

"The Price of Liberty is Eternal Vigilance"



Cardiff RSL Sub-Branch
ABN: 89034867759



THE BUSTED BUGLE



2015

**CARDIFF RSL SUB-BRANCH
QUARTERLY NEWSLETTER
ANZAC COMMEMORATIVE EDITION**

PO Box 374,
Cardiff, NSW, 2285
Phone: 49537770
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cardiffslsubbranch@bigpond.com

**CARDIFF RSL SUB-BRANCH
CENTENARY EDITION**

President	Syd Lynch JP	0437 593 205
Hon. Secretary	Ron Kennedy J.P.	4953 7770
Treasurer	Ben Coutman	
Snr Vice President	Paul Feenan J.P.	
Jnr Vice President	Peter Taylor	
Committee	Ian Bell	
Welfare Officer	Jim Bridge	
	Peter Burns	
	Bill Johnson	
	Ray Kelly	
	Dianne Kennedy	
Trustees	Bill Johnson	
	Paul Feenan J.P.	
	Mike Lavercombe	
Chaplain	Rev'd Canon Katherine Bowyer	
Pension Officer	Alana Ward	

Pension Officers;

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

Alana Ward is available by appointment via the office.

Welfare Officers:

Jim Bridge & Peter Taylor.

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

VALE

Stephenson	L			
Barrett	W	2792018	Private	Army
Bartlett	D	22246675	Corporal	Royal Elect.& Mech Engineers

'Lest We Forget'

Message from Cardiff RSL Sub-Branch President



Hi everyone, Welcome, to another year packed with surprises, starting off the 100th year of the first landing at Gallipoli celebrations, it will be a big year indeed. We have got the celebrations beginning by holding a special day on the 19/04/15, at Speers Pt Park. This will be a brilliant show of all things military and singing done by local school children of songs gone by, so please don't miss it.....It will be something to remember.

We believe, that by getting out to an event such as this will enhance the duties of Pension and Welfare Officers, who do assist their people by visiting hospitals and homes, to brighten up their lives and also get the elderly out of their homes and back to a social environment, perhaps, even to the stage where they will again begin to mingle with society in general.

I have been very busy with being involved in the Centenary of the ANZACs and believe me when I say, the time and effort expended during this period is nothing compared with what those brave young men and women had to go through in 1915.

Something else has recently happened in our gardens area outside, I am very pleased to announce that we now have Bunnings doing them for us, with mulch, flowers, pesticides, fertilizer and several other things being at no cost to the Sub Branch, these are things that we should all be very grateful for, so Bunnings, may I say a big thank you for not only your kind gesture but the time you have afforded us in the planting of the pansies and the gesture will be reciprocated during the ANZAC ceremony when we shall have a couple of the Bunnings Team as guests.

The E.D.A. Association has decided that it will no longer operate from the 16th of April this year, unfortunately due to falling membership and Colonel Jims failing health, so we wish him and Jan all the very best for whatever the future may hold for them.

I will again say a big thank you to Bill, Paul and Mike for keeping their eyes glued to T.V. on the A.S.X. front, well done.....Also Ben and Ron for all those tireless hours they put in to keep our organisation up and running, a big thank you.

We now have our own special website up and running (www.cardiff-rsl.com), go and have a look at it, thanks to the men involved.

On the pension and welfare front, Alana and myself are still kept fairly busy although not busy when it comes to one of our own members. And to all of those that regularly help out in the offices of knowledge, I thank you for all the help. On that note, may I say it's a privilege and an honour to work with such a wonderful bunch of blokes.

Thank you.

President Syd

Syd Lynch. J P

President



Message from Cardiff RSL Sub-Branch Secretary



Things are now well under way towards the 2015 Centenary Anzac Day Service, as well as School Anzac Services to attend on the Sub Branches behalf. This is going to be a big couple of years for Commemorative events for the Sub Branch, so any volunteers out there who wish to lend a hand, just pop into the office.

If you have moved house and not updated your details with the Sub Branch, fill in the **Change of Address Notification** on the last page and either post it (snail mail) or hand deliver it to the Sub Branch office so your detail can be updated. You can also use the form to update your Phone numbers and email address if you wish to do so.

There are still a few of you out there who either haven't picked up your 2014 membership cards or do not want to be members this year. Either way please let us know, as the outstanding cards will be returned to Sydney at the end of the month.

