



Cardiff RSL Sub-Branch
ABN: 89034867759

“The Price of Liberty is Eternal Vigilance”



THE BUSTED BUGLE
WINTER EDITION
JUNE-AUGUST

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Snr Vice President	Paul Feenan	
Jnr Vice President	Don Urquhart JP	
Committee	Don Connolly JP	
	Jim Bridge	
	Greg Peters	
	Tich Rundle	
	Bill Johnson	
	Peter Burns	

Pension and Welfare Officer: Syd Lynch is available by appointment via the office or mobile 0437 593 205

General information relating to Sub Branch is available via the secretary (Ron) at the office 49537770 during office hours



Message from the President

I hope that this newsletter cheers you all up if you've been feeling a bit off.

We had a very successful ANZAC DAY this year, with around 1500 people turning up and braving the cold weather, so I thank you one and all whoever helped to make the day so special. If you know of some choir, or someone who can actually sing, please let myself or someone know about it and we'll be in touch, ready for ANZAC DAY next year.

The upgrade of the memorial is still a work in progress, we are still fielding several offers of different memorials, and however, I can assure you all we are working on this as this newsletter goes to the press. Myself and the old warhorse Doug attended Congress at Rooty Hill this year, there was some good news coming out from it one was it will be held at Coffs Harbour for three years commencing from next year, the other was a three year tenure for the Executive and committee, which was going to be a submission from Cardiff for next year, so someone stole my thunder, actually I see that as being a benefit to all those Sub-Branched out there, in that they will have more time to settle in and be better off financially and the other one was for Life Membership being restored. All in all I thought it was a very good congress with mostly good outcomes.

Members please note that numbers are dropping off for personnel joining the RSL Sub-Branched for one reason or another, there cannot be any better camaraderie than the forces, so I urge you all to get them to join us, it's because of the excellent welfare and pension service that we provide and will continue to do, so come on fellow vets, let's make it a Sub-Branch we can all be proud off.

Doug Goodworth, the Treasurer received the Meritorious Medal for his outstanding work that he has done over the years gone by, an achievement not many of us will get, I say a very honourable thank you to Doug for not only his achievement, but for his honest opinions on all things, RSL Sub-Branch should do or be to be successful, so once again I'll say job well done from all of our constituents.

Pensions are still going strong, with more coming in now than before, just remember, you will only get what you want by asking us for a review of the disability pension, so if you're not a TPI or EDA well, I suggest you do something about it if not your wife may miss out on the War Widows pension.

Peter Taylor is our new Welfare Officer, I welcome him coming to give us a hand, I know this job is very demanding of your time and wish him, all the best in his endeavour.

We hope that we've got most of the hospitals in your area covered by one of our Welfare Officers so that none misses out on a chin wag, also remember to let us know when you are going in if you can.

In closing may I just say that the need is to keep ourselves moving forwards, keeping the momentum going and to be aware that there are new veteran from Australia's military commitments who are going to be in need of our assistance in the not too distant future .It is for them that we must remain strong and for that we need the commitment of our members. Remember, we can't afford to look back in our rear view mirrors at the Sub-Branch, we've got to look forward.

Please stay healthy and wise and remember life is what you make it.

Syd Lynch. J P

President



From the Secretary's Desk

A big thank you to all the members who work as volunteers not only on Anzac Day, but all year.

The membership fees have been finalized and any unpaid cards have been returned to state headquarters.

I still have some tie bars left with service logos on for \$5 each, but if you require anything else from the military shop (www.militaryshop.com.au/) or (www.salt.asn.au/), please call into the office and let us know, if we get enough orders we can buy in bulk.

The office hours are 9.30 am to 12.30 pm Wednesdays and Saturdays.

Regards

Ron Kennedy

Honorary Secretary

VALE

Garland	O.E.	NX193314	SIG	18 L of C Signals	5 January 2012
Hawkins	J.	N482834	PTE	118th AGH	6 January 2012
Johnson	T.	NX28867	Sapper	Army	4 January 2012
Smith	A	A22491	LAC	RAAF	14 February 2012
McCullum	R	NX155063	Gunner	14 th Aust Field Reg	26 May 2012
Parmenter	R	N452986	PTE	Dental Unit, Aust Corps	9 June 2012

'Lest We Forget'



Cardiff RSL Sub-Branch Women's Auxiliary

There have been NO changes to our Executive this year.

