartered accountant and consultant to many not-for-profit organisations) gave an informative talk on the legal status of the TPI Veterans' Association. The Association is recognised by government as a public benevolent Institution (PBI) – which is the gold standard in not-for-profit organisations. Peter also provided a PowerPoint presentation about the demographics of our members and their locations around NSW and Australia; a summary of the assets of the Association; and an outline of the various tax concessions available to PBIs such as TPI NSW. Peter emphasised that to maintain its charitable and tax-exempt status, a PBI must undertake benevolent activities for the broadest possible range of members of its community.

Tasso Papachatgis spoke about the strategic planning process and how it was undertaken over the past six months, through a series of workshops and one-on-one sessions with TPI NSW directors, staff, and members. Tasso is an independent expert consultant engaged by the Association to facilitate the strategic planning process. The sessions were very positive and collegial, and the group was unanimous in its conclusions as to the outlook and plans for TPI NSW to be presented to the members.

Victoria Benz from NSW DVA gave a very interesting update on recent developments from her department, including the proposed rewrite of veterans' legislation. Details will be provided in upcoming issues of *Salute*.

The meeting concluded with a good Q and A

session. A key outcome from the meeting is that the TPI Veterans' Association of NSW now has an agreed new charitable purpose, which is to:  
***“Build a sustainable organisation that provides all of our members with support, camaraderie and a lasting legacy.”***

**John Hoban**

**TPI NSW Director and Member of *Salute* Editorial Committee**

**Email: [jh.rslsb@bigpond.com](mailto:jh.rslsb@bigpond.com)**

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# Booked Car with Driver (BCWD) Service Update

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Directors

For the information of you and your Members, DVA has advised that the Department has launched an infographic to clearly explain eligibility and access to the BCWD service. The graphic is available on the DVA Website at [www.dva.gov.au/bcwd](http://www.dva.gov.au/bcwd) and will be released in the upcoming issues of Vetaffairs (<https://www.dva.gov.au/about/news/vetaffairs>) and DVA e-news (<https://www.dva.gov.au/newsroom/latest-news-veterans/latest-edition-dva-e-news-out-now>).

Following a request for clarification of this information, DVA has now advised,

“They can confirm that Veteran Gold Card holders (including TPI veterans) aged 79 years or younger are not required to provide information about the condition for which they are travelling to access treatment.

“The DVA staff member will need to confirm that Veteran Card holders (Gold and White) aged 79 years or younger (excluding those who are legally blind or living with dementia) are travelling to one of the specified treatment locations, and that they meet one of the Booked Car with Driver threshold

medical condition access criteria.

“While this is considered standard protocol, I acknowledge at times there may be occasions where additional information is being requested from clients that is not fundamental to completing a transport booking. I have asked for staff to be reminded that Veteran Gold Card holders aged 79 years or younger are not required to provide additional details about the treatment being provided as part of the BCWD booking process.”

Can you please advise should you know of any TPI who has been unable to obtain DVA transport, for any reason?



**Ms Pat McCabe, OAM**  
**TPI Federation President**

**Phone: 0417 291 546**

**Email: [federation@tpifed.org.au](mailto:federation@tpifed.org.au)**

**Website: [www.tpifed.org.au](http://www.tpifed.org.au)**

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# Introduction of the Safeguarding Australia's Military Secrets Bill 2023

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Please see attached flyer from Department of Defence regarding the application of the new Safeguarding Australia's Military Secrets (SAMS) Bill. This can be passed onto your members.

Kind regards,

**ESORT Secretariat**

**Department of Veterans' Affairs**

**E: [ESORT.Secretariat@dva.gov.au](mailto:ESORT.Secretariat@dva.gov.au)**

## **What is the Safeguarding Australia's Military Secrets Bill 2023?**

The "Safeguarding Australia's Military Secrets (SAMS) Bill 2023" was introduced into Parliament in September 2023 to amend the Defence Act 1903. Submissions were invited, and closed on 16 November 2023. The bill passed through the Senate on 27 March 2024, and will take effect 28 days after the Royal Assent process and it being signed into law by the Governor-General. The purpose of the new legislation is to establish a framework to regulate the work that certain former Defence staff members can perform without a "foreign work authorisation"; and the training that Australian may provide without a 'foreign work authorisation.

All ADF and APS members continue to have a responsibility to protect Defence's official information, assets and intellectual property after they transition from the ADF or separate from Defence. This includes the secrecy of the skills and knowledge gained through employment with Defence. They must also consider if there will be any potential for a real or perceived conflict of interest when taking up employment with a private sector organisation, including any foreign affiliations that organisation may have.

The SAMS Bill is intended to ensure that sensitive Defence information remains in Australia's control. It will prevent and discourage post-Defence employment by foreign militaries.

## **Will it apply to you?**

Do not assume it will not apply to you. The SAMS Bill will apply to all former ADF and former Defence APS personnel, irrespective of rank or employment or how long ago they worked for Defence. The SAMS Bill also contains provisions that apply to all Australian citizens and permanent residents which means it also applies to Defence industry partners including contractors and consultants.

The SAMS Bill will require former ADF and Defence APS employees who intend to, or who are currently working for, a foreign military, foreign government or foreign government entity to undertake the process of obtaining a foreign workforce authorisation. The application process will consider each individual's circumstances and, where appropriate, will inform the individual if they are exempt from the legislation. For example, the SAMS Bill enables the Minister for Defence to exclude classes of former Defence personnel from the requirement to apply for authorisation. Former Defence personnel who work for companies directly tasked by the Australian Government are excluded from this legislation as are individuals working for the United Nations or the International Committee of the Red Cross.

Other exemptions (Ministerial Legislative Instruments) may apply in terms of the country for whom the work is being performed and the period of time that has passed since an individual has performed a particular role. This period will be influenced by the type of work performed by an individual.

You can access the latest version of the Bill on the Defence website or direct from the Australian Parliament website. (Defence Amendment (Safeguarding Australia's Military Secrets) Bill 2024 ([aph.gov.au](http://aph.gov.au)).

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# Energy Bill Relief for Households

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DVA has provided the following advice on a rebate for energy bills.

The Commonwealth, state and territory governments are working together to provide targeted and temporary electricity bill relief to eligible households.

You can get bill relief if you are the primary electricity account holder or, for some energy providers, another named account holder on your electricity account. You must also hold a Pensioner Concession Card, a Commonwealth Seniors Health Card or a Veteran Gold Card.

Your household can only get one bill relief rebate, even if there is more than one eligible person living there. You can only get this bill relief for your principal place of residence. How much you get depends on where you live, with between \$175 and \$500 available to targeted households and \$325 to \$650 available to small businesses.

If you are eligible, are not named on the bill and you pay for electricity, contact your electricity provider to discuss your options.

If you live in Queensland or Western Australia, you do not need to take any action because these state governments are including this energy bill relief in their state rebate programs, which are being given to all households.

If you currently receive energy concessions, in most cases the electricity provider will automatically apply the bill relief to your electricity account and you do not need to do anything. This will reduce the amount you owe on your next bill. How and when this happens depends on where you live as each state and territory may do things a little differently.

If you don't receive energy concessions, please go to [energy.gov.au/bill-relief](http://energy.gov.au/bill-relief) to find a link to your state or territory with instructions about what to do. This could be to contact your energy provider or your state/territory government with your concession card type and the DVA file number on it. Give them consent to check your card online for payment of the rebate.

If you get your electricity from your strata or landlord in a caravan park, apartment building, retirement home or village and your household is eligible for the bill relief, you will not automatically receive the rebate. However, you will be able to access a direct payment through your state or territory government.

Please check [www.energy.gov.au/bill-relief](http://www.energy.gov.au/bill-relief) for the latest information."

The rebate can be obtained by going through MyGov (if you have it) or by calling your energy provider in your state or territory. There are different payment methods for this rebate for each state and territory.

The information for your State or Territory can be found at –

- [ACT](#)
- [Northern Territory](#)
- [NSW](#)
- [Queensland](#)
- [South Australia](#)
- [Tasmania](#)
- [Victoria](#)
- [Western Australia](#)

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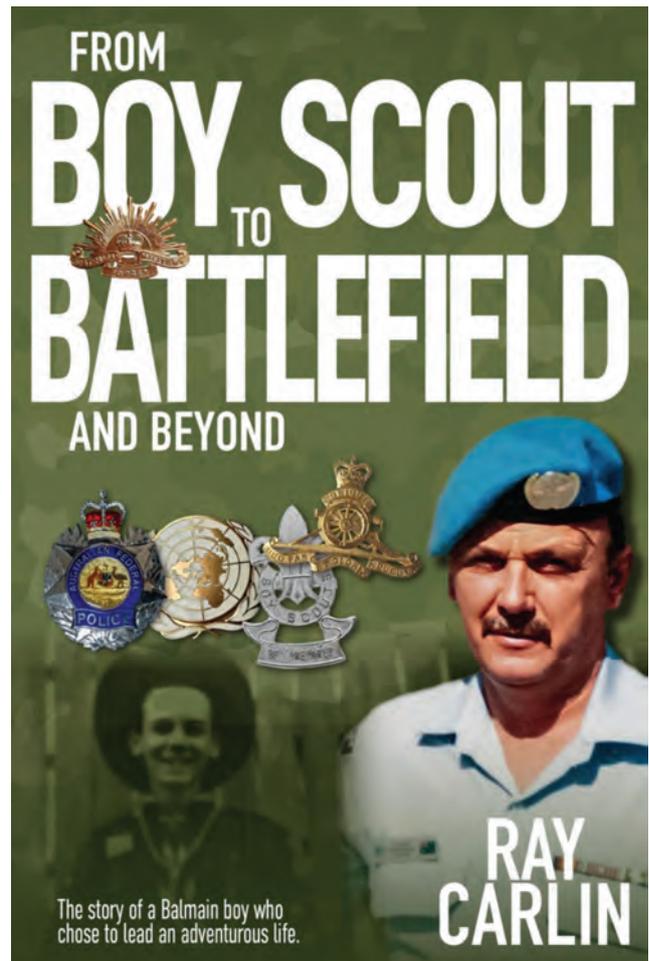
# From Boy Scout to Battlefield and Beyond

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A Balmain boy who almost failed high school – Ray Carlin tells a story of resilience, perseverance, leadership, loyalty and mateship. Carlin’s autobiography details his rise to the rank of Sergeant during the Vietnam War, followed by an illustrious career in the Australian Federal Police.

As a youth, Carlin attained the Queen Scout Award in the Boy Scouts, whilst working for a Sydney printer’s supplier. He then enlisted in the CMF (Army Reserve) at age 17 in 1960, where he qualified as a Sergeant. In 1968 Carlin enlisted in the Australian Regular Army to serve in Vietnam and again qualified as a Sergeant before taking his discharge in 1974 to enlist in the Commonwealth Police Force. He later became a Federal Agent of the Australian Federal Police, where he was designated a Detective at the rank of Sergeant.

Whilst in the AFP he served in Major Crime, the Drug Branch, and Close Protection as well on a number of task forces. He also served as a UN Civilian Police officer in Cyprus in 1986 and again in 1992 – 1993. In 1994 – 1995 he served as an International Police Monitor with the US-led Multinational Force in Haiti. In 1998 he retired from the AFP, obtained a Private Investigators licence and started his own business doing insurance and bank card investigations. In 2000 he accepted a seven month contract with the AFP to serve as a UN Civilian Police officer in East Timor. It is a story of a lifetime of service to the Australian community and is a good example of what a young Australian can



achieve even when he or she misses out on their preferred career.

The book has 379 pages and over 100 photographs, most in colour. It retails for \$45 plus \$10 postage in Australia. Order here:

<https://fromboyscouttobattlefieldandbeyond.com>

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# Financial and Legal Advice for TPI NSW Members

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TPI NSW Wellbeing Officer, Kayleen Hoolihan, has been fielding many enquiries regarding TPI NSW members' needs for legal and financial advice. These enquiries have included concerns about selling one's principal residence to transition to retirement living or aged care. Kayleen has also become aware of misinformation on veteran blogs regarding overseas portability of the TPI pension.

Open Arms cautions veterans against "opinion shopping" for financial and legal advice. The TPI Veterans' Association of NSW is not accredited to provide its members with financial or legal advice. TPI NSW recommends that veterans seeking financial or legal assistance ensure that advice is obtained from qualified and reputable professionals. Below are some good starting points for TPI NSW members seeking appropriate financial or legal guidance.

## Financial Advice

Open Arms recommends the following services for financial advice:

### The ADF Financial Services Consumer Centre

(ADF Consumer) provides financial and consumer education. The site contains useful resources such as

- information on superannuation schemes
- a financial advice referral program that lists financial advisors with no remuneration-based conflicts of interest.

