

# REMINDER AGM Sunday 12<sup>th</sup> June 10.30am Southport Bowls Club Bring your Partner

### From the President's Desk

March Quarterly Meeting. On Sunday 13th March a Quarterly Meeting was held at the now permanent location of the Sub-Branch. The meeting was well attended and the proceedings developed into some lively and interesting questions and opinions. Unlike the previous meeting that lasted only about thirty minutes, this one ran to an hour.

After the meeting everyone enjoyed a nice cold drink and some very nice light refreshments. It was a great chance to have a more informal conversation with a number of members.

All in all, I think it was a great meeting.

**New Offices.** Bearing in mind the ruling in our favour regarding the eviction and the fact that we were awarded compensation for our expenses up to the end of August 2024, the decision was made to begin to seriously look at beginning construction of our new offices on the top floor of the Southport Bowls Club. Our first

action was to form a sub-committee to investigate what would be required and all Board members were asked to come up with plans for the offices.

Several ideas were put forward. Following the disastrous floods and the prospect that builders and building materials might be in short supply, the planning was accelerated to the point where an architect was engaged to prepare drawings and a builder bought in to look at what would be involved. Both of these people gave ideas on what would be possible and what would be involved in the project.

The architect produced some draft plans for the offices and these were examined and discussed at the April Board meeting. A number of changes were suggested, most of which were agreed to. Our architect once again visited the area and discussed the modifications that were suggested.

**Appeal of Ruling.** I think the expression is; "Don't count you chickens until the eggs have hatched". On Thursday 17th March I received an email from our lawyers advising that the Memorial Club's lawyer had filed an appeal against the ruling in the case of our eviction. In the same email I was asked if we were going to fight the appeal and secondly, would I agree to an additional barrister being engaged. My immediate reply was GO FOR IT. Not exactly a professional response and one that I followed up with a more formal agreement.

**Other Legal Proceedings.** As previously explained in various newsletters and meetings, there is a legal matter yet to be settled between

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the Memorial Club (MC) and ourselves, which involves the loan that the MC had with the Sub-Branch. The amount of money involved in the action is substantial—some \$495,000+.

**Removal of All Remaining Memorabilia.** Following the handing down of the Judge's decision regarding our eviction from the memorial club (MC), they, through their secretary, Trevor Bock, demanded that the Sub-Branch remove all remaining property by 10:00 am on the 7<sup>th</sup> March. This, to us, was an unacceptable demand bearing in mind that the ten days' notice included two weekends.

Subsequent correspondence between the MC, our solicitor and theirs, the date was extended several times until the final demand was the 25<sup>th</sup> March. To make things just a little difficult, the MC demanded that all removal activities had to take place prior to the 10:00 am opening time of the club.

Our first effort at uplifting our property resulted in only managing to take away about half because of the cut-off time for work to be done. Obtaining removalists to comply with the MC demands also proved difficult.

At the end of the day, all remaining property was removed on Tuesday,  $22^{nd}$  March and is now in storage at our Bundall storage facility.

As the existing display cabinets were two large to fit into the storage shed at Bundall, and bearing in mind that new built-in display cabinets will be part of our new office complex, the cabinets were taken to a commercial dump and disposed of.

**ANZAC Day.** This year the major part of the preparations for ANZAC Day was carried out by one of our directors—Kevin Lloyd-Thomas.

On a wet and windy morning, we gathered at our Cenotaph to hold our ANZAC Day ceremonies. The Dawn Service kicked off at 0440 with a march from Short Street to the Cenotaph. There were over one hundred marcher that made the journey and were joined at the Cenotaph by several thousand members of the public.

What made the gathering on the public even more significant than it might otherwise have been was the threat of rain.

For most of that first service, the rain did hold off for most of the time. However, right at the end, the rain came in horizontally driven by gale-force winds. Every-one at the front of the covered area, outside, and on the dais, got absolutely drenched. Unfortunately, this also included our official photographers who both sustained water damage to their cameras and as a result, were unable to photograph the Citizens' Service.

All those attending, were invited back to our new home—the Southport Bowls Club—to partake in the Gunfire Breakfast and a good many took up the offer. There were copious quantities of rum to warm the insides as well as beer and soft drinks.

The Citizens' Service began with the marchers forming up once again from the bottom of Short Street. At 0830 the parade stepped off led by two jeeps and followed by the flag bearers, two uniformed officers.

