

"The Price of Liberty is Eternal Vigilance"



Cardiff RSL Sub-Branch
A&N: 89034867759

THE BUSTED BUGLE



Issue 04
2013

**CARDIFF RSL SUB-BRANCH
QUARTERLY NEWSLETTER SPRING EDITION**

PO Box 374,
Cardiff, NSW, 2285
Phone: 49537770
Fax: 49537771
Email:
cardiffrslsubbranch@bigpond.com

THE BUSTED BUGLE

**CARDIFF RSL SUB-BRANCH
QUARTERLY NEWSLETTER AUTUMN EDITION**

President	Syd Lynch JP	0437 593 205
Hon. Secretary		4953 7770
Treasurer	Doug Goodworth	
Snr Vice President	Paul Feenan	
Jnr Vice President	Greg Peters	
Committee	Jim Bridge	
	Peter Burns	
	Don Connolly JP	
	Ron Kennedy	
	Bill Johnson	
	Peter Taylor	
Pension & Welfare Officer	Alana Ward	

Pension and Welfare Officer:

Syd Lynch is available by appointment via the office or mobile 0437 593 205

Pension and Welfare Officer:

Alana Ward is available by appointment via the office.

General information relating to the Sub Branch is available via the Secretary at the office 49537770 during office hours.

VALE

Lawson N N461489 Signalman N.G. School of Sigs.

'Lest We Forget'



Message from the President

Hello, to all our members,

Once again I will say we have experienced a very busy couple of months since ANZAC Day and what a day that was with around 2,000 people attending, I felt really humble but proud to be President of this great Sub-Branch.

I recently went to Coffs Harbour along with our Secretary and Trustee (Bill Johnson) to attend Congress where we were advised about things like budgetary requirements, accountability and that everyone is going to be audited sometime, or another starting from July 2013.

We have nearly completed most if not all of that, so I am extremely confident that all t^s are crossed and i^s dotted so we are well set and ready for the future.

I have a few people that I wish to thank for the jobs they help with, like the women from the Auxiliary for their help in getting us through ANZAC Day in particular, plus the garden gnomes Ken and Pete for the great job they do in keeping the memorial garden clean and tidy, plus the fellows that help out with the office work, they know who they are, you are very much appreciated.

Pensions are coming along fine, I've been impressed with the Department of Veterans' Affairs (DVA) as they don't take very long to make up their minds anymore, so they get a 'yah' for the day.

Welfare to me is the most important part of everyday life, with people wanting advice or some certainty in whatever it maybe, we certainly do help out whenever we are needed.

To each and everyone of you, remember.

Be proud, look, live and feel proud.

Syd Lynch. JP

President



Cardiff RSL Sub-Branch Women's Auxiliary

Hon. President	Mrs Bonnie Graham
Hon. Secretary	Mrs Corinne Peters
Hon. Treasurer	Mrs Lynne Goodworth
Vice President	Mrs Connie Bartley
Vice President	Mrs Dianne Kennedy
Purchasing Officers	Mrs Brigitta Froehlich Mrs Bonnie Graham

It has been very quiet for the Auxiliary just now, but it will start to get busy again soon. There are several Luncheons at other Auxiliaries just now & our ladies always enjoy mixing with other Auxiliaries & their ladies. The other reason for the quiet time is the winter weather & all the colds & flu it brings us every year. If you have been afflicted; our best wishes for a speedy recovery.

A date to keep in mind is the 16th of November. That is the date of our ANNUAL LUNCHEON. It is a day for us to return the hospitality that has been extended to us & it is a bit of fun before the very serious business of Christmas is knocking at all of our doors.

We held a FATHER'S DAY raffle & we thank you for your support. I am sure that the winners will find something to acquire with their prizes.

We will be selling for REMEMBERANCE DAY soon so please keep an eye open for the ladies selling the POPPYS. The ATO is making fund raising difficult but we are still making a little for the cause.

Regards

Corinne L Peters

Hon. Secretary



I'm pleased to have the opportunity to contribute to 'The Busted Bugle' once more, particularly so that I can explain my reasons for deciding to retire from politics.

