



# Pittwater RSL sub-Branch Newsletter



October 2023 - Number 40

Remembrance Day

## Pittwater RSL sub-Branch

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**Current Membership: 111**

The next Newsletter will be  
published in January 2024.

## Pittwater RSL Club Ltd

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## President's Report

### Life Membership

I am absolutely thrilled and honoured to receive my RSL NSW Life Membership. **Thanks to everyone for your support over many years.**

### VALE

Three valued sub-Branch Members passed recently - Ted Curtis, Jonathan Conrad and David Fairweather.

### Commemorative Medallion and Certificate to honour Vietnam War Veterans

Vietnam War veterans, or their widows or family members (with immediate family members taking precedence) are entitled to the medallion and certificate. Please note, only one medallion is available per Vietnam War veteran.

For more information about the medallion and certificate, please visit the Department of Veterans Affairs website at [www.dva.gov.au/vietnam50](http://www.dva.gov.au/vietnam50).

**50th Anniversary of Australia's withdrawal from the Vietnam War**  
Please see Special Edition Newsletter no.39 August 2023 for an excellent coverage of all events.

**The Battle for Australia Commemorative Service** was held on Wednesday 06 September 2023 at 11:00am, at The Strand, Dee Why. The service was hosted by the NASHOS and Mayor Sue Heins. Bob Lunnon, President of NBDC laid a wreath and recited The Ode.

### Upper Cenotaph

I am still in discussion with Leigh Arnold regarding the Upper Cenotaph. Nothing can be done until the road works and landscaping are completed.

### Funerals

The funeral for Ted Curtis was held at Ann Wilson Funerals Mona Vale on Friday 08 September. I conducted the RSL Tribute and the sub-Branch provided the Bugler, Dr Harriet Channon, and contributed \$300 towards the Wake.

I conducted the RSL Tribute for Jonathan Conrad's funeral at Macquarie Park on Wednesday 13 September.

**Veterans Health Week 08 – 15 October 2023** had a theme of Mental Health Wellness. See page 2 for our report.

### War Widows Day

The NSW Government has designated **19 October** as **War Widows Day**, a special day for the State to officially recognise war widows and widowers of members of the Australian Defence Force.

**RSL NSW New President** is Mick Bainbridge. There were 16 excellent candidates for Directors, and unfortunately we could only choose seven .

Ray James OAM, President of RSL NSW, is stepping down after nine years. We sent a thank you card to Ray from Pittwater RSL sub-Branch thanking him for his leadership and support over the last nine years.

### Results of the RSL NSW Elections

See page 5.

### Northern Beaches Veterans Wellbeing Centre (soft opening).

See page 6.

### RSL NSW State Congress

22-24 October 2023 at Newcastle Exhibition Centre. Attending Deborah Carter and Bob Wood.

### Remembrance Day 2023

Saturday 11 November  
We will form up at 10:10am in the lower car park. Our Service will commence at 10:20am. Everyone attending will be given a Remembrance Poppy.

Welcome to new Service Member, John Boland.



**Lest We Forget**  
Regards,

*Deborah Carter*

**Deborah Carter**  
President

## Veteran's Health Week, 08 - 15 October 2023

This year's theme was Mental Health Wellness.

Jason Manning, CEO of the Pittwater RSL Club, in conjunction with Pittwater RSL sub-Branch Executive, organised a wonderful community event to meet the Veterans.

The Pittwater RSL Club provided a free BBQ lunch on The Deck. This immediately followed our General Meeting.

In keeping with Mental Health Wellness, the sub-Branch organised two guest speakers - Andrew Ward from Head Above Water and Steven Gamble from Man Anchor.

Thank you to Jason for his initiative, Leigh Arnold and the team for their hospitality in providing a free BBQ Lunch on The Deck for everyone.

### Andrew Ward JP, Founder + CEO, Head Above Water



Andrew is on a mission to build mental fitness from the grassroots up to help prevent mental illness and reduce suicide across Australia.