Website: <https://adfconsumer.gov.au/>;  
Initial contact can only be made via an online contact form: <https://adfconsumer.gov.au/contact-us/>

## Bravery Trust

Bravery Trust provides emergency financial relief for and veteran specific financial counselling. Website: <https://braverytrust.org.au/financial-counselling/>  
Phone: 1800 272 837.

## Head to Health

Head to Health is not specific to veterans. However, Open Arms says "Mental health and financial safety are strongly linked. Experiencing a mental illness can add to financial stresses, and financial stresses can add to a mental illness."

Website: <https://www.headtohealth.gov.au/about-us>  
Phone: 1800 595 212.

Links to the above and other financial management services are provided at the Open Arms website: <https://www.openarms.gov.au/living-well/manage-finances>

## Legal Advice

### The Veterans' Advocacy Service

The Veterans' Advocacy Service is a specialist service provided by Legal Aid NSW. Legal advice appointments are free and for an allocated time. A lawyer will listen to you talk about your problem, ask some follow up questions, and help you decide what to do next. They might be able to provide help with short documents if you do not have a lawyer.

Website: <https://www.legalaid.nsw.gov.au/my-problem-is-about/my-right-as-a/veteran/veterans-advocacy-service#accordion-7cdca75fff-item-2e3c5606de>



Phone: (02) 9219 5148 (reverse charges accepted).

If, following an initial consultation, you do not qualify for further free legal help from the Veteran's Advocacy Service you can obtain a referral to a suitable solicitor through the

### **Law Society of NSW**

Website – <https://www.lawsociety.com.au/register-of-solicitors>

Phone – (02) 9926 0333.

### **Financial and Legal Advice**

The Seniors Rights Service offers legal and financial advice on a range of matters. The advice provided

by this service includes residential aged care and strata committee issues. The Seniors Rights Service also offers advocacy regarding aged care services.

Website: <https://seniorsrightsservice.org.au/about/>

Phone: 1800 424 079 or (02) 9281 3600.

### **Kayleen Hoolihan**

**TPI NSW Wellbeing Officer**

**Email: [wellbeing@tpinsw.org.au](mailto:wellbeing@tpinsw.org.au)**

### **Alexandra Kaufman**

**Salute Subeditor & Features Writer**

**Email: [subeditor@tpinsw.org.au](mailto:subeditor@tpinsw.org.au)**

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# Legal Issues When You Are Thinking of Downsizing

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There are good reasons to want to downsize as one gets older. Your house may be getting too big for you and too big to maintain. You may wish to know that assistance is available and medical attention in the event of emergency. Or you may just wish to retain your independence and not move in with family members.

Often this comes down to a choice as to whether you move into a smaller home or unit, or whether you move into a retirement village.

Moving into a retirement village takes away the need to be concerned about maintenance etc and gives access to help when it is needed.

## Retirement Village Considerations

Retirement Village homes are legally very different – you have a contractual right by way of a licence to occupy a particular unit and share facilities subject to the terms of the contract.

It is important to note that a licence (rather than a lease) means that the right to occupy is personal to you. It is not something you can sell. You do not obtain legal title to ownership of the unit you occupy.

Each state has its own way of approaching these types of contracts. In NSW, retirement village contracts are regulated under the Retirement Villages Act.

This legislation attempts to balance the rights of the retired person moving into a retirement village with the village operators' need to control the premises as a whole and deal with a variety of issues arising from the nature of the facility.

Retirement village contracts reflect this – and the basic terms must be explicitly disclosed. Some

of the terms that should be included:

- There must be an upfront disclosure statement. A retirement village operator must provide a full contract setting out all financial terms and expenses.
- The cost for preparing a contract must not exceed the prescribed amount (approximately \$200).
- All contracts must have a cooling off period of seven business days and all money must be refunded if the cooling off rights are exercised.
- New residents get a settling in period of 90 days from the date of occupation, with most moneys to be refunded if you pull out.

The form of retirement village contracts is relatively easy to follow, however, advice should be sought to ensure you understand the financial implications, the relationship with the operator, and payments for additional services and facilities.

You need to consider the financial terms. On the one hand, usually the village operator must pay for the costs of capital items and cannot impose recurrent charges to recover this.

On the other hand, your incoming contribution does not increase in value and there may be departure fees. For example, there may be a fee per each year of occupation (for example, 3% of the entry fee to a maximum of the first five years) to be deducted from the return of the initial contribution as an exit fee.

In effect, by entering into a retirement village you trade off the benefit of owning your own home against having a more suitable form of accommodation during retirement and access to a level of care. Accordingly, each contract needs



*Terry Doust, Principal, Matthews Folbigg Lawyers – Specialist in Property Law, Wills and Estate Planning.*

to be reviewed carefully. It is most important you understand the departure fees, other costs and services charges.

### **Selling Your Property**

The process of selling and buying presents its own challenges. There will be costs in selling (agents fees, legal fees) and costs of buying (legal fees and stamp duty).

It is a requirement in New South Wales that a Contract for Sale be available with your agent prior to the property being offered for sale.

The agent will present an agency agreement which you need to read. The agent's commission is set out and there here may be other fees added in such as auctioneer's fees, advertising fees and marketing costs, or these may be included in the commission. You need to be clear about the costs.

If you have any concerns about the agency agreement including costs, time issues and your obligations, you should have your legal advisor carefully review the agency agreement with you.

Agents often recommend a sale by auction. If your property is sold at auction there is no cooling off period and both parties are bound to the

contract immediately.

In NSW if the property is sold by private treaty, the purchasers will have a five-business-day cooling off period and lose only 0.25% of the purchase price if they cool off. A vendor cannot cool off – this is a right for the purchasers only, to allow the purchasers to finalise their finance and do any other inspections they require. It is possible to require a purchaser to waive their cooling off period. Reverse mortgages can be an alternative to selling to retire and can have the benefit of providing funding for you to retire whilst at the same time allowing you to stay, if you so choose, in your current family home. Reverse mortgages do however need to be carefully considered and Matthews Folbigg will include an article on reverse mortgages in an upcoming edition of *Salute*.

Our best piece of advice – talk to family or friends you respect and always seek legal and financial advice early on. If you require advice on selling, retirement village contracts or reverse mortgages, our property lawyers at Matthews Folbigg can assist. Contact us at (02) 9635 7966 or through our website – <https://www.matthewsfolbigg.com.au>.

Veterans enjoy a concessional rate.

**DISCLAIMER:**

This article is provided to clients and readers for their general information and on a complimentary basis. It contains a brief summary only and should not be relied upon or used as a definitive or

complete statement of the relevant law or advice in any way.

**Terry Doust**

**Principal, Matthews Folbigg Lawyers – Specialist in Property Law, Wills and Estate Planning**

**Email: [terryd@matthewsfolbigg.com.au](mailto:terryd@matthewsfolbigg.com.au)**

**Phone: (02) 9806 7420**

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# New Members

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

Loomes	Philip Andrew	Major	7 SIG Regiment, DSD, LHQ, ARMY HQ, HQ FORCOMD, School of SIGS, 1 COMBAT SIG Regiment, 8 SIG Regiment, Australian Army
Morris	Peter Charles	Chief Petty Officer	Perth, Stalwart, Jervis Bay, Kanimbla, Shoalwater, Yarra, Royal Australian Navy
Thompson	Kurt Anthony	Lance Corporal	2/14, B SQN 3/4, 2nd Cavalry Regt, Australian Army
Redmond	Geoffrey Richard	Private	1 ARU, 6 RAR, Australian Army
Smith	Christopher Roger	Corporal	Royal Australian Electrical and Mechanical Engineers, (RAEME), 101 FD Workshops, 1 Transport SQN, 1 SIG Regiment, Australian Army
Van Den Heuvel	Kenneth	Sergeant	RAAF School of Technical Training, 2 Stores Depot, 478 Squadron, Base Squadron Butterworth, 486 Squadron, 482 Squadron, 501 Aircraft Maintenance Squadron, 503 Wing, RAAF School of Management and Training Technology, RAAF Security and Fire School, 302 Air Base Wing, Royal Australian Air Force

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 63 in this issue of *Salute*.

## MEMBERSHIP RENEWAL FORM

To renew your membership for 2024, 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 be able to accept membership renewals by telephone.**  
Under banking legislation, all payments require a signed authority from the payer.

<b>NAME</b>	<b>TPI BADGE/MEMBER NUMBER</b>
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<b>ADDRESS</b>
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<b>SUBURB</b>	<b>STATE</b>	<b>POSTCODE</b>
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<b>TELEPHONE (HOME)</b>	<b>TELEPHONE (MOBILE)</b>	<b>EMAIL ADDRESS</b>
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Is this a change of address? **Yes / No** (please delete whichever does not apply)

<b>NEXT OF KIN NAME</b>	<b>RELATIONSHIP</b>	<b>CONTACT NO</b>
<b>ADDRESS</b>		

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.

<b>TOTAL PAYMENT</b>	<b>\$</b>
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**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.

<b>CARD NO.</b>							
<b>EXPIRY DATE</b>							
<b>CVV NO.</b>							

**CARDHOLDER NAME:** \_\_\_\_\_

**AMOUNT: \$** \_\_\_\_\_      **SIGNATURE** \_\_\_\_\_

# 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.*



Abrahams	John Joseph	Stoker 1st Class	Royal Australian Naval Reserve, (RANR), Royal Australian Navy
Baker	Brian John	Craftsman	A Squadron, 3 <sup>rd</sup> Cavalry Regiment, Australian Army
Brown	Kerrin Ronald	Private	Headquarters 1 <sup>st</sup> Australian Task Force, Headquarters 1 <sup>st</sup> Australian Logistic Support Group, Australian Army
Buckley	Eric Bryce	Chief Petty Officer	HMAS Derwent, HMAS Vampire, Royal Australian Navy
Chalker	John Edward	Warrant Officer	Base Support Flight, Royal Australian Air Force
Collins	Grahame John	Gunner	12 <sup>th</sup> Field Regiment, Australian Army
Cullen	David Jackson	Corporal	2 RAR, Australian Army
Dawson	Terry Alfred	Sergeant	2 <sup>nd</sup> Composite Ordnance Depot, 2 <sup>nd</sup> Advanced Ordnance Depot, 35 Water Transport Squadron, Australian Army
Dodds	Peter Rivoallan	Private	Headquarters, 1 Company RAASC, Australian Army
Grigg	Frederick Ronald	Sergeant	36 Squadron, Royal Australian Air Force
Howes	Alan Richard	Lieutenant Colonel	6 FF Group, Australian Army
Ibbett	Kevin David	Able Seaman	Royal Australian Navy
King	Kevin David	Private	85 Transport Platoon RAASC, Australian Army
Lankshear	Frederick Martin	Squadron Leader	Richmond, Butterworth, Royal Australian Air Force
Leeman	Wilfred	Private	36 <sup>th</sup> Battalion, Australian Army



*Sunrise on a canola farm in Central West NSW. Photographer: Leah-Anne Thompson, Shutterstock.*

Lipman	Neville Morris	Able Seaman	HMAS Duchess, Royal Australian Navy
Manning	Terence Charles	Sergeant	35 Squadron, 38 Squadron, Royal Australian Air Force
McInnes	Robin	Warrant Officer	RAAF Police HQ, Royal Australian Air Force
McKenzie	Allan David	Sergeant	532 Signal Troop, Australian Army
Piper	Robert Keith	Corporal	1 RAR, Australian Army
Purkis	John Matthew	Corporal	8 RAR, Australian Army
Raue	Peter Gerard	Lieutenant Colonel	(RASVY) 2 FD SVY Squadron, Australian Army
Ware	Brian Sydney	Private	4 RAR, Australian Army

## My Vietnam Veterans' Anzac Day 2024

Today when I hear those sombre notes of The Last Post,  
And that Rightful sadness besets, I will remember  
Empty chairs in family homes, where men and women  
Who served are missing from family tables,  
Where the laughter of Freedom ought to be.

I will remember the innocence of children and young people,  
Looking into uncertain futures beset, with avarice; dogmas;  
Of human manufactured Climate threats; of enslavement  
To devices; poor incomes; poor prospects for shelter;  
Of people dislodged from homelands, then despised.

I will remember my partner,  
Who has tolerated those lasting scars of war, selflessly!  
The ones within that are not visible at a glance,  
That mask the horrors of conflict and that urge to win,  
But in reality, simply set a stage for future dilemmas.

I will remember this Country's "blackfellas",  
Who despite the war they fought from 1788  
Through to now, have been slaughtered or denied existence  
And when they did fight in "recognised" wars,  
Alongside old conquerors, they were denied medals or thanks.

I will also remember deeply, past mates,  
Who I stood beside, and who put self-interest second,  
To give all of us that extra time  
To enjoy this wonderful Country and Its "Opportunities"  
I WILL remember, Lest we forget!