As you are aware, I have been the Member for Charlton since 2007 and held Ministerial responsibilities in the current Labor Government ranging from Defence Materiel, Science and Personnel, to Climate Change, Industry and Innovation.

I have made the decision to retire from politics, and not re-contest the federal seat of Charlton at this year's election following a long period of consideration, discussion with my family, friends and close colleagues, and consultation with Labor Party branch members.

It is a matter that I discussed over a period of months with the former Prime Minister Julia Gillard. My reasons are personal and are not attributable to the change in the leadership of the Labor Party, although this provided a catalyst for my decision.

This year is my 30th year of full-time activism in the labour movement. It is now simply time for me to step back from a frontline role and pursue a change in my working and personal life. I wish to be more available to my family and friends, look after my health, and focus more on my personal life.

It has been a tremendous honour for me to have represented the people of Charlton, and worked alongside the many community organisations within the electorate as a Federal MP.

I would like to take this opportunity to sincerely thank the Cardiff RSL for the contribution they make to the lives of veterans in the local area.

It has been a privilege for me work with your organisation over the past 6 years, and I wish you all the best for the future.

Yours Sincerely,

Greg

Greg Combet AM



CARDIFF FIRE STATION TO RECEIVE MAJOR FACELIFT

It was a pleasure to be shown around the Cardiff Fire Station recently with the Minister for Police and Emergency Services Michael Gallacher ahead of the station's \$2.4 million refurbishment project.

An amount of \$2.081 million was allocated to the project in the 2013-14 NSW State Budget, and work on the station is expected to begin later this year.

It's a major investment into our area, with the complete renovation set to modernise the station to ensure it meets the needs of firefighters and the community into the future.



The permanent and on-call firefighters at Cardiff Fire Station do a fantastic job protecting the residents and business of Cardiff from fires and other emergencies so it's only fitting that they have a modern, well-appointed fire station.

The project will provide firefighters with a new twin engine bay, separate male and female bathroom facilities, a storage area for personal protective clothing and equipment and improved locker and meal facilities.

Plans for the renovations have been finalised, with firefighters heavily involved in the design process.

The original fire station was built in 1971 so the redeveloped station will provide vastly-improved facilities for firefighters.

Retained and permanent firefighters will continue to operate from the station during the renovations, ensuring continuity of service to the local community.

Expected to be complete by mid-2014, the upgrade will provide the facilities needed for our growing population now and into the future.

Until next time

Andrew Cornwell MP

Member for Charlestown

ORDER OF AUSTRALIA - ROGER GREENAN

Cardiff RSL Sub Branch member Roger Greenan was awarded the Order of Australia on the 3rd May 2013 at Government House. The award is in recognition for 'Service to the community through contributions to men's health and well-being'. Roger is the past secretary of the Battle for Australia Committee and the Friends of the 2nd Infantry Battalions, and since the year 2000 has been involved with the development of the Windale Mens' Shed as a committee member and the President since 2010.



Photo L to R:– Sub-Branch member Roger Greenan and his wife Doreen, Barbara Kelly and husband, Sub-Branch member Laurie Kelly in the grounds of Government House.

ROYAL AUSTRALIAN NAVY (R.A.N.) INTERNATIONAL FLEET REVIEW (IFR)

Extract from <http://www.navy.gov.au/ifr/>

The International Fleet Review (IFR) to be held in Sydney from 3 - 11 October 2013. The Review is being held to commemorate the centenary of the first entry of the Royal Australian Navy's Fleet into Sydney. On 4 October 1913 the flagship, HMAS **Australia**, led the new Australian Fleet Unit comprising HMA Ships **Melbourne, Sydney, Encounter, Warrego, Parramatta** and **Yarra** into Sydney Harbour for the first time to be greeted by thousands of cheering citizens lining the foreshore. This was a moment of great national pride and importance, one recognised as a key indicator of Australia's progress towards national maturity.