That mission began in 2018 when his life took an interesting turn and he found himself needing to sort out his own mental health.

As a result of that experience, he founded Head Above Water with a group of good mates.

Since then, Head Above Water has made a significant impact helping to fund mental health workshops and training across schools, sports clubs, businesses, and community groups.

Andrew is a regular speaker on mental fitness and the role it plays in building stronger, more resilient communities and, in recognition of his tireless work, he was the recipient of the 2023 Outstanding Community Award at the Northern Beaches Australia Day Awards.

Outside of Head Above Water, Andrew is a devoted husband and father to three amazing kids. When not spending time with them, or in the ocean doing laps, there's nothing he enjoys more than cooking up a storm for family and friends.

### Steven Gamble, Founder of Man Anchor lives with his young family on Sydney's Northern Beaches.

He founded the mental health education organisation Man Anchor back in 2017 in response to a spate of tragic suicides within the local community. Steven hoped he could help by empowering men with the tools to support positive mental health. Since then, Man Anchor has grown into a national organisation that provides mental education programs across all genders, age groups and cultural backgrounds.

Steven's passion is to increase the mental health literacy level of all Australians and support generational change in the way we address mental health within our community, family units and workplaces. All with the ultimate aim of reducing the suicide rate in both youth and adults. Outside of Man Anchor, Steve is a passionate Crisis Support Worker with Lifeline Australia and a Resilience Coach. Steven and Man Anchor have the privilege of educating tens of thousands of people each year. The Man Anchor team presents a variety of mental health workshops, talks and

educational courses to a diverse range of clients and participants including community groups, schools, sporting clubs, small and large businesses, NGO's and NFP's, as well as levels of government. "I believe that understanding the signs and symptoms of a mental health disorder is equally important as knowing CPR. Both have the power to change or save someone's life"

#### Contact Details

Steven: 0405 420 413  
steven@mananchor.com  
www.mananchor.com.au



Leigh Arnold, President Pittwater RSL Club Ltd,  
Deborah Carter, President, Pittwater RSL sub-Branch,  
Andrew Ward, CEO Head Above Water,  
Steven Gamble, Man of Anchor,  
Jason Manning, CEO Pittwater RSL Club Ltd.





## Recruitment Tools to Attract New Members



### Pull up Banner to join the Pittwater RSL sub-Branch

We had a pull up banner made to entice membership at Pittwater RSL sub-Branch, with its own QR Code that goes straight through to RSL NSW Headquarters.

Select Service or Affiliate Member and type in your Postcode, and select Pittwater sub-Branch to join.

Our banner is now permanently located in the Memorabilia section at the Club entrance.



### Veterans Services Card

We are currently having these wallet size Veterans Services Card printed.

On the back page is the QR Code to join RSL NSW.

Please note: Prospective members need to know their Service Number or PMKeys Number, and their joining and discharge dates. These handy tools will make the joining process quicker and easier.

**VALE**

With great sadness, we report the passing of our former sub-Branch Members

**Edward (Ted) Charles Curtis**  
**12 May 1949 - 27 August 2023**  
 Vietnam Veteran, Service No. RO43188  
 RAN, HMAS Sydney

**Jonathan Conrad**  
**20 November 1945 - 27 August 2023**  
 Service No. RN 16767

**David Fairweather**  
**30 April 1934 - 08 October 2023**  
 Service No. 2/716214

**LEST WE FORGET**

Jonathon Conrad was a long term member of the Australian Air League, serving as OIC Manly Squadron, OIC Hinkler Wing, Commissioner Air Actives Camden Airport and OIC Base Camden Airport.



This poignant tribute Flame was recently installed at the Pittwater RSL Club Ltd facing Mona Vale Road. Thank you to President Leigh Arnold and CEO Jason Manning.

**October**  
**3, 1918**

**Lieutenant Joseph Maxwell, VC.** Lieutenant J. Maxwell, 18th Battalion, originally from Sydney, New South Wales, performed the action that resulted in him being awarded the Victoria Cross, on the fortified 'Beaurevoir line', near Estrees, France.