Ron Kennedy, J P

Hon. Secretary





Cardiff RSL Sub-Branch Women's Auxiliary

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

Well ANZAC will be hear soon. This year we will still be doing Breakfast on ANZAC morning, But this year the menu will be slightly different. The price is still \$5 for adults & \$2 for children. You should try to get you tickets from the club BEFORE the day to save you the trouble of the usual crush on the morning.

We will be selling badges as soon as we can & we have a raffle of Medals {with the actual sands from Gallipoli Beach}1st PRIZE & a Statuette of Simpson & his Donkey2nd PRIZE I am sure that you will all support us as you always have.

In regards to the Breakfast ANY HELP THAT CAN BE GIVEN WILL BE GREATFULLY ACCEPTED. Please call myself on 49545009 of 0427545009 or send me an email on aneurin.peters@optusnet.com.au

Corinne L Peters

Hon. Secretary



Message from Cardiff RSL Sub-Branch Chaplain

It's hard for me to imagine what 100 years looks like, even as each year, I creep closer to a half-century. It's harder still to imagine what it was like 100 years ago, as it seems a different world, compared to our technology filled existence with instant communication. It's hard to imagine what it must have been like, for families waiting to hear news, and then by written word, when we are so used to television coverage and immediate news.

It seems that we've been preparing for the Centenary of the ANZAC landings, for some time, and suddenly, they are here. So many memories. So many milestones to record and acknowledge. Of course, the greatest acknowledgement goes to those whom we remember on this day, and to their families. For this centenary remembrance encourages us to remember that we are not simply remembering an event on this date, but the individual lives, of all involved.

My husband's grandfather, and his great uncle, were in South Australian Light Horse Regiments during World War I. One of the keepsakes from their time of service, passed down through the family, is a Turkish Army belt. Alongside their Australian patches and buttons, this unremarkable belt is a reminder to our family of the human story that sits alongside the history books, of ordinary things transformed by the story they hold.

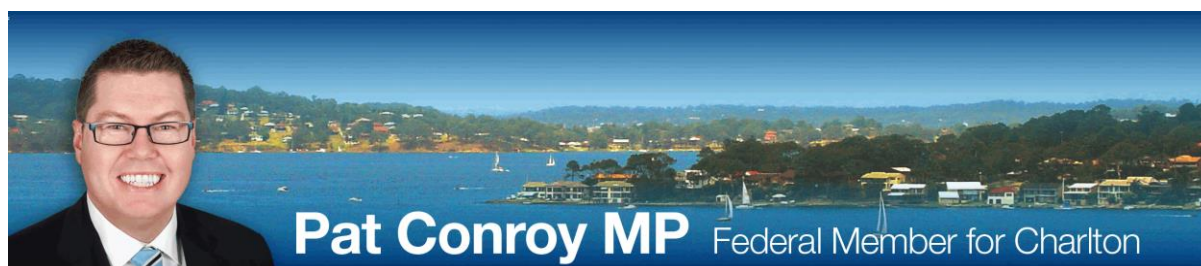
We must never forget the individual stories, and this significant anniversary gives us the opportunity to recognise, remember, and revere all that has been given in service. Our Anzac Day remembrances in 2015 will be full of stories from the past which we will pass on to future generations. May we always remember.

Lest we forget.

Rev'd Canon Katherine Bowyer

Rector of the Anglican Parish of Cardiff





COMMEMORATION OF THE CENTENARY OF ANZAC:

Events to commemorate the 100th anniversary of the First World War are taking place across the nation, and across the world. This year is particularly significant, with Anzac Day 2015 marking a century since the Gallipoli landings.

The Federal Government has provided \$125,000 to each electorate in the country for projects that honour those who served in the Great War, and I am pleased to advise that there are four very worthy projects taking place in the Charlton electorate.

War memorial in Wallsend Park - Wallsend Heritage Group:

This project will repair damage from water and air pollution, and the sandstone bodywork of the current memorial will be resealed. A new plaque acknowledging the Centenary of Anzac will also be added. Students from Wallsend Public School will use the memorial to conduct a study of the history of local soldiers who served in the Great War.