President	Mrs Bonnie Graham
Secretary	Mrs Corinne Peters
Treasurer	Mrs Lynne Goodworth
Vice President	Mrs Connie Bartley
Vice President	Mrs Kaylene Dodd
Purchasing Officers	Mrs Brigitta Froehlich Mrs Bonnie Graham

Hello everyone. Well we all survived another ANZAC Day. The Auxiliary fared well from the breakfast & the raffle of the Rising Sun Badges Boxed Set. Our thanks to all those who supported us in the raffle.

We have held another raffle that started out life as a Mother's Day raffle but with the short time between ANZAC & mother's day we extended it until the long Weekend in June. We might not have made much on the raffle but every little bit helps.

Now all the rush & hurry of ANZAC is over for another year we can now look forward to our Christmas in July. This year the ladies wanted to invite their partners so after it was discussed at our May meeting these lucky gentleman will be enjoying a lovely relaxing luncheon with the Auxiliary. Melinda is as always planning a menu to tempt us all too over indulge on good food & friendship.

The new rules etc. that the ATO are enforcing will make it more interesting to do our charity work but the change will be fun.

Enjoy this bracing winter weather, get your flu jab & stay well.

Corinne L Peters
Honorary Secretary



MESSAGE FROM THE HON GREG COMBET AM MP
Federal Member for Charlton

Minister for Climate Change and Energy Efficiency

At the end of May we paused to remember two important anniversaries in our wartime history – the 110th anniversary of the end of the Boer War and the 70th anniversary of the midget submarine attack on Sydney Harbour.

More than 16,000 Australians volunteered to fight in the Boer War in South Africa from 1899-1902, and almost 600 Australian died in active service during the war.

Exactly 40 years after the end of this war, a new conflict was beating its way toward Australia's doorstep when the Japanese carried out their attack on the night of 31 May 1942, unleashing a surprise attack on Sydney Harbour.

Two of the three submarines were destroyed, but one managed to fire its torpedoes, aimed at the American cruiser USS Chicago. It sank the naval depot ship HMAS Kuttabal instead, killing 21 of the sailors onboard. An unfired torpedo, recovered from one of the sunken submarines, is now on display at the Australian War Memorial in Canberra.

This year also marks the 70th anniversary of Australian service at the Kokoda Track. The fighting there, against a Japanese invasion force, was perhaps the most significant battle fought by Australians in World War II.

The Japanese landed near Gona on the north coast of Papua on 21 July 1942. In the next two months they drove the Australians and their Papuan allies back over the mountains towards Port Moresby, which was vital to the defence of Australia - if they took Port Moresby, the Japanese planned to begin a bombing offensive against north Queensland and, had they done so, their invasion of Australia would have been launched from there. None of this came to pass.

The Japanese came within 40kms of Port Moresby, but the tide turned in September when the Australians, in a series of costly battles, pushed the enemy back. By mid-November the Japanese were forced to abandon their objective.

These were some of the darkest days in our nation's history, and we honour the contribution of those who served to protect Australia in these times.

With regard to the country's most recent conflict, we welcome the announcement by Afghanistan's President, Hamid Karzai, that a third tranche of provinces and districts will begin transition to Afghan-led security responsibility from the middle of the year.

This includes Uruzgan Province, where our Mentoring Task Force, Special Forces and Provincial Reconstruction team work with their Afghan and International Security Assistance Force (ISAF) counterparts.

With the third tranche of transition, more than 75 percent of Afghanistan's population will live in areas under Afghan security lead. Afghanistan will have responsibility for its own security by the end of 2014.

In other news:

Refurbished DVA offices:

There are more than 2,500 veterans and war widows in the Newcastle and Lake Macquarie area that will be able to access services at the newly refurbished Veterans' Access Network (VAN) and Veterans, including the Veterans Families Counselling Service (VVCS), at the offices in Auckland Street, Newcastle.

