



Pittwater RSL Sub-Branch Newsletter



April 2023 - Number 36

Pittwater RSL Sub-Branch

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Current Membership: 112

The next Newsletter will be published in July 2023.

Pittwater RSL Club

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President's Report

Vale Joe Crumlin, Bill Hardman and Stanley 'Barry' McFarland.

Purple Poppy Day, Friday 24 February.

Last year was our inaugural service. This year our second service was an outstanding day. We were supported by local schools, politicians, police and the general public.

WOFF Chris Arp and Sapper Michael Sorokovsky, together with their two Explosive Detection Dogs, Expo and Yambo, were our special guests from the School of Military Engineering, Holsworthy Army Base.

AGM and General Meeting - Sunday 12 March.

We had a very successful AGM and General Meeting. The current Executive, Deborah Carter (President) Terry Jones (Vice President) and Bob Wood (Treasurer) remain unchanged. We thanked retiring Secretary, Graeme Lee, and welcomed our new Secretary, Sandra May.

ANZAC March and Service - Sunday 16 April cancellation. Due to the lack of support, we sadly had to cancel the Sunday march and service. Our members total 112, but we only have very few marching each year, and attending the Service.

The final costing for ANZAC Sunday 2022, was \$7,887.00. This divided by 75 people who attended the lunch, comes to \$105 per person. Please note that only less than 20 Sub-Branch members marched; the additional people at the lunch were guests.

Women's Resilience Lunch - Friday 24 March 2023

- 1 About 120 people attended a very successful fundraiser.
- 2 Sarah Wilson was the guest speaker, and very much appreciated by all.
- 3 We had very positive feedback from those who attended, and many voiced their opinion they would be happy to attend future functions for the Resilience Centre.
- 4 Approximately \$24,000 was raised. Of this, we commend the Pittwater RSL Club Ltd for donating \$20,000.

ANZAC MARCH and SERVICE Sunday 16 April 2023 has been cancelled

Our General Meeting will now be held on Sunday 16 April, not Sunday 02 April

DAYLIGHT SAVING ENDS - CHANGE YOUR CLOCKS



Please remember that Daylight Saving ends on
Sunday 02 April 2023 at 03:00am



President's Report continued

What I would like to do better in 2023

1. Increase Welfare donations.
2. Chronicle the Memorabilia with support from Graeme Lee, Roberta Conroy and Anna Williams.
3. School visits for students to our Memorabilia and Military Library
4. Re-implement Australia My Country
5. 50 Year commemoration of Vietnam Veterans
6. Encourage combined services for the Northern end of NBDC.
7. Increase our membership.
8. Bowls Day and BBQ lunch for the Sub-Branch members and their families
9. Reflection garden - Upper Cenotaph
10. **The late Bill Hardman, former President of Northern Beaches District Council, and I, had shared the sentiment that the Sub-Branches in the northern end of NBDC should combine some services to encourage more general public participation. The new President of NBDC, Bob Lunnon, also shares this view.**

A suggestion of sharing Sub-Branch services at the northern end of the NBDC which includes Narrabeen, Pittwater, Avalon and Palm Beach Sub-Branches is as follows.

- a. Everyone to have their own dawn service, or sunset service. For example:
- b. Pittwater host Purple Poppy Day.
- c. Avalon host the 11am March on Anzac Day.
- d. Palm Beach RSL Sub-Branch host Vietnam Veteran's day.
- e. ?? Host - Victory in Pacific 15 August.
- f. **As this year is the 50th Anniversary of Vietnam Veterans Long Tan Day (18 August), we are hoping to organise a combined service, and will keep you advised.**

We look forward to seeing you at our ANZAC Day Dawn Service on Tuesday 25 April at 05:20am, Lower Cenotaph.

Our Sub-Branch members have been invited to march with Avalon RSL Sub-Branch on Tuesday 25 April commencing at 11:00am. We will be marching under the Pittwater RSL Sub-Branch banner and laying our wreath. Please email us if you will be attending either of these services. An Avalon RSL van will be available to transport those who cannot march, so they can be a part of the parade.

Thank you.



Lest We Forget
Regards,

Deborah Carter
President

Support Abandoned Animals in Ukraine

For all creatures great and small.

If anyone would like to assist with this cause, you can donate via this website, which was on The Military Shop

<https://thepurplepoppy.com.au/Ukraine-Animal-Support/>

Purple Poppy is are partnering with the Australian War Animal Memorial Organisation (AWAMO) to gather support for all unaccounted and abandoned animals in Ukraine conflict zone.

Join us in raising awareness and funds for the four-legged companions!