Commemorative Medallions - Southlake Macquarie RSL Sub Branch:

Commemorative medallions depicting the Gallipoli conflict will be produced, featuring on one side an image of Simpson and his Donkey aiding a wounded soldier and on the other an image of the Lone Pine alongside the words 'courage, mateship, endurance and sacrifice'. Members from local Returned Services League Sub-Branches will distribute the medallions to schools at special ceremonies.

'Diggers View' photograph book - Cardiff RSL Sub Branch:

The First World War photograph book "A Diggers View – WW1 in colour", by local author Juan Mahony will be donated to the libraries of every school in the electorate of Charlton.

Commemoration of Anzac community event, Speers Point Park - Toronto RSL Sub Branch:

A large scale community event will be held on 19th April 2015 at Speers Point Park. Local school students, community groups and historical organisations will contribute to the day, which will be a showcase of wartime history and experiences.

Ex-service organisations, schools, and local government representatives were invited to form an independent committee, which sought submissions from the community on the best way for the Anzac Centenary to be commemorated locally. The Charlton Anzac Centenary Committee has selected these commemorative events and projects, and I am really pleased that there will be a range of ways the community can get involved and honour the legacy of those who fought in World War One.

Of course, the spirit of these grants is in community involvement. There is a role for every Sub Branch to play in the commemoration activities, and I will be communicating with each Branch to convey the ways in which you can be involved.

NATIONAL COMMEMORATION FOR OPERATION SLIPPER:

Australians across the country gathered on the 21st March to commemorate the end of Operation Slipper, which involved more than 34,500 Australian personnel across Afghanistan and the Middle East.

Operation Slipper is the longest military commitment in Australian history, commencing in October 2001 and concluding in December 2014. It involved the Australian Defence Force, the Australian Federal Police, and many Australian Public Service staff.

It was a day to remember the dedication, courage and sacrifice of our service men and women, especially the families of the 41 Australian soldiers killed during Operation Slipper. We must ensure that we fully support all returned servicemen and women and the families of those who did not return.

The ADF can be rightly proud of the role they have played in defeating the Taliban and creating a more stable and secure environment to allow the Afghan Government to establish itself.

Till next time,

Pat

Pat Conroy MP,

Member for Charlton

Mail: PO Box 747, CARDIFF NSW 2285 **Electorate Office:** Suite 7, Level 1, 342 Main Road, Cardiff **Phone:** (02) 4954 2611

Fax: (02) 4954 2655 **Tollfree:** 1300 301 798 **Email:** pat.conroy.mp@aph.gov.au **www.patconroy.com.au**



Member for Wallsend



As I write this, there is less than two weeks to go until polling day! By now, you will know the results of the state election and if you are reading this, I will have been returned as the Member for Wallsend. It is my very great honour and privilege to serve as Wallsend's MP and I would like to thank all those who voted for me at this election and have supported me since I entered Parliament in 2007. I promise to continue to stand up for you.

As the new Parliament sits, I will continue to raise the issues most important to me and my electorate. I will stand up against cuts to local services. I will fight for a fair share for Newcastle's western suburbs—better public transport, better parks and amenities. I will fight to shine a light on the scourge of domestic violence in our society, both locally and across the state.

In the last few months, I have been visiting with a number of community organisations, getting a feel for what they need going forward. If you are having a problem you believe my office can help with, please don't hesitate to get in contact. We are here to help you.

This year, as you all know, is the one hundredth anniversary of ANZAC. The landings at Gallipoli in April 1915 marked the beginning of a nine month campaign that saw tens of thousands of young Australian men killed. It marks somewhat of a baptism of fire for our country—after all, when the Gallipoli campaign started, Australia was not yet 15 years old.

It is only fitting that in the centenary year, as every year, respect is shown to the sacrifices of our forebears. Without them, the Australia we know today might never have come to exist. We will remember them.

Sonia Hornery MP

State Member for Wallsend
Shadow Minister for the Hunter
Shadow Minister for Science & Medical Research
Shadow Minister for the Arts

The RSL Salute

The Veterans Salute to their “**Fallen Comrades**” originated in London on Armistice Day in 1920, during the ceremony to unveil and dedicate the Cenotaph in Whitehall. At the same time, a funeral procession accompanying the remains of the “**Unknown Soldier**” halted at the Cenotaph during the ceremony before proceeding to Westminster Abbey for internment.

Those present included the senior Soldier, Sailor and many Victoria Cross winners. The ceremony concluded with a march past.