**Graeme Foley**

**3RAR First tour 1967 – '68**

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# Letters to the Editor

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**Editor's Note:** The following email was forwarded by TPI NSW President Kevin Kelly.

**Wednesday, 7 February 2024**



**No. 9 Squadron Association Inc**

Dear Kevin,

I have received this most generous offer from Matthew Dahlitz of the Australian Military Aviation History Association.

Matthew was instrumental in getting our 9 Sqn History book to completion and printed and now he is undertaking another huge task. If you are able to assist either by donation of history or funds please do so as this is a worthwhile project.

**Matthew:**

I would like to extend a free membership offer to all your association members for our website (primarily to engage in the forums but also to read and see other things that won't be anywhere else).

If your members would like to register as Support Crew and use the code **9sqnassn2024** they will have free access.

Of course, if anyone does want to financially support us they can register as a paid member or give a one-off donation.

I sent out an email recently offering some tips on navigating our site and that can be read here <https://mailchi.mp/dahlitzmedia/australian-military-aviation-history-as-video-essays-1259888>

Let me know if there's anything else I can do to help your members with our site and content or any clarification needed.

Kind regards,

**Matthew Dahlitz**

**President of the AMAHA Inc.**

The Australian Military Aviation History Association Inc. is a not-for-profit association aiming to promote Australian military aviation history by way of video essays, interviews, and written material.

[SUPPORT US HERE](#)

Ph. 0433 415 441

Zoom Room: <https://zoom.us/j/9927520149>

<http://www.australianmilitaryaviation.com.au/>

AMAHA

PO Box 4535

Springfield, QLD

Australia 4300

**Sunday, 31 March 2024**

Dear Alexandra,

Having read the article re Cheap Charlie in the latest issue of *Salute*, I may be able to assist with a touch more info for you.

I am of the belief that the words were written by an Education officer, Lt (Rod?) Kelliher, I think that is how it is spelled.

On at least two occasions, I happened to be on night duty with him, he being the Duty Officer and I the duty Sgt.

He gave me a typed copy of the words to the "song". This was in the year of service '66 - '67.

I did hear that he has passed away since. Perhaps a former member of the Corps could throw more light on this.

All the best,

**Brian Iselin**

Peregian Springs QLD 4573

## Cheap Charlie Update

Following our article on the infamous *Cheap Charlie* or *Bar Girls' Lament* in the Autumn 2024 issue of *Salute*, we have received correspondence regarding the origin of the song lyrics.

We have been contacted by Brian Iselin, who served in Vietnam with the Vũng Tàu based 1<sup>st</sup> Australian Logistical Support Group (1ALSG). Brian writes that on at least two occasions he was on night duty as Duty Sergeant along with Duty Officer Lieutenant Brian Kelleher of the Education Corps. Brian Iselin recalls that, in his service year of 1966-67, Lieutenant Kelleher presented him with a typed copy of the *Cheap Charlie* lyrics. So, it's clear that Lieutenant Kelleher either authored the *Cheap Charlie* lyrics or, at the very least, had a hand in spreading the word!

Many thanks to Brian Iselin, Bob Shiels, Peter Jorm and David Pym for this information.

### Alexandra Kaufman

**Salute Subeditor & Features Writer**

**Email: [subeditor@tpinsw.org.au](mailto:subeditor@tpinsw.org.au)**



*Detail from group portrait, 1ALSG Officers' Mess, circa 1967-68. Lieutenant Brian Kelleher is second row from top and second on the left. Photograph supplied by David Pym.*

## 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.

# Reunions & Functions

## 10<sup>th</sup> Intake National Service Reunion – 1967 to 1969

**WHEN:** Most attendees have already booked from Tuesday 22 October till Tuesday 5 November 2024.

**WHERE:** Sawtell Beach Holiday Park - 5 Lyons Road Sawtell NSW 2452. 1800 200 555. Suggest book early and quote Booking Number 122855 to secure 10% discount. Mention army reunion or 10th intake reunion.

**WHO:** All those who were called-up October 1967 plus wives and partners. Overseas service not a prerequisite.

**SERVICE:** Thursday 24 October 2024 at 0800 hours. Memorial Service at Lyle Rose Park behind the Sawtell RSL (medals please). Wreath layers and other duties to be confirmed. At 0900 hours there will be a big sit down hot breakfast at the RSL. 10th intake to subsidise. News regarding a special guest to be announced later.

**OLD CAMP KITCHEN:** There will be morning teas - BYO drinks and eats. Also HAPPY HOUR at 1600 hours or alternatively at various sites in the park. Singalong sessions in the evening. Cards and intriguing board games.

**DINNERS:** There will be organised dinners either at the RSL, Bowling Club (Chinese) or a Fish restaurant

(Fishtales). The RSL puts on very cheap pensioner lunches every day.

**ACTIVITIES:** There will be Barefoot Bowls, Croquet, and Disc Bowls. The State of Origin winner to be inscribed on the John Mason Memorial trophy. The State of Origin Trivia team winner will be inscribed on the Richard Irons Perpetual trophy. Return grudge match - Barefoot Bowls with the Beenleigh Boys versus 10th Intake.

**OTHER ACTIVITIES:** Coffee sessions down the Sawtell main street. Secret Women's Business. Trips to the hinterland for lunch. Bush walking. A whiteboard in the Camp Kitchen showing activities will be on hand.

**LAST NIGHT:** Pizza dinner in the Camp Kitchen partly subsidised by 10th Intake. Discussions about the 10th Intake cruise in March 2025 - several couples already booked. Safe journey home to get ready for October 2025 get together.

**REGISTRATION:** No entrance or registration fees. Donations graciously accepted. Guests permitted.

**Richard Barry, OAM**

**Email: richyvon47@hotmail.com**





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

## HQ1ATF Association 2024 and D & E Platoon Reunion

**Hahndorf, South Australia**

**21 November to 25 November 2024**

**Discovery Hahndorf Resort**

**145A Mount Barker Road, Hahndorf, SA 5245**

**Phone: 1 300 763 836**

**Email: [hahndorf@discoveryparks.com.au](mailto:hahndorf@discoveryparks.com.au)**

**Website: [discoveryholidayparks.com.au](http://discoveryholidayparks.com.au)**

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

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

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

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

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

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

The 2022 Reunion photos are now on our website ([www.hq1atf.org](http://www.hq1atf.org)).

For further information contact:

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

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

**PO Box 328, Gladesville, 1675**

**Telephone: 0437 212 121**

**Email: [jeverhelst@gmail.com](mailto:jeverhelst@gmail.com)**

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# The Story of the Lone Pine

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On the Gallipoli Peninsula, Lance Corporal Benjamin Charles Smith collected pinecones to commemorate his brother Mark. Private Mark Smith of the 4<sup>th</sup> Australian Infantry Battalion was killed on 6 August 1915, the first day of the Battle of Lone Pine. After the end of the battle, on 10 August 1915, Mark's brother Benjamin gathered cones from branches used by the Turkish forces to cover their trenches. Benjamin sent the cones home to his mother, who was able to germinate two seedlings. One of the seedlings was planted at Victoria Park in Inverell, NSW, where the Smith brothers had enlisted.

In 1934, Mark and Benjamin's mother presented



*Private Mark Smith (aka Mark Drice) of the 4<sup>th</sup> Australian Infantry Battalion was killed at the Battle of Lone Pine.*



*This is the original "lonesome pine" that Anzac troops saw at the Lone Pine battlefield. The tree was used as target practice and was destroyed in the early part of the battle. The photograph was taken circa August 1915. AWM Accession Number A03228.*

the other pine tree to the Australian War Memorial in commemoration of her son and others who had died at the Battle of Lone Pine. Prince Henry, Duke of Gloucester planted this tree at the Australian War Memorial (AWM) on 24 October 1934. Only the Memorial's foundation had been built at the time, so the tree stood alone in an almost empty paddock.

Another Australian soldier who had fought at Gallipoli, Thomas Keith McDowell, brought a cone from the Lone Pine Battle site back to his family in Victoria. McDowell reportedly said to his aunt Emma Gray, "Here, Auntie, you've got a green thumb. See if you can grow something out of this." From this, four seedlings were sprouted. These seedlings were planted at various locations in Victoria. The first of these trees planted, in 1933



Left to right: ACT Chief Minister Jon Stanhope, MLA, Governor-General Ms Quentin Bryce and President of the ACT Branch of the RSL Mr John King at the November 2010 planting of 102 Turkish pines at the Canberra Arboretum.

**McDowell said "Here, Auntie, you've got a green thumb. See if you can grow something out of this."**

at Wattle Park in Burwood, Victoria, is still standing. The tree planted in 1934 at the Australian War Memorial also still stands.

However, there is a difference between the two pines. Both can be traced to the Lone Pine Battlefield on Gallipoli Peninsula, but the tree at the AWM is an Aleppo pine (*Pinus halepensis*), whereas

the tree in Victoria is a Turkish pine (*Pinus brutia*). While the Aleppo pine is considered a close relative of the Turkish pine, these trees are generally classified as two separate species. The classification of the two as different species has been made despite their capacity to interbreed. The native range of the Aleppo pine is to the west of Turkey, while the Turkish pine is native to the Gallipoli Peninsula. The Aleppo pine has been introduced into many parts of the world, including the Syrian city of Aleppo from which it was first botanically described.

Turkish soldiers brought Aleppo pines from areas beyond the Gallipoli Peninsula as material to roof their trenches. The Turks also used the Turkish pines growing on the Peninsula to roof trenches. The original Lone Pine was the sole survivor of a group of Turkish pines scattered around the Peninsula that had been cut down to roof trenches. The original Lone Pine was used for target practice and destroyed during the famous battle. While both Aleppo and Turkish pines are connected to the Battle of Lone Pine, some argue that only Turkish pines can be considered "direct descendants" of the Lone Pine that stood on the battlefield. However, Aleppo and Turkish pines (in addition to other pine species) continue to be planted across both Australia and New Zealand and identified as lone pines.

On Thursday 4 September 2008, ACT Chief Minister Jon Stanhope, MLA, joined the Prime Minister of Australia Kevin Rudd, MP, to plant lone pines on the summit of Veterans (Dairy Farmers) Hill at the Canberra Arboretum. Several other dignitaries took part in the planting including the Turkish Ambassador to Australia, His Excellency Mr Murat N Ersavci and the High Commissioner for New Zealand, His Excellency Dr John Larkindale. The six trees planted on this occasion were Aleppo pines donated by the Turkish Embassy and grown from seeds of the Aleppo pine planted in 1934 at the Australian War Memorial.



*Prince William watches Princess Kate helping to plant an Aleppo pine at the Australian War Memorial on Anzac Day in 2014. This tree was derived from the first commemorative pine planted at the Australian War Memorial in 1934.*

On 12 November 2010 the Governor-General Ms Quentin Bryce, AC was joined by ACT Chief Minister Jon Stanhope, MLA and representatives of the RSL and other ex-service organisations to plant 102 Turkish pines near the Aleppo pines planted earlier at the Arboretum. The planting of these 102 Turkish pines was to commemorate the more than 102,000 Australians who had died serving in conflicts from 1860 up to the time of planting. On 9 October 2011 ex-service representatives planted an additional five Turkish pines near to the other pines; Ms Pat McCabe, OAM, current President of the Australian TPI Federation took part in this planting.

On Anzac Day 2014 Their Royal Highnesses the Duke and Duchess of Cambridge – William and Kate – laid wreaths at the Australian War Memorial on the Stone of Remembrance. They also planted an Aleppo pine that had been propagated from the tree planted at the Memorial in 1934. Prior to the 2014 royal planting, William and Kate were

presented with a wooden reproduction of the Victoria Cross for Australia, which included material from the original Aleppo pine planted at the Memorial.

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Today, lone pines grow across Australia and New Zealand in living commemoration of the Anzacs who fought at Gallipoli. A lone pine also stands at the Battle site as part of the Lone Pine Cemetery and Memorial to the missing in Turkey. Seeds from the Aleppo pine planted in 1934 at the Australian War Memorial were used to generate the lone pine at the memorial in Turkey.

As the sun was beginning to set on 6 August 1915, a first wave of 1,800 Australian soldiers advanced on the Turkish trenches. When the first group of Australians reached the front-line Turkish trenches, they found that a thick covering of pine logs prevented easy access to the trenches. At the same time, Turkish soldiers fired on the Australians



*Fourteen years after the planting at the Canberra Arboretum, the 102 Turkish pines have grown into a healthy grove.  
Photographer: Alexandra Kaufman.*

## **Turkish soldiers fired on the Australians at point blank range through specially cut holes in the pine roofing.**

at point blank range through specially cut holes in the pine roofing. But subsequent waves of Australian soldiers fired into the roofs of the trenches and also attacked the roofs with bayonets and grenades. Some of the Australians found their way into the Turkish trenches through gaps or by lifting the pine logs. Other Australians ran past the roofed front-line Turkish trenches, gaining access to open Turkish communication and support trenches behind the front line. In the darkness and cramped conditions of the trenches the fighting

turned into a melee. But it soon became clear that the Australian forces were stronger than the Turkish and the Australians quickly captured the main Turkish line. Over the next three days heavy fighting ensued, but Turkish attempts to recapture their lost ground were not successful and the Turks withdrew on the afternoon of 9 August. A situation of stalemate had been reached between the Anzacs and the Turks, which lasted until the Allied evacuation from Anzac Cove at the end of 1915.

