

# CHARGE SHEET

## MAGAZINE OF THE COFFS HARBOUR RSL SUB-BRANCH

SISTER ASSOCIATION OF PAPANUI RSA NEW ZEALAND



Serving Coffs Harbour Veterans for over 100 years.

- The November monthly meeting is held on Thursday 18<sup>th</sup> Nov in the Ground Floor Bistro, commencing 10.25am. Members are invited to bring along partners. The meeting is followed by lunch in the Bistro.
- Monthly Meetings are now held alternatively on 3<sup>rd</sup> Saturday & 3<sup>rd</sup> Thursdays of the month i.e. Thurs 18<sup>th</sup> Nov, Sat 18<sup>th</sup> Dec, also our Christmas party – full details later.
- ChargeSheet is available at the Vernon St Reception.

ISSUE No. 190 November 2021

Email: [coffsrsl@hotmail.com](mailto:coffsrsl@hotmail.com) Phone: 02 6691 9234

<https://cex.com.au/community/rsl-sub-branch/>

### 2021 Executive

#### President:

John Lloyd

0438 325 205

#### Hon. Secretary:

Col Sztorch

0488 251 034

#### Hon. Treasurer:

Garry Heskett

0414 512 302

#### Vice Presidents:

Garry Heskett

Ian Johnston

#### Assistant Secretary:

vacant

#### Office Hours:

Mon. Open 10.00am-12.00pm. Other times by appointment.

Thur. Office closed; but please join us for "Coffee at C.ex" every Thursday: 10am – 12pm, in the *Papaveros Italian Cafe*. Everyone welcome to chat and catch up.

#### Visitation Team:

Rev. Dr. Graham Whelan OAM

Ray Squires

Darrell Groth

#### Indigenous Liaison Officer:

vacant

#### Cenotaph Custodian:

Paul Bamford Jr.



**VALE:** Jim Limbert: RAF #140567

**Sylvia Taylor:** Women's Army Service # NF456991.  
Air Force Korea # W51537. Discharge Number 566080

**WE WILL REMEMBER THEM**



### **North Coast Veterans Centre - Pensions and Welfare Matters**

All Pensions officers are TIP or ATDP-trained, which means they have completed training accepted by Department of Veterans Affairs, are authorised to practice and follow a strict Code of Ethics.

An appointment is preferred for pension interviews, please contact our Pensions officers.

**LOCATION:** 4 Scarba Street. (Inside the Legacy Shop). Coffs Harbour NSW 2450

**POSTAL:** Veterans Centre Mid North Coast  
PO Box 736, Coffs Harbour NSW 2450.

**Phone:** 02 5621 8108

The Centre is open on Tuesdays and Thursdays (10.00AM - 2.00PM) to assist with welfare matters at the Veterans Centre. Other times by appointment.

**Sub-branch Contact Phones:** John Lloyd – 0438 325 205  
Col Sztorch – 0488 251 034  
Garry Heskett – 0414 512 302  
Paul Bamford – 0417 689 654  
Padre Graham Whelan OAM – 02 665 095

### **Monthly General Meetings**

**PLEASE NOTE:** Sub-branch Monthly Meetings are now held alternatively on 3<sup>rd</sup> Saturday & 3<sup>rd</sup> Thursdays of the month at 10.25AM.

**Location:** in the Ground Floor Bistro area (for the moment)

**Dates:** Thu 18 Nov, Sat 18 Dec also our Christmas Party. Partners invited.

**E-mail:** coffsrs1@hotmail.com, lloyd\_adapt@yahoo.com.au

Subs and other payments may be paid directly to our BCU Account as follows:

**A/C name:** "Coffs Harbour RSL Sub-branch"

**BCU BSB:** 533 – 000

**A/C number:** 3285 6268

**Catch up with 'Coffee @ C.ex'** every Thursday, 10.00am till 12.00pm in the Papaveros Italian café or ground floor Vista Lounge area. All members and partners are invited to come along for a coffee, a chat, raise issues, just say G'day, **Pay Subs**, etc.

## **We're operating for all Veterans & Members in a COVID safe way!**

Sub-branch Office is open Mondays 10.00am till 12.00noon; but we are happy to make an appointment to suit at any mutually convenient time.

### **Keeping in touch**

We urgently need members to advise their mobile phone numbers and E-mail addresses. Please advise details to any Committee member, e-mail to [coffsrsl@hotmail.com](mailto:coffsrsl@hotmail.com) or leave written details at the C.ex Reception. Our aim is to SMS and E-mail our notices, news and *ChargeSheet* to members as the most efficient means of keeping in touch.