The IFR is a high profile international event and Navy's signature commemorative event for 2013. Planned in partnership with the NSW State Government and the City of Sydney, it is anticipated that approximately 40 warships and 20 tall ships will participate in this historic event. The RAN Sea Power Conference 2013 and Pacific 2013 International Maritime Congress and Exposition, are also scheduled to take place at Darling Harbour from 7 October 2013 to coincide with the IFR.

The current plan will see RAN and visiting warships rendezvousing in Jervis Bay, NSW on 1 October 2013 to conduct final preparations and briefings. The formal aspects of the IFR will commence with all tall ships entering Sydney Harbour on Thursday 3 October 2013 and all warships entering on Friday 4 October 2013 - exactly 100 years after the first RAN Fleet entry.

For more information on the International Fleet Review (IFR) refer to the website above.

VETERANS' HEALTH WEEK (VHW) 2013

Extract from http://www.dva.gov.au/health_and_wellbeing/vhw/

Veterans' Health Week will be held on 14–20 October 2013 and provides an opportunity for veterans, war widows, widowers, current and ex-Australian Defence Force members and their families to participate, connect and influence the health and wellbeing of themselves and their friends.

DVA will be partnering with ex-service organisations (ESOs) and community groups to develop a program of fun and interactive VHW activities at a local level.

This year's theme is "Physical Activity - Fitness, Strength, Flexibility, and Balance". Physical activity participation is good for health. There is an appropriate type and amount of physical activity for each and every person. VHW 2013 participants will receive the tools and information necessary to help them better understand their body and its limits.

A range of activities will focus on the key messages of the Week.

- Find the **Strength** - the mental strength to be able to participate in activities to help prevent illness and injury.
- Develop the **Flexibility** - taking a flexible approach to how you structure your day to enable you to be active throughout the course of a normal day.
- Maintain the **Balance** - finding the right balance of exercise, nutrition, and rest.
- Enjoy the **Fitness** - the condition in which a person's body is physically healthy through exercise and good nutrition.

For more information, or to find out what events may be taking place in your area, call your local Veterans' Access Network (VAN) office or contact the VHW team.

For more information on Veterans' Health Week (VHW) refer to the website above.

AN ANZAC STORY

Private John Pyle

John Pyle was born in Northumberland, England in 1889. He was a coal miner by trade and came to Australia before World War I and worked in the Cardiff area in New South Wales and Adelaide, South Australia. His younger brother William Dawson Pyle immigrated to Australia in 1915 and settled in Adelaide.

The brothers enlisted in the First Australian Imperial Force on the 21st December 1915 in Adelaide with Private John Pyle, Army number 5185 and William Dawson Pyle, Army number 5186. The brothers were part of the 16th reinforcements of the 10th Battalion. On the 25th March 1916 both sailed on board the HMAT Shropshire A9 to England where they joined the 3rd Training Battalion preparing the troops for service on the Western Front in France & Belgium. After training in England both brothers were sent to France to join the 10th Battalion, 3rd Brigade, Private John Pyle marching in on the 19th September 1916 and Private William D. Pyle marching in to the 10th Battalion on the 25th August, 1916.

Private John Pyle was killed in action on the 15th April, 1917. On that day the 10th Battalion was serving in the front lines near the village of Louverval, France when the German army launched an attack. The front line and support lines were heavily bombarded and fierce fighting took place. Private John Pyle name is recorded on the Villiers-Bretonneaux Memorial, France.

Private William Dawson Pyle fought on with the 10th Battalion until the Armistice. He was wounded in action on 3rd June 1918. By the wars end he had obtained the rank of Company Sergeant Major and he was awarded the Meritorious Service Medal. William Pyle returned to Australia on the ship "Ormonde" arriving in Adelaide on the 30th July, 1919.

'Lest We Forget'

Acknowledgements:

The Australian War Memorial, Canberra & the National Archives of Australia
Lynne Goodworth (Women's Auxiliary)

Australian War Memorial Canberra

WHAT IS HAPPENING IN THE SUB-BRANCH?

Information on Pensions

We can assist all members of the Australian Defence Force with establishing your eligibility to lodge your claim forms for submissions to the Department of Veterans' Affairs (DVA)

We can assist you to lodge appeals against any decisions by DVA that are not to your liking

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.