**4, 1917**

**Lance Corporal W. Peeler,** 3rd Pioneer Battalion, originally from Castlemaine, Victoria, was awarded the Victoria Cross for his actions at Broodseinde Ridge, during the battle of Ypres, Belgium.

**November**  
**06, 1971**

**HMAS Sydney [III] at Vung Tau.** HMAS Sydney embarks the bulk of its final Australian army units from Vietnam at Vung Tau.

**28/29, 1942**

**Flight Sergeant R.H. Middleton, VC.** Flight Sergeant R.H. Middleton, posted to No. 149 Squadron, RAF, Bomber Command, is awarded the Victoria Cross after a raid on Turin, Italy. This was a posthumous award. Though terribly wounded, Middleton kept his damaged bomber flying, saving the lives of his crew at the cost of his own.

**December**  
**09, 1942**

**Australians occupy Gona, New Guinea.** The Japanese withdrawal from the Kokoda Trail enabled the allies to plan the encirclement of important Japanese positions in the Buna, Sanananda and Gona beachhead. Gona was the first of the three to fall to the allies after weeks of heavy fighting.

**21, 1916**

**Light Horse capture El Arish.** Originally intended as an outpost for the defence of the Suez Canal, El Arish became one of the first steps in the Allied advance on Palestine.

### Congratulations, Michael



At our General Meeting on Sunday 15 October 2023, a **Certificate of Appreciation** was presented to Michael Mannington OAM for his community photography.

Deborah stated he doesn't just support the sub-Branch; he does this for many different organisations.

Michael thanked us for his Award, and told us that during the last 15 years he has volunteered his time to take more than one million community photographs!

### 100 Million WW2 Australian Records

Thanks to sub-Branch member, Roberta Conroy, for advising us of the latest from the National Archives of Australia.

The National Archives of Australia is proud to announce that over one million Second World War service records have now been digitised as part of a large-scale digitisation effort. These records are now progressively being made available online, free of charge.

Records digitised include all of [Royal Australian Navy](#) series A6799 and A6770, [Army](#) series B883 and B884, and [Royal Australian Air Force](#) series A9300. A significant portion of Royal Australian Air Force series A9301 has also been completed.

To learn more about the World War 2 Digitisation Project:

[www.naa.gov.au/explore-collection/defence-and-war-service-records/digitising-world-war-ii-service-records](http://www.naa.gov.au/explore-collection/defence-and-war-service-records/digitising-world-war-ii-service-records)

For more information on war records in the national archival collection: [Defence and war service records](#).

The new Board will take charge at RSL NSW State Congress, 22 - 24 October 2023.

**BALLOT RESULTS**

**PRESIDENT BALLOT**

| Candidates for Election                     | FOR VOTES | Elected |
|---|-----------|---------|
| Candidate 1 – BAINBRIDGE, Mick <sup>^</sup> | 995       | Yes     |
| Candidate 2 – MCCANN, David <sup>^</sup>    | 559       | No      |

**DIRECTOR BALLOT**

| Candidates for Election                           | FOR VOTES | Elected              |
|---|-----------|----------------------|
| Candidate 1 – JAMES, Paul Raymond                 | 780       | Yes                  |
| Candidate 2 – NEW, Charles Harold                 | 635       | Yes                  |
| Candidate 3 – CLARKE, Douglas Wayne               | 328       | No                   |
| Candidate 4 – WATSON, Sarah                       | 984       | Yes                  |
| Candidate 5 – MCCANN, David <sup>^</sup>          | 734       | Yes                  |
| Candidate 6 – BAINBRIDGE, Mick <sup>^</sup>       | 898       | ELECTED<br>PRESIDENT |
| Candidate 7 – CHARRY, Alvaro                      | 302       | No                   |
| Candidate 8 – HARMER, Jacinta Bessie              | 582       | No                   |
| Candidate 9 – BELL, Howard Charles                | 544       | No                   |
| Candidate 10 – DUTTON, Martin                     | 340       | No                   |
| Candidate 11 – GERBER, Philip                     | 262       | No                   |
| Candidate 12 – WATSON, Peter John                 | 422       | No                   |
| Candidate 13 – SULLIVAN, Louise Anne <sup>*</sup> | 710       | Yes                  |
| Candidate 14 – CHIN, Philip <sup>*</sup>          | 845       | Yes                  |
| Candidate 15 – HAZELL, Jason Peter <sup>*</sup>   | 702       | Yes                  |
| Candidate 16 – COWDROY, Dennis                    | 471       | No                   |