Please also check out our Sub-branch page on the C.ex web site:

***<https://cex.com.au/community/rsl-sub-branch/>***

### **Booked Car with Driver (BCWD) Scheme.**

Under DVA's Repatriation Transport Scheme, DVA will pay for your travel by a taxi car. Veteran Gold Card and Veterans White card Holders are eligible. DVA will pay for your travel to and from your home to medical treatment. We call this the Booked Car with Driver (BCWD) Scheme. **Ph: 1800 550 455**

### ***Open Arms – Veterans & Families Counselling***

*provides 24/7 free confidential crisis support for current and ex-serving ADF personnel and their families on 1800 011 046. Safe Zone Support provides anonymous counselling on 1800 142 072. Defence All-Hours Support Line provides support for ADF personnel on 1800 628 036. Defence Member and Family Helpline provides support for Defence families on 1800 624 608.*



From our Padre Rev Graham Whelan OAM



**RETURNED AND SERVICES  
LEAGUE OF AUSTRALIA**  
*Coffs Harbour Sub Branch*



## PADRE'S POST



### **WE WILL REMEMBER THEM**

I am mindful of Jesus' loving care for us and the way that He helps us each step of our way even though we may not know it at the time. You all know, because I have mentioned it several times, that I am encouraged by the words from Psalm 121:

"I lift up my eyes to the hills – where does my help come from? My help comes from the LORD, the Maker of Heaven and earth. He will not let your foot slip – He who watches over you will not slumber.....the LORD will keep you from all harm – He will watch over our life; the LORD will watch over your coming and going both now and forever more." (from Psalm 121)

# You're Special



This is seen in Psalm 46.

"God is our strength and refuge, an ever-present help in trouble.

Therefore we will not fear. Though the earth be moved.....Though the waters roar and foam and the mountains quake with their surging.....the Lord Almighty is with us."

## MYSTIC SAILING FOR VETERANS AND EMS

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For more information please contact;

Tex O'Grady (Project leader) 0431 108 529

Jane Sury (Coffs Coast Legacy) 1300 534 229

*Blessinas – Padre Rev. Dr. Graham Whelan OAM*

## Veterans' Home Care services available

5 October 2021

Our Veterans' Home Care (VHC) program provides eligible DVA clients and eligible dependants with access to services to help them remain independent and in their homes. It offers the following services:

- domestic assistance
- personal care
- respite care, and
- safety-related home and garden maintenance.

To receive these services you will first need an assessment. You're eligible for an assessment if you hold either a Veteran White Card for an accepted service-related injury or condition or a Veteran Gold Card. Carers and family members of Gold and White Card holders with an accepted service-related condition may also be eligible for an assessment.

Call the VHC Assessment Agency directly on 1300 550 450 if you would like an assessment. Please also call if you suspended your VHC services during lockdown and want them to resume.

Further information about VHC can be found on the VHC page of the DVA website.

## In service to their nation

**This year marks the 70<sup>th</sup> anniversary of the start of post Second World War National Service, which saw more than 290,000 young men called up.**

On 8 September 2010, around 2,500 former National Servicemen (or Nashos) marched down Anzac Parade in Canberra and gathered outside the Australian War Memorial. The occasion was the opening by the then Governor-General Quentin Bryce of the National Service Memorial – an elegant water feature made from bronze, sandstone and granite inscribed with the simple words: 'Dedicated to all Australian National Servicemen and in memory of those who died'.



Image

It was the culmination of years of effort by members of the Nasho community, in particular the National Servicemen's Association of Australia (NSAA) and the affiliated Officer Training Unit Association (OTU Association).





For many, the creation of the memorial was an important recognition of their service, whether on deployment overseas or, as was more often the case, within Australia. It showed that their service mattered.

Australia had compulsory training in the Citizens Military Forces (CMF) at various times between 1910 and 1945. Since the Second World War, it has had two very different National Service schemes.

The first took place from 1951 to 1959. A total of 227,000 men passed through the scheme, which required six months recruit training in the Navy, Army or Air Force followed by five years as a reservist. Few saw action, though some were deployed on naval ships in Korean waters during that war. They were also at the atomic bomb tests in 1952 at the

Monte Bello islands, and in 1956 at Maralinga. RAAF National Servicemen worked on aircraft that had flown through atomic clouds.

In the second scheme, which took place from 1965 to 1972, men aged 20 years were required to register with the Department of Labour and National Service. They were then subject to a ballot, drawn twice a year. If their birth date was drawn, they might be subject to two years of continuous full-time service in the regular Army (reduced to 18 months in 1971). The final five ballots were even televised. Numbered marbles representing birthdates were chosen randomly from a barrel.