The losses on both sides at the Battle of Lone Pine were extremely heavy. A member of the Australian 2<sup>nd</sup> Field Ambulance wrote of the Lonesome Pine Trench captured by the Australians: Turkish bodies were "lying there five feet deep and our fellows had to fight standing on the top of them. Bombs would make a still further mess of the corpses, fleas were there in abundance and beautiful large maggots [were] beginning to make their appearance". An Australian commander wrote



Lone Pine Cemetery and Memorial in the former Anzac sector of the Gallipoli Peninsula, Türkiye. Photograph by Gary Blakeley, CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

of an Australian trench that it was “so full of our dead that the only respect that we could show them was not to tread on their faces, the floor of the trench was just one carpet of them”.

Of the 4,600 Anzacs sent into battle 2,277 were killed or wounded at Lone Pine. Estimates of Turkish losses range from 5,000 to 7,000. Seven Australians were awarded Victoria Crosses for their actions during the Battle of Lone Pine. The Battle of Lone Pine forged an enduring emotional bond between the people of Australia and Türkiye, which is reflected in Turkish words on the Mustafa Kemal Atatürk Memorial on Anzac Parade in Canberra:

***Those heroes that shed their blood and lost their lives ... You are now lying in the soil of a friendly country. Therefore rest in peace. There is no difference between the Johnnies and the***

***Mehmets to us where they lie side by side here in this country of ours ... You, the mothers who sent their sons from faraway countries, wipe away your tears; your sons are now lying in our bosom and are in peace. After having lost their lives on this land they have become our sons as well.***

The Atatürk Memorial is the only memorial to an enemy commander on Anzac Parade, Canberra. In the centre of the memorial is a time capsule containing soil from Gallipoli. And lone pines have been planted to surround the memorial.

**Alexandra Kaufman**

**Salute Subeditor & Features Writer**

**Email: [subeditor@tpinsw.org.au](mailto:subeditor@tpinsw.org.au)**

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# The Kokoda Track Memorial Walkway

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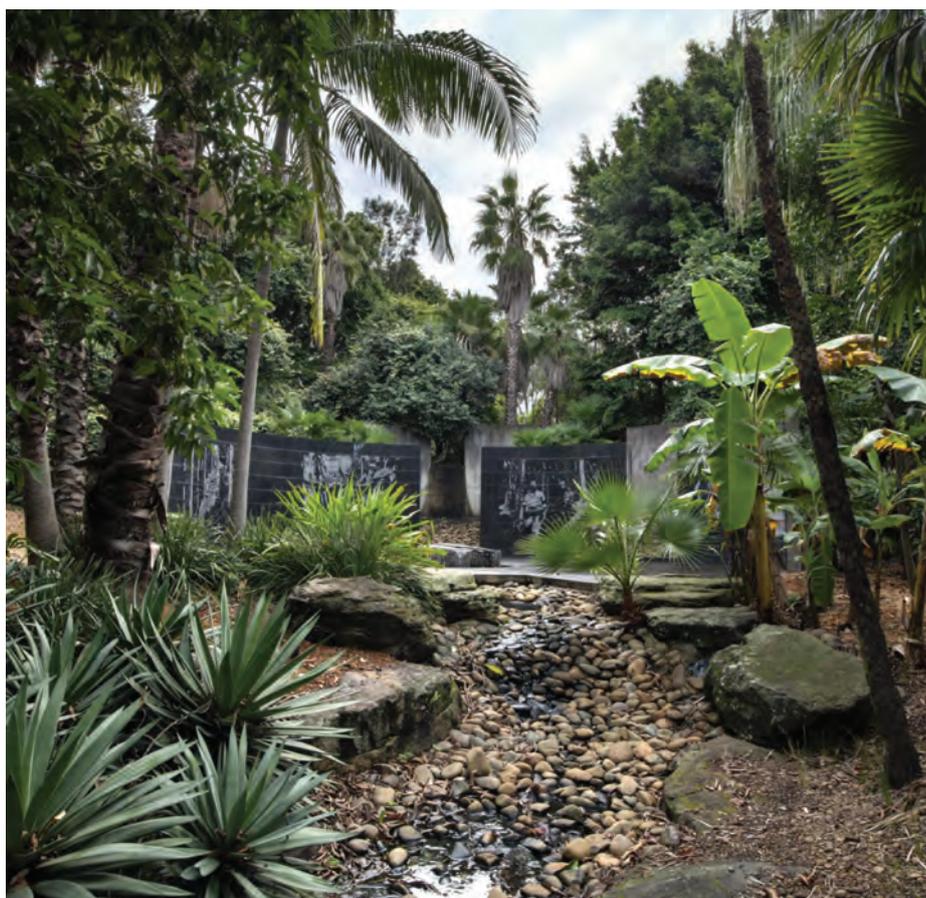
**The Kokoda Track Memorial Walkway at Concord in Sydney's inner-west extends for almost a kilometre along the mangrove-covered shores of the Parramatta River.**

This beautiful shady track is wheelchair accessible and features audio resources to assist the vision impaired. The idea for a Walkway to commemorate WWII veterans was conceived by staff at Concord Repatriation General Hospital 30 years ago and

echoes the Hospital's longstanding connection to the veteran community.

The first stage of the Walkway, which opened in 1996, features an impressive centrepiece of curved granite walls displaying sandblasted photographs from the WWII New Guinea Campaign. Water cascades alongside the granite walls of the centrepiece. Tropical plants along the Walkway contribute to an atmosphere reminiscent of the vegetation of the Kokoda Track. Twenty-

two stations have been placed along the Walkway, each of which focuses on a particular aspect of the Kokoda Track/ New Guinea Campaign. Walkway facilities include an education centre named after Lieutenant Colonel Hyacinth Ralph Honner, DSO, MC, who was noted for his command during the Kokoda Track Campaign. The start of the Walkway near Concord Hospital is entered via a serene rose garden featuring rose-clad pergolas. The rose garden is surrounded by two low circular walls enclosing commemorative plaques. A café at the site is due to reopen later this year. Entry to the Walkway and most of



*The first stage of the Walkway features a centrepiece of curved granite walls displaying sandblasted photographs from the WWII New Guinea Campaign.*



*Return from Isurava: Some members of D Company, 39th Battalion, returning to their base camp after a battle at Isurava. Right to left: Warrant Officer 2 R. Marsh, Private (Pte) G. Palmer, Pte J. Manol, Pte J. Tonkins, Pte Arnold William Forrester and Gallipoli veteran Staff Sergeant J. Long. Their shoes sink deep in the mud on the hilly jungle track. Photographer: Damien Peter Parer. AWM Accession Number 013288. This image is included in the centrepiece of the Kokoda Track Memorial Walkway.*

the surrounding area is free of charge. Additionally, a covered function area is available for a fee.

The Kokoda Track Memorial Walkway project is a community initiative involving Concord Rotary, RSL NSW, Concord Hospital, Concord Council, the Department of Employment, Education and Training and the Department of Urban Affairs and Planning. The Walkway project has several objectives. Foremost among these is to provide a living, growing memorial to WWII veterans. It is intended that the Walkway places a special focus on the sacrifices made by soldiers who fought during WWII in the brutal conditions of the Kokoda Track and other parts of Papua New Guinea. The

Walkway project seeks to link the past with current and future generations – particularly through its school education program focused on the WWII New Guinea Campaign. It further aims to provide healthy lifestyle facilities for members of the public and a tourist attraction for visitors to the region. Additionally, the Walkway improves access for patients, visitors and staff who travel to Concord Hospital via public transport.

The Walkway hosts a range of community education and commemorative activities throughout the year. These include Saturday morning talks by guest speakers on various military topics. Topics covered from February to June 2024

were the 1942 midget submarine raid on Sydney, the installation of a monument to commemorate the little-known Kokoda Track Battle of Oivi/Gorari, and the 1942 Japanese bombing of Allied medical establishments in Papua. These talks, which include light refreshments, can be attended free of charge for Friends of Kokoda (FoK) or with a nominal fee of \$5.00 for others. Details of upcoming talks can be viewed here: [https://www.kokodawalkway.com.au/wp-content/uploads/2024/01/KTMW\\_BeyondBattlefield2024\\_online.pdf](https://www.kokodawalkway.com.au/wp-content/uploads/2024/01/KTMW_BeyondBattlefield2024_online.pdf).

The main formal commemorative services held at the Walkway are on Anzac Day, 25 April; Victory in the Pacific (VP) Day, 15 August; and NSW Kokoda Day, 3 November. It should be noted that advocacy from the Kokoda Track Memorial Walkway Board and Walkway supporters resulted in the NSW Government recently declaring 3 November to

be NSW Kokoda Day. Informal commemorative services are also held at the Walkway for other dates including Vietnam Veterans' Day, 18 August; and Remembrance Day, 11 November.

You can subscribe to the Kokoda Track Memorial Walkway Newsletter and find out more about the walkway here: <https://www.kokodawalkway.com.au/about-us/overview/>. You can also email or phone, details below:

#### **Kokoda Track Memorial Walkway**

**Street Address:** Killoola Street, Rhodes Park, Concord NSW 2137

**Postal Address:** PO Box 137, Concord NSW 2137

**Office Hours:** Monday to Friday 10.00am – 2.00pm (except public holidays)

**Phone:** (02) 9166 0890 (office hours) or 0488 488 297

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## Spotlight on Alice Kang, OAM

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Alice Kang, OAM is passionate about the Kokoda Track Memorial Walkway. Her connection to the Memorial dates back half a century, to when she migrated from Malaysia to work as a nurse at Concord Hospital. Concord Hospital was commissioned in 1939 as a facility for the Australian Army and, following WWII, it became a repatriation hospital for returned service personnel. Alice Kang's nursing work at Concord Hospital, starting in the mid-1970s, involved her caring for many of Australia's repatriated servicemen. By the time that the Kokoda Track Memorial Walkway was envisioned Alice had worked at Concord Hospital for over two decades, rising through the ranks to become the Hospital's Executive Officer.

By the time Alice had become Concord Hospital's Executive Officer, in the early 1990s, the

Hospital had gone from being a military hospital to a veterans' hospital. Because the numbers of current and ex-service personnel had declined, Concord Hospital became a public hospital in 1993. The federal government told veterans that they didn't have to come to Concord for treatment anymore, and that they could go to their local district hospital. "A lot of the veterans were very upset by this," says Alice. "They felt that the government was abandoning them. So, the Hospital executive at the time felt that it was important to demonstrate our commitment to the veterans, and to show that we still did care for them. That was how the initiative of building a memorial came about – it was spearheaded by the Hospital."

"We thought," Alice said, "we could look at

building a memorial with a number of objectives. One was to improve access to the hospital from the local railway station, and another was as a tribute to our veterans, with a strong commemorative focus. When we looked around everybody, all the students, knew about Simpson and his donkey and about Gallipoli. But not many had learned about the New Guinea campaign, including the battles on the Kokoda Track. So, says Alice, “working alongside the Hospital’s General Manager, we came up with this project that would tell the story of the New

**When we looked around ... all the students, knew about Simpson and his donkey and about Gallipoli. But not many had learned about the New Guinea campaign, including the battles on the Kokoda Track.**

Guinea Campaign. We had workshops that we ran with veterans who served in New Guinea along the Kokoda track to find out what we wanted to interpret, and how the narrative should be told.” Since the inception of the Memorial, many other groups have come onboard to support the project. These include Concord Rotary, RSL NSW and the City of Canada Bay Council. The project has also received government grants and private donations.

“Today”, says Alice, “we have a memorial that emulates some of the conditions experienced by soldiers along the Kokoda Track – we certainly have the mozzies to give you that feel.” If you read the stories at some of the 22 stations along the Walkway you will get information about the history of the New Guinea Campaign. The new Guinea Campaign Veterans involved in the design



*Alice Kang OAM has been the Honorary Secretary and Director of the Kokoda Track Memorial Walkway since 1998.*

told Alice and the hospital executive about the fast-flowing rivers in New Guinea, so the Walkway Memorial features a creek to represent these. Alice calls the Memorial centerpiece granite walls “the pièce de résistance”. Sandblasted onto the walls are images of the New Guinea Campaign – forward scouts moving through the jungle; the Golden Stairs, 2,000 wooden steps that diggers had to climb to reach a last-ditch “knife fight out of the stone age” with Japanese troops; and soldiers returning to base after the desperate Battle of Isurava.