Once again, the rain held off for a good portion of the ceremony, however, it returned in a vengeance at the latter half of the ceremony and, pardon the pun, but, put a dampener on the proceedings.

Following the service, the public were invited back to the Bowls Club to continue the day in a more convivial atmosphere. The Bowls Club had set up a pavilion on the central bowling green were at 1200 we commenced some games of 2-Up.



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The picture at the bottom of the previous page shows a dedicated young man who will carry on the tradition of ANZAC Day. He attended the Dawn Service and had to wait with his parents to also attend the Citizen's Service. It would seem that children can sleep anywhere if they are tired enough. Good on you, Jaxon.



The Start of the Dawn Service March



**Along Marine Parade** 



On the Gold Coast Highway



Some of the Public



Some of the Public



The Southport Yacht Club Support (Somewhat Reduced in Numbers because of the Weather)

The display by the members of the Southport Yacht Club is always spectacular and much appreciated by the public. There was to be up to fifteen boats take part this year, but the weather meant that many could not risk being damaged.

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# PCC Comment of the co

The Dawn Breaks



Father Don Parker giving the Final Benedictions

THE PROBLEM WITH
POLITICAL JOKES IS THAT
THEY SOMETIMES GET
ELECTED

# 80TH ANNIVERSARY OF THE BATTLE OF CORAL SEA

by Rodney Tagg

On Sunday 8th May 2022, Rodney Tagg, Carolyn Steadman and Matthew Luscombe attended the 80th Anniversary for The Battle of Coral Sea at Surfers Paradise.



Matthew Luscombe with Rear Admiral Clark



Carolyn Steadman with Commander Southwood

This service was organized by the Australian American Association, Gold Coast Branch. There were representatives from Sub Branches within the District and other Organizations. In attendance were also Federal and State Members of Parliament, and Local Councillors representing Mayor Tom Tate. The VIP's

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included Rear Admiral Clark USN, Deputy Commander 7th Fleet, Rear Admiral Plath RAN, representing Chief of Navy, Commander Southwood, Commanding Officer HMAS Moreton and US Dignitaries. The service went for over an hour and it was great to learn more about how significantly the battle effected our Country and the Pacific Region. After the service, there was a morning tea, held in the Coral Sea Room at the Surfers Sports and Diggers Club.

Never iron a four-leaf clover. You don't want to press your luck.

### History of the Naval Police (or Protecting the Senior Service) Part 4 of 4

By Peter Boyes OAM

Parts 1, 2 and 3 looked at the formation of the Naval Dockyard Police in 1913 and the changes in their duties respective to war. This final part looks at its transformation from post-war to its entry into the modern era evolution into a triservice Military Policing unit of the Australian Defence Force.

### **Interim Force**

Prior to the disbandment of the Guard Section, an "Interim Force" was established on 29th July 1946. This force was established to replenish the Permanent Force, which had fallen to a total of 9 members at the war' end and three of those were due for retirement before February 1947. The Interim Force had an approved complement of 272 and its members were recruited from ex-RAN members of the Seagoing Forces who were aged between 21 and 45 years of age, thereby creating a more virile and active deterrent to "Black Marketeers and other ill-disposed persons".

### A Permanent Footing

With the establishment of the post-war Naval Dockyard Police on a permanent footing, the branch settled down to a steady existence, generally devoid of major turmoil that affected the branch structure.

Although a number of changes to uniform, complement and pay rates occurred after the war, it was not until 21st January 1972 that any major change to the Force's structure

occurred. It was on this date that the Force became a branch of the RAN and thereby no longer existed as part of the RAN and thereby no longer existed as part of the Auxiliary Services. It was also at this time that history had turned full circle and they became again titled 'Naval Police' and re-introduced the ranks of Warrant Officer and Senior Constable.





The ranks of Naval Police were opened to female applicants in 1983. The 1986 complement of the Naval Police was 16 Officers and 366 Policemen and women, who were employed in Physical Security, Fire Protection and Investigation functions as well as a Police Dog Squad at HMAS Albatross to protect the airfield and aircraft.

The old round Police Badge was changed to more reflect the federal police badges. Since that time, the 3 service police Commands obtained newly designed police badges.

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### Further to the Story

In November 1989, as the result of yet another reorganisation, the Naval Police and Coxswain categories were amalgamated to form the Naval Police Coxswain category. The category was responsible for discipline, movements,

personnel management and investigation duties ashore and at sea.