A total of 63,735 were called up. Of these, 15,381 served in Vietnam and another 150 in Borneo. The remainder served in support units in Australia, Malaysia and Papua New Guinea. Tragically, more than 200 were killed in Vietnam, and two in Borneo. More than 1,200 were wounded and countless others have suffered the consequences of their service.

'The two eras were very different,' says Noel Moulder, National Secretary of the NSAA. 'The first was accepted as a way of life. Every 18-year-old was called up or registered. Mothers and fathers were very proud. The second scheme became a massive objectionable thing.'

In 1987, the late Barry Vicary, a National Serviceman called up in 1965, founded the NSAA in Toowoomba, Queensland. He wanted a better support for Vietnam-era National Servicemen as well as a medal recognising National Service. He later expanded membership to Nashos from the first scheme.

In this, the NSAA has been successful. In 2001, the Australian Government recognised the contribution of National Servicemen to Australia's defence preparedness with the award of the Anniversary of National Service 1951-1972 Medal. Shortly after, National Servicemen became eligible to receive the Australian Defence Medal in recognition of their completion of required time in service for the respective era.

More recently, the Association has established the National Service Scholarship Foundation, which offers scholarships and grants to advance the professional education, research projects, and skills of medical, dental, nursing, and allied health professionals.

National Servicemen are now entitled to the DVA White Card which enables them to access free mental health treatment for life without having to link their condition to service and assists with treatment of other verifiable conditions caused by military service.

'This recognition is very important as they served well and faithfully,' says Ron Brandy, President of the NSAA. 'A sense that we were now nationally recognised for the service we gave. While a lot of people didn't resent being called up, they were taken out of their comfort zone, away from their families, compulsorily asked to do military service, and at end were just told "Thanks, your two years are up, see you later".

He points out that DVA was, at that time, part of a wider problem. 'It just wasn't legislatively or culturally geared to accept that these people served equally in all conditions. National Servicemen trained hard and served faithfully and well alongside their regular brothers but had great difficulty in having service-related injuries being accepted by DVA. Thus, the intervention of the late Barry Vicary was pivotal in the journey of recognition of equal service and just compensation for National Servicemen.'

He adds though that the department has changed significantly since then. 'We very much appreciate the service that DVA provides. We enjoy a cooperative and cordial relationship with the department and its support of the Association.'

The NSAA also persuaded the RSL to accept Nashos as members, and now, in many locations, former National Servicemen hold executive positions at all levels of the RSL. The RSL provides the Association with facilities for social gatherings and formal meetings.

Daryl Bristowe also found it a struggle being accepted not only by civilians but within the Army. He was called up in 1970 and served in Vietnam as a mortarman with the 3<sup>rd</sup> Battalion, the Royal Australian Regiment, and took part in Operation Ivanhoe.

'We were trying to prove we were the equal of the regular troops so we went in harder,' he says.

Not that he minded serving in Vietnam. Many Nashos were given the choice of going to Vietnam and he elected to deploy, partly for the extra pay but mostly because he felt it was his turn.

'My father's father had been in Gallipoli and on the Western Front and then when the war started against the Japanese, my father was in the CMF and he and his two brothers got involved,' he says. 'So when I was called up for National Service, it would have looked bad for me if I'd taken off.'

His main memory of Vietnam was the camaraderie.

'My Mum baked a fruitcake every week which arrived at 3pm Thursdays,' he chuckles. 'Do you know how hard it is to divide a cake into 36 slices using an M16 bayonet with all of your mates staring over your shoulder?'



He went on to spend ten years from 1989 in the Army Reserve then became a volunteer at the Shrine of Remembrance and later Victoria Barracks in Melbourne.

A week or so into recruit training, Nashos in the second scheme were selected to apply for officer training. Of those who applied, only around a third were chosen and of those only two thirds made it through the intensive five-month course at the Scheyville Officer Training Unit (OTU) west of Sydney. Scheyville was a compressed version of the year-long course at the Officer Cadet School, Portsea in Victoria. It was designed to produce the second lieutenants the Army needed in a hurry.

The days and weeks were long and the physical, mental and psychological pressures immense. So much so that it has forged lasting bonds among those who were there, even those who didn't complete the training. Hence the creation of the OTU Association, which today has around 600 financial members.

Its Chairman Frank Miller, a chemical engineering student at the time, was not happy about being called up in 1965. But he describes his training at Scheyville as a huge asset.

'It was a pressure-cooker type of situation,' he says. 'Coping at first was hard but eventually you learnt to adapt. But now I realise more and more what a huge help it's been for me. It gave you a greater understanding of what you're capable of. It taught leadership and discipline – knowing how a leader should present to other people, and how to get the very best out of them.'