Alice Kang has been the Honorary Secretary and Director of the Kokoda Track Memorial Walkway since 1998 and continues, even in retirement, to manage the day-to-day activities of the Memorial Walkway in addition to the formal and informal



*An iconic image of George Whittington being led to safety by Raphael Oimbari on Christmas Day 1942. Whittington was temporarily blinded after being shot above the eye by a sniper. Whittington recovered from this injury and went back to his unit, but seven weeks later died from scrub typhus. As with many images from the front line, this image was initially censored by the Australian Department of Information. Photographer: George Silk. AWM Accession Number 014028. This image is included in the centrepiece of the Kokoda Track Memorial Walkway.*

commemorations held at the Memorial. Alice added that the memorial recently signed a memorandum of understanding with Papua New Guinea's Minister of Tourism. The memorandum is an agreement that Papua New Guinea will send a cultural group to attend 3 November Kokoda Day services at the Memorial every Kokoda Day. "This is the inaugural year," says Alice, "where they will be sending a group, so we're very excited about that."

For her exceptional service to veterans and community health, Alice Kang has been recognised

through receiving numerous awards. These include the 2015 Drummoyne Woman of the Year Award, the NSW Premier's Public Sector Award and the 2001 Commonwealth of Australia Centenary Medal. In 2022 Alice Kang was honoured by being awarded the Medal of the Order of Australia (OAM) for her service to veterans and community health.

**Alexandra Kaufman**

**Salute Subeditor & Features Writer**

**Email: [subeditor@tpinsw.org.au](mailto:subeditor@tpinsw.org.au)**

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# The Battle of Binh Ba

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**The Battle of Binh Ba (Operation Hammer), fought 55 years ago from 6 to 8 June, 1969 was a key moment in the history of Australian operations in Vietnam and is a prime example of combined arms and joint operations in general, and infantry and armour cooperation in particular.**

In 1969, Australia had reached its peak commitment of around 7,000 troops to the conflict in South Vietnam. The 1st Australian Task Force (1ATF) had responsibility for the province of Phước Tuy, south-east of Saigon, where it worked closely with South Vietnamese forces conducting security, cordon and search, and resettlement and rebuilding operations.

The primary base for 1ATF was at Núi Đất a small hill in the middle of the province, away from urban centres but close to a few small villages and hamlets. On the morning of 6 June 1969, a Centurion tank and an armoured recovery vehicle (ARV) were moving north along the main route to the nearby Fire Support Patrol Base (FSPB) Virginia to replace and recover two tanks that had maintenance difficulties and bring them back to the Task Force base. This took them past the hamlet of Binh Ba, a mere 5 kilometres north of the base. It was here around 8.00 am that a rocket propelled grenade (RPG) was fired at them – which would initiate one of the Task Force’s most significant battles during the War.

Binh Ba was a rectangular settlement owned by French plantation managers and home to somewhere between 1,000 and 1,300 people. Although the Australians originally felt they were winning over the town’s population, by 1969 the town was firmly sympathetic to the communist forces. Furthermore, the events on the morning of 6 June established that the town was a significant threat to 1ATF.

After the Australian Centurion tank and ARV had

been fired on, the vehicles continued to the FSPB, but sent a contact report to the base at Núi Đất. Helicopter surveillance by 161 Independent Recce Squadron reported it was likely that two platoons of Viet Cong were stationed in Binh Ba. A Ready Reaction Force (RRF) prepared to respond. The RRF comprised an understrength D Company 5RAR; four Centurion tanks; a troop of M113A1 Armoured Personnel Carriers (APCs); and a battery of six M2A2 howitzers. It was decided that a sweep of the town was necessary to clear the enemy.

**As the Australians advanced towards the village, they saw enemy soldiers moving to take up firing positions and soon came under RPG fire.**

At around 11.20 am on 6 June, the RRF formed up at Núi Đất. The South Vietnamese district chief gave permission for the Australians to attack the village and ordered civilians to evacuate. As the Australians advanced towards the village, they saw enemy soldiers moving to take up firing positions and soon came under RPG fire. The decision was made to conduct the sweep of the town from east to west. The town was laid out in a grid pattern, more or less on an east/west axis. So, with the Centurions leading the formation flanked by APCs with mounted infantry, the sweep commenced from the east of the town, through the grid-pattern streets, towards the west.

The formation was slow-moving, as it seemed the enemy was firing from just about every house. It soon became clear that there were more than just two platoons of Viet Cong. In reality, the



*Binh Ba on the first day of the battle. The 5<sup>th</sup> Battalion, The Royal Australian Regiment (5RAR) began a search-and-clear of the village of Binh Ba, following an attack on a Centurion tank. The operation evolved into an extensive search of the village with tanks and infantry. Photographer: Stuart Courtenay Innes. AWM Accession Number: AWM P10533.008.*

village was being held by 1<sup>st</sup> Battalion, 33<sup>rd</sup> North Vietnamese Army Regiment, (1/33 NVA) which was well equipped with anti-armour weapons. The NVA's RPG-7 rounds, it was found, were capable of penetrating even Centurion armour. Australian troops were soon ordered out of the village amid concerns they might be stuck in the middle of the village and surrounded by the enemy. B Company 5RAR was then mobilised from Núi Đất to support troops as they regrouped for a second sweep of the village.

During the action, air support and artillery support proved invaluable. Reconnaissance from Army helicopters was able to identify enemy concentrations in the village and in the surrounding rubber plantations. A light fire team – two RAAF

helicopter gunships, callsign Bushranger – were very effective in providing air support as infantry and armour reorganised for the second sweep. The RAAF crews did well to also cover the tanks which were immobilised by anti-armour fire, and which were at risk of being overrun. Artillery from 105 Field Battery conducted fire missions on enemy concentration areas and further air support by USAF Forward Air Controller-coordinated missions added to the effect.

A decision was made to carry out a second sweep – this time from west to east, and with infantry dismounted. Further armoured callsigns joined the battle to replace the tanks that were disabled in the first sweep. It was soon clear that tank support was critical in clearing the houses and



*Binh Ba, South Vietnam. 1969-06. Centurion tanks from 1st Armoured Regiment, and armoured personnel carriers (APCs) from B Squadron, 3rd Cavalry Regiment, move along the main road of the village past Plantation Gallia. Armour together with infantry dislodged a strong North Vietnamese Army (NVA) group which had entered the village. AWM Accession Number: BEL/69/0389/VN.*

reducing the possibility of hand-to-hand combat. The Centurions' long barrels proved very effective in assisting with house clearances. A high explosive round would be fired that would blast a hole in the building, after which a canister round would be fired and then the building raked with machine gun fire. After this, the infantry would clear the remnants of the building.

Most of the buildings contained a small bunker, usually built by the occupants for protection against air attack. These bunkers now proved to be hiding places for enemy soldiers from which they could fire upon the Australians entering the houses. The infantry was required to clear the rooms of the houses as well as these bunkers.

This second sweep of Binh Ba was successful in neutralising most of the enemy forces. However the Australians were still not satisfied that the village had been cleared and, despite being exhausted, the Australians harboured nearby for the night. Some enemy troops that tried to escape through the Australian lines under cover of darkness were neutralised.

Early on 7 June fighting began in Duc Trung, a small hamlet a few hundred metres north of Binh Ba. B Company 5RAR was deployed to support a South Vietnamese unit as it conducted its assault. But the worst of the fighting was over. A final sweep of Binh Ba was conducted at 8:00 am. The bodies of enemy dead were laid out in front of the

schoolhouse upon the request of the Vietnamese district chief. 5RAR recorded 51 enemy killed and 11 captured. The Australians had lost one man, Private Wayne Teeling, who had been shot by the enemy during the second sweep, and sustained 11 other casualties. Despite the prior warning to evacuate, a small number of civilians had also been caught in the crossfire.

By 9.00 am the Australian Civil Affairs Unit began assisting in the resettlement and rebuilding of the village. It was a task that would take four and a half months. The battle would constitute one of the major engagements for Australians in Vietnam. It was also one of the few examples of Australians engaging in urban warfare in Vietnam.

The lessons learned from the offensive on the village, particularly in the collaboration between

infantry and tanks, would prove invaluable.

Although the North Vietnamese Army was learning that short-range attacks with RPGs could severely damage the Centurion, the presence of tanks had undoubtedly kept infantry casualties low and had reasserted the need for training in infantry-tank cooperation. In 2007, then Chief of Army Lieutenant-General Peter Leahy would use examples of battles such as this one to argue that tanks remained an essential part of Army capability. The Hopkins' history of the armoured corps later called the action "armour's greatest day" in Vietnam.

**Erin McCullagh**

**Army Website:** <http://vvmcvic.com/battle-of-binh-ba.html>

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# Over the Battle

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**Peter Rogers, DFC, flew an LOH (Light Observation Helicopter) over the battle. Here are his memories.**

On the morning of the 6 June 1969 I was in 161 (independent) Recce Flight at Núi Đất, South Vietnam. I was waiting for a task, when an urgent call came through. The Intelligence Officer (IO) of 5RAR – Captain Mike Battle needed to go on a surveillance job immediately. The Battle of Binh Ba, the first urban battle Australian troops had fought since World War II, had just begun a few kilometres up Route 2, which passed a few hundred metres west of our base. Apparently, an enemy soldier with more courage than common sense had fired an RPG at a passing convoy, and the wrath of the nearby 1 Australian Task Force was brought rapidly to bear. Mike and I took off in a Bell 47 Sioux, got artillery info, and joined 5RAR company's command net.

That 5RAR company was a ready reaction force mounted in APCs with a troop of Centurion tanks under command of Lieutenant Brian Sullivan (later to become an Army Aviator – of course!). They had reached the village of Binh Ba and were shaking out on a start line just west of Route 2. Artillery was firing from 105 Battery at Núi Đất to the north and west of Binh Ba to block off entry and exit to the village. I took up an orbit on the southern edge of the village at 1500 feet, clear of the artillery gun-to-target (GT) lines and in a perfect position to see all that eventuated while being (hopefully) too high for accurate small arms fire. The buildings were neat brick cottages with tiled roofs, laid out in tidy blocks with lanes and streets separating them – very pretty and orderly.

Our attack began. It was spectacular, with the tanks/APCs and infantry in classic close cooperation. The amount of tracer (red and green) going both ways was horrendous, with great clouds



*Oblique aerial view of Binh Ba, looking northwest from the southeastern corner of the village (bottom right). After the heavy fighting in the village during Operation Hammer, reconstruction work is underway, coordinated by 1 Australian Civil Affairs Unit (1ACAU). A number of damaged houses have been repaired with iron roofs, and areas have been cleared between the banana trees and gardens. The village schoolhouse with its distinctive white gable is in the centre near a large tree, while the village church stands at right. The initial assault by the D Company, 5RAR group, during the operation was along the roads running diagonally from bottom right to top left. AWM Accession Number: P05764.001.*

**The amount of tracer (red and green) going both ways was horrendous, with great clouds of dust and smoke rapidly filling the village from numerous explosions.**

of dust and smoke rapidly filling the village from numerous explosions. Tracer was going straight through the houses – most of which seemed to be full of enemy from the flashes of gunfire from the windows. I could see the baddies racing from house to house almost as soon as they were engaged.

Shortly afterwards I saw about 15 to 20 enemy running southwest into the paddy fields towards a

thick line of trees. I reported them, and still have my voice on tape, recorded by 105 Battery which was monitoring the infantry net. Sadly, little could be done at that stage and they got away.

Meanwhile the tanks, two in the north part of the village and two in the south almost directly below me, moved ahead of the assault and started taking out houses which showed resistance. That was awesome! A Centurion would trundle up to a house, with ricochets bouncing off it, put the muzzle of its 20 pounder under the roof eaves, and fire a canister round. All four walls would explode outwards, and the roof would crash to the ground in front of the tank.

I saw from a distance the famous RPG fired at Brian Sullivan's tank on the north side. He was leaning forward in his turret and the RPG fins actually cut his back. He was awarded a Military

Cross for his subsequent actions in dismounting from his tank in the middle of the firefight to help one of his other tank's wounded crew member. He was a true hero that day.

I noticed that close to one of the tanks below me was an enemy soldier with an RPG, manoeuvring around to get behind it. I yelled to Mike to look up the tank's command frequency from my code book. It was a frantic, helpless time; even if I wanted to be a hero and descend into that massive firefight below, it would take at least one or two minutes - even in autorotation. The chances of my shooting him with my M-16 before we got shot down ourselves were very slim. I was trying to get into the cacophony of radio chatter on the infantry frequency without interfering with the battle when Mike came up with the tank frequency. I cranked it into the FM radio without even asking to leave the infantry net, pressed the transmit and yelled a warning to the tank. I didn't know his callsign, just referred to his position. A second or so later the

NVA/VC fired a round into the back of the Centurion and immobilised it.