DVA has had a presence in town since 1945, and the new office space will ensure they continue their work supporting the local veteran community.

Potential scams:

It has been brought to my attention that scam artists, claiming to be representatives of DVA, have been approaching members of the Veteran community asking for personal information such as banking details.

Please be aware of potential scams and be vigilant about providing personal information over the phone. If you receive a phone call or letter asking for information, such as your DVA client number or banking details, do not answer straight away. Contact the Newcastle VAN office on 133 254 or 1800 555 524 to ensure the source is legitimate. You can also report any scams to the scamwatch hotline on 1300 795 995.

Till next time,

Greg



As the new financial year kicks off, I am pleased to see work starting on some vital and long-overdue local projects. I've been working hard on the issues local community members have raised with me and the latest State Budget included millions of dollars for infrastructure improvements to make our daily lives that much easier.

\$14 million will be spent upgrading Cardiff Railway Station to make it more comfortable and accessible. Work includes an extension of the platform to fit eight-car trains, two new lifts, ramp and footpaths with weather protection, accessible toilet and upgraded CCTV surveillance and lighting.

Further work towards the construction of a new bridge at Pennant Street, Glendale was boosted by a further \$2 million to provide a second point of entry to Cardiff Industrial Estate and Glendale Shopping Centre as a part of our \$15 million commitment. This will not only improve the flow of traffic, but also potentially create hundreds of jobs.

We will also see \$2.5 million in upgrades for Cardiff's Main Street and enjoy the first town centre upgrade in recent years. We can look forward to new footpaths, street furniture and landscaping.

These projects would not be underway without the outstanding input I have received from local residents. If you have an idea or would like to discuss any of the above projects, please do not hesitate to contact my office.

Stay warm this winter and I hope to see you soon,
Andrew Cornwell MP
State Member for Charlestown.

AN ANZAC STORY

Private Arthur Crampton – 3132

Arthur Crampton enlisted in the A.I.F. on 23rd September, 1916 aged twenty three years and six months. He was a single man employed as a labourer, and his parents William and Mary Crampton lived at Cardiff, New South Wales. Arthur Crampton was assigned to the 8th Reinforcements 56th Battalion and embarked in Sydney on the H.M.A.T. "Seuvac", ship number A29 on the 11th November, 1916 for England.

Private Crampton disembarked at Devonport, England on the 20th January, 1917 and proceeded to the 14th Training Battalion camp for further military training before deployment to his battalion in France. Private Crampton departed the Training Battalion on the 25th April, 1917 and proceeded overseas to France, marching into the 56th Battalion on the 30th April, 1917 as part of a group of seventy eight reinforcements.

The 56th Battalion was raised in Egypt on the 14th February 1916 as part of the "doubling" of the A.I.F. Half of the battalion were veterans from the 4th Battalion, and the other half fresh reinforcements from Australia. The 56th Battalion was predominately composed of men from New South Wales and the battalion became part of the 14th Brigade of the 5th Australian Division.

The 56th Battalion was ordered to France, arriving on the 30th June 1916 and entered the front line trenches for the first time on the 12th July 1916. The battalion was engaged in its first major battle at Fromelles a week later. The battle was a disaster which resulted in heavy casualties across the 5th Division. The 5th Division continued to man the front at Fromelles for a further two months.

The 56th Battalion spent a freezing winter manning trenches in the Somme Valley and in early 1917 participated in the advance that followed the German retreat to the Hindenburg Line.

On the 15th May 1917 the 56th Battalion was at Riencourt, Queant Sector. At 3.30a.m., the 15th May, the battalion was "stood to arms" and enemy artillery became very active with a heavy bombardment on the trenches held by 'D' Company 56th Battalion, which caused heavy casualties. The German infantry attacked the trenches held by the 54th Battalion and bombed their way into the trenches of the 54th Battalion inflicting heavy casualties. 'D' Company of the 56th Battalion was ordered to send two sections forward to bomb the enemy from the rear and relieve the strain on the 54th Battalion. The Commanding Officer at Battalion Headquarters mustered as many men as possible to go to the assistance of the 54th Battalion. By the end of the day the Australians had cleared the trenches of all German soldiers inflicting heavy casualties on the enemy and reoccupied all trenches which they had held at the start of the day's fighting.