After National Service, Frank spent his career in the food business, including 26 years in senior roles with Cadburys.

'So many Scheyvillians achieved so much in their careers,' he says. 'I wonder if I'd have gone as far if it weren't for Scheyville and the military.'

He says the main aims of the OTU Association are to promote fellowship among its members, to preserve the history of Scheyville and the memory of the eight who made the ultimate sacrifice.

It also seeks to promote leadership skills in Australian youth.

'We support bodies in the different states that develop leadership in young people. Our prime effort over more than three decades has been sponsoring 16 to 17 year-old men and women to attend the annual Lord Somers and Power House camps in Victoria.

'I am also very keen on getting Nashos who did not serve overseas signed up for a DVA White Card,' he says. 'They may not think they're entitled but it is terribly important. It covers mental illness and, furthermore, opens the door to DVA.'

Of the 1,881 who passed out of Scheyville, 328 served in Vietnam. One of these was Brian Cooper, Deputy Chairman and former Chairman of the OTU Association. He also sings the praises of Scheyville.

'If you were of that ilk, it could bring the best out of you,' he says. 'It gave you the ability to be cool under stress, multi-task, and keep the big picture in mind.'

He found Vietnam and Army life generally suited him, so he continued to serve for another 20 years, retiring as a lieutenant colonel before enjoying a successful career in executive recruitment.

He points out that in many ways you were better off as an officer in Vietnam.

'You were so busy, so focused,' he says. 'You didn't have a whole lot of time to be concerned. Whereas the National Service soldier might sit on their sentry post with their mind able to wander. It's very hard to stay focused and not to think about the dangers.'

Staying in the Army made returning from Vietnam easier too.



'It was just about getting on with the next job. It may have been different if I'd gone straight back to civilian life. There was that tainted feeling from our involvement in Vietnam. Those diggers could be home with their families within days of being in the jungle. They received no transition training and advice. It caused quite a lot of difficulties.'

National Service Day, 14 February, marks the date the first Nasho marched into a training camp in 1951. So this year marks the 70<sup>th</sup> anniversary of the start of post Second World War National Service. COVID-19 has curtailed a planned commemorative service at the Australian War Memorial to recognise this important date. However, the NSAA and OTU Association plan to commemorate the 70<sup>th</sup> anniversary as well as the 50<sup>th</sup> anniversary of the end of the second National Service

scheme in 1972.

## **RSL – A proud history, becoming even more relevant today**

**By Major General (Retd) Greg Melick AO RFD FANZCN SC**  
**National President**  
**Returned & Services League of Australia**

The Returned & Services League of Australia (RSL) is more than a century old, but the organisation continues to look to the future. It is seeking to assist new generations of veterans and their families and introducing contemporary programs and assistance in areas such as employment and mental health training.

**With the modern-day pressures on veterans and service personnel, the RSL is perhaps even more relevant today than when it was established.**



The RSL was founded in 1916 to address the lack of organised repatriation facilities and medical services available to those returning from service in the First World War.

Today, these important aims remain a motivating force, but while honouring and respecting the past, the RSL continues to look forward. We are working hard to modernise our organisation to ensure that it is well-resourced and available to assist all veterans and their families. Our core mission has never changed.

Current issues like the pending Royal Commission into and Defence and Veteran Suicide, the alleged war crimes in Afghanistan and the withdrawal from Afghanistan are being addressed and every possible assistance being provided.

The RSL is acutely aware that the situation in Afghanistan is having a major impact on veterans of that country's conflict. They need to be assured that their effort and sacrifice is appreciated by Australia and was not in vain. The commitment, courage and contribution of those who served our nation in the conflict is well recognised by the RSL and its members.

The RSL's traditional roles of veteran welfare, advocacy and commemoration continue to be at the forefront, and new roles have been implemented and evolved in the areas of mental health and veteran employment.

**RSL Australia will be working with Open Arms – Veterans & Families Counselling over the next year to deliver Mental Health Literacy workshops across the country to the veteran community.**

The [RSL Veterans Employment Program](#) is a initiative, to provide veterans and their families with services including resume development, counselling and employment placement assistance.

With a membership of about 150,000, supported by 3,700 Women's Auxiliary members, all managed through state branches and some 1,154 sub-branches, the RSL is the oldest, largest and most representative ex-service organisation in Australia.

Since its origins, the League has had a particular concern for the welfare of veterans, widows, and their dependants. This includes practical support to those in need, the management of aged-care facilities, and programs and the promotion of commemorative activities.