At least I was on the tank net now, and could give them some assistance, so I started pointing out targets. There was so much smoke and dust in front of the tanks that although I could see what was in front of them, they obviously could not. Directly in front of the disabled tank, which was still using its main gun to good effect, were two houses, from one of which about a dozen enemy would fire then race across in front of the tank (still obscured) to the other house, then reverse the process. They did this two or three times, and each time I implored the tank commander to just shoot. To his credit, he did not - because he could not see the target. His turret was moving back and forth, though, just in case ...

Back the bunch came, again, running back to the same house. I was still imploring, but they managed to get there. Then, Bingo! One straggler was running about fifteen metres behind, just as a puff of wind cleared the smoke and dust. There he



*RPG-7: A Soviet shoulder-launched, anti-tank, rocket launcher of the type used by enemy forces at the Battle of Binh Ba. This is the most widely used anti-armour weapon in the world.*

was, right in front of the tank. The canister round fired, and he merely disappeared – vaporised. Mike and I cheered. The rest of the enemy decided their tactic wasn't going to work anymore, and they all fled out of the village to the west.

Incredibly, all this took over two hours, so we had to return to Núi Đất to refuel; another possum took over and did what was needed.

Other than directing fire or casevac, an unarmed helicopter's usefulness decreases enormously as the scale of battle increases, and of course the luxury we had of only a small-arms threat would not work today. To their credit, the RAAF

Bushrangers later made a very low pass to the south side of the village, firing their machine guns laterally. I could not see how they could identify targets from low level and outside the village, but that all occurred after I left, so I won't comment.

All in all, it was a truly remarkable experience.

**Peter Rogers, DFC**

**Harim Tok Tok**

[https://pngvr.weebly.com/uploads/1/6/6/4/16642532/htt\\_vol\\_142\\_october\\_2023\\_high\\_quality.pdf](https://pngvr.weebly.com/uploads/1/6/6/4/16642532/htt_vol_142_october_2023_high_quality.pdf)



*Centurion Mk 5/1 Main Battle Tank with damage to the hull near the right-hand exhaust shroud, possibly sustained in active service. AWM Accession Number: REL/16440.001.*

### **Centurion Mk 5/1 Main Battle Tank**

The vehicle is finished overall in light olive drab lustreless paint. On the front glacis plate the Army Registration Number (ARN) 169110 is stencilled in white numerals, 75mm high. An armoured corps tactical sign, consisting of a 200mm square divided diagonally with red in the upper left half, and

yellow in the lower right half, is painted onto the upper glacis plate and on the rear fuel tank. The vehicle call sign 2 is painted onto the rear fuel tank and on a plate attached to the turret bustle basket.

This tank, with Army Registration Number (ARN) 169110, was issued to 2 Troop, B Squadron, 1<sup>st</sup> Armoured Regiment in South Vietnam at the

beginning of June 1969, and took part in the Battle for Binh Ba on 6 June, under the command of 39036 Second Lieutenant David Barry Ritchie.

In 1970, it continued on operational duties in Vietnam with 2 Troop, A Squadron 1<sup>st</sup> Armoured Regiment. On 18 February 1970 the tank, commanded by 235339 Lieutenant John Harry Brennan, was hit by three rocket propelled grenades (RPG) during Operation Hammersley, and

received damage to the right-hand exhaust shroud, right hand rear track bin and left hand track guard. The tank remained battle-worthy throughout the action and, after repairs, continued to serve until it was transported back to Australia in December 1970. On its return to Australia, it was rebuilt and then used for training purposes until retired in 1977.

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# DVA Veteran Gold Card

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The DVA Veteran Gold Card (also called a Veteran Gold Card or Repatriation Health Card) provides clinically required treatment for **all** medical conditions. It additionally offers access to a range of services and support, including the Veterans' Pharmaceutical Reimbursement Scheme.

The Veteran Gold Card is available to veterans aged 70 years or over, who have [qualifying service](#). This includes Vietnam War veterans and recipients of [War Widow\(er\)s](#) or [Orphans](#) Pensions. Service in many other contexts also qualifies people to receive a Veteran Gold Card. For a comprehensive list of those entitled to receive a Veteran Gold Card visit <https://www.dva.gov.au/financial-support/income-support/qualifying-service#what-is-qualifying-service>.

The Veteran Gold Card covers clinically required medical treatment in Australia. Such treatment may include:

- treatment at a hospital or day procedure facility
- treatment provided by an allied health professional
- treatment provided by a general practitioner (GP) or specialist
- treatment provided by a dental or optical professional
- medications at the cheaper concession rate

- community nursing; and
  - pathology and medical imaging.
- Other services that might be covered by a Veteran Gold Card include free or low cost:
- counselling
  - home help
  - medical aids, equipment and modifications.
  - travel to and from medical appointments; and
  - care services.

A range of concessions is also available to Veteran Gold Card holders. Details of concessions for NSW Veteran Gold Card holders can be found [here](#).

You can order a Veteran Gold Card through [MyService](#), by calling DVA on [1800 VETERAN](#) (1800 838 372), or by accessing the application from [here](#).



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# Take Heart!

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On a Sunday morning in November 2023 I joined about 140 other “Postie Bike Riders” leaving Goulburn for a six-day ride in support of Variety Australia, the children’s charity.

I was riding my trusty steed Lil’ Bird and, although the weather was overcast with a little light rain, the mood was upbeat and everyone in great spirits. Unfortunately, that was about to change in a way I had never envisaged.

The course was on minor roads and a lot of them dirt but, with moderate speed, pretty safe riding conditions. Unfortunately, on leaving one of the creek crossings I struck a patch of deep sand and gravel and the bike came to an abrupt stop, which threw me forward onto the handlebars. This resulted in a couple of fractured ribs.

So, I hadn’t even made it to lunch on day one. We were accompanied by a paramedic ambulance unit; they were quickly on the scene and had me in the car being checked over. Soon we were on our way to Braidwood Hospital for what I thought was a check-up and then I would be heading back home. Arriving at Braidwood we were met by a NSW ambulance and to my surprise we were now heading to Canberra Hospital. What I didn’t know at the time was that the paramedics had detected a heart murmur and were having trouble getting me stable.

In Canberra I was transferred to the cardiac unit. After some testing I was informed that my aortic heart valve had deteriorated. I was in a critical state due to aortic stenosis and I was not going anywhere soon. It was decided to send me to St Vincent’s Hospital in Sydney and place me under the care of the very impressive Dr David Roy. After more testing, I had a transcatheter aortic valve implantation (TAVI) procedure.

TAVI is minimally invasive, with the surgeon making a small incision in the groin, neck or chest. Via this incision, computer navigation is used to guide a tube with an artificial aortic valve through an artery so that the damaged aortic valve can be replaced. I was sent home with my new aortic valve 48 hours later. Mick Jagger was back onstage weeks after his TAVI procedure in 2019. You can see a channel 10 news report about TAVI at <https://www.facebook.com/10NewsFirstSyd/videos/3233733473385824>

The most important part of this story is that every time I met with a new member of the cardiac team they asked the same question: “Why didn’t you do something about the symptoms you must have been suffering?” And my answer every time was, “What symptoms?”

According to the cardiac team, due to the level of deterioration of the valve, I must have had

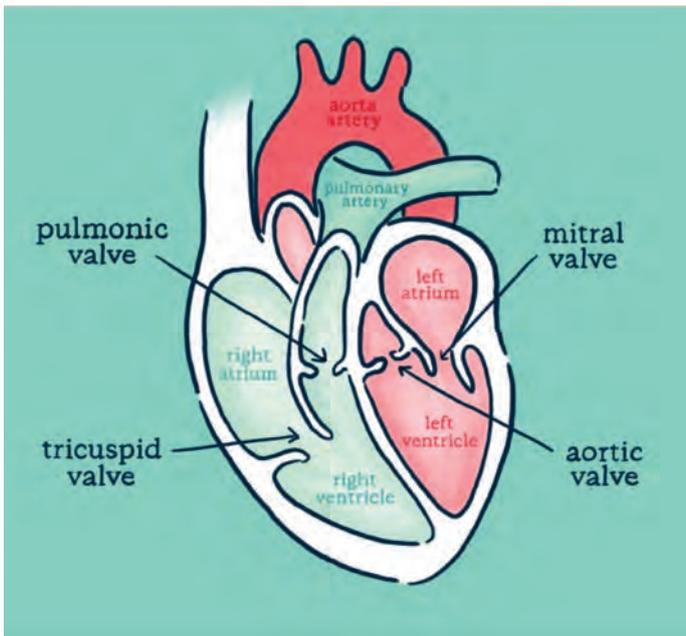


*The start of the six-day postie bike ride in Goulburn. Photograph supplied by Phil Hurren.*



*Phil Hurren on his postie bike Lil' Bird. Photograph supplied by Phil Hurren.*

shortness of breath, even with mild exertion. They said that I definitely would not have been able to climb a couple of flights of stairs or even walk more than few yards without stopping for a break, and I probably would have dropped dead within 12 months. But I had none of this. I was walking



*In aortic stenosis the aortic valve becomes narrowed, restricting the flow of oxygenated blood around the body.*

regularly, being involved with a number of organisations and doing a few trips away to the bush in my camper.

So could this situation have been avoided? The answer to that is "Yes". If my GP had picked up his stethoscope and listened to my heart valves, which is a very simple procedure, he would have detected a murmur some time before the incident and I could have been sent to a cardiologist.

So, if you are over 65 and haven't seen a cardiologist for some time or, like me, never – ask your GP to do a heart check. At least once each year you should ask your GP to check the health of your heart valves. Crashing your motorbike is not the best way of finding out you have a dicky heart.

**Phil Hurren**

**Vice President, TPI NSW**

**Acting President, TPI NSW**

**Phone: 0419 258 446**

**Email: philhurren@tpinsw.org**

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# Exercise – Why is Balance Important?

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## **Why is balance important? I will tell you why at the end of the article.**

After reading the article on Gary Wang, Exercise Physiologist by Paul “Andy” Brown, *Salute* Summer issue 2023, I felt compelled to let the members know about a great gym in Mortdale.

First my backstory. As a National Servicemen in the 60s I was one of the cream of the nation, however when I hit my 60s my muscle and strength started to slide. After reading a brochure regarding “Strengthening for Over 60s” I went off to my first session in early January 2012. Then in late 2013 I heard about a group of men exercising in the gym at the Hurstville Aquatic Centre, run by exercise physiologist Michael Russo so I started exercising at this gym.

I read an article in the local paper about an exercise physiologist practising at Riverwood Physiotherapy and Allied Health being within walking distance, so I started there in April 2015. During Covid lockdowns my exercising was done at home, and we all know how that goes.

From a chance meeting with BT from the old days at Hurstville Aquatic Centre gym I learnt that Michael Russo had opened a gym at Summit Health & Fitness in Mortdale. So, in July 2022 I was reunited with Michael.

Now John Hoban, Kim Thompson, John Read and I do one-on-one sessions at Summit Health & Fitness under the watchful eye of our exercise physiologist Corina Thai. Corina doesn’t miss a thing. We do all the normal exercises for muscle strength and toning both upper and lower body. In addition, balance plays a big part during the allocated time.

Occasionally I exercise with John Hoban and



*As part of a rehabilitation program, this man is seeing how quickly he can turn off a row of BlazePod lights by touching each light with his foot.*

one of his favourite exercises uses BlazePods. BlazePods are training lights that send information to a smart phone and gives feedback about reaction time, balance, core strength and agility. Corina assigns each person a colour, with one set of four Pods flashing one colour and the other set of four Pods flashing the alternative colour. John and I compete to see who’s fastest in using their

foot to turn off their coloured lights. At the end, all the lights flash in the colour of the winner. John likes this part of the session so much because he normally beats me.

I have no hesitation in recommending  
**Summit Health and Fitness,  
27 Pitt Street, Mortdale NSW 2223.  
Phone Michael on 0412 477 526 or just pop in.**

In addition to this I also attend one session a week of hydrotherapy exercises at AquaPhys Revesby. Aquatic exercise is a low impact activity that takes pressure off the bones, joints and muscles. Water also offers natural resistance which can help strengthen the muscles.

There are several very good trainers working at AquaPhys Revesby – all with eyes like hawks. Keeping me moving is Belinda Sidrak who, when you finally master the exercises, changes them setting more challenges. Sometimes during the

session Belinda will have me lying face up in the water and supported by floats while she works on problem joints such knees, ankles, neck etc. Then she will “seaweed” me, which involves being gently swayed from side to side; of course, there would be a technical name for this but for me it is just bloody relaxing. Over several years Belinda has helped many veterans with her exercise programs.