The casualties of the 56th battalion for that day of fighting were six killed, two officers wounded, one gassed, fifty three other ranks wounded and one man missing. Private Arthur Crampton was one of those men "Killed in Action" on the 15th May, 1917. He was buried at Queant Road British Cemetery, Buissy, France.

Lest we forget.

Acknowledgements:

Australian War Memorial Canberra

KOREA

We didn't do much talking,
We didn't raise a fuss,
But Korea really happened,
So please remember us.

We all did our duty,
But we didn't win or lose,
A victory was denied us,
But we never got to choose.

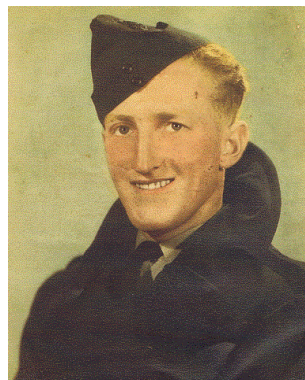
We all roasted in the summer,
In the winter, damn near froze,
Walking back from near the Yalu,
With our blackened, frozen toes.

Like the surf, the enemy kept coming,
With their bugles in the night,
And we fired into their masses,
Praying for the morning light.

All of us just had to be there,
And so many of us died,
But now we're all but half forgotten,
No one remembers how we tried.

We grow fewer with the years now,
And we still don't raise a fuss,
But Korea really happened'
So please – **Remember us.**

The Life Story of Wallace Beacroft



Born the 20/12/22 at Cooks Hill Newcastle to Harold & Eliza Beacroft, I was the fourth child and first son with 3 older sisters, and a sister & brother followed after me. This was a large family & a huge task for my parents to cope with as there was a depression to deal with also, we still managed to enjoy our time together.

I attended primary school in Cooks Hill until 3rd grade when we then moved to Stockton at the age of 8 where I finished primary school. I entered high school at Broadmeadow

Technical College (now known as Performing Arts) until I passed my intermediate certificate. While doing this I worked part time to help out at home & a little pocket money, this included selling newspapers on Newcastle wharf before and after school, and on weekends I caddied at the golf course for a bank manager. In my last year of school I became a lolly boy for the Savoy Theatre this helped to pay at school and home. On leaving school I started my working life as an office boy with tool transport company in Watts Street then I found employment with JCW Bridge a plumbing firm making guttering and down piping and other sheet metal products, this seemed a dead end job so I sat the railway entrance exam, this led to my employment at the Cardiff Work Shop this involved general work, office boy small drilling machines plus cleaning.

In 1941 I applied to join the RAAF and passed both entrance & medical tests. After doing my rookies at Richmond I was posted to Melbourne, my accommodation was in the exhibition building in the centre of town from which I travelled daily to Brunswick College to lectures in basic Fitters course, this took 3 months to complete. On completing this we then moved to Evans Head (number 3 bags) to work as a flight mechanic on Fairy Battles an aircraft fitted with Rolls Royce v12 engines, these planes towed large drogues on a long wire rope for gunners in another plane to shoot at. Late in 1941, I was transferred to Bradfield Park in Sydney to go overseas, my first trip out of Australia which turned out to be Port Moresby with 32 squadron with the Lockheed Hudson Airways both fitted with a radical motor, it was hard to keep an aircraft flying with lot of damage as it caused a lot of losses and we were chased out of 7 mile strip to relocate a John's Gully. When the Japanese were on the Owen Stanley Track we stayed until we were ordered to transfer the crew to Horn Island and from here we stayed over on the base, except for 1 flight into Moresby or Milne Island as required. It was from here we were relieved and sent back to Camden to reform and re-equip, after a short leave I was posted Ascot Yard to do conversion course to fitter to which I completed and was sent to Cumwal, after 10 days I was sent to 84 squadron at Richmond and given 4 days leave and on return was once again posted to Rathmines with No 11 Squadron Black Cats. I stayed there for about 3 months before being posted back to Richmond to the 32 squadron DC3 and transported as flight engineer flying from there to anywhere eventually it was to an embarkation depot and of to Bougainville to number 11 squadron with Boomerangs single engine fighters I as there until the war finished and given my discharge there.