The Regimental Sergeant Major of the Guard Regiment conducting the ceremony, faced with a gathering of highly decorated and high ranking military men (including many Victoria Cross winners), all wearing rows of medals, decreed that all would salute the Cenotaph as they marched past by placing their hand over their medals, signifying that

“No matter what honours we may have been awarded they are nothing compared with the honour due to those who paid the supreme sacrifice”.

The RSL maintains that tradition to honour the dead by placing the right hand over medals (not our heart, our medals) during a march-past at a ceremonial occasion, or at a wreath laying ceremony.



The Order of Wearing Australian Honours and Awards

Extract from www.defence.gov.au/Medals/Content/Policy/Order-Wearing

Wearing Awards - Overview

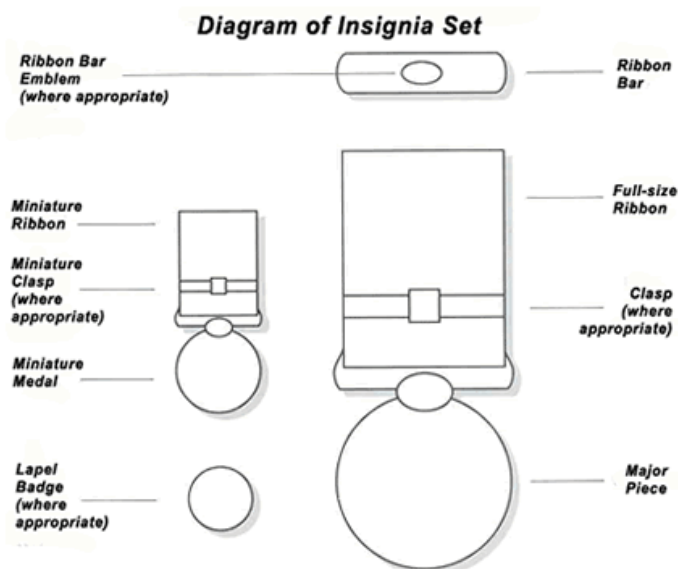
Recipients of awards are granted insignia as a visual expression of the honour conferred on them.

For Australian awards, the presentation box generally contains a range of pieces:

- the full-size medal
- a miniature with ribbon
- for some awards, a ribbon bar
- for some awards, a lapel badge or brooch

For certain awards, women receive a full-size and miniature bow set and men are given a neck badge.

Recipients of Imperial awards receive the full-size insignia and can choose to purchase miniatures and ribbon bars.



How to Wear

Most Australian awards are pinned above the left breast.

If the main insignia is in the form of a neck badge it is worn around the neck accordingly.

Multiple Awards

When a person holds more than one award, the main insignia are mounted on a medal bar in the order set out in the Australian Order of Wearing.

Awards Made to Next-of-Kin

A custom has evolved for people to wear the awards of deceased family members when marching in their place at commemorative events such as Anzac Day and Remembrance Day. The Returned and Services League (RSL) encourages people to wear their forebears medals on the right breast, which indicates the awards are not their own.

Unofficial Medals

Ex-service organisations sometimes commission their own unofficial medals to mark participation in particular military campaigns, periods of service or types of service that have not been recognised through the Australian honours system. Awards made by foreign governments which have not been approved by the Governor-General for acceptance and wear are also "unofficial". There is no impediment to wearing such medals in appropriate private settings, such as a meeting of the relevant ex-service association, or a reception hosted by the relevant foreign government. Ideally, unofficial medals should not be worn at public ceremonial and commemorative events, but if they are worn as the occasion demands, the convention is that they are worn on the right breast.

State Awards

Medals awarded by Australian State and Territory governments are not considered "unofficial" and may be worn on the right breast.

Uniformed Services

Members of a uniformed service should wear their insignia on their uniform in accordance with the dress regulations of the particular service.

When to Wear

The different insignia pieces are worn according to the type of event.

Day Functions

The full-size insignia is generally worn at day functions where decorations have been prescribed, for example Anzac Day ceremonies. On such occasions male recipients of more than one medal would wear their decorations, full size, suspended from a medal bar.

Female recipients with more than one award may prefer to mount the miniatures on a bar and to wear on such occasions only one full-sized piece of insignia on its bow immediately below their miniatures. The full-size piece would normally be that of the highest award.