I have no hesitation in recommending  
**Belinda Sidrak, AquaPhys,  
Max Parker Leisure & Aquatic Centre,  
Marco Ave, Revesby NSW 2212,  
Tel: (02) 9774 3555  
Email: info@aquaphys.com.au**

Why is balance so very important?  
So, you don't have sit down to put your undies on.

**Keith Pratt**

## 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



**AUSTRALIAN VETERANS'  
CHILDREN ASSISTANCE TRUST**

# **AVCAT SCHOLARSHIPS**

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Australian ex-serving veterans

**\$4000–\$6000 a year, for 3 years**

Eligibility: Australian residency or citizenship, child or grandchild of an Australian ex-serving veteran, full-time tertiary student in 2025 enrolled in a minimum one-year course at uni, TAFE or an RTO and in receipt of, or eligible to receive, a means-tested Commonwealth educational benefit - Youth Allowance, ABSTUDY, or Veterans' Children Education Scheme (VCES) or Military Rehabilitation and Compensation Act Education and Training Scheme (MRCAETS) in 2025.

**Applications open Vietnam Veterans' Day**

**18 August 2024**

**And close midnight 31 October 2024**

**Apply online at  
[avcat.org.au](http://avcat.org.au)**



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## HOW TO APPLY

Check your eligibility  
Prep your paperwork  
Fill out the online form  
Upload required documents  
Submit by 31.10.2024

[AVCAT.ORG.AU](http://AVCAT.ORG.AU)

## ELIGIBILITY

Child or grandchild of ex-serving Australian veteran  
Full-time tertiary student at TAFE, uni or an RTO in 2025  
Eligible for government means-tested educational  
payment in 2025  
Australian citizen or permanent resident

**APPLICATIONS OPEN 18.8.2024**



# Frequently Asked Questions

## When can I apply for an AVCAT Scholarship?

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

## Do all applicants receive an AVCAT Scholarship?

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

## How will my scholarship application be assessed?

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

## What supporting documents do I need for my scholarship application?

It is advisable to start preparing your documents before applications open as this can take a considerable amount of time. Please read the application guide, available at [avcat.org.au](http://avcat.org.au).

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

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

## Where can I find more information?

You can find more information on the AVCAT website at [avcat.org.au](http://avcat.org.au) or by contacting the AVCAT office Monday - Thursday on 02 9213 7999 ,or at [info@avcat.org.au](mailto:info@avcat.org.au).



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

— AVCAT  
Scholar



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# DVA Media Releases

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## A Son and a Vietnam Veteran Help Recover Bodies of Fallen Vietnamese Soldiers

28 May 2024

In April this year, after 15 years of search efforts, and almost on the 56th anniversary of the Battle of Balmoral, a team including an Australian veteran and the son of another have helped Vietnamese authorities to identify the resting place of a large number of fallen Vietnamese soldiers in Bình Dương province.

The story begins in May 1968 when a series of battles was fought between the 1st Australian Task

Force and People's Army of Vietnam (PAVN) and Viet Cong (VC) forces. Members of the 3rd Battalion, Royal Australian Regiment (3RAR) had established a defensive fire support base named Balmoral and fought against (principally) the PAVN 7th Division. Engagements occurred on 26 and 28 May.

Following the second assault on 28 May, 3RAR counted 42 PAVN dead on the battlefield, mostly in front of Delta Company. After the engagement ended, members of 3RAR buried 20 deceased PAVN members in a single bomb crater that was covered over during the subsequent occupation of the base – its location eventually lost. Over many years, 3RAR veterans have sought to properly recognise the service of those fallen Vietnamese soldiers and to recover the bodies for their families. Beginning in 2009, 3RAR veteran Brian Cleaver along with others



*Dave Johnston during the Vietnam War.*



*Luke Johnston and John Bryant (4th and 5th from left) with Vietnamese veterans (in uniforms) of the PAVN 7th Division.*

provided information to local authorities who undertook numerous searches with limited success – until 2019.

In 2020 a team that included 3RAR veteran John Bryant, Luke Johnston (son of 3RAR veteran David Johnston) and Glenn Hines, with support from Ms Trần Thị Phương Như, identified the correct burial location. Information used to determine the location included battlefield photographs and accurate recollections of John Bryant, a detailed on-ground survey by Luke Johnston and desktop research assistance by Glenn Hines. The Defence Section of the Australian Embassy in Hanoi facilitated contact between this team, the Steering Committee 515 and the Vietnamese Ministry of National Defence advocating for a new search effort.

Authorities from Binh Dương province began the new search on 13 March 2024, and on 1 April they recovered the first remains of one of the fallen. Since then, some 20 sets of human remains have been found and the search is ongoing.

The Embassy's Facebook page states that the long-term effort by the 3RAR veterans and their families is testament to the respect they held for the fallen Vietnamese soldiers and that their

determination to find the remains brings great credit to the team. "The search itself has been conducted in extremely difficult conditions, and the on-ground search team provided by the Vietnam People's Army have been thoroughly professional in their duties, undertaking the task with diligence and respect," Facebook reads.

As a boy growing up, Luke Johnson was puzzled by the impact the war had on his dad, but as he got older, he learned that it was related to his father's service in Vietnam. In his 20s, to understand his father's experience, Luke began a quest to retrace his dad's time in Vietnam, using service and battle records, and his dad's personal descriptions. Until his father David passed away in 2016, Luke would recount in detail his Vietnam journeys and impressions, which did a lot to help his father come to terms with and resolve his posttraumatic stress syndrome.

"He lived vicariously through my travels," said Luke. "I would contact him daily when I was [in Vietnam] and would come back with photos of all the places he'd lived, patrolled and fought, and he could see it, see the change in the landscape and see the warmth of the people I was meeting with. It meant a great deal to him. While Dad never got



*Troops of the 8<sup>th</sup> Battalion, The Royal Australian Regiment (8RAR), disembark from the troopship RAN Majestic class aircraft carrier HMAS Sydney (III), at Vung Tau harbour. During the Vietnam War, HMAS Sydney visited Vietnam on 24 occasions, transporting troops and equipment. She became affectionately known as the 'Vung Tau Ferry'. Photograph produced by RAN Public Relations. AWM Accession Number NAVYM0413/04*

to see the results of this recovery effort, I can tell you, based on his reaction to my previous efforts and time out here, he would have been emotional, he would have been happy, overjoyed, and sad, and that's the response that I had as well. It's been an incredibly well-received result for incredibly grateful Vietnamese people."

## **“Vũng Tàu Ferry” Commemoration**

24 May 2024

### **A message from the Naval Association of Australia**

The Naval Association of Australia will commemorate HMAS *Sydney* and all the ships and the Navy, Army and RAAF veterans who answered the call of their country in the Vietnam War at 11 am

at the Jack Tar memorial at Southbank, Brisbane on Thursday 30 May. All welcome.

Mention the “Vũng Tàu Ferry” to any Vietnam veteran and they will immediately recall HMAS *Sydney* (III), the former aircraft carrier converted to a troopship that became the mainstay of naval support operations for Australian forces. Regular Army and conscripts got their first glimpse of the war from her upper deck. The affectionately designated moniker was due to her journeys to the port of Vũng Tàu in South Vietnam, the naval base for the Australian Task Force. Many of these sailors were 16-year-old junior recruits getting their first taste of life at sea.

Commissioned in 1948, HMAS *Sydney* was key to Australia's post-war naval aviation capability and served with distinction in the Korean War. Refitted for troopship duties, she began her first voyage to Vietnam in May 1965, transporting the First Battalion, Royal Australian Regiment (1RAR),

from Sydney to Vũng Tàu. Over this period, she embarked troops and equipment from Brisbane and Townsville.

Between 1965 and 1972, *Sydney* undertook 25 voyages to Vietnam and transported 16,094 troops, both Army and RAAF. She also moved 5,753 deadweight tons of cargo and 2,375 vehicles; her cargo included rations, medical supplies, weaponry and ammunition.

The Vũng Tàu Ferry brought together men from two very distinct cultures – the Navy and the Army. In the days before leaving Australia, *Sydney* would be loaded and crewmembers detailed to act as “sea daddies” to groups of soldiers, helping them to get their bearings on the ship, showing them where to stow their gear and how to sling their hammocks. Apart from the unfamiliarity with shipboard life, or with the ways of the Navy, the soldiers often found *Sydney* to be uncomfortable, particularly in tropical waters with no air conditioning when the heat below decks was intense.

“It was no pleasure cruise for the troops,” recalls Brisbane’s Richard Kenny, OAM from 7RAR. “The Army continued with fitness and weapons training, range practice, and the Navy insisted we pitch in with cleaning decks and showers as well,” he says. “The big surprise was sleeping in hammocks, then the loud ‘Wakey Wakey Call to Hands’ that blasted us out of them. Tasks such as refuelling the ship in the middle of the heaving ocean were fascinating to us, unlike driving an Armoured Personnel Carrier up to a bowser.”

On every voyage, *Sydney* was protected by at least one escort that provided security against potential hostile forces. Escorts included HMA Ships *Melbourne*, *Anzac*, *Derwent*, *Duchess*, *Parramatta*, *Stuart*, *Swan*, *Torrens*, *Vampire*, *Vendetta* and *Yarra*.

For those like Richard on the return voyage after their 12-month tour of duty, the passage to Australia offered a chance to relax, reflect on their experiences and prepare for the transition from war to peace. Such a period of reflection was denied

to those soldiers who returned home by aircraft, leaving Vietnam and being home within ten hours.

For more information, please contact Jayne Keogh, [media@navalassocqld.org.au](mailto:media@navalassocqld.org.au)

See a video of the Vũng Tàu Ferry here – <https://www.awm.gov.au/collection/F10290>

## Recognising the Service of Korean War Veterans for Kapyong Day

24 April 2024

On 24 April, we pause to commemorate Kapyong Day, an annual day of remembrance honouring the Australians who served in the Battle of Kapyong, a costly engagement during the Korean War.

The Korean War began on 25 June 1950 when communist North Korea invaded South Korea. The Australian Government was quick to answer The United Nation’s call for intervention, committing navy, army and air force personnel to fight as part of a United Nations force.

Seoul, the South Korean capital, was hotly contested, changing hands several times throughout the Korean War. In April 1951, a United Nations force including the 3<sup>rd</sup> Battalion Royal Australian Regiment (3RAR) was positioned in the Kapyong Valley with orders to halt the advance of communist forces, which now included Chinese troops, towards the capital.

On the morning of 24 April elements of 3RAR found themselves behind enemy lines, cut off after being forced to withdraw. Overnight, they had endured wave after wave of attacks by Chinese troops that had broken through the South Korean Army positions.

Even though the Australians resisted valiantly, they were forced to regroup with the remainder of the 27<sup>th</sup> British Commonwealth Brigade after



*An Australian soldier receives the US Presidential Distinguished Unit Citation from General James Van Fleet. General Van Fleet, commanding the 8<sup>th</sup> US Army in Korea, visited the 3<sup>rd</sup> Battalion, 3RAR, to bestow the US Presidential Distinguished Unit Citation on the Australians for their heroism in the two day April battle at Kapyong. Photographer: Phillip Oliver Hobson, AWM HOB2713.*

making a fighting withdrawal late afternoon. The following day, communist forces redirected their attacks to concentrate on positions held by Canadian troops, who were ably supported by New Zealand artillery. By the afternoon of 25 April, there were no further attacks. The communist advance had been halted.

Tragically, 3RAR paid a heavy price for stemming the assault, with 32 men killed, 59 wounded and 3 taken prisoner. For their unwavering service in the Battle of Kapyong, 3RAR received a US Presidential Distinguished Unit Citation.

More than 17,000 Australians served throughout the Korean War; 340 lost their lives; more than 1,200 were wounded; 30 were taken prisoner; and 42 are still listed as Missing In Action.

On Kapyong Day, our thoughts are with the courageous Australians who fought in the Battle of Kapyong and all who served in the Korean War. The efforts and sacrifices of Australian service men and women and their families shall always be honoured and remembered.