I found my way home and was discharged on the 18/12/45, I was handed my posting for discharge with no transport available to leave the island was told to make my own way home so I hitched a ride with the Americans in a Martin Mariners flying boat to Cairns and from there was lucky enough to get one of my old squadron DC's to Brisbane where I caught a train to Sydney, as I passed through Broadmeadow my whole family was there to greet me but I had to stay on the train and travel to Sydney to get my discharge papers then returned home for Christmas. During my 4 ½ years of service I became engaged to Alma May Hawkins and on my return I married my pre-war sweetheart at Hamilton Methodist church on the 26/2/1944 we brought and lived in Tighes Hill and had our 4 children Denise, Paul, David and Gayle, we lived there until I got sick with pneumonia and the Doctor advised us to move out of a brick home so we moved to Cardiff South to build our own home, after my service with the RAAF my service with the NSW Railway continued as I was appointed fireman on a steam train at Port Waratah hauling coal to Port Arthur. After a while I was in line for acting driver but the heat from the fire box caused my dermatitis to flare up behind my knees so I was taken off and returned to Cardiff Work Shop where I was placed with the blacksmiths. I could see no future in this so I applied to re-apply to do a trade course in which I gained my

carpenters certificate this was a complete change of life. My first job as a carpenter was for the railway, I was camped at Morisset 4 nights a week for 4 shilling per night then we were moved to Tuggerah when we finished there we moved to Whittingham and that was when I left this job to go to work for Judd Brothers at Nelsons Bay building the camps for new Australians arriving from Europe. When this job finished I returned home to Newcastle and worked for Pat Hanson in his joinery, during this time there were a lot of blackouts and I was laid off. These blackouts caused a lot of layoffs so work was hard to find, I became a bread carter with William Cans and was pleased to be able to support my family for the next 2 years. I then got a job with BHP where I stayed for the next 31 year, I held many positions with them starting out as a fitter until I was transferred to construction carpenter when an opening became available, I became there safety carpenter after 12 months then I as made an inspector with construction and worked with carious engineers. I worked on the open hearth boss furnace sinter plant basic oxygen merchant mill coke ovens. I was then asked to start a system as a contract claims officer to control and record payment to all contractors working for BHP. After this I went to Groote Island as a materials officer and controller for stage 2 development in 1969 with my wife for 2 years. We came back to Newcastle and then worked as resident engineer on Stockton borehole colliery upgrade then worked on Jesmond Uni site, we then went to Mount Newman to put in an additional generator then back to Singleton to work at Saxonvale Mine, which I started with surveyors and saw this to the end of job. I then went to the coal loader at Koorangang Island at Newcastle this was my last job as I retired here to enjoy my life with my wife and family in my new home I was building, but to my greatest sadness my wife of 38 years passed away while we were on a cruise which was to ease me into retirement, I went back to work for a few more months but decided at Christmas time to retire. BHP engineering gave me a wonderful send off with people from all over Australia there to say goodbye. On leaving BHP I travelled around Australia for roughly 6 months then settle at Wangi in the house I built for Alma and myself to live in on my retirement, sadly this was now to be only my home. I lived here for around 14 years and had some lovely friends and times playing bowls and travelling with the bowlers. During this time at Wangi I cared for a lady called May until her sudden death after an operation for bowel cancer. I also had 2 of my children stay in the house while sorting out their lives. I went on quite a few cruises and to New Zealand with the boys form the RSL. I also went to Ballina on a 7 day trip which was worth the money. At this time I also met a lovely lady Jean and we travelled quite a bit, we met at Evans Heads at an air force reunion in she came from Tweed Heads and I spent a lot of time there too, it was when she moved to Mackay that we decided it was just too far to travel plus the fact that she hated flying and both our health was starting to fail. Now for the children, bit in this story, Denise worked for the Telephone Exchange as it was known in those days, met and married a man named Des, but unfortunately this broke up, she travelled around finally settling in Canberra for a couple of years, then moved to Sydney to train as a nurse, from there she moved to Western Australia for many years with lots of trips home. She moved again sill nursing to Cessnock where she met and married John and built a house and is still living there. Paul was called up in the Army and served time in Vietnam he trained as a boilermaker worked in the pits married Sue and had 2 children Darren and Nyola. He moved around a little finally moving to Western Australia with Sue and Nyola where he had open heart surgery and within weeks of this lost his wife Sue to cancer, he and Nyola moved back to Newcastle where he met and married Lyn, they now live in Port Macquarie, David came to Groote with me for a few months and ended up staying working which set him up quite nicely, he married Cathy and they ended back up on Groote working for a few year having their first child Nicole, then