Evening Functions

At events such as evening receptions and dinners where decorations have been prescribed, the miniature insignia is generally worn. The main exception to this is neck badges, which are worn in full-size.

Everyday Wear

A lapel badge or brooch may be worn on civilian clothes at any time. Only one badge or brooch should be worn at a given time and not when other insignia pieces are worn.

Friends of the 2nd Infantry Battalions

World War I

The Second Battalion, A.I.F. 1914 - 1919

From 'Nulli Secundus, A History of the Second Battalion, A.I.F. 1914 – 1919, Chapter III.

The First World War began when Britain declared war on Germany on 4 August 1914. The 2nd Infantry Battalion A.I.F. of the 1st Brigade, 1st Division was formed at Randwick Racecourse on 17 August 1914.

The battalion sailed from Sydney for service overseas on 18 October 1914 and disembarked at Alexandria, Egypt on 8 December 1914 with 24 hours rations in the shape of a tin of bully beef and six biscuits. There was a feeling of elation at being ashore after having been so long cooped up on board, and this was added to by the fact that most of the men were for the first time setting foot on a foreign strand.

The battalion was to travel in two trains. Everywhere was novelty: the natives in their strange garb, the wares offered for sale, the camels, the buildings and the cryptic writing on the boards.

The train journey was full of interest with its sights of fellaheen busy at their primitive agriculture, the malodorous mud villages, the date palms, and the railway stations with their unpronounceable names.

There was eager crowding at the windows as the trains ran into Cairo, to obtain first impressions of the old-world city.

The baggage was packed on the quaint donkey carts, which, with their diminutive motive force, evoked interest and amusement. In contrast, the men boarded splendid modern electric trams, which carried them for ten miles along the magnificent built-up highway which leads to Mena and the Pyramids, the last members of the Second arriving at 3 a.m. Thus ended a romantic journey, giving, as it did, first sight of those wonders of the world famed in legend and history, by moonlight in the early hours, to the band of pioneers from the world's most youthful nation.

The route from the tram lay for about half a mile through lines of wagons and tents, when a halt was called at what was to be the site of the Second's camp for the next four months. Only three tents per company were available, and in these were placed the sick, and the rifles. Two blankets per man were issued, and after unloading the waggons everyone "turned in", on the sand.

The bitter cold of early morning prevented sleep, and many were compelled to get up and walk briskly up and down. Both Braund and Scobie refused the shelter of the tent provided for them and slept on the sand with the rest of the men.

Mena Camp in the shadows of the Pyramids was the home of the 2nd Infantry Battalion A.I.F. from 8 December 1914 to 3 April 1915 when they left for Gallipoli.

On 1 January 1915 a new British organization was adopted with four companies, each of four platoons.

Training was gradually increased in intensity. Inter unit competitions created much interest. Sand storms caused great physical discomfort due to the penetrating qualities of the fine sand.

Leave to Cairo was a source of delight to the troops. 221 Private Leonard James Scott distinguished himself in Cairo by conceding three stone, and decisively defeating, the champion Egyptian wrestler, Aba-el-Halim, at a music hall in the city. Scott was a police constable from Kogorah prior to enlistment.

The first death was on 6 February 1915 when 868 Private William Raymond Law of C Company passed away. He had enlisted from Lambton, NSW aged 19 years.

The 2nd Battalion marched out of Mena Camp on 3 April 1915 and embarked on 4 April 1915 at Alexandria on the S.S. *Derfflinger*. After a rough voyage the ship arrived at Mudros Harbour, Lemnos on 8 April 1915.

The troops remained on their transports with swimming a favourite pastime.