Lest We Forget

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# Welfare Officers

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## **ACT/Queanbeyan and surrounding districts**

Pat McCabe, OAM.....0417 291 546

## **Albion Park/Dapto/Gerringong/Kiama/ Shellharbour**

Dinos Potonides .....4296 5538

## **Batemans Bay**

Michael Scrase, JP.....0418 461 066

## **Bega/Eden**

Tony Toussain.....6495 1693

Kevin Webb.....6495 6975

## **Blacktown**

Ken Ward .....0427 278 495

## **Blaxland**

Kevin A Ley, JP .....4739 4978

## **Byron Shire**

John Hawes, OAM, JP .....6676 2411

## **Coffs Harbour and Districts**

Brian Orr.....0419 476 362

## **Casino/Kyogle**

Bruce McKenzie, OAM.....0427 617 404

## **Forster/Tuncurry/Taree areas**

Kerry Redman .....0488 785 477

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

## **Grafton/Maclean/Clarence Valley**

Eric Lynn .....6642 6786

## **Hornsby**

Ray Davis ..... 9456 4220 / 0409 123 525

## **Inverell and District**

Philip Hogan.....0488 423 497

## **Maitland**

Basil D Stemp, JP.....4932 8008

## **Milton-Ulladulla (South)**

Ross Johnson, JP .....4455 4882

## **Nowra (North)**

Ernie Payne .....0410 415 668

## **Nowra (South)**

Jack Doulis .....0402 584 041

## **Port Macquarie**

Bob Metcalfe .....0409 822 272

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

Rodney Hoult..... 4647 8010 / 0419 168 074

## **St George District**

John A Graham, JP ..... 9718 2583 / 0411 809 936

## **Wollongong Area**

John Kiley .....4228 4068

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

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# Social & Welfare Clubs

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## Blacktown & District TPI Social & Welfare Club

President:	Malcolm Botfield	9872 2594	<a href="mailto:malbotfield@hotmail.com">malbotfield@hotmail.com</a>
Snr Vice-President:	Ron Blakely	0411 131 849	<a href="mailto:rjb176@hotmail.com">rjb176@hotmail.com</a>
Jnr Vice-President:	Ian Brady	9626 8823	<a href="mailto:ibrady@bigpond.net.au">ibrady@bigpond.net.au</a>
Honorary Secretary:	Kaye Shannon	0408 714 667	<a href="mailto:kandkshannon@bigpond.com">kandkshannon@bigpond.com</a>
Asst Secretary:	Dianne Botfield	9872 2594	<a href="mailto:malbotfield@hotmail.com">malbotfield@hotmail.com</a>
Treasurer:	Alan Jones	9837 6885	<a href="mailto:alanejones3@yahoo.com">alanejones3@yahoo.com</a>
Asst Treasurer:	Lynne Northey		<a href="mailto:lanceandlynne@optusnet.com.au">lanceandlynne@optusnet.com.au</a>
Welfare Officer:	Phil Hincks	0414 761 032	<a href="mailto:phil.hincks@gmail.com">phil.hincks@gmail.com</a>
Welfare Officer:	Ian Brady	9626 8823	<a href="mailto:ibrady@bigpond.net.au">ibrady@bigpond.net.au</a>
Social Secretary:	Lance Northey		<a href="mailto:lanceandlynne@optusnet.com.au">lanceandlynne@optusnet.com.au</a>
Grants Officer:	John Davison	9636 7279	<a href="mailto:davoddg38@gmail.com">davoddg38@gmail.com</a>
Committee:	Ted Cooper	4739 3074	<a href="mailto:ked46@bigpond.com.au">ked46@bigpond.com.au</a>
Committee:	Ken Ward	0427 278 495	<a href="mailto:Kennethbettyward@bigpond.com">Kennethbettyward@bigpond.com</a>

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

## Hornsby & Northern District TPI Veterans Club

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

The Club meets on the the first Tuesday of the even months of each year starting in February 2024. Meetings will be held in February, April, June, August, October and December at 1.00pm at the Hornsby Memorial Hall, 2 High Street, Hornsby followed by afternoon tea/coffee. We will still carry out official commemorations when they fall outside of these months.

## Illawarra TPI Social & Welfare Club

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

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

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# Social & Welfare Clubs

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## Nowra & District TPI Social & Welfare Club

President:	Jack Doulis	0402 584 041
Senior Vice-President:	Ernie Payne	0410 415 668
Jnr Vice-President:	John Carney	0408 213 248
Secretary:	Leanne Wehmeier	4443 4038
Treasurer:	Mick Carden	0402 444 315
Welfare Officer: (North)	Ernie Payne	0410 415 668
Welfare Officer: (South)	Jack Doulis	0402 584 041
Publicity Officer:	Simon Carr	4443 4038

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:	Lindsey Hobden	0475 114 360
Vice-President:	Keith Gorsuch, JP	0403 157 938
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, except January, at different locations. Please contact one of the above for details of location.

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

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

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

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

**This invitation stands for our general meetings.**

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

If attending a meeting contact Ian Brady

[ibrady@bigpond.net.au](mailto:ibrady@bigpond.net.au) to arrange a member to meet & greet you or just walk in.

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

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

## 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.



*View of Lake Macquarie from the Macquarie Princess on the March 2024 outing by members of the Blacktown & District TPI Social & Welfare Club.*

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# Social & Welfare Club Reports

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## **Blacktown & District TPI Social & Welfare Club**

We started the year off with our annual BBQ at Plough and Harrow Reserve, and fortunately the sheltered area has a very large roof as it could not have rained any heavier. But we stayed dry and still managed to devour the homemade cakes followed by our chicken and salad lunch, then a huge fruit salad.

Our March outing was a magnificent cruise around Lake Macquarie for a few hours with a very enjoyable lunch while on board. We left Blacktown about 7.30am and I think some had a nap before we had morning tea at Gorokan then drove further to meet the very welcoming staff on the *Macquarie Princess*. The weather was perfect for our trip and everyone was pleased with the day.

April is always lunch in Club Blacktown after our meeting, due to many of our members being involved with Anzac Day preparations. We hope



*Members of the Blacktown & District TPI Social & Welfare Club on board the Macquarie Princess.*

everyone enjoyed 2024 Anzac Day in their own way.

During May we will be lunching at the Fiddler Restaurant and that never disappoints, so we will keep that one for the next magazine.

We know we have said this before, but you are always welcome to join our club and then our company. Our aim is to have some fun.

### **Lynne & Lance Northey**

**Email: lanceandlynne@gmail.com**

**Phone: 0411 221 921 9872 1751**

### **PowerPoint Presentation from Blacktown & District TPI Social and Welfare Club**

Included in the presentation are photos and video of five men from Charlie Coy 5RAR from their return trip to Vietnam. Thanks to Ian Brady for this presentation: <https://youtu.be/jPbStg7e98M>



*Hanoi, Vietnam. Photographer: Ian Brady.*

### **Nowra & District TPI Social & Welfare Club**

Hello Everyone

I've been a bit slack this year and missed the deadline for the autumn Issue of the Salute. Hopefully this will bring me up to date.

In December 23 last year we held our annual Christmas Party which was well attended by our members. This year we held it at the Archer Hotel, Nowra in their Lobby Bar. The venue offered a friendly environment with ample space for everyone to spread out and relax. Unfortunately

the air conditioning wasn't performing the best, so it did make the room a bit hot. The staff were very helpful in supplying several fans to keep the air a bit cooler. The food was very good with nice roast meats and veggies served in a buffet style so everyone could go back and get seconds (or thirds) if they wanted. This was followed by some Christmas pudding for dessert. The usual good company made for some pleasant and varied conversations.

So far this year we've celebrated two 80th Birthdays within our group. Lolita Buchanan, wife of the late Kevin Buchanan, had her birthday in February and John Whipp had his 80th birthday in March. We now must wait until November to celebrate the next one with Di Falconer, when she reaches this milestone.

In March we held a sausage sizzle at White Sands Park in Huskisson, where we enjoyed some wonderful weather and yummy snags on bread. We also partook of some very nice chocolate cake to celebrate John Whipp's 80th Birthday. Any excuse for cake.

The Nowra Veteran Wellbeing Centre is holding a Wellbeing Open Day at the centre on 1 May 24 where we will be holding a small stall to hand out information to any TPI Veterans who may not know about our services. Hopefully we'll be able to interest a couple of new members to join our club.

Next month we're planning on an outing to Greenwell Point, where we will be visiting the Pelican Rocks Café to have a nice feed of some local fish and chips. We're hoping for a good turnout for this event.

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**



Members of the Nowra & District TPI Social & Welfare Club at their annual Christmas Party at the Archer Hotel in Nowra in December 2023.



Members of the Nowra & District TPI Social & Welfare Club at their sausage sizzle at White Sands Park in Huskisson in March 2024.

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

**Registration No: C.C.2781**

**ABN: 26159 824 822**

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

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

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

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

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

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

For further Information, please contact

**John Davison**

**Committeeman**

**Mobile: 0411 737 446 or**

**Email: [davoddg38@gmail.com](mailto: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 either:

**Ray Davis**

**President**

**Mobile: 0409 123 525**

**Rod White**

**Secretary**

**Mobile: 0419 477 179**

## **Illawarra TPI Social and Welfare Club**

**ABN 26 063 065 721**

### **Patron**

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

### **President**

J. Kiley

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

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

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

If you need further information you can contact me.

**John Kiley**

**President**

**Phone: 0450 588 257**

## **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.*

# Open Arms Group Program Schedule

## June 2024

### BEATING THE BLUES

**Two Day Program 09:00 – 17:00**

**Nowra** – Thursday 27 and Friday 28 June

### RELAXATION AND STRESS MANAGEMENT

**One Day Program 09:00 – 17:00**

**Lismore** – Friday 28 June

### STEPPING OUT

**Two Day Program 09:00 – 17:00**

**Wagga Wagga** – Thursday 27 and Friday 28 June

### UNDERSTANDING ANXIETY

**Online – 2 x 90 minutes sessions**

**Time: 12:30 – 14:00**

**Online** – Tuesday 25 and Thursday 27 June

## GROUP PROGRAMS

### BEATING THE BLUES

A skills-based group program to help understand the situations and thinking patterns that contribute to depression, and identify strategies to help manage symptoms.

### BUILDING BETTER RELATIONSHIPS

Building better relationships can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

### DOING ANGER DIFFERENTLY

Doing anger differently will help you to understand anger and manage it more effectively, so that it

doesn't have a negative impact on your own, or others' lives.

### MANAGING PAIN

This program will help you learn about pain and teaches you strategies and skills for effective pain management.

### RECOVERY FROM TRAUMA

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

### RELAXATION AND STRESS MANAGEMENT

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

### SLEEPING BETTER

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

### STEPPING OUT

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

### UNDERSTANDING ANXIETY

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



1800 011 046  
OpenArms.gov.au



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

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

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

Free and confidential help is available 24/7.

Phone: 1800 011 046

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



Family Friendly

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

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



40 SECOND AVENUE, BLACKTOWN NSW 2148 | 02 9933 7600

Proud Sponsors of Blacktown & Districts TPI Social & Welfare Club

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# Interstate TPI Offices

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## Federation

The Australian Federation of TPI Ex Servicemen & Women Ltd.

Mail: PO Box 450, Erindale, ACT 2903

Tel: 0417 291 546

Email: [federation@tpifed.org.au](mailto:federation@tpifed.org.au)

Web: [www.tpifed.org.au](http://www.tpifed.org.au)

## Australian Capital Territory

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

Mail: PO Box 450, Erindale ACT 2903

Tel: 0417 291 546

Email: [secretary@acttpi.org](mailto:secretary@acttpi.org)

Web: [www.acttpi.org](http://www.acttpi.org)

## New South Wales

TPI Veterans' Association of NSW Ltd.

Level 4, 55 York St, Sydney NSW 2000

Mail: GPO Box 4429, Sydney NSW 2001

Tel: (02) 9235 1466 or 1800 649 216

Fax: (02) 9279 0156

Email: [office@tpinsw.org.au](mailto:office@tpinsw.org.au)

Web: [www.tpinsw.org.au](http://www.tpinsw.org.au)

Wellbeing Officer: Kayleen Hoolihan

Email: [wellbeing@tpinsw.org.au](mailto:wellbeing@tpinsw.org.au)

## Queensland

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

Cnr Enoggera Road & Ashgrove Avenue,  
Newmarket QLD 4051

Mail: PO Box 3161, Newmarket QLD 4051

Tel: (07) 3040 3330

Email: [secretary@tpiqld.org.au](mailto:secretary@tpiqld.org.au)

Web: [www.qldtpi.org.au](http://www.qldtpi.org.au)

## South Australia (includes Northern Territory)

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

171 Richmond Rd, Richmond SA 5033

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

Email: [office@tpi-sa.com.au](mailto:office@tpi-sa.com.au)

Web: [www.tpi-sa.com.au](http://www.tpi-sa.com.au)

## Tasmania

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

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

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

Email: [tpitas@bigpond.com.au](mailto:tpitas@bigpond.com.au)

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

## Western Australia

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

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

Mail: PO Box 2035, Rossmoyne WA 6148

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

Email: [tpiwa@tpiwa.org.au](mailto:tpiwa@tpiwa.org.au)

Web: [www.tpiwa.org.au](http://www.tpiwa.org.au)

## Victoria

Totally & Permanently Disabled Soldiers Association  
of Victoria Inc.

23-47 Villiers St, North Melbourne VIC 3051

Mail: PO Box 216, North Melbourne VIC 3051

Tel: (03) 9329 8844

Email: [tpioffice@tpivic.com](mailto:tpioffice@tpivic.com)

Web: [www.tpivic.com](http://www.tpivic.com)