This is a free service provided by Cardiff RSL Sub-Branch to any person who has been involved in, including Peacekeepers and Peacemakers. So please come and see our Pensions and Welfare Officers to find out if you have a claim.

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

Veterans' Home Care

Veterans' Home Care (VHC) is a Department of Veterans' Affairs (DVA) program designed to assist those veterans and war widows / widowers who wish to continue living at home, but who need a small amount of practical help.

VHC is a broader Australian Government strategy to ensure veterans and war widows / widowers maintain optimal health, well-being and independence.

VHC services include:

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

In addition, limited social assistance services are provided through VHC as part of the Coordinated Veterans' Care (CVC) program.

VHC is part of the range of DVA services provided to eligible members of the veteran community. These include community nursing, allied health services, for example physiotherapy and podiatry, counseling services, transport for health care, home modifications and appliances through the Rehabilitation Appliances Program (RAP) and the HomeFront falls and accident prevention program.

VHS is similar to the Home and Community Care (HACC) program.

Access to the VHC is **not** automatic. If you are eligible, you must be assessed as needing home care assistance before receiving these services.

Veterans and war widows / widowers are asked to pay a small copayment for all services provided through VHC, except for respite care.

If you don't use it, we lose it.

Wills, Power of Attorney & Enduring Power of Attorney

Every adult over the age of 18 should have a current Will and a completed Power of Attorney / Enduring Power of Attorney. Both should be kept in a secure place, the location of which is known to your partner and at least one executor.

Both should be updated on a regular basis, for example, on renewal of your driving licence. Each state has different regulations.

Remember that your Power of Attorney may be needed by your partner at any time, e.g. if you are incapacitated due to even temporary medical care. Power of Attorney means that your partner can pay bills, give instructions about your medical treatment and attend to your affairs, if you are unable to do so.

There is also a trend towards drawing up an 'End of Life Care Plan' which should be kept with these documents.

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

THE BUGLE BELLY LAUGHS

Ten of Murphy's lesser known Laws

- 1) Light travels faster than sound. This is why some people appear bright until you hear them speak.
- 2) Change is inevitable, except from a vending machine.
- 3) Those that live by the sword get shot by those who don't.
- 4) Nothing is fool proof to a sufficiently talented fool.
- 5) The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
- 6) If you lined up all the cars in the world end to end, someone would be stupid enough to try to pass them, five or six at a time, on a hill, in the fog.
- 7) The things that come to those who wait will be the scraggly junk left by those who got there first.
- 8) The shin bone is a device for finding furniture in a dark room.
- 9) A fine is a tax for doing wrong. A tax is a fine for doing well.
- 10) When you go into court, you are putting yourself into the hands of 12 people who weren't smart enough to get out of jury duty.

THE BUGLE PUZZLES

Astronomy

Find and circle all of the Astronomy related words that are hidden in the grid.

The remaining letters spell a secret message.

T H T F A R C E C A P S P E L F A I R S
 O R B I T S R T S P M E M I E V R E S O
 N T O D S P S A E A R I G O O T I Q H R
 S S F I R A U O T I T H L N O R O U E E
 R O T O E C N E G S T E R K U N B I C D
 A L E R M E O E P Y Y E L A Y B O N A G
 S A C E O S E N E O P R T L L W N O P I
 L R L T N H T A S U C N A E I S A X S A
 U W I S O U R R S T E S F N O T M Y P N
 P I P A R T A H E C E R E L I M E A E T
 O N S P T T O N A G A L A L W B T U E G
 A D E O S L A M A W S R L Y E S E R D A
 L R D G A E I L D R S A E A T T O O N L
 U E I E E X A E A Y I L N L T I R R C I
 B T T E O X T S S I R A L O P I V A E L
 E A A R I I A T M O S P H E R E O A S E
 N R P E H U E L O H K C A L B O K N R O
 R C S W Q M M U N I V E R S E S C T A G
 A N D R O M E D A G A L A X Y R O N P G

ANDROMEDA
 GALAXY
 APOGEE
 ASTEROID
 ASTRONOMER
 ATMOSPHERE
 AURORA
 BINARY STAR
 BLACK HOLE
 CONSTELLATION
 CORONA
 CRATER