**Note:** Current Directors are identified by the presence of an asterisk (\*). Candidates nominating for both President and elected Director are identified by the presence of a caret (^)



## Northern Beaches Veterans Wellbeing Centre - Level 4, Dee Why RSL Club

On 25 September 2023, Deborah attended the soft opening of the Veterans Wellbeing Centre at Dee Why RSL.



RSL NSW President Ray James OAM and his wife Pauline James OAM, representatives from the RSL LifeCare and Wellbeing Centre, Dee Why RSL President, Graeme Liddell, and Dee Why RSL CEO, Grant Easterby, RSL NSW Northern Beaches District Council President, Bob Lunnon, and other members of NBDC.

Photograph and Words courtesy of Alison Guesdon, Pittwater Online News, October 8 - 14, 2023: Issue 600

This centre has been made possible thanks to a partnership with Dee Why RSL, which has committed \$1 million over the next four years to house and assist with the ongoing operating costs of the centre, as well as ongoing financial support from local RSL NSW sub-Branches.

A presentation to mark the occasion was attended by RSL LifeCare CEO, Janet Muir, RSL NSW President, Ray James OAM, and RSL NSW Northern Beaches District Council President, Bob Lunnon, Pittwater RSL Sub-Branch President Deborah Carter, Dee Why RSL President, Graeme Liddell, and Dee Why RSL CEO, Grant Easterby.

RSL LifeCare Chief Executive Officer, Janet Muir, said the Northern Beaches Veteran Wellbeing Centre is an extension of the 'hub and spoke' model being implemented across New South Wales that will ensure veterans can access a range of critical services that are tailored to the needs of the local communities, wherever they choose to settle.

"RSL LifeCare is always excited to announce another Veteran Wellbeing Centre, because we know the positive impact the facilities have on the mental and physical health and wellbeing of our Australian Defence Force personnel who have given so much to protect our country," Ms Muir said.

### [RSL LifeCare Veteran Services support in Northern Beaches – FY23:](#)

- **Provided \$58,926 in financial assistance.**
- **Assisted 28 veterans experiencing homelessness.**
- **Helped 49 veterans to lodge 302 DVA claims.**
- **Advocated for 6 clients at VRB hearings or dispute resolution.**

**Facilitated 8 veterans or partners receiving employment assistance or further education and training opportunities.**

This is a NBDC initiative. Troy Vanderplas, President of Narrabeen sub-Branch is the Presenter. The presentation will take place in The Meeting Place at the Pittwater RSL Club on Tuesday 28 November 2023, starting at 11:00am. Please be seated by 10:45am.

# RSL NSW CYBERSECURITY AWARENESS TRAINING



**InfoTrust welcomes you to join our cybersecurity experts on Tuesday 28th November, as we share insights into today's common cyber-attacks and what you can do to protect yourself from falling victim to them.**

## InfoTrust's consultants will share

Examples of the most prevalent cyber-attacks and scams you should be aware of;

- phishing,
- smishing (text and Whatsapp scams),
- vishing (fraudulent phone calls) and more.

Tips for individuals on how to spot these attacks and what you can do to protect yourself in your everyday life.

**Please feel free to share this invite with others in your network.**

To register online, just scan the QR code below.

We hope to see you on the session!



If you are unable to attend in person, you can attend via Zoom using this link.