Purple Poppy Day - 24 February 2023

Many Sub-Branch members attended our second Purple Poppy Day service at the Club on Friday 24 February 2023.

Our very important guests were WOFF Chris Arp and his dog, Expo, and Sapper Michael Sorokovsky and his dog, Yambo. All were from the School of Military Engineering, Holsworthy Army Base. Chris gave a very moving Commemorative Address. Their presence was very much appreciated.

Other VIPs on the day were The Hon. Bronwyn Bishop AO; The Hon. Rob Stokes, MP Member for Pittwater, Dr Sophie Scamps, MP for Mackellar, Councillor Rory Amon, Northern Beaches Council, Det. Sgt Ross Wagland, North Shore Police Area Command, Mr Barry Andrews, President, Northern Beaches Nashos, Mr John Fairless, President, Collaroy RSL Sub-Branch, Mrs Tamara Sloper-Harding OAM, Vice President, Avalon RSL Sub-Branch, Mr John West, Secretary, Narrabeen RSL Sub-Branch, Leigh Arnold, President, Pittwater RSL Club, Jason Manning, CEO, Pittwater RSL Club, Teachers and Students from Mona Vale Public School and Sacred Heart Catholic School.

Our thanks to Dr Anna Williams our Vocalist, Dr Harriet Channon our Bugler, and our photographers, Michael Mannington OAM, Maryan Heffernan, Dale Cohen and John Kaye.



Purple Poppy Day - 24 February 2023 continued



April

- 09, 1942 **HMAS Vampire sunk.** The destroyer HMAS Vampire and the aircraft carrier HMS Hermes were sunk by Japanese bombers off Colombo in the Bay of Bengal.
- 11, 1917 **First battle of Bullecourt, Western Front.** The 4th Australian Division and 62nd British Division attempted to penetrate the Hindenburg Line at Bullecourt where they were unsuccessfully supported by tanks. Over 1,000 Australians became prisoners of war, the largest number in a single action in the First World War. 3,000 became casualties.
- 13, 1983 **Dedication of the Rats of Tobruk memorial.** The memorial, on Anzac Parade, was dedicated by the Governor-General of Australia, the Right Hon Sir Ninian Stephen. The memorial commemorates the Australian and Allied servicemen who died during the siege of Tobruk in 1941.

May

- 12, 1945 **Corporal J.B. Mackey, VC.** Corporal J.B. Mackey, 2/3rd Pioneer Battalion, originally from Leichhardt, Sydney, wins the Victoria Cross on Tarakan. It was a posthumous award.
- 14, 1956 **Sungei Siput, Malaya.** 2nd Battalion, Royal Australian Regiment, attacks communist terrorists near Sungai Siput, Malaya.
- 24, 1969 **Warrant Officer Class 2 K. Payne, VC.** Warrant Officer Class 2 K. Payne, Australian Army Training Team Vietnam, originally from Ingham, Queensland, wins the Victoria Cross in Kontum Province.

June

- 20, 1864 **Australians in action at Te Ranga, New Zealand.** More than 2,500 men from the Australian colonies crossed the Tasman to fight in the New Zealand wars. Most joined the Waikato militia regiments and became involved in patrolling and garrison duties.
- 21, 1951 **3rd Battalion, Royal Australian Regiment awarded United States Presidential Distinguished Unit Citation.** United States Presidential Distinguished Unit Citation awarded to 3rd Battalion, Royal Australian Regiment, for "extraordinary heroism and outstanding performance" at the battle of Kapyong, Korea.
- 27, 1911 **Royal Military College, Duntroon, opens.** The Royal Military College, Duntroon, was created at the suggestion of Field Marshal Lord Kitchener; its first commandant was Colonel W.T. Bridges, who later died of wounds received on Gallipoli.



Keith Payne VC OAM. 1969 and 2015
<https://www.awm.gov.au/collection/P10676775>



CPL John Bernard Mackey
<https://www.awm.gov.au/collection/P10676877>



Royal Military College, Duntroon, opened 1911
<https://www.awm.gov.au/collection/C287999>



Anzac Parade, Campbell ACT
<https://www.monumentaustalia.org.au/display/90081-rats-of-tobruk-memorial>

Sandra May - Secretary and Newsletter Editor



I was born in Carlton, Victoria. My parents were Edna and Nathan Wynne.

Nathan served in the Australian Army WW2 1939 – 1945. He was in North Africa and the Pacific, and was discharged in August 1945.

As you know, I was ratified as Secretary of the Pittwater RSL Sub-Branch at the AGM, 12 March 2023. It was my intention of coming full circle because, in 1953 my father was Hon. Secretary of HQ 1st Australian Corps Association (2nd AIF) Victorian Division.