DEEP
 SPACE
 ECLIPSE
 EQUINOX
 GALAXIES
 GALILEO
 GRAVITY
 HUBBLE
 KEPLER
 LIGHT
 YEAR
 METEOR
 MILKY
 WAY

MOON
 NEBULA
 ORBIT
 PARSEC
 PERIGEE
 POLARIS
 PROXIMA
 CENTAURI
 PULSARS
 QUASARS
 RED GIANT
 SATELLITE

SOLAR
 SYSTEM
 SOLAR WIND
 SPACE
 SHUTTLE
 SPACECRAFT
 STARS
 SUN
 SUPERNOVA
 TELESCOPE
 TIDES
 UNIVERSE
 WHITE
 DWARF

COOKING

Warm Potato & Salmon Salad

Preparation time: 30 minutes Cooking time: 45 minutes



Serves: 4

Ingredients

600 g salmon fillets
500 g baby (new) potatoes, halved
olive oil, cooking spray
100 g baby corn, (either whole canned baby corn or fresh corn)
100 g baby spinach leaves, washed and halved lengthwise
100 g semi-dried tomatoes

Dressing

4 tablespoons natural yoghurt, reduced fat
3 tablespoons sweet chilli sauce
2 tablespoons lemon juice

Cooking method

1. Preheat oven to 200°C.
2. Remove the skin from the salmon fillet and then use tweezers to remove any bones. Cut the salmon into large cubes.
3. Put the potatoes in a large baking dish, lightly spray with olive oil spray and cook for 30 minutes, turning a couple of times during cooking.
4. Add the baby corn to the potatoes and cook for 10 minutes or until the potatoes and corn are tender.
5. Turn the oven off and keep the vegetables warm.
6. Lightly spray a chargrill with olive oil spray and cook the salmon cubes over a high heat for 3-4 minutes or until just tender and golden.
7. To make the dressing - Put the yoghurt, sweet chilli sauce and lemon juice in a small jug and whisk well.
8. Put the potatoes, spinach and semi-dried tomatoes in a bowl and toss to combine.
9. Arrange the salad on individual plates, top with hot salmon pieces and drizzle with the dressing.

Cardiff RSL Sub-Branch Meeting Dates

The following lists the Sub-Branch's Committee and General Meeting dates for 2013.

Note: If a General Meeting falls on a long weekend, the meeting will be moved to the following Sunday.

Committee Meetings	General Meetings
Monday, 7 th October 2013	Sunday, 13 th October 2013
Monday, 4 th November 2013	Sunday, 10 th November 2013
Monday, 2 th December 2013	Sunday, 8 th December 2013 (incl: Xmas Luncheon)