Effective 20th January 2020

# Policing is Changing in Defence





In 2020, the tri-service amalgamation of policing resulted in all military policing units to come under the purview of the Army Provost Marshal. All RAN, RAAF and Army military policing units would collectively be named Military Police with a tri-service common branding of uniforms, vehicles and procedures. All service police badges became obsolete and a new tri-service ADF policing badge was adopted.





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Just for John, I inserted a photo of some aircraft and a RAAF military policeman. You are welcome, John.

That's all from me for now. Look after yourself and those you love.

Yours Aye,

Peter Boyes OAM.

### Please note:

All photographs provided in this article were obtained from public and open-sourced photographs from DoD, Military and Naval Police websites.

### A VETERENS POEM

by Graham Sargeant

Cordite filled the air with the pungent stench of blood Rats chewed at the bodies amongst the carnage of death and mud

The soldiers were in their trenches waiting for the whistle blow

Though they knew that death awaited when o'er the top they'd go.

Shells burst all around them showering red hot twisted metal,

Picking out their targets the Reaper's tally quickly settled

Torn from limb to limb many soldiers writhed in pain Like sheep to the slaughter, they faced death for little gain.

Then would come the gas burning at their lungs Floating through the palls of smoke claiming victims old or young

But these men still did their duty though they knew there was little chance Of ever seeing their homeland; would they ever leave this piece of France?

So many soldiers did not return with the end of that World War

Instead buried with their comrades on a foreign, distant shore

But they did it for King and Country proud to save us from the Huns

Marching to their deaths to the beat of military drums.

It was the war to end all wars or that was what they believed

But within the blink of an eye World War 2 was conceived

Since then and now wars still go on when will they ever see?

We have to learn to live in peace or the world will cease to be.

© Graham Sargeant May 2011 2nd Cavalry Regiment and 6th Battalion Royal Australian Regiment

### The Crafty Crafties

by Claude Palmer

1969: 1 ATF, Nui Dat, Vietnam. 106 Field Workshop RAEME provided repair support to Task Force operations by Forward Repair Teams of Technicians and Mechanics carrying tools and parts, up to replacement engines and transmissions, in Armoured Carriers known as Fitters' Tracks. As usual, the Crafties named their vehicles, in this case, after the cartoon 'Wizard of Id' Knight Rodney (apologies to our Sub Branch Secretary)-sighted and given the nod by the Brigadier commanding 1 ATF.



However, a certain COMAFV Major General, on a visit, pompously disapproved, and ordered removal of the image! Those images help to keep

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morale when the situation looks bad, also providing amusement and talking points for other combat troops being supported, so the crafty Crafties fabricated an olive drab painted aluminium cover which was secured over the image but removed when the Repair Team was deployed.

### Post-Traumatic Stress (PTSD) Explained

By Dr Joanne Boyes

In very simple terms, when we are exposed to a life-threatening event, it is a natural response to try and run away from it. For example, picture a stone-age man running from the dinosaurs. Once he escapes the danger, his heart rate drops, he starts breathing normally and begins to feel safe again. However, in some people, this natural response does not return to normal straight away and the body continues to look for that "dinosaur" around every nook and cranny.



The danger of the event and the fear the person experiences change two parts of the brain. Firstly, the part that interprets the thoughts about the dinosaur and the potential threat it is. So, it continues to think the threat is still there. Secondly the parts of the brain that regulate certain physical bodily functions (breathing, heart rate, reflexes etc.) are also affected and those areas remain aroused. The combination of these changes results in something we now call Post Traumatic Stress (PTSD).

Medical and psychological research has resulted in a much more complex description and a much broader understanding of what circumstances can result in PTSD. The person running away from the dinosaur could develop it. Someone watching the terror of someone else's encounter with the dinosaur could

develop it. Being told of the friend or family member's encounter with the dinosaur (but not actually witnessing it) could also result in PTSD. There is also the potential for the emergency services who arrived to clear up any damage inflicted by the dinosaur to develop PTSD.