moving back to Newcastle, David had a few jobs settling with T.N.T. they also had Erin, Lauren, Ashleigh and Callen, David had a double lung transplant in 2005 and went back to work until recently he is at the moment not working. Gayle married early and had my first living grandchild Amanda she had Shane 2 years later then moved to Western Australia with her husband Michael, she moved back home when the marriage failed. Gayle lived in the family home while we were away working raising the kids working part time. She met and married Joe and they brought the family home from us, they had Jodie and Stephanie, Gayle went back to work and is now working for Hunter Health. Wal has 11 Grandchildren and 13 Great grandchildren, he still lives behind Gayle and Joe in the granny flat and because of ailing health has asked for and waiting to move to a nursing home he is soon to be 90 years old.

What is happening in the Sub-Branch?

Flag Presentation from the Hon. Mr G. Combet AM MP



The Hon. Mr G. Combet AM MP attended the Cardiff RSL Sub-Branch ANZAC Luncheon on Sunday 22nd April to present the Sub-Branch with an appropriate size Australian Flag for the flag pole at the front of the Memorial Club. Sub-Branch President Mr Syd Lynch accepted the flag on behalf of all members

In attendance also was the Member for Charlestown, Mr Andrew Cornwell. Both MP's mingled with Sub-Branch members whilst enjoying the BBQ luncheon. A good day was had by all. The members wish to thank Mr Combet and Mr Cornwell for their time.

Cooking for One or Two

The 'Cooking for One or Two' program is designed give veterans and the wider community confidence in preparing a variety of healthy meals using a number of easy cooking techniques. It can sometimes be difficult to scale down recipes to cook for 1 or 2 persons. Whether you live alone or with another, sometimes you just don't want leftovers. This is a basic cooking program conducted by Men's Peer Health and Department of Veterans' Affairs (DVA).



This program was recently held at Toronto and attended by Bob Low, Bob Peart and friends (pictured). It was great learning how to cook for one self in ways that is nutritional and also tasty on the palate, plus meeting new and old friends said Bob Low.

Meritorious Medal Presentation Mr D. Goodworth

Recently at the NSW RSL State Congress held at Rooty Hill RSL Club in Sydney our Sub-Branch Treasurer, Doug Goodworth, was presented with the Meritorious Medal by the National President, Rear Admiral Ken Doolan AO RAN (Retd), and Mr Don Rowe OAM NSW RSL President.



Doug joined the RSL Cardiff Sub-Branch on the 13th March 1981 and since that date has been an active member of the Cardiff Executive. He has held the positions of Treasurer, Secretary, President, Trustee, Committee member and delegate to the Newcastle District Council. Doug's primary interest has always been the welfare of members. When he was elected Sub-Branch Secretary in 2000 he immediately organised for DVA Welfare and Pensions courses to be conducted for members of the Sub-Branch. The aim being, to enable the appointment of trained Pensions and Welfare Officers who could assist veterans'.

Doug has made significant contributions to all traditional areas of Sub-Branch activities, including organizing and conducting Anzac Day ceremonies, attending local schools for Anzac Day services, conducting RSL funeral service for departed veterans and initiating

liaisons with local Service Organizations such as Cardiff Scouts, Meals On Wheels, Cadet Corp and Nursing Homes in the Cardiff area. On the 1st June 1999 Doug was awarded Life Membership of the League.