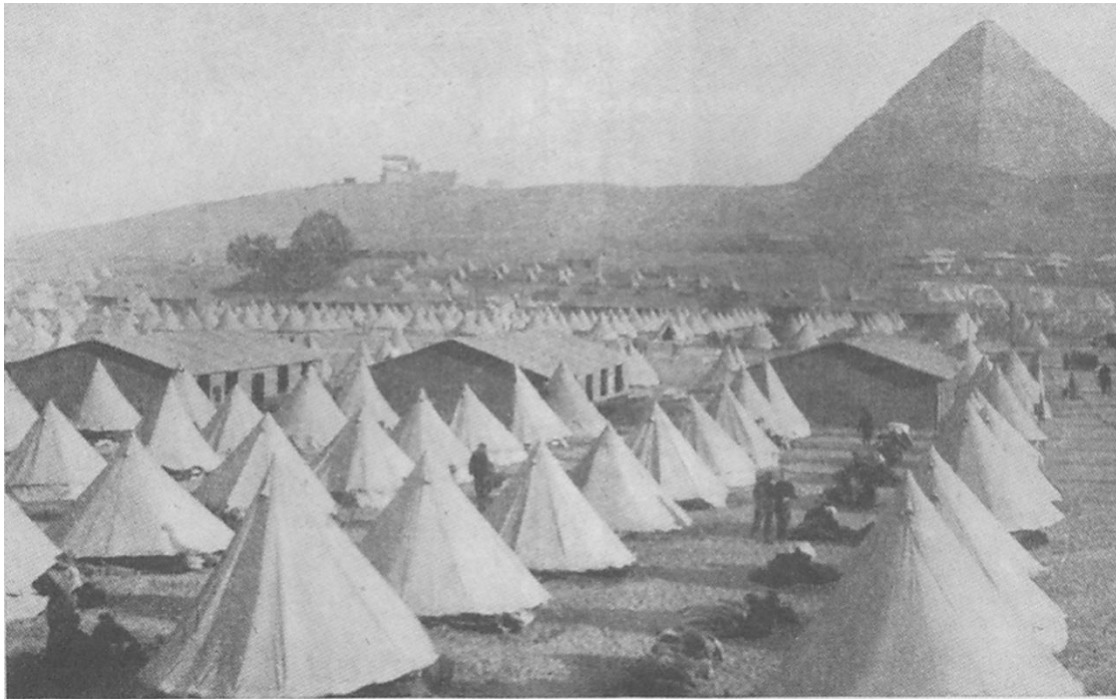
It was about this time that the now world famous word ANZAC was coined. It consisted of the first letters of the title Australian and New Zealand Army Corps. It was first used by General Birdwood as a code name for his corps.

Disembarkation practice was carried out as frequently as possible, climbing down ladders into boats and being taken ashore by pinnacles.

On 19 April 1915 the Second received, what was for many, their last mail from home.

Planning and preparation were ongoing and orders issued. The Second spent time on 24 April 1915 issuing iron rations, inspecting equipment and rifles and sharpening bayonets.

In the darkness of the early hours of 25 April 1915 the Second waited patiently for the moment for which they had come so far and trained so hard, and which was to test their qualities as soldiers in the eyes of the world (Photos on following pages).



Mena Camp, Egypt, 1914.

Mena Camp was the home of the 2nd Infantry Battalion A.I.F. from 8 December 1914 to 3 April 1915 when they left for Gallipoli.



AUSTRALIAN WAR MEMORIAL

G00883

S.S. Derfflinger, Mudros Harbour, Lemnos April 1915. Practicing for landing.

What is Happening in Cardiff RSL Sub-Branch?

Hospital Visits by Welfare Officers

Families (Next-of-Kin) are requested to notify the Sub-Branch if a veteran is laid-up in hospital and would like a visit from one (1) of our Welfare Officers.

Funeral Services for Deceased Veterans

Families (Next-of-Kin) are requested to notify the Sub-Branch of a deceased Veteran and also mention if they wish to have a RSL Service for the member.

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.



Australian Defence Forces (ADF)

For the latest from the armed services of the Australian Defence Forces (ADF) check out the respective websites.

The sites have a wide range of interesting articles ranging from history to present day.

www.navy.gov.au

www.army.gov.au

www.airforce.gov.au

The dictionary is the only place where success comes before work.

DID YOU KNOW

WHY:

Why do X's at the end of a letter signify kisses?

BECAUSE:

In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

WHY:

Why is shifting responsibility to someone else called 'passing the buck'?

BECAUSE:

In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

WHY:

Why do people clink their glasses before drinking a toast?

BECAUSE:

In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

And now you know the origins of some of our strange customs.