# Can only military people or people from war zones develop it?

No, it is **not** something that just military people have. While there are documented instances of PTSD as far back as Ancient Greek history, the reason that PTSD is thought of as a military disorder is that it was first officially seen and documented widely following WW1 where it was known as "shell-shock". The volume of soldiers displaying the same symptoms meant that the community had to address the problem and find some treatment. Much of the research exploring different treatment approaches has been done on serving and ex-serving military. However, there are many incidents in day-to-day life that can result in PTSD in the civilian world too, far removed from dinosaurs... e.g., car accidents, assaults, natural disasters (fire, flood, cyclone). So, anybody has the potential to develop PTSD at any time in their life.

### Why do some people get it and not others?

Two people can experience the same event and it's possible that only one of those people will develop it. It's also possible neither will develop it. We are not 100% sure why this occurs but it is believed it is a combination of different factors. Everybody sees the world through different lenses. Everybody also has a different natural propensity to deal with certain things and each individual has a different genetic make-up. It is believed that there is a combination of these (and other things) that triggers off PTSD.

### **Diagnosis**

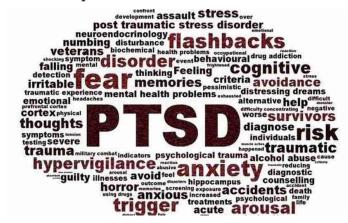
The main professionals that diagnose PTSD are Psychiatrists and Psychologists. There are very few professionals who have access to the appropriate testing regimes to make an accurate diagnosis. It **cannot** be diagnosed in a 10min consultation with a GP or by mates at the pub. These "informal diagnoses" can be informative for the person who thinks they may have PTSD as they may not have limited awareness that they are behaving differently. But a more formal evaluative process **must** be undertaken by a qualified professional.

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## Symptoms that are evaluated during the diagnosis process

There are a wide range of symptoms that are evaluated such as; flashbacks while awake, nightmares, upsetting memories, avoidance of anything that could remind the person of the event. Many people with PTSD also experience mood changes (being miserable) and lack of interest in participating in life so they often feel very isolated from their families and the world in general. Family members will more than likely know that there is something "amiss" just from these symptoms. However, the behaviours that are very noticeable and more likely to impact negatively on family members and friends are:

- → Irritability or aggression and anger that is unwarranted;
- → Risky or destructive behaviour (excessive drinking, gambling etc);
- → Overreaction if you come up behind them and touch them;
- → Alertness to perceived dangers and continually watching in case someone is going to attack. (This often results in sitting with their back to the wall in restaurants and cafes so they can monitor who is approaching);
- → Problems with concentration; and
- → Problems with sleeping. So, there are often night wanderings and TV's being turned on in the middle of the night and perhaps drinking and/or eating, all in an attempt to "squash the demons".



### Can PTSD be cured?

No, there is no "cure" at this stage, but that is no different to many other psychological problems. However, there are many treatments aimed at managing the symptoms and reducing the constant arousal. Medications may be used to help the body relax (as opposed to self-medicating alcohol and/or illegal drugs). These could be anti-anxiety medications and medications to assist with sleep. The body is also helped by exercise and things like meditation or mindfulness practices. There are many "talk therapies" that are usually bought in at the same time as medications and the exercise/mindfulness practices to ensure a multi-pronged treatment. There is more chance of success if several approaches are combined.



It is really important that help is sought as quickly as possible from specialised and experienced PTSD practitioners. If the practitioner is not specifically trained, it is possible that they can at the very least be ineffective, at worst can cause more damage. The longer someone "suffers in silence" the more difficult it is to have a positive outcome.



### Is there life after PTSD?

Yes. With effective help, many people can continue with their lives as normal. PTSD is always going to be present and there is potential that it may be re-triggered at any stage. Through the counselling process the person with PTSD would ideally come to understand their triggers and have some strategies to

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manage them. Once all the strategies are in place, the world will usually become a safer place for someone diagnosed with PTSD. It is possible for many people to resume a working and personal life that is happy and fulfilling.

I was visiting my DAUGHTER last night when I asked if I could borrow a newspaper.

"This is the 21st century" she said. "We don't waste money on newspapers. Here, use my iPad."

I can tell you this.....that fly never knew what hit him.....

### **DVA Delays**

Matthew Luscombe, our hard-working and dedicated Compensation Advocate, has asked that all of our members be made aware of the massive delays in getting DVA claims approved and paid.