Since 1971, I have worked extensively in the corporate world of Advertising and Marketing in Melbourne and Sydney. I joined McCann-Erickson Advertising in Melbourne working for the Chief Accountant for 4 years.

In 1975, I travelled to Europe for eight months.

On my return, I joined Clemenger Australia in Melbourne. For 10 years, I was PA to Peter Clemenger AO, Chairman of Clemenger Australia.

In 1985, I moved to Sydney. My first husband, Lance May, also from Melbourne, was the founder and owner of The Market Place (Vic) Marketing Group, and had already moved to Sydney to open the NSW office. We worked together until retirement in 1998.

After Lance's death in December 2000, I conducted my own business for six years, working with Mentors, a group of NSW Psychologists and their corporate clients.

As most of you know, my husband is Darren Crabb, Sub-Branch member and Vice President of the Pittwater RSL Club Ltd. Darren is a Corporate Pilot and I assist with his business administration.

I joined the Sub-Branch in 2014. Soon after, I volunteered to utilise my computer and graphic design skills to reintroduce the Sub-Branch Newsletter.

When Deborah Carter became President of the Sub-Branch in 2015, I offered to become the Office Manager, but Deborah thought I had enough to do with the Newsletter. So for a few months, Deborah and I organised many new protocols and procedures. I continued to help whenever required.

During 2015 and 2016, I contributed to two other worthwhile causes - Monday with Computer Pals in Narrabeen, and Thursday with the Day Club.

In January 2021, once again I volunteered to become Office Manager and was readily accepted! I enjoy working with Deborah and the Executive for the betterment of our Sub-Branch and all who have served.

Regards,
Sandra May



April May June

Sandra May-Crabb



APRIL

Lavinia Waller	02
Sandra May-Crabb	04
David Schwebel	05
Frances Watkins	08
Gaye Kaye	12
Joan Wood	15
Kate O'Neill	16
John Chambers	21
David Fairweather	30
Noala De Silva	30
Emma Woods	30

MAY

Ted Curtis	12
Kerry Poha	16
Sue Everitt	21
Leigh Arnold	25
Brad Lewis	27
Derek Savage	29

JUNE

Leslie Beers	02
John Cicolini	03
Graeme Keats	05
Jeff Brown	06
Shane Fender	07
Lindsay Jordan	09
Terry Jones	11
Matthew Hill	13
Gwenyth Sneesby	17
Graeme Lee	17
Peter Icely	19
Beryl Clarke	21

Lending a paw for defence veterans: 'clear evidence' that assistance dogs help improve mental health

01 March 2023 - A new Australian study focused on defence veterans' mental health has found strong evidence that assistance dogs used in conjunction with traditional therapies provide the most effective treatment outcomes.

Almost 90 per cent of veterans reported improvements in their post-traumatic stress, depression and anxiety 12 months after being matched to an assistance dog, according to researchers from the University of South Australia (UniSA), University of Adelaide, and Military and Emergency Services Health Australia (MESHA).

Of the 16 returned veterans who took part in the study, 63 per cent reported "significant clinical improvements" to their mental health thanks to an assistance dog provided by the Operation K9 Program run by See Differently with the Royal Society for the Blind.

The study, funded by The Hospital Research Foundation Group, is the first in Australia to use self-reported measures, clinical assessments, and face-to-face interviews with veterans to investigate the value of an assistance dog over time.

UniSA Master of Clinical Psychology student Melissa Sherman, who analysed the data, says the findings are relevant to policymakers and demonstrate the power of human-animal relationships.

"Previous studies have shown that existing treatments for post-traumatic stress among returned veterans are not ideal, with high dropout rates and poor adherence," Sherman says. "This study provides clear evidence that assistance dogs can play a key role in a veteran's recovery from post-traumatic stress and other mental health conditions, supporting existing treatments."

Of the 5000 ADF members who transition from the forces to civilian life every year, 46 per cent experience mental health issues, including suicidal thoughts, anxiety, and depression. Almost a quarter of them are diagnosed with post-traumatic stress in their lifetime.

"This is an important issue that needs addressing," according to MESHA Executive Director Miranda Van Hooff, an Adjunct Associate Professor at both UniSA and the University of Adelaide.

Three major themes emerged from the study: that assistance dogs were a "life changer", a constant companion, and helped returned veterans to increase their social interactions. "For many veterans, an assistance dog gave them a sense of purpose and a reason to live," Assoc Prof Van Hooff says. Veterans reported their dog helped them "reclaim their life", giving them independence and a way to manage their mental health issues and fluctuating emotions, including hypervigilance. Some participants described their dog as "a comfort or security blanket," with one veteran saying he was a recluse for many years until being matched with an assistance dog: 'Now, every day is an adventure, giving me something to look forward to'.