The RSL plays an increasingly important role in providing the Australian Government, through the departments of Veterans Affairs and Defence, with a direct line of consultation with the veteran and serving communities in both the establishment and review of policies and practices impacting on our community.

In recent years, we have provided submissions to important reviews and inquiries on military superannuation, injury compensation and rehabilitation, disability pensions and

recognition of families and members of the Australian Defence Force (ADF) injured, wounded, or killed while serving.

Our deep concern at the incidence of suicide, attempted suicide and the broader mental health issues confronting veterans is long-standing and well known. This is a very real and present problem that must be resolved.

For this reason, the RSL has been prominent in its representations to Government in the development of terms of reference for the forthcoming Royal Commission and will be presenting a detailed submission to hearings when they get underway. Our submission will represent the voices of all RSL members, veterans and their families and we are ready to provide all possible assistance during the operation of the Royal Commission.

The Royal Commission provides the opportunity to determine all the factors contributing to the poor mental health experience of veterans and the alarming incidence of suicide and attempted suicide. It provides a clear pathway for better outcomes for our veteran community in the future.

Importantly, through all our representations and activities, the RSL is apolitical, but we do work to ensure that governments – state, territory and federal – meet their obligations, to veterans, Defence personnel and the broader Australian community.

Our state branches and National Office engage with governments at all levels to enhance support and remove inequities for all veterans. Recognising there will always be limits on what is possible, we seek fairness and greater support for those in need.

We actively promote our policies on national issues, particularly the defence of Australia, conditions of service of serving members of the ADF and the development of a national defence infrastructure and defence industry.

The RSL has a strong and committed membership spread throughout the length and breadth of Australia. As an organisation, we work hard to ensure that our members' needs, and expectations are met and that we all share a strong sense of belonging and pride in our service and involvement in the RSL.

Over the last 100 years, the needs may have changed, our role and responsibilities grown and evolved, and our approach modernised and expanded, but our commitment to the veteran community is unbroken and our resolve to serve is now stronger than ever.

At its heart, the RSL is a service organisation. Our future remains in the hands of our committed members and the effective contribution we all make.

**Lest We Forget.**



# **Corn Corner and other stuff .... Hmmm**

## **Two men from Ireland were Talking in a Pub**

'I wouldn't go to America if you paid me,' said Michael. 'Why is that?' asked the Patrick. 'Well for one thing, they all drive on the right hand side of the road there.' 'And what's wrong with that?' inquired Patrick. 'Well', said Michael, 'I tried it driving in Dublin the other day and it's terrible.'

## **Subject: Spaghetti**

For several years, a man was having an affair with an Italian woman.

One night, she confided to him that she was pregnant. Not wanting to ruin his marriage, he said he would pay her a large sum of money if she would go to Italy to secretly have the child. If she stayed in Italy to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born.

To keep it discreet, he told her to simply mail him a postcard, and write 'Spaghetti' on the back. He would then arrange for the child support to begin.

One day, about 9 months later, he came home to his confused wife.

'Honey, she said, 'you received a very strange postcard today.'

'Oh, just give it to me and I'll explain it later,' he said.

The wife watched as her husband read the card, turned white, and fainted.

On the card was written:

Spaghetti,

Spaghetti,

Spaghetti.

Two with meatballs, one without.

Send extra sauce.

## World Population vs Memory Loss

### Earth's Population Statistics in Perspective

The population of Earth is around 7.8 Billion. For most people, it is a large figure however, if you condensed 7.8 billion into 100 persons, and then into various percentage statistics the resulting analysis is relatively much easier to comprehend.

Out of 100 :

11 are in Europe

5 are in North America

9 are in South America

15 are in Africa

60 are in Asia

49 live in the countryside

51 live in cities

75 have mobile phones

25 do not.

30 have internet access

70 do not have the availability to go online

7 received university education

93 did not attend college.

83 can read

17 are illiterate.

33 are Christians

22 are Muslims

14 are Hindus

7 are Buddhists

12 are other religions

12 have no religious beliefs.

26 live less than 14 years

66 died between 15 - 64 years of age

8 are over 65 years old.

Amongst 100 persons in the world, only 8 live or exceed the age of 65.

If you are over 65 years old, be content & grateful. Cherish life, grasp the moment.

If you did not leave this world before the age of 64 like the 92 persons who have gone before you, you are already the blessed amongst mankind.

Take good care of your own health. Cherish every remaining moment.

**If you think you are suffering memory loss.....**



Don't get too concerned too quickly.....

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do not have Alzheimer's."

1. forget the names of families.
2. do not remember where I put some things .

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This could be "Anosognosia", maybe, or just temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ..

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ..

**Many people are concerned about these oversights hence the importance of the following statements:**

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."



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