He has asked that the following information be passed on to you:

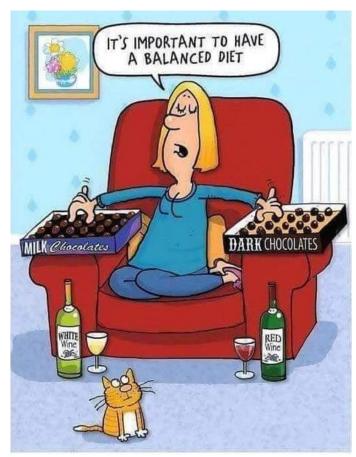
DVA are now taking up to 2 years for processing some claims.

The back log is almost up to 60,000 claims at present and climbing.

Please be patient — multiple unnecessary update phone calls on claim progression is one of the reasons of the hold up as more veterans are becoming aware that claims can actually be made.

Advocates and Delegates well understand of their urgency for claims to be processed – it is a queue, that is what it is – there is no preferential treatment of Subbranches nor Advocates at any level to push through any claims, and if you are not considered an "at risk case" just know that we are doing our very best to serve every one of you.

If you think you are at risk, there is a process we can initiate for you and your families that is very effective to support you in these situations through our Subbranch Veteran Support Centre Advocates or you can call Open Arms on 1800 011 046.





"Want me to get you a shopping cart?"

### LOVE THE IRISH

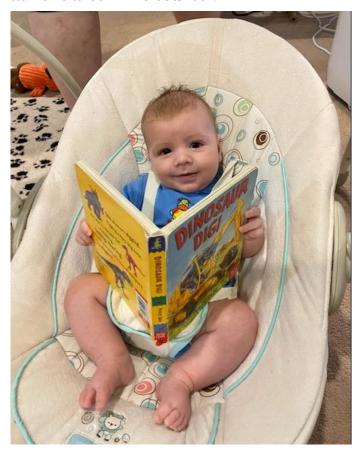
Paddy says to Mick, "Christmas is on a Friday this year"

Mick says "Let's hope it's not the 13th."

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### **Smart Baby**

About 12 weeks ago Michael Burg, one of our directors, and Lisa, his lovely wife, became grandparents. Their Grandson, Enzo, has shown remarkable development by taking a liking to dinosaurs. He loves to read about them as he relaxes in his bouncer.



Enzo

### Mahatma Gandhi

When Mahatma Gandhi was studying law at the University College of London, a professor by the name of Peters disliked him intensely and always displayed animosity towards him. And because Gandhi never lowered his head when addressing as he expected, there were always "arguments" and confrontations.

One day Mr Peters was having lunch at the University dining room when Gandhi came along with his tray and sat next to him. The professor said, "Mr Gandhi, you do not understand. A pig and a bird do not sit together to eat." Gandhi looked at him as a parent would a rude child and calmly replied, "You do not worry, professor, I'll fly away," and he went and sat at another table. Peters, red with rage,

decided to take revenge on the next test paper, but Gandhi responded brilliantly to all questions.

Unhappy and frustrated, Mr Peters asked him the following question: "Mr Gandhi, if you were walking down the street and found a package, and within was a bag of wisdom and another bag with a lot of money, which one would you take?"

Without hesitating, Gandhi responded, "The one with the money, of course." Mr Peters, smiling sarcastically, said, "I, in your place, would have taken the wisdom." Gandhi shrugged indifferently and responded, "Each one takes what he doesn't have."

Mr Peters, by this time, was fit to be tied. So great was his anger that he wrote on Gandhi's exam sheet the word "idiot" and handed it back to him. Gandhi took the exam sheet and sat down at his desk, trying hard to remain calm while he contemplated his next move. A few minutes later, Gandhi got up, went to the professor and said to him in a dignified but sarcastically polite tone, "Mr Peters, you autographed the sheet, but you did not give me a grade".

### **Election of Board Members**

At the forthcoming AGM there will be three Board positions that become vacant. Requests for nominations were sent out by email. At 1200 hrs on Friday 27th May, the nominations were drawn to establish the order in which they would appear on the voting slips. The positions that were up for election were:

### President, Treasurer and Director #3

These are the nominations for those positions:

President: John Riebeling
Treasurer: Michael Burg
Director \*3: Warren Hulyer
Steve Bloxham
Michael Burg

When you transport something by car, it's called a shipment. But when you transport something by ship it's call cargo

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"Look, as soon as a private room becomes available, you'll get one."

The word QUEUE is just a Q followed by four silent letters



Your fingers have fingertips, but your toes don't have toetips.

Yet, you can tiptoe but not tipfinger.

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