Doug was elected Treasurer to District Council in February 2002 followed by Junior Vice-President, Senior Vice-President and on 27th June 2005 he was elected President. He held that appointment until illness caused him to retire to the less demanding position of Treasurer. Doug has been involved in many District welfare activities including a close working relationship with the Newcastle VAN office, the creation of the Veterans in Hospital group, the District RSL Welfare and Pension Network and the conduct of courses such as Cooking for One or Two, Dementia and Men's Peer Health.

Regionally Doug has been an RSL representative on the Fort Scratchley, Battle for Australia, VVCS and DRSC committees. From 2000 until February 2011 Doug held the position of Treasurer of the Newcastle Dawn Service and ANZAC March committees.

Doug is a dedicated member of Cardiff Sub-Branch who has worked tirelessly for three decades on behalf of the Ex-service men and women of the Newcastle and Lake Macquarie district.

Crosses

The old (individually named) crosses that were used for the Memorial Garden on ANZAC day are available for the relatives of those deceased personnel. Please leave your name and the serial number of the cross required at the Sub-Branch Office. Cut off date is the 13st August 2012 to acquire the cross.

Information on Pensions

No matter how many years it has been since you were in the services, you are entitled to apply for a disability pension for injuries or diseases caused or aggravated by war service or certain defence service rendered on behalf of Australia.

If you are not receiving TPI or EDA pensions, remember you are able to apply for an increase in your disability pension.

If you are receiving a service pension you are also entitled to apply for a disability pension.

Call the Sub Branch office on phone numbers available, Wednesday and/or Saturday mornings to make an appointment to see one of our pension officers, who will discuss your concerns.

Wellbeing Toolbox

The Wellbeing Toolbox is an on-line resource for veterans, former serving members and their families. The wellbeing information and tools are general in nature, so a wide range of people can benefit from them. The website was developed by Australian Centre for Posttraumatic Mental Health (ACPMH) funded by DVA.

www.wellbeingtoolbox.net.au

News Release

CANBERRA: A Royal Australian Air Force Pilot serving in the Defence Department narrowly escaped serious injury recently when he attempted horseback riding with no prior experience. After mounting his horse unassisted, the horse immediately began moving. As it galloped along at a steady and rhythmic pace, the pilot, who has not been named, began to slip sideways from the saddle.

Although attempting to grab for the horse's mane the pilot could not get a firm grip. He then threw his arms around the horse's neck but continued to slide down the side of the horse. The horse galloped along, seemingly oblivious to its slipping rider.

Finally, losing his grip, the rider attempted to leap away from the horse and throw himself to safety. However, his foot became entangled in the stirrup, leaving him at the mercy of the horse's pounding hooves as his head and upper body repeatedly struck the ground.

Moments away from unconsciousness and possible death, to his great fortune a Royal Australian Navy Chief Petty Officer, shopping at K-Mart, saw him and quickly unplugged the horse!

Cooking

Lamb Casserole



Serves 4

Ingredients

- 4 x 120g of lamb leg, cut into 3 cm cubes (4 x 220g for males)
- 2 x tablespoons olive oil
- 1 x onion, finely chopped
- 1 x carrot, finely chopped
- 1 x stick celery, finely chopped
- 2 x cloves garlic, crushed
- 1/4 cup red wine
- 2 x tablespoons tomato paste
- 2 x cups chicken stock
- 1 x bay leaf
- 2 x sprigs rosemary
- 2 x tablespoons parsley

Method

Heat a large enamelled cast iron casserole dish over high heat. Coat lamb with oil and cook in small batches for 5 minutes or until browned. Remove from the pan and set aside.

Add onion, carrot and celery to pan for 5 minutes, or until soft. Return lamb to the pan then add garlic, red wine and tomato paste. Cook for a further 5 minutes

Add stock, bay leaf, rosemary and enough water to ensure the lamb is covered.

Cover with lid and bake in oven for 1 hour. Add parsley and cook for a further 40 minutes.

Serve sprinkled with parsley.