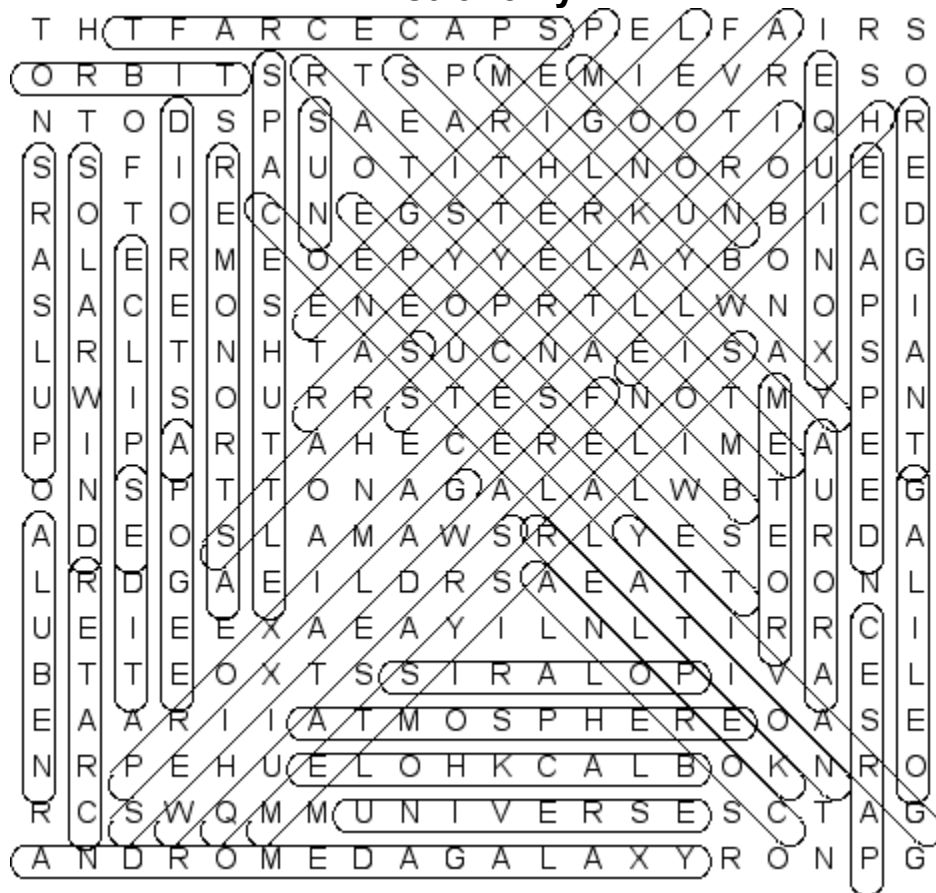
The following lists other important dates for 2013.

Remembrance Day	Monday, 11 th November 2013
Women's Auxiliary Annual Luncheon	Saturday, 16 th November 2013

NOTE: The Cardiff RSL Sub-Branch will be closed from Wednesday, 18th December 2013 through to Saturday, 4th January 2014.

Answers for Puzzles

Astronomy




- | | | | |
|---------------|----------|-----------|------------|
| ANDROMEDA | DEEP | MOON | SOLAR |
| GALAXY | SPACE | NEBULA | SYSTEM |
| APOGEE | ECLIPSE | ORBIT | SOLAR WIND |
| ASTEROID | EQUINOX | PARSEC | SPACE |
| ASTRONOMER | GALAXIES | PERIGEE | SHUTTLE |
| ATMOSPHERE | GALILEO | POLARIS | SPACECRAFT |
| AURORA | GRAVITY | PROXIMA | STARS |
| BINARY STAR | HUBBLE | CENTAURI | SUN |
| BLACK HOLE | KEPLER | PULSARS | SUPERNOVA |
| CONSTELLATION | LIGHT | QUASARS | TELESCOPE |
| CORONA | YEAR | RED GIANT | TIDES |
| CRATER | METEOR | SATELLITE | UNIVERSE |
| | MILKY | | WHITE |
| | WAY | | DWARF |

Hidden sentence: THE FIRST PERSON TO SET FOOT ON THE MOON WAS NEIL ARMSTRONG

DO YOU HAVE PROBLEMS WITH YOUR FEET?

MANY VETERANS HAVE PROBLEMS WITH TOENAILS, CORNS AND CALLOUSES, OR SIMPLY HAVE A PROBLEM WITH SHOES DUE TO PROBLEMATIC FOOT SHAPE

GOLD CARD VETERANS ARE ENTITLED TO PODIATRY TREATMENT, AND CAN BE ASSESSED FOR FOOTWEAR IF EXPERIENCING FOOT OR FOOT RELATED PROBLEMS. VETERANS SIMPLY ASK THEIR DOCTOR FOR A D904 REFERRAL FORM AND PHONE FOR AN APPOINTMENT

<p>CARDIFF PODIATRY CLINIC Est. 1993</p> <p>GAIL TURNBULL KIRBY MCGRATH JENNIFER STUART PODIATRISTS</p> <p><i>"Members of the Australian Podiatry Association"</i></p> <p>General foot care Diabetic foot care Biomechanical assessments Orthotic therapy Nail Surgery HICAPS Veteran affairs Medicare EPC referrals</p>	
<p>CARDIFF 4954 8479 1/50 Harrison St MON TO FRI 9am - 5pm</p>	