[https://us06web.zoom.us/webinar/register/WN\\_TzVDNQb6R0erfGrnKFX80A#/registration](https://us06web.zoom.us/webinar/register/WN_TzVDNQb6R0erfGrnKFX80A#/registration)

## Speakers



### Troy Vanderplas

Chief Operating Officer • InfoTrust

Troy is a seasoned executive with a diverse background, blending extensive military service and leadership roles in both the public and private sectors. With a proven track record of success, Troy has excelled in roles ranging from explosive ordnance disposal to operations management, before moving on to lead business operations across various industries, ultimately finding his calling as the Chief Operating Officer for InfoTrust.



### Anthony Goodier

Head of Assurance • InfoTrust

Anthony has over a decade of experience in cybersecurity predominantly performing penetration testing for the Government and the private sector. His experience spans multiple disciplines including penetration testing, security architecture, security training, risk management and secure code reviews to name a few.

## 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>

### 50 Year Certificate

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

### 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 email [pittwaterrslsubbranch@gmail.com](mailto:pittwaterrslsubbranch@gmail.com)

### 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>

### RSL Tribute

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

|  |    | <b>October November December</b><br>Sandra May |    |  |    |
|---|----|--|----|---|----|
| <b>OCTOBER</b>  |    | <b>NOVEMBER</b>                                |    | <b>DECEMBER</b>   |    |
| John Roxburgh   | 08 | Paul Batson                                    | 01 | Phil Lewis  | 01 |
| Oliver Ford   | 08 | Tom Kelsey                                     | 02 | Joseph Chase-Berry  | 01 |
| Joseph Tiernan  | 13 | Margaret Tierney                               | 07 | Sandra Langfield  | 04 |
| Peter Williams  | 15 | Carolyn Noble                                  | 08 | Janelle Strawbridge   | 05 |
| Marta Onslow  | 16 | Aldo Sirotic                                   | 17 | John Faul   | 05 |
| James Roche   | 19 | Keith Stevens                                  | 27 | Scott Johnston  | 07 |
| Ed Koeppen  | 26 |  |    | Robert Wood   | 10 |
| Zamri Burns   | 27 |  |    | Andy Perry  | 11 |
|   |    |  |    | John Thorby   | 11 |
|   |    |  |    | Brian Sargeson  | 15 |
|   |    |  |    | Dennis De Silva   | 15 |
|   |    |  |    | Guy Bryant  | 21 |
|   |    |  |    | Stan Juracich   | 25 |
|   |    |  |    | Ted Blackwood   | 30 |

## ON THE HORIZON **October - December 2023** (Subject to change)

All monthly General Meetings are held in The Meeting Place



|                      |         |  |
|----------------------|---------|--|
| Sunday 15 October    | 10:30am | General Meeting, 2024 Diary Orders                           |
| Sunday 15 October    | 12:00pm | Veterans Health Week, BBQ Lunch, The Deck Pittwater RSL Club |
| Sunday 05 November   | 10:30am | General Meeting, 2024 Diary Orders                           |
| Saturday 11 November | 10:10am | Remembrance Day Service. Form up lower car park.             |
| Sunday 03 December   | 10:30am | General Meeting and Christmas Lunch                          |

## Executive Committee and sub-Branch Office

|                |                              |              |
|----------------|------------------------------|--------------|
| Deborah Carter | President, Welfare Officer   | 0414 470 913 |
| Terry Jones    | Vice President               | 0466 892 771 |
| Sandra May     | Secretary, Newsletter Editor | 0417 944 244 |
| Bob Wood       | Treasurer                    | 0409 712 349 |

### Support Team

Inese Carrodus Office Assistant 0449 525 316

Office: Monday (10:30 - 16:30) 02 8401 0785

Email: [pittwaterrslsubbranch@gmail.com](mailto:pittwaterrslsubbranch@gmail.com)

Website: <https://www.pittwaterrsl.com.au/sub-branch>

If urgent, please call any member of the Executive.