DVA SERVICES

DVA (Veterans Affairs Network Newcastle) Ph: 49 262 733	DVA Transport (e.g. Hire Car to Doctor) Ph: 1800 550 455
DVA (Homefront - Falls Prevention Program) Ph: 1800 801 945	DVA Counselling Services (Psychology) Ph: 49 150 420 or 1800 011 046
DVA Homecare Ph: 1300 550 450	DVA Accepted Disability Information Hotline Ph: 1300 550 457
DVA/Defence Services Insurance (e.g. House and Contents) Ph: 1300 552 662	Wallsend Diggers (RSL Club) (DVA Advocates) DVA Ph: (02) 49 517 000
Newcastle and District Nursing Service Ph: 49 538 444	Australian Hearing Kotara (Audiologist's) Ph: 49 413 600
Referral and Information Centre (e.g. Respite & ACAT) Ph: 49 242 590	Newcastle Legacy Ph: 49 689 882 or 49 689 501
Hearing Services Office (e.g. Hearing Services Voucher) 1800 500 726	Pharmacy Information Hotline 1300 550 459
Telstra Disability Unit (Disability Telephones etc) Ph: 1800 068 424 Telstra Faults Ph: 132 200	

The Bugle Belly Laughs

Frank was driving down the street in a sweat because he had an important meeting with Brendan, and couldn't find a parking place. Looking up to heaven he said, 'Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey'. Miraculously, a parking place appeared. Frank looked up again and said, 'Never mind, I found one'.

Murphy says to Paddy, "What ya talkin into an envelope for"?
"I'm sending a voicemail ya fool"!

The Bugle Puzzles

Phonetic Alphabet

Find and circle the Phonetic Alphabet words that are hidden in the grid.

The remaining letters spell an additional word from the Phonetic Alphabet.

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

ALPHA	HOTEL	OSCAR	UNIFORM
BRAVO	INDIA	PAPA	VICTOR
CHARLIE	JULIET	QUEBEC	WHISKEY
DELTA	KILO	ROMEO	X-RAY
ECHO	LIMA	SIERRA	YANKEE
FOXTROT	MIKE	TANGO	ZULU
GOLF			



Cooking

Minute Steak Sourdough Sandwich with Caramelised Onion

Preparation time: 20 minutes Cooking time: 5 minutes



Serves: 4

Ingredients

- 4 medium fillet steaks (100g each), trimmed of fat
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 1 large brown onion (or Spanish onion), sliced
- 2 teaspoons olive oil
- 8 slices of sourdough bread
- 1 cup chopped cos lettuce (or mixed greens)
- 2 medium tomatoes, sliced
- 1 cucumber, sliced
- 1 cup bean sprouts

Cooking method

1. Gently pound each fillet steak between two plastic sheets to a thickness of 5-7mm.
2. In a small bowl, stir together the mustard and honey.
3. Take the finely sliced brown onion and slowly cook with olive oil in a heavy pan. Toss occasionally and continue cooking until onions are golden to dark brown and tender. Set aside onions and in the same pan over high heat, cook the steaks to your liking (should take no more than 1 minute each side).
4. On a toasted slice of bread lay some lettuce, tomato, cucumber and sprouts, top with a steak and brush liberally with the mustard-honey mixture. Scatter over some caramelised onion and top with another slice of toasted bread. Repeat this process with the three remaining steaks.

Cardiff RSL Sub-Branch Meeting Dates

The following lists the Sub-Branch's Committee and General Meeting dates for 2015.

Note: General Meetings start at 1015.

3rd Sunday in May (17th May 2015) due to Mother's Day.

Committee Meetings (Monday)	General Meetings (Sunday)
Wed 8 th April 1300	12 th April
4 th May	17 th May
1 st June	14 th June
6 th July	12 th July
3 rd August	9 th August
7 th September	13 th September
Wed 7 th October 1300	11 th October
2 nd November	8 th November
7 th December	13 th December
4 th January 2016	10 th January 2016

The following lists other important dates for 2015.

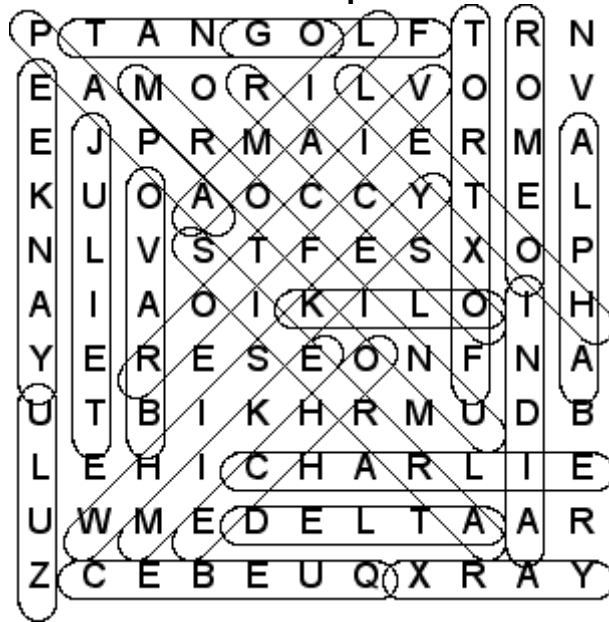
Remembrance Day	Wed 11 th November 2015
Women's Auxiliary Xmas Luncheon	To be advised
Sub-Branch Xmas Luncheon	To be advised