The study showed a slight drop in participants still reporting suicidal feelings after 12 months, but the reduction was not significant. The main benefits were a large reduction in depression, anxiety, and post-traumatic stress symptom. Researchers say the study was limited by the lack of a control group of veterans with post-traumatic stress not receiving an assistance dog, and the small number of study participants due to the cost of breeding, training, and matching dogs to veterans.

Further research is being conducted by the team to overcome these limitations.

Associate Professor Miranda Van Hooff
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University of South Australia
Media contact: Candy Gibson
M: 0434 605 142 E: candy.gibson@unisa.edu.au

This article was brought to my attention by Sub-Branch Member, Julie Emerson.

I had permission from Candy Gibson to reprint. Editor.



General

Mission

Providing for the well-being, care, compensation and commemoration of all Service personnel, especially those who paid the supreme sacrifice.

We engage with the general community promoting the patriotic spirit of ANZAC, providing information on our activities, and encouraging membership of, and interaction with, the Sub-Branch and their families.

Some helpful website links:

If you are feeling stressed and need someone to talk to, we highly recommend:

<https://www.openarms.gov.au/get-support/suicide-intervention>

<https://www.beyondblue.org.au/>

<https://www.ruok.org.au/>

<https://www.womensresiliencecentre.com.au>

Other links:

RSL NSW: <https://www.rslnsw.org.au>

Australian War Memorial: <https://www.awm.gov.au>

Vet Affairs News: <https://www.dva.gov.au/newsroom>

Scamwatch: <https://www.scamwatch.gov.au/report-a-scam>

50 Year Certificate

If you have been a Sub-Branch Member, continuously of any Branch, for longer than 50 years, please contact Deborah as soon as possible. Thank you.

If you know of any Commonwealth service member, regardless of RSL affiliation, the Sub-Branch can arrange an RSL tribute.

Welfare

Our Welfare and Membership Officer can assist you with enquiries regarding war pensions, obtaining service records, membership eligibility and any other queries you may have.

Please contact Deborah Carter on 8401 0785, or send an email to: pittwaterslsubbranch@gmail.com

VALE

With great sadness, we report the passing of our former Sub-Branch Members and friends

Joseph 'Joe' Robert Crumlin OAM
Merchant Navy

29 Oct 1929 - 09 Jan 2023

Bill Hardman OAM

27 Apr 1945 - 12 Jan 2023

Past President, Forestville RSL Sub-Branch
Past President, Northern Beaches District Council
Past Director of Forestville RSL Sub-Branch

Stanley 'Barry' McFarland

08 Sep 1934 - 22 March 2023

Service No. 272294, 28140

Army - National Service, CMF, Australian Regular Army
05 May 1953 - 27 September 1973

LEST WE FORGET

ON THE HORIZON

April - December 2023 (Subject to change)

All General Meetings will be held in The Meeting Place



Sunday 16 April	10:30am	General Meeting
Tuesday 25 April	05:20am	Anzac Dawn Service, lower Cenotaph. Breakfast will be served in the Club
Tuesday 25 April	05:20am	Anzac Dawn Service at Avalon RSL Sub-Branch
Tuesday 25 April	10:30am	Form up in Old Barrenjoey Road for Avalon March
Tuesday 25 April	11:00am	Anzac March at Avalon RSL Sub-Branch
Sunday 14 May	10:30am	General Meeting
Sunday 11 June	10:30am	General Meeting
Sunday 09 July	10:30am	General Meeting
Sunday 13 August	10:30am	General Meeting
Sunday 13 August	11:00am	Vietnam Veteran's Day (Northern) at Palm Beach RSL Club (TBC)
Friday 18 August	10:30am	Nashos Vietnam Veteran's Day at Manly Cenotaph (TBC)
Friday 18 August		Long Tan Day
Sunday 10 September	10:30am	General Meeting. Order for 2024 Diaries will be taken
Sunday 08 October	10:30am	General Meeting
Saturday 11 November	10:15am	Remembrance Day Service. Form up lower car park.
Saturday 11 November	12:00pm	Refreshments in the Distillery
Sunday 10 December	10:30am	General Meeting
Sunday 10 December	12:00pm	Christmas Lunch in the Auditorium

Executive Committee - Contact Numbers

Deborah Carter	President	0414 470 913
Terry Jones	Vice President	0466 892 771
Sandra May	Secretary	0417 944 244
Bob Wood	Treasurer	0409 712 349

Support Team

Inese Carrodus	Office Assistant	0449 525 316
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