NOTE: The Cardiff RSL Sub-Branch will be closed from Wed, 16th December 2015 through to Wed, 6th January 2016.

To err is human, to blame it on somebody else shows
management potential.

Answers for Puzzles

Phonetic Alphabet



ALPHA	HOTEL	OSCAR	UNIFORM
BRAVO	INDIA	PAPA	VICTOR
CHARLIE	JULIET	QUEBEC	WHISKEY
DELTA	KILO	ROMEO	X-RAY
ECHO	LIMA	SIERRA	YANKEE
FOXTROT	MIKE	TANGO	ZULU
GOLF			

The hidden word is: NOVEMBER

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 PROBLEMMATIC FOOT SHIAPE


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

CARDIFF PODIATRY CLINIC
Est. 1993

GAIL TURNBULL
KIRBY MCGRATH
JENNIFER STUART
PODIATRISTS

"Members of the Australian Podiatry Association"

- General foot care
- Diabetic foot care
- Biomechanical assesments
- Orthotic therapy
- Nail Surgery
- HICAPS
- Veteran affairs
- Medicare EPC referrals



CARDIFF
4954 8479
1/50 Harrison St
MON TO FRI 9am - 5pm

DVA PROVIDERS

Rex Maddock Occupational Therapist

Occupational Therapy and Psychology Services Pty. Ltd
 ABN: 89 069 455 241
 P.O. Box 27 Warners Bay 2282
 Ph: (02) 49 469 336
 Fax: (02) 49 659 383
 Mobile: 0412 855850.
 email: Rex.Maddock@otaps.com.au
 Rex A Maddock B.Hlth.Sci.(OT).,B.Hlth.Admin. Member OT Australia: 202178.
 Registered Occupational Therapist.
 Medicare provider: 2903273L AHPRA Reg. OCC000I725098 (DVA Provider)

Dr. Gillian Maddock (Clinical Psychologist) Charlestown: Ph 49 462 088	Alex Mills (Remedial Massage Therapist) Mobile: 0432 362 444
Ralph Halliday (DVA. Plumber) Ph:49 572 539 Mobile: 041 2231 441	Roy Palmer(DVA Electrician) Ph: 49 511 100 Mobile: 0417 689 101 Fax: 49 511 196
Optimum Intake (Dietitian's) Charlestown. Ph: 0499 008 451	Romel (Computer Repairs) Ph: 0406 408 060
Zac Carter (General Plumbing) Including: Gas, Water Features, Hot Water, W.C repairs etc Mobile :0437 909 232	Alphacare Rehabilitation (Equipment Suppliers) Ph: 1300 257 421
Ken French (Carpenter) Mobile: 0403 312 364	Ian Ng (Focus Radiology) Warners Bay Ph: 49 157 477.
Smithy's Electrical (Electrician) Ph: 49 608 377 Mobile: 0412 496 688	Mark Jones (Lawn Mowing & Lopping of Trees) Ph: 49 557 018
Jai (Gardening & Lawn Mowing) Mobile: 0479 130 467	Sean (General Gardening) (no lawn mowing) Mobile: 0409 592 604
Grahame Lott (Action Carpet Cleaners) Ph 49 545 307 Mobile: 0419 297 224	Men's Shed (Some general carpentry etc) Ph:1300 550 009
Stuart Oxley (General Handyman e.g. Painting) Ph: 0419 015 101	John Mead (DVA Retractable Garden Hose Installer) Ph: 49 588 469 Mobile: 0427 271 050
Steve Paddock (Tiler - Bathrooms and Pavers-Pathways) Mobile: 0411 557 226	Independence Solutions (Incontinence Goods) 1300 788 855

NOTES

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e-mail Address		
